

Exercising Your Freedom Muscles - All About Face Masks with Allan Stevo (transcript)

by Margo Blackstone on the Midwifery for the People Podcast, a production of the Indie Birth Association

Hey everybody. Welcome to this episode of midwifery for the people with me, Margo Blackstone. And I have on the podcast today, Allan Stevo. And we had a really fun conversation that I'm excited to share with you. He is the author of the most extensive book written on the topic of face masks. And I know, it's you know, June 20, 2022 at this point. And some of you might be thinking like, is that still a thing? Should we even be talking about it anymore? He, and I get into that and so much more in this episode. And I think what I really love most about our conversation is that it comes back to some of our really core values and principles and, mission here at Indie Birth, which is autonomy, self-responsibility, leadership, and being brave in the world, and setting examples and being role models for our kids and for our communities so that we can move towards a more beautiful world and a place that we really want to leave for this next generation and the many generations that are to follow. Yes, this episode is about face masks and, all the things that come along with that.

I think that this episode is going to be really helpful for the listeners out there who really have felt at their cohort that the whole thing with face masks and the vaccine and lock downs and all of it are really a bunch of BS but maybe have felt alone in that perspective

and this is a chance for you to listen in on a conversation between two people who are on the same page with that and that alone is so valuable. And I think you're going to get a lot of other really great ideas for how to exercise your freedom muscles as Allan says. And I love that so much, so I hope you love it too.

And without further ado here is the episode.

All right. So today I have a guest here with me, which I'm really excited about. I have Allan Stevo on the podcast and I would just really love for you to introduce yourself. Tell us a little bit about you and your work and what we might be talking about today.

Margo, thank you so much for having me.

It's a joy to be with you and thank you for the work you do. I've been writing for, I don't know, 15, 20 years about topics of personal Liberty. I write pretty much every day and putting some piece of writing out and sometimes multiple times a day print columns and websites and yada.

Very involved in lots of ways and when the ides of March, 2020 came when COVID the lock downs came March 17th 2020, a lot of my writers, readers were saying, Hey I figured out how to get by with a lock down. Maybe I've kept my business open. Maybe I've my, my things are going okay with the kids at home now.

And all right, all these things were figured out, but I don't know what to do about the face masks. How do I go get through the grocery store door and this and that? And there were people writing me. People write me from, New Hampshire, Arizona, California saying this works, this doesn't work.

What do I do? What are you hearing works? And a few hundred of us basically sending emails back and forth, like that came up with some methods that worked. And this became what I focused on because I saw what a need there was for it. And I can be good at navigating systems and figuring out how to hack through them.

And this. And the world you operate in. There's a lot of hackers I would argue. And a hacker is someone who goes from, it's not the, just the sinister term that gets used in the news, but someone who sees a point A and point B, and instead of following the culture's whispers to go 26 steps around to get from point A to point B, they say no, thank you.

I'm going to go straight from point A to point B. And that, that happens with the food they eat, with the medicines they choose, with whatever decisions and I know being a father myself I know how. How keeping births as natural as possible as a way of hacking the system, which is telling us no, you gotta, there's gotta be

Pitocin and there's gotta be, you gotta be in the hospital and you better have an obstetrician that, you know, and it's another form of hacking what my audience I we're able to do.

And that's to say there's ways to not wear the mask. There's ways to not wear the mask safely, ways to not wear the mask legally, ways to not wear the mask and to do it without pressure. And maybe for your audience, those will be things we talked about in two books, came out of those conversations with my audience.

And I'm eager to share some of that and

Tell us the titles of those.

Yeah, that first one, I got them both right here. The first one is called face masks in one lesson that came out in November, 2020. And this, you can get what you need out of it. In about 10 minutes of reading. And it will, it gives you this method of getting through the grocery store doors, the doctor's doors, the hairstylist doors, whatever, anywhere you've got an obstacle, it gives you a plan for doing that.

And it, the plan is a concrete beginning. It starts out with that 10 minutes or sort of reading. And then if you feel like you need specifics, it's got a chapter on almost anything you can think of a jury duty. What, how does this apply? How does a system apply at the barber shop? How's it apply at the grocery store?

How does it apply? And, thousands of people have used this really successfully. So that's, if you're still wearing a face mask and you just don't know how to get by in life, this will get you there. It'll just, it gives you some real easy options. So that's like that's 20 bucks or something like that.

Probably even a little cheaper. And. It'll take you like 10 minutes. So that's made for the busy modern person. And then this one, face masks hurt kids. This is for someone who doesn't know why you shouldn't be wearing a mask. So the first one is how to not wear a mask, which I think is more important one personally, but, and this is the why.

And it's about, this will take you, it takes you about 20 minutes to get what you need out of it, even though it's about 500 pages. So this thing is meant to take to the doctor, to take to the the relative to take to the teacher, to take to the principal. And the chapters are two pages long, three pages long.

The titles are super descriptive of things like how face masks cause. Degeneration of the thought process. How face masks make the lungs affect the lungs really very quickly after starting to put them on. So the titles give you a real clear kind of talking point.

Yeah. And if someone, you can page through this book literally with a doctor and say what about this? Have you thought about this? Tell me why you think this is wrong and you want to dig into it. This thing's got 800 science scientific citations. I spent eight months digging through the science and trying to figure out, is there a real argument for a face mask working is the real argument for being safe.

And the truth is they do not work there against the respiratory virus. They're not safe and effective.

Yeah. I love that. Oh man. Where to start. So yeah let's give a little context. So here we are. We're June, 2022. I'm going to save this question for later that I was going to ask you, but Yeah, like things I guess maybe now is a good time.

So people are saying things like, and I think I saw something you recently wrote about this, that like face masks are over and oh, we can just move on with our lives. I'm imagining, and I saw what you had written. I won't give spoilers. I think I know what you'll say to this, but what would you say to someone who says oh why should I still care about this?

Or why should I still be thinking about this mask thing when like it's mostly not a thing where I live anymore.

Yeah. I live in west coast lock down land and the plan for California is the plan for just the United States. And I put so much effort into just from local organizing meetings to all kinds of, I do all kinds of things.

The groups of folks around me, we put a lot of effort in making sure California does not become the plan for the United States. And the truth is that those there's public health officials who very much intend to bring back face masks. As soon as the flu season comes back in September, October, something like that.

The kids will be mess again if the face masks were over, they'd be over everywhere. And that would mean you wouldn't, you'd be able to walk into a

hospital without any tension. And one of an audience member of mine is he's trying to get into a hospital. We've been unmasked, unvaccinated.

