

1
00:00:15,289 --> 00:00:22,769
welcome to shattered reality with their

2
00:00:18,570 --> 00:00:25,769
hosts Kate Valentine and first prepare

3
00:00:22,769 --> 00:00:31,460
to had a paradigm shifted in the truth

4
00:00:25,769 --> 00:00:34,799
questioned and now shattered reality oh

5
00:00:31,460 --> 00:00:38,308
welcome this is Kate Valentine welcoming

6
00:00:34,799 --> 00:00:40,738
you to the program and I'm furusho

7
00:00:38,308 --> 00:00:43,798
welcome to shattered reality and we

8
00:00:40,738 --> 00:00:46,619
certainly hope you help us to shatter

9
00:00:43,798 --> 00:00:48,320
some paradigms today and we'd like to

10
00:00:46,619 --> 00:00:51,588
welcome our guests

11
00:00:48,320 --> 00:00:55,048
Natalie segment the author of

12
00:00:51,588 --> 00:01:05,039
application of impossible things I was

13
00:00:55,048 --> 00:01:09,810
going to say a friend of mine as well as

14
00:01:05,040 --> 00:01:14,840
a colleague and I came to meet Natalie

15
00:01:09,810 --> 00:01:20,939
at a seminar at the Monroe Institute a

16
00:01:14,840 --> 00:01:23,368
seminar lifelines which is a slightly

17
00:01:20,938 --> 00:01:25,949
advanced seminar in that you have to

18
00:01:23,368 --> 00:01:28,890
have taken one or two other seminars

19
00:01:25,950 --> 00:01:31,890
before you're permitted to access

20
00:01:28,890 --> 00:01:34,019
lifelines is it just is it just gateway

21
00:01:31,890 --> 00:01:40,159
or is it gateway guidelines that you

22
00:01:34,019 --> 00:01:44,849
have to have gone to okay and perhaps

23
00:01:40,159 --> 00:01:49,079
because you are now a facilitator at the

24
00:01:44,849 --> 00:01:52,530
Monroe Institute and I am NOT perhaps

25
00:01:49,078 --> 00:01:55,288
you would like to just for the unyk the

26
00:01:52,530 --> 00:01:57,390
uninitiated listener

27
00:01:55,289 --> 00:02:03,138
what is the Monroe Institute and how did

28
00:01:57,390 --> 00:02:06,780
it start Institute is a research and

29

00:02:03,138 --> 00:02:10,710
educational institute nonprofit that was

30
00:02:06,780 --> 00:02:14,628
founded by Robert Monroe who Robert

31
00:02:10,710 --> 00:02:18,180
Monroe was a sound engineer and

32
00:02:14,628 --> 00:02:19,539
businessman on the East Coast and in the

33
00:02:18,180 --> 00:02:24,120
late

34
00:02:19,539 --> 00:02:27,908
early sixties he was experimenting with

35
00:02:24,120 --> 00:02:30,640
using sound binaural beats in particular

36
00:02:27,908 --> 00:02:32,828
to help people learn during sleep and

37
00:02:30,639 --> 00:02:36,399
that was that was kind of a sad at the

38
00:02:32,829 --> 00:02:46,840
time how do we accelerate learning by

39
00:02:36,400 --> 00:02:48,158
learning while we're sleeping I'm sorry

40
00:02:46,840 --> 00:02:51,459
I don't mean to interrupt what you were

41
00:02:48,158 --> 00:02:53,798
saying but I remember as a child hearing

42
00:02:51,459 --> 00:02:55,420
people buying records that they could

43
00:02:53,799 --> 00:03:08,049

listen to while they were asleep learn

44

00:02:55,419 --> 00:03:12,219

French while you're asleep so with these

45

00:03:08,049 --> 00:03:15,669

different he began to spontaneous

46

00:03:12,219 --> 00:03:18,848

out-of-body experiences he was dying he

47

00:03:15,669 --> 00:03:21,909

was very frightened and so he went to

48

00:03:18,848 --> 00:03:23,738

doctors every test he could find and he

49

00:03:21,908 --> 00:03:27,870

talked to a couple of psychiatrists and

50

00:03:23,739 --> 00:03:30,639

kind of on the fly and one of them said

51

00:03:27,870 --> 00:03:32,379

you need to go to an ashram in India

52

00:03:30,639 --> 00:03:36,250

because people over there do this all

53

00:03:32,378 --> 00:03:38,739

the time and he thought well you know

54

00:03:36,250 --> 00:03:41,169

I'm a big businessman here I have a lot

55

00:03:38,739 --> 00:03:46,389

of investments and my life is here in

56

00:03:41,169 --> 00:03:48,729

the West and and there's got to be there

57

00:03:46,389 --> 00:03:54,659

should be a language for this here in

58
00:03:48,729 --> 00:03:57,609
the West and so he he he formed the

59
00:03:54,658 --> 00:03:59,739
Monroe Institute mainly for research at

60
00:03:57,609 --> 00:04:02,019
the beginning into consciousness states

61
00:03:59,739 --> 00:04:03,430
of consciousness he started to meet a

62
00:04:02,019 --> 00:04:07,688
lot of other people who were having

63
00:04:03,430 --> 00:04:10,479
these experiences and sort of doing set

64
00:04:07,688 --> 00:04:14,108
up a lab and started doing experiments

65
00:04:10,479 --> 00:04:17,288
and then he was invited out to

66
00:04:14,109 --> 00:04:20,408
California to somebody said you come out

67
00:04:17,288 --> 00:04:22,360
here and show us what you're doing with

68
00:04:20,408 --> 00:04:25,269
this group of people and some of these

69
00:04:22,360 --> 00:04:33,040
people during the course of this 10-day

70
00:04:25,269 --> 00:04:35,799
experience also had so he started

71
00:04:33,040 --> 00:04:39,460
for me forming these now havin date

72
00:04:35,800 --> 00:04:41,560
programs instead of ten days for the

73
00:04:39,459 --> 00:04:43,509
public anybody who wanted to come could

74
00:04:41,560 --> 00:04:46,990
come and that helped fund some of the

75
00:04:43,509 --> 00:04:49,209
research so this is this Institute I

76
00:04:46,990 --> 00:04:51,160
think it was established in the early

77
00:04:49,209 --> 00:04:53,969
seventies so it's been around for quite

78
00:04:51,160 --> 00:04:56,980
a while located in Virginia

79
00:04:53,970 --> 00:04:58,150
yeah there's in the foothills of the

80
00:04:56,980 --> 00:05:00,430
Blue Ridge Mountains

81
00:04:58,149 --> 00:05:03,370
not too far outside of Charlottesville

82
00:05:00,430 --> 00:05:06,100
so so that's where we met that's a good

83
00:05:03,370 --> 00:05:08,590
introduction for people who are unaware

84
00:05:06,100 --> 00:05:10,960
or have other ideas about what the

85
00:05:08,589 --> 00:05:13,000
Monroe Institute might be but we're

86

00:05:10,959 --> 00:05:15,729
really here to talk about as you Natalie

87
00:05:13,000 --> 00:05:19,089
and some of your interesting experiences

88
00:05:15,730 --> 00:05:39,340
and one experience which most of us

89
00:05:19,089 --> 00:05:43,149
would think of as some what maybe you

90
00:05:39,339 --> 00:05:47,109
could talk to us a little bit about you

91
00:05:43,149 --> 00:05:51,189
know how you got sent over to Iraq what

92
00:05:47,110 --> 00:05:54,970
what what what happened to you and it

93
00:05:51,189 --> 00:06:00,639
happened to you all that what did you go

94
00:05:54,970 --> 00:06:04,000
there for the Bureau of Land Management

95
00:06:00,639 --> 00:06:06,939
and I've been working for as an

96
00:06:04,000 --> 00:06:10,300
archaeologist for quite a while and I

97
00:06:06,939 --> 00:06:14,129
was know by this time I was pretty much

98
00:06:10,300 --> 00:06:14,129
administrative and I didn't like that

99
00:06:15,779 --> 00:06:29,229
management that wished for some reason I

100
00:06:26,139 --> 00:06:31,360

would think like Southwest like Arizona

101

00:06:29,230 --> 00:06:34,170
had to pay all those type of areas

102

00:06:31,360 --> 00:06:34,170
that's wishes now

103

00:06:37,779 --> 00:06:49,429
flashy archeology I'm sorry what were

104

00:06:47,240 --> 00:06:59,120
you studying in Oregon the I guess the

105

00:06:49,430 --> 00:07:08,860
Pacific tribes are brown disturbing

106

00:06:59,120 --> 00:07:13,579
activity takes place on public lands oh

107

00:07:08,860 --> 00:07:16,009
you know if if a rancher if the ranching

108

00:07:13,579 --> 00:07:17,689
sort of section of the BLM was building

109

00:07:16,009 --> 00:07:20,079
a sense I had to go out and walk that

110

00:07:17,689 --> 00:07:23,629
fence line where someone was putting in

111

00:07:20,079 --> 00:07:25,849
water tanks for some horses or some

112

00:07:23,629 --> 00:07:33,250
cattle I had to go and look at that area

113

00:07:25,850 --> 00:07:36,830
or pipelines or row you know so I was

114

00:07:33,250 --> 00:07:40,339
just looking at the surface of the

115
00:07:36,829 --> 00:07:43,639
ground primarily I was also I also did a

116
00:07:40,339 --> 00:07:46,399
lot of work on the Owyhee Wild and

117
00:07:43,639 --> 00:07:48,979
Scenic River where there's besides a lot

118
00:07:46,399 --> 00:07:55,819
of ground sites there's also a huge

119
00:07:48,980 --> 00:07:57,890
amount of petroglyphs interesting Wow so

120
00:07:55,819 --> 00:08:18,259
obviously there's a lot more archaeology

121
00:07:57,889 --> 00:08:20,870
interact at Oregon I guess I I wanted to

122
00:08:18,259 --> 00:08:24,019
get out of that administrative role and

123
00:08:20,870 --> 00:08:28,040
so I was kind of looking around for

124
00:08:24,019 --> 00:08:30,500
other jobs and while I was looking the

125
00:08:28,040 --> 00:08:32,840
the corps of engineers the Army Corps of

126
00:08:30,500 --> 00:08:35,809
