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Transcript

&

Key Vocabulary

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Episode #132 - We're Free Yet Fearful

Apr 6, 2022

[00:00:00] I'm not sure if you know this or not, but weed is now legal in the state of Georgia. And I'm not talking about the weed we buy in the street from our local **drug dealers**¹. I'm talking about something called Delta-8 THC. For those of you that don't know, let me quickly explain what THC is. THC **stands for**² Tetrahydrocannabinol or Delta-9 tetrahydrocannabinol or simply Delta-9 THC. However, most people know it as THC. And this is the main active ingredient in marijuana. And it's known... Excuse me, it's most famous for getting people high. So when you hear THC, just think 'the chemical in marijuana that gets you high'.

[00:00:43] In the last year or two another form of THC, Delta-8 not Delta-9, but Delta-8 has become very popular due to a **loophole**³ in legislation regarding the cultivation and sale of the cannabis or marijuana plant. Now I found an article that perfectly **sums up**⁴ what Delta-8 THC is, how it's different from the classic Delta-9, why it's legal, and even where you can buy it. So I'm going to read that article to you

¹ a person who sells illegal drugs

² be an abbreviation of or symbol for something

³ an error in the way a law is written that makes it possible for people to legally avoid obeying it

⁴ to express the important facts or characteristics about something

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now. If you're watching this on YouTube, you can read **along with**⁵ me if you like. And I'll also put a link to the article in the description of this episode. All right? [00:01:18] So here we go. I got this article from cfah.org and if I'm not mistaken, CFAH stands for Center for Advancing Health. All right? And the ti... Excuse me, the title of the article is "What is Delta-8 THC? Everything you need to know about this cannabinoid". All right? So here we go. I'm not going to read the whole article. I'm going to **skip**⁶ certain parts that aren't really **relevant**⁷ to this episode or what I'm trying to tell you. So just so you're not confused if you're actually watching this on YouTube. All right? But here we go.

[00:01:52] When you hear people talking about THC, they usually mean the Delta-9 version, which is the **main**⁸ intoxicating compound in cannabis plants. But it's not the only type of THC that the cannabis plant can make. In fact, there are **several**⁹ different **analogs**¹⁰ of Delta-9. One of them being Delta-8 THC. Now, really quickly, just in case you don't know the word 'analog' is referring to a person or a thing seen as comparable to another, something that's similar to something else. So an analog of Delta-9 is something comparable or similar to Delta-9. And in this case, that would be Delta-8 THC. Ok? So this newer, trendier cannabinoid is known for a

⁵ in company with or at the same time as

⁶ to pass over without notice or mention

⁷ directly connected to the subject being discussed

⁸ the most important, well-known, or biggest of its kind

⁹ more than two but fewer than many

¹⁰ a person or thing seen as comparable to another

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milder¹¹ psychoactive experience on top of providing many similar health benefits to its more potent cousin. Just like most cannabis products, Delta-8 THC can be found in tinctures, gummies, vapes, and concentrates.

[00:02:47] In this article, you'll learn everything there is to know about the latest trend in the cannabis space. So what exactly is Delta-8 THC? Delta-8 THC is an analog of the Delta-9 compound. These molecules are built similarly, but the arrangement of their atomic bonds is different, which also causes them to have different properties. In recent months, Delta-8 THC has made big **headlines**¹² in the industry's press as the "legal high". It's also been **dubbed as**¹³ "diet weed" or "cannabis lite" due to less potent cognitive effects. The strength of Delta-8 THC is about half as high as the one of Delta-9. The compound is also **less likely**¹⁴ to cause anxiety and paranoia. Two of the side effects of taking two high doses of THC-rich weed **strains**¹⁵. Delta-8 THC comes in many forms, just like CBD and Delta-9 THC.

[00:03:40] Now, for those of you that are **wondering**¹⁶ what CBD is, I'll explain that really quickly as well. So according to health.harvard.edu CBD or cannabidiol is the second most prevalent active ingredient in cannabis or marijuana. While CBD is an

¹¹ not strong or extreme; slight or gentle

¹² a heading at the top of an article or page in a newspaper or magazine

¹³ give an unofficial name or nickname to something

¹⁴ a lower probability of something happening

¹⁵ a breed, stock, or variety of an animal or plant developed by breeding

¹⁶ to ask yourself questions; curious

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essential component of medical marijuana, it is **derived**¹⁷ directly from the hemp plant. A cousin of marijuana. Or manufactured in a laboratory. One of hundreds of components in marijuana, CBD does not cause a high by itself. According to a report from the World Health Organization, which can not be trusted, in humans, CBD exhibits no effects indicative of any abuse or dependence potential. **To date**¹⁸ or **up until this point**¹⁹, there is no evidence of public health-related problems associated with the use of pure CBD. So in summary, CBD is another component of the marijuana plant or the hemp plant, in this case, that doesn't get you high but still has many health benefits. So just consuming CBD isn't going to get you high. All right? That's the idea.

