

FYI: Timestamps listed here are not correct, but know that all of the content from the interview is here.

Speaker 2 ([02:05](#)):

Hey everybody, I'm so glad you're here because I have the one and only Anthony Meindl many of you probably already know him. Um, but welcome to the show. Anthony. Glad you're

Speaker 3 ([02:32](#)):

Here. Um, thanks Brian. You know, I wanted to wait until we were rolling to tell you and your audience, you are an ageless wonder. I mean, I haven't seen you in a hot minute and you look amazing. A little more gray, but it's so distinguished.

Speaker 2 ([02:44](#)):

Thank you. I will take

Speaker 3 ([02:46](#)):

You now. Are you public with your age?

Speaker 2 ([02:48](#)):

Oh, I mean I'm not hidden about it.

Speaker 3 ([02:49](#)):

Okay.

Speaker 2 ([02:50](#)):

I'm not gonna say it right now. <laugh> <laugh> you all can go Googling. Wait, also, if you look this on YouTube, you can see Anthony's in this beautiful kitchen. We we're having a really nice conversation. Like yeah.

Speaker 3 ([03:01](#)):

Okay. My fridge and my dirty dishes, but yes. Hi everybody. Great. But Brian, you look great. It's great to see you. You thanks for having me on. It's been a hot minute. Yeah. So I'm so excited to hear about what's going on in your world and you still continue to inspire actors and help them understand their business. And like it's not, you know, a separate thing like business from creativity. I mean it is sometimes, but it's not. And, but I'm sure we'll talk about whatever. So

Speaker 2 ([03:25](#)):

We will, we will. So thank you. So, so the, so everybody just so you know, the, one of the impetus for me having this conversation is besides our mutual affection for each other and the Anthony kind of walks the same walk that I do around the spiritual path of the creative person is your new book that came out, unstuck, the full title though, unstuck a

life manual and how to be more creative, overcome your obstacles and get you done. I'm holding it up. So if you look at us on Instagram, it's got the cutest cover. I love the artwork entity.

Speaker 3 ([03:49](#)):

That's my assistant. She's amazing. She's really like, yeah, she does some amazing graphic arts. That's great. It

Speaker 2 ([03:55](#)):

Looks so great. Thank you. So, so I'm gonna jump right in because yeah, I've read the book and before I even talk a little bit more, the book, everybody, you can get this book anywhere you can get books. Um, so I highly recommend this book it's and it's also what I would say is, um, this is a, maybe this is a misnomer, but I think it is an easy read, but also you could read one chapter a day and think about it and meditate on it all day and come back to the next trips, almost like a, you know, one of those 365 day lessons that you could read. I felt, I really felt that it, it really lives up to the idea of it being a manual. Um, uh, I read it more quickly cuz our interview was coming quickly, but it did stir up many.

Speaker 2 ([04:28](#)):

Those pages are all dog eared, but, but I wanted to go back to one of the things you said in the very beginning and like some acknowledgements you made mm-hmm <affirmative> and you, you acknowledge, I think it was Katie that you said that you didn't know, you had another book in you. And so we talk a lot about creativity in the creative process here. So I wanted to ask you a little bit about the impetus for this book and then also like how you went through that conversation with yourself. Oh yes. This, this is a book and what your process is like when you actually go down to set about putting something like this together.

Speaker 3 ([04:56](#)):

Yeah. Wow. I mean, I guess it's kind of what I set forth in the book, right? Like in terms of creativity or you have a great idea and you have to see it through no matter like what the doomsayers say or even just your friends and family, sometimes you'll share a really great idea and I'll be like, um, so I guess yes, Katie is the lovely wife of one of our head teachers at our, uh, Sydney school, Amy. And when I had an earlier draft, I just kind of sh you know, it's always great to get optics on things. See like, oh, and one of the things, she was like, oh, you said this in your previous books. And so she was really like clear on, you know, if I'm gonna do something I don't, you know, and I don't wanna repeat, I don't wanna just keep drudging.

Speaker 3 ([05:33](#)):

I'm gonna be 80 years old and be like, you know, doing the same iteration of the same book, you know, or the same, my same five books, whatever, like over and over. But no. So what really created the impetus? I think, so she read like an early kind of, um, I don't know, ag ag aggregate of like a lot of thoughts I had, but then COVID is what really put me it like really streamlined it and really made it become a cohesive thing. Because as a lot of people, you know, it's very challenging time, things were compromised. You had to adapt, you had to like in the moment, which is all things that I teach anyway. So it was great to put it in real life practice. You know what I mean? Yeah. Uh, so we obviously had classes online everywhere in the world, but we also here in our LA school because we have a huge outdoor parking lot.

Speaker 3 ([06:20](#)):

We created these, uh, gigantic plastic pods. So we started to have classes outdoors, safely, social distance, you were in masks, but then when you got up and worked outdoors, you could be behind your own little plastic bubble. Got it. And so I, I worked with a group of people who were brave, who wanted to continue expressing themselves artistically through a really intense, you know, health crisis. And through that, Bri, like I really started coming back to these ideas of, well, what the book is about, right? Like hardships, conflict challenges. Uh, the things that we individually sometimes think are, is just only you face it or only I face it isn't, that's not the truth. Right. And that it's, so I think constructed that we're supposed to have these challenges because in it is the seat of creativity, the, the tools or the awareness to push through it, it can become a real creative force in itself. If you don't let it defeat you and you see it in a different way. Yeah. So that's kind of what created, so it's kind of meta when you think about it. Yeah. Right. Like, yeah. So,

Speaker 2 ([07:24](#)):

And, and so I love what you said about, it seems like the pandemic in many ways, put things under a microscope or made us look at it more sharply, which is kind of what you described in the, even in the writing of this book, like you said, you kind of aggregate, are you someone who like in the pro I'm gonna get in your process for one second here. Okay. Yeah. Are you someone that, like, are you reciting things out loud? Are you writing and typing it the same? How does your, how does your mind work when it comes to the actual writing? I'm curious about that.

Speaker 3 ([07:47](#)):

Um, you know, every, you know, I have a lot of screenplays. Like every, all my stuff is different. I think, I think the most important thing is trying not to judge and edit while you're doing it. Just sit down for, this is for any of your listeners who are creatives in like a writing format. Right. Or anything like, it doesn't matter, dance acting do, being, paint, doing a painter. You just have to like, get your butt in the seat. Right. And then try. Yeah. And then in that attempt something again will come out of it. But I think most people, myself included on bad days don't wanna move past the phase of like inertia. Like you just gotta like do it. Right. And then you hit a, you just catch a, you catch a wave, you catch a, a muse, an inspiration or something. Yeah.

