

# A Musing

## Podcast Transcript

### 000 ▶ Episode Zero

This is where the journey begins. Before I dive into individual lessons, I want to paint a picture of what you can expect while you make your way through these episodes. Let's dive into Episode Zero!

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00:00:06.734 - 00:00:11.134

Welcome to A Musing, I'm Diego.

00:00:13.174 - 00:00:20.194

I decided to number this episode as Zero because I consider it a very important foundation to everything that will come after it.

00:00:26.272 - 00:00:30.352

The name of the podcast tells a bit of the story of the podcast.

00:00:30.352 - 00:00:34.932

It's not amusing, as in entertaining or interesting.

00:00:34.932 - 00:00:37.672

Mind the space, people, it's musing.

00:00:39.172 - 00:00:44.752

In case you're not familiar with the word, its most basic definition is a period of deep thought.

00:00:45.892 - 00:00:50.912

That perfectly describes what this podcast is about.

00:00:50.912 - 00:00:58.212

My intention is to submerge myself in a brief moment of deep thought about a certain something.

00:00:58.212 - 00:01:04.552

That something can be anything from an object to an animal, to a thing I read, to an experience I had.

00:01:04.552 - 00:01:07.612

You may be asking yourself, why?

00:01:07.612 - 00:01:18.452

because one of the most valuable lessons I've learned in life when it comes to spirituality is that the grandest of lessons come from the simplest observations.

00:01:28.473 - 00:01:31.273

Pick your favorite philosopher or spiritual teacher.

00:01:31.273 - 00:01:40.373

I'll bet you my lunch money that as you read through their writing or consume their lessons, they'll drop parables, examples, or stories that teach a deep lesson.

00:01:44.833 - 00:01:48.373

That's the premise of this podcast in a nutshell.

00:01:48.373 - 00:01:56.213

Stop, observe, interpret, learn, apply, and then pass it along.

00:02:04.336 - 00:02:05.876

What's my goal?

00:02:05.876 - 00:02:11.696

It's to promote the simplest, purest form of spirituality.

00:02:11.696 - 00:02:20.596

And that's pausing and tuning in to the lessons that life is constantly trying to whisper in our ear, but we're too distracted to hear.

00:02:24.076 - 00:02:28.456

Now, it's important to mention, I'm not promoting a specific belief system.

00:02:28.456 - 00:02:32.096

I'm not affiliated with any religious group or label.

00:02:32.096 - 00:02:40.496

The conclusions you'll hear in this podcast are not the result of exhaustive research or theological training or textbook philosophy.

00:02:40.496 - 00:02:49.176

I've had periods of time in my life where that was my primary focus when it came to spirituality, and I am on a very different track right now.

00:02:50.216 - 00:02:54.076

If you're looking for that type of thing, this is not the podcast for you.

00:02:54.076 - 00:03:00.356

I'm sure there must be some PhDs out there putting out their dissertations in podcast form, but this is not that.

00:03:23.105 - 00:03:29.205

You'll learn more about my personal journey at some point, but for now, just know that I'm a fan of life.

00:03:29.205 - 00:03:39.225

I marvel at the way existence works, and I crave those moments when I'm able to pause and observe life and learn something from those observations.

00:03:56.811 - 00:04:04.531

There's always something to learn, always some way to better my experience as a human being.

00:04:05.591 - 00:04:10.951

And I hope that through this podcast, I can help you do the same.

00:04:15.391 - 00:04:16.671

So I'll see you in Episode One.