

1  
00:00:19,268 --> 00:00:26,348  
welcome to shattered reality with your

2  
00:00:22,759 --> 00:00:29,329  
hosts Kate valentine and farrugia

3  
00:00:26,349 --> 00:00:34,370  
prepare to head her paradigms shifted

4  
00:00:29,329 --> 00:00:39,320  
into truths questioned and now shattered

5  
00:00:34,369 --> 00:00:43,250  
reality hi welcome back to another

6  
00:00:39,320 --> 00:00:47,140  
podcast or blogcast I should say and I

7  
00:00:43,250 --> 00:00:53,359  
am Kate Valentine and I am Farrugia and

8  
00:00:47,140 --> 00:00:57,200  
today is februari 16 2016 and all of us

9  
00:00:53,359 --> 00:01:00,769  
here are just coming down from wild

10  
00:00:57,200 --> 00:01:06,049  
weekend of partying Valentine's Day and

11  
00:01:00,770 --> 00:01:08,990  
presidents but when people start to get

12  
00:01:06,049 --> 00:01:11,960  
too romantic about Valentine's Day I

13  
00:01:08,989 --> 00:01:14,509  
always say it's celebrating the st.

14  
00:01:11,959 --> 00:01:17,929  
Valentine's Day Massacre that kind of

15  
00:01:14,510 --> 00:01:19,430  
quiets them down a little bit that was

16  
00:01:17,930 --> 00:01:22,130  
must have been a lot of fun for the

17  
00:01:19,430 --> 00:01:26,710  
people perpetrating it perhaps I guess

18  
00:01:22,129 --> 00:01:29,689  
if you're a psychopath yeah you know

19  
00:01:26,709 --> 00:01:33,530  
anyway we have a wonderful guest with us

20  
00:01:29,689 --> 00:01:37,310  
today and purusha I think you found out

21  
00:01:33,530 --> 00:01:39,590  
about this gentleman yes I did the the

22  
00:01:37,310 --> 00:01:44,180  
guests that we have today is a dream

23  
00:01:39,590 --> 00:01:48,500  
studies expert and dreams are such an

24  
00:01:44,180 --> 00:01:51,860  
unusual part of our lives just about

25  
00:01:48,500 --> 00:01:55,040  
everybody has dreams not everybody

26  
00:01:51,859 --> 00:01:58,000  
remembers the dreams some people dream

27  
00:01:55,040 --> 00:02:02,330  
in color some in black and white and

28  
00:01:58,000 --> 00:02:05,780  
dreams can include other sensory things

29

00:02:02,329 --> 00:02:10,818  
like tastes and smells and touch and

30  
00:02:05,780 --> 00:02:13,218  
it's a very very strange state of mind

31  
00:02:10,818 --> 00:02:14,479  
to be in a different different place and

32  
00:02:13,218 --> 00:02:17,930  
sometimes

33  
00:02:14,479 --> 00:02:21,518  
dreams seem very real like lucid dreams

34  
00:02:17,930 --> 00:02:25,099  
in any case I came across this gentleman

35  
00:02:21,519 --> 00:02:28,519  
several years ago when I I do write a

36  
00:02:25,098 --> 00:02:31,759  
blog it's Farrugia dot wordpress.com

37  
00:02:28,519 --> 00:02:34,849  
just in case anybody wants to know and I

38  
00:02:31,759 --> 00:02:39,798  
had written a blog that concerned itself

39  
00:02:34,848 --> 00:02:42,310  
with sleep paralysis and how I've

40  
00:02:39,799 --> 00:02:46,549  
suffered from it and have had incredible

41  
00:02:42,310 --> 00:02:49,729  
experiences with sleep paralysis and I

42  
00:02:46,549 --> 00:02:54,739  
wrote a blog piece about it and what it

43  
00:02:49,729 --> 00:02:56,899

was was saying that um a an alien

44

00:02:54,739 --> 00:03:00,890

because we deal with aliens a lot on

45

00:02:56,900 --> 00:03:06,170

this show aliens and UFOs right yeah

46

00:03:00,889 --> 00:03:09,169

sure I love them and look what and what

47

00:03:06,169 --> 00:03:13,039

happened to me was it would seem to me

48

00:03:09,169 --> 00:03:16,189

like I was possibly being abducted in my

49

00:03:13,039 --> 00:03:19,638

sleep paralysis and it did occur to me

50

00:03:16,189 --> 00:03:23,449

that if an alien race whether it be a

51

00:03:19,639 --> 00:03:26,919

physical race or a race in a different

52

00:03:23,449 --> 00:03:29,539

dimension of beings in another dimension

53

00:03:26,919 --> 00:03:33,079

were so far ahead of us that they were

54

00:03:29,539 --> 00:03:35,539

traveling interstellar space it was also

55

00:03:33,079 --> 00:03:41,560

quite possible that they knew more about

56

00:03:35,539 --> 00:03:45,649

our biology than we do and because all

57

00:03:41,560 --> 00:03:49,129

higher mammals seem to suffer from sleep

58  
00:03:45,650 --> 00:03:51,169  
paralysis which essentially is not being

59  
00:03:49,129 --> 00:03:53,239  
able to move while you're sleeping

60  
00:03:51,169 --> 00:03:54,739  
because you wouldn't want to jump out

61  
00:03:53,239 --> 00:03:58,009  
the window while you were dreaming

62  
00:03:54,739 --> 00:04:00,409  
because you had such a dream and that

63  
00:03:58,009 --> 00:04:02,000  
the the others i'll just call them

64  
00:04:00,409 --> 00:04:04,340  
others i won't call them aliens i'll

65  
00:04:02,000 --> 00:04:07,250  
just call them others the others might

66  
00:04:04,340 --> 00:04:10,609  
be aware of that and know that we are

67  
00:04:07,250 --> 00:04:14,689  
angry apes with guns and don't want to

68  
00:04:10,609 --> 00:04:18,049  
meet us face on head-on and so they use

69  
00:04:14,689 --> 00:04:20,899  
that state of dream paralysis to subdue

70  
00:04:18,048 --> 00:04:23,299  
us if you will and then they can find

71  
00:04:20,899 --> 00:04:26,408  
out whatever they need to about us or in

72  
00:04:23,300 --> 00:04:28,250  
part something to us if they so desire

73  
00:04:26,408 --> 00:04:29,839  
so I

74  
00:04:28,250 --> 00:04:33,139  
long story short and it's getting to be

75  
00:04:29,839 --> 00:04:36,649  
a long story here but long story short I

76  
00:04:33,139 --> 00:04:40,370  
wrote this blog piece or two and

77  
00:04:36,649 --> 00:04:44,929  
actually this blog piece was is still

78  
00:04:40,370 --> 00:04:47,810  
the most popular hands down blog piece I

79  
00:04:44,930 --> 00:04:50,600  
ever wrote it was so popular I had to

80  
00:04:47,810 --> 00:04:53,240  
shut down the comments because so many

81  
00:04:50,600 --> 00:04:57,590  
people wrote in and people continue to

82  
00:04:53,240 --> 00:05:02,930  
contact me on my email having read it

83  
00:04:57,589 --> 00:05:07,009  
and send me stories about their sleep

84  
00:05:02,930 --> 00:05:11,180  
paralysis nightmares so I was looking

85  
00:05:07,009 --> 00:05:14,180  
for somewhere to go to find out what I

86

00:05:11,180 --> 00:05:16,939  
could do to help these people that was

87  
00:05:14,180 --> 00:05:20,360  
beyond my Ken you know a little bit

88  
00:05:16,939 --> 00:05:22,879  
going towards the scientific towards the

89  
00:05:20,360 --> 00:05:25,730  
psychological and away a little bit from

90  
00:05:22,879 --> 00:05:27,980  
the paranormal simply because I wanted

91  
00:05:25,730 --> 00:05:30,439  
to enter these people because some of

92  
00:05:27,980 --> 00:05:33,530  
them seemed not angered and so I found

93  
00:05:30,439 --> 00:05:36,319  
our guest today our guest today is mr.

