



1  
00:00:22,470 --> 00:00:06,070

[Music]

2  
00:00:27,349 --> 00:00:24,630

welcome back to liminal frames i'm your

3  
00:00:29,029 --> 00:00:27,359

host nathan i'm here with my co-host exo

4  
00:00:31,109 --> 00:00:29,039

academian

5  
00:00:33,030 --> 00:00:31,119

greetings to all of you who are

6  
00:00:35,430 --> 00:00:33,040

listening to the show uh wherever you

7  
00:00:36,470 --> 00:00:35,440

listen to it we are grateful to have you

8  
00:00:39,910 --> 00:00:36,480

along

9  
00:00:41,190 --> 00:00:39,920

the ride with us on this journey

10  
00:00:42,950 --> 00:00:41,200

exo

11  
00:00:44,950 --> 00:00:42,960

how's it going

12  
00:00:46,869 --> 00:00:44,960

it's going well here we are at episode

13  
00:00:48,790 --> 00:00:46,879

eight already it's uh

14

00:00:50,229 --> 00:00:48,800

we're following these together right

15

00:00:51,510 --> 00:00:50,239

amazing

16

00:00:53,110 --> 00:00:51,520

yeah i'm looking forward to getting into

17

00:00:55,270 --> 00:00:53,120

it again and uh

18

00:00:57,430 --> 00:00:55,280

hoping to bring some nuance to uh some

19

00:00:59,910 --> 00:00:57,440

tricky tricky topics

20

00:01:02,790 --> 00:00:59,920

absolutely uh nuance is something that

21

00:01:05,109 --> 00:01:02,800

uh we're pretty comfortable with i think

22

00:01:06,630 --> 00:01:05,119

uh and tonight not only we're gonna hit

23

00:01:08,390 --> 00:01:06,640

the nuance but i think we're gonna even

24

00:01:09,590 --> 00:01:08,400

challenge ourselves a little bit on some

25

00:01:11,510 --> 00:01:09,600

of uh

26

00:01:12,870 --> 00:01:11,520

you know that perspective

27

00:01:13,990 --> 00:01:12,880

and

28

00:01:16,149 --> 00:01:14,000

explore

29

00:01:18,390 --> 00:01:16,159

not only thinking about things from

30

00:01:20,550 --> 00:01:18,400

different sort of points of view but

31

00:01:23,270 --> 00:01:20,560

also is the merits of thinking of things

32

00:01:24,789 --> 00:01:23,280

in a in kind of a more black and white

33

00:01:26,870 --> 00:01:24,799

perspective

34

00:01:28,550 --> 00:01:26,880

and with with that uh that kind of tease

35

00:01:29,830 --> 00:01:28,560

up what we're gonna get into this

36

00:01:32,469 --> 00:01:29,840

evening and that's

37

00:01:34,469 --> 00:01:32,479

uh looking at the phenomenon and high

38

00:01:35,510 --> 00:01:34,479

strangeness

39

00:01:37,109 --> 00:01:35,520

from

40

00:01:40,469 --> 00:01:37,119

the sort of

41

00:01:42,789 --> 00:01:40,479

vantage point of a binary categorization

42

00:01:43,910 --> 00:01:42,799

and so what do we mean by that we mean

43

00:01:47,030 --> 00:01:43,920

that

44

00:01:49,749 --> 00:01:47,040

uh oftentimes when you hear about

45

00:01:52,069 --> 00:01:49,759

sort of examples of phenomenal

46

00:01:55,190 --> 00:01:52,079

experience you hear people

47

00:01:58,069 --> 00:01:55,200

explain them or or reference them

48

00:01:59,749 --> 00:01:58,079

in these very binary categories this was

49

00:02:03,510 --> 00:01:59,759

a bad experience this was a good

50

00:02:06,950 --> 00:02:03,520

experience uh this was something akin to

51  
00:02:09,029 --> 00:02:06,960  
an angel or something like a demon

52  
00:02:11,830 --> 00:02:09,039  
you know specific examples i can think

53  
00:02:14,309 --> 00:02:11,840  
of you know thinking about abductions

54  
00:02:17,910 --> 00:02:14,319  
you know we tend to think of abductions

55  
00:02:21,110 --> 00:02:17,920  
as a violation of our agency and

56  
00:02:23,110 --> 00:02:21,120  
our privacy so they're bad uh we hear

57  
00:02:24,869 --> 00:02:23,120  
stories of um you know kind of

58  
00:02:27,830 --> 00:02:24,879  
miraculous healings

59  
00:02:29,430 --> 00:02:27,840  
uh from disease or some other impairment

60  
00:02:32,470 --> 00:02:29,440  
and those are good

61  
00:02:34,390 --> 00:02:32,480  
uh we hear stories of different entities

62  
00:02:35,190 --> 00:02:34,400  
you know people who encounter

63  
00:02:37,670 --> 00:02:35,200

uh

64

00:02:40,470 --> 00:02:37,680

sort of beings of light

65

00:02:41,509 --> 00:02:40,480

and uh a lot of vantage or reference

66

00:02:43,350 --> 00:02:41,519

points in

67

00:02:45,270 --> 00:02:43,360

western thought beings of light are

68

00:02:49,190 --> 00:02:45,280

equated with angels

69

00:02:50,949 --> 00:02:49,200

uh we hear stories of shadow beings um

70

00:02:53,589 --> 00:02:50,959

or uh

71

00:02:55,110 --> 00:02:53,599

you know kind of diminutive shady gray

72

00:02:57,830 --> 00:02:55,120

kinds of beings

73

00:02:58,710 --> 00:02:57,840

those are equated with demons

74

00:02:59,910 --> 00:02:58,720

uh

75

00:03:01,270 --> 00:02:59,920

and then there are a lot of other sort

76

00:03:03,430 --> 00:03:01,280

of different ways that people kind of

77

00:03:06,149 --> 00:03:03,440

look at this and sort of break

78

00:03:08,229 --> 00:03:06,159

down experiences into these chunks these

79

00:03:09,509 --> 00:03:08,239

easy sort of groupings

80

00:03:12,309 --> 00:03:09,519

and so what we want to do tonight is

81

00:03:14,229 --> 00:03:12,319

really challenge that uh explore you

82

00:03:16,470 --> 00:03:14,239

know not only why we might

83

00:03:18,470 --> 00:03:16,480

do that why we have kind of an instinct

84

00:03:21,030 --> 00:03:18,480

to kind of group experience into these

85

00:03:22,630 --> 00:03:21,040

buckets but also

86

00:03:24,789 --> 00:03:22,640

you know kind of walk through

87

00:03:27,350 --> 00:03:24,799

ways in which we may

88

00:03:29,350 --> 00:03:27,360

kind of better examine our own thought

89

00:03:31,350 --> 00:03:29,360

process you know kind of how we come to

90

00:03:33,509 --> 00:03:31,360

those conclusions and how we might find

91

00:03:34,710 --> 00:03:33,519

a better kind of more broader

92

00:03:36,789 --> 00:03:34,720

perspective

93

00:03:39,030 --> 00:03:36,799

on uh experiences that we may have had

94

00:03:41,589 --> 00:03:39,040

or experiences that we hear about so exo

95

00:03:43,350 --> 00:03:41,599

when you when you think about this topic

96

00:03:45,350 --> 00:03:43,360

you know this kind of binary

97

00:03:46,630 --> 00:03:45,360

categorization

98

00:03:48,390 --> 00:03:46,640

i feel like there's a long history of

99