Engineers put out a call to all federal

127
00:08:32,840 --> 00:08:37,759
agencies asking for volunteers to come

128
00:08:35,809 --> 00:08:40,968
down and help with Katrina hurricane

129
00:08:37,759 --> 00:08:43,370
Katrina cleanup so I volunteered for

130
00:08:40,969 --> 00:08:45,680
that and I went down there for about two

131
00:08:43,370 --> 00:08:48,299
and a half months and worked in

132
00:08:45,679 --> 00:08:51,028
Louisiana and Mississippi and

133
00:08:48,299 --> 00:08:53,969
in the course of that I met some other

134
00:08:51,028 --> 00:08:58,379
people met some people from the Corps of

135
00:08:53,970 --> 00:09:00,660
Engineers and later some of those

136
00:08:58,379 --> 00:09:02,278
friends called me up and said do you

137
00:09:00,659 --> 00:09:20,759
want to go work in Iraq because they're

138
00:09:02,278 --> 00:09:22,289
desperate for people to see what's

139
00:09:20,759 --> 00:09:24,990
really going on over there and what's it

140
00:09:22,289 --> 00:09:28,528
like you know to be in that Laura Bowman

141
00:09:24,990 --> 00:09:31,259
and I don't know curiosity curiosity

142
00:09:28,528 --> 00:09:40,889
kills the cat well you are a very brave

143

00:09:31,259 --> 00:09:43,169
lady yeah regardless of the media seems

144
00:09:40,889 --> 00:09:47,389
to be not as trustworthy as it used to

145
00:09:43,169 --> 00:09:47,389
be so you get first-hand experience

146
00:09:47,570 --> 00:09:55,800
there's also the fact that when you're

147
00:09:51,269 --> 00:09:58,320
reading a story about something they

148
00:09:55,799 --> 00:10:00,149
can't include everything you know again

149
00:09:58,320 --> 00:10:04,680
including the smells and they can't

150
00:10:00,149 --> 00:10:07,110
include kinesthetic they don't have the

151
00:10:04,679 --> 00:10:10,229
room to talk about the spaces in between

152
00:10:07,110 --> 00:10:12,240
what's going on you know you go over

153
00:10:10,230 --> 00:10:14,509
there and it becomes your experience

154
00:10:12,240 --> 00:10:16,860
which is very very different

155
00:10:14,509 --> 00:10:19,409
absolutely yeah the kinesthetic sense

156
00:10:16,860 --> 00:10:23,250
alone of being there is it up is

157
00:10:19,409 --> 00:10:25,230

unmatched I'm sure so so I'm sorry I

158

00:10:23,250 --> 00:10:28,379

didn't I was just really curious as to

159

00:10:25,230 --> 00:10:30,709

why you had left to go there so I'll go

160

00:10:28,379 --> 00:10:35,070

ahead fro sure I'm sorry I interrupted

161

00:10:30,708 --> 00:10:37,619

it's very interesting so so you get

162

00:10:35,070 --> 00:10:42,920

there and obviously they assign you to

163

00:10:37,620 --> 00:10:45,448

stuff I was in charge of because I had

164

00:10:42,919 --> 00:10:46,948

during the course of doing archaeology I

165

00:10:45,448 --> 00:10:48,599

have some experience with government

166

00:10:46,948 --> 00:10:52,109

contracts and running government

167

00:10:48,600 --> 00:10:57,180

contracts and that's why they hired me

168

00:10:52,110 --> 00:10:59,509

and I was hired to to be kind of a

169

00:10:57,179 --> 00:11:01,889

project manager to oversee construction

170

00:10:59,509 --> 00:11:04,259

project

171

00:11:01,889 --> 00:11:06,028

and you know baby system make sure that

172
00:11:04,259 --> 00:11:07,828
everybody was doing things right take

173
00:11:06,028 --> 00:11:13,889
care of some of the money and that kind

174
00:11:07,828 --> 00:11:17,849
of thing and for the reconstruction

175
00:11:13,889 --> 00:11:22,049
effort the reconstruction effort in Iraq

176
00:11:17,850 --> 00:11:26,850
and and so you were there for a while

177
00:11:22,049 --> 00:11:33,990
and then one day something something

178
00:11:26,850 --> 00:11:35,700
changed without giving it away perhaps

179
00:11:33,990 --> 00:11:37,560
you would without me giving it away

180
00:11:35,700 --> 00:11:40,050
telling your story perhaps you'd like to

181
00:11:37,559 --> 00:11:43,259
tell us a little bit about that day and

182
00:11:40,049 --> 00:11:46,669
what happened to you sir

183
00:11:43,259 --> 00:11:51,088
I had an in-country about 16 months and

184
00:11:46,669 --> 00:11:54,569
I was going outside the wire as we put

185
00:11:51,089 --> 00:11:58,140
it off base with some colleagues to look

186
00:11:54,570 --> 00:12:00,149
at some of those construction site so we

187
00:11:58,139 --> 00:12:03,838
were gonna visit for water treatment

188
00:12:00,149 --> 00:12:06,149
plants and one road project and I was

189
00:12:03,839 --> 00:12:08,459
with when we went off base we would

190
00:12:06,149 --> 00:12:10,799
travel in a for vehicle convoy

191
00:12:08,458 --> 00:12:12,448
well usually a three vehicle convoy but

192
00:12:10,799 --> 00:12:15,838
in this case I was with three colleagues

193
00:12:12,448 --> 00:12:19,708
and they can only have two of us in a

194
00:12:15,839 --> 00:12:21,449
vehicle so we we had two what we called

195
00:12:19,708 --> 00:12:24,989
principal vehicles and then we had a

196
00:12:21,448 --> 00:12:28,278
lead vehicle and a gun truck and back

197
00:12:24,990 --> 00:12:32,250
all of these are of armored vehicles and

198
00:12:28,278 --> 00:12:36,000
we had a crew of ten or twelve guards

199
00:12:32,250 --> 00:12:40,799
and we also had an escort of Iraqi

200

00:12:36,000 --> 00:12:42,870
police on that day because that that

201
00:12:40,799 --> 00:12:45,719
province had been turned over to Iraqi

202
00:12:42,870 --> 00:12:49,320
governments so whatever we went out we

203
00:12:45,720 --> 00:12:53,310
needed to have a presence of theirs with

204
00:12:49,320 --> 00:12:55,829
us so we went out visited the for water

205
00:12:53,309 --> 00:12:59,639
treatment plants and the road project

206
00:12:55,828 --> 00:13:02,309
and on our way back to base the vehicle

207
00:12:59,639 --> 00:13:09,659
that I was traveling in was hit with the

208
00:13:02,309 --> 00:13:13,588
roadside bomb and well at the moment of

209
00:13:09,659 --> 00:13:15,250
the explosion or just before I left my

210
00:13:13,589 --> 00:13:17,019
body

211
00:13:15,250 --> 00:13:18,519
in the truck and I was kind of had on

212
00:13:17,019 --> 00:13:21,159
hand half asleep could have been a

213
00:13:18,519 --> 00:13:22,839
really one day and I was kind of half

214
00:13:21,159 --> 00:13:26,259

asleep in the back of the truck when the

215

00:13:22,839 --> 00:13:29,639

bomb went off and I was in the truck

216

00:13:26,259 --> 00:13:34,810

half asleep and then I was not and I

217

00:13:29,639 --> 00:13:39,269

found myself I was standing on a kind of

218

00:13:34,809 --> 00:13:42,849

stage and arrayed all around me were

219

00:13:39,269 --> 00:13:45,100

thousands of beings and it was kind of

220

00:13:42,850 --> 00:13:48,159

you know as a visual you might think of

221

00:13:45,100 --> 00:13:51,670

a stadium I was standing in the open

222

00:13:48,159 --> 00:13:56,789

area and all these thousands of beings

223

00:13:51,669 --> 00:14:01,719

around me and they appeared to me as

224

00:13:56,789 --> 00:14:03,818

faces and wearing white rope and I was

225

00:14:01,720 --> 00:14:06,600

well I won't go into the details about

226

00:14:03,818 --> 00:14:09,659

that right now I guess I'll let you guys

227

00:14:06,600 --> 00:14:15,879

won't leave me where you want me to go I

228

00:14:09,659 --> 00:14:19,179

will I will kind of just put in a

229
00:14:15,879 --> 00:14:21,938
comment here that you know I've never

230
00:14:19,179 --> 00:14:25,120
been in anywhere near in the situation

231
00:14:21,938 --> 00:14:29,169
that you were in but that I once did a

232
00:14:25,120 --> 00:14:32,049
black box session down at Monroe and as

233
00:14:29,169 --> 00:14:35,889
I had mentioned to you before I found

234
00:14:32,049 --> 00:14:38,500
myself in a stadium looking up at the

235
00:14:35,889 --> 00:14:41,019
stands and there were all these people

236
00:14:38,500 --> 00:14:45,370
up there not as many as with you just

237
00:14:41,019 --> 00:14:50,289
you know maybe 100 or 200 and there were

238
00:14:45,370 --> 00:14:52,419
ask me why the heck was I I wondered at

239
00:14:50,289 --> 00:14:54,879
the time after actually after I got out

240
00:14:52,419 --> 00:15:02,610
of the box well that was a very weird

241
00:14:54,879 --> 00:15:02,610
visual that was a very weird uh nest for

242
00:15:02,850 --> 00:15:08,019
vision if you will in an altered state

243
00:15:06,039 --> 00:15:10,120
of consciousness I had no thoughts about

244
00:15:08,019 --> 00:15:13,328
doing anything like such like thing

245
00:15:10,120 --> 00:15:15,549
before and it so happens that your

246
00:15:13,328 --> 00:15:18,159
experience though it was much richer and

247
00:15:15,549 --> 00:15:20,889
much longer than mine it does somehow

248
00:15:18,159 --> 00:15:23,049
confirm my experience that this you know

249
00:15:20,889 --> 00:15:27,860
this is something that happens to you

250
00:15:23,049 --> 00:15:30,259