94  
00:05:33,529 --> 00:05:39,739  
Ryan heard he is a consciousness

95  
00:05:36,319 --> 00:05:43,790  
researcher and author and is the founder

96  
00:05:39,740 --> 00:05:48,079  
of dream studies org it's a wonderful

97  
00:05:43,790 --> 00:05:52,129  
site it is dedicated to sleep dreams and

98  
00:05:48,079 --> 00:05:56,120  
imagination his books include dream like

99  
00:05:52,129 --> 00:06:00,259  
a boss books 1 & 2 lucid immersion

100  
00:05:56,120 --> 00:06:04,850

guidebook a holistic blueprint for lucid

101

00:06:00,259 --> 00:06:08,060

dreaming and sleep paralysis a guide to

102

00:06:04,850 --> 00:06:11,600

hypnagogic visions and visitors of the

103

00:06:08,060 --> 00:06:14,660

night he also co-edited with Kelly

104

00:06:11,600 --> 00:06:18,169

Buckley the two-volume reference edition

105

00:06:14,660 --> 00:06:21,380

of lucid dreaming new perspectives on

106

00:06:18,168 --> 00:06:25,159

consciousness and sleep now as an

107

00:06:21,379 --> 00:06:28,939

educator Ryan has presented to a wide

108

00:06:25,160 --> 00:06:33,640

range of audiences including invited

109

00:06:28,939 --> 00:06:36,740

lectures for the Ted med talks Stanford

110

00:06:33,639 --> 00:06:39,949

University the Institute of Buddhist

111

00:06:36,740 --> 00:06:41,810

studies and the prestigious Rhine

112

00:06:39,949 --> 00:06:44,360

Institute

113

00:06:41,810 --> 00:06:46,759

which is down in North Carolina as a

114

00:06:44,360 --> 00:06:49,720

researcher he has presented and



115  
00:06:46,759 --> 00:06:53,240  
published papers on sleep paralysis

116  
00:06:49,720 --> 00:06:56,180  
lucid nightmares and the application of

117  
00:06:53,240 --> 00:06:59,389  
dreaming for uncovering research bias

118  
00:06:56,180 --> 00:07:02,300  
and novelty I'm going to have a question

119  
00:06:59,389 --> 00:07:04,550  
for him about research bias he is a

120  
00:07:02,300 --> 00:07:07,490  
board member of the international

121  
00:07:04,550 --> 00:07:10,160  
association for the study of dreams and

122  
00:07:07,490 --> 00:07:14,680  
a member of the American Anthropological

123  
00:07:10,160 --> 00:07:18,229  
Association and the Society for the

124  
00:07:14,680 --> 00:07:21,350  
Anthropology of consciousness and later

125  
00:07:18,228 --> 00:07:23,839  
on he will tell you his sights his

126  
00:07:21,350 --> 00:07:26,210  
research sites and all the places where

127  
00:07:23,839 --> 00:07:28,279  
you can find him and he will also repeat

128  
00:07:26,209 --> 00:07:32,478  
his books if you didn't catch it when I

129  
00:07:28,279 --> 00:07:35,989  
said it so let us welcome Ryan heard wow

130  
00:07:32,478 --> 00:07:38,389  
it's quite an introduction great to have

131  
00:07:35,990 --> 00:07:40,460  
you with us right thank you for that

132  
00:07:38,389 --> 00:07:45,889  
wonderful introduction I am quite

133  
00:07:40,459 --> 00:07:47,599  
pleased with myself now hilarious but I

134  
00:07:45,889 --> 00:07:50,209  
love the way you introduce sleep

135  
00:07:47,600 --> 00:07:54,560  
paralysis and I love the term that you

136  
00:07:50,209 --> 00:07:57,439  
use about the about the others I think

137  
00:07:54,560 --> 00:07:59,418  
that's a wonderful way to approach it

138  
00:07:57,439 --> 00:08:02,180  
because it doesn't define it it's just

139  
00:07:59,418 --> 00:08:06,019  
like we don't know what this is that's

140  
00:08:02,180 --> 00:08:08,720  
correct it's a good way to start is but

141  
00:08:06,019 --> 00:08:12,849  
I obviously you're fairly knowledgeable

142  
00:08:08,720 --> 00:08:15,620  
about people being visited by others

143

00:08:12,850 --> 00:08:19,520  
yeah and I have experienced that myself

144  
00:08:15,620 --> 00:08:23,149  
and so so this is a subject that's very

145  
00:08:19,519 --> 00:08:26,469  
near and dear to me I actually was 14

146  
00:08:23,149 --> 00:08:29,449  
years old the first time I encountered

147  
00:08:26,470 --> 00:08:32,839  
sleep paralysis with with the vision

148  
00:08:29,449 --> 00:08:35,179  
component which not everybody gets and

149  
00:08:32,839 --> 00:08:37,760  
it was one of the scariest experiences

150  
00:08:35,179 --> 00:08:40,458  
of my life yeah it took years for me to

151  
00:08:37,759 --> 00:08:43,968  
kind of recover the experience because I

152  
00:08:40,458 --> 00:08:45,528  
sort of shoved it away and you very

153  
00:08:43,969 --> 00:08:48,980  
quickly realized that not many people

154  
00:08:45,528 --> 00:08:52,929  
wanted to hear about it and realize that

155  
00:08:48,980 --> 00:08:52,930  
it was sort of part of this complex of

156  
00:08:53,019 --> 00:08:57,259  
dreaming experiences that you

157  
00:08:55,610 --> 00:09:01,100

no they're taboo they're actually quite

158

00:08:57,259 --> 00:09:04,009

common do you find like a certain type

159

00:09:01,100 --> 00:09:08,240

of person that experiences is as opposed

160

00:09:04,009 --> 00:09:12,338

to others yeah they're actually a few

161

00:09:08,240 --> 00:09:14,839

subsets of populations that experience

162

00:09:12,339 --> 00:09:17,000

sleep paralysis what mule maybe I should

163

00:09:14,839 --> 00:09:18,769

define sleep paralysis for everyone just

164

00:09:17,000 --> 00:09:22,429

to start with because there's really

165

00:09:18,769 --> 00:09:25,220

several kind of layers to the experience

166

00:09:22,429 --> 00:09:29,229

the first in the most common is actually

167

00:09:25,220 --> 00:09:31,820

a feeling of paralysis or immobility

168

00:09:29,230 --> 00:09:34,579

when you're waking up were going to

169

00:09:31,820 --> 00:09:36,800

sleep and so it's very common to happen

170

00:09:34,578 --> 00:09:38,359

either in the mornings or sometimes that

171

00:09:36,799 --> 00:09:42,439

you're sleep deprived right as you're

172  
00:09:38,360 --> 00:09:44,839  
going to sleep and actually feels like

173  
00:09:42,440 --> 00:09:48,560  
something or someone is holding you down

174  
00:09:44,839 --> 00:09:52,010  
it feels like a pressure awaited

175  
00:09:48,559 --> 00:09:53,899  
pressure and that's the core experience

176  
00:09:52,009 --> 00:09:56,620  
that's why it's called sleep paralysis

177  
00:09:53,899 --> 00:09:59,179  
and it has a biological you know

178  
00:09:56,620 --> 00:10:02,269  
function to it it's well known and well

179  
00:09:59,179 --> 00:10:05,120  
studied but it gets weirder you know and

180  
00:10:02,269 --> 00:10:07,850  
it gets weird because because for one

181  
00:10:05,120 --> 00:10:10,639  
thing you become quite emotional quite

182  
00:10:07,850 --> 00:10:12,259  
quickly especially if you don't have any

183  
00:10:10,639 --> 00:10:14,470  
way of explaining what's happened to you

184  
00:10:12,259 --> 00:10:19,250  
if this is the first time it's happened

185  
00:10:14,470 --> 00:10:21,079  
then it can feel quite paranormal I mean

186  
00:10:19,250 --> 00:10:26,179  
I think the mind goes there immediately

187  
00:10:21,078 --> 00:10:29,120  
and and into fear can spiral because you

188  
00:10:26,179 --> 00:10:31,609  
are in a hybrid dream state you're

189  
00:10:29,120 --> 00:10:34,429  
basically the month the mantra I used to

190  
00:10:31,610 --> 00:10:37,550  
describe it is that is that the mind is

191  
00:10:34,429 --> 00:10:39,739  
awake but the body is asleep and in this

192  
00:10:37,549 --> 00:10:41,599  
hybrid state this Borderlands of

193  
00:10:39,740 --> 00:10:45,320  
consciousness between the waking world

194  
00:10:41,600 --> 00:10:47,199  
and the dream world you're still even

195  
00:10:45,320 --> 00:10:49,820  
though you've got your logical

196  
00:10:47,198 --> 00:10:51,528  
capabilities and you're thinking as if

197  
00:10:49,820 --> 00:10:55,160  
you're in waking life and everything

198  
00:10:51,528 --> 00:10:57,350  
feels quite real you're able to sort of

199  
00:10:55,159 --> 00:10:59,389  
project dreaming awareness and

200

00:10:57,350 --> 00:11:00,769  
consciousness into the scene too and

201  
00:10:59,389 --> 00:11:03,528  
that's where that heightened emotion

202  
00:11:00,769 --> 00:11:06,230  
ality comes in people get very scared

203  
00:11:03,528 --> 00:11:08,750  
very quickly it can heighten even to

204  
00:11:06,230 --> 00:11:11,210  
death anxiety

205  
00:11:08,750 --> 00:11:13,549  
especially for people who number one

206  
00:11:11,210 --> 00:11:16,070  
don't have a culture or B have a culture

207  
00:11:13,549 --> 00:11:19,759  
that that that explains this as demons

208  
00:11:16,070 --> 00:11:23,750  
and as succubi and other kinds of you

209  
00:11:19,759 --> 00:11:26,210  
know terrible creatures because you pull

210  
00:11:23,750 --> 00:11:28,009  
right into that so that's the second

211  
00:11:26,210 --> 00:11:31,940  
level of weirdness the next level of

212  
00:11:28,009 --> 00:11:34,490  
weirdness is is that people feel a

213  
00:11:31,940 --> 00:11:37,340  
sensed presence in the room so it's not

214  
00:11:34,490 --> 00:11:39,560

just the feeling necessarily of feeling

215

00:11:37,340 --> 00:11:42,440

the pressure but sometimes about twenty

216

00:11:39,559 --> 00:11:46,699

percent of the time there is a sensed

217

00:11:42,440 --> 00:11:50,750

presence something is not you and it's

218

00:11:46,700 --> 00:11:53,210

in the room and it's usually considered

219

00:11:50,750 --> 00:11:55,549

malevolent it's considered like it's

220

00:11:53,210 --> 00:11:58,490

focusing on you and it's just a feeling

221

00:11:55,549 --> 00:12:01,939

of right a feeling of that you're in

222

00:11:58,490 --> 00:12:06,080

relationship with with this unseen other

223

00:12:01,940 --> 00:12:08,390

this unseen entity and from there then

224

00:12:06,080 --> 00:12:11,090

the the dream vision can get even deeper

225

00:12:08,389 --> 00:12:14,360

and fulfill sort of all the expectations

226

00:12:11,090 --> 00:12:16,100

of your worst possible nightmare and

227

00:12:14,360 --> 00:12:19,550

what I'm talking about is a full-on

228

00:12:16,100 --> 00:12:21,740

three dimensional vision that integrates



229  
00:12:19,549 --> 00:12:26,599  
with your waking environment that

230  
00:12:21,740 --> 00:12:29,750  
involves actually seen the entity having

231  
00:12:26,600 --> 00:12:31,430  
it sit next to you it can it can molest

232  
00:12:29,750 --> 00:12:36,139  
the dreamer it can actually sexually

233  
00:12:31,429 --> 00:12:39,229  
molest the dreamer feelings of pain can

234  
00:12:36,139 --> 00:12:41,750  
be felt as well as feelings of ecstasy

235  
00:12:39,230 --> 00:12:44,360  
feelings of pleasure and sometimes and

236  
00:12:41,750 --> 00:12:49,399  
this is very strange is if the feelings

237  
00:12:44,360 --> 00:12:54,159  
of disgust fear and and in the erotica

238  
00:12:49,399 --> 00:12:58,730  
sensations all come together in a very

239  
00:12:54,159 --> 00:13:01,189  
unpinned and what happens also beyond

240  
00:12:58,730 --> 00:13:04,190  
this is that the dreamer can be

241  
00:13:01,190 --> 00:13:09,410  
catapulted into outside of their bedroom

242  
00:13:04,190 --> 00:13:12,110  
into a out-of-body experience or even go

243  
00:13:09,409 --> 00:13:14,689  
into a dream and be completely in an

244  
00:13:12,110 --> 00:13:17,389  
unrelated dream scene and maintain

245  
00:13:14,690 --> 00:13:20,589  
awareness and so so those are sort of

246  
00:13:17,389 --> 00:13:22,519  
the escalating levels of weirdness that

247  
00:13:20,589 --> 00:13:26,300  
strangely right

248  
00:13:22,519 --> 00:13:30,980  
placid term sleep paralysis describes

249  
00:13:26,299 --> 00:13:35,059  
well I wanted to ask you if you have any

250  
00:13:30,980 --> 00:13:38,819  
knowledge of other higher mammals

251  
00:13:35,059 --> 00:13:41,669  
experiencing sleep paralysis as we have

252  
00:13:38,818 --> 00:13:43,349  
all seen dogs who appear to be asleep

253  
00:13:41,669 --> 00:13:45,809  
but then their legs are going but

254  
00:13:43,350 --> 00:13:48,899  
they're not going anywhere I had a cat

255  
00:13:45,809 --> 00:13:51,899  
that would be sleeping and she would

256  
00:13:48,899 --> 00:13:54,870  
start talking on not English but also

257

00:13:51,899 --> 00:13:56,129  
not meowing she was sort of like making

258  
00:13:54,870 --> 00:13:58,589  
sounds like she was having a

259  
00:13:56,129 --> 00:14:01,620  
conversation with someone and she was

260  
00:13:58,589 --> 00:14:04,680  
asleep so I am assuming that higher

261  
00:14:01,620 --> 00:14:06,659  
mammals I'm by assuming I don't mean it

262  
00:14:04,679 --> 00:14:10,620  
comes out of nowhere I mean that there

263  
00:14:06,659 --> 00:14:12,870  
is something which we experience when we

264  
00:14:10,620 --> 00:14:15,899  
see a sleeping animal that occasionally

265  
00:14:12,870 --> 00:14:17,909  
would mimic in my mind what sleep

266  
00:14:15,899 --> 00:14:20,429  
paralysis might look like you say in a

267  
00:14:17,909 --> 00:14:22,409  
dog or a cat yeah I actually think

268  
00:14:20,429 --> 00:14:26,370  
you're you're absolutely right i mean

269  
00:14:22,409 --> 00:14:28,350  
what's the paralysis is is it is it well

270  
00:14:26,370 --> 00:14:29,639  
it's explained as let me put it that way

271  
00:14:28,350 --> 00:14:34,560

because we don't have all the answers

272

00:14:29,639 --> 00:14:37,589

yet is it's a rem intrusion so rapid

273

00:14:34,559 --> 00:14:40,078

eye movement sleep the stage of sleep or

274

00:14:37,589 --> 00:14:43,620

dreaming you know vivid dreaming usually

275

00:14:40,078 --> 00:14:46,739

occurs is intruding into wakefulness or

276

00:14:43,620 --> 00:14:48,419

into stage one sleep or sort of debt