00:03:50,789 --> 00:03:48,400

this you know kind of in

100

00:03:53,030 --> 00:03:50,799

uh you know in the literature and

101  
00:03:54,550 --> 00:03:53,040  
certainly within pockets and communities

102  
00:03:55,670 --> 00:03:54,560  
and uh who've been studying this for

103  
00:03:58,229 --> 00:03:55,680  
some time

104  
00:04:00,789 --> 00:03:58,239  
um does it you know does it frustrate

105  
00:04:02,550 --> 00:04:00,799  
you that we're kind of still

106  
00:04:04,630 --> 00:04:02,560  
you know going quickly to these

107  
00:04:09,030 --> 00:04:04,640  
categories how do you look at this

108  
00:04:11,589 --> 00:04:09,040  
breakdown uh when you look over the past

109  
00:04:13,670 --> 00:04:11,599  
yeah good question um

110  
00:04:17,509 --> 00:04:13,680  
definitely for me i

111  
00:04:19,830 --> 00:04:17,519  
i resist uh the tendency to say

112  
00:04:22,069 --> 00:04:19,840  
look look at this on the face of it it's

113  
00:04:24,950 --> 00:04:22,079

obviously bad or vice versa look at this

114

00:04:27,350 --> 00:04:24,960

on the face of it it's obviously good

115

00:04:30,469 --> 00:04:27,360

i think that

116

00:04:33,590 --> 00:04:30,479

we have people who have experiences

117

00:04:35,670 --> 00:04:33,600

um that some are good some are bad uh

118

00:04:37,350 --> 00:04:35,680

some begin

119

00:04:38,629 --> 00:04:37,360

being perceived as bad right we should

120

00:04:39,590 --> 00:04:38,639

we really need to make that distinction

121

00:04:41,350 --> 00:04:39,600

between

122

00:04:43,110 --> 00:04:41,360

the perception the interpretation of the

123

00:04:45,749 --> 00:04:43,120

event versus the event itself and the

124

00:04:47,510 --> 00:04:45,759

elements of the event and as much as as

125

00:04:50,230 --> 00:04:47,520

much as possible what i always try to do

126  
00:04:51,830 --> 00:04:50,240  
is is actually analyze the the elements

127  
00:04:54,550 --> 00:04:51,840  
themselves before you get to

128  
00:04:56,070 --> 00:04:54,560  
interpretation because

129  
00:04:58,150 --> 00:04:56,080  
that comes in so much i think that'll

130  
00:04:59,270 --> 00:04:58,160  
come up tonight time and time again

131  
00:05:01,510 --> 00:04:59,280  
the distinction between an

132  
00:05:03,749 --> 00:05:01,520  
interpretation of an event versus the

133  
00:05:06,390 --> 00:05:03,759  
the elements of the event itself

134  
00:05:08,390 --> 00:05:06,400  
um even when we reach back to

135  
00:05:09,909 --> 00:05:08,400  
you know religious history and fairy

136  
00:05:11,110 --> 00:05:09,919  
lore and all these different kinds of

137  
00:05:12,469 --> 00:05:11,120  
traditions

138  
00:05:15,110 --> 00:05:12,479

same thing i think it's important to

139

00:05:17,029 --> 00:05:15,120

actually try to as much as possible end

140

00:05:18,790 --> 00:05:17,039

up with clean data you know the actual

141

00:05:19,830 --> 00:05:18,800

elements themselves

142

00:05:21,749 --> 00:05:19,840

um

143

00:05:23,510 --> 00:05:21,759

you know parsed out from the

144

00:05:26,310 --> 00:05:23,520

interpretation of it and then actually

145

00:05:27,749 --> 00:05:26,320

see how much overlap there is

146

00:05:30,230 --> 00:05:27,759

and then you know one of the things

147

00:05:32,469 --> 00:05:30,240

that's fascinating is even people who uh

148

00:05:35,270 --> 00:05:32,479

you know begin with a negative

149

00:05:36,390 --> 00:05:35,280

interpretation or perception of an event

150

00:05:37,670 --> 00:05:36,400

later to come to see it quite

151  
00:05:40,150 --> 00:05:37,680  
differently

152  
00:05:41,990 --> 00:05:40,160  
some people think that that's uh you

153  
00:05:43,510 --> 00:05:42,000  
know

154  
00:05:45,670 --> 00:05:43,520  
almost like an example of stockholm

155  
00:05:47,909 --> 00:05:45,680  
syndrome where people are actually

156  
00:05:49,749 --> 00:05:47,919  
aligning with their captors because it

157  
00:05:50,950 --> 00:05:49,759  
gives them some sort of false sense of

158  
00:05:52,390 --> 00:05:50,960  
agency

159  
00:05:55,270 --> 00:05:52,400  
but i don't think it's quite that simple

160  
00:05:58,309 --> 00:05:55,280  
either so i resist uh

161  
00:06:00,070 --> 00:05:58,319  
these really binary um and concretized

162  
00:06:01,990 --> 00:06:00,080  
kind of perceptions

163  
00:06:03,430 --> 00:06:02,000

or interpretations

164

00:06:04,950 --> 00:06:03,440

and i think too we have to be very

165

00:06:07,350 --> 00:06:04,960

careful to not

166

00:06:09,029 --> 00:06:07,360

uh you know bring in our human

167

00:06:11,430 --> 00:06:09,039

conceptions like

168

00:06:12,309 --> 00:06:11,440

uh you know human rights individual

169

00:06:14,469 --> 00:06:12,319

rights

170

00:06:16,309 --> 00:06:14,479

uh even as it may be defined in the

171

00:06:17,590 --> 00:06:16,319

american constitution or something and

172

00:06:19,270 --> 00:06:17,600

assume that

173

00:06:22,469 --> 00:06:19,280

these aliens should have read those you

174

00:06:23,749 --> 00:06:22,479

know those pamphlets and know better

175

00:06:25,430 --> 00:06:23,759

we are dealing with different

176

00:06:27,990 --> 00:06:25,440

intelligences

177

00:06:29,909 --> 00:06:28,000

some of them seem to have

178

00:06:31,510 --> 00:06:29,919

not necessarily a hive mentality but

179

00:06:34,070 --> 00:06:31,520

less sense of

180

00:06:36,550 --> 00:06:34,080

emphasis on individualization

181

00:06:38,790 --> 00:06:36,560

you know an individuation and so they

182

00:06:41,590 --> 00:06:38,800

may literally be unaware of how it

183

00:06:43,510 --> 00:06:41,600

impacts us that may be one of the

184

00:06:45,270 --> 00:06:43,520

elements you can pull out of this is

185

00:06:47,110 --> 00:06:45,280

this overarching sense that because they

186

00:06:48,550 --> 00:06:47,120

are wired differently which we would

187

00:06:50,070 --> 00:06:48,560

assume right we wouldn't assume they

188

00:06:51,909 --> 00:06:50,080

think like human beings experience

189

00:06:53,670 --> 00:06:51,919

reality like human beings

190

00:06:55,430 --> 00:06:53,680

their experience of reality might be so

191

00:06:57,749 --> 00:06:55,440

different that they don't doesn't occur

192

00:06:59,990 --> 00:06:57,759

to them what it's doing to us