Speaker 3 ([08:32](#)):

You know? Right. It's a real thing. I mean, you know, I know we share very similar spiritual philosophies. And I think like, to me, I believe that all human beings are like encoded with all the same genius. And like, you just have to get, we're all like, uh decipherers of it or, or interpreters of it. Like we're downloading it. But a lot of us have been taught not to listen to wherever that comes from, or it's crazy, or nobody's gonna want that. Or we compare and despair or mm-hmm <affirmative>, you know, and I think you just have to, like, when you have an inspired moment, you just have to act on it. Yeah.

Speaker 2 ([09:07](#)):

Yeah. I

Speaker 3 ([09:08](#)):

Love that. That's my process. Right?

Speaker 2 ([09:09](#)):

Yeah. I love your process. Yeah. It's like, it's like sit and sweat at times in your seat and then catch it. We bite's tail before it runs away. Sometimes something that's totally it. Right, right. Yeah. You know? Um, so there's this quote that I'm, I would like to steal that you say in one of your chapters that I think is so good because one of the

Speaker 3 ([09:24](#)):

Steal it and then credit me. Okay.

Speaker 2 ([09:25](#)):

Well, great. I will, I'm gonna do it right now. So one of the things that I always say is, uh, one of the ways that I help people is I help actors get what they want without suffering, because I think the suffering is something we pick up along the way, but there's this beautiful thing that you say you say, uh, some assembly is requiring required, but the suffering is optional. Optional. Yeah. Can you go into that a little bit for the listeners here?

Speaker 3 ([09:43](#)):

Well, I think what I mean by that is this is not to any, in any form to trivialize people's, you know, heartaches and challenges. I have a, uh, somebody who I'm really close to is going through a really hard mental health challenge. Right. And like, I think, you know, the saying like everybody is walking a path we know nothing about. So be kind, so these are real things, but I also, again, I really feel like, um, sorry, I just lost my train of thought. I really feel like how we choose to look at it is, is up to us. Right. And, you know, yes, we could choose to look at, there are so many challenges that we are being confronted with at a social, a cultural, an economic, um, you know, uh, there are so many issues that if we, if you don't find a more, also not just a hopeful or a more positive way of looking at it, but actually it's also a truthful way of looking at it.

Speaker 3 ([10:37](#)):

Right. Sure. When we're in our, like, if you came to me, sorry, I'm going off a tangent, but this is a good point. It's a good tangent. You came to me with a pro problem. And because you're in it, you can't see, you know, the light, you can't see a way through it. And I'm like, oh, Brian, you got this. What if you just called? So and so, or just like, maybe let that go for right now or come back, you know? And then, so we all have friends. I talk about that too, who can see a problem, not as a problem, but as an opportunity. And that sounds so like a new age, like, and please, it makes me wanna vomit a little bit, as I just said it. However, I do think we indulge sometimes in the payoff of getting stuck in our suffering around something. Yeah.

Speaker 2 ([11:19](#)):

Right. I also think it's a way to connect. Right? You can connect with someone cuz negative suffering connection is so easy. I always say like, if you're waiting in line with someone and say, oh, this line sucks. And then suddenly you're talking to a stranger. It, it just is. I think it's a very, um, weak connection to connect over connectivity. So you have so much deeper and bigger things to say than to be using the negativity is the, the, the way to align your morals or your values or to connect with people. But

Speaker 3 ([11:40](#)):

You're totally right. Is beautifully said. I think sometimes we're just so habituated to go to the negative that we don't even realize. Like that's not our true spirit. That's not who we are. Right. That's just our, that's the narrative that we've picked up, up living in this, on this journey and this lifetime in our body and experiencing like, I don't know the trauma of childhood. And then all of a sudden, like without checking it, we just are like Debbie downers <laugh> you know, and again, this is not to trivialize, you know, also the fact that we're talking about this, I also always want to caution that it's a luxury, right? Like these are totally, these are I, this is also maybe why you're telling actors. I, I said it this weekend, I taught 'em intensive here in LA. And I was like, let's not make this a burden of, of, you know, angst and, and negativity or like hard, because really we're here to the fact that we get to come and do this to explore and to play and to create is a joy. It's a blessing. I'm sorry, we're not living on like a dollar 50 a day. You know what I mean? Mm-hmm, <affirmative>, we're not in the middle of like a third of Pakistan being underwater. Like I think to me that also helps move you past your own BS. Yeah. Because you can contextualize what happens. And I think that's, I think that's hard for Americans in particular and also hard in this industry because we, we compare and despair a lot,

Speaker 2 ([12:57](#)):

A lot for sure.

Speaker 3 ([12:58](#)):

And that, and our value as, you know, our value, just, this is very American. Like our value is in like how we look and what we've achieved and success, the success quotation and you know, the bling aspect and what we drive and all these things that aren't real. But if you keep hustling and chasing them, like, God, it's like a zero sum game at some level. Right.

Speaker 2 ([13:18](#)):

Yeah. You say that in the book. And I think that's really beautifully articulated. And I just wanna say one more time, just how, when, uh, my experience of reading this book was, oh, like, so I would read, so just a full disclosure. I read this book a lot on the, what is the machine where your legs go like this?

Speaker 3 ([13:32](#)):

The elliptical.

Speaker 2 ([13:33](#)):

Yes. I mean, like, I couldn't think of the word. Yes. UN elliptical. Um, because I'm too old to run. So I, so, uh, so I would like have a 45 minute time on there and then I'd go and I'd be like in the page that was recent. Would like stick with me and stay with me with the thought. And one of the thoughts that I had was that one, another one that came to me that I think really connects to what you're saying right now. And I'm gonna read this quote, cause it's a long one. And I thought people could sneak by, and I don't want anyone to sneak by this when they read it. Which is, you said, perhaps in the big scheme of our short lives, the thing we do, the things we do ultimately have little significance, but the community, they establish the relationships. They afford the inspiration and assistance. They bring the joy and connection. They evoke. These are the things to have faith in this idea that your impact is larger than maybe what's in front of you. So that's

something that I talk about a lot. And so this really aligned. And so can you speak a little bit more about that and even also on what you believe that, that faith piece to be, cuz you mentioned that a few times in the book.