277

00:14:46,740 --> 00:14:51,299

stage of sleep that feels like deep

278

00:14:48,419 --> 00:14:53,458

relaxation alright so it isn't a rim

279

00:14:51,299 --> 00:14:55,979

intrusion it is it is very much about

280

00:14:53,458 --> 00:14:58,409

REM sleep in terms of the experiences

281

00:14:55,980 --> 00:15:01,339

themselves because in REM sleep in

282

00:14:58,409 --> 00:15:04,019

normal rama sleep we feel this paralysis

283

00:15:01,339 --> 00:15:06,180

it's happening every night we just don't

284

00:15:04,019 --> 00:15:08,970

remember it because we're safely in the

285

00:15:06,179 --> 00:15:12,000

dream world and one would suspect that

286

00:15:08,970 --> 00:15:15,389

this evolved it's been described as hep

287

00:15:12,000 --> 00:15:17,458

being basically an evolved mechanism for

288

00:15:15,389 --> 00:15:20,129

preventing us from your acting out our

289

00:15:17,458 --> 00:15:22,018

dreams source swash buckling our sleep

290

00:15:20,129 --> 00:15:24,808

partners when we're like living out a

291

00:15:22,019 --> 00:15:27,120

pirate fantasy in our dream where you

292

00:15:24,808 --> 00:15:29,519

know we're in mobile so we can live out

293

00:15:27,120 --> 00:15:31,709

the dream fantasy so it seems to be a

294

00:15:29,519 --> 00:15:35,250

hiccup in that process and given now we

295

00:15:31,708 --> 00:15:35,729

know what cats and dogs sleep and cats

296

00:15:35,250 --> 00:15:39,480

and

297

00:15:35,730 --> 00:15:44,430

definitely have REM sleep all higher

298

00:15:39,480 --> 00:15:47,519

mammals have REM so I would suspect that

299

00:15:44,429 --> 00:15:50,099

sleep paralysis could occur as a hiccup

300  
00:15:47,519 --> 00:15:53,120  
although it's impossible to verify

301  
00:15:50,100 --> 00:15:55,800  
because right the communication issues

302  
00:15:53,120 --> 00:15:58,230  
but I would suspect that that it could

303  
00:15:55,799 --> 00:16:00,750  
could be possible now the question is is

304  
00:15:58,230 --> 00:16:02,579  
it impactful when they know about it

305  
00:16:00,750 --> 00:16:04,110  
would they think about it later I mean

306  
00:16:02,578 --> 00:16:07,169  
all these kind of higher cognition

307  
00:16:04,110 --> 00:16:09,870  
questions that we don't know about about

308  
00:16:07,169 --> 00:16:11,879  
cats and dogs maybe Dalton's you know

309  
00:16:09,870 --> 00:16:13,379  
probably have the like may be the best

310  
00:16:11,879 --> 00:16:15,559  
literature on the topic but we just

311  
00:16:13,379 --> 00:16:21,990  
don't know if we don't speak dolphin

312  
00:16:15,559 --> 00:16:25,679  
well that that's certainly true so have

313  
00:16:21,990 --> 00:16:27,870  
you heard I'm sure you have about and

314

00:16:25,679 --> 00:16:30,979  
probably have written about the

315  
00:16:27,870 --> 00:16:36,240  
vibrational state that occurs sometimes

316  
00:16:30,980 --> 00:16:41,129  
with sleep paralysis which is goes

317  
00:16:36,240 --> 00:16:44,370  
before the out-of-body experience should

318  
00:16:41,129 --> 00:16:47,068  
it occur absolutely in oh it's such a

319  
00:16:44,370 --> 00:16:50,578  
cool feeling I've felt it hundreds of

320  
00:16:47,068 --> 00:16:52,528  
times myself and it's some people

321  
00:16:50,578 --> 00:16:54,778  
experience it more than others some

322  
00:16:52,528 --> 00:16:57,208  
people never experience it so there

323  
00:16:54,778 --> 00:17:00,240  
seems to be you know some individual

324  
00:16:57,208 --> 00:17:02,399  
differences there right but it is

325  
00:17:00,240 --> 00:17:05,009  
there's you know this is typically

326  
00:17:02,399 --> 00:17:08,910  
described in from a dreaming perspective

327  
00:17:05,009 --> 00:17:14,599  
as as hypnagogic hallucination and it

328  
00:17:08,910 --> 00:17:17,100

tends to involve vestibular vestibular

329

00:17:14,599 --> 00:17:19,349

activity in the brain so there's there's

330

00:17:17,099 --> 00:17:21,448

basically there's a sense of self

331

00:17:19,349 --> 00:17:23,338

there's gravity shifting there's

332

00:17:21,449 --> 00:17:25,980

morphine happening that we can't quite

333

00:17:23,338 --> 00:17:28,529

account for it causes feelings of

334

00:17:25,980 --> 00:17:30,269

confusion it's happening you know deep

335

00:17:28,529 --> 00:17:33,539

in the brain essentially and they or in

336

00:17:30,269 --> 00:17:35,639

the inner ear and in we've got all kinds

337

00:17:33,539 --> 00:17:37,740

of studies that show that that is what's

338

00:17:35,640 --> 00:17:41,970

firing up when these experiences are

339

00:17:37,740 --> 00:17:45,929

happening it's absolutely an indicator

340

00:17:41,970 --> 00:17:49,410

that you could if you choose roll that

341

00:17:45,929 --> 00:17:52,080

into an out-of-body experience now

342

00:17:49,410 --> 00:17:55,940

my mind out-of-body experiences are



343  
00:17:52,079 --> 00:17:58,259  
varied and different however there's one

344  
00:17:55,940 --> 00:18:02,240  
main difference between two different

345  
00:17:58,259 --> 00:18:04,980  
kinds and in my mind this is just my own

346  
00:18:02,240 --> 00:18:07,289  
characterization of it there would be

347  
00:18:04,980 --> 00:18:09,059  
the experience where you go out of your

348  
00:18:07,289 --> 00:18:12,960  
body whether you're pulled out or you go

349  
00:18:09,059 --> 00:18:16,139  
out voluntarily and you are in pretty

350  
00:18:12,960 --> 00:18:18,390  
much in the world as you know it pretty

351  
00:18:16,140 --> 00:18:19,980  
much if you go out of your body and you

352  
00:18:18,390 --> 00:18:24,210  
go down the stairs you'll be in your

353  
00:18:19,980 --> 00:18:27,000  
house and then there are others which

354  
00:18:24,210 --> 00:18:30,840  
the world is slightly different closer

355  
00:18:27,000 --> 00:18:33,599  
to a dream state where some things may

356  
00:18:30,839 --> 00:18:35,669  
be recognizable and then others are

357  
00:18:33,599 --> 00:18:39,709  
rather different than in the waking

358  
00:18:35,670 --> 00:18:42,390  
state can you speak to that at all

359  
00:18:39,710 --> 00:18:44,759  
absolutely yeah out-of-body experiences

360  
00:18:42,390 --> 00:18:47,190  
I mean I what's so interesting to me is

361  
00:18:44,759 --> 00:18:49,250  
as I think that there are we really

362  
00:18:47,190 --> 00:18:53,190  
talking about probably multiple

363  
00:18:49,250 --> 00:18:55,289  
phenomena here and there they're related

364  
00:18:53,190 --> 00:18:57,660  
in the sense that there's a sense of

365  
00:18:55,289 --> 00:18:59,579  
moving outside of their body but as you

366  
00:18:57,660 --> 00:19:01,140  
described there's there's these

367  
00:18:59,579 --> 00:19:03,509  
different varieties of them and they

368  
00:19:01,140 --> 00:19:07,520  
seem to be related to essentially your

369  
00:19:03,509 --> 00:19:10,740  
mode of exit so sleep paralysis

370  
00:19:07,519 --> 00:19:13,559  
out-of-body experiences are highly

371

00:19:10,740 --> 00:19:15,000  
correlated with lucid dreaming and in

372  
00:19:13,559 --> 00:19:17,819  
one can move from an out-of-body

373  
00:19:15,000 --> 00:19:21,960  
experience into you know a conscious

374  
00:19:17,819 --> 00:19:25,379  
dream and you know with in a fluid state

375  
00:19:21,960 --> 00:19:28,289  
right and so at first it seems like

376  
00:19:25,380 --> 00:19:29,940  
you're in your waking life bedroom when

377  
00:19:28,289 --> 00:19:32,220  
you go out of body in a sleep paralysis

378  
00:19:29,940 --> 00:19:34,080  
encounter and then you maybe you'll melt

379  
00:19:32,220 --> 00:19:35,610  
through the window but when you get

380  
00:19:34,079 --> 00:19:38,069  
outside it's a completely different

381  
00:19:35,609 --> 00:19:41,539  
landscape right it's more like a dream

382  
00:19:38,069 --> 00:19:43,889  
landscape whereas hyper-realistic

383  
00:19:41,539 --> 00:19:47,069  
out-of-body experiences that occur from

384  
00:19:43,890 --> 00:19:49,380  
the waking world right they have a

385  
00:19:47,069 --> 00:19:51,750

different feel to them and you know and

386

00:19:49,380 --> 00:19:53,940

i think the near-death experience being

387

00:19:51,750 --> 00:19:55,680

one of them you know with somebody and

388

00:19:53,940 --> 00:19:57,960

you don't actually have to be near death

389

00:19:55,680 --> 00:20:02,610

to have a near-death experience it can

390

00:19:57,960 --> 00:20:03,149

be triggered by by a sudden drop of

391

00:20:02,609 --> 00:20:05,788

blood

392

00:20:03,148 --> 00:20:08,908

sure essentially that turns on turns on

393

00:20:05,788 --> 00:20:11,819

this Ram switch and you checked yourself

394

00:20:08,909 --> 00:20:14,099

from you know from the phenomenal body

395

00:20:11,819 --> 00:20:16,079

the body as you perceive it I mean I've

396

00:20:14,098 --> 00:20:19,499

seen heard so many multiple cases of

397

00:20:16,079 --> 00:20:21,388

people who have spontaneous o BES when

398

00:20:19,499 --> 00:20:24,149

they're in a car wreck for instance and

399

00:20:21,388 --> 00:20:25,918

it's just it's it happen so fast and

400  
00:20:24,148 --> 00:20:29,008  
they're out of their body and then

401  
00:20:25,919 --> 00:20:31,229  
they're back in and and and then of

402  
00:20:29,009 --> 00:20:32,579  
course there's there's the relaxation of

403  
00:20:31,229 --> 00:20:34,528  
the trance related out-of-body

404  
00:20:32,579 --> 00:20:36,210  
experience which is the kind where you

405  
00:20:34,528 --> 00:20:39,808  
see where deck this kind is often being

406  
00:20:36,210 --> 00:20:42,210  
taught by my practitioners yes this is

407  
00:20:39,808 --> 00:20:44,878  
coming out of light sleeping or you know

408  
00:20:42,210 --> 00:20:47,608  
what i would call trance and it involves

409  
00:20:44,878 --> 00:20:49,319  
reclining in your chair may be listening

410  
00:20:47,608 --> 00:20:51,378  
in to some music out of headphones or

411  
00:20:49,319 --> 00:20:54,058  
binaural beats there's kind of ways to

412  
00:20:51,378 --> 00:20:56,098  
you know different ways to get into this

413  
00:20:54,058 --> 00:20:59,219  
and those out-of-body experiences

414  
00:20:56,098 --> 00:21:00,778  
although they're dreamlike and longer

415  
00:20:59,219 --> 00:21:03,210  
lasting than a near-death experience

416  
00:21:00,778 --> 00:21:06,329  
type situation they seem to be hyper

417  
00:21:03,210 --> 00:21:09,778  
realistic it is that is that how you

418  
00:21:06,329 --> 00:21:12,689  
parse it as well uh basically i would

419  
00:21:09,778 --> 00:21:15,989  
have to agree with most of what you said

420  
00:21:12,690 --> 00:21:18,679  
in terms of the trance induced ones um

421  
00:21:15,989 --> 00:21:21,389  
they seem to be somewhere between

422  
00:21:18,679 --> 00:21:23,899  
extraordinarily realistic and

423  
00:21:21,388 --> 00:21:27,388  
extraordinary fendt extraordinarily

424  
00:21:23,898 --> 00:21:30,528  
fantastical i did take a class with Bill

425  
00:21:27,388 --> 00:21:34,648  
Bowman who you probably have heard of on

426  
00:21:30,528 --> 00:21:37,739  
out-of-body experiences and one of his

427  
00:21:34,648 --> 00:21:42,508  
his you would kind of rock your body and

428

00:21:37,739 --> 00:21:44,879  
also Bob Monroe had that experience

429  
00:21:42,509 --> 00:21:47,128  
where you would listen to binaural beats

430  
00:21:44,878 --> 00:21:50,098  
and then you would begin to feel your

431  
00:21:47,128 --> 00:21:53,638  
your inner body rocking from side to

432  
00:21:50,098 --> 00:21:55,259  
side and your feet along gating or your

433  
00:21:53,638 --> 00:21:58,498  
head along gating and then you could

434  
00:21:55,259 --> 00:22:02,788  
kind of pop out like that if you wanted

435  
00:21:58,499 --> 00:22:06,149  
to and of course the the near-death

436  
00:22:02,788 --> 00:22:10,798  
experience for whatever it turns out to

437  
00:22:06,148 --> 00:22:13,168  
actually be it it seems to be sometimes

438  
00:22:10,798 --> 00:22:16,539  
more fantastical where you're more apt

439  
00:22:13,169 --> 00:22:19,120  
to see non-physical entities

440  
00:22:16,539 --> 00:22:23,349  
and sometimes they're very meaningful

441  
00:22:19,119 --> 00:22:25,769  
but we have to move this back to what is

442  
00:22:23,349 --> 00:22:27,639

veridical about a lot of these

443

00:22:25,769 --> 00:22:31,299

experiences you know Ryan because

444

00:22:27,640 --> 00:22:33,640

sometimes we will see things or for

445

00:22:31,299 --> 00:22:37,359

instance when a something that's very

446

00:22:33,640 --> 00:22:40,960

close to at a body which is like an

447

00:22:37,359 --> 00:22:43,569

astral projection I practiced that when

448

00:22:40,960 --> 00:22:47,259

I was in my late teens and in my 20s and

449

00:22:43,569 --> 00:22:50,710

I would try to have fun and astrally

450

00:22:47,259 --> 00:22:54,250

project to where somebody I knew was you

451

00:22:50,710 --> 00:22:57,100

know if Jimmy was at the tenth Street

452

00:22:54,250 --> 00:22:59,650

Bar I would astrally project myself to

453

00:22:57,099 --> 00:23:01,750

the tenth Street floor and say find him

454

00:22:59,650 --> 00:23:04,060

drinking Manhattan's instead of that

455

00:23:01,750 --> 00:23:05,559

usual high polls and say hey Jimmy what

456

00:23:04,059 --> 00:23:07,450

do you what were you doing last night at



457  
00:23:05,559 --> 00:23:09,099  
the tenth Street bar drinking

458  
00:23:07,450 --> 00:23:13,090  
Manhattan's instead of highballs and

459  
00:23:09,099 --> 00:23:18,009  
have him basically faint there was no

460  
00:23:13,089 --> 00:23:19,929  
Jimmy though oh that's yeah that's great