193

00:07:01,670 --> 00:07:00,000

which again that sheds some interesting

194

00:07:03,990 --> 00:07:01,680

light on the whole question of are they

195

00:07:05,670 --> 00:07:04,000

really these highly sophisticated

196

00:07:06,790 --> 00:07:05,680

morally superior

197

00:07:09,430 --> 00:07:06,800

you know

198

00:07:11,589 --> 00:07:09,440

above us advanced in every way shape and

199

00:07:13,430 --> 00:07:11,599

form or is there more nuance to that

200

00:07:15,670 --> 00:07:13,440

even because that that's part of it too

201  
00:07:17,749 --> 00:07:15,680  
is people tend to say either they're

202  
00:07:19,270 --> 00:07:17,759  
dark and demonic or their love and light

203  
00:07:21,110 --> 00:07:19,280  
beings who

204  
00:07:23,350 --> 00:07:21,120  
have perfect knowledge and sit next to

205  
00:07:25,110 --> 00:07:23,360  
the creator you know

206  
00:07:27,430 --> 00:07:25,120  
i resist all of that and i think we can

207  
00:07:29,670 --> 00:07:27,440  
get into it and i think as we tease out

208  
00:07:32,629 --> 00:07:29,680  
individual elements of the ufo

209  
00:07:34,390 --> 00:07:32,639  
phenomenon and the contact literature we

210  
00:07:36,550 --> 00:07:34,400  
can try and shed some light on that and

211  
00:07:38,230 --> 00:07:36,560  
some nuance

212  
00:07:39,670 --> 00:07:38,240  
definitely well you know one thing that

213  
00:07:41,749 --> 00:07:39,680

i've noticed about

214

00:07:43,749 --> 00:07:41,759

the individuals that tend to decide

215

00:07:45,909 --> 00:07:43,759

heavily on one

216

00:07:47,270 --> 00:07:45,919

perspective over the other is that

217

00:07:50,869 --> 00:07:47,280

there's

218

00:07:53,189 --> 00:07:50,879

uh

219

00:07:55,189 --> 00:07:53,199

in being able to take that position you

220

00:07:57,990 --> 00:07:55,199

know if you if you kind of beat that

221

00:07:59,909 --> 00:07:58,000

that drum it's it's all good man uh

222

00:08:01,990 --> 00:07:59,919

everything's fine and you know just

223

00:08:03,749 --> 00:08:02,000

trust in the beings uh like that's

224

00:08:05,749 --> 00:08:03,759

persuasively powerful and it's

225

00:08:08,070 --> 00:08:05,759

persuasively powerful on the other side

226

00:08:09,510 --> 00:08:08,080

oh you know you can't trust them they're

227

00:08:11,029 --> 00:08:09,520

messing with us

228

00:08:13,749 --> 00:08:11,039

there's no good that's gonna come out of

229

00:08:15,430 --> 00:08:13,759

it you know these are very convenient uh

230

00:08:18,950 --> 00:08:15,440

neatly packaged

231

00:08:20,550 --> 00:08:18,960

uh takes on what's going on and i think

232

00:08:21,749 --> 00:08:20,560

you know what frustrates me sometimes

233

00:08:23,270 --> 00:08:21,759

because this is just the way that i'm

234

00:08:25,670 --> 00:08:23,280

wired i know this is the way that you're

235

00:08:28,309 --> 00:08:25,680

wired being a person that tries to look

236

00:08:31,029 --> 00:08:28,319

at it from a kind of a broader more

237

00:08:33,350 --> 00:08:31,039

blended uh perspective

238

00:08:37,269 --> 00:08:33,360

you know it almost feels like that voice

239

00:08:38,630 --> 00:08:37,279

is seldom heard in the conversation and

240

00:08:41,029 --> 00:08:38,640

you know i want to think about at least

241

00:08:43,430 --> 00:08:41,039

the ways in which

242

00:08:46,630 --> 00:08:43,440

there's almost like a political dynamic

243

00:08:49,590 --> 00:08:46,640

to uh to this uh component this binary

244

00:08:50,870 --> 00:08:49,600

thinking that there's there's a force

245

00:08:53,350 --> 00:08:50,880

of uh

246

00:08:55,829 --> 00:08:53,360

of will applied to you know sort of

247

00:08:57,829 --> 00:08:55,839

coming at this and presenting this you

248

00:09:00,150 --> 00:08:57,839

know very with almost like a bully

249

00:09:01,910 --> 00:09:00,160

pulpit you know like it is this

250

00:09:04,470 --> 00:09:01,920

ignore everything else

251  
00:09:06,550 --> 00:09:04,480  
don't think about it in any complex way

252  
00:09:07,990 --> 00:09:06,560  
it's it's this and it's not that

253  
00:09:09,509 --> 00:09:08,000  
that's definitely a component of this

254  
00:09:11,829 --> 00:09:09,519  
and a tendency that we have i think as

255  
00:09:14,150 --> 00:09:11,839  
human beings you know to gravitate to

256  
00:09:16,070 --> 00:09:14,160  
those easy answers

257  
00:09:18,150 --> 00:09:16,080  
excellent point and i i think that we

258  
00:09:20,230 --> 00:09:18,160  
you know part of something we uh really

259  
00:09:22,870 --> 00:09:20,240  
really encourage on this show is

260  
00:09:25,190 --> 00:09:22,880  
is trying to cultivate self-awareness

261  
00:09:27,750 --> 00:09:25,200  
and try to what that means in this case

262  
00:09:30,230 --> 00:09:27,760  
is to try and become cognizant

263  
00:09:32,150 --> 00:09:30,240

of the factors within yourself that may

264

00:09:34,230 --> 00:09:32,160

make you lean one way rather than

265

00:09:35,910 --> 00:09:34,240

another because when two people look at

266

00:09:37,750 --> 00:09:35,920

the same data and come to different

267

00:09:39,670 --> 00:09:37,760

conclusions sometimes you know polar

268

00:09:41,910 --> 00:09:39,680

opposite conclusions

269

00:09:43,430 --> 00:09:41,920

the only you know variable that hasn't

270

00:09:45,670 --> 00:09:43,440

been taken into consideration is

271

00:09:47,509 --> 00:09:45,680

yourself right

272

00:09:49,350 --> 00:09:47,519

and i think

273

00:09:51,750 --> 00:09:49,360

we feel empowered

274

00:09:53,509 --> 00:09:51,760

when we have hard answers right so

275

00:09:55,030 --> 00:09:53,519

whether that's someone who's convinced

276

00:09:57,269 --> 00:09:55,040

they're all dark and demonic and

277

00:09:58,230 --> 00:09:57,279

deceptive and others who think it's all

278

00:10:01,110 --> 00:09:58,240

love and light and they're here to

279

00:10:03,670 --> 00:10:01,120

deliver us and give us free energy and

280

00:10:05,110 --> 00:10:03,680

and all that um

281

00:10:06,870 --> 00:10:05,120

that the what that does for an

282

00:10:09,829 --> 00:10:06,880

individual it makes you feel

283

00:10:11,910 --> 00:10:09,839

empowered that you you know the answer

284

00:10:13,190 --> 00:10:11,920

