# 'Christspiracy' The Movie Made This UFC Champion Quit Meat Transcript

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## Initial Reaction to the Film

This is the good news. There's no way Jesus wouldn't have gone into the temple and been so mad at the money changers and not all this like slaughter and innocent blood being shed. When the Bible specifically talks about innocent blood being shed. I know just by talking about this right now, like this will ruffle [music] a lot of feathers. No no pun intended.

Like like I had a whole cry about it about myself and and my actions. You know, like I cannot just sit here [music] and continue to eat meat. I just can't do it anymore. It almost feels just like maybe I was just addicted [music] to it this whole time. There was one scene in particular that like emotionally just like it really hit me. Um And it was, you know, >> [music] >> I don't want to like spoil or I guess, but the the cow that was >> Anyone any spoiler alert if anyone wants to watch the film, go watch it now, but most people watching probably will have seen it. And if not, you know, it's just more fuel to the fire for them to go see it. So feel free to share with them.

>> Yeah. Okay, yeah. So so the the cow going to slaughter, I think that was and I I'm I feel like just the way that it was, you know, put together. I think that probably hit will hit everybody like just you can tell visibly that that cow knows exactly what's going to happen to it and it does not want to go, you know. Um and then and it was it was crazy too because I've seen like vegan documentaries before and I've always like had a terrible feeling just in the back of my mind all the time knowing that this is happening daily like, you know, um that that animals are suffering on our behalf and um but it always was like it was almost like overload sometimes when you would watch certain ones where it's just like terrible things happening and you're just like, you know, you're just taking it in through your eyes and it's just like this isn't good. You know, obviously it's even worse to eat it, right? But it's like um you know, so with the documentary with your documentary it was very like it told a whole story and it wasn't just like a slideshow of just like animal abuse. You know what I mean?

So, it was like and obviously like that you don't want to like shy away from that obviously like cuz it's the reality of the situation, but like the way that the way that it was put together it was like it told the whole story, but that moment is probably where it hit me the the worst. Like I I felt a deep sorrow and like contriteness of heart where I was like, "I can't I can't I have to do something about this." You know, like I cannot just sit here sit here and continue to like just eat meat. I just can't do it anymore, you know? Um and knowing that this is happening, right? Um I think but as far as like for the message and stuff, I think in general the idea of I think it was What was it in Nepal or something with the the animal sacrifices?

## Temple Sacrifice and Jesus' Anger

>> Yeah, the Gadhimai sacrifice in Nepal is at the end of the film. >> Yeah, so that one I think it put like everything together as far as like like it made a connection in my mind as far as okay, Jesus was you know, crucified on the cross because um Sorry. Hey, shh. Um okay.

>> He He approves He or she approves of what you're saying and they're they're adding their voice to the conversation. Okay, go ahead. >> Yeah, exactly.

The animals, yeah, they they they approve for sure. Um yeah, so I think the idea of like this visual of like what the the sacrifice um you know, festival or whatever it was, right? This ritual sacrifice that was happening in Nepal that happens whatever once a year or something like that. Um that painted like a really good picture of what it was like at the temple, you know?

Um when they when the the the Levitical priests were just animals and and just the the idea that I think it was Josephus you said that was talking like describing them standing in blood.

Um it's like picturing like logically speaking like there's no way Jesus wouldn't have gone into the temple and been

so mad at the money changers and not all this like slaughter and innocent blood being shed when the Bible specifically talks about innocent blood being shed and there's nothing more innocent than a lamb. There is um and it's just like atrocious when you actually think about it and when you and and what's crazy and then I there's just so many pieces, you know what I mean? It's like but I think seeing what like visually what it probably would have felt like in in that environment of all these animals just being like charged up with like so much fear and like adrenaline. It's like that's that for sure is what it had to have felt like at the temple and then for Jesus to like free the animals and be upset and you know and that was immediately what started them you know being like yeah, we got to get rid of this guy. I mean that just it just all made sense to me and then on top of that addressing you know what the scripture say because I you know I've always been a Bible believing like I would I hate the label of a Christian because I don't you know, but that's like the best way I could describe myself, but um you know, the follower of the way, right? So it's like however, uh it it and I know like I think where it gets weird with people is it's like they they look at the Bible and it says oh, it says this so therefore like I have to believe like it's the it's the belief of the Bible being infallible or inherent, right? Um and I think that's what the the documentary does a really good job of is like showing that hey, there's like I mean if you can't you can't say that the Bible isn't changed, right? Like if it's if it's translated and if it's it's put together by a bunch of different writings. So we we have to really be discerning about what we're reading and making sure that like what is what's be and and and I like the idea of what speaks to life and what speaks to death like, you know you know, God God says the enemy comes to steal, kill, and destroy and you know, Jesus says I come to bring life and life more abundantly. So, you know, I think that's that's what the lens we should read the scriptures with and then when you quoted, you know, Jeremiah 8:8 and then, you know, Jeremiah 7:21 like all those is like wow I'm just like I'm just blown away um because I always had trouble reading Leviticus. I think everybody does.