Speaker 3 ([14:24](#)):

Yeah. I talk about, there is a chapter in faith, but I guess right. When you were reading that, I was thinking like just you and I being here right now. Right. That's like a form wouldn't happen community because no. Right. And like we met, I don't know how many years ago at a party and then we just hit it off. And I think we underestimate, like I think again, we keep, we keep feeling like we've made it or we're gonna really make a difference when we've reached millions of people. And I actually don't think it works like that. Right? Like it literally takes a village and uh, don't worry, you know, me, I'm getting like, I think it's just showing up in the world, you know? And just to me, it's shocking sometimes like this, we live on this grand idea that we're gonna go solve like a health crisis or like, you know, the homeless crisis, all these things, which we need to like figure out.

Speaker 3 ([15:17](#)):

But I think when I think of like the minutia of the day to dayness, I think when you say hi to a barista or somebody who's working at the grocery store and they have a name tag and you actually call them my name and you greet them and meet them, like another human being and we stop using, you know, all these things that we hide behind. But also these like, I don't know, class separations, oh, she's a cashier. And I'm better than that. Or like these things that are like subtle, but also overt sometimes in culture. Right? Like, I mean, that's the whole thing about class and systems that keep people in class systems. But I, I guess what I'm trying to say is I think we really start to exact change just locally, before it becomes global mm-hmm <affirmative>. And I think that's all we're looking for is just to be able to look into somebody's eyes and to have some sort of connection, as you said earlier, and you do feel like whenever I am out in the world with having an experience with somebody that wasn't planned, it's just as exciting. And at least for me meaningful and, and I don't know, it makes me feel so alive as it is if I've made a movie and you know, people are watching it. I think again, I think this is our cultural, uh, sort of what's my word, like the pressures of ha like what success is supposed to look like, you know?

Speaker 2 ([16:43](#)):

Yeah. Yeah. When you said that, I kind of picked up like, there's like some capitalist stuff in there a little bit too. Like if I accomplished something and I feel joy from that, that should be valued more than me randomly running into my friend in the street and that the universe collided us that day. And you said both of those things give me the same fulfillment feeling. Yeah. I need to be mindful of the, what the world's telling me is valued more than another. I think it also reminds me of what a course of miracles would say. The problem of any problem is that we believe in separation that we're separate, that we're not all the same. Right. And I think that you

Speaker 3 ([17:11](#)):

Said better than I could ever say, that's true. You know, that's great. But I was gonna say Brian, about that, you know, it's also, I think because it's, it's also gotten worse because of social media, right? Like I think this, again, this whole construct, it's just, it's a lie, it's a myth, it's a fabrication, but we've all, we've all sort of agreed to these terms, which is so scary to me that these value judgments that we ascribe to set forth by media and by social media and these kind of social

media platforms is based on like, self-worth deserve like how, how much value we have. And it's like, that metric is completely deranged. It's deranged. Mm-hmm <affirmative> to have 1 billion followers. Like they're all, they're all bots anyway. I mean, that's a whole, we could, if we wanna just take it all apart. Yeah. You know what I'm saying?

Speaker 3 ([17:59](#)):

It's not real, but if a 17 year old girl, her own self worth is she's trying to discover herself or a boy, anybody or me my age at 54 it's it's age irrelevant. When you, you look at these measurements that society has made freaking up, it's made up, I don't know what the equivalent would've been in the 16 hundreds <laugh> you know what I mean? I don't know, having like inviting 50 people to court and they all come, I don't know. Right. You know, but like it's, these, these constructs are really damaging to people. And I think we are just chaotically sliding into some catechism and I'm, you know, I'm, I'm dramatic, but I'm also based on the science and the research and what a lot of experts talk about. I mean, it's kind of the unraveling of, of a lot of things, you know what I mean?

Speaker 2 ([18:52](#)):

Well, you make a point in the book about this, I think is really profound, which is, this is our new form of heroes and Greek mythology. And about how famous kind of replaced art, cuz we naturally clinging to story. And this is a new story for us to kind of clinging to. Can you speak to that a little bit? Cuz that really, to me as like, I think a lot of people who are drama dramas who are listen, all our actors out here or people, anybody who's ever read a book, we know where go to the museum, you see all these Greek mythology stories told again and again, and that those are not as profound to us as now what turn Kardashian is doing with her new bra line.

Speaker 3 ([19:22](#)):

Right. I mean, I love, I that's one of my favorite chapters <laugh> because I do make fun of like the Greek gods and how like back then, and I was just in Greece weirdly enough, just like last month I was shooting a movie right. About climate, the climate crisis. So it's like, this is a full circle moment, but you know, like I don't remember the pan of all Greek gods and goddesses, but it is interesting that we hero worship people, God's entities, the mythology around not the best role models. <laugh> Zeus was like, you know, he cheated on his wife and like, you know, with like, and then like sent people to their death. Like, I mean it's insane. Right, right. When we look at it. Um, so I, I, and I, I have a whole list of some of the Greek can I think that chapter, I love that chapter so much because again, like sometimes what we, I think it says a lot about a culture in a way, like what, what we, why are billionaires revered? That's an example. Mm-hmm <affirmative> and I'm not saying people shouldn't go for success and wealth and having everything you want, but like there, but, but our culture billionaires and it's been, you know, um, Yvonne, uh, um, the guy who's the, uh, I don't know how to pronounce his last name. Uh he's the founder of Patagonia. Okay.

Speaker 2 ([20:41](#)):

Yeah. Yeah. One who just gave

Speaker 3 ([20:42](#)):

It away. Yeah. He just gave it away. I think his last name is, but he says, there's a quote and he's a billionaire. Right. And he worked hard, but then he, he talks about how billionaires I'm paraphrasing it, but billionaires in culture is a failure in

policy. Something like that. He uses the word basically that there are billionaires as a failure of policy and he's right. Yeah. It's not normal. It's not healthy. It leads to income, inequality, all these things are connected. So I, I think again, why, what is it that we're chasing all the time? Yeah. Yeah. I'm not happy when I'm constantly chasing the thing that culture tells me I have to chase. Right. Which are not. Yeah. Yeah. Go ahead. No, go ahead. So

Speaker 2 ([21:23](#)):

I wanna relate this to the, our idea, like you and I both are like, you cannot just say the journey is the destination and be done with this thought. That's not deep enough for what we actually believe. That's right. Right. And so when you're saying that I'm not happy when I'm always not, when I'm always chasing, can you connect the dots for people who are challenged by that?