when you do leave your body well

251
00:15:27,860 --> 00:15:33,320
and there are infinite possibilities so

252
00:15:30,259 --> 00:15:37,389
maybe that maybe some of us are working

253
00:15:33,320 --> 00:15:41,570
with a group or a number of groups who

254
00:15:37,389 --> 00:15:43,879
who kind of look the same or are working

255
00:15:41,570 --> 00:15:47,350
in the same way or something yeah yeah I

256
00:15:43,879 --> 00:15:51,740
heard I've had quite a few people

257

00:15:47,350 --> 00:15:54,529
looking I've had quite a few people say

258
00:15:51,740 --> 00:15:59,419
to me that's familiar to me I've been

259
00:15:54,529 --> 00:16:02,659
there yes so you know it's not just my

260
00:15:59,419 --> 00:16:04,459
experience that maybe there's quite a

261
00:16:02,659 --> 00:16:06,199
few of us either working with the same

262
00:16:04,460 --> 00:16:11,870
group or maybe there are a number of

263
00:16:06,200 --> 00:16:14,900
groups like that yes yeah it does it

264
00:16:11,870 --> 00:16:17,570
does seem that way myself no one else

265
00:16:14,899 --> 00:16:20,120
other than yourself has ever told me

266
00:16:17,570 --> 00:16:22,280
that so getting out of that black box

267
00:16:20,120 --> 00:16:25,370
before I you know maybe a year or two

268
00:16:22,279 --> 00:16:26,929
before I had met you I was perplexed by

269
00:16:25,370 --> 00:16:28,730
the vision and you know I had it written

270
00:16:26,929 --> 00:16:31,719
down in my notes and everything and and

271
00:16:28,730 --> 00:16:34,519

our fearless leader skip had had

272

00:16:31,720 --> 00:16:36,830

categorized the whole experience for me

273

00:16:34,519 --> 00:16:38,720

in terms of my biology and everything so

274

00:16:36,830 --> 00:16:43,490

you know I have that whole record there

275

00:16:38,720 --> 00:16:46,720

and so it was very very interesting to

276

00:16:43,490 --> 00:16:52,190

me that you reported this very similar

277

00:16:46,720 --> 00:16:55,250

experience but after after you left your

278

00:16:52,190 --> 00:17:00,470

body tell us more about the experience

279

00:16:55,250 --> 00:17:02,000

that you had in the spiritual stadium I

280

00:17:00,470 --> 00:17:06,579

will call it that if you don't mind it

281

00:17:02,000 --> 00:17:06,579

no no no bad intention okay

282

00:17:07,359 --> 00:17:30,458

of the physical self being essence of

283

00:17:26,539 --> 00:17:30,459

yourself or anyone who prays it

284

00:17:36,890 --> 00:17:41,990

for she's the one that really gets into

285

00:17:39,140 --> 00:17:51,880

this so like your but your physical body

286
00:17:41,990 --> 00:17:54,650
sitting here or asleep or whatever okay

287
00:17:51,880 --> 00:17:57,140
say that you know there's a situation

288
00:17:54,650 --> 00:17:59,660
which people do meditation on a very

289
00:17:57,140 --> 00:18:02,270
daily basis where you have the condition

290
00:17:59,660 --> 00:18:05,600
of body asleep mind awake and then

291
00:18:02,269 --> 00:18:07,879
sometimes you go out further and went

292
00:18:05,599 --> 00:18:11,240
the point at which you lose track of

293
00:18:07,880 --> 00:18:14,390
your actual body and in Natalie's case

294
00:18:11,240 --> 00:18:16,970
in this particular situation I think

295
00:18:14,390 --> 00:18:20,650
that she was very aware of an immediate

296
00:18:16,970 --> 00:18:20,650
pop out of body it's not the case

297
00:18:22,700 --> 00:18:32,169
you know we we're trained to associate

298
00:18:27,529 --> 00:18:38,690
our awareness in our minds with our body

299
00:18:32,169 --> 00:18:42,580
our minds are aware this encompasses the

300
00:18:38,690 --> 00:18:48,679
body the body doesn't hold the mind so

301
00:18:42,579 --> 00:18:51,199
you know I often give this example of us

302
00:18:48,679 --> 00:18:52,940
sometimes beating sort of out of body

303
00:18:51,200 --> 00:18:55,429
without even being aware of that say

304
00:18:52,940 --> 00:18:56,960
you're driving home from work you know

305
00:18:55,429 --> 00:18:58,970
you leave work if you're not into the

306
00:18:56,960 --> 00:19:00,950
road and you get all the way at home you

307
00:18:58,970 --> 00:19:05,019
don't pull into your driveway and go

308
00:19:00,950 --> 00:19:08,600
whoa a single thing about that drive

309
00:19:05,019 --> 00:19:11,119
okay well your focus was somewhere

310
00:19:08,599 --> 00:19:22,308
totally different your you know your

311
00:19:11,119 --> 00:19:24,979
awareness was focused there really the

312
00:19:22,308 --> 00:19:28,639
only limits on our awareness and where

313
00:19:24,980 --> 00:19:32,690
it can focus and how it can focus is our

314

00:19:28,640 --> 00:19:35,480
belief if we believe that that our mind

315
00:19:32,690 --> 00:19:37,548
exists in the body then it's going to be

316
00:19:35,480 --> 00:19:40,279
very difficult for us to kind of get to

317
00:19:37,548 --> 00:19:43,099
get our get beyond that but if we

318
00:19:40,279 --> 00:19:46,819
believe that the body is one place that

319
00:19:43,099 --> 00:19:50,719
the awareness or the mind or the being

320
00:19:46,819 --> 00:19:54,079
that we are experiences

321
00:19:50,720 --> 00:19:56,720
and that awareness or that being is free

322
00:19:54,079 --> 00:20:01,639
to go anywhere then that really changes

323
00:19:56,720 --> 00:20:04,250
our idea of what would you say it would

324
00:20:01,640 --> 00:20:08,320
you say that the brain is almost like a

325
00:20:04,250 --> 00:20:16,039
radio tuner two or three or four D or

326
00:20:08,319 --> 00:20:18,470
three or four D experience you know it

327
00:20:16,039 --> 00:20:22,369
doesn't hold all the information it's

328
00:20:18,470 --> 00:20:24,650

it's how we process the information or

329

00:20:22,369 --> 00:20:28,129

yeah tune in to the information and then

330

00:20:24,650 --> 00:20:30,980

bring it through the body

331

00:20:28,130 --> 00:20:34,220

I like the radio tuner I use that a lot

332

00:20:30,980 --> 00:20:36,519

because you know without realizing it

333

00:20:34,220 --> 00:20:42,019

we're always changing our radio station

334

00:20:36,519 --> 00:20:46,009

you know - a our mind wanders well yeah

335

00:20:42,019 --> 00:20:47,869

you know the radio station kind of the

336

00:20:46,009 --> 00:20:49,789

indicator went down the dial a little

337

00:20:47,869 --> 00:20:52,159

bit and then it we brought it back to

338

00:20:49,789 --> 00:20:55,129

this present moment you know talking

339

00:20:52,160 --> 00:20:57,890

with somebody or driving or whatever but

340

00:20:55,130 --> 00:21:01,400

we're always kind of moving around and

341

00:20:57,890 --> 00:21:04,340

we can learn to and practice choosing

342

00:21:01,400 --> 00:21:06,080

the focus that we want to choose yes so

343
00:21:04,339 --> 00:21:09,349
you know and that's kind of what the

344
00:21:06,079 --> 00:21:09,980
Monroe Institute is about is and a lot

345
00:21:09,349 --> 00:21:13,459
of others

346
00:21:09,980 --> 00:21:17,329
you know the shamanic traditions are

347
00:21:13,460 --> 00:21:20,690
doing the same thing and even prayer and

348
00:21:17,329 --> 00:21:23,869
meditation all these things are they're

349
00:21:20,690 --> 00:21:26,480
training the mind that you can focus

350
00:21:23,869 --> 00:21:29,509
that mind anywhere you want to and you

351
00:21:26,480 --> 00:21:32,180
can quote travel outside the body or in

352
00:21:29,509 --> 00:21:34,940
between time or you know however you

353
00:21:32,180 --> 00:21:36,799
want to put that sometimes it seems more

354
00:21:34,940 --> 00:21:40,190
real than others I mean sometimes it's

355
00:21:36,799 --> 00:21:43,279
more palpable than others and I am

356
00:21:40,190 --> 00:21:46,430
getting that your particular experience

357
00:21:43,279 --> 00:21:51,289
in in the blink or in popping out of

358
00:21:46,430 --> 00:21:54,190
your body was very palpable it's like I

359
00:21:51,289 --> 00:21:57,529
took all of my focus instantly with me

360
00:21:54,190 --> 00:22:00,049
instead of kind of you know I'm driving

361
00:21:57,529 --> 00:22:02,269
down the road and and almost all of my

362
00:22:00,049 --> 00:22:04,519
mind is somewhere else but I'm doing all

363
00:22:02,269 --> 00:22:08,359
the right things in my body

364
00:22:04,519 --> 00:22:10,039
and I can kind of on some level I'm

365
00:22:08,359 --> 00:22:12,769
still kind of aware that I'm in the body

366
00:22:10,039 --> 00:22:14,990
this was different I was I took all my

367
00:22:12,769 --> 00:22:18,529
awareness out of my body that's the

368
00:22:14,990 --> 00:22:22,700
sense that I had I was totally elsewhere

369
00:22:18,529 --> 00:22:25,129
I had no interest in the body I had no

370
00:22:22,700 --> 00:22:27,230
thoughts to the body I knew where I'd

371

00:22:25,130 --> 00:22:28,790
come from and I didn't I didn't care I

372
00:22:27,230 --> 00:22:32,150
had just left that and I didn't care

373
00:22:28,789 --> 00:22:34,308