[00:04:45] So back to the article. Delta-8 THC comes in many forms, just like CBD and Delta-9 THC. You can find it in vapes, tinctures, gummies, capsules, concentrates, distillates, and even pre-rolled joints. Some of the health benefits of Delta-8 THC are reduced stress and anxiety, deeper sleep, lower pain and inflammation, less nausea and vomiting, elevated mood, neuroprotective properties, whatever that means. **Boost**²⁰ of appetite, and anti-cancer properties, whatever the hell that means. I mean, I know what they mean. Neuroprotective properties are things that protect something in your brain. When you hear 'neuro' you can think brain, but I don't know what those properties are or what exactly they mean when they say that. Anti-cancer properties, I imagine, are things that help

¹⁷ coming from or caused by something else

¹⁸ up to the present time; so far

¹⁹ up to the present time; so far

²⁰ to improve or increase something

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prevent cancer. But I don't know if that's true. I don't know how that works. So I can't say for sure if Delta-8 THC actually helps prevent cancer. But that's what the article says. So we'll leave it like that. All right?

[00:05:44] Now, what does Delta-8 THC feel like? The effects of Delta-8 THC are less **trippy**²¹, more **clearheaded**²², and **lightweight**²³ compared to Delta-9 THC. The effects aren't as cerebral as with normal weed. The high rather focuses on the body rather than the head. Now, I don't know who wrote this article or who wrote it like that for this reason, but to have the word 'rather' twice in that sentence sounds strange to me. I wouldn't say "the high rather focuses on the body rather than the head". It's **redundant**²⁴ to me. I would say "the high focuses on the body rather than the head". That's totally fine. But just so you know, okay? So let's continue.

[00:06:24] The strength of the cognitive effects provided by Delta THC or excuse me, Delta-8 THC is dose dependent. Lower doses such as five milligrams or ten milligrams are mildly stimulating and help boost energy on top of **enhancing**²⁵ focus and **elevating**²⁶ mood. Those who take Delta-8 THC, I said Delta H. I meant Delta eight. It's hard to say. Delta-8 THC. Anyway, those who take Delta-8 THC in low amounts also report improved stress response and lower anxiety levels. Higher

²¹ the effect produced by taking a psychedelic drug

²² able to think clearly and logically

²³ having less than average weight or effect

²⁴ unnecessary or more than enough; excess of similar words

²⁵ to improve the quality, amount, or strength of something

²⁶ raise or lift (something) up to a higher position

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doses, ten milligrams to thirty milligrams can **trigger**²⁷ mild **intoxication**²⁸. Anything **upwards**²⁹ is likely to induce **sedation**³⁰ and make you feel **drowsy**³¹. The high from Delta-8 THC is often described as **bland**³² when taken alone. You feel the **buzz**³³, but it gets you in no particular direction, which is why most users take it **alongside**³⁴ CBD or other cannabinoid and terpenes. Now this word 'terpenes', I did some research before I started recording this and I still don't totally understand what they are. But what I do understand from my research is that terpenes in marijuana, in this plant are what give the plant its smell.

[00:07:35] So if you're familiar with weed at all, you might know that there are many different strains of weed. It's not just weed, there are many different kinds that you can smoke. And they all have different effects and different smells. And the terpenes are what give each particular strain of weed its particular smell. That's what I understood, but I don't know if that's 100% true, so **don't quote me on that**³⁵. Okay? So let's continue. Other possible ways of **incorporating**³⁶... I can't talk

²⁷ cause (an event or situation) to happen or exist

²⁸ the condition of being drunk or under the influence of drugs

²⁹ from a lower to a higher position, level, or value

³⁰ a state of calm or sleep induced by the use of sedatives

³¹ feel sleepy and cannot think clearly

³² lacking strong features or characteristics; not interesting

³³ *slang* - mild intoxication

³⁴ at the same time as; together with

³⁵ used when you give an information you're not entirely sure about

³⁶ to include something as part of something else

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today, bro. What the fuck? Other possible ways of incorporating Delta-8 THC into your daily routine is to **mix**³⁷ it with tea or coffee to enhance focus or with melatonin to boost sleep. All right? Now I'm going to skip over the highlights on the effects of Delta-8 THC. And then it starts to talk about the best places you can buy Delta-8 THC. I'm going to skip over that as well and go to "Is Delta-8 THC legal?".