Speaker 3 ([21:38](#)):

You mean the, the dots between I'm not happy, always chasing and that the, this whole idea that we hear the journey is the destination all the time. Yes. Right. Well, yes. Okay. Let me say it this way. Again, every time I can only speak for myself every time I've gotten to that, like ascribed destination, I'm like, is this it <laugh>, you know what Viola Davis just said this recently, cuz you know, she has her own production company. She's been hustling really hard. And like, um, she said that when she broke through this was years ago. Right. And like she made it, whatever that means for her. She was like, she looked around and she's like, is this what I like? Is this, this is where I'm at now. Like this whole idea. I think of like, to me, I think brown, good. I'm going off on in tangent.

Speaker 3 ([22:23](#)):

But I think I talk about it in the book. Like I think, uh, the entertainment business, but maybe just life itself is high school. We never get out of high school. We constantly we're all on the outside trying to get on the inside. And then you get on the inside where all the quote unquote cool people are. And you're like, wait, is this, this is not actually that cool. It's really not healthy. Or maybe some people aren't nice. Or, and so I think this idea of the destination and the chasing living for like, I always talk about it, like the bookends, like, you know, our, our lives are really bookended by only two destinations, the coming, we were born into this existence and the going right. And then this continuum of all these moments, moment to moment to moment from sense. It began until you leave.

Speaker 3 ([23:10](#)):

And when you look at your life, your life is not really about, yes, it's great. You're gonna get married or you're gonna win a million dollars. You're gonna book a show. But those are like, I don't know. That's not, most of our life is made up of the journeying to get to those things. And then once you get to that thing, there still is gonna be more journeying. Yes. Right. And we forget, we, we sort of, um, what's the word like we don't enjoy, but there's a, a, there's a word for like we, what is the word I'm looking for? Like we, oh. Um, we don't embrace and like acknowledge that the journey is supposed to be as fun or maybe more fun than the actual accomplishment.

Speaker 2 ([23:53](#)):

But then when we, what, I just hear, what I keep hearing is like, and yet when we look back, we don't remember like that moment, remember like, oh, the season that, that might have happened in that's or like what? Or, or like you, you don't

look, you don't remember the grains of sand on the beach. You remember the beach is kind of what I keep that's I think of

Speaker 3 ([24:07](#)):

That's. Yeah. Or you remember the feeling that you had around that thing? Yes. You know what I mean? Yes. So it comes to feelings again. And the experience you had, like when you reminisce about something, you're like, oh God, it was so much fun. It wasn't, it was fun just because of an event. It was fun because of all the minutia that led to this thing. Mm-hmm <affirmative> so again, I always say like we're our culture is so we're oriented toward the climax and then we forget about the foreplay. Right? The foreplay is more interesting really than the cl the climax. I mean, if you're a dude, I mean, if you're a woman, it can last a little bit longer, but it's like seven seconds. Right? I mean, I'm sorry. I'm, I'm living my life a lot longer than seven seconds.

Speaker 2 ([24:41](#)):

Wait, which goes perfectly into their chapter to devoted to porn and like porn I'm just so we're clear, like we're not just talking about porn, porn, we're talking about all the kinds of porn.

Speaker 3 ([24:50](#)):

Do you live in a porn wasteland, Brian, it's all porn. Well,

Speaker 2 ([24:53](#)):

I have, so I have this thing around, so there's so many crime shows and stories following. Yeah. That's

Speaker 3 ([24:57](#)):

First of all new porn,

Speaker 2 ([24:59](#)):

Right? Yeah. It's a kind of porn. I also believe that like, uh, crime shows are inherently dramatic. So I understand one of the reasons why they get made a lot, but the other is, I think it's an emotional porn of like, I get to now feel something where I'm taking on some kind of a journey because I'm taking on I've, I'm watching some kind of violent story or I've watched a violent story. So it takes me on a journey that I don't actually have to live. And so it's like an emotional porn in some, I think B brown talks about this a little bit too. Uh, and that really, when she really resonated for me of like, oh no wonder, we have so many shows obsessed with this because we're scrolling and we're not allowing ourselves to feel during the day. And I wonder how that relates to kind of what you say in the book.

Speaker 3 ([25:34](#)):

Well, I love what you just say there too, about to me when that, when you talked about those shows, cuz I've watched some of them, but I'm always like, sometimes I feel like you're not satiated. Right? Like, so that's also the whole purpose of like, you know, creating a, a not serotonin. Yeah. Is it like serotonin, like the, the, the chemical that gets released when you have the, the dopamine dopamine? Yeah. You know, fix, right. Like that whole, we have to keep coming back for

more. Right. Mm-hmm <affirmative> I, I, I think that's, you know, I, this is what we were talking about earlier, but I do think it's a really important point and it is connected to this too, because you know, I, I do, I think the beginning of the book and the end of the book, uh, really does talk a lot about journeying.

Speaker 3 ([26:16](#)):

And I just wanna mention this one point again, that our great, great, great, great, great, great, great forefathers. And for mothers also, our Neandertal cousins, I read a lot about neandertals during I saw I was so obsessed. Yes. But it's kind of changed my life because like, if you look at our DNA and our hardwiring as peoples, and it still happens in modern culture, but we are born journeyers. We are not our, for the, the people who sacrifice for us to be here right now. All they did was journey. There was no, Hey, once I make it, Hey guys, once I have 10 billion followers, it doesn't, that's, that's sort of an aberration of our system and it kind of, it works against our natural wanting to just, just keep exploring, keep, I don't know, seeing what I think also in our, our culture we're fixated on just being successful at one thing. But who said that you, you have to be the same

Speaker 2 ([27:11](#)):

Thing. Oh God. That frustra

Speaker 3 ([27:12](#)):

For journeys. If we're journeyers you can be a writer and a director and a TV producer and, and an astronaut. Well, maybe not, but <laugh>, you can be many things. Yes. So I know I went off on the like quick fix thing and the porn problem, but the porn problem, it's all connected. Right. Is it wants to distract us out of, I don't know. I think our journeys. Yeah. It, it wants us to just stay, put I, listen, I talk about this a lot. Right? Whether it's, I love Netflix, but also Netflix has a dark side, which is, oh, I'm just gonna Netflix and chill, which means I'm just gonna continuously turn off mm-hmm <affirmative> the stimulation overload is not, we, I, I think there's signs that shows that our brains were not, are not adapted to take on as much information as we now live in 2022.