about it somewhere else now my entire

374
00:22:32,150 --> 00:22:36,470
focus was it's actually where I was I

375
00:22:34,308 --> 00:22:38,660
call it the blink environment because

376
00:22:36,470 --> 00:22:41,049
that's how quickly I mean I was here and

377
00:22:38,660 --> 00:22:45,230
then I was there that's like a blink and

378
00:22:41,049 --> 00:22:48,470
so yeah there was no attention I was

379
00:22:45,230 --> 00:22:53,210
entirely where I was now what what

380
00:22:48,470 --> 00:22:57,740
caused you to decide or be pressed to

381
00:22:53,210 --> 00:22:59,090
come back yeah well I communicated to

382
00:22:57,740 --> 00:23:01,130
these all these beams that I wasn't

383
00:22:59,089 --> 00:23:05,808
gonna go back and they were like okay

384
00:23:01,130 --> 00:23:11,000
but they said that they communicated to

385
00:23:05,808 --> 00:23:12,980

me that my particular skills with some

386

00:23:11,000 --> 00:23:14,690

particular energies word would be very

387

00:23:12,980 --> 00:23:17,089

useful at this time in this physical

388

00:23:14,690 --> 00:23:19,400

world and what I like to come back if I

389

00:23:17,089 --> 00:23:21,349

could do this this and that and I don't

390

00:23:19,400 --> 00:23:22,280

remember all those things and I probably

391

00:23:21,349 --> 00:23:24,409

wouldn't tell you whether they were

392

00:23:22,279 --> 00:23:29,599

anyway because they're mine and you guys

393

00:23:24,410 --> 00:23:31,640

have your own right but those things

394

00:23:29,599 --> 00:23:35,409

sounded interesting to me they sort of

395

00:23:31,640 --> 00:23:35,410

caught my attention in the same way that

396

00:23:52,299 --> 00:24:07,089

that is for out-of-body experiences

397

00:23:59,450 --> 00:24:07,090

fascinating to me it's hard to top

398

00:24:09,558 --> 00:24:19,048

Wow about to stuff it fascinates me so

399

00:24:16,109 --> 00:24:21,079

you're in this sort of a stadium type

400
00:24:19,048 --> 00:24:25,940
and you have what you describe as

401
00:24:21,079 --> 00:24:32,159
personalities or beings around you and

402
00:24:25,940 --> 00:24:34,710
there's sort of there's no like higher

403
00:24:32,160 --> 00:24:38,820
godlike type figure everybody's sort of

404
00:24:34,710 --> 00:24:44,100
on the same plane and instantaneously

405
00:24:38,819 --> 00:24:46,710
communicating that's wow I'm sorry this

406
00:24:44,099 --> 00:24:49,259
is my first experience writing your book

407
00:24:46,710 --> 00:24:51,808
really getting into this and I found it

408
00:24:49,259 --> 00:24:54,119
just fascinating well you know

409
00:24:51,808 --> 00:24:58,160
absolutely and meeting Natalie was a

410
00:24:54,119 --> 00:25:01,678
very fascinating experience for me and

411
00:24:58,160 --> 00:25:04,740
certainly my acquaintance with her is

412
00:25:01,679 --> 00:25:08,130
one that I shall shall never forget even

413
00:25:04,740 --> 00:25:10,919
I think after I leave the the for the

414
00:25:08,130 --> 00:25:12,360
environment that we're in I fully expect

415
00:25:10,919 --> 00:25:18,090
to see Natalie floating out there

416
00:25:12,359 --> 00:25:20,579
sometime with me so I mean I I don't

417
00:25:18,089 --> 00:25:23,308
want to shortchange your experience so I

418
00:25:20,579 --> 00:25:25,139
want you to take this kind of where

419
00:25:23,308 --> 00:25:29,129
you'd like what would you like to say

420
00:25:25,140 --> 00:25:32,490
next about your experience either coming

421
00:25:29,130 --> 00:25:36,780
back into the body or further details

422
00:25:32,490 --> 00:25:39,509
about being out of the body you came

423
00:25:36,779 --> 00:25:41,910
back and you had to suffer a great deal

424
00:25:39,509 --> 00:25:46,379
I take it you know with physical

425
00:25:41,910 --> 00:25:49,558
infirmities of that that are go along

426
00:25:46,380 --> 00:25:51,570
with getting blown up and sure and it's

427
00:25:49,558 --> 00:25:54,480
something that you know most of us would

428

00:25:51,569 --> 00:25:58,019
just look upon with incredible dread and

429
00:25:54,480 --> 00:26:00,660
fear of pain I hope that you negotiated

430
00:25:58,019 --> 00:26:02,279
some pain management with the guys in

431
00:26:00,660 --> 00:26:04,259
the stadium as part of the reasons for

432
00:26:02,279 --> 00:26:12,058
coming back I sure as heck would have

433
00:26:04,259 --> 00:26:14,730
put that high on my list the pain part

434
00:26:12,058 --> 00:26:16,500
but I'll tell you you know that that

435
00:26:14,730 --> 00:26:18,720
stadium environment wasn't my whole

436
00:26:16,500 --> 00:26:20,730
experience and I'll just briefly kind of

437
00:26:18,720 --> 00:26:21,509
go through the rest experience because

438
00:26:20,730 --> 00:26:25,230
that

439
00:26:21,509 --> 00:26:29,089
it did in form I think it did inform how

440
00:26:25,230 --> 00:26:31,920
I thought about my recovery and how I

441
00:26:29,089 --> 00:26:36,990
how I thought in general after I came

442
00:26:31,920 --> 00:26:38,759

back and because when you say suffer

443

00:26:36,990 --> 00:26:41,009
pain I mean I didn't suffer

444

00:26:38,759 --> 00:26:43,680
I never suffered you know that there's a

445

00:26:41,009 --> 00:26:45,960
Buddhist thing pain is inevitable

446

00:26:43,680 --> 00:26:49,710
suffering is optional that's right

447

00:26:45,960 --> 00:26:51,690
that's right state of mind and so I'll

448

00:26:49,710 --> 00:26:53,400
just briefly go through sort of the rest

449

00:26:51,690 --> 00:26:56,850
of my experience and popping back into

450

00:26:53,400 --> 00:26:59,550
the body and is how I think that

451

00:26:56,849 --> 00:27:02,250
informed what I experienced when I came

452

00:26:59,549 --> 00:27:04,889
back so I'm in the stadium with the

453

00:27:02,250 --> 00:27:07,230
thousands of beings and then when we

454

00:27:04,890 --> 00:27:09,150
were kind of finished communicating I

455

00:27:07,230 --> 00:27:11,940
blinked to another place which I call

456

00:27:09,150 --> 00:27:14,880
the deep rest environment and I was it

457
00:27:11,940 --> 00:27:21,809
was deeply deeply peaceful it was like

458
00:27:14,880 --> 00:27:24,870
the most refreshing relaxing you can

459
00:27:21,809 --> 00:27:28,289
imagine and here are some beings were

460
00:27:24,869 --> 00:27:29,879
sort of tinkering with what I call sort

461
00:27:28,289 --> 00:27:31,379
of the structure of my consciousness

462
00:27:29,880 --> 00:27:33,900
it's like they were just giving me a

463
00:27:31,380 --> 00:27:35,520
little tune-up or something and I did

464
00:27:33,900 --> 00:27:38,570
what some people might call a life

465
00:27:35,519 --> 00:27:43,619
review but for me it was very much just

466
00:27:38,569 --> 00:27:45,689
looking at interesting things not oh I

467
00:27:43,619 --> 00:27:48,209
did something wrong or oh they did

468
00:27:45,690 --> 00:27:49,880
something wrong or oh that hurt it was

469
00:27:48,210 --> 00:27:54,539
more like worthy it's interesting

470
00:27:49,880 --> 00:27:57,090
intersection and how can i exploit those

471
00:27:54,539 --> 00:27:59,039
or oh I can do that next on that look at

472
00:27:57,089 --> 00:28:00,869
what happened there you know so it was

473
00:27:59,039 --> 00:28:03,029
the interesting things that caught my

474
00:28:00,869 --> 00:28:05,459
attention sure and then when I when I

475
00:28:03,029 --> 00:28:06,629
was through there I blinked again and I

476
00:28:05,460 --> 00:28:09,059
was in what I call the healing

477
00:28:06,630 --> 00:28:11,820
environment I was with one really good

478
00:28:09,059 --> 00:28:15,179
friend I just call them

479
00:28:11,819 --> 00:28:17,279
I guess these beings I mean but to me

480
00:28:15,180 --> 00:28:20,070
they're like people right so I should

481
00:28:17,279 --> 00:28:21,899
find a word but there's being that I

482
00:28:20,069 --> 00:28:23,639
knew there very well we were very old

483
00:28:21,900 --> 00:28:25,259
friends and then another one who seemed

484
00:28:23,640 --> 00:28:27,240
to be kind of watching us and learning

485

00:28:25,259 --> 00:28:29,789
from us or something and in this

486
00:28:27,240 --> 00:28:32,160
environment I was we were up above the

487
00:28:29,789 --> 00:28:35,279
truck the blown-up truck down on the

488
00:28:32,160 --> 00:28:36,930
desert and and looking

489
00:28:35,279 --> 00:28:39,660
and we could see into the truck and

490
00:28:36,930 --> 00:28:42,049
could see we could see things are solid

491
00:28:39,660 --> 00:28:45,210
and we could also see the organization

492
00:28:42,049 --> 00:28:49,579
hold the physical forms in their in

493
00:28:45,210 --> 00:28:53,670
their recognizable forms and so we were

494
00:28:49,579 --> 00:28:57,210
kind of with our intention we were

495
00:28:53,670 --> 00:29:00,420
playing around with giving setting my

496
00:28:57,210 --> 00:29:02,100
injuries choosing my injuries and we

497
00:29:00,420 --> 00:29:04,529
were laughing because they were variants