and i think we need to resist that and

285

00:10:14,949 --> 00:10:13,200

and whenever

286

00:10:18,069 --> 00:10:14,959

i've see some people even sometimes you

287

00:10:20,630 --> 00:10:18,079

know when i when i do a podcast for me

288

00:10:22,389 --> 00:10:20,640

when i do a poc podcast

289

00:10:24,150 --> 00:10:22,399

i get fascinated with all the different

290

00:10:25,750 --> 00:10:24,160

possibilities you know and i i'm happy

291

00:10:27,269 --> 00:10:25,760

to sort of like lay it out on the table

292

00:10:28,710 --> 00:10:27,279

and just

293

00:10:30,790 --> 00:10:28,720

just look at it you know just think

294

00:10:33,110 --> 00:10:30,800

about it ponder it try to see what

295

00:10:34,790 --> 00:10:33,120

patterns might emerge but i'm okay with

296

00:10:36,870 --> 00:10:34,800

not knowing um

297

00:10:39,509 --> 00:10:36,880

i think it's partly some of my buddhist

298

00:10:41,590 --> 00:10:39,519

training and just meditation and

299

00:10:44,230 --> 00:10:41,600

developing this sense of

300

00:10:45,910 --> 00:10:44,240

a witness where you feel separated from

301  
00:10:47,910 --> 00:10:45,920  
your you know executive ego kind of

302  
00:10:49,910 --> 00:10:47,920  
thing you're not aligned or identified

303  
00:10:52,230 --> 00:10:49,920  
completely with your executive ego

304  
00:10:53,750 --> 00:10:52,240  
and so you're able to see you actually

305  
00:10:55,269 --> 00:10:53,760  
can learn to create enough separation

306  
00:10:57,350 --> 00:10:55,279  
that you begin to see some of your own

307  
00:10:59,269 --> 00:10:57,360  
tendencies towards wanting things and

308  
00:11:01,670 --> 00:10:59,279  
how that shapes what you see

309  
00:11:02,790 --> 00:11:01,680  
um but yeah some people give me the

310  
00:11:05,110 --> 00:11:02,800  
reaction that they actually get

311  
00:11:06,790 --> 00:11:05,120  
frustrated like i came to your show to

312  
00:11:09,430 --> 00:11:06,800  
get answers and you're not giving me

313  
00:11:11,190 --> 00:11:09,440

hard answers you know like uh and i'm

314

00:11:13,030 --> 00:11:11,200

i'm like sorry that's

315

00:11:14,790 --> 00:11:13,040

i don't really see my job as doing that

316

00:11:16,870 --> 00:11:14,800

and i don't think that actually is

317

00:11:18,069 --> 00:11:16,880

necessarily how we even grow and learn

318

00:11:20,069 --> 00:11:18,079

you know like you

319

00:11:21,750 --> 00:11:20,079

you grow and learn when you're actually

320

00:11:24,389 --> 00:11:21,760

in the midst of things and things aren't

321

00:11:26,310 --> 00:11:24,399

clear and you have to wrestle with it um

322

00:11:28,870 --> 00:11:26,320

i think that's inevitable in this in

323

00:11:30,230 --> 00:11:28,880

this topic

324

00:11:31,509 --> 00:11:30,240

yeah well that's really frustrating to

325

00:11:36,389 --> 00:11:31,519

hear that you don't have the answers

326

00:11:40,710 --> 00:11:37,590

spoiler

327

00:11:43,190 --> 00:11:40,720

um that's frustrating no but uh you know

328

00:11:45,030 --> 00:11:43,200

i completely agree there's um

329

00:11:47,110 --> 00:11:45,040

i also want to make sure we touch on

330

00:11:49,190 --> 00:11:47,120

this aspect you know every which way it

331

00:11:50,949 --> 00:11:49,200

kind of bubbles up in the conversation

332

00:11:52,150 --> 00:11:50,959

but there you know there really is an

333

00:11:53,910 --> 00:11:52,160

ethical

334

00:11:56,470 --> 00:11:53,920

kind of component here when we talk

335

00:11:57,990 --> 00:11:56,480

about good and bad or good and evil

336

00:12:00,150 --> 00:11:58,000

you know we really are kind of dancing

337

00:12:01,430 --> 00:12:00,160

around to some degree you know human

338

00:12:03,670 --> 00:12:01,440

ethics and

339

00:12:06,389 --> 00:12:03,680

you know what is right and what is wrong

340

00:12:09,030 --> 00:12:06,399

uh how those things were evaluated uh

341

00:12:11,670 --> 00:12:09,040

and and of course anybody that studied

342

00:12:13,670 --> 00:12:11,680

you know ethics and uh morality over the

343

00:12:16,069 --> 00:12:13,680

last couple of hundred years through

344

00:12:18,069 --> 00:12:16,079

modernity and post-modernity and and the

345

00:12:20,870 --> 00:12:18,079

holocaust and you know everything that

346

00:12:22,550 --> 00:12:20,880

kind of downstream of that like we we

347

00:12:26,550 --> 00:12:22,560

know that it's

348

00:12:29,430 --> 00:12:26,560

it's it's dangerous to sort of um

349

00:12:31,750 --> 00:12:29,440

you know excuse away uh everything that

350

00:12:33,910 --> 00:12:31,760

may happen and kind of say well you know

351

00:12:35,670 --> 00:12:33,920

from this perspective it's totally okay

352

00:12:36,790 --> 00:12:35,680

you know that this happened and from

353

00:12:39,190 --> 00:12:36,800

this you know

354

00:12:41,110 --> 00:12:39,200

they're they're i really struggle with

355

00:12:43,430 --> 00:12:41,120

that and others may not you know i

356

00:12:46,230 --> 00:12:43,440

struggle with you know kind of

357

00:12:47,430 --> 00:12:46,240

feeling a need to be able to say x is

358

00:12:49,509 --> 00:12:47,440

wrong

359

00:12:52,310 --> 00:12:49,519

uh and feel pretty strongly or

360

00:12:54,389 --> 00:12:52,320

confidently about that

361

00:12:56,389 --> 00:12:54,399

even even while also recognizing that

362

00:12:58,710 --> 00:12:56,399

good may come out of it you know that

363

00:13:01,829 --> 00:12:58,720

while i might definitively be able to

364

00:13:04,389 --> 00:13:01,839

say the holocaust was wrong and evil

365

00:13:07,750 --> 00:13:04,399

undoubtedly good has come out of out of

366

00:13:10,230 --> 00:13:07,760

that moment in history uh as a response

367

00:13:12,949 --> 00:13:10,240

to that you know terrible evil and and

368

00:13:14,389 --> 00:13:12,959

suffering and so that is very much a

369

00:13:16,310 --> 00:13:14,399

part of this you know as you said

370

00:13:17,430 --> 00:13:16,320

earlier people who had an initial

371

00:13:19,030 --> 00:13:17,440

reaction

372

00:13:20,790 --> 00:13:19,040

uh that might have been very negative

373

00:13:22,710 --> 00:13:20,800

with the phenomenon through time may

374

00:13:24,949 --> 00:13:22,720

have you know kind of shaped that into a

375