461  
00:23:18,009 --> 00:23:23,200  
and I thanks for bringing up that piece

462  
00:23:19,930 --> 00:23:25,509  
about near-death experiences of having I

463  
00:23:23,200 --> 00:23:27,759  
mean they really i think go so far

464  
00:23:25,509 --> 00:23:30,640  
beyond that basic out-of-body experience

465  
00:23:27,759 --> 00:23:34,089  
and really do I mean are another level

466  
00:23:30,640 --> 00:23:37,300  
of right you're contacting heavenly you

467  
00:23:34,089 --> 00:23:38,649  
know entities ancestors there's the life

468  
00:23:37,299 --> 00:23:41,349  
review there's all these different

469  
00:23:38,650 --> 00:23:43,530  
components to the near-death that really

470  
00:23:41,349 --> 00:23:45,909  
is kind of unique to that particular

471  
00:23:43,529 --> 00:23:47,889  
experience so I think yeah I think the

472  
00:23:45,910 --> 00:23:49,810  
out-of-body experience space is huge i

473  
00:23:47,890 --> 00:23:52,090  
think that you know we it's not just all

474  
00:23:49,809 --> 00:23:53,319  
one thing and so you got to be very

475  
00:23:52,089 --> 00:23:56,709  
skeptical of someone who says well

476  
00:23:53,319 --> 00:23:58,960  
they're all dreams or right or they're

477  
00:23:56,710 --> 00:24:01,059  
all hallucinations as well i I don't

478  
00:23:58,960 --> 00:24:03,910  
think we don't really can't say about

479  
00:24:01,059 --> 00:24:06,899  
that and especially when you look at as

480  
00:24:03,910 --> 00:24:10,779  
you're saying you know telepathic

481  
00:24:06,900 --> 00:24:13,330  
information that comes to DS and and you

482  
00:24:10,779 --> 00:24:17,289  
know I've reviewed the telepathic dream

483  
00:24:13,329 --> 00:24:22,449  
research and it's compelling yeah it it

484  
00:24:17,289 --> 00:24:23,980  
is so far beyond chance and and and some

485

00:24:22,450 --> 00:24:25,840  
of these studies have been done again

486  
00:24:23,980 --> 00:24:27,759  
and again and you know Anders and

487  
00:24:25,839 --> 00:24:29,109  
there's problems with some of some of it

488  
00:24:27,759 --> 00:24:30,069  
and that's for sure and the research

489  
00:24:29,109 --> 00:24:31,419  
could be improved

490  
00:24:30,069 --> 00:24:34,000  
that's for sure but that's true with all

491  
00:24:31,420 --> 00:24:36,009  
social science research and dream

492  
00:24:34,000 --> 00:24:38,049  
telepathy research is far above the

493  
00:24:36,009 --> 00:24:40,660  
standards of what is expected for any

494  
00:24:38,049 --> 00:24:43,089  
other social science in terms of like

495  
00:24:40,660 --> 00:24:44,950  
the p-values and in the statistical

496  
00:24:43,089 --> 00:24:47,949  
right the quantifications of the data

497  
00:24:44,950 --> 00:24:51,580  
and how that data is parsed it's quite

498  
00:24:47,950 --> 00:24:53,319  
clean and so and so it's just people of

499  
00:24:51,579 --> 00:24:55,299

course are biased about looking it

500

00:24:53,319 --> 00:24:57,399

actually looking at it well you know

501

00:24:55,299 --> 00:25:01,720

they say that extraordinary claims

502

00:24:57,400 --> 00:25:04,350

require extraordinary proof so that when

503

00:25:01,720 --> 00:25:07,720

you are shaking the cage of the

504

00:25:04,349 --> 00:25:10,539

materialist reductionist model of

505

00:25:07,720 --> 00:25:12,549

science when you're shaking that cage

506

00:25:10,539 --> 00:25:15,759

you have to have somewhat extraordinary

507

00:25:12,549 --> 00:25:19,269

proof like a standard deviation higher

508

00:25:15,759 --> 00:25:22,000

than for other things right yeah it's so

509

00:25:19,269 --> 00:25:25,180

it's so true and and what I think is is

510

00:25:22,000 --> 00:25:28,480

that honestly that that's I or telepathy

511

00:25:25,180 --> 00:25:31,630

or whatever it is that's going on with

512

00:25:28,480 --> 00:25:34,960

this information I think it's a weak

513

00:25:31,630 --> 00:25:38,350

effect in general in the lab because of

514  
00:25:34,960 --> 00:25:40,480  
the way that the way that the structures

515  
00:25:38,349 --> 00:25:43,299  
the studies are structured and I think

516  
00:25:40,480 --> 00:25:45,910  
it's a much higher effect in a field in

517  
00:25:43,299 --> 00:25:49,000  
everyday life because we tend to have

518  
00:25:45,910 --> 00:25:51,220  
these experiences about people who we

519  
00:25:49,000 --> 00:25:53,380  
care about who we know well who were

520  
00:25:51,220 --> 00:25:56,259  
connected with on a heart level about

521  
00:25:53,380 --> 00:25:58,420  
issues of like life and death and

522  
00:25:56,259 --> 00:26:00,879  
wellness and that's you know if you look

523  
00:25:58,420 --> 00:26:03,430  
at the if the letters of JB line for

524  
00:26:00,880 --> 00:26:06,970  
instance that it that I'm that Mary

525  
00:26:03,430 --> 00:26:08,650  
collected over the decades you know

526  
00:26:06,970 --> 00:26:12,269  
seventy percent of the letters are

527  
00:26:08,650 --> 00:26:15,670  
telepathic dreams and most of those are

528  
00:26:12,269 --> 00:26:19,500  
about you know premonitions of someone

529  
00:26:15,670 --> 00:26:22,690  
dying or being sick I noticed in your

530  
00:26:19,500 --> 00:26:26,700  
biography that you more or less started

531  
00:26:22,690 --> 00:26:30,789  
as an archaeologist in North America

532  
00:26:26,700 --> 00:26:33,420  
pardon me go through politics well I was

533  
00:26:30,789 --> 00:26:36,700  
I was trained as a field archaeologist

534  
00:26:33,420 --> 00:26:39,670  
esta says I did cultural Resource

535  
00:26:36,700 --> 00:26:41,620  
Management for about a decade after

536  
00:26:39,670 --> 00:26:43,630  
getting my bachelor's degree in

537  
00:26:41,619 --> 00:26:45,789  
anthropology and our

538  
00:26:43,630 --> 00:26:48,670  
theology and I actually you know I

539  
00:26:45,789 --> 00:26:52,149  
worked in a lab I worked in the field

540  
00:26:48,670 --> 00:26:55,480  
all across the United States and you

541  
00:26:52,150 --> 00:26:57,120  
know I was uh I was a pottery expert for

542

00:26:55,480 --> 00:26:59,980  
a while for a very specific

543  
00:26:57,119 --> 00:27:02,619  
pre-columbian stage of pottery that

544  
00:26:59,980 --> 00:27:04,750  
nobody knows about it's one of those you

545  
00:27:02,619 --> 00:27:07,209  
know random skills I've developed over

546  
00:27:04,750 --> 00:27:09,430  
the years haha and you know it was

547  
00:27:07,210 --> 00:27:12,690  
involved with excavations and surveys

548  
00:27:09,430 --> 00:27:16,060  
and I had a wonderful time with it but I

549  
00:27:12,690 --> 00:27:18,610  
realized that that I was being called

550  
00:27:16,059 --> 00:27:20,559  
back to doing dream research I mean

551  
00:27:18,609 --> 00:27:22,329  
dream being less I called back I really

552  
00:27:20,559 --> 00:27:25,059  
mean because it has always been my

553  
00:27:22,329 --> 00:27:28,240  
number one passion growing up as a

554  
00:27:25,059 --> 00:27:29,859  
teenager and as a young adult it's just

555  
00:27:28,240 --> 00:27:31,630  
wondering if perhaps you had learned

556  
00:27:29,859 --> 00:27:36,309

something from the Native Americans

557

00:27:31,630 --> 00:27:38,800

because they they tend to be sort of

558

00:27:36,309 --> 00:27:40,839

more that way than is as ferocious said

559

00:27:38,799 --> 00:27:42,940

with modern science with reduction of

560

00:27:40,839 --> 00:27:45,939

science I mean their belief is quite

561

00:27:42,940 --> 00:27:48,850

strong there's there's some really

562

00:27:45,940 --> 00:27:52,269

wonderful yes there's some really

563

00:27:48,849 --> 00:27:55,000

wonderful contemporary Native American

564

00:27:52,269 --> 00:27:58,750

dreamers out there who are still

565

00:27:55,000 --> 00:28:01,210

practicing their arts and some of them

566

00:27:58,750 --> 00:28:03,519

are quite open to talking to everybody

567

00:28:01,210 --> 00:28:05,950

about what they do and how they do it

568

00:28:03,519 --> 00:28:08,829

and you have to remember that even like

569

00:28:05,950 --> 00:28:12,460

the dreamcatcher was essentially a gift

570

00:28:08,829 --> 00:28:15,909

for all of humanity it is not culturally



571  
00:28:12,460 --> 00:28:18,549  
appropriated it was it was a please take

572  
00:28:15,910 --> 00:28:22,180  
this and go far with it they know it

573  
00:28:18,549 --> 00:28:25,389  
came out of the plains traditions please

574  
00:28:22,180 --> 00:28:27,789  
everybody use this you know and and so I

575  
00:28:25,390 --> 00:28:30,009  
yeah there's you know a very strong I

576  
00:28:27,789 --> 00:28:33,009  
think dreaming sense that comes from the

577  
00:28:30,009 --> 00:28:35,109  
land it comes from the history and the

578  
00:28:33,009 --> 00:28:38,079  
people that are still with us here in

579  
00:28:35,109 --> 00:28:41,740  
Native American absolutely what would

580  
00:28:38,079 --> 00:28:45,059  
you feel okay about mentioning on on the

581  
00:28:41,740 --> 00:28:49,210  
air here a couple of the people that you

582  
00:28:45,059 --> 00:28:52,869  
find compelling in the Native American

583  
00:28:49,210 --> 00:28:56,860  
genre of dream research or dream tellers

584  
00:28:52,869 --> 00:28:59,379  
or explainers well sure absolutely

585  
00:28:56,859 --> 00:29:01,209  
and you know as is often the case of

586  
00:28:59,380 --> 00:29:04,299  
course it you know is involving mixed

587  
00:29:01,210 --> 00:29:06,610  
blood but one of them is appeal of

588  
00:29:04,298 --> 00:29:09,069  
Colorado who operates out of Hawaii she

589  
00:29:06,609 --> 00:29:12,548  
operates a foundation called worldwide

590  
00:29:09,069 --> 00:29:14,589  
indigenous science Network and they're

591  
00:29:12,548 --> 00:29:17,139  
involved with networking with healers

592  
00:29:14,589 --> 00:29:19,449  
and shamans around the world to help

593  
00:29:17,140 --> 00:29:22,600  
basically do grassroots environmental

594  
00:29:19,450 --> 00:29:24,429  
work one awful yeah it's a really really

595  
00:29:22,599 --> 00:29:27,069  
powerful work and she's been involved in

596  
00:29:24,429 --> 00:29:30,450  
the space and she has her own method of

597  
00:29:27,069 --> 00:29:32,649  
doing dream work that can be done

598  
00:29:30,450 --> 00:29:34,690  
cross-culturally it can even be done

599

00:29:32,650 --> 00:29:37,360  
with it with if you have a translator

600  
00:29:34,690 --> 00:29:38,950  
present it has helpful but not everybody

601  
00:29:37,359 --> 00:29:41,859  
in the room has to speak the same

602  
00:29:38,950 --> 00:29:46,390  
language and she's been developing that

603  
00:29:41,859 --> 00:29:49,000  
for a number of years and on also on the

604  
00:29:46,390 --> 00:29:55,870  
scholarly side Barbara headlock who was

605  
00:29:49,000 --> 00:30:00,220  
a professor of anthropology at suny

606  
00:29:55,869 --> 00:30:03,849  
buffalo buffalo as has written some

607  
00:30:00,220 --> 00:30:06,940  
quite a few popular books that that are

608  
00:30:03,849 --> 00:30:09,539  
about especially a most recent one is

609  
00:30:06,940 --> 00:30:13,120  
the is is the woman in the shamans body

610  
00:30:09,539 --> 00:30:16,089  
and if she basically talks about what's

611  
00:30:13,119 --> 00:30:19,029  
going on in South America in Mexico and

612  
00:30:16,089 --> 00:30:21,308  
traditions of shamanism that come

613  
00:30:19,029 --> 00:30:22,869

through women's line of descent that

614

00:30:21,308 --> 00:30:25,058  
have been ignored because most

615

00:30:22,869 --> 00:30:28,119  
anthropologists have been men and they

616

00:30:25,058 --> 00:30:31,599  
ignore women's magic name nor women's

617

00:30:28,119 --> 00:30:34,479  
power and one of these is is the Midwife

618

00:30:31,599 --> 00:30:36,418  
as shaman and the other one is is of

619

00:30:34,480 --> 00:30:40,089  
course the dream seeker the dream teller

620

00:30:36,419 --> 00:30:42,309  
and she's been just doing incredible

621

00:30:40,089 --> 00:30:45,939  
work both on the academic side of kind

622

00:30:42,308 --> 00:30:49,119  
of like filling it in in terms of the

623

00:30:45,940 --> 00:30:51,940  
you know other angles marginalized

624

00:30:49,119 --> 00:30:54,039  
voices and also on the popular side of

625

00:30:51,940 --> 00:30:56,470  
writing books like that it really did is

626

00:30:54,039 --> 00:30:59,470  
for anybody to read well I think it

627

00:30:56,470 --> 00:31:01,390  
pretty much shut down in Western society

628  
00:30:59,470 --> 00:31:03,460  
after the witch burnings I mean I think

629  
00:31:01,390 --> 00:31:05,340  
a lot of women tended to avoid that

630  
00:31:03,460 --> 00:31:09,759  
particular career

631  
00:31:05,339 --> 00:31:13,419  
did not end well Oh thousands of women

632  
00:31:09,759 --> 00:31:15,849  
killed by the Inquisition across Europe

633  
00:31:13,420 --> 00:31:19,180  
thousands of useful women who practiced

634  
00:31:15,849 --> 00:31:21,849  
herbal medicine and and on midwifery and

635  
00:31:19,180 --> 00:31:24,279  
things forgetting about any kind of

636  
00:31:21,849 --> 00:31:26,949  
magic which may have magic with a que

637  
00:31:24,279 --> 00:31:28,569  
that may have been for ya for some

638  
00:31:26,950 --> 00:31:30,759  
reason I always think that there's that

639  
00:31:28,569 --> 00:31:32,649  
underlying suspicion that women may be

640  
00:31:30,759 --> 00:31:34,059  
better at this and men make it a little

641  
00:31:32,650 --> 00:31:35,590  
bit more intuitive although I don't

642  
00:31:34,059 --> 00:31:38,139  
think that's true i think that's

643  
00:31:35,589 --> 00:31:42,159  
