

Jerry:

Well, hello, Luis. It's wonderful to see your smiling face again. Thank you for coming on the show, and why don't you just take a moment and introduce yourself?

Luis Duarte:

Thank you, Jerry. I feel incredibly grateful and honored to be here. I'm Luis Duarte. I'm a neighbor of yours here in Denver, originally from Chihuahua, Mexico. I'm a father, proud, proud father of two boys that are growing up to be incredible intelligent and kind human beings. Blessed husband of my wife Vanessa and I am a dreamer and a lifelong learner and entrepreneur someone that it's incredibly curious and that has the ability to build long lasting relationships through deep listening and through really feeling and making people feel. That's me.

Jerry:

I love that introduction. I love the story of you that comes through that. And I wanna say thank you for coming on the show and just give a shout out to our mutual friend Gurav Machanda who introduced us. Gurav is a social entrepreneur that I have known, oh my Lord, 20 years, 25 years. And he had this impulse, I forget how it came about, but he had this impulse for us to meet. And we met via Zoom. And he started to share the story of your company, which I think would be worthwhile hearing.

And as we started to unpack...both the story of the company and your story, we started to see some resonance, didn't we, in our experiences. So, perhaps, let's go there. Tell me, tell us a little bit about the company and how you got to launching the business.

Luis Duarte:

Yeah, and definitely thankful to Gaurav. The company that I'm building right now, Jerry, and I would say it's more of a movement, certainly has all the components that I've learned through life on building a company. But I would say a different type of company. It's a company, and this is where the beautiful resonance with your work comes very alive for me. It's a company that it's trying to scale a way for humanity to reconnect.

On the one hand, it's a platform that allows you to tell snippets of your life story in a seamless way. Also share insights that we have learned through our journeys and those that came before us to inform those that are coming after us. And it allows you to catalog every input in a way that my hope is in a hundred years somebody can find those gold nuggets and the react and co-create a different community. The company is named after the words, A Moment of You. And the short name of it is Amoofy.

And the idea came from six years ago when my dad fell ill and he was in a coma for about seven weeks, completely unexpected. And we are very close and I felt deeply sad, but I also felt mad at myself because I realized that I had made a disservice to myself in not really understanding where I came from and who he was and his life journey and struggles and

mistakes and wins, but also that I had made a disservice to my kids and the future generations that were coming after us. And I was then an investor, had been for six years, stayed as an investor for other six years. But this idea never left. It was always there, always coming back. And I fell in love with hearing the story of others and learning from it.

And I realized that it was not only true, the process of them sharing and really themselves learning about themselves while they were sharing it, but the abundance of wisdom that I was gaining from every conversation. And I think selfishly, then I realized that I needed to start this in a way that I could not only provide this opportunity to other people, but also...I've spent a lot of time, Jerry, with working in rural communities, working in informal settlements, favelas. Some people call them slums. And I realized that when you are a figure in history, you get to share the stage of Ted or you get to share the stage of, or at least get to a stage where...legacy becomes important and you write a book. There's a lot of incredible people out there that will never have this chance unless we bring them the opportunity. And that's a little bit about what I'm building and how it started.

Jerry:

Well, I really appreciate the introduction to that. And what I notice is that...You didn't lead with a kind of pitch. What you led with was purpose and the initial catalyst. And the catalyst, as you've shared before, and let's just honor him. The catalyst was really your father's journey. And let's honor him by, naming him. Give me your father's name and his full name please.

Luis Duarte:

Hmm. My dad's name is Francisco Duarte Huerta. Um. He continues to be alive. He recovered. He continues to be a role model and inspiration for me. And I have learned so much, Jerry, from his struggles. He was born in very, very humble circumstances. Um, uh, seven siblings. Um, my grandfather was a musician. Um, he was an amazing cello player who was called by the Mexican President to do concerts around the country. And it didn't pay the bills so well, but that's what he liked.

My grandmother, every time I visited her, she would have like this label, kind label, for all their grandkids. And when I came to her, there was still parts of the house that were dirt. And she would look at me and she would say, 'Luis every time you come you give me peace.' And I would kindly accept that, but I think that was her. She gave me peace. So I was just a mirror of that. So I think my dad on the one hand had the creativity, the entrepreneurial spirit and the adventurous spirit of my grandfather, and then the incredible reflection mechanism from my grandmother.