We've been on the phone back and forth with hospital administration. It's gotta be 30 or 40 times now. And there's just so much you can do it. I've been through hospital doors, no problem with no mask, you can do it. It just, there's so much resistance and they're there. They're keeping this alive in this corner of society where you can say it's just for those people that doesn't affect me, the sick people, the elderly, and maybe you've been convinced yourself.

They should be wearing a mask. They're the last people who should be wearing the mask. The more sick you are, the less you should be wearing a mask. You need oxygen, you need breathing. This is the normality of, all human history. I don't know anyone who's ever said to me, you need to breathe less, Alan, you need to breathe less deeply.

You need to obstruct your breathing. I can't ever imagine that being said to me. But yet that is, that's what we're doing. And these are very bad for you. And they're being kept in a holding pattern. Their public health officials read their conversations with each other, and they're their own periodicals.

They're talking about rolling mandates for the masks for forever. If we let it go on for forever, it's going to go on for forever.

Forever. Yeah. And it's when you first reached out to me about coming on the podcast one of my first thoughts was like, yes, I definitely want to talk about this.

And the next, I was like, I want to talk about this with someone who's done the research. Like the nerdy part of me just loves how much research you've put into this. And yet, like I mentioned, I have a seven year old, I have a three-year-old and have been extremely opposed to either.

My three-year-old's never worn one because he absolutely would never keep one on, even if I tried my seven-year-old wore a fake one on an airplane, when we went to Ecuador but aside from that, like I have shielded them as best I can from, from wearing them and same in my life as an adult, me and my husband. I feel really strongly about it.

And I'm normally someone who loves research and I honestly haven't researched it much because I just, on the one hand, yes I, this is really a cool conversation. I want to get into it more with you. And also just like intuitively it makes no sense. So like it I didn't need the research to know that it's a terrible idea to put a thing over your face and especially I just didn't even need the research.

And I think a lot of people do need it though. So I'm really glad you did this research for them so that they can get into it and hear the truth if it was yeah, it makes sense. Yeah. Why would we want to breath less?

Yeah. Thank you. Thank you for saying it that way. And that's why I started with kind of the, how for people who intuitively said, no, this is wrong.

That's why I started there. And the why is for now, if the people who get it, aren't able to draw boundaries. Right now that's, the use of the world, Margo the people who say I get it, I'm drawing a boundary. That's where the boundaries going to be drawn. And if the, of the world aren't drawing that boundary, it's not just going to disappear.

The plan really is to go for up for forever, but I want to commend. I want to commend something. You said it's so wonderful. You and your husband are on the same page. I know there's plenty of families with, this conflict. And part of the conflict part of this period is how do we divide people?

How do we isolate them? And, as much, if there's conflict, as much as you can just focus on the things you love about that person and not let this period divide you, it's so important. And you've said, you said as well that your three-year-old, just won't wear it. And I commend you for creating that environment around your child, your children, where, there's children, who've been.

Where they just, it's horrible and it makes, society breaks. A lot of people, some people say almost everyone's broken in Western side by the time they're 40, that they become, at that point, you're either you either like you're recoverable that you're always going to be like the ready to go anywhere.

Or society's finally gotten you in line. And some people get in line by 18. You figure out, this is the system you're going to operate in and that's it. And, get in line. And for kids, the idea that a two year old in this era has been broken. This is just such a tragic detail.

And the parents who've protected their kids from that. That's I want to commend them for that. And it's going to, it's going to benefit your children to have that protection and the parents who have protected their kids. It's not too late. It's not too late to say. I made a mistake, Billy.

I made a mistake, Jane, we're not going to do this anymore. It's not too late. And they need that.

I love that. That's like a rallying cry for sure. It's not too late and yeah, we got to do better. Okay. There's so many things that you said there that I wanted to jump off of, but yeah, the dividing piece too I mentioned before we started the recording, we haven't lost a whole lot of followers here at Indie Birth just by way of we are radical rabble-rousers and the people that follow us are already on this same page with us in a lot of ways.

But in my personal life, I have had some really interesting divisions and losses around this issue of kids and masking. And I'll just mention this one story too. I still don't know which former client of mine it was, but apparently a former client of mine reported. I was having a free childbirth education event here in my office.

Was it last? It was 20, 21 last spring, May, 2021. And they called OSHA and let them know that I was having this gathering and that I was not requiring masks and that I was being very naughty. And so OSHA called me and said like, how dare you be so audacious as to offer a free childbirth education course for.

And not re and blatantly say I think it wasn't even, I had something on the website saying if you feel like you need to wear a mask, don't come essentially. This is for people who feel comfortable gathering in a group masks are a distraction and take away from the experience. Like we have plenty of virtual options for learning.

If feel unsafe and need to stay home and learn from home. So they were very upset about it. And long story short OSHA dropped it and they actually were like, sorry to ever have bothered you. We're not going to pursue this further. It seems like you're doing really great work in the community.

And that was that. But. Yeah, that was just really disheartening to, yeah. Have this person who I had allegedly at least formerly helped be so upset as to report me. And then I've had other clients, former clients that have now not re not hired

me with subsequent babies because of my position around masks and vaccines and stuff.

I liked what you said though, about focusing on the commonality because, and what you do love about each other. And think those are really wise words, because I also have some really wonderful relationships with people who aren't on the same page that have withstood somehow the COVID years. We'll see if that continues to be the case.

But yeah. So what

Those relationships you just described that they've endured this time that it speaks to a different. Some other quality about those people where they're not, they haven't been totally convinced that the superficial political environment is their whole being that there's probably more to them and there's more to the relationship and, it can endure.

And and at the same time this person reported you. It's great. They're out of your life. This is congratulations. These tense moments, they helped to bring discernment. They helped us. They helped It's good to be divided from some people that it makes room for other people in your life.

And that's a beautiful thing. And you want, we all want like the highest value, most enjoyable, whatever, or most challenging, or who knows what, the thing, the things that bring you the most life, you want them in your life, because life is so short and so precious. And that's awesome that you got rid of a few of those people.

And they, you know what, and they shouldn't be around you either. If they're not valuing you, they should be around people. They should go be around the friends who are going to report them to OSHA. If they step out of line, that might be who they really want in their life. And this is if when it comes to dividing, dividing people, I think like the spouse relationship, you gotta really be careful around that.

And you gotta really figure out how to. Nurture those most important relationships. And, but you shouldn't, there's not the relationships you just have to understand. They can ebb and flow and you only have to feel bad about it. It's okay. And you guys might have another season together but if you have like big

blow ups right now, or you like chase each other around for months and like why won't you be my friend, this may, that can make the next season real hard to get through together. And it doesn't have to be that way. It's okay. There can be disagreement and

Yeah. Yeah. Okay. So I have a million stories, but I'm going to, I'm going to hold them. I can record those another time. We've got you for these precious moments here.