cultural my experience of that justjust

644  
00:31:38,140 --> 00:31:46,990  
for no other reason is that women tend

645  
00:31:42,160 --> 00:31:50,200  
to have more be more of the empath but

646  
00:31:46,990 --> 00:31:53,380  
the actual like the being able to get

647  
00:31:50,200 --> 00:31:56,350  
people's names for instance or write

648  
00:31:53,380 --> 00:31:58,720  
down a number that's pretty evenly

649  
00:31:56,349 --> 00:32:01,419  
distributed between men and women and

650  
00:31:58,720 --> 00:32:04,120  
when we think about Ingo Swann who was

651  
00:32:01,420 --> 00:32:08,130  
the only remote viewer who could

652  
00:32:04,119 --> 00:32:12,899  
actually view numbers on that were

653  
00:32:08,130 --> 00:32:19,770  
hidden away from his possible viewpoint

654  
00:32:12,900 --> 00:32:23,050  
and he of K of course was a man so Ryan

655  
00:32:19,769 --> 00:32:27,129  
right now if I'm not mistaken you are

656

00:32:23,049 --> 00:32:30,159  
involved with teaching an online lucid

657  
00:32:27,130 --> 00:32:31,500  
dreaming course that's true yeah i'm

658  
00:32:30,160 --> 00:32:34,240  
teaching i'm teaching online

659  
00:32:31,500 --> 00:32:38,769  
independently now my class is called

660  
00:32:34,240 --> 00:32:42,099  
lucid ignition and as if it's one month

661  
00:32:38,769 --> 00:32:45,099  
process all online where i do live

662  
00:32:42,099 --> 00:32:48,039  
webinars and we have a dedicated form

663  
00:32:45,099 --> 00:32:52,059  
and whatnot and i basically teach people

664  
00:32:48,039 --> 00:32:55,119  
how to do lucid dreaming in a way that's

665  
00:32:52,059 --> 00:32:58,359  
sustainable in a way that you know

666  
00:32:55,119 --> 00:33:02,619  
basically forming a secure container in

667  
00:32:58,359 --> 00:33:06,099  
in a mindful way doing practices of the

668  
00:33:02,619 --> 00:33:08,469  
mind but also of the heart in and you

669  
00:33:06,099 --> 00:33:10,689  
know physical practices all that sort of

670  
00:33:08,470 --> 00:33:13,539

what supports this idea of Greater

671

00:33:10,690 --> 00:33:15,940

consciousness in your dreams and in the

672

00:33:13,539 --> 00:33:17,409

waking state it's been a blast I run

673

00:33:15,940 --> 00:33:21,750

this course now twice

674

00:33:17,410 --> 00:33:24,580

and I just am really in really enjoying

675

00:33:21,750 --> 00:33:26,829

how how online education is becoming

676

00:33:24,579 --> 00:33:29,889

support is getting so good basically

677

00:33:26,829 --> 00:33:32,349

yeah the technology makes it so you can

678

00:33:29,890 --> 00:33:35,470

really just you know being yourself into

679

00:33:32,349 --> 00:33:37,719

people's homes and and teach them

680

00:33:35,470 --> 00:33:40,539

something and it has live discourse

681

00:33:37,720 --> 00:33:45,430

about it and it's it's fantastic it's

682

00:33:40,539 --> 00:33:48,220

almost like sleep body experiences well

683

00:33:45,430 --> 00:33:50,590

yes Ryan will come in who you're yet so

684

00:33:48,220 --> 00:33:54,450

you're a living Rosen right on your iPad



685  
00:33:50,589 --> 00:33:57,029  
and you can look at him and he can live

686  
00:33:54,450 --> 00:33:59,319  
true we don't even need to project

687  
00:33:57,029 --> 00:34:01,960  
astrally we all have done for us

688  
00:33:59,319 --> 00:34:06,909  
electronically but what we don't want to

689  
00:34:01,960 --> 00:34:11,740  
do is lose those wonderful gifts that we

690  
00:34:06,910 --> 00:34:15,010  
have to recognition and and astral

691  
00:34:11,739 --> 00:34:17,439  
projection and so forth and so on so the

692  
00:34:15,010 --> 00:34:19,960  
if person who is listening to our

693  
00:34:17,440 --> 00:34:21,909  
podcast over the next couple of years

694  
00:34:19,960 --> 00:34:25,809  
and we'll be up you know for as long as

695  
00:34:21,909 --> 00:34:29,019  
we're able to keep it up what would you

696  
00:34:25,809 --> 00:34:30,730  
say to a person who wanted to be able to

697  
00:34:29,019 --> 00:34:32,380  
remember their dreams a little bit

698  
00:34:30,730 --> 00:34:35,340  
better that seems like a very basic

699

00:34:32,380 --> 00:34:38,470  
thing even I you know have to sort of

700

00:34:35,340 --> 00:34:41,260  
program myself before i go to sleep to

701

00:34:38,469 --> 00:34:44,230  
say remember your dream you're going to

702

00:34:41,260 --> 00:34:45,790  
dream tonight a wonderful dream remember

703

00:34:44,230 --> 00:34:47,710  
that dream and the first thing in the

704

00:34:45,789 --> 00:34:51,009  
morning you are going to write it down

705

00:34:47,710 --> 00:34:52,389  
in your little notebook that's great I

706

00:34:51,010 --> 00:34:54,669  
actually I couldn't set it I couldn't

707

00:34:52,389 --> 00:34:57,239  
have said it better myself it it really

708

00:34:54,668 --> 00:35:00,519  
is about setting an intention to

709

00:34:57,239 --> 00:35:02,559  
remember more dreams and thence I have

710

00:35:00,519 --> 00:35:04,360  
you know something at hand right and

711

00:35:02,559 --> 00:35:06,519  
have your journal a lot of people use

712

00:35:04,360 --> 00:35:09,370  
apps these days on their smartphones or

713

00:35:06,519 --> 00:35:12,880  
tablets and whatnot and you can even use

714  
00:35:09,369 --> 00:35:14,679  
voice recorder apps these days whatever

715  
00:35:12,880 --> 00:35:17,410  
works you know the point is is to get

716  
00:35:14,679 --> 00:35:20,619  
the dream out into the world pretty much

717  
00:35:17,409 --> 00:35:23,559  
as soon as you can because they go so

718  
00:35:20,619 --> 00:35:26,829  
quickly we really lose so much of a

719  
00:35:23,559 --> 00:35:29,500  
dream within 10 or 15 minutes after it

720  
00:35:26,829 --> 00:35:30,710  
happens in general you know some people

721  
00:35:29,500 --> 00:35:32,739  
have have

722  
00:35:30,710 --> 00:35:35,420  
learned how to have better recall but

723  
00:35:32,739 --> 00:35:39,319  
for beginners that that's the number one

724  
00:35:35,420 --> 00:35:41,659  
thing and of course does the logistical

725  
00:35:39,320 --> 00:35:44,450  
nightmare of this if i can say it that

726  
00:35:41,659 --> 00:35:48,049  
way is that so many of us wake up by an

727  
00:35:44,449 --> 00:35:49,789

alarm it were jolted awake and we have

728

00:35:48,050 --> 00:35:52,369

to get to work and kind of you know get

729

00:35:49,789 --> 00:35:55,400

into our day and the dreams evaporate

730

00:35:52,369 --> 00:35:58,550

and they're just gone and so one of

731

00:35:55,400 --> 00:36:02,059

trick that I really enjoy doing that I

732

00:35:58,550 --> 00:36:04,940

have done myself is I basically have my

733

00:36:02,059 --> 00:36:08,210

alarm set for I so I have basically 10

734

00:36:04,940 --> 00:36:10,338

extra buffer minutes you know in the

735

00:36:08,210 --> 00:36:13,550

scene and when the alarm goes off the

736

00:36:10,338 --> 00:36:15,980

first time I go to tap it off and then I

737

00:36:13,550 --> 00:36:18,890

moved back into position that I was

738

00:36:15,980 --> 00:36:23,179

sleeping before I was disturbed and then

739

00:36:18,889 --> 00:36:25,368

from there I start actively remembering

740

00:36:23,179 --> 00:36:29,269

my dreams and for some reason when

741

00:36:25,369 --> 00:36:31,849

you're in that body position you have an

742  
00:36:29,269 --> 00:36:33,108  
easier time worth of a call and of

743  
00:36:31,849 --> 00:36:36,440  
course you might actually slip back into

744  
00:36:33,108 --> 00:36:37,670  
a dream if you're a light sleeper you

745  
00:36:36,440 --> 00:36:40,099  
know and you might have another nine

746  
00:36:37,670 --> 00:36:42,889  
minutes there before the alarm goes off

747  
00:36:40,099 --> 00:36:45,140  
again but it's a great time to sort of

748  
00:36:42,889 --> 00:36:47,900  
ease yourself into the waking world

749  
00:36:45,139 --> 00:36:49,670  
rather than quickly jumping you know

750  
00:36:47,900 --> 00:36:52,820  
into the tasks that you have in front of

751  
00:36:49,670 --> 00:36:55,400  
you and that my practice alone can

752  
00:36:52,820 --> 00:36:58,338  
really just bring all kinds of dreams

753  
00:36:55,400 --> 00:36:59,510  
back and and soon you'll you'll have a

754  
00:36:58,338 --> 00:37:01,608  
different problem you'll have the

755  
00:36:59,510 --> 00:37:03,589  
problem of I have too many dreams to

756  
00:37:01,608 --> 00:37:06,289  
write down I'll never I'll never get on

757  
00:37:03,588 --> 00:37:08,809  
with my life if I said all day writing

758  
00:37:06,289 --> 00:37:11,059  
down and I've been there you know and

759  
00:37:08,809 --> 00:37:12,739  
that's the other point where you have to

760  
00:37:11,059 --> 00:37:15,829  
start drawing lines and say okay well

761  
00:37:12,739 --> 00:37:17,719  
maybe this narrative about being in my

762  
00:37:15,829 --> 00:37:20,449  
high school cafeteria I can just let

763  
00:37:17,719 --> 00:37:23,838  
that way to go because I dream it you

764  
00:37:20,449 --> 00:37:25,939  
know four times a week or whatever so

765  
00:37:23,838 --> 00:37:28,099  
what do you say about recurrent dreams

766  
00:37:25,940 --> 00:37:32,329  
what um do you have a particular

767  
00:37:28,099 --> 00:37:34,849  
protocol that you think about when you

768  
00:37:32,329 --> 00:37:38,119  
hear say somebody has a recurrent dream

769  
00:37:34,849 --> 00:37:40,130  
to determine whether it's an important

770

00:37:38,119 --> 00:37:42,800  
message that's being impressed upon

771  
00:37:40,130 --> 00:37:43,610  
their psyche or if it's just garbage of

772  
00:37:42,800 --> 00:37:45,380  
the day

773  
00:37:43,610 --> 00:37:47,150  
okay that's a great question because

774  
00:37:45,380 --> 00:37:49,309  
they recurrent dreams where they come in

775  
00:37:47,150 --> 00:37:51,650  
a few different stripes it seems to me

776  
00:37:49,309 --> 00:37:55,849  
and and some of them are just

777  
00:37:51,650 --> 00:37:58,460  
essentially like core almost like core

778  
00:37:55,849 --> 00:38:01,639  
narratives or metaphors places that we

779  
00:37:58,460 --> 00:38:05,119  
go places that we inhabit that in our

780  
00:38:01,639 --> 00:38:07,210  
dream life you know the hallways and the

781  
00:38:05,119 --> 00:38:11,420  
landscapes of where you went to college

782  
00:38:07,210 --> 00:38:14,059  
or high school your childhood home right

783  
00:38:11,420 --> 00:38:16,760  
you know essentially a lot of dream

784  
00:38:14,059 --> 00:38:19,369

landscapes tend to be from the first

785

00:38:16,760 --> 00:38:23,600

half of life your first 25 years more or

786

00:38:19,369 --> 00:38:25,239

less and a very intense time of life and

787

00:38:23,599 --> 00:38:28,339

there's lots of learning going on there

788

00:38:25,239 --> 00:38:31,250

and so and so just because you have a

789

00:38:28,340 --> 00:38:33,200

repetitive dream about for instance the

790

00:38:31,250 --> 00:38:35,380

high school cafeteria doesn't

791

00:38:33,199 --> 00:38:39,379

necessarily mean that something is

792

00:38:35,380 --> 00:38:41,900

impactful there necessarily but you can

793

00:38:39,380 --> 00:38:44,570

take that anchor and anchor that to an

794

00:38:41,900 --> 00:38:47,510

intention to to have a lucid dream to

795

00:38:44,570 --> 00:38:50,210

wake up in your dream by teaching

796

00:38:47,510 --> 00:38:52,520

yourself when I find myself in the

797

00:38:50,210 --> 00:38:54,349

cafeteria I'm going to do a reality

798

00:38:52,519 --> 00:38:57,199

check I'm going to see if I'm dreaming



799

00:38:54,349 --> 00:39:00,469  
or not and that for me has has

800

00:38:57,199 --> 00:39:01,849  
definitely caused caused lucid dreams

801

00:39:00,469 --> 00:39:04,699  
but there's other kinds of repetitive

802

00:39:01,849 --> 00:39:07,670  
dreams too and some of them I think can

803

00:39:04,699 --> 00:39:10,250  
be very important to listen to because

804

00:39:07,670 --> 00:39:14,809  
they're can contain for instance body

805

00:39:10,250 --> 00:39:17,000  
messages basically and the way I see it

806

00:39:14,809 --> 00:39:18,889  
it's not so much that the body is trying

807

00:39:17,000 --> 00:39:22,010  
to send a message to you but rather the

808

00:39:18,889 --> 00:39:24,500  
body is expressing itself right it's you

809

00:39:22,010 --> 00:39:26,210  
know and it's coming through the nervous

810

00:39:24,500 --> 00:39:29,030  
system and it's being made into

811

00:39:26,210 --> 00:39:32,179  
emotional and visual metaphors we can

812

00:39:29,030 --> 00:39:36,230  
pick up on them and and there's for

813

00:39:32,179 --> 00:39:39,230

instance some fascinating and timely

814

00:39:36,230 --> 00:39:42,559

research being done by an MD named Larry

815

00:39:39,230 --> 00:39:44,920

Burke who has been working with women

816

00:39:42,559 --> 00:39:47,989

who have discovered their breast cancer

817

00:39:44,920 --> 00:39:50,960

through warning dreams and he's

818

00:39:47,989 --> 00:39:53,149

collected hundreds of these dreams in

819

00:39:50,960 --> 00:39:54,590

which women had you know they would have

820

00:39:53,150 --> 00:39:57,380

a dream for instance of looking in the

821

00:39:54,590 --> 00:39:59,950

mirror and seeing a spider

822

00:39:57,380 --> 00:40:02,720

on their chest or a dark spot or mushy

823

00:39:59,949 --> 00:40:06,889

skin or you know especially these

824

00:40:02,719 --> 00:40:09,230

personalized metaphors of ill ease and

825

00:40:06,889 --> 00:40:12,199

then in waking life they followed up on

826

00:40:09,230 --> 00:40:14,659

it and went in you know had a breast

827

00:40:12,199 --> 00:40:18,079  