Luis Duarte:

He started working when he was very young, very young. I think the first bicycle that he got was to deliver medicines in the local pharmacy. He thought it was a gift, and my grandfather said, no, this is your transportation for work.

A very difficult childhood, very difficult childhood, but he ended up being at the top of the chain of one of the largest corporations in the state, in Chihuahua, left to build his own business. I don't know, maybe the 17th try was successful. And Jerry, my parents were divorced when I was young. I was nine when that happened and what's interesting about and again it all connects to this but what's interesting about this is they never remarried they always loved each other and they always loved the three of us their three children yes um so

Jerry:

You and your siblings.

Luis Duarte:

On my father's side, lots of hard work, incredible ethics. Um, sometimes to the extreme in a country that it's full filled with corruption and cartels and violence, um, very strong character. And, um, my sense is that the advice that he always put on us, his children was never stop dreaming and never stop fighting for what could be, should be. And I think that's what I carry.

There's one little anecdote that I'll share. At the age of nine, he came to me after work one of those nights that as parents, we are very stressed. And he represented me for something. And I grabbed a notebook and I put on one page, the one side of the page, when I become a father, this is the things that I need to do. And these are the things that I don't like that my father does with me. The notebook is still with me. And now my kids are 13 and 11. And I go back to that notebook to understand what Luis at nine and his wisdom wanted for me to be accountable for. And I think again, this is part of the company that I'm building and trying to elevate the opportunity that we all have and the wisdom that we have at different stages of our lives.

Jerry:

So thank you for sharing all that. And what I see you doing was, and it doesn't surprise me because we got there in the first conversation that we had in some ways, but here you're sharing more of that. What I see you doing is not only being on the journey of creating a platform for others to share their stories or more specifically to find ways to make those connections. But I see you also using that experience to understand better your own story and maybe even your father's story. Do I have that right?

Luis Duarte:

Very, very, very accurately.

Jerry:

Right, right. And you know, before we started recording, you mentioned that you were partly done or nearly done in reading Reunion, my new book. Tell me, and you said something there, I'm just curious. Tell me what that experience has been like. And I'm imagining there's a connection to a Amoofy.

Luis Duarte:

There's a ton of things that struck me about your book in a very positive way, Jerry. There's one other book that as I started reading it, I needed to pause, not because I was tired, but because there were so many things that I needed to absorb and reflect, and that other book, it's called *The Book of Joy*. And it's the life between the Dalai Lama and Desmond Tutu. And beautifully, yes, I have it. I have it marked in many different ways. I think your book will be the second one that I have very close, very close, because it's a book that allowed me to see...

Jerry:

...which is a wonderful book.

Luis Duarte:

...through your soul, allowed me to see through your becoming. And there's, I shared with you before starting the show, there's this phrase of your story is my story that really resonated with me. And as I kept reading, you have another phrase there that speaks about the boy who...

Jerry:

Mmm. Got away.

Luis Duarte:

Um, yes. And I'm like, I can see that boy in multiple generations in my journey. My grandfather's, my father's grandfather, and then his dad, and then my father, and in somehow myself as well. I was the first kid in the family that left Chihuahua.

Jerry:

Wow.

Luis Duarte:

And it's interesting at the age of 17 as people were asking me, where are you going to college? I had seen the movie with Matt Damon and Robin Williams where he was the janitor, I think it was MIT, and ended up being like this amazing, brilliant mind.

So I applied to MIT. I found a way to apply to MIT. Of course, I don't even know if they read my application. But I was looking for a way to escape, not because of the lack of love, but because I wanted to disrupt some of the patterns that I was seeing in me. So when I continue, again, reading your pages, um, I do feel Jerry that this past six years for me in having deep conversations with my dad and my mom and myself, I have cried like I have never cried in a long time. I remember being very ashamed when I was little. I cried all the time. I was just crying all the time. And then the whole system and I think the spaces that I was in began preventing me to do it. And whether they would call me weak or they will call me whatever, I even remember in the professional setting, working for a family office, and we were working with people that were much, much less fortunate. and I couldn't stop myself and tears were just coming through.

And one of the advice that I got after that meeting was, you should never cry. Like you're showing weakness, your people will take advantage of you. And I just, it was like an awakening. I'm like, oh yes, I remember that this is not the way we need to show up. Well, the past six years, it's been waterfalls. It's been waterfalls. And there's a phrase that your book made me remember, and I was thinking about it yesterday. My dad used to say, Luis, just let the water run. Let the water run because that's nature. It's a mechanism to clean. It's a mechanism to provide energy, to inspire. And when you hold it, it stings after a while.

