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Fri, May 26, 2023 10:31AM 39:56

SUMMARY KEYWORDS

autistic, autism, people, brain, term, neurotypical, neural, neuro, love, life, studying, eileen, diagnosed, deficits, special interest, call, diagnosis, typical, function, good

SPEAKERS

Eileen Lamb, Andrew Komarow, Ogi Ogas

E **Eileen Lamb** 00:00

Welcome to "Adulting on the Spectrum," in this podcast, we want to highlight the real voices of autistic adults, not just inspirational stories, but people like us talking about their day to day life. Basically, we want to give a voice to a variety of autistic people. I'm Eileen Lamb, an autistic author and photographer and I co-host this podcast with Andrew Komarow. Hey, Andrew.

A **Andrew Komarow** 00:23

Hey, Eileen. I'm Andrew. I'm an autistic entrepreneur and founder of the neurodiversity index. And today, our guest is Ogi.Ogi is an autistic mathematical neuroscientist and author. He writes books about the mind. He's the Rip Van Winkle of autism. He learned he was autistic in the 1990s, but turned his back on the clinical medical community so he could figure out how autism worked on his own. He started learning about the autism community again, recently. Welcome Ogi.

O **Ogi Ogas** 00:57

It is a genuine pleasure to be here. I love you guys. I love your podcast, I've seen most of the episodes, and very excited to talk to you today.

E **Eileen Lamb** 01:06

And I wanted to say, Andrew, because that's very rare that we have someone who actually has seen some of our epsiodes. Because most of our guests, they've never seen or listen to the show before they come on. So it's very special that you listen, and

O Ogi Ogas 01:21

Your show means so much to me. Just hearing that, just like you said in your opening, hearing a variety of autistic people talk about their lives in ordinary conversation with you guys. It's wonderfully illuminating and informative, and so helpful to me. And I just want to commend you guys, it's a valuable resource. And if you're not getting that kind of feedback, let me at least tbe one of the voices saying, I love what you do, and it really matters.

E Eileen Lamb 01:46

Thank you.

A Andrew Komarow 01:47

Thank you. That means a lot.So as you know, from listening, one of the first questions we'd like to ask is identity language, not just pronouns, but what you're more than welcome to share, but also just a sample of as far as person with autism, autistic, on the spectrum, you don't care all of the above.

O Ogi Ogas 02:09

Sure, I,I do have a term. I call it the dark gift. And I hope you'll let me explain why. Because it actually touches upon a number of issues that I know you guys talk on your show. So first of all, in my own personal opinion, and I'm just gonna offer my own opinion on these things. I'm not a cultural warrior, I'm not trying to change anybody else's minds. I know there's a variety of opinions, that's wonderful. If you believe something completely different than I believe, that's fine. I'm not here to fight with anyone. But in my opinion, the diagnostic criteria in the DSM-IV for the autism spectrum, you know, 299. It's a mess. You know, it's kind of like I like Yugoslavia, it's all these Balkan countries, kind of forced together, you got Serbia, you got Croatia got Montenegro, they're not really getting along. Usually they're kind of forced to be together. You know what the DSM criteria is actually like? Here's a good analogy. It's like, lumping together COVID tuberculosis and lung cancer and calling them all respiratory diseases and then saying, okay, how severe is this respiratory, respiratory disease on a scale of one to three, you know, instead of having the lung cancer patients go get chemo and the COVID patients get RNA treatments and the tuberculosis patients get antibiotics. So I feel terrible. I know that a lot of parents like Eileen with with Charlie, that are severely autistic, I don't know if that's the right word to use. When we're talking about this diagnosis, that may not be accurate. But it hurts me to know that when I'm talking about my version of autism, which I call the dark gift for one of these reasons, because I know there's other people out there that have much more difficult scenarios with what's going on in their brains is clearly different than what's going on in my brain. You know, I have seen a lot of these autism movies recently. Like "Autism: The Musical," which has a bunch of autistic kids trying to put on a musical and some of them, I can see have the same mental dynamics, the same neuro dynamics that I have. But some of them have things going on that are clearly nothing to do what's happening in my brain, and yet, we're all lumped together. So I feel terrible talking about autism with others, when I know there's people that have much more difficult and problematic neuro impairments than I do. So dark gift, one thing is to distinguish my own version of autism. And so what I think my autism consists of three main things. There's the darkness and darkness is the social deficits, social fields, the