exam and what have you and indeed

828  
00:40:14,659 --> 00:40:20,210  
discovered discover cancer and he's

829  
00:40:18,079 --> 00:40:24,319  
written this up in a couple of journals

830  
00:40:20,210 --> 00:40:26,599  
and he's been really trying to get this

831  
00:40:24,320 --> 00:40:29,059  
message out because I think that this is

832  
00:40:26,599 --> 00:40:32,199  
just the tip of the iceberg I think that

833  
00:40:29,059 --> 00:40:35,210  
we get a lot of early warning health

834  
00:40:32,199 --> 00:40:36,699  
messages through our body and dreams and

835  
00:40:35,210 --> 00:40:40,340  
they come through these repetitive

836  
00:40:36,699 --> 00:40:43,579  
messages and in these rooms can be quite

837  
00:40:40,340 --> 00:40:46,809  
short and they can involve you know they

838  
00:40:43,579 --> 00:40:50,389  
can involve things like like a vampire

839  
00:40:46,809 --> 00:40:53,179  
biting your throat you know and it could

840  
00:40:50,389 --> 00:40:55,039  
turn out to be a thyroid issue they can

841  
00:40:53,179 --> 00:40:58,489

be quite metaphorical and sometimes it

842

00:40:55,039 --> 00:41:01,400

can be absolutely dead on transparent

843

00:40:58,489 --> 00:41:03,079

about them and so I say if you have a

844

00:41:01,400 --> 00:41:04,970

repetitive dream about something that

845

00:41:03,079 --> 00:41:07,369

you know you have an intuition about

846

00:41:04,969 --> 00:41:10,369

being health related just go ahead and

847

00:41:07,369 --> 00:41:12,679

check it out I mean you know definitely

848

00:41:10,369 --> 00:41:15,079

you've got more to lose than then then

849

00:41:12,679 --> 00:41:16,039

then it's the awkward conversation

850

00:41:15,079 --> 00:41:18,500

you're going to have with your doctor

851

00:41:16,039 --> 00:41:21,259

you know what I mean yes indeed that's

852

00:41:18,500 --> 00:41:22,610

right yeah and then finally did you know

853

00:41:21,260 --> 00:41:24,200

the other thing about repetitive dreams

854

00:41:22,610 --> 00:41:27,170

to some people of course we're all

855

00:41:24,199 --> 00:41:30,949

working through as we go we have this

856  
00:41:27,170 --> 00:41:33,829  
core personal narrative that that we

857  
00:41:30,949 --> 00:41:36,199  
developed as kids that helped us survive

858  
00:41:33,829 --> 00:41:38,719  
it helped us make sense of the world and

859  
00:41:36,199 --> 00:41:41,480  
as we grow and take on roles new

860  
00:41:38,719 --> 00:41:42,980  
responsibilities those those role you

861  
00:41:41,480 --> 00:41:45,829  
know the metaphor changes we've run into

862  
00:41:42,980 --> 00:41:47,329  
issues with our myths we might have

863  
00:41:45,829 --> 00:41:50,389  
repetitive dreams that show us where

864  
00:41:47,329 --> 00:41:53,449  
we're ways of thinking or what behaviors

865  
00:41:50,389 --> 00:41:55,909  
that no longer serve us and you know

866  
00:41:53,449 --> 00:41:57,589  
could be addictive patterns it could

867  
00:41:55,909 --> 00:41:59,989  
just be the way that we you know could

868  
00:41:57,590 --> 00:42:01,039  
be interpersonal of nature you know

869  
00:41:59,989 --> 00:42:03,259  
there's a hundred different ways that

870  
00:42:01,039 --> 00:42:05,329  
this could go but repetitive dream is

871  
00:42:03,260 --> 00:42:07,280  
that kind of point towards something

872  
00:42:05,329 --> 00:42:10,690  
that needs healing in a psychological

873  
00:42:07,280 --> 00:42:10,690  
sense or in a mythological sense

874  
00:42:10,769 --> 00:42:17,840  
where where do you come down on of the

875  
00:42:14,250 --> 00:42:22,230  
use of sleep aids I'm not talking about

876  
00:42:17,840 --> 00:42:24,450  
narcotics I'm talking about something

877  
00:42:22,230 --> 00:42:27,269  
that is sold over the counter in the

878  
00:42:24,449 --> 00:42:31,500  
United States or you can send a way for

879  
00:42:27,269 --> 00:42:35,070  
it which is a police and amino acid and

880  
00:42:31,500 --> 00:42:36,539  
it helps it helps to dream or to

881  
00:42:35,070 --> 00:42:38,670  
remember dreams do you know what I'm

882  
00:42:36,539 --> 00:42:40,980  
speaking out by oh there's a few things

883  
00:42:38,670 --> 00:42:44,670  
well there's sleep aids and then there's

884

00:42:40,980 --> 00:42:46,500  
dreaming dream aids and there's um those

885  
00:42:44,670 --> 00:42:50,220  
are definitely two different markets you

886  
00:42:46,500 --> 00:42:53,539  
know and in blanket statement for both

887  
00:42:50,219 --> 00:42:57,119  
of them is they can be very effective

888  
00:42:53,539 --> 00:42:58,860  
but use them in the short term right not

889  
00:42:57,119 --> 00:43:00,750  
a long term I mean that's just with

890  
00:42:58,860 --> 00:43:02,700  
everything the dream aid that I'm

891  
00:43:00,750 --> 00:43:04,829  
thinking of its recommended by most

892  
00:43:02,699 --> 00:43:09,179  
people that you use it three or four

893  
00:43:04,829 --> 00:43:11,279  
days in a row once a month and it's an

894  
00:43:09,179 --> 00:43:14,299  
amino acid I believe do you know what

895  
00:43:11,280 --> 00:43:18,090  
I'm speaking of her might be coleen

896  
00:43:14,300 --> 00:43:20,880  
coleen is a very common amino acid isn't

897  
00:43:18,090 --> 00:43:26,550  
it that yes it's often paired with B

898  
00:43:20,880 --> 00:43:30,000

vitamins you're a b6 b12 right and they

899

00:43:26,550 --> 00:43:32,130

creates an effect of vivid dreams now

900

00:43:30,000 --> 00:43:34,460

the thing about choline is is that for

901

00:43:32,130 --> 00:43:39,269

some people it keeps them awake I see

902

00:43:34,460 --> 00:43:41,429

and in fact we'd know it increases awake

903

00:43:39,269 --> 00:43:43,070

enhance and so it's not and it's often

904

00:43:41,429 --> 00:43:45,299

also paired with galanthamine

905

00:43:43,070 --> 00:43:47,670

galanthamine that's the one that ah

906

00:43:45,300 --> 00:43:49,830

thinking of yes yeah well as it turns

907

00:43:47,670 --> 00:43:53,430

out I just finished studying some

908

00:43:49,829 --> 00:43:54,960

research on galanthamine with a couple

909

00:43:53,429 --> 00:43:58,349

of colleagues of mine at the University

910

00:43:54,960 --> 00:43:59,909

of Texas and we've got an article coming

911

00:43:58,349 --> 00:44:02,099

out very soon in the international

912

00:43:59,909 --> 00:44:03,569

journal of dream research on a glance



913  
00:44:02,099 --> 00:44:05,909  
and meaning it wasn't a clinical study

914  
00:44:03,570 --> 00:44:08,220  
we're hoping maybe to do that next it

915  
00:44:05,909 --> 00:44:10,829  
was retrospective and we basically we

916  
00:44:08,219 --> 00:44:14,099  
asked twenty dreamers who have often

917  
00:44:10,829 --> 00:44:16,619  
used galanthamine as a supplement for

918  
00:44:14,099 --> 00:44:19,829  
vivid dreams and for lucid dreams we

919  
00:44:16,619 --> 00:44:24,299  
asked them how in what ways does using

920  
00:44:19,829 --> 00:44:26,250  
galantamine change their dreams you know

921  
00:44:24,300 --> 00:44:29,100  
actually affect you know the dream

922  
00:44:26,250 --> 00:44:31,639  
content and how you feel in the room and

923  
00:44:29,099 --> 00:44:34,739  
we got some very interesting results

924  
00:44:31,639 --> 00:44:37,379  
that that kind of gave us some further

925  
00:44:34,739 --> 00:44:39,659  
direction and and well you know it's

926  
00:44:37,380 --> 00:44:41,940  
known for inducing lucid dreams for you

927  
00:44:39,659 --> 00:44:46,289  
know and that's because galanthamine is

928  
00:44:41,940 --> 00:44:49,019  
a is a memory enhancer I mean it's used

929  
00:44:46,289 --> 00:44:51,239  
for in mild cases of Alzheimer's it's

930  
00:44:49,019 --> 00:44:53,340  
it's it doesn't of course cure

931  
00:44:51,239 --> 00:44:55,979  
Alzheimer's disease but it improves

932  
00:44:53,340 --> 00:44:57,510  
memory function in the mild to moderate

933  
00:44:55,980 --> 00:44:59,369  
stages of Alzheimer's disease it

934  
00:44:57,510 --> 00:45:02,010  
basically gives people a little bit more

935  
00:44:59,369 --> 00:45:04,980  
time before the final stages of

936  
00:45:02,010 --> 00:45:06,480  
degradation begin their human brain and

937  
00:45:04,980 --> 00:45:07,889  
so people have been using galanthamine

938  
00:45:06,480 --> 00:45:10,769  
as a supplement which in the United

939  
00:45:07,889 --> 00:45:13,259  
States you can get on Amazon right all

940  
00:45:10,769 --> 00:45:15,119  
right now in the UK you can't it's

941

00:45:13,260 --> 00:45:18,390  
prescription or in Germany can you get

942  
00:45:15,119 --> 00:45:21,089  
it I i know that's perfect yeah okay so

943  
00:45:18,389 --> 00:45:23,879  
yeah so Europe UK is it's a different

944  
00:45:21,090 --> 00:45:26,190  
story I in s nited states you know you

945  
00:45:23,880 --> 00:45:28,619  
just swipe your card and you get it and

946  
00:45:26,190 --> 00:45:32,280  
you know it seems to be quite safe it

947  
00:45:28,619 --> 00:45:34,529  
has it has some mild effects some people

948  
00:45:32,280 --> 00:45:37,280  
have gastrointestinal issues with it

949  
00:45:34,530 --> 00:45:40,500  
some people it just gives them insomnia

950  
00:45:37,280 --> 00:45:44,490  
if taken up a wrong time it can actually

951  
00:45:40,500 --> 00:45:46,739  
induce sleep paralysis in the mill in

952  
00:45:44,489 --> 00:45:49,709  
the beginning of the night and that's

953  
00:45:46,739 --> 00:45:51,719  
happened to me before really right yeah

954  
00:45:49,710 --> 00:45:55,320  
and so what the lucid dreamers do is

955  
00:45:51,719 --> 00:45:57,059

they take they set an alarm and day for

956

00:45:55,320 --> 00:45:58,769

the middle of the night basically and so

957

00:45:57,059 --> 00:46:00,599

they get most of their deep sleep you

958

00:45:58,769 --> 00:46:03,750

know all that restorative sleep out of

959

00:46:00,599 --> 00:46:06,119

the way and then wake up around say four

960

00:46:03,750 --> 00:46:09,869

in the morning take the lanta mean in a

961

00:46:06,119 --> 00:46:11,730

pill usually four milligrams four to

962

00:46:09,869 --> 00:46:14,519

eight milligrams is pretty typical and

963

00:46:11,730 --> 00:46:17,039

then they go back to sleep and at that

964

00:46:14,519 --> 00:46:19,800

point you have longer a longer bouts of

965

00:46:17,039 --> 00:46:21,300

ram the galanthamine kicks in at the

966

00:46:19,800 --> 00:46:23,430

right time and because you'll answer me

967

00:46:21,300 --> 00:46:26,280

at that time it will strengthen your REM

968

00:46:23,429 --> 00:46:28,589

cycles and it'll give you vivid dreams

969

00:46:26,280 --> 00:46:31,170

and basically that vividness and the

970  
00:46:28,590 --> 00:46:34,500  
strengthening of rim is just a perfect

971  
00:46:31,170 --> 00:46:36,840  
you know envelope for going lucid Wow

972  
00:46:34,500 --> 00:46:38,039  
yeah so that so it's it's been known in

973  
00:46:36,840 --> 00:46:39,809  
text even laberge you

974  
00:46:38,039 --> 00:46:43,050  
is one of the you know the Stanford

975  
00:46:39,809 --> 00:46:45,360  
scientist who did all this work on lucid

976  
00:46:43,050 --> 00:46:48,060  
dreaming he has done also a lot of work

977  
00:46:45,360 --> 00:46:50,900  
on galanthamine sadly most of it is

978  
00:46:48,059 --> 00:46:53,130  
unpublished he has just been collecting

979  
00:46:50,900 --> 00:46:56,460  
clinical data but he hasn't published

980  
00:46:53,130 --> 00:46:58,380  
any of it in a peer-reviewed yet so what

981  
00:46:56,460 --> 00:47:00,269  
we did with our study was well we can't

982  
00:46:58,380 --> 00:47:02,579  
prove or we can't get the clinical you

983  
00:47:00,269 --> 00:47:05,340  
couldn't get the you know the study

984  
00:47:02,579 --> 00:47:07,349  
rights to work with humans yet and so we

985  
00:47:05,340 --> 00:47:09,059  
basically did this retrospective and

986  
00:47:07,349 --> 00:47:10,739  
what we found was was interesting what

987  
00:47:09,059 --> 00:47:15,029  
we found is that people are claiming

988  
00:47:10,739 --> 00:47:18,889  
that that galanthamine makes her dreams

989  
00:47:15,030 --> 00:47:22,019  
longer it makes them more vivid but also

990  
00:47:18,889 --> 00:47:24,809  
there's less fear and negative emotions

991  
00:47:22,019 --> 00:47:27,989  
in lucid dreams that are preceded by

992  
00:47:24,809 --> 00:47:31,259  
galanthamine there's interest yeah it's

993  
00:47:27,989 --> 00:47:35,369  
a feeling of that to put more protected

994  
00:47:31,260 --> 00:47:36,600  
somehow and we also we asked about hate

995  
00:47:35,369 --> 00:47:38,219  
is it induced sleep paralysis and

996  
00:47:36,599 --> 00:47:41,130  
actually we didn't get a lot of feedback

997  
00:47:38,219 --> 00:47:43,319  
from that people or say no it really

998

00:47:41,130 --> 00:47:44,940  
doesn't so what we believe what this

999  
00:47:43,320 --> 00:47:48,720  
really does is it shows that there's a

1000  
00:47:44,940 --> 00:47:50,610  
culture of galanthamine use and weary

1001  
00:47:48,719 --> 00:47:52,079  
that's really what we investigated is

1002  
00:47:50,610 --> 00:47:54,420  
this is what people are saying about

1003  
00:47:52,079 --> 00:47:57,090  
their dreams galantamine and so the next

1004  
00:47:54,420 --> 00:48:00,240  
step is to actually do some double blind

1005  
00:47:57,090 --> 00:48:02,100  
placebo work to see you know in looking

1006  
00:48:00,239 --> 00:48:04,529  
at the dream reports and seeing how the

1007  
00:48:02,099 --> 00:48:07,409  
dream reports you know actually very

1008  
00:48:04,530 --> 00:48:09,420  
when they take the substance I think the

1009  