Yesterday, as I was again reading your book, the phrase of let the water run, let history run, let us understand how do we need to go back to who we are at the core. And I feel much more comfortable with my own healing mechanism with tears. And so, yes, I love your book.

I love the stories. I, it's kind of a similar wish. I recommend the book of joy to everyone. And I think your book should be everywhere because it's a step in the right direction of who are we? Who are we as people? Where did we come from? And then it's only by understanding where we came from that we understand ourselves. And we understand ourselves by understanding how we came from.

Jerry:

Well, I appreciate that and part of my hope was that in provoking a reader to understand who they are, where they came from, what the stories of their families were, the stories that are...that we hold dear and share joyfully, and stories that we may have actually keep locked away, that then we can create the conditions for others to know who they are, where they are from, so that we can answer this profound longing to belong that exists out in the world. And, you know,

You said to me that there was, that our stories, in some ways, were similar. Um, and, and of course now that doesn't surprise me in the sense that there's this sort of universal experience that we tend not to talk about, perhaps hidden by the same forces that told a little boy to stop crying.

Right? Hidden by the forces that said, I don't know what to make of your experience. I don't know how to fix your suffering. And so therefore, I don't really want to listen to your story. Because I don't know what to do with it if I actually listen to it. And of course, as you've learned probably from this company, there is nothing to do but to listen. Because that act of listening opens and allows people to feel, well, that they belong.

Luis Duarte:

Jerry, you made me remember as I was joining Imaginable Futures, which was the last philanthropic investment company that I was part of, there was a trip to Brazil and we were using the methodology of systems change, really convening a lot of people around interrogating the system of education in the country.

We were doing the same effort in Kenya, in South Africa, and in the US. After some exercises

with a beautiful facilitation from dear friend Karen Gratton, you have in front of you a picture that is created by the stories of the people that are engaged in the system of education that once you sit down and look at it...in this case, at the core of it was the way that, the reason we are not advancing is completely centered in the lack of racial justice. And we were an education and learning investment firm.

And when I saw that image, and this was maybe my first month in, I took a deep breath. I even pushed myself off the table, and I was just, it was so heavy because I said, are we really taking on this? Because I thought that we were making investments in entrepreneurs that are fixing education or nonprofits that are supporting education and learning. But when I saw that, I went into this journey, self journey of how am I repeating the same oppressive behaviors as a father, as a member of the community, as an educator, as an investor. And it was not easy. It was not easy to look into that mirror and say, wow, there's so many things that I'm repeating in this system.

And when I started chatting with people about it, and just listening, listening to your point at the end of the conversation that said, I don't need you to do anything else. Just be with, just join, just understand that what I'm feeling of this oppressive disconnection from the systems, nobody's listening, nobody's looking at what's really happening and everybody is smiling. What I just need is more people to see, more people to be with. And that has also been part of this journey of we cannot be quiet. Right? And you also have that in your book. Like, us that have had the chance of seeing the system in many different layers, we need to speak up. We need to...we need to set a different example for ourselves, for others.

And somebody in a gala that we were, it was kind of a fundraising for a nonprofit here in Denver, and they were speaking about politics and what's kind of the election that we have here in the States. And funny enough, the election that we also have in Mexico, and they were asking about different perspectives. And I just shared my perspective. I said, look, as a Latino in the US that wasn't born here, but my second child was born here, the decisions that we make in terms of our leaders impact not only the today, but impact the course of history. And I would love to have a leader that knows how to listen, that knows how to be with. Yes, yes.

Jerry:  
Right? Be with. Right.

Yeah. There's so much in what you've just shared, Luis, thank you.

What is it like for you to be launching a business that is so heart-centered and so much part of the purpose? And I'll acknowledge that as an investor, both through your experience with Unreasonable but also your experience with uh... social impact may call it that way that the investment firm... you've clearly connected purpose you've connected what I often say is content and container. You know, the form of the business with the purpose of the business together. But here you are in the boy who got away, the child of the boy who got away, the

grandchild of the boy who got away, the great-grand, right? This phenomenon of moving forward from say a house that might have had a dirt floor to where you are today, but also looking back, what's been the experience of this startup?