00:13:26,790 --> 00:13:24,959

positive experience

376

00:13:29,670 --> 00:13:26,800

but that really points to

377

00:13:32,870 --> 00:13:29,680

uh our ability you know to sort of

378

00:13:35,350 --> 00:13:32,880

reshape our our own uh our own way of

379

00:13:38,389 --> 00:13:35,360

thinking our own reality our own our

380

00:13:40,470 --> 00:13:38,399

stance in sort of dynamic relationship

381

00:13:42,629 --> 00:13:40,480

to every experience

382

00:13:43,750 --> 00:13:42,639

and uh there's something uniquely

383

00:13:46,230 --> 00:13:43,760

powerful

384

00:13:49,829 --> 00:13:46,240

about our ability to do this and maybe

385

00:13:52,870 --> 00:13:49,839

it's um you know maybe that ability is

386

00:13:55,269 --> 00:13:52,880

uh kind of a quality of a conscious

387

00:13:57,030 --> 00:13:55,279

entity you know that we we can reflect

388

00:13:58,470 --> 00:13:57,040

and we can grow we can we can have

389

00:14:01,189 --> 00:13:58,480

different perspective

390

00:14:03,110 --> 00:14:01,199

over time and you know what is it about

391

00:14:05,670 --> 00:14:03,120

that quality that we might even be able

392

00:14:07,030 --> 00:14:05,680

to map onto the entire thing

393

00:14:08,230 --> 00:14:07,040

you know so

394

00:14:10,629 --> 00:14:08,240

you know because

395

00:14:12,150 --> 00:14:10,639

value judgments like good and bad you

396

00:14:15,030 --> 00:14:12,160

know they often are

397

00:14:16,790 --> 00:14:15,040

a lot muddier and and uh even even polar

398

00:14:18,870 --> 00:14:16,800

opposite when you view them from a

399

00:14:20,230 --> 00:14:18,880

different vantage point so we have the

400

00:14:22,629 --> 00:14:20,240

human vantage point we have the

401  
00:14:24,069 --> 00:14:22,639  
individual human advantage point

402  
00:14:26,150 --> 00:14:24,079  
we have uh

403  
00:14:28,470 --> 00:14:26,160  
other entity vantage points we have

404  
00:14:30,230 --> 00:14:28,480  
consciousness at large you know so there

405  
00:14:34,069 --> 00:14:30,240  
are all kinds of different ways to look

406  
00:14:36,949 --> 00:14:34,079  
at experience and to and to value them

407  
00:14:39,750 --> 00:14:36,959  
on a scale so i think we need to be able

408  
00:14:41,269 --> 00:14:39,760  
to kind of go through those motions

409  
00:14:43,110 --> 00:14:41,279  
but i also want to make sure just to be

410  
00:14:45,189 --> 00:14:43,120  
very clear it's okay

411  
00:14:46,629 --> 00:14:45,199  
if someone says to you i had a bad

412  
00:14:49,350 --> 00:14:46,639  
experience

413  
00:14:51,110 --> 00:14:49,360

uh and and you can value that in that

414

00:14:52,389 --> 00:14:51,120

and that person you can say i hear you

415

00:14:55,269 --> 00:14:52,399

and i believe you

416

00:14:56,870 --> 00:14:55,279

you know that it was bad for you um

417

00:14:59,110 --> 00:14:56,880

and and the same thing for someone that

418

00:15:00,790 --> 00:14:59,120

says you know i really had a positive

419

00:15:02,550 --> 00:15:00,800

life-changing powerfully great

420

00:15:04,790 --> 00:15:02,560

experience with this

421

00:15:07,110 --> 00:15:04,800

wonderful you know i want to meet them

422

00:15:09,670 --> 00:15:07,120

where they are i want to also listen to

423

00:15:11,110 --> 00:15:09,680

what they say evaluate the elements of

424

00:15:13,590 --> 00:15:11,120

that experience

425

00:15:15,910 --> 00:15:13,600

and kind of engage in a relationship

426

00:15:18,470 --> 00:15:15,920

with them in a conversation that helps

427

00:15:20,949 --> 00:15:18,480

me better understand what was going on

428

00:15:22,870 --> 00:15:20,959

from my own lived experience not what

429

00:15:24,870 --> 00:15:22,880

they're telling me but how i incorporate

430

00:15:27,430 --> 00:15:24,880

that in my own life

431

00:15:29,990 --> 00:15:27,440

yeah i agree and i think we can both

432

00:15:32,870 --> 00:15:30,000

honor and um

433

00:15:35,590 --> 00:15:32,880

respect individual experience

434

00:15:37,189 --> 00:15:35,600

uh without you know reducing it to

435

00:15:39,030 --> 00:15:37,199

well you're just you know at step three

436

00:15:40,629 --> 00:15:39,040

of the you know the ten step program and

437

00:15:43,269 --> 00:15:40,639

once you get to step nine you'll feel so

438

00:15:45,030 --> 00:15:43,279

much better you know or or vice versa i

439

00:15:46,550 --> 00:15:45,040

mean that's not really helpful

440

00:15:47,829 --> 00:15:46,560

um

441

00:15:49,590 --> 00:15:47,839

and i think

442

00:15:51,749 --> 00:15:49,600

it's also important that people don't

443

00:15:53,430 --> 00:15:51,759

sort of bully other people into thinking

444

00:15:54,710 --> 00:15:53,440

listen you're just deceiving yourself

445

00:15:56,069 --> 00:15:54,720

you know either

446

00:15:57,670 --> 00:15:56,079

uh you know they're all good or they're

447

00:15:59,749 --> 00:15:57,680

all bad you know

448

00:16:01,110 --> 00:15:59,759

but for me i'm not i'm wired that's when

449

00:16:03,509 --> 00:16:01,120

i think you are too

450

00:16:05,110 --> 00:16:03,519

uh to step back sort of take the 30 000

451

00:16:07,430 --> 00:16:05,120

foot view and look at

452

00:16:09,829 --> 00:16:07,440

what happens across the board like what

453

00:16:11,829 --> 00:16:09,839

does the overall data tell us and when

454

00:16:13,189 --> 00:16:11,839

you add in the factor like time and the

455

00:16:14,629 --> 00:16:13,199

ability to

456

00:16:18,310 --> 00:16:14,639

you know

457

00:16:20,470 --> 00:16:18,320

sometimes it does change and i

458

00:16:22,230 --> 00:16:20,480

understand some people think well that

459

00:16:24,069 --> 00:16:22,240

that again may be just a stockholm

460

00:16:26,389 --> 00:16:24,079

syndrome that just may be

461

00:16:27,350 --> 00:16:26,399

people wrestling to find any way they

462

00:16:28,470 --> 00:16:27,360

can

463

00:16:30,389 --> 00:16:28,480

you know

464

00:16:33,030 --> 00:16:30,399

salvage some sort of sense of agency you

465

00:16:34,629 --> 00:16:33,040

know and by making them okay after all

466

00:16:36,150 --> 00:16:34,639

the good guys

467

00:16:38,389 --> 00:16:36,160

these others then they're able to do

468

00:16:40,150 --> 00:16:38,399

that because otherwise you might feel