social problems, which are defining quality of all these autism diagnosis, and I certainly have terrible social deficits. But then there's also the gifts, I can assimilate large quantities of knowledge very quickly. And I have incredible focus, you know, which is a lot of people with autism know that not all people with autism, have those things. But I think neuro these three things are related. I think they're all these particular three things are functioning together. They're constellation, that are influencing one another in the brain. That's what's happening in me. So, dark gift distinguishes my version of autism from people with more severe versions of autism. It focuses specifically on these three things, which I think has a neural explanation. And also, it's just reclaiming taking ownership of my own condition. As I'm sure I'll be talking about, you know, I have a lot of cynicism about the clinical and medical attitude towards autism and the approach towards it, and by calling when I have dark gift gives me some sense of control over over what I have.

E Eileen Lamb 05:48

So do you want to take us back in time you were diagnosed with autism? In yourr 20s? 20 maybe? Maybe what made you want to be assessed for autism? Like what was that journey? Like?

O Ogi Ogas 05:59

Sure. So I will say, my own autistic special interest is the neurodynamics of autism. So this is something I'm been obsessed with since the 90s. But, but before that, I've had a lifelong special interest. The interest in starting first foreign to me when I was 10, I had a specific event when I was 10 years old, that kind of established this in in my whole life, I've been obsessed with this leftist, special interest is the fundamental nature of reality. I really want to know why we're here, how reality works, how consciousness works, the big questions, I've been very, very, very autistically obsessively interested in this, my entire life. And early on, I realized that to understand how reality works, got to understand how the mind works, because the mind is how we perceive reality. And so then I realized, I got to figure out how consciousness works. And then I realized, there's something wrong with my consciousness, my consciousness is different than other people's, there's something strange about me, I can see there's something different about the way I think and perceive and conscious of things than other people. And at first, I didn't know what that was. So actually, Eileen, I was living in France, I was living in the city of more like a town of La Rochelle, on the Atlantic Coast. And while I was living there, I was there working on screenplays at the time, I wanted to make movies. And it was there that I realized, oh, my gosh, you know, I might, there's something different about my brain. There's something wrong with my brain. But I didn't know what it didn't even occur to me that it could be autism. This was the early 90s. And even though autism was out there, I just hadn't come across it, or I didn't connect the idea of autism with what I had. When I got to Boston College, I visited a doctoral program in Mind SScience at Boston College. In Boston, I've dropped out of five different colleges, because my autism, so I actually ended up dropping out of Boston College, too. But while I was there, a good friend of mine was studying "Theory of Mind." And in the 90s, one of the biggest focuses for autism research. So they thought, you know, if you were to understand autism, you gotta understand this theory of mind. And my friend was studying it, and through him, you know, he's studying to help autism research. And that's when I first got exposed to the at the time was the DSM-IV criteria. And I looked it over and I could see how clearly this is the condition that I have. And so then I went, and I saw neuro psychologists and