[00:08:29] Now, in theory, Delta-8 THC is legal on the federal level thanks to the 2018 Farm Bill. But the actual legal status of Delta-8 products **remains**³⁸ in a bit of a legal **gray area**³⁹. So there are two things I want to explain. The first one is gray area. A gray area is an area in which things are not very clear, things are open to interpretation. Because... This is how you can think about it. You have, let's say, a black square and a white square right next to each other. Black and white, if you think about it, are exact opposites. So if you put them next to each other, it's easy to see where black stops and where white starts. There's a clear distinction between the two. But if I let those two squares **overlap**⁴⁰, the part where they overlap is going to be gray because black plus white is gray. You see what I'm saying?

[00:09:15] So it's clear where black is. It's clear where white is. But right there in the middle, it's not very clear where black starts and white stops. That's the gray area where things aren't very clear. They're not black and white, as we say sometimes.

³⁷ combine or put together two or more things

³⁸ to stay in the same place or in the same condition

³⁹ a situation that is not clear; open to interpretation

⁴⁰ to cover something partly by going over its edge

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So back into the context of legislation, legality, law, and stuff like that. The legal gray area is that area when you're interpreting a law, it's not exactly clear what's legal and illegal. Because you can interpret the language of the law in many different ways. So maybe this thing is legal, but if I do it in this way over here, it's not necessarily illegal anymore. You see what I'm saying? Because it's in that gray area. You could do it a couple of different ways. You could find a loophole, right? In the law that allows you to still do this technically illegal thing in a way that's technically not illegal. Ok, that was a long explanation. But hopefully, now you understand what someone means to say when they refer to what we call "The gray area".

[00:10:11] Now, the second thing I wanted to explain was the 2018 Farm Bill. So let me pull that up really quick. Here we go. The Farm Bill is a package of legislation passed **roughly**⁴¹ once every five years that has a **tremendous**⁴² impact on farming livelihoods, how food is grown, and what kind of foods are grown. So now I'm going to go to [fda.gov](https://www.fda.gov). And according to this website, it says, In December of 2018, the 2018 Farm Bill was signed into law, it removed hemp, defined as cannabis and derivatives of cannabis with extremely low concentrations of THC from the definition of marijuana in the Controlled Substances Act. So **in plain English**⁴³, what that means is, back in 2018 president Trump signed a bill, the 2018 Farm Bill, that changed the definition of marijuana. Because marijuana is illegal, but since he changed the definition, products that are derived from the hemp plant that have less than 0.3% active THC which gets you high, are not considered illegal anymore.

⁴¹ approximately

⁴² very great in amount, level or intensity

⁴³ clear, simple language

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That's a very important **distinction**⁴⁴ and that's why people can sell Delta-8 THC products. That's the idea. Okay?

[00:11:21] So back to the article. No federal agency has explicitly prohibited Delta-8 THC, but current manufacturing methods leave enough space for interpretation of its legality. Like I was saying earlier. So here are some **key points**⁴⁵ on the legality of Delta-8 THC. The first one, Delta-9 is clearly **banned**⁴⁶ as an illegal substance under federal regulations.

[00:11:45] That being said, individual states can regulate THC and cannabis products on their own. And currently, Delta-8 THC is legal in 16 states for **recreational**⁴⁷ use. So in plain English, the classic Delta-9 is federally illegal. However, in the U.S., each of the 50 states reserved the right to decide how they want to handle this law, which is why you can go to a state like Colorado or California, smoke as much weed as you want **as long as**⁴⁸ you're 21. The same thing as buying a beer, right? But in Texas or Alabama or something like that, if you get caught smoking weed in public, you are going to jail. You understand? It's black and white in these places. You see what I'm saying? So it depends... Federally, it's illegal. But on the state level, sometimes it is, sometimes it's not. It's a little confusing, right?

⁴⁴ a difference between two similar things

⁴⁵ most important or essential part of something

⁴⁶ to prohibit or forbid especially by legal means

⁴⁷ something done for pleasure or to relax

⁴⁸ on condition that; if

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[00:12:32] So Delta-8 THC is federally legal, but some states have banned the sale of Delta-8 THC products. Delta-8 is usually **extracted**⁴⁹ from hemp, the plant, which is legal in all 50 states, provided that it contains no more than 0.3% of THC. So hemp-derived products are legal in all 50 states. Delta-8 THC is made by converting CBD into Delta-9 and then into Delta-8. According to this article. I haven't confirmed that. So don't quote me on that. Okay? Now, **synthetic**⁵⁰ extraction of THC is considered illegal, which may or may not affect the legal status of Delta-8 THC products that use chemical processes on their way to **converting**⁵¹ Delta-9 into Delta-8.