Luis Duarte:

At the core, Jerry, I know that this is the right thing that I'm called to do today. And I continue to have conversations with systems that are looking for unicorn status. So capital is not available on that end. Even when investors would see you're a public benefit corporation. What is that? So, thankfully, I'm able to go over that hurdle, but there's always this question. And then on the philanthropic side, there's huge need to elevate the stories of the people that we are trying to be with. But being a for-profit company, it's also systemically different um, so it's, it's been an interesting journey and I've been at it full time for the past four months, of course, working on this for maybe six years now. Um, and I'm, I continue to be excited and motivated by one, the people that are using the platform and already seeing the benefits of connecting with people they love, of hearing stories.

I had a friend, they went on a trip, grandkids and children. The children interviewed the grandparents with the parents being in the room and they couldn't stop at one interview. I think they did like six. And my friends, the parents said, I've never heard most of what was shared in that room and I came in so fulfilled. So that's one thing that just continues to, yes, there's something here.

And on the other hand, investors that are thinking about this loneliness and this loneliness epidemic, the social disconnection, challenge it with social media. And they are really trying to find alternatives for that. And my answer to them is we cannot continue to find the same models that brought us here. We need to look for different ways of humanizing the technology that is already out there and will continue to leverage.

So every day, Jerry, my definition of success is if I wake up and I see our capturing storage going up, I won. Because that person won't feel what I felt in the emergency room with my dad. And yes, I think it's interesting that globally, I think the definition of success continues to create wealth and have more and be famous. And then once you're there, the other side of the coin that no one tells us is your happiness level will be depleted. So trying to keep that balance.

Jerry:  
Right.

Luis Duarte:

Yeah, just continue to be excited about what we're building and finding people like you. This is also a win for me, right?

Jerry:

Well, that's very kind of you. You know, I keep having going back to this moment that you were

describing where there you were looking at education systems or education related organizations to perhaps make an investment in philanthropically or from a social impact investing perspective and the realization that you were coming up against, these are my words, correct them if they're wrong, the kinds of systemic problems that you're only going to marginally change an impact. And am I remembering that correctly? Did I perceive that correctly?

Luis Duarte:

You did. I think it was...It was a shock to my system personally, but it was a shock to the organization as well. It hasn't been an easy journey over the past four and a half years for the organization, for me personally, because then you decide to be with. And you need to be...resilient to hear everything that the other person needs to share, which sometimes it's very difficult to hear because you are a part of what they are experiencing in a negative way.

Jerry:

Meaning there is a complicity that you have, even in the wish to do good, and there's a potential complicity in the maintenance of a system that actually, to speak in an extreme, but maybe not inappropriately, that oppresses. And so part of the journey, part of the painful journey was for you and your colleagues to realize this connectedness. Did I get that right?

Luis Duarte:

Yes. And as we started changing our ways of being, call it the way that we showed up for our partners, our due diligence processes, our investment processes. Even then, when we try to make things better we continue become a very strong oppressor.

And I'll give you one anecdote that was one of the, I think, most important moments, which was not positive for many people. But I think for some of us in the team, it was an awakening. We decided to support an effort to bring...racially diverse voices, and I would call out Afro-Brazilians and Indigenous tribes to one of the most important educational reforms in the country that had been written, had been ready to be reviewed by the legislation without any inclusiveness of Afro-Brazilians or Indigenous tribes in the country. In, yes, this was in Brazil.

Jerry:

And this was in Brazil, just to clarify. OK.

Luis Duarte:

And as we started supporting with funds, supporting with time, bringing only Afro-Brazilians, only Indigenous people to support this effort, we began to project manage it. And months into this process where we all felt that we were doing something good, the person that was managing the project turned to us and said, I'm so overwhelmed with how you want this to be perfect, how you want this to be measured in every way, and how little you care about the relationships between human beings.

And the person in our team who is a close dear friend, Fabio, began feeling it all, crying. He told



me, and I was also like, so it's not easy. But even just that experience of how much we are wired to continue to bring our own patterns of oppression. And I'm not, in Brazil, they would say that I'm a white person. In the US, I'm a Latino, people of color. In Mexico, I'm just Luis, I don't know. But we continue to put on these labels, but at the end of the day is how we are wired and how we see each other and how we are able to see the other person as a human being.

Jerry:

Right, I really want to applaud the journey that you're on. And I want to acknowledge that I'm on a similar journey, meaning it's a practice and I'm nowhere near arrived. But I think that what I might offer, and what has helped me is to understand too, not only the cultural roots behind say, a fixation and focus on output, a fixation and focus on say, productivity, and having been an investor, I can see how that connects into what we would call as due diligence. Well, how do we measure the efficacy of the effort that we're trying to support?