psychiatrists, I saw some mental health, health people. I also read the literature because at the time, I was an academic and a doctoral program in mind science. So I was equipped to look at the literature and I just came away from that experience. These guys don't have a clue about how autism works, they're going in the wrong direction. None of this is focused on the biology. So what came out of that, for me was like, here's this disorder, okay. Know what I have, I have what's called Autism. To me, the whole approach seemed jumbled, I didn't think they had a clear diagnosis of it. And they weren't offering anything that could help me, you know, that. The psychiatrists and neuro psychologist weren't even sure. I had autism. I think that was really more their inability to it's kind of a combination of the criteria for diagnosing it are, are so vague ungrounded Plus, these particular therapists maybe weren't, had no had a lot of experience with autism. But as a result, I just came away thinking, You know what, I've got autism. I don't think the fields got a good handle on it. I don't like the way they're approaching it. And I know this sounds ridiculous and arrogant. That's not how I felt at all. I felt like I need help. I need to figure out what's going on with me. None of this has helped. I don't see anything here that's going to help improve my life. I'm gonna go figure out what this is. And so I then decided, you know, if you want to understand how the mind works, you need to understand the mathematics behind all of the mind, you need to find the mathematics that characterizes all of the entire brain, including consciousness. And so then I just spent the next roughly 25 years studying that and doing that. And finally, just, you know, in the past year, I finally came up for air, I think I've got a decent handle on how my autism works. And as you mentioned, in the opening of the show, I started now is the first time I've really looked at anything in the Autistic community at all since since the 90s. And so it's, it's fascinating for me like to just to see, you know, it's sort of like I saw it 25 years ago, and now I'm seeing it again. And honestly, that just the progress is so little. It's almost exactly the same. So, yeah, that's, that's in a nutshell, my autism story.

A Andrew Komarow 10:54

Wow. So there's a lot there. But I think we'll I think we'll break it down with like, a few of the questions that we have, and, you know, lead it. So how did your diagnosis help you in any way? What did you,?

O Ogi Ogas 11:11

It helped me realize, okay, so at least there's some understanding of a constellation of neural deficits, that matches what I have. It's called Autism, I looked at the literature, there was a lot of variety, what they were calling autism, like, the key thing is, nobody knows what's going on in the brain. Like, it's just we're talking about a ghost. We're talking about this, this foggy thing. And we talk about symptoms, none of this is based on. Oh, here, it's this part of the brain talking to this part of the brain talking to this part of the brain doing this. So there wasn't anything focused on that kind of thing. It was like, Well, I saw my friend doing "Theory of Mind," experiments, you know, was asking kids does the doll know, you know, where the chocolate is in this box. And now we move the chocolate from this box to that box, and like autism was being studied that way. And it just, it didn't really connect with what autism actually is. Autism is a brain disorder, it's specific neural dynamics that are different than the neural dynamics in non autistic people. But what those dynamics are, nobody was pointing to. So my diagnose what it did for me was opened me up to Hey, here is a great unsolved problem, you know, in neuroscience and mind science. And it's me, I mean, this, this is what I'm going to be living the

rest of my life with this, this condition these problems. So I'm gonna go figure it out on my own, you know, for myself, I, you know, I want to figure out what's happening in my brain, and so that the diagnosis motivated me in that direction.

E Eileen Lamb 12:43

So I'd like to ask you something that's unrelated to, to autism. But we saw that you were on some game shows, how did you do on 'Who Wants to Be a Millionaire,"? And how was that?

O Ogi Ogas 12:55

So let me say that. I can't hold down a job. I can't handle bosses. Actually, Andrew, I wanted to ask you, I saw that you seem to have an office in Connecticut. Is that right? Do you actually go? And you have co workers? Are you their manager? I mean, are you partners, or do they work for you?

A Andrew Komarow 13:16

Did, did not work well, with partners. Worked better when I had employees and the more remote employees I had, the better. So,

O Ogi Ogas 13:25

I was gonna ask, I can't work in an office environment. I just it always ends up with some kind of disaster. And so I was feeling some emigration was, oh, gosh, he's got an office. He's got coworkers. So how do you handle that? So it sounds like being in an office with people there every day is difficult for you, for you as well.