498
00:29:02,099 --> 00:29:07,319
that this was very very funny too from

499
00:29:04,529 --> 00:29:10,049

that perspective you know oh should we

500

00:29:07,319 --> 00:29:11,250

knock out half her brain and I didn't

501

00:29:10,049 --> 00:29:30,450

ago she ate the rest of her life

502

00:29:11,250 --> 00:29:33,750

yeah so getting back to you being in

503

00:29:30,450 --> 00:29:37,610

this environment the third environment

504

00:29:33,750 --> 00:29:40,980

where you are somewhat above the

505

00:29:37,609 --> 00:29:43,939

vehicles and deciding upon what injuries

506

00:29:40,980 --> 00:29:47,849

you might sustained with another being

507

00:29:43,940 --> 00:29:52,200

back you know coming back into today's

508

00:29:47,849 --> 00:29:55,769

time how does that how does that compute

509

00:29:52,200 --> 00:30:00,140

with your life today in other words you

510

00:29:55,769 --> 00:30:02,819

know the natural human instinct is to be

511

00:30:00,140 --> 00:30:04,200

somewhat I try to live in the present

512

00:30:02,819 --> 00:30:06,149

and I try not to do a whole lot of

513

00:30:04,200 --> 00:30:08,160

suffering by thinking a whole lot about

514
00:30:06,150 --> 00:30:10,410
what is going to happen to me in the

515
00:30:08,160 --> 00:30:12,720
future and past pain and so forth like

516
00:30:10,410 --> 00:30:15,090
that so I'm right there with you in the

517
00:30:12,720 --> 00:30:16,950
idea that you can't avoid pain but you

518
00:30:15,089 --> 00:30:19,769
can't avoid suffering you know that kind

519
00:30:16,950 --> 00:30:24,000
of I guess it's a Buddhist idea

520
00:30:19,769 --> 00:30:27,359
basically but you know and now that

521
00:30:24,000 --> 00:30:30,059
you're back in in the 4d world a lot of

522
00:30:27,359 --> 00:30:32,699
the time and you're negotiating you know

523
00:30:30,059 --> 00:30:35,069
driving home in a car and and going to

524
00:30:32,700 --> 00:30:37,410
California or doing one of the many many

525
00:30:35,069 --> 00:30:40,500
things that you might do has your

526
00:30:37,410 --> 00:30:43,800
perspective shifted back a little bit so

527
00:30:40,500 --> 00:30:47,130
that you realize on some level that to a

528
00:30:43,799 --> 00:30:48,450
person who hasn't been consciously in

529
00:30:47,130 --> 00:30:50,280
that environment

530
00:30:48,450 --> 00:30:52,279
that it is it could be a very

531
00:30:50,279 --> 00:30:58,879
frightening thing for that person oh

532
00:30:52,279 --> 00:31:02,549
absolutely yeah you know I can say well

533
00:30:58,880 --> 00:31:08,160
from my experience I can say we all

534
00:31:02,549 --> 00:31:11,849
choose our experiences and so we classes

535
00:31:08,160 --> 00:31:15,240
this experience so even if we are

536
00:31:11,849 --> 00:31:19,259
uncomfortable or in pain or something we

537
00:31:15,240 --> 00:31:22,410
can we did that for me that's one of

538
00:31:19,259 --> 00:31:25,259
valuable reasons and the pain and the

539
00:31:22,410 --> 00:31:28,440
discomfort may seem like it takes

540
00:31:25,259 --> 00:31:31,289
forever here but once we're out of our

541
00:31:28,440 --> 00:31:34,440
bodies it is under students just sort of

542

00:31:31,289 --> 00:31:37,920
the flash you know it doesn't it's not

543
00:31:34,440 --> 00:31:42,090
endless yeah when we're in the body

544
00:31:37,920 --> 00:31:46,340
it's oh it can be horrible it can be

545
00:31:42,089 --> 00:31:50,490
very very difficult those those those

546
00:31:46,339 --> 00:31:53,399
experiences have value and because I had

547
00:31:50,490 --> 00:31:55,650
my experience and no I remember choosing

548
00:31:53,400 --> 00:32:01,200
my injuries and I remember why I chose

549
00:31:55,650 --> 00:32:07,140
them so for me how can you suffer when

550
00:32:01,200 --> 00:32:15,090
you know that you chose easier for you

551
00:32:07,140 --> 00:32:18,090
to to come back and recuperate when I

552
00:32:15,089 --> 00:32:21,809
was still in the hospital in Walter Reed

553
00:32:18,089 --> 00:32:27,269
Army Medical Center one in particular I

554
00:32:21,809 --> 00:32:30,089
was lying in bed going oh I had an eye

555
00:32:27,269 --> 00:32:31,619
injury they didn't know at that time

556
00:32:30,089 --> 00:32:38,069

whether I'd be able to see out of it or

557

00:32:31,619 --> 00:32:43,679

not so I'm lying in bed late at night I

558

00:32:38,069 --> 00:32:45,539

was getting a little bit down and all of

559

00:32:43,680 --> 00:32:48,390

a sudden of this plot came into my head

560

00:32:45,539 --> 00:32:54,750

it doesn't matter it's only for 40 more

561

00:32:48,390 --> 00:32:57,540

meters was so real I mean I felt and I

562

00:32:54,750 --> 00:32:59,609

felt both of those at once and I thought

563

00:32:57,539 --> 00:33:02,339

wow this is really cool and then I

564

00:32:59,609 --> 00:33:04,979

started laughing because I thought wow

565

00:33:02,339 --> 00:33:08,220

that probably sounds demented but it's

566

00:33:04,980 --> 00:33:10,880

only for 40 more years yes I was

567

00:33:08,220 --> 00:33:13,769

experiencing that I felt that I

568

00:33:10,880 --> 00:33:15,180

understood it's only for 40 more years

569

00:33:13,769 --> 00:33:19,589

it's not a big deal

570

00:33:15,180 --> 00:33:23,310

that's not that's a blink of an eye yeah

571
00:33:19,589 --> 00:33:27,899
it definitely influenced my my how I

572
00:33:23,309 --> 00:33:33,470
viewed my experience in recuperation

573
00:33:27,900 --> 00:33:36,210
yeah so after you were in this space of

574
00:33:33,470 --> 00:33:39,299
choosing your injuries and conferring

575
00:33:36,210 --> 00:33:42,029
with your friend and colleague you did

576
00:33:39,299 --> 00:33:45,899
you did come back into your body with it

577
00:33:42,029 --> 00:33:52,349
was that the next the next step yeah I

578
00:33:45,900 --> 00:33:56,850
came down was like I blinked and I was

579
00:33:52,349 --> 00:33:59,189
next I was within the scene so the truck

580
00:33:56,849 --> 00:34:01,529
was beside me and the desert I'm

581
00:33:59,190 --> 00:34:04,410
standing on the desert but it was as if

582
00:34:01,529 --> 00:34:06,210
I was between time and space so nothing

583
00:34:04,410 --> 00:34:11,490
was moving it was sort of one of those

584
00:34:06,210 --> 00:34:14,639
Twilight Zone things were near the only

585
00:34:11,489 --> 00:34:17,250
thing moving in the landscape and and I

586
00:34:14,639 --> 00:34:19,799
was with a bunch of other beings and we

587
00:34:17,250 --> 00:34:21,989
were talking about things on a much more

588
00:34:19,800 --> 00:34:24,240
sort of nuts and bolts level you know

589
00:34:21,989 --> 00:34:26,909
now we're right in the physical right

590
00:34:24,239 --> 00:34:29,668
reality and talking about it from that

591
00:34:26,909 --> 00:34:31,529
perspective knowing that parts of it

592
00:34:29,668 --> 00:34:35,369
we're going to be uncomfortable and

593
00:34:31,530 --> 00:34:38,370
difficult and just kind of setting some

594
00:34:35,369 --> 00:34:40,409
things up for myself from that viewpoint

595
00:34:38,369 --> 00:34:57,589
and then I just popped back into the

596
00:34:40,409 --> 00:35:02,809
body before you came back saying that

597
00:34:57,590 --> 00:35:02,809
inside the body there's like a matrix

598
00:35:04,659 --> 00:35:24,759
the actual let's say quanta of whatever

599

00:35:08,460 --> 00:35:26,980
molecules are in your body that's that

600
00:35:24,760 --> 00:35:35,770
little particular description very

601
00:35:26,980 --> 00:35:37,990
fascinating yeah solid and really well

602
00:35:35,769 --> 00:35:40,659
what's organizing that energy you know

603
00:35:37,989 --> 00:35:47,429
it's in tension it's holding an

604
00:35:40,659 --> 00:35:47,429
intention and and those spaces between

605
00:35:47,489 --> 00:35:55,389
that is energy and you know someone

606
00:35:51,880 --> 00:36:28,360
might call it the Holy Spirit or someone

607
00:35:55,389 --> 00:36:31,900
might call it it's what creates so on a

608
00:36:28,360 --> 00:36:37,019
very practical level Natalie on a very

609
00:36:31,900 --> 00:36:39,700
practical level in you know the kind of

610
00:36:37,019 --> 00:36:42,280
self-help new-age whatever you want to

611
00:36:39,699 --> 00:36:44,949
call it philosophies that are practiced

612
00:36:42,280 --> 00:36:47,350
and I do not say those words with any

613
00:36:44,949 --> 00:36:49,230

detriment at all you know totally

614

00:36:47,349 --> 00:36:52,000
without detriment

615

00:36:49,230 --> 00:36:54,130
we often talk of and I talk with my

616

00:36:52,000 --> 00:36:56,380
clients about having an intention in

617

00:36:54,130 --> 00:36:58,480
life you know choosing something that

618

00:36:56,380 --> 00:37:00,970
you are intending and keeping your

619

00:36:58,480 --> 00:37:03,610
thoughts positive about that intention

620

00:37:00,969 --> 00:37:05,799
and not allowing self-doubt to creep

621