So tell me and my audience more about why face masks, her kids and what what's the cliff notes, if they're like not maybe on the same page yet. With understanding that, and then I'd be super curious to hear more about your perspective on what to do if their kids are in school or somewhere where masks are being enforced.

Like I have home-schooled kids, but I have plenty of friends who have kids that are in school, public, private charter and have had to deal with these sorts of things. In the last couple of years, sometimes very much on the fly to,

yeah. The story you told with the OSHA report I wanna, I want to commend you for that as well, but you stood your ground.

You offered the free class, even though you probably could have come up with a million ways to say what will people think of me if I do this? And I'm not asking anyone to, to storm Omaha beach. I'm not asking anyone to, spend their Christmas in a fetid, French trench with bullets flying over their head.

I'm just, I'm asking people to, identify their boundaries, communicate their boundaries and defend their boundaries. And that doesn't have to be violent or anything like that. That doesn't have to be aggressive, even it can just, it can be real calm words. And there's been such an encouragement.

Majority encourages us to look at each other almost as ATM machines. Were you give them this input? They're supposed to give you that output. And that's how it is. And, from the total transactional. Yeah. Part of the, and face mask, simply feed into it. And that, that, that woman reporting you've told me nothing new.

Basically. There's always people who want to control you. And that's, we just have to understand, if it wasn't face masks, it'd be something else they'd come,

they'd figure out about how to control you over. And there's just people and that's their goal to like control others and manipulate them.

And those aren't those, aren't the people we should worry about too much. You didn't worry about them. And, they exist throughout all history. And I think they sometimes I describe them as hyena and there's people in this era. They're high, like people and your audience probably has some ideas of people.

They see them in the news and they're like persons trying to take advantage of the situation. And there's other people, it's the vast majority of people. They're looking for who to follow and what to do, and they're skiddish. And sometimes people will derogatorily call them sheep.

But there is a sheep like nature to, who do I follow today and what do I do and what am I supposed to feel? And I can't imagine going through life that way, not knowing exactly what to do and that I understand how a lot of people are scared and that's their nature that they don't know.

And these are totally, neither of those two groups are the the determinant throughout history of the trajectory of history. It's they're not variables. They're always there. The hyenas are always there. The sheep are always there. The third variable. And this is going to speak, especially to your audience.

The third value is the lion, and the lion's always there, but there's periods where the lion is asleep and there's periods where the lion is awake and the sleeping lion maybe choosing to sleep. I may not have heard the right message yet to wake up. Who knows what it is may have gone back to sleep.

The awake client though, the he's just the way you did the way client lives. His life lives her life. And by you don't even need to organize the lions for there to be more freedom. You don't need to have a grand master plan. You just wake up some lions, the lions going to roam around life and live more free.

And as they're living more free, they're going to spread that freedom around and. This is how I like to spend so much of my time waking up lions. And I know once I wake them up, they don't need, they don't need me to, micromanage them or anything. They just need to be woken up and they're going to go out there and do freedom stuff.

And there's lots of emphasis to pay attention to the sheep, pay attention to the hyenas. And the news is always, there's so much fear porn in the news and they want to depress you and tell you're losing and just feel so bad about your victories, even whatever those victories. And they look like in life, just feel bad.

And don't start new projects. Don't have new kids, don't start new businesses, whatever it may be, just feel bad. It's the wrong time. Don't want to road trip the gas price or too, I feel bad, right? There's all this feel bad. Feel bad. But the truth is just these hyenas and these sheep don't matter.

At the end of the day, the woke lions the awoken lions, I should say the woken lions who are roused moving around in their life. They just spread freedom. When you talk about, that's the, when you talk about what to do here, that's the, that's where I want to always be bringing people back.

I have all these approaches for saying no to the face masks. And if some examples would be saying I'm unable to wear a face mask safely and just there's, 50 years of Americans with disabilities act history that, that explain why that's a totally okay answer. But I think it's also like a cop out answer.

That's like a training wheels approach and I think it's good to put the training wheels on sometimes it's okay. There's good arguments against training wheels. There's good arguments in favor of training wheels, literal training wheels. But I get, that's a training wheels. And if you're doing nothing, if you're still wearing the mask, I want you to take the training wheels and do it.

But ultimately where we need to be is having those Frank face-to-face conversations and, not yelling not feeling intimidated, just, Hey, this is my boundary. I'm not going to do it. And I get it, your corporate policy, I get it. But I still want you to serve me. How do we make that happen?

When you're, when you can have that conversation, man, it's going to feel so good. And people write me over and over again, they put the training wheels on and they say, I can't believe it was so easy. I didn't believe because in their head they're saying everyone's going to be against me.

Everyone says yell at me. Everyone gonna treat me bad. And you asked another question about the how it hurts kids. Exactly. Do you want me to give you those footnotes or should I pause for a second? Give you some space?

No, I think I'm taking some notes over here. Give us the footnotes version with follow-up

questions, thoughts.

So face mask kids, that book again, it's real short chapters. It's about 500 pages, long, real short chapters, two, three pages. You can read the chapters in, I dunno, two minutes or something. Bunch of science and real it'll be stuff. Some of the stuff you will never have thought of. It's I go in depth that I point out things like why you shouldn't even let people in a face mask, drive your children around why, the neighbor's going to pick up the kids take both of your families to the pool or something.

And that was his mask. Bus drivers. It's the face mask. The face mask impacts the neurological processes of the person wearing it. And this is right there. There's even a good debate for should a doctor be treating you if there's, if you want the doctor to be at his highest good, should the doctor be treating you in a mask?

And society has said, of course the doctor has to be wearing a mask, except the reason for the mask is a surgical outcomes. And even the studies around surgical outcomes show that face mask in a surgery room around an open wound may not even be doing its job even then there may be worse surgical outcomes.

So there's a real good, we have this tradition. We have tradition that we've built around the face masks and especially in Asia, there's 20 years of tradition. But it's being built more and more into the U S we have tradition around dentist, traditional doctors. And it looks, when you look at the actual science, it looks like this it's tradition, but not science.

And then, so I go into things like that are a little. Maybe not the everyday thing you might think about, but when you think about other ways it harms a child, it could be, we spoke earlier about breaking a child down that this is, there's so much effort put into getting a child obedient.

And I like to think, I like to think of a child is a miniature human not a different creature, but I'm into human. And that the child deserves to be treated with all the same rights and all the same respect and as quickly as possible able to handle as much responsibility as possible.