00:48:07,409 --> 00:48:12,119  
placebo will be very interesting and I

1010  
00:48:09,420 --> 00:48:15,059  
think that power of suggestion is very

1011  
00:48:12,119 --> 00:48:17,730  
strong I've taken galanthamine on

1012  
00:48:15,059 --> 00:48:19,289

occasion and um I didn't know that you

1013

00:48:17,730 --> 00:48:21,329

were supposed to take it during the

1014

00:48:19,289 --> 00:48:25,019

middle of the night so I took it before

1015

00:48:21,329 --> 00:48:27,389

I went to bed didn't have a I do have

1016

00:48:25,019 --> 00:48:30,150

sleep paralysis in my life which can be

1017

00:48:27,389 --> 00:48:31,710

totally terrifying but with the

1018

00:48:30,150 --> 00:48:33,599

galantamine i did not get sleep

1019

00:48:31,710 --> 00:48:36,269

paralysis even though i took it at the

1020

00:48:33,599 --> 00:48:39,210

beginning of the night good was but it

1021

00:48:36,269 --> 00:48:41,820

usually took till the second night for

1022

00:48:39,210 --> 00:48:44,220

it to kick in in other words the first

1023

00:48:41,820 --> 00:48:46,320

night I took it I might have some kind

1024

00:48:44,219 --> 00:48:48,899

of a dream or not remember any dream at

1025

00:48:46,320 --> 00:48:51,690

all but by the second night I took it i

1026

00:48:48,900 --> 00:48:55,170

was i was doing well with it and then



1027  
00:48:51,690 --> 00:48:57,269  
I would take it two to three times so at

1028  
00:48:55,170 --> 00:49:00,510  
maximum four times in the month because

1029  
00:48:57,269 --> 00:49:03,599  
that's what I was told was a safe and

1030  
00:49:00,510 --> 00:49:07,260  
usable and generally by the second night

1031  
00:49:03,599 --> 00:49:10,530  
I was having memorable dreams memorable

1032  
00:49:07,260 --> 00:49:12,869  
dreams if not if not lucid some of them

1033  
00:49:10,530 --> 00:49:15,060  
lucid now what what do you say to know

1034  
00:49:12,869 --> 00:49:19,470  
that you're having a lucid dream do you

1035  
00:49:15,059 --> 00:49:22,559  
go by the usual the usual looking at the

1036  
00:49:19,469 --> 00:49:25,559  
hands becoming aware of your your hands

1037  
00:49:22,559 --> 00:49:27,690  
Oh enter in terms of activities to do

1038  
00:49:25,559 --> 00:49:29,699  
during the day know that you would know

1039  
00:49:27,690 --> 00:49:32,429  
that your lucidly dreaming during the

1040  
00:49:29,699 --> 00:49:36,980  
night I start to do a reality check well

1041  
00:49:32,429 --> 00:49:41,250  
I have two favorites one is is that I'll

1042  
00:49:36,980 --> 00:49:43,619  
look at text and all for instance the

1043  
00:49:41,250 --> 00:49:45,300  
spine of a book or something written

1044  
00:49:43,619 --> 00:49:47,400  
down something that's more than a word

1045  
00:49:45,300 --> 00:49:50,789  
something that is at least a phrase and

1046  
00:49:47,400 --> 00:49:52,079  
then i'll look away for a moment and try

1047  
00:49:50,789 --> 00:49:54,509  
to think of something else completely

1048  
00:49:52,079 --> 00:49:57,180  
and get it out of my head and then i'll

1049  
00:49:54,510 --> 00:50:00,540  
look back at you know at the text in

1050  
00:49:57,179 --> 00:50:01,980  
dreams it generally has shifted haha in

1051  
00:50:00,539 --> 00:50:07,409  
dreams and you know in waking life

1052  
00:50:01,980 --> 00:50:10,500  
generally doesn't we may be living in

1053  
00:50:07,409 --> 00:50:13,549  
different worlds now I'm kidding another

1054  
00:50:10,500 --> 00:50:19,170  
one that's that's wonderful to try and

1055

00:50:13,550 --> 00:50:23,519  
is to is to clamp your nose closed with

1056  
00:50:19,170 --> 00:50:24,990  
your fingers and then try to breathe in

1057  
00:50:23,519 --> 00:50:27,150  
a dream you're just going to continue

1058  
00:50:24,989 --> 00:50:29,039  
breathing because it's your dream hand

1059  
00:50:27,150 --> 00:50:31,740  
that's touching your dream knows you

1060  
00:50:29,039 --> 00:50:34,849  
know you know and so the breathing

1061  
00:50:31,739 --> 00:50:38,368  
continues and so that's a that's kind of

1062  
00:50:34,849 --> 00:50:40,109  
basically foolproof you know there's a

1063  
00:50:38,369 --> 00:50:42,119  
lot more of other ones but those are the

1064  
00:50:40,108 --> 00:50:44,219  
ones that I find a most reliable for me

1065  
00:50:42,119 --> 00:50:46,950  
and of course it's important to do them

1066  
00:50:44,219 --> 00:50:49,769  
in the day too because you want to do a

1067  
00:50:46,949 --> 00:50:52,439  
repetitive habit make it you're making a

1068  
00:50:49,769 --> 00:50:55,710  
cognitive habit and you want that habit

1069  
00:50:52,440 --> 00:50:58,050

to naturally occur while you're dreaming

1070

00:50:55,710 --> 00:50:59,760

and you see how to take it seriously in

1071

00:50:58,050 --> 00:51:01,680

in your waking life you have to actually

1072

00:50:59,760 --> 00:51:04,560

do the reality check and you have to

1073

00:51:01,679 --> 00:51:04,889

actually question is this a dream and

1074

00:51:04,559 --> 00:51:08,579

that

1075

00:51:04,889 --> 00:51:10,920

the hard part on all these courses that

1076

00:51:08,579 --> 00:51:12,989

you've given do people report that their

1077

00:51:10,920 --> 00:51:15,180

lives have been improved or that there's

1078

00:51:12,989 --> 00:51:17,429

something good that's come out of them

1079

00:51:15,179 --> 00:51:19,739

well I've only been teaching this

1080

00:51:17,429 --> 00:51:22,980

particular course for three months now

1081

00:51:19,739 --> 00:51:25,889

oh and and so far I've gotten great

1082

00:51:22,980 --> 00:51:27,449

responses people are definitely yeah you

1083

00:51:25,889 --> 00:51:29,639

know people are having lucid dreams in

1084  
00:51:27,449 --> 00:51:30,899  
the course their content there you know

1085  
00:51:29,639 --> 00:51:32,369  
and they're having lucid dreams after

1086  
00:51:30,900 --> 00:51:34,680  
the course and that's really what the

1087  
00:51:32,369 --> 00:51:38,609  
course is about is about teaching them

1088  
00:51:34,679 --> 00:51:40,679  
the methods to do it and how to go about

1089  
00:51:38,610 --> 00:51:42,480  
and continuously learning and

1090  
00:51:40,679 --> 00:51:44,369  
continuously trying new things so you

1091  
00:51:42,480 --> 00:51:46,679  
can find out what works for you the best

1092  
00:51:44,369 --> 00:51:50,519  
because the truth is is that lucid

1093  
00:51:46,679 --> 00:51:53,609  
dreaming education is not been very

1094  
00:51:50,519 --> 00:51:55,619  
effective we can teach people how to

1095  
00:51:53,610 --> 00:51:58,530  
lucid dream we know it's learnable I

1096  
00:51:55,619 --> 00:52:00,029  
mean Stephen LaBerge has shown that but

1097  
00:51:58,530 --> 00:52:05,670  
there's all kinds of motivational issues

1098  
00:52:00,030 --> 00:52:07,080  
and in myths basically and in so the

1099  
00:52:05,670 --> 00:52:09,480  
weight you got to make it work for your

1100  
00:52:07,079 --> 00:52:11,759  
own life and that's what I'm basically

1101  
00:52:09,480 --> 00:52:14,460  
teaching people it's how to sustainably

1102  
00:52:11,760 --> 00:52:15,900  
go lucid and think of it as a lifetime

1103  
00:52:14,460 --> 00:52:17,970  
of learning like something that you're

1104  
00:52:15,900 --> 00:52:19,769  
going to do over the decades because

1105  
00:52:17,969 --> 00:52:22,079  
that's what it really is it's it's as

1106  
00:52:19,769 --> 00:52:25,170  
for me personally it's a spiritual life

1107  
00:52:22,079 --> 00:52:29,789  
practice so let me ask you a question

1108  
00:52:25,170 --> 00:52:31,710  
about your future perhaps perhaps you've

1109  
00:52:29,789 --> 00:52:35,039  
already started this or perhaps you're

1110  
00:52:31,710 --> 00:52:38,280  
considering doing this I have learned

1111  
00:52:35,039 --> 00:52:42,269  
through anthropology myself that the

1112

00:52:38,280 --> 00:52:46,500  
culture of sharing dreams and the

1113  
00:52:42,269 --> 00:52:49,619  
culture of having dreams be an important

1114  
00:52:46,500 --> 00:52:53,039  
part of one's life will give rise to

1115  
00:52:49,619 --> 00:52:55,250  
more dreams and that there are cultures

1116  
00:52:53,039 --> 00:52:58,829  
in South America and in the Pacific

1117  
00:52:55,250 --> 00:53:02,429  
where people get together every morning

1118  
00:52:58,829 --> 00:53:06,840  
and share their dreams have you begun to

1119  
00:53:02,429 --> 00:53:10,409  
form a dreaming community haha that's

1120  
00:53:06,840 --> 00:53:12,390  
great well I have and I've had better

1121  
00:53:10,409 --> 00:53:15,960  
dream communities to be honest than I do

1122  
00:53:12,389 --> 00:53:17,670  
right now because right now I am taking

1123  
00:53:15,960 --> 00:53:18,849  
care of a four year old for a good

1124  
00:53:17,670 --> 00:53:22,300  
portion of the day

1125  
00:53:18,849 --> 00:53:24,579  
sweet hahaha and so I get a lot of my

1126  
00:53:22,300 --> 00:53:27,430

dream community comes through it comes

1127

00:53:24,579 --> 00:53:30,099

through doing these courses and an

1128

00:53:27,429 --> 00:53:33,489

online work but I do occasionally get

1129

00:53:30,099 --> 00:53:36,009

out to to do dream groups and what I

1130

00:53:33,489 --> 00:53:39,069

recommend for people is if you can could

1131

00:53:36,010 --> 00:53:41,560

join a dream group a peer group you know

1132

00:53:39,070 --> 00:53:43,510

you don't have to necessarily find you

1133

00:53:41,559 --> 00:53:46,509

know an expert that's charging you by

1134

00:53:43,510 --> 00:53:50,170

the hour to do this thing you can you

1135

00:53:46,510 --> 00:53:53,590

can read a book literally read a book on

1136

00:53:50,170 --> 00:53:56,190

having a dream circle learn some best

1137

00:53:53,590 --> 00:53:59,200

practices and then take turns

1138

00:53:56,190 --> 00:54:02,650

facilitating the circle with you know

1139

00:53:59,199 --> 00:54:06,389

half dozen of your friends and it's a

1140

00:54:02,650 --> 00:54:09,880

very incredible experience to have



1141  
00:54:06,389 --> 00:54:11,529  
especially especially if you form a

1142  
00:54:09,880 --> 00:54:13,269  
group right that you get to know each

1143  
00:54:11,530 --> 00:54:15,070  
other and you have a sense of trust and

1144  
00:54:13,269 --> 00:54:20,050  
you're able to talk about your dreams

1145  
00:54:15,070 --> 00:54:22,800  
and in community and right there's a

1146  
00:54:20,050 --> 00:54:25,450  
sort of FX to it you know what I mean

1147  
00:54:22,800 --> 00:54:27,850  
and this is really what I'm speaking

1148  
00:54:25,449 --> 00:54:30,730  
about is kind of come out of what we

1149  
00:54:27,849 --> 00:54:34,089  
call them the contemporary dreamwork

1150  
00:54:30,730 --> 00:54:37,780  
movement which began in the 1980s it

1151  
00:54:34,090 --> 00:54:40,920  
began in berkeley california essentially

1152  
00:54:37,780 --> 00:54:44,140  
you have a group of dream workers who

1153  
00:54:40,920 --> 00:54:45,579  
learned these methods and essentially

1154  
00:54:44,139 --> 00:54:48,429  
said hey you don't need a psychologist

1155  
00:54:45,579 --> 00:54:51,039  
to tell you what your dream means at the

1156  
00:54:48,429 --> 00:54:53,279  
end of the night what you think your

1157  
00:54:51,039 --> 00:54:56,259  
dream is is the most important thing

1158  
00:54:53,280 --> 00:54:58,090  
it's the most important thing and so

1159  
00:54:56,260 --> 00:55:01,030  
there's there's an ethics that comes

1160  
00:54:58,090 --> 00:55:02,920  
with that that i abide by and is it

1161  
00:55:01,030 --> 00:55:04,930  
comes from the international association

1162  
00:55:02,920 --> 00:55:07,690  
for the study of dreams which I'm a

1163  
00:55:04,929 --> 00:55:09,069  
member and actually a board member and

1164  
00:55:07,690 --> 00:55:11,590  
you know the organization's been around

1165  
00:55:09,070 --> 00:55:13,840  
for 30 years and they pee stream work

1166  
00:55:11,590 --> 00:55:16,240  
they teach they support dream research

1167  
00:55:13,840 --> 00:55:19,269  
that's great everything from science to

1168  
00:55:16,239 --> 00:55:20,799  
shamanism with this group but ya

1169

00:55:19,269 --> 00:55:23,440  
contemporary dream work is about

1170  
00:55:20,800 --> 00:55:25,180  
grassroots it's about doing this in your

1171  
00:55:23,440 --> 00:55:28,150  
own community and having fun with it

1172  
00:55:25,179 --> 00:55:31,039  
well I'm sure your little child has no

1173  
00:55:28,150 --> 00:55:34,039  
preconceived ideas have

1174  
00:55:31,039 --> 00:55:37,519  
you ever asks the ire of the boy or the

1175  
00:55:34,039 --> 00:55:39,980  
girl uh what they think about it safe

1176  
00:55:37,519 --> 00:55:42,259  
had dreams oh it's great I you know I

1177  
00:55:39,980 --> 00:55:45,170  
asked I asked my son Connor I asked him

1178  
00:55:42,260 --> 00:55:46,940  
every day what did you dream last night

1179  
00:55:45,170 --> 00:55:53,180  
and I make that I make the space for it

1180  
00:55:46,940 --> 00:55:57,920  
and what I'm finding is is that he won't

1181  
00:55:53,179 --> 00:55:59,960  
usually tell me if I ask directly Jose

1182  
00:55:57,920 --> 00:56:02,240  
he won't remember or I'll tell me about

1183  
00:55:59,960 --> 00:56:05,720

his favorite video game which is

1184

00:56:02,239 --> 00:56:07,069

Minecraft by the way and it he'll tell

1185

00:56:05,719 --> 00:56:08,869

me about how he had a dream about

1186

00:56:07,070 --> 00:56:11,920

Minecraft which may or may not be true

1187

00:56:08,869 --> 00:56:14,449

but what I suspect is that's not true

1188

00:56:11,920 --> 00:56:15,860

but in any case he tells me his story he

1189