00:37:03,610 --> 00:37:08,980
into often we can't keep it out entirely

622

00:37:05,800 --> 00:37:12,130
probably if we're human but that we

623

00:37:08,980 --> 00:37:14,559
focus on on on the bright side and that

624

00:37:12,130 --> 00:37:18,880
we have the intention and we move

625

00:37:14,559 --> 00:37:21,670
towards the intention in a positive

626

00:37:18,880 --> 00:37:23,950
is there anything about that that

627

00:37:21,670 --> 00:37:27,159
relates to the intention that you are

628
00:37:23,949 --> 00:37:39,189
speaking of or is this just a new-age

629
00:37:27,159 --> 00:37:40,960
mumbo-jumbo energy notion because they

630
00:37:39,190 --> 00:37:44,860
are part of an intention you know I

631
00:37:40,960 --> 00:37:48,869
thought for real and they they shape

632
00:37:44,860 --> 00:37:51,670
energy they are their creators and so

633
00:37:48,869 --> 00:37:55,299
when you hold your attention on

634
00:37:51,670 --> 00:37:57,849
something positive you're feeding your

635
00:37:55,300 --> 00:38:01,960
feeding energy and intention into that

636
00:37:57,849 --> 00:38:04,449
positivity whereas if you concentrate on

637
00:38:01,960 --> 00:38:06,039
something negative you're feeding energy

638
00:38:04,449 --> 00:38:08,289
into that negative thing and where

639
00:38:06,039 --> 00:38:11,289
energy goes you know there's more

640
00:38:08,289 --> 00:38:14,079
creation going on so why do you want to

641
00:38:11,289 --> 00:38:18,250
create more negativity that I do take

642
00:38:14,079 --> 00:38:20,049
issue with you know just focus on the

643
00:38:18,250 --> 00:38:22,599
positive focus on the positive right

644
00:38:20,050 --> 00:38:24,910
because that's too simplistic what

645
00:38:22,599 --> 00:38:27,250
happens is then when when something

646
00:38:24,909 --> 00:38:30,399
difficult or something apparently

647
00:38:27,250 --> 00:38:32,710
negative comes up in someone's mind and

648
00:38:30,400 --> 00:38:35,260
they try to slap it down or they they

649
00:38:32,710 --> 00:38:36,099
try to plaster over it or they argue

650
00:38:35,260 --> 00:38:38,560
with themselves

651
00:38:36,099 --> 00:38:42,069
it creates the competition within you

652
00:38:38,559 --> 00:38:43,929
and we're all going to have difficult

653
00:38:42,070 --> 00:38:48,400
things just uncomfortable things

654
00:38:43,929 --> 00:38:51,489
quote negative things and if we instead

655
00:38:48,400 --> 00:38:54,160
make friends with those instead you know

656

00:38:51,489 --> 00:38:58,000
when that when that negative quote saw

657
00:38:54,159 --> 00:39:00,369
it comes up you say hello I see you I'm

658
00:38:58,000 --> 00:39:02,409
not gonna argue with you but let's try

659
00:39:00,369 --> 00:39:05,230
something different let's go this way

660
00:39:02,409 --> 00:39:07,269
come along with me and then you're not

661
00:39:05,230 --> 00:39:09,510
arguing with yourself you're not setting

662
00:39:07,269 --> 00:39:12,190
up all that tension inside yourself

663
00:39:09,510 --> 00:39:14,860
you've got to be able to make friends

664
00:39:12,190 --> 00:39:17,590
with all parts of yourself your shadows

665
00:39:14,860 --> 00:39:21,039
there's value in all of those parts of

666
00:39:17,590 --> 00:39:22,960
yourself and and you know too often it's

667
00:39:21,039 --> 00:39:25,539
like oh you're so negative just think

668
00:39:22,960 --> 00:39:27,940
positive well then that's not solving it

669
00:39:25,539 --> 00:39:30,099
you know go ahead and look at those

670
00:39:27,940 --> 00:39:32,030

negatives negatives and I say quote

671

00:39:30,099 --> 00:39:33,380
negative because you know

672

00:39:32,030 --> 00:39:35,660
whole positive and negative thing

673

00:39:33,380 --> 00:39:40,460
doesn't even make sense from where I was

674

00:39:35,659 --> 00:39:42,109
right but you know make friends with

675

00:39:40,460 --> 00:39:43,670
those negative things get to know them

676

00:39:42,110 --> 00:39:46,309
because really their messages from

677

00:39:43,670 --> 00:39:50,720
yourself you know so listen to those

678

00:39:46,309 --> 00:39:53,239
messages and then say okay you know I

679

00:39:50,719 --> 00:39:58,339
hear you and maybe there's a new way to

680

00:39:53,239 --> 00:40:01,969
respond to this or to a new direction to

681

00:39:58,340 --> 00:40:04,630
take this quote negative energy and

682

00:40:01,969 --> 00:40:07,219
great and bring it with me into this and

683

00:40:04,630 --> 00:40:09,650
transform it into something positive

684

00:40:07,219 --> 00:40:13,609
well there are like three ways I could

685
00:40:09,650 --> 00:40:16,070
see that you could go with this first of

686
00:40:13,610 --> 00:40:19,579
all the one thing that I am struck by in

687
00:40:16,070 --> 00:40:23,240
most people is the repetitive thinking

688
00:40:19,579 --> 00:40:26,480
all of us we have a lot of repetitive

689
00:40:23,239 --> 00:40:30,589
thinking things that go on in our minds

690
00:40:26,480 --> 00:40:34,579
over and over again and in the case of

691
00:40:30,590 --> 00:40:37,460
that particular situation where it's not

692
00:40:34,579 --> 00:40:41,360
a negative thought that is an original

693
00:40:37,460 --> 00:40:43,190
thought you know a one of kind or a

694
00:40:41,360 --> 00:40:47,599
one-off thought it's that kind of

695
00:40:43,190 --> 00:40:50,360
repetitive train of thought that's going

696
00:40:47,599 --> 00:40:54,230
through most people's brains and has a

697
00:40:50,360 --> 00:40:57,050
component of self-hatred if you will or

698
00:40:54,230 --> 00:40:59,059
a lack of confidence in it so when you

699
00:40:57,050 --> 00:41:01,039
when you get that sort of thing I'm

700
00:40:59,059 --> 00:41:03,440
talking on a very practical level now

701
00:41:01,039 --> 00:41:07,820
I've brought the conversation down from

702
00:41:03,440 --> 00:41:16,670
the the higher level to a very practical

703
00:41:07,820 --> 00:41:19,400
thing right the application but in that

704
00:41:16,670 --> 00:41:23,119
case you know I tend to go towards core

705
00:41:19,400 --> 00:41:24,950
beliefs with with people but there can

706
00:41:23,119 --> 00:41:27,199
be the thought that you're talking about

707
00:41:24,949 --> 00:41:29,869
I think if I'm understanding you right

708
00:41:27,199 --> 00:41:32,299
is if there is a novel negative thought

709
00:41:29,869 --> 00:41:34,460
something different than oh you know I'm

710
00:41:32,300 --> 00:41:37,130
worthless which is just that kind of

711
00:41:34,460 --> 00:41:39,320
repetitive thought but a novel negative

712
00:41:37,130 --> 00:41:40,820
thought comes in you do have to look at

713

00:41:39,320 --> 00:41:43,130
where that came from

714
00:41:40,820 --> 00:41:45,170
you know why are you getting that kind

715
00:41:43,130 --> 00:41:48,019
of thing is there someplace is there

716
00:41:45,170 --> 00:41:50,329
something to be learned from going down

717
00:41:48,019 --> 00:42:17,509
that pathway of the novel negative

718
00:41:50,329 --> 00:42:21,369
thought you know we have you know we

719
00:42:17,510 --> 00:42:24,380
have a lot of training we have a lot of

720
00:42:21,369 --> 00:42:31,460
we have a lot of enculturation

721
00:42:24,380 --> 00:42:35,450
that that kind of has muddied up who we

722
00:42:31,460 --> 00:42:39,170
really are and and what we're capable of

723
00:42:35,449 --> 00:42:45,109
and and so it's not you know I'm not

724
00:42:39,170 --> 00:42:48,139
saying if you make friends with that

725
00:42:45,110 --> 00:42:50,390
dark side or the negativity and say

726
00:42:48,139 --> 00:42:53,719
hello I hear you you know

727
00:42:50,389 --> 00:42:55,429

who are you or what are you trying to

728

00:42:53,719 --> 00:42:58,459

warn me about it what are you trying to

729

00:42:55,429 --> 00:43:02,539

tell me about and bring that along with

730

00:42:58,460 --> 00:43:06,409

you into something new or say you know I

731

00:43:02,539 --> 00:43:08,630

see you now let's what let that part of

732

00:43:06,409 --> 00:43:12,319

my mind and by other parts of my mind

733

00:43:08,630 --> 00:43:16,250

look at this in a new way and look for

734

00:43:12,320 --> 00:43:18,530

the positive in it then then you're

735

00:43:16,250 --> 00:43:20,840

bringing all of yourself along you know

736

00:43:18,530 --> 00:43:23,870

a lot of that fell teacher than that

737

00:43:20,840 --> 00:43:29,269

that criticism that we all are trained

738

00:43:23,869 --> 00:43:31,670

into and do over and over again that is

739

00:43:29,269 --> 00:43:34,070

what you're doing is you're arguing with

740

00:43:31,670 --> 00:43:37,039

yourself you're saying I'm worthless and

741

00:43:34,070 --> 00:43:40,100

then party you / you this thing I'm not

742
00:43:37,039 --> 00:43:42,500
worthless I'm lying you know

743
00:43:40,099 --> 00:43:44,719
well we'll quit arguing with yourself

744
00:43:42,500 --> 00:43:48,670
and say hey work was part of yourself