Speaker 3 ([28:03](#)):

Yeah, yeah, yeah. Right. Yeah. And so I think, and listen, I'm a content creator, so I'm also, but I'm always acutely aware of all the it's quite complex because I'm wanting to create content that makes people think and feel, and evolve and get out there and go do their own thing. But then also get them to sit in their seats to watch it. Right. So right. But, but I do believe, and I'm not trying to be all highfalutin. Like my purpose is, you know, entertainment. I think I talk about this in the book, you know, an end result of creating something might be to entertain people, but that's not the real reason why we create, right. Like right now you are really inspiring me. And hopefully I'm inspiring you and hopefully we're inspiring our listeners. And so it's really to educate, inspire uplift, and then like to evoke a response. It's not just to like, I don't know. And that the ties us,

Speaker 2 ([28:57](#)):

I always think of entertainment as the byproduct of the impact you're trying to have that's right. If you're entertained great, cuz it doesn't have to mean the message has to hurt to receive that's or that's right. It doesn't have to hurt.

It can make you laugh and smile and enjoy with a happy face on your, whatever it is. Like it doesn't have to be painful to receive messages

Speaker 3 ([29:13](#)):

Is what I beautiful. Brian, you could have a little book in you. I think <laugh>

Speaker 2 ([29:17](#)):

Shut up. You

Speaker 3 ([29:18](#)):

Do. We're gonna talk about this after air, because I think you do, you're really on point, but you know, by the other thing too, I was saying yesterday to a client, I think, I think what's happening also in culture and, and, and entertainment platforms. It's becoming one infotainment. It's like one gigantic. If you start to watch things from a different perspective, not again, not all things. And maybe this is just the next permutation of what it's gonna become. You know what I mean? Like yeah. Yeah. Things are always adapting and evolving forward, but I get it. I find it like, oh wow, this is just an advertisement. This is just like where they used to have like a 15 second commercial break. Now it feels like sometimes the things that I'm watching seem to be an ongoing TikTok video or an ongoing like, is this a show? Or am I watching a branding experience of something?

Speaker 2 ([30:11](#)):

Got it. So wait, so that, yeah, that leads me to a question. What did weird, something that like recently made you feel like that was great or like that made you think differently? Is there something,

Speaker 3 ([30:19](#)):

Oh good. I'm glad you weren't gonna ask me the other because I don't wanna like maybe no,

Speaker 2 ([30:22](#)):

We're not gonna disparage anything. This is a positive owner.

Speaker 3 ([30:24](#)):

That's right. And you know what one man's trash is another month's treasure as my mom always said, and it's true. Like, I don't know, like maybe that is helping somebody somewhere and really uplifting them. Right. And so I try not to have judgment about any of it, but um, but sometimes I do <laugh> cause I'm human. That

Speaker 2 ([30:40](#)):

Makes you also an artist. I also think that an artist who doesn't cultivate opinions as a lazy artist ah-ha yeah, because if you're just gonna sit there and be a blob, then no, one's gonna care about your art. They're not gonna watch your scenes. And like, this is not a thing,

Speaker 3 ([30:49](#)):

But also this is also a valid point is cause there was an article about this in the New York times that the streamers at Netflix, when it broke ground was an alternative to what the major broadcast networks would just provide because they wanted demographics. They wanted numbers. They wanted money to pay for the commercials in between their showings. There was an article about how now the streamers are starting to become, because see, this is all commerce driven, right? They said, I'm not the owner of Netflix. So I know they have, I know Ted Cerrano has his own challenges, but it's interesting that what became innovative and, and made people think, or was like setting a new bar has now because of the logistics of the monetary fiduciary responsibilities, the article was talking about how streamers are taking less risks. They don't wanna be provocative. They don't want to like again insult or, or be too much for somebody to turn it off. Well then what is the purpose of art? Yeah. Yeah. So the good thing is, is then, okay, then those companies might then become, you know, our regular network viewing and then new systems will develop. But I don't know, it's it is really interesting once you start to take it apart.

Speaker 2 ([32:07](#)):

Well, that was, is a disappointment. I think that also it's okay to like acknowledge there was like some disappointment there because we saw things break through and be different and be so different and then see maybe a retreat from that ability.

Speaker 3 ([32:17](#)):

Well, you were just asking me about, you know, like art that like that finds its way. I mean, this is a couple seasons out, but I love, I may destroy you. Um, that like still really resonates with me. Um, I'm trying to think what I've seen recently that I was really blown

Speaker 2 ([32:34](#)):

Away. That's I'm sure there are plenty of listeners who have not watched that yet. So if you have not watched that, that show is mind blowing. It's incredible. Also, do you know the story? I'm gonna share the story, the

Speaker 3 ([32:41](#)):

Story, share it. I do know it share

Speaker 2 ([32:42](#)):

It. So, uh, you tell me anything. I get wrong. Okay. So Michael koala, who was sold, the show was at Netflix, was meeting with a buyer there. It was a woman, woman meeting a woman. And she was like, I wanna still be able to own my material if you put it on Netflix. And the woman said we can't do that. Uh, and then she said, okay, well I'm not gonna sell my show to you. And then the woman said you did the right thing. I did what I had to do in my job. And you did the right thing going to else

Speaker 3 ([33:05](#)):

That I didn't hear that. That's beautiful.

Speaker 2 ([33:07](#)):

Yeah. What did you hear?

Speaker 3 ([33:08](#)):

No, no, no. I mean, I just, I mean, I heard that I didn't hear that last part where the, the executive was like good for you. You know what I mean? Yeah. Yeah. And she did. And she like, look, she created, I think one of the most original shows and took it somewhere else and she holds the rights to it. And, and the interesting thing too is to other like adjuncts to that story. She had her, her first show was on Netflix called chewing gum. Right. Hilarious and hilarious. Brilliant and beautiful. And also de even though it was a comedies also like awkwardly deep and also she talks about her own journey as a writer, she had to Google, how do you write like a screenplay? She didn't know. And she's writing her own. Like at some level I may destroy, you does kind of have that storyline of her, like having to go to executives and like, you know, so I'm always saying artists have to pull from their own lives. That's all you got to make. Yeah. Yeah. Yeah. You know what I mean?