And I'm not talking about bad things that a child shouldn't be around, I'm talking about, there's nothing wrong with giving child children challenges and, The opposite, the very opposite approach. If you had to call up the total opposite approach of treating a child as a human, it would be, I'm going to mask you.

I'm going to mask you over nonsense. You're not going to understand what's happening. If you ask questions or you get in trouble, maybe I'm going to say, it's okay for your teacher to hold you down and mask you, if you disobeyed, maybe I'm going to, I'm not going to stand up for you when they mark your grades down for not wearing your mask properly.

I'm not going to stand up for any of that. And you're going to know your parents do not have your back, and you're going to know it from a young age. And that, to me, it's just so sad. So there, there's another kind of area where, you know, a face mask or it's a child it's a sociological way to look at it, but then we get into the body.

The kidneys, the lungs, the heart, the brain all have measurable impacts upon are measurably impacted shortly after you're putting on a face mask. The, right now there's an increased campaign around menthol cigarettes in inner city communities. There's a lot of money going into this campaign saying, oh you're inhaling the filter.

You even inhaled the microfibers from the filter. The truth is these face masks. You have so much, there's so many chemicals that are not tested for long-term use. They're being inhaled in the body there. So anyone who's into natural living, you're putting this just where you made to do all the things that a human has made to do.

Are you incomplete except for a 10 cent polypropylene mask from Wu Han province being on your face. It's the most preposterous thing for a person who's into natural living. So these microparticles, they get the nose, they get in the lungs. We have no idea what 20 years of those microparticles being embedded in the lungs looks like.

But we know from cotton industry workers from textile industry workers, that 20 years in a textile factory with all those particles, getting your lungs basically makes your lungs non-functional maybe it's 40 years. Maybe it's 60 years. At some point stuff builds up and some people's bodies, they handle it better.

Other people's bodies, they'll get these fibroids, their lungs just stopped working. It's miserable. You choke you suffocate on your own lungs. So there's all these. And so when we say, when people say, just wear the mask, it's a neutral, you're, you'll make others feel comfortable, just wear it to get through the door.

There's no conversation about is the mask really neutral? And the fact is it is unsafe and ineffective.

Thank you so much for that. The cliff notes version that's really helpful. And like you said, there's, the physical piece and on the yeah. The emotional, social, psychological pieces that are just as important.

Absolutely. And then

Margo, the reason for, the reason for writing that book face mask for kids is. There's all your listeners have probably heard 40 CliffNotes versions like that. They've people have sent them little YouTube clips and they've heard things here and there. And, someone got on a soap box once at some meeting and, someone who just read something.

So there's all these, there's all these little clips of information running around and you don't save it in your phone usually. When you hear it, you're not keeping your notebook right next to you. And this is meant to be a, a resource that might be helpful for you for a long time where you're going to find, you're going to find all these different arguments you've heard and you're going to see the science behind them.

And that's, it can be a, an organizing tool because when you sit down, even though you might feel quite expert on the topic, because you've heard 40. Little snippets, like I just gave from different people and they seem expert enough. But when you sit down to have a conversation with someone, you're probably going to be quite at a loss.

So the book is set up. So that in that. Like 20 minutes before that conversation, you can just flip through that book and say, oh, I forgot about that point. That is, and I knew in my heart that point was true, but so it's it's your own notes that you would have taken if you were totally diligent every time someone was bringing up a good point.

Yeah. That too. Yeah. And, I loved your idea of bringing it into a doctor's office or, sit with the principal or just even buy them a copy or whatever and give it to them. Because I know for me and this, I guess goes into the next point. I wanted to get to I get overwhelmed and flooded and anxious when I'm having those kinds of like hard conversations sometimes.

Even when I'm feeling liony . So having that is like a backup and support during those conversations I can see would be really helpful. And yeah, I guess I wanted to just point that out in case listeners hadn't already drawn this sort of parallel themselves, but I just love what you're saying.

I love what you're talking about. It sounds so similar, are you familiar with like nonviolent communication?

Rosenberg? Yeah.

Rosenberg. Yeah. Yeah. Yeah. And it's something that we teach to our doula students that our midwifery students, in terms of working with women, coaching women, and then also helping them interact with midwives, doctors, whoever their care team is like, you're saying really understanding your own boundaries and then holding those.

And so I think a lot of what you're talking about with the mask stuff absolutely translates into the birth stuff with it. And that's why a lot of times here at Indie birth, we talk about how our mission is way beyond birth. Like the idea is just that if we can help women reclaim that moment in their lives and become lions in the process but that's going to then be passed on to those children.

And it's also going to ripple into her mothering and the rest of her life and hopefully the husband's life as well. And it's going to just create these really strong families who know how to say no, that's not what I'm doing. That's not what I want. Like you said, without unnecessary aggression or conflict, but just from that like really strong place inside themselves.

I just wanted to draw that for people if they didn't notice it themselves, that what you're talking about. It was like the inner work, like it's the inner development that is also required for having, powerful self-directed autonomous birth experiences. And oh, and that's what I wanted to say.

Something you had, I think I watched one of your YouTube videos where you use the phrase, like exercise your freedom muscles. And I just loved that so much. Because I think it does take practice and can be challenging at first and feel a little weird if you've lived as a sheep for some or all of your life within the system.

So I think it's cool to point that out and tell people like even if that sounds scary now like you said, the training wheels approach, like just start, just try because otherwise what's going to happen. If none of us stand up for these boundaries that are so important,

This this kind of this freedom muscles and allergy after nine 11 government said to us children, we got this go to your rooms. And a lot of us listened. And I understand that I get that. And for 20 years, a lot of us has been in our rooms saying government's got this.

And that's part of what made what happened in spring 2020 so possible. So that the government response was so total. And it was a lot of people, a lot of people were shocked looking back at it. They're shocked that such a thing could happen in America. And even to spread around the globe in so many ways, the and with such similarity and precision and identical messaging, and so many very total things about it that are frightening.

And, when someone gets out of bed after 20 years of laying in bed let's imagine some person is able to lay in bed for 20 years. And that's a thing that happens. Like I said, proverbially, that's what we've done since nine 11. So many of us when they leap out of bed, you can't expect them to go run a marathon.

They might not even, they leap out of bed. They might not even be able to stand up. And we have to be generous with ourselves recognizing that these, maybe there need to be some baby steps as we start re rebuild what it means to. To be an adult.

And like I said before, I believe being adult it, when you, when it comes down to it, it is identifying your boundaries, communicating your boundaries, defending your boundaries. And I could say it could also be said, identifying your values, communicating your values and defending your values and defending can simply be, I'm not going to be doing that now, or that will not be happening around me.

