

1
00:00:00,000 --> 00:00:05,099
so I saw an eight I saw nothing I saw

2
00:00:03,270 --> 00:00:06,509
eight again but because I really didn't

3
00:00:05,099 --> 00:00:10,500
know the rules of the pick 3 lottery

4
00:00:06,509 --> 00:00:11,940
because I never play that stupid game it

5
00:00:10,500 --> 00:00:13,949
didn't occur to me that the same number

6
00:00:11,939 --> 00:00:15,298
could appear twice and sets that's one

7
00:00:13,949 --> 00:00:16,890
of the complicating factors is

8
00:00:15,298 --> 00:00:20,368
occasionally you do have to interpret

9
00:00:16,890 --> 00:00:22,618
the information correctly so this is a

10
00:00:20,368 --> 00:00:25,198
revolutionary tool last night people

11
00:00:22,618 --> 00:00:26,849
were talking about you know we need

12
00:00:25,199 --> 00:00:30,539
something practical I can blow people's

13
00:00:26,849 --> 00:00:33,659
minds we need something that really can

14
00:00:30,539 --> 00:00:36,780
transform mindsets so what this is why I

15
00:00:33,659 --> 00:00:38,909
think it's a revolutionary tool the main

16
00:00:36,780 --> 00:00:40,799
problem with precognitive dreams normal

17
00:00:38,909 --> 00:00:43,199
precognitive dreams is a person brings

18
00:00:40,799 --> 00:00:44,788
it up after the fact and then the

19
00:00:43,200 --> 00:00:46,980
scientist says well this is all retro

20
00:00:44,789 --> 00:00:48,870
cognitive this is just something that

21
00:00:46,979 --> 00:00:52,198
occurred and these just don't have any

22
00:00:48,869 --> 00:00:54,839
connections but imagine this your lucid

23
00:00:52,198 --> 00:00:57,780
dreamer and you establish the task with

24
00:00:54,840 --> 00:01:00,120
a scientist whatever that for cognitive

25
00:00:57,780 --> 00:01:02,879
task is then you become consciously

26
00:01:00,119 --> 00:01:05,700
aware in a dream you obtain the

27
00:01:02,878 --> 00:01:07,560
information you wake with it you give it

28
00:01:05,700 --> 00:01:09,659
to the scientist then you and the

29

00:01:07,560 --> 00:01:12,689
scientists both wait for the results to

30
00:01:09,659 --> 00:01:17,130
occur I mean that's how simple this kind

31
00:01:12,688 --> 00:01:20,459
of tool can be to show that time and

32
00:01:17,129 --> 00:01:23,489
space are really much different than

33
00:01:20,459 --> 00:01:24,929
people conventionally think it is these

34
00:01:23,489 --> 00:01:27,750
are some of the practical considerations

35
00:01:24,930 --> 00:01:29,130
though first a memory recall issue just

36
00:01:27,750 --> 00:01:30,540
like my friend with a Powerball number

37
00:01:29,129 --> 00:01:32,310
you got to keep it pretty simple you

38
00:01:30,540 --> 00:01:34,409
can't have somebody memorize a whole

39
00:01:32,310 --> 00:01:36,600
giant thing and then take it from the

40
00:01:34,409 --> 00:01:38,609
lucid state into the waking state that's

41
00:01:36,599 --> 00:01:42,239
just too difficult also you got to avoid

42
00:01:38,609 --> 00:01:43,920
complicated scientific experiments

43
00:01:42,239 --> 00:01:46,469

because when you're listed Leah where

44

00:01:43,920 --> 00:01:49,290

you're trying to maintain that lucid

45

00:01:46,469 --> 00:01:51,899

environment keep it stable and if it's

46

00:01:49,290 --> 00:01:55,170

too complicated you just get caught up

47

00:01:51,899 --> 00:01:57,989

in too many things now one issue is

48

00:01:55,170 --> 00:02:00,210

though the lucid dreamers level of