>> [laughter] >> Like it's just like what is going on here, you know, and it just makes so much sense that all of a sudden it's like a huge relief because now it's like oh, this is actually the good news.

## Numbers 11 and the Quail Story

Like this is the good news that like we can believe in a loving God that, you know, we don't have to try to sit here and and justify like murder. You know what I mean? And and like a weird like game word gymnastics, you know what I mean? Instead of like actually this whole this whole sacrificial system probably was never intended to be here.

So, you know, so I think it if that answers the question, I hopefully it, you know, touched on that, but um that idea, but I think just connecting the sacrifice, you know, scene in in the Paul and then attaching it to like and then me associating like this is what it would have felt like in the temple.

Yeah, I for sure would feel the exact same way like get rid of all these animals. Like free free them all, you know, not get rid of them, but like free them out of here because yeah, there's no way that he was just upset that they were selling stuff.

>> Right. >> Just sounds silly, you know. >> And people will often retort to me and kind of push back against my film sometimes with this story because they're reading the Exodus account where it's like, "Well, wait, didn't God give all of the Hebrews like quail to eat or something?" Like why is that what how is God vegan or you know, promoting this if if if he's doing that. But if you actually go and read the Numbers 11 account, it tells more of the story. And what it says is it says the Hebrews are living off this manna and they're doing great. It's literally this beautiful food source that's just come out of nowhere in the desert and it's clearly plant-based the way it's described.

Um however, they start to get a little tired of it and they start to crave the flesh it says of Egypt when they were in slavery to the point where they say, "We like we would almost go back to our slavery just if we could eat some fish again and everything that we were eating back in in Egypt." And so Moses is all frustrated by it and he goes to God in prayer and talks or whatever. And basically it come this message comes back that they're lusting after this flesh and they're going to get it, but they're not going to just get a little bit of it.

They're going to get it until it's coming out of their nostrils and they loathe it, it says. >> Um >> Yeah. >> And

basically they come back out and where there was all the manna, now there's all of these dead um quail laying everywhere. And then one would argue that this, you know, how did that happen? Was it some miraculous the the bottom line is ethically it sounds like there's no murder, there's no dead what something happened where this flesh appeared so that they could get an experience of eating this thing they're craving. And and it's and it's definitely sounds miraculous and over the top like >> Right.

>> because the way that it's described, we're talking like miles of flesh just laying around. And they go and they start gathering it and ravenously eating it and all of this, right? And then a huge chunk of the population gets a plague and dies. They all get all these boils and this whole thing and the end of the story, and this is the part I always point to, the end of the story it says that that place where this happened became named the Hebrew word for it was the place where those who lusted after other food. They lust the place of lust.

>> that's creepy. >> Right? So, I think I think what you're describing is like whether it's a removal of parasites, you know, cuz we know uh animal foods carry a lot of parasites.

## Dairy, Eggs, and Food Addiction

Uh you can get them sometimes from plant foods as well, but the animal foods is way over the top with it and they kind of control your cravings, you know, parasites can get in and they have it's like your second brain is in your stomach and you get this craving where you're wanting to feed them and feed and it's a very ravenous kind of thing. So, I've had the same experience, you know, when I did my Daniel Fast many years ago and then ultimately when I went full vegan cuz similar to you, I had a transition moment, but there was a point in time when I finally got dairy and eggs and all of that out of my diet. And we I want to talk about those uh those food, you know, supposed foods in the industries as well in a second, but the once I got it all out, it was like I had that experience. I all the journey leading into it, I felt this Zen-like new feeling around food where it's just this blessing for sustenance, but it's not this driven craving ravenous kind of thing. So, I totally get it and I get to the >> of control.