Speaker 2 ([34:01](#)):

So you talk, there's something else you say about in artistic creation and creativity, where you say the difference between conflict and resistance and that they are different things. Yes. Can you, cause I think a lot of people say I'm just resistant, right? Like people, a lot of people can identify, oh, I think I'm resistant right now, but you actually make a clear distinction about fear, conflict and resistance. Can you talk about that a little bit? Yeah. That's really helpful.

Speaker 3 ([34:21](#)):

Well, I think conflict is a natural part of being alive. Right. But then the resistance comes from our reaction or our inhibiting, our fear around it, our telling ourselves that there's something abnormal or wrong to have conflict. Right. And so again, like look at the, the, the planet itself was birthed. I mean, that's what that whole chapter was about, was birthed outta conflict. We are here. You and I are here because of like billions of years of evolution. That was not, I mean, it's not all like, oh my God, let's just have like a scone and coffee. Right. It is. I don't know if you look at the animal kingdom in the planet. My, my garden is a disaster sometimes because I'm like, oh God, the things that I want to like the things I like over tend and care to, they all die. And the things that I ignore, they kind of find a way.

Speaker 3 ([35:08](#)):

And it's like, even in the plant kingdom, like their predatory, like it's really interesting to look at nature itself is the, to me the greatest. And actually also, because I'm a big climate advocate what's happening in nature. Right. In terms of our trying to control it or, um, there's a, you know, dominate it right. Is leading to disastrous consequences. Right. And so I think that's an example of it instead of learning how to work in harmony with the natural diss of, of like living in nature or the aspects of, you know, climate that are now becoming more extreme, humankind has always tried to like dominate, right? Yeah. Yeah. Like we are at the top of the totem pole. Right. We're not

Speaker 2 ([35:56](#)):

Right. And what I love about kind of what you're, the connection I'm making here is that the conflict is meant is there that we're trying to dominate. And so then rather than keep pushing towards the conflict, what is we, what are we learning from it as we go towards it?

Speaker 3 ([36:08](#)):

Right. That's right, right. That's right. What do Wes, what, what does it have to show us? How can we get out of our own way? What does it have to teach us? How can we surrender to it more? I think like conflict inherently again has like whenever, you know, if you think about, are you single right now? Do you have somebody

Speaker 2 ([36:22](#)):

I'm engaged?

Speaker 3 ([36:23](#)):

Oh, you're engaged. Yeah. We have much to catch on. There's no nothing. OK. <laugh> but you know, when you have, when we have disagreements, AKA fights. Yeah. It's too strong of a word, but when we have a conflict with a partner, yeah. It's tough. It's painful. It can bring up vulnera, it can bring up a lot of things. But then when you get to the other side, don't you have some sort of quote, conflict resolution, a bigger aha healing. Yes. A different kind of connection. It's so it's, it's learning how to not, I mean maybe because Brian I've been, you know, teaching conflict. I I've been a conflict resolution for 25 years teaching. Yeah. Because what, what our schools are about and what acting really you, we were talking about that, like a real, um, what do they call real real? Oh my God. These, the, the CRI real crime shows. Yes. Crime

Speaker 2 ([37:11](#)):

Shows. Yes.

Speaker 3 ([37:12](#)):

It, it heightened conflict. Right. And so the, the art of theater, the art of play playmaking storytelling is conflict. If there weren't any conflict, we would just turn it off. That's why we're drawn to it. Right, right. Right. And so for me, for like almost 30 years, it's just getting people to like, learn how to sit in it. And, and there is some sort of, I don't know how you say it like a Nirvana or a center point within it. Yeah. That you can a achieve or arrive to. But I think it becomes about changing our relationship to it. But this is why acting is also really hard because we're, we're, we're trying to sit in something, stay in something moment to moment that in life we run away from, because we have no tools, unless you go to therapy. Yeah. You have no tools. You either shut down. You repress, you withhold, you run away from, you have a fight flight, freeze response to conflict in life. Right. But that's not really dealing with conflict. Right. So I,

Speaker 2 ([38:13](#)):

I have a question only because you know, there's a lot of actors listening. Let's talk about acting for one second. Yes.

Speaker 3 ([38:17](#)):

You

Speaker 2 ([38:17](#)):

Find that often. Great. This character's reaction to conflict is to flight is to fly away. So now do you have to, now, now, how do you react to that now? Cuz do you find that like an actor's mostly challenged when it's similar or when it is dissimilar from

Speaker 3 ([38:29](#)):

The, oh, it depends really. Okay. It just depends. I mean, I would, you know, the first thing that pops out when you say that is even if we think the character's first response is to fly away, the, the fact that there's still more story coming means he's not flying away. Right. So all the actors out there are busted <laugh> cause they would, they would fight me in a talk about conflict. They'd be like, Tony, he's obviously flighting away. But now you're telling me he has to stay here in fight. I was like, well, yeah. Then there wouldn't be any stories. So there has to over <laugh>. Right. And so, and also it's just not that obvious. Like I also don't think whoever coined those phrases fight flight freeze, they're they're real. But we also, Ooh, this is so good. Brian, I'm learning something right now. We oscillate in between all of them at a micro and a and a, at a bigger level all the time. It's turn

Speaker 2 ([39:18](#)):

Your head, raise your eyebrow. I've got the next reaction. Where, how did you say that to me? Exactly. As I'm walking up

Speaker 3 ([39:23](#)):

The passive aggressiveness of aggressi aggressiveness breaking down crime, like it is. And so that becomes the complexity. See, that's when actors, when actors are taught to just stay in it and whatever comes up for them, as opposed to playing the idea of what they think, fight or flight or freeze, since we're on that subject. Right. Looks like you're already gonna be ahead of most actors because you're, you're actually living it. Like real people do process info. Right, right,

Speaker 2 ([39:48](#)):

Right. Which

Speaker 3 ([39:50](#)):

Yeah. Makes, makes me so excited. Yeah.