49

00:01:57,989 --> 00:02:02,368

belief or disbelief if you have

50

00:02:00,209 --> 00:02:04,408

conceptual disbelief like remember the

51

00:02:02,368 --> 00:02:06,230

kid who would define the bizarre freckle

52

00:02:04,409 --> 00:02:07,940

the first time you does it

53

00:02:06,230 --> 00:02:09,379

all these people start appearing as he's

54

00:02:07,939 --> 00:02:12,349

going down the hallway to the women

55

00:02:09,379 --> 00:02:14,750

woman's place and yelling at him this is

56

00:02:12,349 --> 00:02:16,879

this isn't a dream this is real and he

57

00:02:14,750 --> 00:02:20,139

gets into this whole thing you can you

58
00:02:16,879 --> 00:02:24,109
kind of see his disbelief or his concern

59
00:02:20,139 --> 00:02:25,939
symbolically expressed and so you have

60
00:02:24,110 --> 00:02:28,340
to find lucid dreamers who don't have

61
00:02:25,939 --> 00:02:30,289
disbelief and they don't have internal

62
00:02:28,340 --> 00:02:31,700
conflicts and you can find that by

63
00:02:30,289 --> 00:02:33,650
having lucid dreamers who had

64
00:02:31,699 --> 00:02:37,489
experienced successful experiences with

65
00:02:33,650 --> 00:02:40,280
this so also lucid dreaming has become a

66
00:02:37,490 --> 00:02:43,100
revolutionary tool for healing self and

67
00:02:40,280 --> 00:02:45,289
others I think my book is the first time

68
00:02:43,099 --> 00:02:47,900
that anyone's ever mentioned actual

69
00:02:45,289 --> 00:02:50,449
physical healings so the way got started

70
00:02:47,900 --> 00:02:53,120
there's a gentleman ed Kellogg has a PhD

71
00:02:50,449 --> 00:02:55,159
from Duke in biochemistry hid infected

72
00:02:53,120 --> 00:02:57,349
his tonsil he was eating a shish kebab

73
00:02:55,159 --> 00:02:59,240
and pierced his console that became

74
00:02:57,349 --> 00:03:01,219
infected and he just hates going to

75
00:02:59,240 --> 00:03:02,600
doctors and he's a great lucid dreamer

76
00:03:01,219 --> 00:03:05,689
so he decided to become consciously

77
00:03:02,599 --> 00:03:07,750
aware and direct healing intent on to

78
00:03:05,689 --> 00:03:09,710
his tonsil he said he woke up

79
00:03:07,750 --> 00:03:13,250
ninety-five percent of the pain was gone

80
00:03:09,710 --> 00:03:15,920
I was in a few hours it shrunk down to

81
00:03:13,250 --> 00:03:18,199
its normal size and just totally

82
00:03:15,919 --> 00:03:20,569
disappeared there's a young woman in my

83
00:03:18,199 --> 00:03:22,459
book Patricia keelin works with Stephen

84
00:03:20,569 --> 00:03:25,459
Lagerge helping him do something the

85
00:03:22,459 --> 00:03:27,530
seminars she had out of control mistral

86

00:03:25,459 --> 00:03:29,890
bleeding and the doctor said it was so

87
00:03:27,530 --> 00:03:33,500
serious that they were going to have to

88
00:03:29,889 --> 00:03:36,049
remove you know do a hysterectomy so she

89
00:03:33,500 --> 00:03:38,150
began consciously aware she did some

90
00:03:36,050 --> 00:03:40,870
things but she directed healing intent

91
00:03:38,150 --> 00:03:43,610
into her hands and in her dream body

92
00:03:40,870 --> 00:03:46,039
inserted her hand into her uterus and

93
00:03:43,610 --> 00:03:48,290
directed healing intent there she woke

94
00:03:46,039 --> 00:03:52,159
up no more out of control bleeding never

95
00:03:48,289 --> 00:03:54,650
returned Beverly kids are ski dear so

96
00:03:52,159 --> 00:03:57,109
she went to the doctor she she was some