I'm going to walk away. I don't support this or whatever, or it could be, Hey, don't do that. That's not okay. There going to be consequences. If you do that, it can look all kinds of wolves but this kind of, and that's for you to figure out in your own life, what it looks like. The, and I want to, we're talking about bringing the book into a doctor, bringing the book into a principal.

I really want to caution your listeners. We talked earlier about how this is a chance to separate yourselves from people who don't have your similar values. And again, that spouse relationship is you. You really want to. That's probably not the relationship to separate yourself from. That's probably wonder to really figure out how do you guys love each other, but your doctor might be an amazing doctor up until 2019.

If your doctor fell for all of this, that's gotta be a real check where you say, does this guy really know what I thought he knew is this guy and more important than that, perhaps because no one knows everything. And that's okay. But the spirit you bring with that, if you recognize your ignorance and say, I don't know, but I'm willing to find out, or I don't know.

I want to hear what you think, when a doctor can do that. That's a beautiful thing. When a doctor can say I've been out of medical school for 23 years, that means I basically haven't read a medical journal in 23 years. That means everything I know is 23 years old. And actually I was told, taught by professors who themselves were in that situation.

Everything I know might really be more like 40 years old or 50 years old. If a doctor can say that you're probably with a pretty good doctor, right? Even if they don't know what that, that humility perfect word. And if that doctor has an arrogance around this and is still continuing this behavior, these are warning signs that this is the wrong doctor for you.

And I know it's hard to find a good doctor. I know it's hard to part company with a doctor who knows, who knows 11 years of what you've been through. I get it. I get that. This is hard. This doesn't end tomorrow. This doesn't, this the psychosis going on. Doesn't just end tomorrow. I'd love for it to end tomorrow.

But in all likelihood, it continues in all likelihood, the shift between the people who get it the division between people get it and don't get it likely it grows. And you're choosing, if you keep going to that doctor who you can't have this

conversation with who isn't standing up for your best interest, who's canoeing to master kids.

Who's Kaduna mask himself. That doctor he's going to come up with worst things for you. He's he might be the doctor. He might be the doctor reporting you. He might be the doctor coming up with schemes against you like this. You don't want to be in a situation where you're compromised and that's the person you have to trust.

Whether it be surgery, whether it be what prescription to take it. You just, you want someone on your side. And so many doctors have shown themselves to not be on their side, right? Not to not be on the side of the patient right now.

Absolutely. Yeah. And the same goes for the school stuff. I think I saw somewhere where you talked a little bit about that, but I'm curious what your thoughts are.

Like here in Duluth we're relatively small, about a hundred thousand people live here and there's not a ton of school options. And, I was somebody at maybe I won't get too into the story, but I had always planned on homeschooling and my seven year old wanted to go to school when she was she's six.

Let's see. Yeah, the year she turned six. And so we came up with a compromise and it was mid COVID. And so we sent her two days a week. We were able to do part-time at a Montessori school where they were not requiring mask. So that was okay with me. We didn't do it again the next year. But it was really hard to find an option that they were the only, I think it educational institution school.

That's what I'm trying to say. That wasn't requiring masks in what year? That would've been 2021, no, 2020, 2021. Is that right? Wow. The years are just flying by here. But she also rode the bus the two days a week and was not wearing a mask on the bus either. And then I think it was a few months into the school year.

They called to let me know Hey, we have a problem. Your daughter isn't wearing a mask on the bus. So we told her she had to, and she said, she wasn't gonna do that. And I said I guess she's not riding the bus anymore. I don't know. So it would have been really cool to have.

Perhaps, and I did talk with the guy who runs the bus company. And he was like, I can't wait until this is over. It's so stupid. Then let my kid ride the bus. And so I didn't ask about the policy as you've suggested. So that's perhaps something I could have done, but we just chose to drive her which we were able to do.

So my point being it's really it's, I've seen it be a challenge for other people. I know in this smaller town who their kids either want to go to school or they want to send their kids to school. They can't really figure out what to do. So I love, without, putting too much of the burden on you to tell them what to do.

I'd love to hear your 2 cents on this

school. If you ever want to spend do a whole episode on the schools, I would be, I would so love it. And we could go into, we could go into activism. We could go into how to organize a little bit. We can go into change. I've seen even in craziest mask world, parts of California change, they've seen parents accomplish and that I've been involved in that I firsthand seen.

And it'll be, I believe it will just be an inspiration for your audience and that you want to do that. I will be swapped for it. Because I know it's a chunky topic that, that, it'll take, it's a big meaty topic. The, you, this, you brought a policy and this one, one real effective way, someone comes along and says to you, you got to do this.

Oh, okay. Can I see that in writing? Oh, great. Could you email me the policy? Would you go print up that policy for me real quick? I'd love to have. You, I was reading last night about a guy. I was reading a story about a guy who he went to China. He never did kick boxing his whole life four weeks before some like big kickboxing tournament.

He starts training and he read the rules. He starts training. The guy won the kickboxing tournament and it had a stipulation in it, in the rules, just because he looked at the policy, he won the tournament, this guy, he did two things. He played with his weight a little bit. That's a different story.

But the key thing he did, the key thing he did is it says if someone and it's they do this kickboxing and like a raised podium, if someone falls off the podium, three times a competitor falls up the podium, three times, they're out, you win the

other person wins all he did. He didn't kick box. Yeah, pushed the other person out three times and he did that over and over again.

And he won this national championship by pushing someone out. And this is, I started by talking about hackers, how your listeners are hackers already, and they can see themselves as hackers. And what I'm asking is for them to be continued to be hackers in every area of their life. So that, they can go more sensitively from point A to point B directly, instead of doing the 26 points, that culture is demanding them up.

And, just like that guy at the podium. And one, one way to hack it is to just say, can I see that policy? And some people backed on at that point, if you have a look at the policy, almost always, there's going to be something that, that gives you a loophole, gives you an exemption. That's very attractive.

There's about the Montessori schools. Maria Montessori. When my daughter was in the carriers carrier size still, and sometimes I take her for a walk on naps, we'd go in the park and I'd read, I read books, or I've read dozens of books to my daughter as she was getting ready for a nap.

And I know it's not good sleep hygiene to be napping and walking like that. And, but it was great. And one book, one book, I read it. I don't recall the title of it. It's a, like a \$5 \$8 book written by Maria Montessori paperback. It's got this redheaded kid on the cover.

I don't remember the something about childhood, but it's such a beautiful book and it might be 150 pages, such a beautiful book in where she just so beautifully describes the child is a full human and needing to be treated as such. You just got to understand a few different things and it's so beautiful.