469

00:16:41,749 --> 00:16:40,160

um completely

470

00:16:43,110 --> 00:16:41,759

at their whim for the rest of your life

471

00:16:44,470 --> 00:16:43,120

like you never know where they're gonna

472

00:16:46,790 --> 00:16:44,480

show up and and what they're gonna do

473

00:16:49,110 --> 00:16:46,800

and i understand that thinking you know

474

00:16:50,710 --> 00:16:49,120

but i'm i'm not willing to just

475

00:16:51,509 --> 00:16:50,720

surrender to that and write a blank

476  
00:16:53,509 --> 00:16:51,519  
check

477  
00:16:55,829 --> 00:16:53,519  
i also think that

478  
00:16:58,310 --> 00:16:55,839  
there are legitimately many many people

479  
00:17:00,150 --> 00:16:58,320  
who do come to see these as either

480  
00:17:02,790 --> 00:17:00,160  
overarchingly positive or at least

481  
00:17:04,789 --> 00:17:02,800  
neutral you know when we look at the

482  
00:17:06,870 --> 00:17:04,799  
the dr edgar mitchell free foundation

483  
00:17:09,669 --> 00:17:06,880  
data that seems to be

484  
00:17:11,189 --> 00:17:09,679  
what emerged from there you know and um

485  
00:17:14,710 --> 00:17:11,199  
there's some legitimate questions that

486  
00:17:16,789 --> 00:17:14,720  
i've heard you know arise around

487  
00:17:19,750 --> 00:17:16,799  
was there maybe some skewing of the data

488  
00:17:21,590 --> 00:17:19,760

and i think we should be aware of that

489

00:17:23,590 --> 00:17:21,600

you know when people are self-reporting

490

00:17:25,429 --> 00:17:23,600

which was basically how that that worked

491

00:17:26,789 --> 00:17:25,439

with the surveying

492

00:17:28,710 --> 00:17:26,799

perhaps the people who had negative

493

00:17:30,310 --> 00:17:28,720

experiences are less likely to come

494

00:17:32,230 --> 00:17:30,320

forward right because it is traumatic

495

00:17:33,990 --> 00:17:32,240

and they just don't want to relive it so

496

00:17:37,909 --> 00:17:34,000

we have to be open to the fact that we

497

00:17:39,909 --> 00:17:37,919

may not have you know an exhaustive

498

00:17:42,390 --> 00:17:39,919

body of data there might be aspects that

499

00:17:44,710 --> 00:17:42,400

are missing because of various factors

500

00:17:46,390 --> 00:17:44,720

but with what we do have we have to do

501  
00:17:48,470 --> 00:17:46,400  
our best to look for overarching

502  
00:17:50,150 --> 00:17:48,480  
patterns and it certainly seems to be

503  
00:17:52,470 --> 00:17:50,160  
the case that once you get past some of

504  
00:17:53,669 --> 00:17:52,480  
the again we can break down and we will

505  
00:17:55,830 --> 00:17:53,679  
break down

506  
00:17:58,310 --> 00:17:55,840  
some of the individual elements but from

507  
00:18:01,590 --> 00:17:58,320  
the the broad view here um you know

508  
00:18:03,590 --> 00:18:01,600  
people do seem to uh once they get past

509  
00:18:05,270 --> 00:18:03,600  
the ontological shock aspect right

510  
00:18:06,549 --> 00:18:05,280  
that's so key we've mentioned this many

511  
00:18:08,870 --> 00:18:06,559  
times

512  
00:18:11,110 --> 00:18:08,880  
and it's not just about something

513  
00:18:12,630 --> 00:18:11,120

scary-looking insectoid that shows up in

514

00:18:14,870 --> 00:18:12,640

your bedroom

515

00:18:16,789 --> 00:18:14,880

but the implications for reality itself

516

00:18:18,549 --> 00:18:16,799

like if that can happen what else can

517

00:18:20,310 --> 00:18:18,559

happen you know like it blows apart your

518

00:18:22,390 --> 00:18:20,320

entire reality it's not just about oh

519

00:18:23,990 --> 00:18:22,400

these guys need to get mapped onto the

520

00:18:25,750 --> 00:18:24,000

animal kingdom right it's not that

521

00:18:27,750 --> 00:18:25,760

simple it's the way they show up what

522

00:18:29,510 --> 00:18:27,760

happens the altered state of

523

00:18:32,070 --> 00:18:29,520

consciousness the alternate realm you

524

00:18:34,230 --> 00:18:32,080

seem to dwell in when this is going on

525

00:18:37,190 --> 00:18:34,240

it really opens up a pandora's box

526

00:18:39,029 --> 00:18:37,200

regarding what this means for reality

527

00:18:40,630 --> 00:18:39,039

what might happen in the future and and

528

00:18:42,789 --> 00:18:40,640

once people

529

00:18:45,190 --> 00:18:42,799

settle into those um

530

00:18:47,029 --> 00:18:45,200

that larger understanding get past that

531

00:18:49,190 --> 00:18:47,039

initial ontological shock there is for

532

00:18:51,029 --> 00:18:49,200

many people a shift

533

00:18:53,430 --> 00:18:51,039

but you know absolutely there are still

534

00:18:55,830 --> 00:18:53,440

still some people who even after years

535

00:18:58,070 --> 00:18:55,840

decades and plenty of you know

536

00:19:00,230 --> 00:18:58,080

perspective and time to think back on it

537

00:19:03,270 --> 00:19:00,240

still see it as negative so we do have

538

00:19:07,190 --> 00:19:05,510

well i think about uh

539

00:19:09,669 --> 00:19:07,200

you know we've talked about these things

540

00:19:11,830 --> 00:19:09,679

quite a bit but the

541

00:19:15,270 --> 00:19:11,840

you know they're kind of two overarching

542

00:19:17,669 --> 00:19:15,280

frameworks by which we kind of approach

543

00:19:19,510 --> 00:19:17,679

experience uh you know phenomenal

544

00:19:21,350 --> 00:19:19,520

experience in particular

545

00:19:22,390 --> 00:19:21,360

you know we have people that

546

00:19:24,710 --> 00:19:22,400

are

547

00:19:26,310 --> 00:19:24,720

situated in in a religious

548

00:19:28,310 --> 00:19:26,320

sort of context

549

00:19:29,990 --> 00:19:28,320

uh you know deeply steeped in a

550

00:19:31,029 --> 00:19:30,000

religious tradition

551

00:19:34,150 --> 00:19:31,039

um

552

00:19:36,470 --> 00:19:34,160

from a western religious tradition

553

00:19:37,430 --> 00:19:36,480

you know the binary kind of breakdown

554

00:19:40,549 --> 00:19:37,440

there

555

00:19:41,669 --> 00:19:40,559

is that anything that any kind of being

556

00:19:44,710 --> 00:19:41,679

which would

557

00:19:46,630 --> 00:19:44,720

evoke a positive experience

558

00:19:48,630 --> 00:19:46,640

you know we typically lump that into

559

00:19:51,190 --> 00:19:48,640

something that isn't angelic

560

00:19:53,590 --> 00:19:51,200