97
00:03:54,650 --> 00:03:59,539
of the original research work with the

98
00:03:57,110 --> 00:04:02,030
verge she had an expanded uterus with

99
00:03:59,539 --> 00:04:03,650
assistant mass she got very concerned

100
00:04:02,030 --> 00:04:06,800

about it she began consciously we're in

101

00:04:03,650 --> 00:04:08,510

the dream state firstly went to seek

102

00:04:06,800 --> 00:04:10,670

information on why she was having this

103

00:04:08,509 --> 00:04:13,519

condition then in the second semi lucid

104

00:04:10,669 --> 00:04:16,129

dream geometric figures of light shop

105

00:04:13,520 --> 00:04:17,980

healing energy on her she knew she was

106

00:04:16,129 --> 00:04:19,750

healed he went to the doctor that day

107

00:04:17,980 --> 00:04:21,670

said her her uterus was no longer

108

00:04:19,750 --> 00:04:23,769

expanded and she didn't have anything

109

00:04:21,670 --> 00:04:27,520

abnormal there so there's nothing to be

110

00:04:23,769 --> 00:04:30,250

done so so I'm finally ed Kellogg he

111

00:04:27,519 --> 00:04:32,439

became consciously aware he had talked

112

00:04:30,250 --> 00:04:35,139

to a gentleman who had severe emphysema

113

00:04:32,439 --> 00:04:37,329

if he could practice providing healing

114

00:04:35,139 --> 00:04:39,789

energy to him in the lucid dream state

115
00:04:37,329 --> 00:04:42,519
the guy said yeah so he got prior

116
00:04:39,790 --> 00:04:44,800
consent he goes to him and basically

117
00:04:42,519 --> 00:04:46,419
shoots healing light out of his hands

118
00:04:44,800 --> 00:04:47,980
and that's one of the funny things a lot

119
00:04:46,420 --> 00:04:49,930
of people who do this they spontaneously

120
00:04:47,980 --> 00:04:52,660
find that healing I to shooting out of

121
00:04:49,930 --> 00:04:54,819
their hands the next day the guys

122
00:04:52,660 --> 00:04:57,100
emphysema had improved so much that he

123
00:04:54,819 --> 00:04:59,199
no longer had to be on oxygen 24 hours a

124
00:04:57,100 --> 00:05:01,270
day he'd just do it at night and that

125
00:04:59,199 --> 00:05:02,680
continued for five years so the

126
00:05:01,269 --> 00:05:04,569
potential for psychology is to

127
00:05:02,680 --> 00:05:07,240
investigate the communications with

128
00:05:04,569 --> 00:05:09,009
another layer of our cell and by that I

129

00:05:07,240 --> 00:05:11,319

mean in my book I talk about a

130

00:05:09,009 --> 00:05:13,389

counterintuitive technique where instead

131

00:05:11,319 --> 00:05:15,759

of dealing with the dream figures and

132

00:05:13,389 --> 00:05:19,500

the dream objects and the apparent I

133

00:05:15,759 --> 00:05:21,310

shout out my request to the dream

134

00:05:19,500 --> 00:05:22,720

instead of dealing with the dream

135

00:05:21,310 --> 00:05:25,300

figures I just yell out to the dream

136

00:05:22,720 --> 00:05:29,130

awareness I say hey show me something I

137

00:05:25,300 --> 00:05:31,629

should see or hey let's do this or that

138

00:05:29,129 --> 00:05:33,730

earnest hell bar that talked about the

139

00:05:31,629 --> 00:05:36,879

hidden observer which is something that

140

00:05:33,730 --> 00:05:39,580

he found in deep hypnosis and I began to

141

00:05:36,879 --> 00:05:42,490

wonder is that what's behind the dream

142

00:05:39,579 --> 00:05:45,789

is that what awareness is responding to

143

00:05:42,490 --> 00:05:47,259