A Andrew Komarow 13:43

Yes, correct. But a one or two people is okay. So

O Ogi Ogas 13:46

Yes, yes, it's same for me. The more people the more difficult time I have. So to answer your question about being a millionaire. So in my 30s, I realized, Oh, my God, I need to find a way to get money because I can't hold down a job. And I was best at academics, but I hate academia. I being an academic, for me is like being in an office, you know, it's all these implicit rules of behavior, and I'm just no good at managing the politics of it at all. So it was like, in my 30s, I realized, Oh, my God, to function in life, I've got to find a way to get a lot of money and just live off the money. So then I looked around, okay, what with my autistic skills, what can I do to really quickly get a lot of money, and I saw game shows, and I thought, You know what? I'm studying models of memory. That's what I was doing in graduate school at the time was designing mathematical models and numbering my own memories terrible. So part of my own

autism is that I can't remember events with people my episodic memory of time times with friends, times of family when I was younger, they fade very, very easily. My memories are mostly of things and things I read ideas I have a memory for ideas more than that. memory for people. And because I have this bad memory. In grad school, I was studying memory. And so I spent a lot of time thinking about memory. And I had a lot of techniques I had developed to get around my bad memory. And I thought, okay, I can use these memory techniques I've been developing to win on a game show. And so I thought Millionaire was the best bet. There, I was able to get hold of all of their questions from all the previous shows, people online have been posting them. And so I just did some data analysis, the frequency of different topics, so I came up with a system to go after the questions memorize, I spent three months basically memorizing everything that could possibly be on the show. That's my dark gift. And figuring it out, cracked it gotten the show got all the way to the million dollar question. And I I knew I was going to get to the million dollar question. I was taped on a Friday, but before they got to the million dollars, they had to stop. So I was going to come back on Monday. So I the whole weekend, where I knew I was going to have a shot at the million dollar question. And I had known for my analysis earlier that they tended to have questions about history, especially American history for the million dollar questions. So I studied American history. And the question was about American history was about Boston, where I lived, or where I live. And it was about the Boston Tea Party. And I had actually looked at a picture of the Boston Tea Party while I was studying. And so they're the million dollar question was, you know, which of these chips was not at the Boston Tea Party? And I'd seen that picture and I was there, working my mind trying to pull it up. And I did, I figured out the goddamn answer. And I was there, the moment is like, Oh, my God, I'm gonna win a million dollars, I'm gonna have all the money I need. And you know, it's gonna be great. You know, I'm gonna have some fame, too, from doing this. But then I thought, oh, man, what if I'm wrong? You know, I think it's this and I talked myself out of it. You know, if there's a video online, you're watching, you can see, I say, I think the answer is D, you know, and then I looked around, and then I say, but I got nervous, and I pulled back because if you get it wrong, you lose all your money. Yeah. So I walked away, got to keep the half million dollars. And I've been living off dollars ever since I, I put all the money. I bought a condo in Boston, in 2007, right at the recession, when all the housing prices collapsed. And that condo almost doubled in value. Since I saw that now I live in the house. So I managed to tick that one thing and just I had a life, you know? Thank gosh, one thing if you are autistic to get around having a job.

E Eileen Lamb 17:37

That's how you do it. Damn, seriously, best story I've ever heard on the show.

A Andrew Komarow 17:47

So there's been a lot of talk and what I feel like is one of your areas and interests. And that's language models, right? Like, I can't You can't go on the internet without reading about chat GPT. Or it seems like you've been waiting your entire like life to be like, Ah, yes, this is this is my area. So has that kept you busy lately? What are your thoughts? Because it seems right up with what you work on.