And I can see the roots of that being both cultural, but also personal, right? Because for me, I can fall into the trap of seeing my own worthiness as being dependent upon output and productivity, right? And I can see how that kind of distorts my experience. And so I start to lean more towards a transactional way of being versus a relational way of being.

Jerry:

The result is that I have lost the opportunity to connect, first with myself and second with the other even with the best of all possible intentions. You're smiling. I think you recognize what I'm talking about. Is that right? Yeah.

Luis Duarte:

Yeah, yeah, totally, totally. We do it in the professional world, but I have found myself doing it as a father as well, right? Where I want my kids to be the most amazing, accomplished cross-country runners or their grades. And we put on so much pressure on us and on them.

Jerry:

Wait until they're older and you start worrying about whether or not they have the right job and can they pay their bills? Right.

Luis Duarte:

Yes, yes, but we, I think the one thing, and you talk, going back to Reunion, you mentioned this word, interdependence. When I was younger, I remember I had this ability, it was not like a superpower, but I had this ability to say, if I do this and I think about the ramification. So I could see like maybe two circles or three circles out of me. Like what would happen? How would people feel? And that always helped me to at least make better choices. Not all of them right, but better choices.

When one of the things that I love about how you describe in the book, interdependence, but also how I see it with my kids...we speak a lot about the things that are going on in the planet.

We had the opportunity to go to New York as a family a few years ago. And my 13-year-old he wanted to go to the Statue of Liberty. That was the place that he wanted to go. And we go there and we're in the island looking at Manhattan. And I looked at him very excited and he's like, he's so sad. He is so sad. And he's so pensive. And I'm like, Luis, what's going on? And he looks at the island and he's like, at Manhattan. And he says, we're killing it. And I'm like, what do you mean? He's like, look at this side of the ocean. And it's clean. And look at Manhattan. And it's gray. We're just destroying the planet. Just wherever there's people, we're killing it. And he was, he was 11 then. And...

Luis Duarte:

And it showed me that I wasn't even seeing it. But he was. And again, there's this amazing sensitivity that when we're younger, we feel the interconnectedness. We feel the interdependence of everything, nature, other human beings. But then as we grow up, we...the systems that we have in place, they just pushed it out. And then it's all about the self and not even the self because we don't know each other, right? To the point about Reunion and Amoochy. We, but we become this society that is so focused on if I'm doing well, nothing else matters. And I put borders and I put walls and if there's a homeless out there, then well, they made the wrong choices. I'm doing well. And going back to that word of interdependence and holding it very closely is also hard, but it's so needed. It's so needed. It was needed a hundred years ago and it's urgently needed today.

Jerry:

Yeah, I'm very moved by that story of your son Luis. And part of what strikes me about that story is a little bit of detail that you shared, but I wanna highlight, which is, and this happened at the feet of the Statue of Liberty which he wanted to see.

And you talk about interconnectedness, how we respond to immigrants, which is what that statue symbolizes for me and how we respond to each other, and how we respond to the interconnectedness with the planet.

You know, part of the journey of writing that book for me was to be able to see a throughline. And the through line is if we can force a mother from Guatemala to push her baby through razor wire in an effort to stay alive in a country that celebrated for so long the symbol of the Statue of Liberty...If we can force that, we can easily force the extractive mindset on the only home that we have, this planet. Because not only do we fail to be with that immigrant, that migrant who is seeking nothing more than what my ancestors sought when they crossed oceans, then we can easily lose sight of the value of the home where we belong.

Luis Duarte:

I have been always jealous of the point of view and the perspective that astronauts get when they are in the universe looking at Earth. And there's this beautiful exhibition here at Stanley Marketplace called the Infinite, where through virtual reality, you're able to get that perspective.

So as soon as I knew that that was there, the first thing I did was invited my father because he always wanted to be an astronaut. So we'll see if he's able to come with his health issues. But the other thing, I brought my family, Jerry, and I just wanted to have that perspective. And I wanted to have it because of what you said. I think as soon as I turned with the VR set and I saw...Earth that it's just it's a beautiful sight of a sphere. So, if Ukraine is in a war, if that mother in Guatemala is suffering, we all do.

Jerry:  
Yes.

Luis Duarte:  
So it's not how is it possible that we don't see it, it's how do we make everybody to see it.