all of my request morton prints a

144
00:05:45,790 --> 00:05:48,760
hundred years ago talked about coke

145
00:05:47,259 --> 00:05:50,620
consciousness that we must have some

146
00:05:48,759 --> 00:05:52,629
coke consciousness call you would always

147
00:05:50,620 --> 00:05:55,300
talk about the self with the capital s

148
00:05:52,629 --> 00:05:58,060
but but you can encounter this via a

149
00:05:55,300 --> 00:06:00,610
counterintuitive technique what time i

150
00:05:58,060 --> 00:06:03,430
was talking to my niece and she's 21

151
00:06:00,610 --> 00:06:04,810
years old asked about a dream life then

152
00:06:03,430 --> 00:06:07,030
i asked her about her lucid dream life

153
00:06:04,810 --> 00:06:09,579
and she said oh I've had 10 or 15 lucid

154
00:06:07,029 --> 00:06:10,809
dreams but they don't mean anything and

155
00:06:09,579 --> 00:06:12,069
so I told her okay here's what I want

156
00:06:10,810 --> 00:06:14,230
you to do next time you become

157
00:06:12,069 --> 00:06:16,120

consciously aware ignore all the dream

158

00:06:14,230 --> 00:06:18,160

figures and just shout out the to the

159

00:06:16,120 --> 00:06:20,530

dream hey dreams show me something I

160

00:06:18,160 --> 00:06:23,080

should see so she brings consciously

161

00:06:20,529 --> 00:06:25,209

aware a tiger been chasing her through

162

00:06:23,079 --> 00:06:26,859

Kansas City then she realized how stupid

163

00:06:25,209 --> 00:06:27,989

that was and she became consciously

164

00:06:26,860 --> 00:06:29,610

aware and all

165

00:06:27,990 --> 00:06:31,350

so she remembered my thing as she goes

166

00:06:29,610 --> 00:06:33,090

shouts out hey dreams show me something

167

00:06:31,350 --> 00:06:35,010

I should see all of a sudden she sees

168

00:06:33,089 --> 00:06:36,959

this long blue hallway and at the end of

169

00:06:35,009 --> 00:06:38,069

it is a white-haired woman she walks

170

00:06:36,959 --> 00:06:40,109

down there to see who the white-haired

171

00:06:38,069 --> 00:06:42,990

woman has and she realizes it's her

172
00:06:40,110 --> 00:06:45,300
great-grandmother nunu and nunu goes

173
00:06:42,990 --> 00:06:48,240
Jane you have such great timing see

174
00:06:45,300 --> 00:06:50,100
who's been dead for about 15 years and

175
00:06:48,240 --> 00:06:51,930
and then they said she can have great

176
00:06:50,100 --> 00:06:56,730
timing she goes I get out of purgatory

177
00:06:51,930 --> 00:06:58,920
tomorrow so this is just like my little

178
00:06:56,730 --> 00:07:00,090
niece what was so unchurched she had to

179
00:06:58,920 --> 00:07:04,140
ask me that now what's this purgatory

180
00:07:00,089 --> 00:07:06,509
thing but anyway so as they're going

181
00:07:04,139 --> 00:07:09,389
nuni tells james sheet she has something

182
00:07:06,509 --> 00:07:11,279
she wants Jane to tell her mom she goes

183
00:07:09,389 --> 00:07:14,039
Jane I want you to tell my mom your mom

184
00:07:11,279 --> 00:07:16,469
to remember the back room in my house

185
00:07:14,040 --> 00:07:18,960
and Jane and the lucid dream goes what

186
00:07:16,470 --> 00:07:21,480
and Nina goes just tell her remember the

187
00:07:18,959 --> 00:07:22,949
back room in my house Jane wakes up she

188
00:07:21,480 --> 00:07:25,319
calls me up she goes uncle Robert would

189
00:07:22,949 --> 00:07:26,579
I do with this and I say he'll you do

190
00:07:25,319 --> 00:07:28,829
you pick up the phone and call your mom