O Ogi Ogas 18:21

So let me say something about language. Because understanding how language works, is essential for understanding how autism works and what's wrong with our brains. And so this is sort of like one of the key ideas that you want to understand what's going on with autism. neurally, you know, in our brain, language is very key, and the reason is the non-autistic, I don't like to use the word healthy. I think I have a healthy brain, even though it's an autistic brain, and I also like, normal. I don't like the term neurotypical, I hope we'll have a chance to talk about about that later. But in a non-autistic brain, the way human brains evolved is designed to function in a community. The human brain is designed to be a network router that's designed to plug into a network, it's not designed to work on its own. And language is the mind the mind dynamic. So language evolved as a way to connect different brains together into a super mind. So just in the exact same way, the neurons in our brain all work together to form our own mind, our individual mind. All the human brains linked together to form a super mind and it's designed to work as a super mind. Individual people don't necessarily feel that way and they're not necessarily aware of it being autistic. To see, you know, and this is what I've been studying. But language is designed as a way for mental activity to function in a community level and it is broken in us. And so we're not part of the supermind we all see this to minus your mind impacts us. But we're not interacting with the super mind, we're not plugged into the super mind the way the rest of the, the rest of the brains are. And if I can say to, this is my number one, I think the single biggest problem in the autism community, the biggest opportunity for autistic people to grow and develop and improve is we're too caught up in comparing ourselves to non autistic people, like a term like neurotypical is really like an anchor of this, like framing. I hate the economy of neurodivergent versus neurotypical. I think it's totally unscientific. I think it's pseudoscience, and it's immoral. As well, maybe I'll get a chance to talk about those things. But I think we have our own minds are different. It's true. But to call ourselves a typical are schizophrenics, you know, a typical or depressed people atypical or the neurodivergent? You know, as a schizophrenic neurodivergent? Like us, what would we call them, as somebody with anxiety disorder, or just a lot of mental disorders are every one of those, you know, neurodivergent? Let me just say something about neurotypical, I feel so strongly about why that term is a terrible term. There is no typical brain. So it's taking a scientific concept, our brain, the neural architecture of brain using the word neural, suggests that there's some scientific basis for this notion of neurotypical, every single brain is different, wildly different, different in ways that most people aren't aware of every neuron is different. Every interior of every neuron is different, we each have different networks of neurons that are different from other people. If you take a person you call neurotypical, they're just as neurodivergent. As autistic people are there, if you look at their brains, if you compare it to a true average, you know, a true average of all the brains, every individual is wildly different. From that average, there is no such thing as a normal brain is no normal template for the brain. If you take the average brain, there's actually been studies that have done this, if you say put 20 people in a brain scan or an MRI scanner, look at all their brains calculate the average, they compare each individual brain to the average, none of them look anything like the average brain. So we're using these terms, neurotypical and neurodivergent, that don't correspond to anything, scientifically. So why are we using these terms? We're taking this term typical, which is kind of an offensive term. I don't want it who wants to be called typical. I've got different ideas about autism than most people in the community. Does that mean I'm autistic, divergent, and the rest of you are autistic, typical, like you're just taking this word typical, you know, and throwing it out people who aren't actually typical. There's divergences, so just not autistic, and saying that they're average and normal, but we're not. It's, it's there's no scientific basis. And so we've invented the term to, I understand is trying to help people understand, hey, we think differently, but I think it's schizophrenics, you know, they think differently, are we inviting them to divergent party, a sore, depressed people when they neurodivergent to, I just think it's a slippery slope, a dangerous slope using these terms. Plus, there's also the euphemism

treadmill. Every time I tried to take a term and use it for a good thing like neurodivergent, and attempt to use a positive term, to express people with autism, I understand. I have nothing but respect, affection and admiration for people that use these terms, I understand that trying to help is coming from a place of love. I see that I understand that. It's just, you're making people with autism view. Everybody else as an other, you know, as an opponent as an enemy, you're calling the typical, and they're saying they're different than us and setting up this economy, an oppositional state, it doesn't do anybody any good. There's never been a time in human history when carving people up into them and us ends up with something better, you know, it always ends up with conflict. So the fact that it's we're getting so entrenched in these terms neurodivergent neurotypical really have to say, bugs me immensely.

E Eileen Lamb 24:42

You know, I can see, I mean, like, in the way you're talking about, it's like, how can we not agree with you? Right? And in my head, I would make a distinction between and you know, it's, you're gonna say it goes against what you're saying, but like, I take someone like, Charlie, and I'm like, I mean, his brain clearly like is functioning in a way that's different than the vast majority of people, you know. And, like, I see that and of course, it's still part of everybody's brain is different. But like, his brain is different in a way that makes it that it can't function at all in, in this world, right? So, in my head, and against, it's like, it's not science bad. It's just like you're saying with like, level one artistic people, like most likely the four of us, we fit that criteria. Be part of, you know, a variation of the neurotypical brain, right. But then if you take the most severely autistic people, it's just, there is something different. I don't like the word I'm with you. Like, it's not the right word, like to say some brand is typical, and not typical. But there's a distinction in the way those brands function, you know, like, a big one. It's not just a little variation of awesome people think like this, and some like that, you know,