>> Yeah, and I get to the point sometimes where often cuz I'm just working and I'm so in the groove and in the flow that I'll like forget to eat and I have to remind myself cuz I train too, you know, just for health and [clears throat] fitness and I got to keep my calories up. I I have a struggle with that sometimes just cuz I, you know, I get in that groove and I don't even feel like I Your body becomes more efficient, I think, actually over time. Your taste buds change, and [snorts] your body becomes more efficient, but on the meat and dairy I'm sorry, the dairy and eggs, one thing I know we actually talked about this a little bit on a phone call, but definitely take a look into that more because I know your experience watching that individual cow at the slaughterhouse, you know, dairy cows, they all go to the same slaughterhouse eventually. Like that's a big thing cuz they >> Mhm.

>> they can only produce, you know, the the male calves are taken away from their mothers uh because they need the milk. Um and the male calves aren't useful in the dairy industry, so those go straight to slaughter for veal usually really young. But even the mother cows, they do like three pregnancies, maybe four sometimes, back-to-back-to-back, and then they're sent to slaughter sooner than later cuz the older a cow gets, the less desirable the meat is for the industry.

>> Yeah. >> They slaughter them really young. So it's essentially like to create dairy, they have to forcibly impregnate, you know, these animals through these horrible means.

>> the I feel like the dairy stuff is honestly like it's I mean, it's all bad, you know, but sometimes it seems worse, you know, because it's like uh yeah, like what you're saying, like they're just like forcibly impregnating them, and all this like terrible stuff, and then you're you're you're drinking their milk. Like >> Yeah. Yeah. of another species >> actually consume a lot of Yeah, go ahead. >> Oh, yeah, no, I was just I was just saying that only drink Yes, drink You're drinking the milk of another species, and we as humans, like we're not even intended to drink our own species' milk, our mother's milk past infancy. In a way, it's like extending that that infancy. It's a strange thing that we do. Um but I get it. It's like dairy, you know, they say cheese, it has this um molecule in it that hits your brain like heroin does. Like it's talk about addiction, it's so addictive, too. >> Yeah.

>> You know, I think ultimately, even from a health standpoint and from your training, you know, dairy specifically is

highly mucus-forming. It's the way that it hits the body, it causes a lot of mucus. So, I bet as you phase that out more and more, you'll even experience more of that clarity and that um recover, you know, heightened recovery and all of that. But ultimately, I think now that you're you've got you got into this through the survival and the all these different mechanisms that you were in, but then you've hit more and more into the ethics and even deeper into the spiritual world. So, I I totally trust as that spirituality and that that contrite heart that you clearly have, um you're going to hold yourself accountable and you're going to you're you're probably going to come off of that as well.

## Spiritual Discipline and Personal Change

Same thing with the egg industry, too, you know, egg industry, people don't realize it's like, "Oh, it's just an egg. It's unfertilized. It's it's ethical. It's not going to harm anyone or anything." However, to create all the eggs that we buy from the store, even the pasture-raised ones, the vital eggs, all the things like that, they take all the male chicks and grind them up in a blender and send them to make dog food and stuff when they're babies because the male chicks aren't useful in that industry. So, it's got the same behind the they >> They genetically modify all the chicks and to grow really fast and to make more eggs. They're not even supposed to produce that many eggs and even when they say they're free-range or whatever, they spend a lot of their lives in cages still. I mean, it's all greenwashing and everything. So, and the thing is is we just don't need it. We've got everything that we need. We can get the complete proteins and amino acid, you know, the amino acid profile and >> Yeah, and that's kind of where I got to was like I was like if I don't need to do this, like why? What Like Like I could see if like it was like a survival situation and there was there was like I want you know like in in we couldn't like survive otherwise but it's like we not only can survive but we can thrive so like why? And then when I just like it just kind of it just clicked in my head too where it's like this is the first step to like they say be the change you want to see in the world. It's like okay well that's the first step like that's the first um and then when you like a tied it to like Daniel you know not um you know like refusing to eat their food and all this stuff. It's like oh yeah that's the first and then you know you look at like Jesus and like how he fasted right? You know so it's like um I mean there it's it's it's the number one like spiritual weapon that we have you know uh to be able to like control our decisions and one of the decisions is like what we eat uh like and what we consume. So I mean it's it's just like the the first step to like actually making real change in this world you know? And like and I think once that like connected to everything else and like all these systems of control that we're like there's all constantly things like people are constantly like we're all being distracted by like as far as like like it's hard to like know where to like start because there's all these um I guess attacks coming from every direction you know? And it's like is the enemy here? Is the enemy here? Is the enemy there?

You know it's like it's actually sitting on our plate. This is just the beginning you know what I mean? I I feel like uh it's it's very this this is the most important thing to be honest so I'm I'm really looking forward to what what comes from this you know?