Speaker 2 ([39:51](#)):

Good. I'm so excited about that. Misa part of what it, I also relate this to is in the book, you, you kind of dispel the myth of a trendy word, which is imposter syndrome.

Speaker 3 ([40:00](#)):

Oh yeah.

Speaker 2 ([40:01](#)):

Right. And I think it kind of, and it connects a little bit to what we're saying here and I like you rolling your eyes and making all these faces. Can you kind do it here? So everyone here cuz listen, people say it all the time. And I actually think that they might mean more. Sometimes they mean what you explain. And sometimes they don't and they don't realize they're not making a distinction. And so they, they count themselves short. They count themselves

Speaker 3 ([40:21](#)):

Short. What do you mean? I don't think I tracked what you're saying about,

Speaker 2 ([40:25](#)):

So

Speaker 3 ([40:26](#)):

I, when they describe it

Speaker 2 ([40:27](#)):

Or themselves, when you, your Des I need, I don't wanna describe your description of imposter service. I wanna, I want you, but when you give your description, I think that some people actually might have that belief system to it. You're the one that you explain, but got it. It's so fast to not even go that deep that they don't give themselves the chance to like embrace that idea. Like you even said a minute ago to sit in it, to be like, oh, this is not, this is not true of what's really going on with me. So will you talk about that a little

Speaker 3 ([40:51](#)):

Bit? Yeah. Okay. I mean, I think, you know, this just, I'm gonna read from, I'm gonna read from book on the book 28 at the imposter center. I'm just gonna read this paragraph, this idea that you're undeserving or a fraud that you're not as smart or talented or together, as people might think makes you an imposter and therefore unqualified in whatever it is you want to do. And someday you're gonna be found out. And then I say by whom the imposter police, I mean, who again, who's made all these rules up. They're all made up. <laugh> yeah. It's all made up. And I think the thing about, I, I, what I also say that I think is powerful in that chapter is we're either all imposters on this planet or none. None of us are mm-hmm <affirmative> you know what I mean? Yeah. And I think the truth is, is maybe it lies somewhere in between, on a daily basis because president Obama, oh God, we miss him.

Speaker 3 ([41:42](#)):

He was making it up on the day. He'd never been a president. Nobody's a president. You don't have any, you know, schooling for how to be a president. Right. So he's having to learn on the job. We, I think that the, the, the half of the people that you're talking about who really do feel that real thing, even though there's a better word, I think for than imposter syndrome, I think it's about discernment. It's about knowing that you do have talent, but maybe your talent shows up in a different way than how we often see in media. Mm-hmm <affirmative> right. Mm-hmm <affirmative> but I

think the point is is that we, we cultivate those things by trying and getting out there and doing it. And then you discover that your own quote unquote, imposter sits nicely in the world of all these other imposters.

Speaker 2 ([42:24](#)):

Totally. Yes.

Speaker 3 ([42:25](#)):

Because the, you know, again, like I always like to use this example when Oprah Winfrey goes and gives a speech to millions of people or thousands of people and she comes off stage, what's the first thing that she says to her assistant,

Speaker 2 ([42:37](#)):

Give me water, let me go to the bathroom. <laugh>

Speaker 3 ([42:41](#)):

<laugh> and I love you. That's amazing. Probably that's the second thing or on her way to go get water in the bathroom. She's like, how did I do? Was it okay? Yeah.

Speaker 2 ([42:50](#)):

Got it.

Speaker 3 ([42:50](#)):

See a person who cares a person who cares, uh, a person who's compassionate and empathetic, a person who wants to inspire and evoke a response of at, I think the highest spiritual order. And that sounds really highfalutin. It's just trying to get people to get that. They're okay. As they are, that there's a place for us that there's nothing wrong with the way you do it. You know? I think that's what I always ask that. And I'm not saying I'm all those things, right. I'm just saying, I think, I think when we genuinely wanna uplift, that's what we're trying to figure out because our own part of wanting to make a difference might be called into question,

Speaker 2 ([43:31](#)):

Oh my God, yes. You just have to interrupt you because you just said, we, we put the thing out there. We beat, we let ourselves be seen in some way. And then we go, did we do a good job? Did that do it and not like, did I do a good job? Like, was my acting it's like, did it make the impact? I'm hoping that it made, feel that sensitivity. Exactly. We feel that sensitivity. And I think one of the problems that, uh, pandemic amongst creative people is we seek that validation in the wrong places, which I think you would agree with. That's like looking, did they post it on Instagram? What did people did I get likes? Right. As opposed to what I think are like healthy sources for put quotes, validation, or healthy sources for this is working

Speaker 3 ([44:03](#)):

True. And also the thing that just came, I love talking to you because what I just had in epiphany about too is when we ask that it's not, I think sometimes maybe people think that they're supposed to get to a place in their work where they're not asking that anymore. That's a lie. That's a fiction. Yeah. If you care, if you care people, oh my God, if you care, it's never gonna end. Now you'll start to develop a bit of, I don't know, a different compass where you'll still ask and care, but the opinions that are damaging are not helpful or not conducive to the journey that you're on, you'll be able to dismiss.

Speaker 2 ([44:41](#)):

Oh

Speaker 3 ([44:41](#)):

Yeah. But yeah. See what I'm saying. Yeah. But that doesn't make you an imposter just because you know what I mean? Yeah.

Speaker 2 ([44:46](#)):

I actually think that makes you like, so there's this, there's this part of this diagnose a lot of with creative people is they'll reach out before they reach within. And I think that what you're talking about is once you've been through the habit of putting yourself out there a lot, you start to be like, the question you ask, isn't no longer, like, was it good? It's like that part when I wanted to make sure that my like sexuality came through and that third B what did you think? Like, it becomes a more discerning question that you're asking about the impact you're trying to have.

Speaker 3 ([45:08](#)):

That's right. Curiosity. Another way of saying is being more truthful, being more impactful. Right? Right. Like, so for all the listeners out there, I think if you're, you know, questioning yourself in terms of wanting to show up in the work in a more authentic way, that's not imposter syndrome, that's a natural artist seeking, you know, I think your more of our own self-validation

Speaker 2 ([45:33](#)):

Mm-hmm <affirmative> right. You know? Right. Yeah. Yeah. Yeah.