O Ogi Ogas 26:07

First let me say, I want to comment on your book, and for anybody that hasn't read Eileen Lamb's wonderful book "All Across the Spectrum," where she talks about Charlie, in very moving terms. It's a beautiful prose. I was very touched by this. Lovely, lovely photos is a photo of Charlie, I talked to Eileen about this early in the book. Eileen, as Charlie's very severely autistic, as Eileen just said, and it's a beautiful, lovely photo of him mostly in shadow, all you can see is half of his eye, beautiful blue eye, just half of it. Wonderfully expressive, that you know, what it's like to be autism. And I made me feel what it must be like for you as a mother, to not be able to connect with his identity and his self and his soul the way I'm sure you want to just encourage anybody to read this book. It's wonderful. It's so moved me. Yes, so it's not Charlie is certainly got extreme neural conditions. But so it's, uh, no way. What I'm saying is no way indicating that, yes, he's clearly got problems. I have problems. The two of you have problems too. It's just there's a great variety of neural problems. You know, like, we're not the only people out there that have different, you know, brains. Yeah, I'm looking at this book. People with bipolar disorder, there's borderline personality disorder, you know, there's just plain brain damage, you get lumped in the back of the head, you're going to be no neurodivergent, you know, so it's, there's all kinds of ways there's brain tumors, you know, the strokes, there's all kinds of ways that brain damage can happen and brains can affect differently. And so for autistic claim, the title of their neuro divergent at all forms. You know, if you're not typical, you're autistic. If you're not autistic, or typical, it's such a self

E Eileen Lamb 27:57

I see what you are saying. You know, I've seen people with bipolar and ADHD and all sorts of like, disorders said they are neurodivergent, though not just autistic people, I feel like the term is just being used all over now, actually,

O Ogi Ogas 28:12

Which is what happens when it's not tied to something biological or physical. This is the problem. It's because people kept point with COVID. What causes COVID? It's a pathogen. It's the COVID virus, we have pictures of it, it's got little prongs sticking out everywhere. The scientists can track every little tiny damn variation of it. It's there's the Delta 3.42 Epsilon variation, that's how tightly we know exactly what's causing COVID. What is causing autism? Who knows? And yet, there's all this verbiage, you know, all these arguments arising from this ghost diagnosis, like, if you would say, Well, yes, it's when there's a deficit of serotonin in you know, the frontal, you know, the, the lateral frontal lobe, and combined with, you know, an abundance of, you know, potassium receptors in the neurons. Like if that was the answer, then we could talk about these things. But the fact that we're using these terms neurodivergent neurotypical, what is the neural basis of autism? How can you even throw out the word neural, if you don't even know, you know, what is actually the neural cause? Cause of it. And again, I understand why people want to talk about this. You want to have a community you want to combine it you need what positive uplifting terms for the community, calling us neurodivergent it's positive, I understand the motivation. It's just this has been tried many times in other with other disorders, other disabilities, other problems and it just never works out well.

E Eileen Lamb 29:42

No, you make some great points. So I wanted to ask you, my youngest son Jude was actually was not diagnosed when I wrote the book, but he was diagnosed three years ago now and is super good at maths like you can, He's very bright, and you know, can do some very complex maths problem in his head. And I know you're really good at that stuff too, like the other, any tips for him or for us as parents to like, keep, like fostering his love for math and how to, you know, it's hard because he does it for fun, but, you know, like he's frustrated at school, because it's not hard enough. So he's getting bored. And I don't know, do you have any tips related to that?