And I think I've read the thing twice or three times now. Some of our followers are goofs. They're total goofs. They use the name, but they're just goofs. And to imagine a Montessori school masked right now it's proposed to me.

And this school did shift actually really interesting interest's sake.

She went the whole year for the two days a week. No masks, and then they did this school year. So they held out, but then this, and so I've wondered if they didn't the year we were there because they knew I'd really be a pain in their

ass. You see how one, you see how one lion. Keeps the boundary protected for the whole community.

That it could have, it really could have been. We don't want to deal with Margo again, it's hard to deal with. There's a as you're, it's neat that you're from Duluth there's. It was there was I don't remember the name of the writer. There was a commencement address, like mid eighties, late eighties, like 86 maybe.

And they brought this writer up from south America and it was at I think it was university of Minnesota. He gave a he was given the commencement talk and he's, all the academics are writing him because he's a big deal in literature. And he's given the commencement address and he.

Th the PhD's are, they're getting their degrees, the master's students and the bachelor students are ready for their next degrees. And the families and little kids are they're learning how to, stay, go, how wonderful, how much wonderful pomp and circumstance there is. And the guy in his commencement address says, the longer you stay in school, the deeper society will drive the knife into you.

Take my advice as quickly as you can leave this institution. And every institution, it was, it became a thing academia no longer want to talk about after that, that, he got so much fanfare coming in the door. And I I read a few accounts of it once, maybe 10 years ago. And I just was never able to find those accounts again.

The. It's important. You talked about doctors and schools, both. It is important to recognize that if your values aren't being shared with your child, you're abdicating in their upbringing. You're abdicating that responsibility instead of delegating.

And in some ways you're letting others raise your kid. And sometimes, there's so many settings where a child may have many daycare providers over a period of time or a number of teachers and the parents. The parents are really encouraged not to ask too many questions about the teachers to just accept that at the school doors where the parent's responsibility ends and, we need to be, we need to be it's sometimes.

We need to delegate that's okay. Sometimes that happens. You can't. I love being with my family as much as I can, but I get that it's not always possible, but if you're delegating, that's one thing. If you're making sure that people share your values, they're trained the way you want that.

You're asking the hard questions that you're, and like you should probably like once a week, be talking to someone who's with your kids saying, we really believe this in our family. We want to make sure you're the same. It's really important to us. Once a week is probably, maybe not even enough to keep reinforcing that.

And if you're not reinforcing it, it's your fault. Not theirs for, wandering off and doing who knows what with your child the

If you abdicate, right? If you abdicate that responsibility, a pretty different thing where you're saying, okay, not mine anymore. I'm just going to trust that this person's last 40 years of training were totally normal. Now I'm going to trust their childhood was totally normal that they're not gonna, they're not gonna, come up with a weird idea to shove in my kid's life.

Yeah, it's how they, yeah. I was just talking to someone about this recently because my daughter has a few times said maybe I do want to go to school mostly because it's like a curiosity since we don't. Like the grass is always greener. I told her and other people too, if I could interview the teachers and pick the one I like, and that matches our values, like I would consider it.

But it's like that process isn't even part of the institution, because like you said, it's so you get what you get. They've totally forgotten that. Like they're paid by our taxes. Like we are the customer, they are the service provider, it's just like this totally bizarre backwards thing. And this piece around self-responsibility is where it all comes back to masks, birth education for kids, all of it.

And when people don't know that they can. Claim that for themselves, then they just, these, yeah. These bizarre things happen like that. Oh, here's my kid. And I have no idea what this teacher believes or what they're going to do or what they're going to teach. It's so fascinating. Okay.

So I, I had a departure for a moment that I think is an interesting question. It's a selfish question for me, but I guess we've talked a little bit about people being on that side of the interaction, like walking into a doctor, walking into a school maybe a grocery store or whatever, and you go way more in depth in your books on that, especially the first one.

But what about for people on the other side? Like I mentioned, like the OSHA thing and Marin and I put out a, an e-book, a PDF called the mask less midwife

and the trials and tribulations that we've experienced being in our community and having people come to us and having to explain why we don't wear them and why we don't.

Work with people who do wear them. I'm just curious if you've come across other people like us in other disciplines or what advice you'd give. Yeah. It's like business owners, I guess when it comes down to it. And we're specifically in the health and wellness field and that's been started another departure here.

That's been like the, one of the most shocking things I think for me in the last two years is being like, oh, like that acupuncturist is wearing masks and requiring them and the chiropractor. And like people that I've, thought were on the same page with natural health and wellness stuff and were I thought they were out of the box, like me and it turns out I'm like, whoa, just totally shocked.

And other midwives, almost universally midwives are requiring not so much anymore, but throughout they have either worn them themselves. They've had they're pregnant clients wearing them, or the husband and children have to wear them in their own home at the birth, like just absolute and sanity.

So yeah, I guess there's two questions there. One would be advice for business owners who like, aren't going to put up with this and then specific anything specific you'd want to share with pregnant women who are going a lot of them are going to the OB or their midwife and being asked to wear masks and appointments.

Even if not in labor throughout their prenatal care, they are. I just dropped to two big questions on you.

Those are good. That was speaking earlier about being the lion walking around and how you naturally spread freedom around you. And that, all it takes is just being truthful with other people.

And if you're hiding, if you're hiding some of your deeply held values from others around you, you are lying to them. And you're not giving them a chance to get to know you. And they might really like to, they might really the person that you let them see. If you let them see the real you and so many of us are just afraid people won't like the real us.

And you just don't, you do society, such a disservice. You do yourself, such a disservice when you don't let others see you. And that might mean, they say, I really don't like. And that's okay. It's okay. It's okay. Because again, that's, it just makes room for someone else. Who's really going to love you and cherish you.

And you do that and you, you just, you will be surprised what wonderful relationships you end up with. If you're just, if you just stop lying to others by hiding yourself, and it goes even a little further that. Some people listening to this may have never seen themselves as leaders. They've always been out of the fold a little bit away from others, doing their own thing, happier to be that way.

Maybe they followed others at times. Maybe they're not one to speak up in a group. There might be lots of ways that they've convinced themselves that they're not a leader. But the truth is this time. If you're still listening to this specific episode, I think you've self-selected already that this time has called on you to be a leader.

And that, and then take it even further. This time is called on you to be a public intellectual. In fact, that it's your job to be ready with a few talking points, with a few words of wisdom, with a few explanations of why you're doing something and. That might have to come up in a grocery store that might have to come up in the middle of some place where it doesn't usually come up where you just want to be left alone, but there's a little bit of responsibility on your shoulders right now, if you're still listening to this and that is bringing society back from the abyss.