[00:13:18] Now, all of this might start to sound a little confusing if you know nothing about weed and you're not interested in the chemical compounds and how it works. But just understand that really this whole THC thing that I'm explaining now isn't even the point of the episode, but I am telling you for a reason. Ok? So just continue to follow me and you'll see why I'm telling you this very shortly. All right? So as I said before, President Trump signed the **amended**⁵² Farm Bill in 2018, which legalized hemp and its derivatives in all 50 states, as long as they contain less than 0.3% of Delta-9 THC. Okay? Any product with the THC content higher than that figure is considered marijuana and federally illegal. **Although**⁵³ as mentioned, individual states can have their own laws regarding marijuana.

⁴⁹ to remove or take out something

⁵⁰ made from artificial substances, often copying a natural product

⁵¹ to cause something to change into a different form

⁵² changed or modified text, especially a law or a legal document

⁵³ in spite of the fact that; even though

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[00:14:02] However, none of these laws mentioned Delta-8 THC. Here in the article, it says Delta-9, but I'm pretty sure they meant Delta-8. So hemp-derived Delta-8 THC products remain in **compliance**⁵⁴ with the **guidelines**⁵⁵ **outlined**⁵⁶ in the 2018 Farm Bill, so they should be legal in all 50 states. But similarly to marijuana laws, individual states may refuse to fully accept the federal regulations establishing their own rules. To date, 14 states have passed bills that have specifically banned or prohibited Delta-8 THC products including Alaska, Arizona, Arkansas, Colorado, Delaware, Idaho, Iowa, Kentucky, Mississippi, Montana, New York, Vermont, Rhode Island, and Utah. God damn, we got a lot of states in this country, man. 14 states have specifically banned Delta-8 THC. That's the idea.

[00:14:53] So then the article goes on to talk about how much you should take. I'm skipping that. The different dosage recommendations for different weight groups. So I'm skipping that too. Can you build a tolerance to Delta eight? I'm skipping that. Now, the last thing I believe in this article I wanted to show you was the Delta-8 THC products. How can you consume Delta-8 and not Delta-9? So here we go. Scientists have been investigating the effects of Delta-8 THC since the '70s but only in recent months the cannabinoid has received so much attention from the hemp industry. This mostly happened thanks to the advancements in extraction technologies, which now make it possible for manufacturers to extract Delta-8 THC from hemp plants. Products sourced from marijuana strains that have... I read that wrong, give me a second. Ah okay. Okay.

⁵⁴ the act of obeying an order, rule, or request

⁵⁵ a general rule, principle, or piece of advice

⁵⁶ to give the main facts about something

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[00:15:41] Products sourced from marijuana aren't a good fit for everyone. Many people who are sensitive to its intoxicating effects find the high too heavy, especially when it comes to cerebral effects. Some users may experience anxiety and paranoia on top of confusion and **dizziness**⁵⁷. These are the most common reasons why some cannabis **aficionados**⁵⁸ choose to avoid high THC products. The **sudden emergence**⁵⁹ of Delta-8 in the market has provided the answer to their prayers. Delta-8 THC products are available in similar categories to all cannabis products, including tinctures, edibles, vapes, concentrates, capsules, and more.

[00:16:19] So here we break down the five most common Delta-8 formats. Number one, Delta-8 THC tinctures. So what is a tincture? What is a tincture, Tony? Good question. For most people, cannabis tinctures **equal**⁶⁰ CBD oil. The hemp-derived extract used by people who want to **reap**⁶¹ the benefits from cannabis but without getting high. Delta-8 THC is available in the same convenient form. The advantages of this format include precise dosing, high **bioavailability**⁶², fast **onset**⁶³, and relatively long duration of effects. Now, it wasn't my plan to get deep into what each of these things are. Like, I really had no knowledge of tinctures before I started

⁵⁷ a sensation of spinning around and losing one's balance

⁵⁸ someone who is very interested in and enthusiastic about something

⁵⁹ occurring or performed quickly and without warning

⁶⁰ being the same in quantity, size, degree, or value

⁶¹ to obtain or receive something

⁶² the proportion of a drug or other substance which is able to have an active effect

⁶³ the beginning of something

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doing research today, but let me just show you a picture because that's much easier.

[00:17:07] So delta eight. I think it's this one. No, that's not it. Here we go. If you're watching this on YouTube, you can see a picture now of a Delta-8 tincture. It's some kind of oil and to be honest, I'm not sure what you do with it. I'm not sure if you consume it like, you put **drops**⁶⁴ on your tongue or you put it in something else. I really don't know. I would have to do research, but at least you can see what they're referring to when they use the word 'tincture'. It's some kind of oil, ok?

[00:17:33] Let's move on to the next product, which is Delta-8 THC gummies. Edibles are another common group of Delta-8 THC products, and the most popular form of Delta-8 THC edibles is gummies. So now you can see here on the screen a perfect example of Delta-8 THC gummies. So these little pieces of candy right here, if you eat enough of them, will get you high as fuck, just like you're smoking a **joint**⁶⁵ or something like that. I know it looks safe like candy, but if you eat it like candy, you will regret it. Okay? But at least now you can see what they are, and now you know that it exists. That's the whole point.