O Ogi Ogas 30:26

I'm a big believer in following your joy, if he's getting pleasure from it, you just keep feeding it, you know, I think, especially if he is autistic, and so he must have some deficits to you know, it. Just say something about myself. So I embrace my autism, you know, once I understood that, I have this thing in the 90s, I really contemplated, I embraced it full on no limits, and I completely threw myself into my autism. So in particular, what I thought was, you know, I am not going to define myself against non-autistic people against you guys with what many people call the neurotypical people, I'm not going to set up this dichotomy, I'm just going to figure myself out on my own terms, I'm going to develop myself, I'm going to learn and grow and

improve myself, on my own terms, as an autistic man. And by doing that, I've ended up with a life of joy, I love my life, I wake up joyful. I'm delighted that I'm talking to the two of you, that's exactly where I want to be. I have a wife, and a five year old son, and I love them. And my days are filled with happiness, and joy. As a consequence of taking this attitude all my life. The first 10 years were really tough, you know, like trying to do this on my own and embracing autism and doing it my own way. It wasn't easy. I don't want to imply that this was easy. But I ended up in a place that's wonderful. Where I am now is wonderful. And I always follow the joy the things that made me happy. And that my autistic brain, like my special interests, I just went all in on my special interests my whole life. And it worked out, you know, it may not work out for everyone, but even if it doesn't work out, like I'm doing the things I love, and I am who I am without excuses or embarrassment or so, if your son enjoys math, just feed them the math, you know, find, find the kinds of math problems that he thinks are most interesting and just let them play. Just make sure it's play. You know, don't don't, don't get it too structured. Don't make it like, here's a goal we're working towards, unless he likes it. Some people like that, but it's really more finding out what about it gives him the pleasure and just keep finding ways to give him more pleasure. My son's just started. We set up a Sudoku puzzle. And it turned out he loved the Sudoku puzzle, you know, so now my five year old son is doing Sudoku puzzles all the time. And we just keep getting more of Sudoku puzzles. And, you know, my wife, my wife was considering, hey, let's try to get him to get better and get him teach him, you know, better ways of doing it. Like, my attitude is, he's having so much fun, just let him figure it out on his own his own terms, he'll do better figure it out on his own, you know, as long as he's having fun.

E Eileen Lamb 33:21

Yeah, that's fine. That's what we've been doing. It's liike almost getting hard for me because he's, you know, he's so good. He's like, gonna get smarter than me at maths very soon. So I'm gonna have to use my calculator to help him out. Autistic brain, if I can say. You know somethin, I mean, you're interested in something, you're gonna learn everything about it. Yeah. I mean, it's a great skill,

O Ogi Ogas 33:44

When you unleash the autistic brain. I believe we autistic people are able to access brain states and perspectives that non-autistic people can't access. I think, even though we have what are deficits, when it comes to social interactions, we have a lot of latent opportunities that maybe are being fully taken advantage of, because we're defining ourselves in relation to non-autistic people. But I just, you know, I took off my limitations, and I just embraced my autistic brain. And I learned so much, you know, I'm just constantly learning massive amounts, and I move on to the next thing and learn that and I try to put it all all together and I just, I think, I think there's an opportunity for autistic people. Like if you just be true to yourself, look for answers within yourself. Embrace yourself.

E Eileen Lamb 34:40

I'm gonna ask you the quickfire questions. I know you know what it is, since you've been listening to the show? Yeah. What's your favorite game show?

O **Ogi Ogas** 34:50

I'm actually not a big fan of games. I don't watch the. I was on them. The only shows I've watched other ones I was on. I'd like to I was on a show called Grand Slam. So I thought that was awesome. It was a tournament of the best game show winners and really intense format your face to face and rapid questions. That was a lot of fun to play. I don't know how much fun it is to watch.

E **Eileen Lamb** 35:13

You're not even gonna say the show that made you almost half millionaire?

O **Ogi Ogas** 35:18

Who Wants to be a Millionaire?" It's not my kind of show.

E **Eileen Lamb** 35:26

So, what's your episode, your favorite episode of our podcast?

O **Ogi Ogas** 35:32

Yeah, that's a good question.

A **Andrew Komarow** 35:35

You can say this one.

