

A Musing

Podcast Transcript

001 ▸ Out of Your Mind

Can we learn a deep lesson from a RomCom? Let's take it back to the year 2000 to find out! If you wanna chat about this week's topic, hit me up at contactamusing@gmail.com. I'd love to hear your thoughts.

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00:00:00.960 - 00:00:04.440

Welcome to A Musing, my name is Diego.

00:00:05.880 - 00:00:08.320

Today's episode, Out of Your Mind.

00:00:19.860 - 00:00:23.080

You ever watch that movie What Women Want?

00:00:23.080 - 00:00:25.220

The one with Helen Hunt and Mel Gibson?

00:00:25.220 - 00:00:27.580

It came out somewhere around the year 2000.

00:00:27.580 - 00:00:35.100

Now, I wasn't much into rom-coms, and I'm still not, but I remember the trailer getting me very curious when I watched it.

00:00:35.100 - 00:00:37.980

And when I saw the actual film, it did disappoint.

00:00:37.980 - 00:00:40.360

It actually made me think a little bit.

00:00:40.360 - 00:00:44.920

Mind you, the premise of the film isn't a mind-blowing one.

00:00:44.920 - 00:00:46.840

20-year spoiler alert, I suppose.

00:00:48.140 - 00:00:56.140

Simply put, a guy who's a total douche to women ends up getting electrocuted, and when he wakes up, he's able to hear women's thoughts.

00:00:56.140 - 00:01:09.660

And that whole aspect of it makes for some hilarious moments, but the best part of the whole gimmick for me comes when the movie gets past the funny or provocative thought reading, and it gets into the darker thoughts of the minds that are being read.

00:01:22.165 - 00:01:25.945

Here's what really grabs me about that turn in the story.

00:01:25.945 - 00:01:40.565

The main character, for the first time possibly in his life, gets out of his own head and realizes that there's an entire world inside each woman he interacts with every day.

00:01:41.805 - 00:01:50.285

We walk around every day feeling and acting like the protagonists in our own stories, even those around us who seem the most selfless.

00:01:50.845 - 00:01:51.805

I mean, come on, let's be honest.

00:01:51.805 - 00:01:57.425

How many times have we done something kind because of how good it makes us feel deep down inside?

00:01:57.425 - 00:02:02.665

Sure, we may be helping somebody, but there may be still a trace of that in what we do.

00:02:02.665 - 00:02:04.545

And that's not proof that you're evil.

00:02:04.545 - 00:02:06.985

It's just proof that you're human.

00:02:08.005 - 00:02:12.665

As humans, we're in the rare position of being self-aware.

00:02:13.945 - 00:02:21.605

We can process thoughts about ourselves and the world around us that the vast majority of species on this planet can't process.

00:02:21.605 - 00:02:31.265

Abstract thoughts, like for example, seeing a tree and being inspired to compose a poem about it, instead of seeing it as a way to escape that predator that's trying to have you over for dinner.

00:02:31.265 - 00:02:37.325

And I say have you for dinner in the Hannibal Lecter kind of way, not saying the lion's gonna cook you spaghetti.

00:02:37.325 - 00:02:48.325

Anyway, it's human nature to be self-absorbed, and ultimately to be unaware and uninterested in the thoughts of people we interact with on a daily basis.

00:02:50.465 - 00:02:53.405

We're not able to read each other's thoughts.

00:02:53.405 - 00:02:57.745

We have to almost literally put our brains on pause.

00:02:57.745 - 00:03:09.965

We have to force ourselves to truly listen and ask questions in order to gain some understanding about the world that's unravelling inside the mind across from us.

00:03:09.965 - 00:03:11.825

That's not easy.

00:03:11.825 - 00:03:19.805

It means that for that one moment, we need to yield the starring role to the person we're engaging with.

00:03:19.805 - 00:03:25.205

That for that moment, we become part of their supporting cast.

00:03:25.205 - 00:03:31.625

Again, it's not easy, but it's incredibly life-changing, both for you and for the other individual.

00:03:31.625 - 00:03:36.325

If you step inside someone's world for even a moment, you can change a life.

00:03:36.325 - 00:03:41.145

In that moment, your daughter will not just be told she matters.

00:03:41.145 - 00:03:42.045

She'll actually feel it.

00:03:43.305 - 00:03:52.045

In that moment, your friend will actually feel valued because they're receiving from you the two most valuable things you have to offer anyone.

00:03:52.045 - 00:03:55.025

The things that you can never get back.

00:03:55.025 - 00:03:57.905

Your time and your attention.

00:04:02.105 - 00:04:14.085

Conflicts can be resolved infinitely easier if one of the two people at war simply lays down their weapons and steps down from the lead role in their own mind.

00:04:14.085 - 00:04:17.265

And that's what happened with this character in the film.

00:04:17.265 - 00:04:25.385

By being exposed to the thoughts, the raw thoughts of the people across from him, his life ended up changing.

00:04:25.385 - 00:04:27.465

His relationship with his daughter ended up changing.

00:04:27.465 - 00:04:31.025

His relationship with his co-workers, his relationship with his friends.

00:04:32.585 - 00:04:42.405

His entire life was transformed because he stepped out of his own mind and into the thoughts and mind of another.

00:04:43.945 - 00:04:51.765

You can only control your own world, your own mind, your own role.

00:04:51.765 - 00:04:53.945

So it has to start with you.

00:04:53.945 - 00:04:57.105

You have to be the one to take the first step.

00:05:04.595 - 00:05:07.235

Try this when you can.

00:05:07.235 - 00:05:12.815

Next time you're engaging in conversation with someone, just pause.

00:05:12.815 - 00:05:15.855

Stop staring at your phone while they're talking.

00:05:15.855 - 00:05:19.035

Stop thinking about your answers while they're speaking.

00:05:19.035 - 00:05:27.495

Even if it's not an argument, even if it's a casual conversation, get out of your own mind for a second and listen.

00:05:27.515 - 00:05:31.855

Actually peek into that person's world and see what comes out of it.

00:05:32.855 - 00:05:34.115

You might make a new friend.

00:05:34.115 - 00:05:37.015

You might discover something in common with somebody.

00:05:37.015 - 00:05:44.295

You might grow to respect somebody more, perhaps resolve a conflict, and hell, maybe even you fall in love.

00:05:44.295 - 00:05:45.215

Life's funny that way.

00:05:54.373 - 00:05:56.613

Let me know how it goes.

00:05:56.613 - 00:05:58.493

Email me at contactamusingatgmail.com.

00:06:01.993 - 00:06:03.073

I'd love to hear your story.

00:06:19.182 - 00:06:23.982

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00:06:23.982 - 00:06:25.442

I'll catch you guys in the next episode.