191
00:07:26,579 --> 00:07:32,129
so she calls her mom her mom burst into

192
00:07:28,829 --> 00:07:34,919
tears and after mom comes down she

193
00:07:32,129 --> 00:07:36,959
realizes her mom says said in the back

194
00:07:34,920 --> 00:07:39,600
room in new news house was a place that

195
00:07:36,959 --> 00:07:42,779
all the grandkids could come and dress

196
00:07:39,600 --> 00:07:45,090
up and put on parties and things and new

197
00:07:42,779 --> 00:07:47,129
knew about anything to happen and so in

198
00:07:45,089 --> 00:07:48,659
that back room in new news house James

199
00:07:47,129 --> 00:07:50,610
mom said were the happiest moments of

200

00:07:48,660 --> 00:07:52,830
her life so here's where the real

201
00:07:50,610 --> 00:07:55,980
promising potential is lucid dreaming as

202
00:07:52,829 --> 00:07:59,029
a Korean in college age psychology level

203
00:07:55,980 --> 00:08:02,189
students vary widely you can see that

204
00:07:59,029 --> 00:08:03,779
it's from 47 to ninety-two percent of

205
00:08:02,189 --> 00:08:06,089
the kids say they've had a lucid dream

206
00:08:03,779 --> 00:08:09,839
when you see how many have had frequent

207
00:08:06,089 --> 00:08:11,909
lucid dreams that bout drops in half so

208
00:08:09,839 --> 00:08:14,519
so that's where we begin to realize the

209
00:08:11,910 --> 00:08:17,520
potential because this lucid dreaming is

210
00:08:14,519 --> 00:08:19,319
a something we all do are all of a

211
00:08:17,519 --> 00:08:21,089
stream we can all learn how to become

212
00:08:19,319 --> 00:08:22,889
consciously aware in the dream state the

213
00:08:21,089 --> 00:08:24,869
very simple techniques and through

214
00:08:22,889 --> 00:08:26,819

scientific experimentation we can

215

00:08:24,870 --> 00:08:28,470
recognize the large yourself so

216

00:08:26,819 --> 00:08:32,480
obviously this product by Carl Jung and

217

00:08:28,470 --> 00:08:35,600
be happy to take any questions thanks

218

00:08:32,480 --> 00:08:35,600
thank you

219

00:08:48,240 --> 00:08:55,299
questions from players work scale

220

00:08:51,659 --> 00:08:56,569
technical personnel me and letter for

221

00:08:55,299 --> 00:08:59,799
those

222

00:08:56,570 --> 00:08:59,800
what are the first

223

00:09:02,620 --> 00:09:12,019
this is a woman Jane gacan bak GAC ke

224

00:09:08,000 --> 00:09:13,789
and the ACH and she has a whole laundry

225

00:09:12,019 --> 00:09:16,579
list so I'm not going to go into them

226

00:09:13,789 --> 00:09:18,169
now from her research women have a

227

00:09:16,580 --> 00:09:20,720
better time or an easier time becoming

228

00:09:18,169 --> 00:09:22,519
consciously aware than men do and

229

00:09:20,720 --> 00:09:24,980

there's various other things but but

230

00:09:22,519 --> 00:09:33,490

really you have to ask her or check out

231

00:09:24,980 --> 00:09:37,159

her research recently become aware

232

00:09:33,490 --> 00:09:42,190

personally involved in vision of sweet a

233

00:09:37,159 --> 00:09:42,189

piano player without some sort of

234

00:09:42,389 --> 00:09:47,509

is spontaneously having GUI

235

00:09:46,000 --> 00:09:52,460

times and soften

236

00:09:47,509 --> 00:09:55,639

more clearly areas breathing of what

237

00:09:52,460 --> 00:09:59,339

effect would that have on the

238

00:09:55,639 --> 00:10:01,759

yeah I never done any studies on sleep

239

00:09:59,339 --> 00:10:01,760

apnea