[00:18:09] The next thing on the list is Delta-8 THC vapes. So let me **pull up**⁶⁶ that picture really quick. As you can see here, a picture of a little vape pen. And the same way you have the vapes that just have like nicotine and a good flavor, they

⁶⁴ a small round-shaped amount of liquid

⁶⁵ a rolled cannabis cigarette

⁶⁶ to make something appear or open something on a device

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look the same, they function the same and everything, except they have Delta-8 THC in them. So when you're vaping you will get high just like you were smoking Delta-8 THC flower. You see what I'm saying?

[00:18:33] Next, what was on the list? Concentrates. Delta-8 THC concentrates, which is something like what you see on the screen now. Now, I've never used concentrates myself or I've never bought them. I believe I've used them once or twice. And it's something like a wax. To be honest, I'm not sure if it's the same thing as wax. But this concentrate that you see here, if I'm not mistaken, can be smoked but just using a different **apparatus**⁶⁷. But don't quote me on that because I didn't do the research before this episode and I probably should have. But again, at least you can see it, right? And like I said before, we're almost to the real point of this episode. I just wanted to show you this and teach you something new because it **leads**⁶⁸ directly into the story I'm going to tell you in just a minute. All right?

[00:19:18] So the last thing is Delta-8 THC flower. I don't believe I have a picture of that. Yes, I do. And as you can see, it looks just like your typical marijuana plant. Except the chemical compounds are a little bit different. Now, I've never smoked Delta-8 THC flower, but I have talked to someone who has, and they said that it's just like, really weak weed. You know? It's just a lot less **potent**⁶⁹. And if you smoke weed like, classic Delta-9 THC type of weed, you're not going to get much enjoyment or pleasure from smoking the Delta-8 because it's so much weaker than

⁶⁷ equipment or tools used for a particular purpose

⁶⁸ be a route or means of access to a particular place or in a particular direction

⁶⁹ having great power, influence, or effect

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the original that you're used to smoking. I don't know if that's true, but that's what I was told. All right? I believe that was it.

[00:19:57] It talks about the difference between Delta-8 and Delta-9 in the article, comparing the effects, where to buy it, and stuff like that. [Key takeaways⁷⁰](#). So I really don't see a need to read any of that stuff. And I'll just [summarize⁷¹](#) for you right now. The basic difference between Delta-8 and Delta-9 THC, from what I understand is how you extract them from the plant and how strong the effects of each form of THC actually are. But I will say from personal experience consuming Delta-8 THC. It's a little bit different. It's not as strong as the original. But like I said, if you consume enough of it, you'll get just as high. So, you know, just in case, maybe you live in the U.S. and you're considering trying something like this. Just know that. Don't think that it's not something to be taken seriously. Because if you consume too much, things will get serious. Let me just say it that way and [leave it at that⁷²](#). All right?

[00:20:54] But the real question now is, why have I told you all this? Why the hell am I spending all this time, like 20 minutes telling you about Delta-8 THC and all its products and all these kind of things? Well, one of the reasons is I think it's just interesting information to know. Maybe you had no idea that this type of thing exists and that technically weed is now legal in many places in the country. And we're not talking about the classic type of weed that you roll up and smoke, even

⁷⁰ a conclusion to be made based on presented facts

⁷¹ to express in a few words the main points about something

⁷² to not add or do anything more

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though they do have that form. But it's a cousin, a close cousin to the original weed that has more or less the same effects. And you can buy it just like you go to the store and buy a vape or a beer or anything else, you know?

[00:21:31] But the real reason I wanted to tell you that is because it leads directly into the story I'm going to tell you now. Okay? Yesterday I got some Delta-8 THC gummies. These ones right here. If you're watching on YouTube, hopefully, that's in frame. I'm not promoting these. I'm not getting paid to show you this, obviously. It's just, I actually bought them. I use them and they work as promised. I can tell you that, man. I can tell you that for sure. So I bought the gummies. That's what these are. Little pieces of candy, little gummies. Actually, I'm going to take them out of the pack just to show you. I mean, I know you know what gummies look like. But here's one of the gummies from the pack. And it's 50 milligrams of THC per gummy. Okay?