00:56:14,449 --> 00:56:19,669

tells me a little bit about Minecraft

1190

00:56:15,860 --> 00:56:21,829

but when he wakes up and he remembers a

1191

00:56:19,670 --> 00:56:24,740

dream now he spontaneously tell me

1192

00:56:21,829 --> 00:56:28,009

he'll say daddy I had a dream wonderful

1193

00:56:24,739 --> 00:56:30,139

and and he has told me there's and he's

1194

00:56:28,010 --> 00:56:34,070

had he's had nightmares and he's had

1195

00:56:30,139 --> 00:56:36,980

really sweet dreams um and you know in

1196

00:56:34,070 --> 00:56:38,840

sort of just images and it's it's cool

1197

00:56:36,980 --> 00:56:40,760

it's very cool and now that he's getting

1198  
00:56:38,840 --> 00:56:43,160  
the language where he can articulate it

1199  
00:56:40,760 --> 00:56:46,100  
and the memory you know the memory to

1200  
00:56:43,159 --> 00:56:48,289  
look back and be able to do it it's very

1201  
00:56:46,099 --> 00:56:50,360  
cool to be here at the onset and to

1202  
00:56:48,289 --> 00:56:52,610  
teach a dream positive to have a dream

1203  
00:56:50,360 --> 00:56:56,120  
positive house that is that is wonderful

1204  
00:56:52,610 --> 00:56:59,630  
I have one further question for you

1205  
00:56:56,119 --> 00:57:01,299  
about dreams and about a dream group and

1206  
00:56:59,630 --> 00:57:04,760  
that is whether you have ever

1207  
00:57:01,300 --> 00:57:07,700  
participated in a group of intentional

1208  
00:57:04,760 --> 00:57:10,790  
dreamers who intend to meet like say

1209  
00:57:07,699 --> 00:57:14,089  
decide that everybody is no matter where

1210  
00:57:10,789 --> 00:57:15,619  
they're located preferably in in one or

1211  
00:57:14,090 --> 00:57:18,230  
two time zones you don't want somebody

1212  
00:57:15,619 --> 00:57:19,940  
you know a totally different time

1213  
00:57:18,230 --> 00:57:22,610  
necessarily though I don't know if that

1214  
00:57:19,940 --> 00:57:26,420  
makes a difference and you have people

1215  
00:57:22,610 --> 00:57:29,690  
say that on Sunday night we will meet in

1216  
00:57:26,420 --> 00:57:31,940  
a dream and we will do X Y or Z have you

1217  
00:57:29,690 --> 00:57:35,360  
ever done like that kind of intentional

1218  
00:57:31,940 --> 00:57:38,059  
work I I have and and we were it was

1219  
00:57:35,360 --> 00:57:41,090  
this was about ten years ago or so and I

1220  
00:57:38,059 --> 00:57:43,460  
was with a group of grad students fellow

1221  
00:57:41,090 --> 00:57:44,930  
grad students we we were meeting up and

1222  
00:57:43,460 --> 00:57:47,869  
talking about dreams about

1223  
00:57:44,929 --> 00:57:51,348  
once a week and and for a while we tried

1224  
00:57:47,869 --> 00:57:53,180  
this and we had some interesting i would

1225  
00:57:51,349 --> 00:57:56,568  
say near misses that that could have

1226

00:57:53,179 --> 00:57:58,250  
been mutual dreams one of looking back

1227  
00:57:56,568 --> 00:58:01,880  
one of the mistakes and i think we made

1228  
00:57:58,250 --> 00:58:04,250  
is that we often were location dependent

1229  
00:58:01,880 --> 00:58:07,760  
about we're like we'll meet you you know

1230  
00:58:04,250 --> 00:58:10,789  
in your dream at the beach red then

1231  
00:58:07,760 --> 00:58:13,730  
we'll just meet you and I think that

1232  
00:58:10,789 --> 00:58:17,630  
that might have quelled the effect

1233  
00:58:13,730 --> 00:58:20,539  
somewhat but I've heard some very you

1234  
00:58:17,630 --> 00:58:23,780  
know from people I trust who had pretty

1235  
00:58:20,539 --> 00:58:25,279  
amazing experiences of mutual dreams you

1236  
00:58:23,780 --> 00:58:26,569  
know to the fact that I'm satisfied that

1237  
00:58:25,280 --> 00:58:29,329  
they're not that they're not fooling

1238  
00:58:26,568 --> 00:58:31,159  
themselves they're not lying to me and

1239  
00:58:29,329 --> 00:58:32,900  
one of those people has actually written

1240  
00:58:31,159 --> 00:58:34,670

a book about it and it's called I

1241

00:58:32,900 --> 00:58:37,068

believe it's called mutual it's called

1242

00:58:34,670 --> 00:58:41,780

dream partners that's called dream

1243

00:58:37,068 --> 00:58:44,389

partners but Maria pita and in James

1244

00:58:41,780 --> 00:58:47,510

crawl and these are two people who met

1245

00:58:44,389 --> 00:58:49,539

through a lucid dreaming forum and they

1246

00:58:47,510 --> 00:58:53,270

don't know each other in physical life

1247

00:58:49,539 --> 00:58:55,639

but they they began corresponding and

1248

00:58:53,269 --> 00:58:58,119

then they tried an experiment and are

1249

00:58:55,639 --> 00:59:01,400

both very proficient lucid dreamers and

1250

00:58:58,119 --> 00:59:04,400

their their stories their dreams are

1251

00:59:01,400 --> 00:59:06,650

incredible the hits are I mean it's just

1252

00:59:04,400 --> 00:59:09,559

you you read his dream you read hers on

1253

00:59:06,650 --> 00:59:11,630

the same night and you're like oh my

1254

00:59:09,559 --> 00:59:14,900

gosh how you know there's clearly



1255  
00:59:11,630 --> 00:59:16,730  
something is going on here so I think

1256  
00:59:14,900 --> 00:59:19,430  
this is definitely an effect that that

1257  
00:59:16,730 --> 00:59:21,949  
we need more information on so sounds

1258  
00:59:19,429 --> 00:59:24,318  
fascinating doesn't it it's great it's

1259  
00:59:21,949 --> 00:59:25,969  
great so and there's yeah and so you

1260  
00:59:24,318 --> 00:59:28,639  
know i would just yet you know find

1261  
00:59:25,969 --> 00:59:31,219  
somebody to do this with and and mortal

1262  
00:59:28,639 --> 00:59:34,519  
missed calm is that is the forum that

1263  
00:59:31,219 --> 00:59:39,048  
those two dreamers attend and it's it's

1264  
00:59:34,519 --> 00:59:43,519  
a very sweet myth mor tal my th am i

1265  
00:59:39,048 --> 00:59:46,789  
yeah mortal missed as an mi st missed a

1266  
00:59:43,519 --> 00:59:48,380  
not mess Oh missed that for me mortal

1267  
00:59:46,789 --> 00:59:50,630  
very nice very nice lucid dreaming

1268  
00:59:48,380 --> 00:59:53,210  
community there well you have to give us

1269  
00:59:50,630 --> 00:59:56,240  
all your website yes now is the time no

1270  
00:59:53,210 --> 00:59:58,730  
it publicize yourself in any way you

1271  
00:59:56,239 --> 01:00:00,949  
would like give us your book titles

1272  
00:59:58,730 --> 01:00:02,929  
that website the whole nine yards well

1273  
01:00:00,949 --> 01:00:05,449  
the first thing is is I don't think I've

1274  
01:00:02,929 --> 01:00:08,210  
told you this but I wrote a chapter in a

1275  
01:00:05,449 --> 01:00:11,719  
book on out-of-body experiences and it

1276  
01:00:08,210 --> 01:00:14,449  
just got released last week it's an

1277  
01:00:11,719 --> 01:00:17,449  
e-book and it's free and you can

1278  
01:00:14,449 --> 01:00:20,210  
download it for free from my website

1279  
01:00:17,449 --> 01:00:22,730  
which is dream studies org and a book is

1280  
01:00:20,210 --> 01:00:26,119  
called consciousness beyond the body and

1281  
01:00:22,730 --> 01:00:29,059  
it's basically new perspectives on an

1282  
01:00:26,119 --> 01:00:31,369  
out-of-body experiences by multiple

1283

01:00:29,059 --> 01:00:33,710  
authors multiple researchers the editor

1284  
01:00:31,369 --> 01:00:36,640  
is Alex Defoe there's an Australian

1285  
01:00:33,710 --> 01:00:39,679  
researcher and I wrote a chapter on

1286  
01:00:36,639 --> 01:00:42,259  
looking at evolutionary psychology and

1287  
01:00:39,679 --> 01:00:45,169  
lucid and out of body experiences is

1288  
01:00:42,260 --> 01:00:48,170  
there a way that this phenomena could be

1289  
01:00:45,170 --> 01:00:50,480  
rooted in the deep past you know and and

1290  
01:00:48,170 --> 01:00:51,829  
and be selected for in some kind of way

1291  
01:00:50,480 --> 01:00:54,139  
so that was kind of the thought

1292  
01:00:51,829 --> 01:00:56,299  
experiment of my chapter but there's

1293  
01:00:54,139 --> 01:00:58,730  
chapters by robert wagner and Claire

1294  
01:00:56,300 --> 01:01:03,050  
Johnson who are both to lucid dreaming

1295  
01:00:58,730 --> 01:01:04,639  
authors who are well known for for lucid

1296  
01:01:03,050 --> 01:01:07,640  
dreaming as well as quite a few

1297  
01:01:04,639 --> 01:01:09,679

out-of-body experience researchers who

1298

01:01:07,639 --> 01:01:13,670

talk about all them basically all the

1299

01:01:09,679 --> 01:01:16,129

mysteries the contentions the debate is

1300

01:01:13,670 --> 01:01:17,869

is all taught in the book and so you can

1301

01:01:16,130 --> 01:01:19,910

get it for free it's a PDF and breathe

1302

01:01:17,869 --> 01:01:22,850

and right now it's going to be populated

1303

01:01:19,909 --> 01:01:26,299

on amazon and all the other booksellers

1304

01:01:22,849 --> 01:01:28,519

and it will be free as well but as of

1305

01:01:26,300 --> 01:01:31,910

right now you can get it on my site

1306

01:01:28,519 --> 01:01:33,380

easily so so that's that's the plug for

1307

01:01:31,909 --> 01:01:35,599

for the book we're trying to get it out

1308

01:01:33,380 --> 01:01:39,140

and as far and as wide as possible and

1309

01:01:35,599 --> 01:01:40,730

generate conversation and yeah I measure

1310

01:01:39,139 --> 01:01:42,379

my website which is dream studies org

1311

01:01:40,730 --> 01:01:43,990

and that's basically right I blogged

1312  
01:01:42,380 --> 01:01:47,750  
about dreams and consciousness studies

1313  
01:01:43,989 --> 01:01:49,429  
and yeah you know I welcome anybody to

1314  
01:01:47,750 --> 01:01:51,050  
to take a look it was a lot of content

1315  
01:01:49,429 --> 01:01:56,118  
there I've been writing on the blog

1316  
01:01:51,050 --> 01:01:58,400  
since 2007 so lots of content yes well

1317  
01:01:56,119 --> 01:02:01,519  
and you also have a newsletter which I

1318  
01:01:58,400 --> 01:02:03,950  
receive that's right yeah if you you

1319  
01:02:01,519 --> 01:02:06,650  
know subscribe to my newsletter you get

1320  
01:02:03,949 --> 01:02:08,899  
a free ebook and and then I you know you

1321  
01:02:06,650 --> 01:02:10,700  
get basically bonus content and in

1322  
01:02:08,900 --> 01:02:12,269  
opportunities and of course you hear

1323  
01:02:10,699 --> 01:02:13,799  
about my sales first and

1324  
01:02:12,269 --> 01:02:17,360  
you hear about my classes because I

1325  
01:02:13,800 --> 01:02:20,490  
always offer my classes to my newsletter

1326  
01:02:17,360 --> 01:02:23,820  
subscribers first and so far I haven't

1327  
01:02:20,489 --> 01:02:25,919  
had to advertise so you know it's a way

1328  
01:02:23,820 --> 01:02:29,039  
to go it's just been the newsletter and

1329  
01:02:25,920 --> 01:02:31,260  
and so that's really the way to get onto

1330  
01:02:29,039 --> 01:02:33,989  
the waiting list for the classes what we

1331  
01:02:31,260 --> 01:02:35,430  
thank you so much yeah Ryan for being

1332  
01:02:33,989 --> 01:02:38,789  
our guest it's been extremely

1333  
01:02:35,429 --> 01:02:41,460  
instructive and I think our listeners

1334  
01:02:38,789 --> 01:02:44,460  
are going to be really thrilled to hear

1335  
01:02:41,460 --> 01:02:46,440  
this so thanks so much for being on

1336  
01:02:44,460 --> 01:02:49,230  
until we have to say pleasant dreams

1337  
01:02:46,440 --> 01:02:51,119  
pleasant dreams tonight sweet dreams

1338  
01:02:49,230 --> 01:02:53,369  
sweet rubes days for having me Otto had

1339  
01:02:51,119 --> 01:02:56,819  
a blast thank you so much for my now

1340

01:02:53,369 --> 01:02:59,639  
Ryan thing tonight so Kate that was

1341  
01:02:56,820 --> 01:03:01,410  
really wonderful right um and we all

1342  
01:02:59,639 --> 01:03:05,009  
have something to work on in the evening

1343  
01:03:01,409 --> 01:03:08,819  
to intend to have a good dream at night

1344  
01:03:05,010 --> 01:03:12,570  
yeah I wanted to say that I think that

1345  
01:03:08,820 --> 01:03:16,860  
our next guest is going to be Michael

1346  
01:03:12,570 --> 01:03:22,200  
Grasso who wrote the book the man who

1347  
01:03:16,860 --> 01:03:26,700  
could fly which is um all about st.

1348  
01:03:22,199 --> 01:03:31,049  
joseph of cupertino who lived in the

1349  
01:03:26,699 --> 01:03:34,139  
18th century in the 1750s I think mm-hmm

1350  
01:03:31,050 --> 01:03:39,480  
and he's going to be our next guest i

1351  
01:03:34,139 --> 01:03:42,839  
believe all all things being good and so

1352  
01:03:39,480 --> 01:03:44,849  
that's what I wonder if he actually did

1353  
01:03:42,840 --> 01:03:47,370  
fire if he was just dreaming he was

1354  
01:03:44,849 --> 01:03:50,670

flying yeah well I've had flying dreams

1355

01:03:47,369 --> 01:03:53,009

haven't you no no flying dreams I've

1356

01:03:50,670 --> 01:03:55,260

really dream a person who actually flies

1357

01:03:53,010 --> 01:03:57,420

in real life no flying dreams oh that's

1358

01:03:55,260 --> 01:03:59,880

amazing I know but you know what

1359

01:03:57,420 --> 01:04:02,700

Confucius said what last night I dreamt

1360

01:03:59,880 --> 01:04:05,039

I was a butterfly now today I don't know

1361

01:04:02,699 --> 01:04:07,589

if I'm a man dreaming I was a butterfly

1362

01:04:05,039 --> 01:04:10,920

or a butterfly dreaming I'm a myth I

1363

01:04:07,590 --> 01:04:13,680

would agree with that big time Confucius

1364

01:04:10,920 --> 01:04:16,349

say a lot of good things yes yes he did

1365

01:04:13,679 --> 01:04:18,779

he said a lot of wonderful things and so

1366

01:04:16,349 --> 01:04:22,469

I guess it's time for us to say I do too

1367

01:04:18,780 --> 01:04:25,490

audience just kept and all that see you

1368

01:04:22,469 --> 01:04:25,489

next time adios