Speaker 3 ([45:35](#)):

And we're never gonna get it. You I'm sorry, Brian. I was just gonna finish you. We're never gonna get it from out there anyway, because you can send this podcast to 20 different people and they're all gonna have a different experience. Somebody can write a book and every it's all subjective. Some people love Jennifer Lawrence. Some people maybe don't some people like Meryl St well, everybody loves Mell street, but you know what I mean? <laugh> yes, totally. Everybody like it's different for everybody. So yeah. Yeah. There is no such thing as imposter syndrome. You gotta break that break that whoever made that up, uh, Lord Jesus. So

Speaker 2 ([46:04](#)):

Well, and I think that like kind of the, to kind of round us out, I think that the imposter syndrome thing is like, everyone is making it up and it worked once for them. And so they're gonna do it again. That's right. They're gonna do it again. That's right. And if you can get to the, I think if you can believe into that space, you know, one of the things is you talk about in the book is also like the idea of following a method. But then you follow that method and it doesn't work then following another method. And then it doesn't work instead of like, what is the one that this instrument body right here, this creative person needs for themselves?

Speaker 3 ([46:31](#)):

Well, great. I mean, I think what that reminds me of too is like distrusting that our own way of doing something is an imposter, but that's like that, that denies that there are how many billion people on the planet, 7 billion. So there are as many different ways into everything as there are people. So the imposter syndrome also comes from us believing this myth. That there's only one way, like I have to do it Brian's way. No, you don't. That is beautiful for Brian, but that may not be for X person.

Speaker 2 ([47:01](#)):

That's not how Netflix started Netflix. Didn't start by saying you have to do it. Right. It's it's like, we have to think of as like, oh, but that idea was, yes. It's gonna feel like you're doing something that is breaking the rules. It is what probably fail that way very

Speaker 3 ([47:10](#)):

Often. Yeah. Rule break. Yes.

Speaker 2 ([47:13](#)):

Um, I live a few more minutes with

Speaker 3 ([47:14](#)):

You. Oh, it's going so fast. I know. I love it.

Speaker 2 ([47:17](#)):

Thank you. So for, I wanna thank of course I wanna thank you for being here today. I have a couple questions that we've been trying to ask every time. Okay. And so I'm gonna try to see these

Speaker 3 ([47:24](#)):

Land.

Speaker 2 ([47:25](#)):

Here we go. I would normally say like, what are you reading right now? But everyone's gonna be outgoing to read unstuck a life man, a life manual.

Speaker 3 ([47:30](#)):

I was gonna say unsuck no, my boyfriend's always telling me. You need to read your book again. <laugh>

Speaker 2 ([47:36](#)):

That's a great tactic during an argument too. I'm sure.

Speaker 3 ([47:39](#)):

No, he's kinda right,

Speaker 2 ([47:40](#)):

Actually. Oh, is there anything that you're binge watching right now that our listeners should,

Speaker 3 ([47:44](#)):

Oh, you know, I am kind of going back to handmaid tale. I do like handmaid tale cuz it feels

Speaker 2 ([47:48](#)):

The drama of it all.

Speaker 3 ([47:49](#)):

Wow. I know is very dramatic. It feels very, you know, with what just happened with Roe V Wade. Like it does feel sometimes very, uh, culturally touch Stoney mm-hmm

Speaker 2 ([48:01](#)):

<affirmative> yeah, yeah, yeah. Great. I mean my partners super into it and I haven't watched any of these seasons, so I'm like, okay, who's that is that what's happening to ask all the time. He, he is not annoyed, which is a, a he's a stink when it comes to. Yeah. Um, and is there any self-care or self-care ish practice that you have in your life, even if it's a tiny one that you either are good or bad at that you like or don't like

Speaker 3 ([48:20](#)):

<laugh> uh, I mean, I always, I've been advocating meditation for 25 years. I think this is like my 25th year meditating. Wow. And I just, I do feel like, you know, some days are easier than others, but you just gotta get your butt in a chair or do a walk in there's many different ways to meditate. Right. And I won't, you know, it's not my place that every, if you are seeking, you'll find the right process and practice for you. But I do think you've got to find a way to sit in silence or be in silence with yourself. Yeah. I think it will change your life. It will completely change how you see the world, how you see yourself and how you move through the world.

Speaker 2 ([48:59](#)):

I love that. I love that. Yeah. For the last thought of the day, what has working with all the people that you work with taught you the most, do you

Speaker 3 ([49:07](#)):

Think? Uh,

Speaker 2 ([49:12](#)):

We got him crying. That's

Speaker 3 ([49:14](#)):

That's working. I got my Oprah

Speaker 2 ([49:17](#)):

<laugh>

Speaker 3 ([49:18](#)):

Oh gosh. You know, this has been something that I've been thinking about recently. Like humanity's so amazing. And it's just so challenging being human sometimes. Right? Like just sometimes like my heart is like, oh God human beings. It's such a trap being human <laugh>. I don't know if we ever escape it. Right. I mean, just thinking of somebody who's struggling right now. And like, I think sometimes like the construct of the mind is really the most painful aspect of being human. Right. And like trying to, uh, declutter the things that we tell ourselves in our mind, which, cause again, I say this in the book, like it's interesting that we spend so much time in our heads when that's, I'm paraphrasing here in my own book, but, but that's the cause of so much of our pain and anxiety and worry and you know, it's so sometimes the human condition is so befuddling to me right.

Speaker 3 ([50:13](#)):

Of like, oh God, we're all trapped in a way. And, and it's also humbling and moving and I feel, you know, really honored to help kind of lead the charge and helping people maybe have new awareness to live a better life, you know? So I'm really thankful for all the people that have walked through my doors. And I think all the teaching comes from the experiences I've had with everybody. So that also is a reminder that nobody is unimportant, that everybody makes a difference. It's just sometimes it's just not visible to you, you know? Right.

Speaker 2 ([50:43](#)):

Yeah. Beautifully sad. Thank you so much,

Speaker 3 ([50:46](#)):

Brian. Thanks so much for having me. This is fun.

Speaker 2 ([50:49](#)):

Ep. 87 - Get Unstuck with Anthony Meindl - Transcript

Fun. You gotta go by this book so you can have your, this was just a tiny, tiny taste of what this book can do for you, I think, and how to help you think differently. So, uh, I hope you'll go pick it up. Unstuck, a life manual on how to be more creative, overcome obstacles and get done. Thank you so much.

Speaker 3 ([51:02](#)):

Thanks Brian. Thank you