[00:22:16] So in other words, if you're not like a regular weed smoker and you eat two of these, you will feel the effects. That's for sure. If you eat three, your day is over. Okay? But anyway, I bought the gummies and I ate more than I should have. The ones I normally buy were **sold out**⁷³. So the lady recommended these bad boys right here. And before I left, she said, "Just take one and see how you feel, because these ones kick in pretty fast". And when I say "**kick in**"⁷⁴, I mean come into effect or activate. It's really common to use this phrasal verb when talking about medicine, pills, or drugs in general. So I might say, This drug takes about 20 minutes

⁷³ when there is no more of something left to buy

⁷⁴ come into effect or activate

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to kick in. And that's the same thing as saying, This drug takes about 20 minutes to start working or it'll be about 20 minutes before you start to feel the effects of the drug.

[00:23:07] So anyway, getting back to my story. The lady basically told me not to take too much too fast because the gummies are more potent than the ones I usually buy. So I'd end up feeling the effects very quickly and very strongly. But I've been smoking weed and eating weed since I was 15, so I thought, Shit, I don't need to take it easy. I know my limits. I know what I'm doing, right? And although that's true, I still ate more than I should have. She told me to take one and I took three. For the average person, that would be a bad idea. For someone who isn't used to the feeling of being high off weed or someone who has never consumed large amounts of weed before, taking three times the recommended amount could end in a pretty unpleasant anxiety attack. I'm just being honest with you.

[00:23:53] Now, when you smoke a lot of weed, all of your senses are **heightened**⁷⁵ and it can be an intense feeling if you're not prepared for it. And that intensity can make your **heart rate**⁷⁶ **rise**⁷⁷. Right? Which causes you to take shorter breaths and you start to panic because you think something's wrong with you. And if you're a naturally anxious person, it's even worse because then your mind starts to race at 100 miles a minute. Just... Thought after thought, after thought. You panic. It's a sensation that's hard to describe with words. And it's also something that not

⁷⁵ more intense than normal

⁷⁶ the number of times a person's heart beats

⁷⁷ an increase in amount, size, or number

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everyone experiences because the plant affects everyone in different ways. But anyway, I'm much more **accustomed**⁷⁸ to the feeling of being high, so I usually don't experience too much anxiety when I smoke a lot of weed.

[00:24:36] But yesterday I consumed more than I should have and I got pretty fucking high and I didn't have a panic attack or anything like that. But I was taking a shower and I found myself being really **introspective**⁷⁹. And now that I think about it, every time I smoke weed and take a shower, I get introspective. I don't know why, but the shower is a great place to think. Maybe it's the **white noise**⁸⁰ of the water hitting the ground that **blocks out**⁸¹ everything so that I'm just left with my thoughts. I don't know. But I found myself thinking about my life and everything I've done in the last few years and how it's all a direct result of my choices. We can't control the things that happen to us in life, but we have complete control over what we make happen in life.

[00:25:21] So everything I have and everything I experience today is a direct result of all the choices I've made up to this point. What does that mean? That means that if I want to have or experience something in the future, I can make choices that will bring those possessions or experiences into my reality. I can have, do or be anything I want. I just have to make the right choices. And that brings me to the point of this episode. I was in the shower thinking about who I'm becoming and

⁷⁸ familiar with something; used to

⁷⁹ examining and considering your own ideas, thoughts, and feelings

⁸⁰ a continuous sound that seems to have no pattern or rhythm

⁸¹ to hide or cover something so that it cannot be seen, felt, or heard

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where I'm going in life. And I had this **moment of clarity**⁸² when I realized I'm really **manifesting**⁸³ my dream life and the best version of myself. And it's all because of the choices I'm making.

[00:26:03] One of the most **liberating**⁸⁴ things I've come to realize is that we are free to do **virtually**⁸⁵ anything we want in this life. We are the architects of our reality. It doesn't matter how big or small, how cheap or expensive or how long it's going to take. If you want something, you can have it. You just have to know exactly what it is. Strangely, I think that level of freedom isn't exciting or inspiring at all to most people. I think the realization that you're free to do whatever you want comes with a lot of fear. Because once someone tells you that you can be, have or do anything you want, the next logical question is, What exactly do you want? This is where the challenge starts.

[00:26:51] A lot of people could very easily tell you what it is they don't want. But very few people could describe to you in detail what it is they do want. And even less people could tell you how they're going to get what they want, or they're simply **delusional**⁸⁶ about how they're going to get what they want. And even when somebody decides what they want and how they plan to get it, they quickly realize that it's much harder than they imagined and it's going to take a lot longer than

⁸² a moment when a person suddenly understands something

⁸³ to show something clearly, through signs or actions

⁸⁴ making you feel free

⁸⁵ nearly; almost

⁸⁶ having false or unrealistic beliefs or opinions

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they imagined. That's why a lot of people never do what they want. They just do what they're told. They do what they're told because they're afraid. Afraid that they'll never figure out exactly what they want. Afraid they won't be able to figure out how to get what they want. Afraid they'll waste precious time and money. Afraid they'll miss out on other opportunities to be happy and successful.