745
00:43:44,719 --> 00:43:52,579
come along with me and let's go find

746
00:43:48,670 --> 00:43:54,559
some the cool things about me you know

747
00:43:52,579 --> 00:44:00,289
accepting yourself

748
00:43:54,559 --> 00:44:01,759
in all your glory and all your junk in a

749
00:44:00,289 --> 00:44:04,009
very peaceful place

750
00:44:01,760 --> 00:44:09,560
yes and stop arguing with yourself

751
00:44:04,010 --> 00:44:13,510
yesterday you know what don't match the

752
00:44:09,559 --> 00:44:23,150
this weird picture I have a perfection

753
00:44:13,510 --> 00:44:25,250
but their minds you don't try to maybe

754
00:44:23,150 --> 00:44:28,760
try to improve in one way or another

755
00:44:25,250 --> 00:44:31,880
either but you can only make those

756
00:44:28,760 --> 00:44:34,040
changes in yourself when you've accepted

757
00:44:31,880 --> 00:44:36,200
who you are right now and say you know

758
00:44:34,039 --> 00:44:41,389
I'm a little weak in that area and I'd

759
00:44:36,199 --> 00:44:44,869
like to I'd like to express myself the

760
00:44:41,389 --> 00:44:47,179
enculturation you mentioned there of

761
00:44:44,869 --> 00:44:50,929
course that that does exist and I think

762
00:44:47,179 --> 00:44:53,839
that's where you know we go back to core

763
00:44:50,929 --> 00:44:56,299
beliefs with people and dealing with

764
00:44:53,840 --> 00:44:59,090
well you know you're behaving in this

765
00:44:56,300 --> 00:45:01,100
way because your core belief tells you

766
00:44:59,090 --> 00:45:05,030
that this is true maybe we need to

767
00:45:01,099 --> 00:45:07,400
examine that but moving on from the very

768
00:45:05,030 --> 00:45:11,900
practical application of things and back

769
00:45:07,400 --> 00:45:15,500
into your experiences and I'm going to

770

00:45:11,900 --> 00:45:18,050
skip up to you know our meeting at the

771
00:45:15,500 --> 00:45:21,010
Monroe Institute and an experience that

772
00:45:18,050 --> 00:45:24,170
we had together at the Monroe Institute

773
00:45:21,010 --> 00:45:29,900
when we were doing the lifelines journey

774
00:45:24,170 --> 00:45:33,829
and we were on what what we'll have to

775
00:45:29,900 --> 00:45:36,559
say that we were roommates and inside of

776
00:45:33,829 --> 00:45:39,440
the room that we inhabited and we slept

777
00:45:36,559 --> 00:45:44,000
in that night was something called a

778
00:45:39,440 --> 00:45:47,420
check which is a bed a sort of a small

779
00:45:44,000 --> 00:45:49,820
bed surrounded we were sort of sort of

780
00:45:47,420 --> 00:45:53,059
like a bed in a cabinet is that is that

781
00:45:49,820 --> 00:45:55,070
how we would describe it and when we put

782
00:45:53,059 --> 00:45:59,360
on our earphones and we would meditate

783
00:45:55,070 --> 00:46:03,289
in this cabinet cot so to speak and we'd

784
00:45:59,360 --> 00:46:05,900

also sleep there at night and one day a

785

00:46:03,289 --> 00:46:07,400

couple of maybe a day or two into our

786

00:46:05,900 --> 00:46:10,789

program

787

00:46:07,400 --> 00:46:13,190

we had a group meditation all of our

788

00:46:10,789 --> 00:46:16,159

group 18 or 22 people

789

00:46:13,190 --> 00:46:19,010

that's about the common number of people

790

00:46:16,159 --> 00:46:22,879

in a program we all went to meditate in

791

00:46:19,010 --> 00:46:25,280

our checks and it's a guided meditation

792

00:46:22,880 --> 00:46:28,900

at the beginning we're guided into a

793

00:46:25,280 --> 00:46:32,540

different level of consciousness and

794

00:46:28,900 --> 00:46:34,639

during that guided meditation it stops

795

00:46:32,539 --> 00:46:36,469

the guiding stops at a certain point and

796

00:46:34,639 --> 00:46:40,099

you go off and you have your own

797

00:46:36,469 --> 00:46:45,409

experience well when when I got out of

798

00:46:40,099 --> 00:46:47,719

the check after the the meditation who

799
00:46:45,409 --> 00:46:49,279
was i standing there looking at you and

800
00:46:47,719 --> 00:46:51,649
you know in the flesh-and-blood night I

801
00:46:49,280 --> 00:46:54,200
said to you something to the effect of

802
00:46:51,650 --> 00:46:57,070
Natalie I just saw you in my meditation

803
00:46:54,199 --> 00:46:59,719
and we were in a hall a giant gymnasium

804
00:46:57,070 --> 00:47:03,440
where we were looking down from above it

805
00:46:59,719 --> 00:47:08,000
at hundreds of of bodies laying on white

806
00:47:03,440 --> 00:47:11,059
marble plinth stands like these plants

807
00:47:08,000 --> 00:47:14,300
of white marble and they were like these

808
00:47:11,059 --> 00:47:17,420
people laying on on these plants and and

809
00:47:14,300 --> 00:47:20,660
they were obviously had had passed on

810
00:47:17,420 --> 00:47:23,710
and we were seeing them and to my great

811
00:47:20,659 --> 00:47:28,940
surprise you had seen the same thing

812
00:47:23,710 --> 00:47:33,320
yeah yeah and actually that happens

813
00:47:28,940 --> 00:47:36,340
quite often in programs where everybody

814
00:47:33,320 --> 00:47:39,200
is meditating at the same time and and

815
00:47:36,340 --> 00:47:43,370
you know there when you work with one

816
00:47:39,199 --> 00:47:47,569
group for a a few days you really kind

817
00:47:43,369 --> 00:47:50,659
of develop the group energy to and in

818
00:47:47,570 --> 00:47:53,240
some real interesting connections

819
00:47:50,659 --> 00:47:56,059
between people but yeah it hadn't

820
00:47:53,239 --> 00:47:57,919
happened to me before and so that was

821
00:47:56,059 --> 00:48:01,730
really fun and really interesting well

822
00:47:57,920 --> 00:48:05,680
it happens years ago with a friend of

823
00:48:01,730 --> 00:48:11,000
mine yeah and I think a lot of people

824
00:48:05,679 --> 00:48:16,779
have had similar experiences not like

825
00:48:11,000 --> 00:48:20,000
necessarily going to a very particular

826
00:48:16,780 --> 00:48:21,230
state of consciousness but I've had

827

00:48:20,000 --> 00:48:24,320
quite a few people

828
00:48:21,230 --> 00:48:27,170
tell me about dreaming something and

829
00:48:24,320 --> 00:48:28,580
then waking up and talking to that other

830
00:48:27,170 --> 00:48:30,108
person they find their dream and the

831
00:48:28,579 --> 00:48:43,730
other person is like well I had that

832
00:48:30,108 --> 00:48:45,019
same dream last night you know then

833
00:48:43,730 --> 00:48:46,789
we're gonna get together over the

834
00:48:45,019 --> 00:48:49,429
weekend and discuss our dreams I've

835
00:48:46,789 --> 00:48:51,230
never been able to actually hook myself

836
00:48:49,429 --> 00:48:53,449
up with one of those programs but I

837
00:48:51,230 --> 00:48:57,199
certainly certainly find that extremely

838
00:48:53,449 --> 00:48:58,909
fascinating so tell us tell us a little

839
00:48:57,199 --> 00:49:00,949
bit about what you're doing now

840
00:48:58,909 --> 00:49:05,980
you know what we're I know there was one

841
00:49:00,949 --> 00:49:09,500

point at which you were making handmade

842

00:49:05,980 --> 00:49:13,750

you were throwing pots for the purpose

843

00:49:09,500 --> 00:49:40,329

of being used for ashes for fallen

844

00:49:13,750 --> 00:49:43,219

soldiers cremation and very short time

845

00:49:40,329 --> 00:49:44,960

because after the book came out and

846

00:49:43,219 --> 00:49:47,149

after I did a couple interviews I

847

00:49:44,960 --> 00:49:50,900

started getting a lot of phone calls and

848

00:49:47,150 --> 00:49:54,950

emails from people wanting readings so I

849

00:49:50,900 --> 00:49:57,320

do psychic readings so that just got to

850

00:49:54,949 --> 00:49:59,419

be so overwhelming trying to keep up

851

00:49:57,320 --> 00:50:04,460

with that that I just closed the urn

852

00:49:59,420 --> 00:50:11,809

business and now I I do give readings

853

00:50:04,460 --> 00:50:14,690

and I also as you mentioned first I am a

854

00:50:11,809 --> 00:50:18,108

facilitator a trainer at the Monroe

855

00:50:14,690 --> 00:50:20,619

Institute trophy weeks each year and I'm

856
00:50:18,108 --> 00:50:26,509
also working with a couple of colleagues

857
00:50:20,619 --> 00:50:29,090
with some Sun sound technologies similar

858
00:50:26,510 --> 00:50:31,960
to the neuron stitute technologies and

859
00:50:29,090 --> 00:50:35,030
we're putting together some new programs

860
00:50:31,960 --> 00:50:36,650
one that we are offering

861
00:50:35,030 --> 00:50:40,490
the violence that you called me venture

862
00:50:36,650 --> 00:50:46,329
Iseman but we're also working on

863
00:50:40,489 --> 00:50:50,469
programs for people with PTSD TBI

864
00:50:46,329 --> 00:50:53,739
addiction problems things like that what

865
00:50:50,469 --> 00:50:57,769
what we think is going on with these

866
00:50:53,739 --> 00:51:01,519
sound technologies is that it's it's

867
00:50:57,769 --> 00:51:03,530
first of all it gets people into a deep

868
00:51:01,519 --> 00:51:07,460
state of relaxation which a lot of