And there's lots of scared people, they were, there were lots of people who looked at, let's say a Andrew Cuomo and said that man is leadership material. That man is going to be with me through thick and thin for forever. And his brother's on TV. This is, these are people I can trust for forever and hardly do I even hear their names mentioned anymore is how you know how people have determined.

They're not, they were not trustworthy at all. Those same people. They're just looking around themselves saying, who do I follow now? Who am I supposed to believe? The Fowchee emails are more and more becoming known where, when Fowchee thought no one was listening, he was saying, no, these masks don't work.

When Fowchee thought no one was ever going to be able to read those emails, which we, the public have a full right to see when Fowchee thought no one was going to see them. Now, those masks don't work that that's what he was saying.

And people are starting to get, even the people wearing the masks, still diligently, starting to get that there's something wrong with the narrative and they don't.

They have no idea who to trust and they might not trust you. But if you at least tell the truth, if you at least speak up and you say, this is what I believe. And you say it clearly, and you say it doesn't need to be yelling. If you say it clearly and you hold your ground. You show leadership material and this time calls on you to be a leader.

And sometimes in my interactions that might get a little more, I might say, why are you still wearing that? And I don't under my breath. Why are you still wearing that? Walk away? I don't do that. Why are you still wearing that? And I pause as if I'm expecting an answer and I usually don't get one, is this how you're going to do it for forever?

What are you showing your children by wearing that mask? Don't they deserve better? Is this the world you're going to hand them? I ask these questions because they have to be asked. I don't do it all the time, but we need to see ourselves as leaders and as public intellectuals, we need to be ready with those answers.

We need to be ready with those questions. We need to be ready to push a little bit. We need to be ready to be there, to lead others because something like 80% of people, 90% of people, they're just looking for who to lead, who to follow and whether you like it or not. That's you see what's going on.

If you do not lead, no one leads, that's it. If you do not lead you leave society, the hyenas, and I'm not talking about changing the whole world overnight. I'm not trying to say that, but in the world that you know it in your experience with the world, the people around you, the people you care about the most yourself, your home the small community around you, whatever that may look like in your world, you can change that world.

You can be the leader who leads that part of the world. So you don't even realize

it was awesome. I love it. Such good nuggets in there. Wow. Yeah. So tell me to this part of the world that we care about most is, women who are pregnant. What would you say to those women who are like, maybe they have a midwife they love, or a doctor they love. And they're being asked to wear a mask at their appointments,

the the us government, the medical establishment. I have no idea what your audience feels about this topic, but I'm going to, I'm going to tell you a moment that was important to me as a father trying to understand all these decisions that had to be made or even decisions I was told. I had no right to the us government, the medical establishment almost exclusively says a child at birth must be given a vaccine for a sexually transmitted disease.

And there's no exception around that. And you're going to be pressured at the most tender moment of your life. To give that vaccine to your child. There's no not. We'll come back in three months. Not let me think about it. Not well can't we wait until they're 12. Not, can you show me some research? No.

At that moment, you better let the child have a sexually transmitted disease vaccine at that moment. There might be a bug blood transfusion. There might not, it's a sexually transmitted disease vaccine. Okay. And there's I get there's public health reasons for it. It's just it just, it tells you where so many aspects of the system are about their care for your family as individuals the care for your child, especially in that situation.

And I, that was an important moment for me when it. With Seminole. When I understood that's really something that exists. And I didn't, I had no idea when I understood that's really a thing that exists. It was such an eye-opener for me. If your audience probably knows your audience probably knows if they're going to be with a doctor, an OB GYN, who's going to be strong, arming them in the delivery room on that topic that they're with the wrong person, your audience probably has that discernment to be able to see ahead of time.

I'm going to want this kind of situation. I'm not going to want that kind of situation. And there's so many variables what it could look like, and I get you can't control everything. And that's part of the beauty of childbirth that, it's, you are not in control. You are you are humbled and it's a beautiful thing.

And parenting can be like that sometimes. It can be so humbling. Sometimes you can learn from the kids sometimes. And wow. I didn't know that about myself and it's so if you can say no to the face mask has been a gift of 2020. If you can say no to the face mask, you can say no to so much work.

This is the most beautiful treasure that has come up. I hate the mandates. No question about it. I hate what it's done to people. No question about it at the same

time for a society that's been asleep for 20 years and it said, government's got this. Everything's going to be okay. Nothing to worry about.

And that's not how government works. That's not the truth of how power and decisions work. If you are silent, you will have no say that's how it really works. And people who've been asleep for 20 years. This is the most beautiful gift we could have been given this easy to say no to imposition on our lives, this face mask.

And it is so easy to say no to it. You know what you're doing? It is so easy to say no to. And like I said, it starts with some training wheels, maybe what you end up with. Oh, you will be such a force to be reckoned with just because you figured out how to say no to the face mask a few times, and you might not feel like a force to be reckoned with in your life.

You might feel shy. Like I said, you might not feel like a leader. You use this, you can become a force to be reckoned with. And it's so beautiful how I've seen literally thousands of people develop in this way. And it's a beautiful thing. So if you will say no to that face mask, you can say no to so much worse.

And on the other side, I've had many mothers, especially tell me how awful I am for saying this. I'm going to say something. I know some listeners going to say is awful. If you say yes to that face mask, you're going to see us the vaccine. You're going to say, yes, there's so much worse. You just haven't heard the right reason yet.

And that is the difference between being a person of values and a personal preferences. If you are a person of value, Nothing, no matter what the right reason is going to convince you to turn against those families, if your personal preferences I just have to hear the right reason. And if you don't like whatever so much worse looks like in a society.

And we have times in history where it's been worse than this. And we have people very publicly talking about what their plans for society are. And probably any news source you're watching is giving you little hints of that. The, and I'm not speaking about conspiracy. It just really public health officials, no matter where you live someone, some public health official, very close to you is very openly talking about their plans for your life.

And they are not plans that anyone's still listening to this this podcast at this point wants in their lives. So you get. You get to draw this line. The face mask is so easy to say no to you get to draw this line and it starts with you. And then you get to draw a line around your family, and then you get to draw a line around the people around you in your community.

You get to help those people do this. And some people they're paying attention to the community. They're paying attention to, I don't know what a Carl Schwab is doing or what what is happening in some WHL meeting or what's happening in DC. And these things are important to keep abreast of.

But if your family's not in order, if you aren't in order, then we're putting all your attention there. That's distraction, and it's good to keep it. It's good to pay little attention to it, to know what's going on in the world. But oh, if your family's hurting, it needs you, especially right now, it needs your leadership.

