

Why the Grateful Dead Were So Good | Rick Rubin & Dr. Andrew Huberman

The things that you were getting in touch with wrestling sleep and dreaming Um the ocean there's a predictability of them because you can access them in a predictable way But they seem to have a lot of unpredictability in them The ocean is completely unpredictable I I also listen to a lot of music that I don't know So I listen to a lot of classical music and and uh less so but some jazz and a lot of old music that I never heard before And I like I like being surprised by music Um and sometimes it really catches me off guard Like I'm I shazam a lot You know when when I hear something I like have you ever encountered music that really works well live but just does not work in a recording or that is that much better live But the recording is sort of me you don't have to name that I don't think so I feel like maybe there are some artists who are great live who've never captured it well on record example would probably be The Grateful Dead is a good example of a band where I feel like their albums are not their strong point But there if you hear live recordings they're really interesting and really different from each other And that's kind of part of what makes The Grateful Dead interesting is their unpredictability I confess I I have a sister who listened to The Grateful Dead and I got taken to a few shows when I was younger and they would do that What is it called Space It was like these drum solos that would go on for hours and hours This is like the antithesis of punk rock shows where songs are like 90 to 100 and 20 seconds and like yeah and I remember thinking like what is this What is this But people I know who love the Grateful Dead love that uncertainty about where the that drum thing I think they do call it space Forgive me Deadheads I'm not enough of one to get it right Um But they're looking for something and sometimes they find it and if you're there when they find it it feels exciting because it's not just uh it's not just following a script it's like something is really happening It's a it's a real moment It's uh something that I I aim for in the studio is to create real moments that when you hear them they don't necessarily sound perfect They sound like something that really happened and in that moment something happened and it's a special moment and you you can feel that if they were to play it again it wouldn't be like that There's something really exciting about that It's it's really what it's how jazz jazz works as well And um I think some of bringing some of that jazz mentality into other types of music is really

interesting makes for compelling things because when you hear them there's a certain amount of um you you you really have to pay attention to do it when you're doing it you're really paying attention Like I don't really know there's no music There's no you know there's no uh there's no map to follow and now we're working together to make something Do I play or not play When do I play And you're really paying attention and can I add or you go to start adding something and someone else added something like oh I can't do that and it's like everyone's just in this thing in this moment experiencing this thing at once that you can feel as a listener and we get to we get to hear their excitement of finding it and it's thrilling when it happens So II I like that experience I feel like that's kind of what the Dead do live They'll play songs in different ways Um and again I don't know very much about the dead end Sort of a newer uh it's newer for me to listen to the Dead growing up I never listened to the Dead but probably because I heard songs on their albums and thought this doesn't really speak to me but I think that the albums don't really reflect what's special about them I think a lot of their shows were recorded right Or videotaped by by fans which they um supported they supported that everybody come everybody tape everybody you know trade tapes It made sense for who that band was They redefined or they defined excuse me the notion of followers I mean people literally gave up their lives or spent much of their lives literally driving from city to city to follow them because it's not like going from city to city to watch a movie over and over because it's not a movie It's different every night It's changing Pretty incredible phenomenon I don't know if anything else quite like it except cults and and those often don't end well Yeah I think a guy that mixed the punch at the for the Jonestown massacre went to my high school That was the I think so Yeah My sister is really good at all This kind of like seventies eighties like um like dark psychology trivia She's a very light person But did you read uh Season of The Witch No it's about San Francisco in the sixties It's great You love it One great book I'll have to check it out