O **Ogi Ogas** 35:38

Well, I haven't watched it yet, so I don't know how it's gonna. I don't know. It's gonna be I've got a lot. I was just, I was just listening to your most recent ones you get. There's so many I wouldn't even want to. This isn't even a cop out. I like the diversity. I like the different people I like that you had on the woman who was on on the love dating show. It was just you, Eileen I think. I mean, that was a good one. NFL Player, you

A **Andrew Komarow** 36:06

So you highlight the one without me is your favorite? Ok.

O Ogi Ogas 36:15

Don't worry, I like the two of you. And you're bantering back and forth. The different perspectives the NFL guy, you had the NFL , Joe on. I liked him because he was vulnerable. Like you know, I I liked that some of the your guests they're happy they've worked it out. They figured out a happy life for themselves and they're sharing I like that some of them haven't and they're still struggling I like I like hearing all of this I think the strength is in the diversity of experience the diversity of people backgrounds ages you know all of that. I'm glad that you guys covered such a such a wide range.

E Eileen Lamb 36:47

We agree. Who is your favorite, what's your favorite movie?

O Ogi Ogas 36:55

I have so many. I made films for a while. I love films. So they're always changing. Two that I loved recently The Green Knight. I like that one a lot. Pig. Which stars Nicolas Cage I'm not Nicolas Cage mostly makes movies these days that I don't like I wouldn't watch but Pig was an exception. You know, I like I like science fiction movies, I like the Edge of Tomorrow with probably the only Tom Cruise movie. I like a lovedFury Road The Mad Max movie. I think that was terrific. Eileen, what's your what's your favorite movie?

A Andrew Komarow 37:35

She doesn't watch movies.

E Eileen Lamb 37:37

My favorite movie is actually E.T.

O Ogi Ogas 37:39

Is that right?

E Eileen Lamb 37:40

Yeah, I love E.T. I don't know why there's something about E.T. That is just I love it. I don't know if it's because it reminds me of my childhood. But yeah, I have a soft spot for E.T. I like,

O Ogi Ogas 37:54

Which one? Liar Liar. With Jim Carrey. I actually like a French movie I saw when I was in La Rochelle was "The City of the Lost Children." (Speaks French) I can't pronounce it. I've seen

Rochelle was "The City of the Lost Children." (Speaks French) I can't pronounce it. I've seen that a long time ago. Yeah, Yeah, it's an old. It's an old one. I just remember watching it. How about you Andrew, what's your what's your favorite movie?

A Andrew Komarow 38:15

Probably The 25th Hour with Edward Norton. You would like it.

O Ogi Ogas 38:19

Yep.

E Eileen Lamb 38:21

Last question. I think you know what that is, is glow in the dark color?

O Ogi Ogas 38:27

It is a color. Yes, it's a visual property. So it comes into the eye. It's a wavelength of light that our eye processes like any other wavelength of light, there's no, like our eyes not doing different.

A Andrew Komarow 38:42

I am winning Eileen.

O Ogi Ogas 38:45

When, whenmglow in the dark to looking at Red is just it's coming to the eye is electromagnetic radiation. So I treat it the same, it's the source of it is different. You know, it's fluorescence or phosphorescence or fluorescence? I think it's phosphorescence. You know, it's the atoms emitting the, the photons spontaneously, but it's still electromagnetic radiation.

E Eileen Lamb 39:06

If this is the scientific answer, I think we can stop the debate right here. Well, thank you so much for coming on our podcast,

O Ogi Ogas 39:19

I am sorry Eileen. I think, Andrew wins this one.

E Eileen Lamb 39:27

That's fine. I can handle it.

A Andrew Komarow 39:30

Thank you.

E Eileen Lamb 39:30

And if you have any last word for our listeners, now is the time.

O Ogi Ogas 39:36

Just wanna repeat. I love what you guys are doing. I hope you keep on doing it. As long as you can. I just I found it. Super helpful, informative, illuminating useful. And I know I mentioned other people do to that may not be expressing that to you. I don't know. But certainly for me, I love what you guys are doing. Thank you