you know that is on the side of humanity

561

00:19:57,590 --> 00:19:53,600

on on the side of god

562

00:19:59,669 --> 00:19:57,600

you know an emissary of the divine

563

00:20:02,630 --> 00:19:59,679

and

564

00:20:04,710 --> 00:20:02,640

therefore they are uh benevolent or you

565

00:20:07,669 --> 00:20:04,720

know we think more positively about

566

00:20:09,909 --> 00:20:07,679

those entities um you know particularly

567

00:20:10,950 --> 00:20:09,919

we're also kind of dealing with the

568

00:20:12,630 --> 00:20:10,960

um

569

00:20:14,470 --> 00:20:12,640

centuries of

570

00:20:17,270 --> 00:20:14,480

you know kind of angelic lit literature

571

00:20:18,789 --> 00:20:17,280

baggage that comes into play here too uh

572

00:20:21,510 --> 00:20:18,799

you know with the

573

00:20:23,430 --> 00:20:21,520

the uh the choirs of angels and the the

574

00:20:24,630 --> 00:20:23,440

you know the white wings and the white

575

00:20:27,669 --> 00:20:24,640

robes and

576

00:20:29,430 --> 00:20:27,679

everything feels very uh you know sort

577

00:20:31,270 --> 00:20:29,440

of love and light

578

00:20:33,029 --> 00:20:31,280

uh and that's very much a part of that

579

00:20:35,029 --> 00:20:33,039

tradition and then on the other side of

580

00:20:37,350 --> 00:20:35,039

it you have the

581

00:20:38,070 --> 00:20:37,360

the the negative experiences beings that

582

00:20:39,830 --> 00:20:38,080

are

583

00:20:41,510 --> 00:20:39,840

uh harming you

584

00:20:44,149 --> 00:20:41,520

or kidnapping you

585

00:20:47,350 --> 00:20:44,159

or tricking you the trickster is a a

586

00:20:50,070 --> 00:20:47,360

huge component in the in literature

587

00:20:53,350 --> 00:20:50,080

and we equate those beings with demons

588

00:20:57,110 --> 00:20:53,360

now they are subverting the uh sort of

589

00:20:59,750 --> 00:20:57,120

desires and plans of of the divine they

590

00:21:03,190 --> 00:20:59,760

are not on humanity's side they are

591

00:21:04,630 --> 00:21:03,200

trying to dupe us uh into making some

592

00:21:06,710 --> 00:21:04,640

kind of bargain

593

00:21:08,950 --> 00:21:06,720

with the anti-god you know with the

594

00:21:10,310 --> 00:21:08,960

devil with satan

595

00:21:12,230 --> 00:21:10,320

and uh

596

00:21:13,830 --> 00:21:12,240

you know we'll go along with that we'll

597

00:21:17,029 --> 00:21:13,840

trade for something you know maybe we'll

598

00:21:19,110 --> 00:21:17,039

get some powers from them and uh it may

599

00:21:21,590 --> 00:21:19,120

seem like we got a good deal but we've

600

00:21:23,270 --> 00:21:21,600

you know we we've given up our souls uh

601  
00:21:26,310 --> 00:21:23,280  
you know so that the soul component is a

602  
00:21:28,710 --> 00:21:26,320  
part of this story as well so there's

603  
00:21:31,110 --> 00:21:28,720  
there's kind of that religious framework

604  
00:21:33,510 --> 00:21:31,120  
that a lot of people bring to this

605  
00:21:35,270 --> 00:21:33,520  
uh to the the stories in the literature

606  
00:21:37,590 --> 00:21:35,280  
and i find i don't know if you find this

607  
00:21:39,990 --> 00:21:37,600  
but i i'm actually kind of surprised the

608  
00:21:43,510 --> 00:21:40,000  
amount of people

609  
00:21:45,510 --> 00:21:43,520  
who bring that religious perspective to

610  
00:21:47,669 --> 00:21:45,520  
the ufo phenomenon is that something

611  
00:21:49,510 --> 00:21:47,679  
that has you know kind of surprised you

612  
00:21:50,870 --> 00:21:49,520  
as well or you know the longer you've

613  
00:21:52,070 --> 00:21:50,880

been is that just kind of something that

614

00:21:54,390 --> 00:21:52,080

you think people

615

00:21:56,710 --> 00:21:54,400

like is religion like a gateway drug to

616

00:21:57,510 --> 00:21:56,720

uh to ufology like how do they land

617

00:21:58,950 --> 00:21:57,520

there

618

00:22:01,029 --> 00:21:58,960

right i mean

619

00:22:01,830 --> 00:22:01,039

so many things to say on this topic so i

620

00:22:03,430 --> 00:22:01,840

think

621

00:22:05,750 --> 00:22:03,440

what we're partly pointing at here is

622

00:22:07,750 --> 00:22:05,760

sort of some unconscious

623

00:22:08,789 --> 00:22:07,760

presuppositions that people bring right

624

00:22:10,310 --> 00:22:08,799

so

625

00:22:11,990 --> 00:22:10,320

you know you probably heard this analogy

626

00:22:14,070 --> 00:22:12,000

of if you're if you're thinking about

627

00:22:16,630 --> 00:22:14,080

buying like a red toyota

628

00:22:18,310 --> 00:22:16,640

suddenly you see them everywhere right

629

00:22:20,070 --> 00:22:18,320

in the same way i think if you are

630

00:22:22,070 --> 00:22:20,080

raised in a certain

631

00:22:23,270 --> 00:22:22,080

ontological framework about the the

632

00:22:24,630 --> 00:22:23,280

nature of reality and how it's

633

00:22:27,190 --> 00:22:24,640

structured what kind of beings are

634

00:22:31,510 --> 00:22:27,200

involved then it's

635

00:22:32,950 --> 00:22:31,520

very easy to slip into um

636

00:22:35,110 --> 00:22:32,960

seeing them everywhere you know and so

637

00:22:37,029 --> 00:22:35,120

when you when you really have it drummed

638

00:22:39,510 --> 00:22:37,039

into you from a young age

639

00:22:42,549 --> 00:22:39,520

that the only beings outside of you know

640

00:22:44,230 --> 00:22:42,559

human beings and animals are

641

00:22:47,190 --> 00:22:44,240

demons and angels

642

00:22:50,710 --> 00:22:47,200

then when you see things or you hear

643

00:22:52,549 --> 00:22:50,720

stories about people having experiences

644

00:22:54,549 --> 00:22:52,559

and like you said there's even some sort

645

00:22:55,990 --> 00:22:54,559

of folklore that's built up

646

00:22:58,630 --> 00:22:56,000

around

647

00:23:01,669 --> 00:22:58,640

angels being these kind of nice fluffy

648

00:23:04,470 --> 00:23:01,679

white with wings smiling

649

00:23:06,310 --> 00:23:04,480

aryan looking you know kind of humanoid

650

00:23:07,990 --> 00:23:06,320

beings when actually

651  
00:23:10,070 --> 00:23:08,000  
in in the in the biblical literature

652  
00:23:12,470 --> 00:23:10,080  
it's like don't be afraid

653  
00:23:13,830 --> 00:23:12,480  
don't be afraid like constantly and you

654  
00:23:15,669 --> 00:23:13,840  