[00:27:41] There are a bunch of reasons why people might be afraid of taking their lives into their own hands. I think the main thing that scares people is responsibility, though. You cannot separate responsibility from freedom. And your level of responsibility **increases**⁸⁷ or **decreases**⁸⁸ in direct **proportion**⁸⁹ to the level of freedom you have. That's why it seems so much easier to just do what you're told. You can simply **outsource**⁹⁰ the responsibility of deciding what to do with your time and energy. Because at least that way you know what to expect. You know that if you arrive at this office at this time and you work for this many hours, you'll get paid this amount of money. That knowledge makes you feel secure.

[00:28:26] Anxiety and insecurity come from a **lack of**⁹¹ knowledge. Anxiety is just fear of the unknown, right? So you're just afraid because you don't know exactly what's going to happen if you choose to walk down the road less traveled. So what

⁸⁷ make greater in size, amount, intensity, or degree

⁸⁸ make smaller or fewer in size, amount, intensity, or degree

⁸⁹ the number, amount, or level of one thing when compared to another

⁹⁰ to pay to have another person/company to do part of your work for you

⁹¹ being without or not having enough of something

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do you do? You trade your freedom for security. You **adopt**⁹² someone else's idea of success. You work where people tell you to work. You wear what people tell you to wear. You talk how people want you to talk. You buy what people tell you to buy. Because this way you feel much more secure. You're living like everyone else, so you must be doing the right thing. You have what everyone else has, so you must be doing the right thing. You look how everyone else looks, so you must be doing the right thing. But the whole time, your decisions are **fueled**⁹³ by fear. You might say your life is largely determined by **circumstances**⁹⁴ outside of your control. But no one is forcing you to work where you work or live where you live or eat what you eat. Those are choices you make every single day.

[00:29:32] Now, some people might say it's easy for me to say that as a **privileged**⁹⁵ American from a country **abundant**⁹⁶ with opportunities and resources. And maybe that's true. But what's also true is as an adult, you make your own choices. There are a lot of circumstances outside of your control, but you will always have control over what you choose to do. Now, you can say that you don't have enough money or education to live the life you want to live. And maybe that's true. But how do broke and homeless crackheads **manage**⁹⁷ to get enough money to keep smoking

⁹² choose to take up, follow, or use

⁹³ something that fuels a feeling or a type of behavior increases it or makes it stronger

⁹⁴ a fact or event that makes a situation the way it is

⁹⁵ having special rights or advantages

⁹⁶ available in large quantities; a lot of

⁹⁷ to succeed in doing or dealing with something

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crack? Have you ever stopped to think about that? Someone with a lot less than you is still finding a way to get exactly what they want every day.

[00:30:13] Now **I'm aware**⁹⁸ that there are many differences between your life and that of a crackhead, but what I've said remains true. You're virtually free to do whatever you want with your life. The fear of taking risks and failing will only stop you if you allow it. And it's important to remember that doing nothing or simply living the life that was handed to you is just as big of a risk as trying to realize the life you dream about. You just have to decide which risk makes more sense for you to take. So in summary, I've come to the realization that we're virtually free yet very fearful.

[00:30:52] Sometimes we're afraid of **perceived**⁹⁹ failure, ridicule, and humiliation. Other times, we're afraid of how successful we can actually become. Because if you've spent your whole life believing that you're not capable of achieving success, then the idea of making that achievement can be scary. Some people are afraid of giving everything they ever wanted because they know that they could lose it at any moment. So instead of ever having to experience that pain, they just **avoid**¹⁰⁰ the pleasure altogether. So many of our decisions are fueled by fear. So much of our life is spent playing defense. But I want to **encourage**¹⁰¹ you to start playing

⁹⁸ I know; having knowledge of something

⁹⁹ interpret or look on (someone or something) in a particular way; regard as

¹⁰⁰ to stay away from

¹⁰¹ give support and confidence to someone to do something

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offense. I encourage you to take a look at your life and ask yourself, Where am I going? How am I going to get there? What am I willing to do in order to get there?

[00:31:45] And these questions can involve everything from your money and career to your family and personal relationships. In fact, these questions involve every **aspect**¹⁰² of your life. You get to decide. You decide what kind of people you want in your life, what type of work you want to do, where you want to live, how you spend your time. You decide all of that every single day. Being the best version of your true self comes with responsibility. Living life **on your terms**¹⁰³ comes with responsibility. Now maybe you don't like the way that sounds. But in my experience, a life full of responsibilities is much better than a life full of obligations. Think about it.