Yeah. Yeah. Yeah. And I love that so much that this is a gift and it's a place to practice and again, exercise those freedom muscles because I agree. I think there's things in the future that they're planning to come down the pipeline. Of course. And then there's also the things that we already know, in the birth room, for example, Or, five years from now, if you're sending your kid to school, like you're going to have to deal with this then when kindergarten starts.

So I think our listeners absolutely needs to be asking themselves those questions. What do they really believe? And I love that distinction between preferences and values and what are you really going to stand up for? Yeah. And I'm thinking of it as an exercise. I love that word, just like an exercise and a practice.

It's not totally related, but I had, I got a chance to practice something similar. Recently with a nurse when I went to, I hadn't been to a doctor or a nurse myself in many years and just around saying no to something that I knew they were going to offer me. And I know for myself, it's been an evolution over my adult life in particular where it's I still get anxious about saying no to things but less, every time it's a little less.

And every time I feel a little bit more powerful and a little bit more in my truth. And so it's, yeah, it's a gift that we've been given to. And the litmus test, like we've talked about throughout around like who, who else aligns in this way and who doesn't and who do I want to spend my time with?

And where do I want to put my energy? Yeah, I love all of that, that you've shared and these sort of orienting points you've given us to think about. Around the hyenas and the sheep and the lions. So I guess, is there anything else you'd like to share with our audience before we wrap up this really awesome episode that I've so enjoyed?

I've enjoyed it too. This has been wonderful. I had a chance to about two weeks ago now I had a chance to speak outside Facebook headquarters at a nice rally. It was about free speech was about censorship and in, in early 20, 20, my team and I, we recognized that the search engines were being used to control what we were having access to to limit how much. Was accessible. And I had used, I used the search engines very effectively for a long time. And I could feel the algorithms change because I was doing the same research over and over again, constantly.

I write, like I said, I write so much. So I'm constantly, trying to figure out, what's the whole breadth of information out there. What are the different opinions? How do I make sure that opinion I totally disagree with? How do I make sure I really understand it before I conclude that I disagree with it?

Things like that I'm just always out there looking for more and my team and I discovered that so that was happening early 2020. So we did this research. We did this research to figure out how the algorithms were changing. And we put together a neat report about it. We need these good tools for finding the truth out there.

And there's all kinds of ways, right? The people listening to this podcast, they know where to go find truths reliably. If anyone's using duck go still. I know in 2020 I was able to determine through this research, we did that duck hole was heavily censored by then.

And I've got this report. It's. 11 search engines at SOC and two search engines that are awesome. Or at least, there's shortcomings to everything, but at least two search engines that aren't censoring. And that I'd like if I got two ways that I get around big tech censorship in 2020 also I gave up a small fortune.

I lost a small fortune because of, because I built a business around Google and I became very, I put myself at risk. I made myself very easy to sensor without realizing it. So I I try to build a lot of ways in to, to avoid single choke points and to avoid being easily censored. I would like to share that anyone who's using Dr.

GOSO, anyone is looking for good search engines. I'd like to share that with your listeners. And I got two ways, two ways to find it. One's kind of a neat way on the phone. If it's your kind of thing. If you text the word truth, T R U T H, T R U T H. I spelled it right. If you text the word truth to 3- 3- 7- 7- 7.

So it's text the word truth to 3- 3- 7- 7- 7. You'll get that report. And the report it's 25 pages long, but like the books I described, I know people are busy. So on the first page, I give you the two search engines that are good. I give you 11 search engines that are awful. And then there's 25 pages about why I think that in my experience with research and some of it's like really shocking, like you wouldn't believe some of the stuff we encountered and it could be helpful.

So you text the word truth to 3- 3- 7- 7- 7 or, and that works in the United States. If you're elsewhere another way, or if you don't want to use your phone I have a website realstevo.com, r-e-a-l-s-t-e-v-o.com. Stevo is my last name, realstevo.com. If you go to realstevo.com/search, S-E-A-R-C-H.

You'll also be able to get that, that report there. And you can get, you can, you'll be signed up for emails so you can unsubscribe anytime you want. That's fine with me. But I want to make sure you are not, it's not Google deciding what they think of you, and if you can participate in my encouraging daily newsletter or what they think of me, but it's you and I making that decision, especially you saying, Hey, I don't want to be part of this newsletter anymore or whatever.

But it's a cool, it's a cool little guide and it's I send encouraging emails. It sounds a lot like what we're talking about here. I send encouraging emails every single day. I know people get a lot of depressing stuff their inbox. I know there's a trillion dollar media machine attempting to depress.

Every one of us make us feel like we just give up. Now we don't matter when in fact every decision matters and it's a beautiful thing. And we live in such beautiful times and I talk about censorship, but 50 years ago, Margo, you and I could not be having this conversation, maybe you could have a small radio station and maybe I could live near you.

And I would go to your small radio station and maybe it would broadcast for 50 miles around. Maybe that could have happened. But the access to the airwaves was difficult in so many ways. The access, the printing press was difficult in so many ways. And now. Anyone can go spend 10 minutes. They have a website, a

blog up and running, which is effectively a printing press that can reach all around the world with 10 minutes of work.

And it's basically free. And like that, that we are so not censored. The most censored people right now have more freedom to communicate their message. Then some of the like mid-level intellectuals did 50 years ago. So this is maybe we're more censored now than we were five years ago. But come on.

This is like huge victories that we can be so happy about. So any of these messages to like, be depressed about this stuff, we just got to say no to them. We got to realize the beauty we're living through. And that's the kind of stuff I write about every day, because I want people to have that every day to be reliably, get that everyday.

I love that. I'm excited to to get on your newsletter list. I'm going to do it right after we get off this call. Cool. It sounds like there's maybe another episode in the works for us, but for now that feels like a nice concluding point. And I just want to say thank you so much. I feel like you've brought that into encouragement here today for me.

And I feel uplifted and just so grateful that there are people like you in the world doing this work and and doing it in a way that feels really it's the word I'm looking for? Just grounded and joyful. Like it's not this like big conflict, scary, aggressive, like us versus them thing.

And I think when we can model that for people, like you said, just being leaders in that way then others are gonna follow suit. So I just appreciate you. And thank you again for being here.

Margo. Thank you for the work you do. People have so many options and how they want to live life and it doesn't just have to be what you're handed and you spend time helping people recognize what those options are and how to live a more beautiful life.

And I just, I know how much in my own life, the childbirth process meant. And I didn't even get to be the star of the process either of the stars. And, but I was just, I was like a very distant, a minor figure in it all. But I got to be there and I know how special it was.

And I just, I want to commend you for the role you play in that special part of people's lives.

Thank you. I appreciate that.