Jerry:  
Yeah. And how do we make sure that when we lose sight of that, we begin again and come back to it? Because to be with us in these challenges, we also need to recognize that we lose sight and we focus on the individual often times out of our own fear.

Right? I mean, you're four months into the full-time journey of being an entrepreneur. Watch, I'll terrify you. Fundraising. Oh, right? Right? And our inability to be with the existential threats to us as individuals so often translates into our unwillingness to see that interdependence and interconnectedness. What really ticks me off, Luis, is when that fear, which is so much a part of the experience of being human, is actually exploited by those who have power. Because we live in a world where that natural human fear of our own existential threats gets turned into a fear of the other. And fear becomes weaponized and children become weapons, and they fight wars for ideology, for the maintenance of power. We fight over table scraps of EBITDA margins. Oh, let's improve EBITDA by 2% mindfulness of what the cost of that is.

It's a...I'm a little bit older than you, but I still think of us as being in a similar generation. I think this is a generational challenge. I think this is our generational war. You know, you, I put my shoulder to the wheel with a book. You put your shoulder to the wheel with a, with a company with a mission and a purpose. And let's acknowledge you put your shoulder to the wheel with your personhood, with your character, with the integrity that you inherited from your father which he probably inherited from his father, the cellist.

This is our work to do. This is our practice to live every day like this.

Luis Duarte:  
And this is what I needed today Jerry. I needed i your friendship your call. And I'm really hoping, really hoping that whatever channel, whether it's somebody reading beautiful pages of your book, somebody reconnecting with a loved one and hearing live stories through Amoofy, we continue to build a reconnection to who we are.

There's one other thing I think that for me has become very relevant and it was never top of mind, which is how I'm not, and I'm trying to be better, but how I'm not really honoring nature as...as my own being. There was this beautiful exercise that somebody walked us through where you needed to ask permission to nature to go into a specific forest that we were in. And then they said, and you need to hear the response. And for me doing this the first time, it was a little bit challenging, again, because of all the stupid biases that I have in my head. And, but then I did. And as I came back, one of the participants said, how was that for you? And I said, you know, I really didn't hear a response. I did ask for permission and I felt some type of energy. So I sat down kind of below a huge oak, beautiful oak. But what I did realize was that I had never asked permission to nature. I've always felt entitled to take a flower from a garden, build structures on top of forests kill insects if I don't like them, because I feel that I'm entitled to. And that person looked me in the eye and she said, don't ever forget. Don't you ever dare to forget that it's not yours to take. It's part of you, but it's not yours to take.

And since then, Jerry, I have had so many experiences where we love to hike here in Colorado. And even when I'm coming in to the mountain with my kids and Vanessa, we take a moment to ask for permission. And what's so beautiful is that the amount of...animals and the amount of nature that now we see, we had never seen before. And I do feel that they somewhat feel that we are okay, that we are their kin. And I think it's part of this interconnectedness, interdependence journey that I'm in, which is not only with each other and with myself, but with the planet as well. And I'm trying to instill those principles in the way that I'm building this company because I know that will require storage and I know that will require energy. And so how will then as a leader in this company, I'll make sure to be aware of those things.

Jerry:

Can you say that again, as a leader in this company, I'll make sure.

Luis Duarte:

How can I as a leader of this company be sure that I'm aware of the implications for all of it?

Jerry:

You know, I think to go back to an earlier point, when you were interviewing the folks in those regions in Brazil, one of the things that they asked wasn't to be fixed, but to actually be with. And in a sense, the mission is to always stay mindful. Even if you fail in the aspiration to not let go of the aspiration because we will always be less than perfect.

I don't think, to use your analogy, I don't think the natural world needs us to be perfect, because what is perfection? It's unnatural. As your father taught you, those tears, that's nature. I think our task is to be mindful, is to be present, is to be with even the discomfort of recognizing that in a moment you fail to live up to your aspirations. And so as my teacher Sharon Salzberg would say, begin again.

Luis, I can't thank you enough for coming on the show. Your story is my story. Your story is a

beautiful story. I am proud, proud to call you kin. I'm proud and happy that the boy who got away is a neighbor in Denver.

Luis Duarte:

Thank you, Jerry. Thank you for your work, your inspiration, and for letting the water run through me again.

Jerry:

Yes, yes. May the water run through all of us, forever and unimpeded. Thank you, my friend.

Luis Duarte:

Hmm. Thank you.