[END OF EPISODE]

¹⁰² a particular part or feature of something

¹⁰³ according to your conditions and desire

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Key vocabulary

Drug dealers: a person who sells illegal drugs

Stands for: be an abbreviation of or symbol for something

Loophole: an error in the way a law is written that makes it possible for people to legally avoid obeying it

Sums up: to express the important facts or characteristics about something

Along with: in company with or at the same time as

Skip: to pass over without notice or mention

Relevant: directly connected to the subject being discussed

Main: the most important, well-known, or biggest of its kind

Several: more than two but fewer than many

Analogs: a person or thing seen as comparable to another

Milder: not strong or extreme; slight or gentle

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Headlines: a heading at the top of an article or page in a newspaper or magazine

Dubbed as: give an unofficial name or nickname to something

Less likely: a lower probability of something happening

Strains: a breed, stock, or variety of an animal or plant developed by breeding

Wondering: to ask yourself questions; curious

Derived: coming from or caused by something else

To date: up to the present time; so far

Up until this point: up to the present time; so far

Boost: to improve or increase something

Trippy: the effect produced by taking a psychedelic drug

Clearheaded: able to think clearly and logically

Lightweight: having less than average weight or effect

Redundant: unnecessary or more than enough; excess of similar words

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Enhancing: to improve the quality, amount, or strength of something

Elevating: raise or lift (something) up to a higher position

Trigger: cause (an event or situation) to happen or exist

Intoxication: the condition of being drunk or under the influence of drugs

Upwards: from a lower to a higher position, level, or value

Sedation: a state of calm or sleep induced by the use of sedatives

Drowsy: feel sleepy and cannot think clearly

Bland: lacking strong features or characteristics; not interesting

Buzz: slang - mild intoxication

Alongside: at the same time as; together with

Don't quote me on that: used when you give an information you're not entirely sure about

Incorporating: to include something as part of something else

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Mix: combine or put together two or more things

Remains: to stay in the same place or in the same condition

Gray area: a situation that is not clear; open to interpretation

Overlap: to cover something partly by going over its edge

Roughly: approximately

Tremendous: very great in amount, level or intensity

In plain English: clear, simple language

Distinction: a difference between two similar things

Key points: most important or essential part of something

Banned: to prohibit or forbid especially by legal means

Recreational: something done for pleasure or to relax

As long as: on condition that; if

Extracted: to remove or take out something

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Synthetic: made from artificial substances, often copying a natural product

Converting: to cause something to change into a different form

Amended: changed or modified text, especially a law or a legal document

Although: in spite of the fact that; even though

Compliance: the act of obeying an order, rule, or request

Guidelines: a general rule, principle, or piece of advice

Outlined: to give the main facts about something

Dizziness: a sensation of spinning around and losing one's balance

Aficionados: someone who is very interested in and enthusiastic about something

Sudden emergence: occurring or performed quickly and without warning

Equal: being the same in quantity, size, degree, or value

Reap: to obtain or receive something

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Bioavailability: the proportion of a drug or other substance which is able to have an active effect

Onset: the beginning of something

Drops: a small round-shaped amount of liquid

Joint: a rolled cannabis cigarette

Pull up: to make something appear or open something on a device

Apparatus: equipment or tools used for a particular purpose

Leads: be a route or means of access to a particular place or in a particular direction

Potent: having great power, influence, or effect

Key takeaways: a conclusion to be made based on presented facts

Summarize: to express in a few words the main points about something

Leave it at that: to not add or do anything more

Sold out: when there is no more of something left to buy

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Kick in: come into effect or activate

Heightened: more intense than normal

Heart rate: the number of times a person's heart beats

Rise: an increase in amount, size, or number

Accustomed: familiar with something; used to

Introspective: examining and considering your own ideas, thoughts, and feelings

White noise: a continuous sound that seems to have no pattern or rhythm

Blocks out: to hide or cover something so that it cannot be seen, felt, or heard

Moment of clarity: a moment when a person suddenly understands something

Manifesting: to show something clearly, through signs or actions

Liberating: making you feel free

Virtually: nearly; almost

Delusional: having false or unrealistic beliefs or opinions

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Increases: make greater in size, amount, intensity, or degree

Decreases: make smaller or fewer in size, amount, intensity, or degree

Proportion: the number, amount, or level of one thing when compared to another

Outsource: to pay to have another person/company to do part of your work for you

Lack of: being without or not having enough of something

Adopt: choose to take up, follow, or use

Fueled: something that fuels a feeling or a type of behavior increases it or makes it stronger

Circumstances: a fact or event that makes a situation the way it is

Privileged: having special rights or advantages

Abundant: available in large quantities; a lot of

Manage: to succeed in doing or dealing with something

I'm aware: I know; having knowledge of something

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Perceived: interpret or look on (someone or something) in a particular way; regard as

Avoid: to stay away from

Encourage: give support and confidence to someone to do something

Aspect: a particular part or feature of something

On your terms: according to your conditions and desire