869
00:51:03,530 --> 00:51:11,030
people can't get you and then it helps

870
00:51:07,460 --> 00:51:16,820
to reset actually reset the neurological

871
00:51:11,030 --> 00:51:18,380
system into into health you know a lot

872
00:51:16,820 --> 00:51:20,870
of times if we can get out of the way of

873
00:51:18,380 --> 00:51:23,300
our bodies our bodies know how to heal

874
00:51:20,869 --> 00:51:26,119
and if we can get out of the way of our

875
00:51:23,300 --> 00:51:28,039
minds online no I feel but a lot of

876
00:51:26,119 --> 00:51:29,809
times we can't do that we can't get to

877
00:51:28,039 --> 00:51:33,380
that point where we can get out of the

878
00:51:29,809 --> 00:51:35,779
way right the sound technologies it

879
00:51:33,380 --> 00:51:38,450
looks like you know we don't nobody

880
00:51:35,780 --> 00:51:42,170
knows exactly what's going on with them

881
00:51:38,449 --> 00:51:48,169
but they seem to be having positive

882
00:51:42,170 --> 00:51:49,159
effects I'm sorry are we talking about

883
00:51:48,170 --> 00:51:51,680
Sam

884

00:51:49,159 --> 00:51:57,710
like the special angle modulation a

885
00:51:51,679 --> 00:52:15,669
technique or something I know the works

886
00:51:57,710 --> 00:52:15,670
with the angle is also a little bit of

887
00:52:29,949 --> 00:52:33,819
research in pharmacy

888
00:52:39,329 --> 00:52:44,369
find out which plants were used to cure

889
00:52:41,610 --> 00:52:47,789
different diseases and be interesting to

890
00:52:44,369 --> 00:52:56,759
see if some of the you know I always

891
00:52:47,789 --> 00:52:58,860
hate to say primitive frequencies and

892
00:52:56,760 --> 00:53:00,450
notes they used for different because

893
00:52:58,860 --> 00:53:01,470
certainly has different songs for

894
00:53:00,449 --> 00:53:06,569
different occasions

895
00:53:01,469 --> 00:53:11,250
I mean a friend of mine in high school

896
00:53:06,570 --> 00:53:14,460
used to convert she'd take one frequency

897
00:53:11,250 --> 00:53:17,670
of a sound and why it was the frequency

898
00:53:14,460 --> 00:53:19,139

of light and when she played a song that

899

00:53:17,670 --> 00:53:21,900

would sort of light up it was really

900

00:53:19,139 --> 00:53:24,539

sort of cool idea I mean at the time it

901

00:53:21,900 --> 00:53:27,180

was just like game for her but I I don't

902

00:53:24,539 --> 00:53:30,239

touch I've absolutely no idea what any

903

00:53:27,179 --> 00:53:41,989

further but I thought sound is really

904

00:53:30,239 --> 00:53:47,489

very amusing as enormous effect and

905

00:53:41,989 --> 00:53:53,909

singing especially often singing with

906

00:53:47,489 --> 00:53:57,979

other people has helped people reach

907

00:53:53,909 --> 00:54:01,529

altered states whether individual herbs

908

00:53:57,980 --> 00:54:07,500

there's all kinds of traditions that you

909

00:54:01,530 --> 00:54:11,070

found and in the in both focusing

910

00:54:07,500 --> 00:54:15,570

attention and in expanding your

911

00:54:11,070 --> 00:54:22,590

consciousness very interesting strikes

912

00:54:15,570 --> 00:54:25,019

me about those despite using the people

913
00:54:22,590 --> 00:54:28,430
I've met that are interested in it are

914
00:54:25,019 --> 00:54:31,409
very serious very as you say very aged

915
00:54:28,429 --> 00:54:40,019
merciless and you seem to have a good

916
00:54:31,409 --> 00:54:43,759
sense of body experience this is still

917
00:54:40,019 --> 00:54:43,759
have a sense of humor is that okay

918
00:54:45,599 --> 00:54:50,489
sense of humor is key I mean if you

919
00:54:48,599 --> 00:54:52,799
can't laugh at yourself you're too you

920
00:54:50,489 --> 00:54:57,500
might be you might be taking yourself

921
00:54:52,800 --> 00:55:00,420
too seriously we have these ideas

922
00:54:57,500 --> 00:55:02,909
actually this cultural idea that things

923
00:55:00,420 --> 00:55:09,170
that are holy and thinking those things

924
00:55:02,909 --> 00:55:09,170
that are important require sort of

925
00:55:24,590 --> 00:55:46,230
sometimes you know there is something

926
00:55:32,550 --> 00:55:54,840
about it that the universe and humor is

927
00:55:46,230 --> 00:55:57,119
holy it's very healing taking myself a

928
00:55:54,840 --> 00:55:58,920
little bit too seriously I'm more than

929
00:55:57,119 --> 00:56:15,329
willing to find a joke somewhere in

930
00:55:58,920 --> 00:56:18,809
there that's a great I would have to say

931
00:56:15,329 --> 00:56:22,289
that's a great attitude to have in life

932
00:56:18,809 --> 00:56:26,130
to take things not quite so seriously

933
00:56:22,289 --> 00:56:29,070
and realize we we're here for about a

934
00:56:26,130 --> 00:56:30,840
brief moment in time and we're going to

935
00:56:29,070 --> 00:56:33,360
go somewhere else

936
00:56:30,840 --> 00:56:35,940
and and you seem to have a better idea

937
00:56:33,360 --> 00:56:39,960
of where we're going then most people

938
00:56:35,940 --> 00:56:42,179
certainly a more more formed idea than I

939
00:56:39,960 --> 00:56:46,079
do or you know although I have

940
00:56:42,179 --> 00:56:49,529
experiences I don't claim to have any

941

00:56:46,079 --> 00:56:52,289
idea of exactly where I'm going well

942
00:56:49,530 --> 00:56:56,550
actually first I neither do i but I

943
00:56:52,289 --> 00:56:58,529
don't care what I care about that's

944
00:56:56,550 --> 00:57:02,100
that's it that's good

945
00:56:58,530 --> 00:57:04,440
a very good attitude to have that to be

946
00:57:02,099 --> 00:57:08,579
in the now to always be in the now and

947
00:57:04,440 --> 00:57:11,130
that frees up a lot of your senses to be

948
00:57:08,579 --> 00:57:16,039
sensing what's around you at the moment

949
00:57:11,130 --> 00:57:25,890
and be more hyper aware of all clues

950
00:57:16,039 --> 00:57:28,469
both sensory and otherwise I mean I

951
00:57:25,889 --> 00:57:30,659
think I have a little idea of what you

952
00:57:28,469 --> 00:57:33,000
are saying that you know I don't know

953
00:57:30,659 --> 00:57:34,710
what's up I've had and maybe I have a

954
00:57:33,000 --> 00:57:38,280
little bit clearer idea of that but

955
00:57:34,710 --> 00:57:41,579

honestly there's an infinity out there

956

00:57:38,280 --> 00:57:44,010

so it may be that when I next need my

957

00:57:41,579 --> 00:57:46,799

body I might go somewhere that is

958

00:57:44,010 --> 00:57:50,700

totally different you know we have an

959

00:57:46,800 --> 00:57:52,470

infinity of choice out there and a

960

00:57:50,699 --> 00:57:57,389

choice of experience because the

961

00:57:52,469 --> 00:57:59,159

universe is infinite so you know if you

962

00:57:57,389 --> 00:58:02,250

can find a little bit of humor and a

963

00:57:59,159 --> 00:58:07,199

little bit of anticipation in that and

964

00:58:02,250 --> 00:58:10,530

say you know this could be fun then that

965

00:58:07,199 --> 00:58:15,509

really changes how it has the potential

966

00:58:10,530 --> 00:58:18,690

to change how you think about now that's

967

00:58:15,510 --> 00:58:29,270

extremely encouraging that we can end on

968

00:58:18,690 --> 00:58:29,269

because I in between that you mentioned

969

00:58:39,289 --> 00:58:46,050

your wonderful book the application of

970
00:58:42,750 --> 00:58:48,869
impossible things Thank You Natalie and

971
00:58:46,050 --> 00:59:01,280
and I look forward to seeing you soon in

972
00:58:48,869 --> 00:59:05,609
body and out of body thanks again okay

973
00:59:01,280 --> 00:59:09,300
good shattered reality we are going to

974
00:59:05,610 --> 00:59:11,760
ask you to like our Facebook page which

975
00:59:09,300 --> 00:59:16,950
is shattered reality radio

976
00:59:11,760 --> 00:59:25,290
and if you have comments you can reach

977
00:59:16,949 --> 00:59:27,239
us at WWE had cast comm and we'd love to

978
00:59:25,289 --> 00:59:29,389
hear from you we would we would love to

979
00:59:27,239 --> 00:59:33,899
hear from you we we know that we have

980
00:59:29,389 --> 00:59:37,039
listeners from North America and from

981
00:59:33,900 --> 00:59:40,230
various places in Europe and even

982
00:59:37,039 --> 00:59:42,719
listeners in Japan so wherever you are

983
00:59:40,230 --> 00:59:46,159
out there how about giving us a holler

984
00:59:42,719 --> 00:59:46,159
and letting us know you're out there

985
00:59:49,639 --> 00:59:56,879
I'm sure if you want to listen to some

986
00:59:53,400 --> 01:00:05,519
hema sync sounds tonight when you go to

987
00:59:56,880 --> 01:00:07,800
sleep I'd be happy to supply you with us

988
01:00:05,519 --> 01:00:10,199
we'd love to hear what you think about

989
01:00:07,800 --> 01:00:12,359
all this Natalie said Byrne is an

990
01:00:10,199 --> 01:00:13,710
absolutely fascinating personality we

991
01:00:12,358 --> 01:00:16,130
would love to know what you think about

992
01:00:13,710 --> 01:00:16,130
her too

993
01:00:32,000 --> 01:00:34,059
you