

1-17-23 The "ban" culture

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Hello, hello, welcome back. Thanks so much for joining us. I'm gonna make a statement here. And it is it is a proposal for consideration as much as anything else. The statement is the band culture is the new narcissist. See, historically, narcissism has been people who are elites, they are they believe at least, that they aren't elites, they are better than they are above. They are, it would have been maybe the equivalent of misogyny back in the mid 1900s, where we're primarily men put themselves in these elite categories and women needed to be put in their place kind of a thing. And I'm gonna make a case that what we have done is simply taking, taking the people who previously would have been, I don't know, sexist, like, men who would have belittled women, we are taking people who thought that they were better than others. And we've simply moved them shifted them into the band culture crowd. And I'm gonna make that case and then you are gonna get to think about it, process it. And then if you're, you know, you're into it, let me know what you think. So there's, there's a recently I heard of this, this, this possible ban on gas stoves, of all things, gas stoves. And, you know, this came out like maybe a week ago or something around that roundabout there. And I got to thinking like, what is going on with all of these bands? You see, I like as a clinician, I'm like, you know, if your way is not harming me, then I'm gonna pretty much let it be because it's not my place to take away your autonomy. Now, some of you out there are probably going, but this is harmful people are dying. And maybe, and I say, maybe not because I'm a doubter. Because I'm a naysayer, because I don't believe in the science. I say maybe, because everything you do is harmful, or helpful. I think about the things that are the most harmful when we look at the immediate. I mean, how many sodas have you had to drink this week? Far more harmful than a gas stove? No offense, but that is reality. And if you don't know that you don't know the science. So stick with me. We have banned things from what we're attempting or they're taking a look at Ben and gas stoves. We have been guns. We have banned fuel vehicles in California, like if you have gasoline powered vehicles in California 2035. I guess then you're breaking the law. There's something going into effect there. We're banning speech. So people can't say what they want. Which, you know, I don't think people should be able to run around harming people. But if you want to run around looking like an idiot, I mean, by all means run around looking like an idiot as long as you're not harming people. Right. So, you know, what, are we going to ban next? Hammers? I mean, hammers make noise. And they could be weapons. Right? How about phones? Phones are distracting people when they're driving? Which I know you're probably

going there already boo boos when you're driving? Uh huh. How many of you have used your phone while you're driving in the last week? Almost all of you. How about how about, you know, the danger of phones? Creating a lack of real human connection? That's dangerous. How about lights? Are they gonna ban lights? All right, you're getting my sarcasm on pouring it on thick. But lights pollute lights pollute for sure. There's a reason why people go to places like Southern Utah and get the best night's sky they've ever seen in their life? There's no light pollution down there. Almost none, like, oh, it's like one of the lowest on the planet. How about electricity? Are they gonna ban electricity? They're gonna move us all to electric vehicles, and then they're gonna ban electricity. Why would they ban electricity? You say? Did you know that electricity gives off a radiation? Yes, yes. Try this. Try this sometime. Go flip the circuit breaker in your house. Give it 20 minutes with zero electricity streaming into your house and tell me you don't feel the difference. If you're not, if you're not able to feel that difference, you're not in tune with your physiology. Because it's different. Your power goes out all of a sudden, you're whoa, wait a minute, the quiet sets in the calm that buzz disappears. Yeah, that's a form of radiation. Go ahead and look it up. Alright, you don't have to be a rocket scientist to know a little bit of electrical science. I know. Okay, I'm done pouring on the sarcasm. I hope that wasn't too heavy. But here's my argument for your consideration. There was this whole, like, sexist narcissist, like thing that came up, and that I brought up and the idea of superiority. Now, that's a big idea. But think back to the 80s. And if I had said something like, and I'm a male, I mean, those of you who, you know, who can see me online, I'm a male. And when a when, in the 80s. If I had, I was a kid in the ad. So I saw this stuff, but I didn't partake in this stuff. If I had said to my wife something like, be quiet and sit down. Whoa, ha, it just got real in here, right? Because it's super easy to tell that I'm, I'm like, I'm a narcissist, I'm sexist, a bigot. I'm like, I must feel like I'm superior. It's super easy to tell that right? But watch what happens. If my wife were to say, Be quiet and sit down. Oh, what's the argument? Now? The argument now? Ooh, it's pretty easy to tell. There's a leader. There's somebody who's empowered, back them back then back then back them? Because they are bucking the system. The system is evil. They're all about equal rights. Yes, you tell him. Where there's a woman with principles. Think about this. We took all of the people. And in this case, it used to be primarily men, I get it. But now we've mixed them in this giant pot for mono, the last 30 years or thereabouts. So now they're men and women. They're black and white. They're, they're tall and short. They're thin and thick. They're all these things. And it's all mixed up. But it's the same mentality. It's that same superior mentality, as you would have gotten in the 80s or 70s, or 60s or 50s. With the sexism and the superiority, the narcissism, the I'm better than you. I think what we've done is we've made it harder to tell. But all we've done is shift the same exact problem. That's, that's something to think about. It's also something to think about. And I'm not going to get into this much, but I'm going to just drop this in just as a Why don't you think about this too. But think about that, in our political arenas. This Ben culture that's going on. From a mental health perspective. It's not healthy, not healthy, means we should probably pay attention to it and try to heal that unhealthy spot. Like if we had cancer, we wouldn't just I don't know, ignore it. Or the some of you might get it, especially if it's your second third, fourth time around or something like that. I get how that could happen. But no, what you're going to do is you're going to take a look at the problem, you're going to deal with it. And as a culture, this is a problem and we need to deal with it. Just because it looks different, doesn't mean it really is any different. We need to get rid of this whole concept of superiority. I'm better than all together. Now, don't get me wrong. You're going to have your talents, your areas where you are amazing. And you should absolutely give those as a gift to the world. And not hide behind some, you know, false bravado of like, yeah, I'm really great at this. No, like, be confident, like, Yes, I'm good at this. This is one of my talents. For me. I'm a healer. That's a talent. Not everybody has it.

But that doesn't make me better. That's just my gift. That's my talent. And I should absolutely use that. But that doesn't make me better than anybody else. Nor does your talent. You can be the best athlete in the world. That doesn't make you better than everybody else. What it makes you is a great

athlete. And please give us that gift. I like to watch sports. You could be the most discerning person on the planet. Great, be that. But that doesn't make you a better person than anybody else. It's a talent, guaranteed, we can find a weakness in every single one of you. So I implore you to consider that we have shifted the problem and not rid ourselves of the problem. That superiority problem right now. I think it's hiding and nesting in the band culture. I'd love to know what your thoughts are. Thanks for listening. Have a great day. We really hope you enjoyed this episode. Please take a look at our website at [WWW dot healthy perspectives](http://www.healthydashperspectives.com). With a dash in between the healthy and the perspectives. Make sure there's an s at the end.com So again, [www dot healthy dash perspectives with an s.com](http://www.healthydashperspectives.com)