

Rick Rubin's Creative Process | Rick Rubin & Dr. Andrew Huberman

Do you have a process for you know removing the functions of the day and that what you were doing last week and what's going on and um in order to get more access to the this um I want to think of it now more as as a receiver inside of you right Almost like tuning a radio and then it comes in like the beginning of like a strummer clash right You love the radio Joe I love the radio right And then it comes in clear and there it is How do you clear the static what what are some of the operational steps that you think might be more um generalisable to regardless of where somebody in you know um Africa is listening to this Now when I when I engage in a particular project whatever it is I I dedicate all of myself for that period of time whatever it is whether it be uh 20 minutes or whether it be five hours whatever it is um total focus and no um outside distraction whatsoever And when I leave that process I do my best not to think about it when I'm away from it I don't bring any materials with me I don't leave the studio with works in progress and spend time listening to them during the day or looking for ideas I I stay as far away from it when I'm not directly engaging in it as possible And in the best of situations I have something else to totally engage myself in in between So instead of working on project A for five hours and then leaving and doing nothing I'm hoping to engage in a project B or BC and D with all of myself before going back to project A again which might be the next day Let's say this um relates to an amazing uh chapter and series of writings in your book that I'm not going to describe because I want people to find it for themselves about disengaging about disengaging from the process One question I had as I read that chapter and as you're saying this now is even though you're disengaged do you believe that your subconscious is working it through that I believe so I believe so And I think in general to stew over a problem is not the way to solve a problem think to hold the problems lightly And and if and when I say a problem you know when we're when we're starting a project there's usually this feeling of um there's a question mark at the beginning of every project I I I'm always anxious when I start a new project because I have no idea what's gonna happen I never know I never I never uh I may have in some cases a potential backup plan if you know if nothing works but I really try not even to have that It's I prefer not to have that I prefer to go in maybe to calm myself down enough to be able to show up There'll be an idea

of like nothing works Maybe we could try something like this but that would only be for my own anxiety That would be it wouldn't be for actual practical use Um But there's always a sense of anxiety because I know whatever's gonna happen is completely out of my control Something's gonna something either interesting or not will appear and then we're gonna follow that wherever it goes and until something appears for us to follow I have a lot of anxiety even though I know even though it has never not come you know it has come every time but there's something about it because I also feel like there might be expectation on me that I'm gonna make it happen and I know that's not happening That's not how it works It's it's um I show up ready for it to happen and am open to whatever we have to do to find that first thread And once we find the thread then it's like OK we have a and it that thread may lead us to anything you know could lead us to in a million different directions But something about having that glimmer that it's not a blank we're not looking at a blank page you know we're looking at ok we have a we have uh the beginnings of um I would say a map but it's a map that we don't know where it takes us and it's just the beginning It's just like it's just a start you know you are here Was it if you have a map and it says you are here even if you can't see the directions knowing where we are feels Ok Um And once we get and usually again usually in the first day first couple of days it happens Um But up until then it's it's really an anxiety producing uh situation