have to ask yourself if they look so

655  
00:23:18,070 --> 00:23:15,679  
white and fluffy and full of wings and

656  
00:23:21,029 --> 00:23:18,080  
smiling at you with their blonde hair

657  
00:23:22,870 --> 00:23:21,039  
why are people told to not be afraid

658  
00:23:24,390 --> 00:23:22,880  
and the truth is because the depiction

659  
00:23:25,270 --> 00:23:24,400  
is probably more like something that's

660  
00:23:28,070 --> 00:23:25,280  
really

661  
00:23:30,789 --> 00:23:28,080  
awe-inspiring and kind of horrifying at

662  
00:23:32,470 --> 00:23:30,799  
first because of again ontological shock

663  
00:23:33,590 --> 00:23:32,480

well that's that's what you could draw

664

00:23:35,110 --> 00:23:33,600

from that is actually people are

665

00:23:36,950 --> 00:23:35,120

experiencing ontological shock and

666

00:23:39,270 --> 00:23:36,960

therefore they're being told don't be

667

00:23:41,430 --> 00:23:39,280

afraid even with so-called angelic

668

00:23:42,390 --> 00:23:41,440

visitations right

669

00:23:43,750 --> 00:23:42,400

so

670

00:23:45,510 --> 00:23:43,760

there you have a situation where

671

00:23:46,789 --> 00:23:45,520

regardless of what the actual biblical

672

00:23:49,510 --> 00:23:46,799

texts say

673

00:23:51,909 --> 00:23:49,520

over time this mythology gets built up

674

00:23:53,750 --> 00:23:51,919

around what angels must look like

675

00:23:55,510 --> 00:23:53,760

that are not actually

676  
00:23:57,830 --> 00:23:55,520  
accurate depictions of what we actually

677  
00:24:00,390 --> 00:23:57,840  
see in the bible or even something like

678  
00:24:02,230 --> 00:24:00,400  
you know the historical figure of jesus

679  
00:24:05,029 --> 00:24:02,240  
you know a middle eastern man looks

680  
00:24:07,909 --> 00:24:05,039  
nothing like the sort of nordic smiling

681  
00:24:10,870 --> 00:24:07,919  
blond-haired aryan jesus we see you know

682  
00:24:12,149 --> 00:24:10,880  
in in north america so often in the

683  
00:24:14,789 --> 00:24:12,159  
depictions

684  
00:24:16,950 --> 00:24:14,799  
so we really have to

685  
00:24:18,870 --> 00:24:16,960  
like try to break out all of that parse

686  
00:24:20,710 --> 00:24:18,880  
out all of that and so many people are

687  
00:24:22,390 --> 00:24:20,720  
not doing that so many people like we

688  
00:24:23,909 --> 00:24:22,400

were sort of taught in academic circles

689

00:24:25,190 --> 00:24:23,919

to do that right to be aware of all

690

00:24:26,390 --> 00:24:25,200

those elements

691

00:24:28,070 --> 00:24:26,400

um

692

00:24:29,430 --> 00:24:28,080

you know

693

00:24:30,830 --> 00:24:29,440

for me for my biblical studies

694

00:24:34,149 --> 00:24:30,840

background we

695

00:24:36,789 --> 00:24:34,159

absolutely were taught to

696

00:24:37,669 --> 00:24:36,799

look at a scriptural passage

697

00:24:43,269 --> 00:24:37,679

and

698

00:24:45,110 --> 00:24:43,279

hear it read it see it as the original

699

00:24:46,549 --> 00:24:45,120

hearers would have heard it because they

700

00:24:48,230 --> 00:24:46,559

were the audience

701  
00:24:49,909 --> 00:24:48,240  
and we have this kind of anachronistic

702  
00:24:51,750 --> 00:24:49,919  
tendency to say

703  
00:24:55,669 --> 00:24:51,760  
wow you know what is that saying to me

704  
00:24:57,350 --> 00:24:55,679  
in 2022 uh you know and uh when really

705  
00:24:59,909 --> 00:24:57,360  
you have to think this was written like

706  
00:25:01,750 --> 00:24:59,919  
thousands of years ago to a very

707  
00:25:04,390 --> 00:25:01,760  
different culture

708  
00:25:06,789 --> 00:25:04,400  
not only do we have like the

709  
00:25:08,950 --> 00:25:06,799  
distance of language translation several

710  
00:25:11,830 --> 00:25:08,960  
times over sometimes

711  
00:25:14,470 --> 00:25:11,840  
but on top of that the cultural

712  
00:25:16,470 --> 00:25:14,480  
distance is much more pronounced

713  
00:25:18,950 --> 00:25:16,480

to the point where as an example i like

714

00:25:21,590 --> 00:25:18,960

to use you know in modern

715

00:25:22,789 --> 00:25:21,600

sort of slang we say you know break a

716

00:25:24,789 --> 00:25:22,799

leg

717

00:25:26,870 --> 00:25:24,799

we mean it kind of like good luck right

718

00:25:29,110 --> 00:25:26,880

but you imagine people 2 000 years from

719

00:25:30,950 --> 00:25:29,120

now coming across this dialogue between

720

00:25:32,950 --> 00:25:30,960

you know nathan and exo

721

00:25:35,510 --> 00:25:32,960

and and at one point nathan says to exo

722

00:25:37,430 --> 00:25:35,520

break a leg and so they think ah and in

723

00:25:40,630 --> 00:25:37,440

the past they used to you know actually

724

00:25:42,390 --> 00:25:40,640

snap limbs as a way to bring about those

725

00:25:44,230 --> 00:25:42,400

silly primitive people broke their limbs

726

00:25:45,750 --> 00:25:44,240

as a way to like bring about you know

727

00:25:47,830 --> 00:25:45,760

positive

728

00:25:49,350 --> 00:25:47,840

you know experiences in life when we

729

00:25:51,669 --> 00:25:49,360

don't mean it that way at all

730

00:25:55,029 --> 00:25:51,679

right and that's just even uh you know

731

00:25:57,110 --> 00:25:55,039

just with english and so

732

00:26:00,390 --> 00:25:57,120

we really have to parse this out and

733

00:26:03,110 --> 00:26:00,400

that's my biggest sort of frustration

734

00:26:04,630 --> 00:26:03,120

is when people have really strong views

735

00:26:07,430 --> 00:26:04,640

and they're not doing any of that

736

00:26:10,070 --> 00:26:07,440

they're not at all sort of considering

737

00:26:12,950 --> 00:26:10,080

how much are they oh like overlaying on

738

00:26:15,190 --> 00:26:12,960

top of the original scripture um

739

00:26:17,190 --> 00:26:15,200

you know even something like uh you know

740

00:26:18,710 --> 00:26:17,200

the figure of satan

741

00:26:20,950 --> 00:26:18,720

when you

742

00:26:22,549 --> 00:26:20,960

study in the original languages

743

00:26:24,950 --> 00:26:22,559

like we've had some

744

00:26:27,669 --> 00:26:24,960

chance to do you see actually an

745

00:26:29,909 --> 00:26:27,679

evolution of this satanic figure first

746

00:26:32,070 --> 00:26:29,919

being sort of part of the the council of

747

00:26:33,830 --> 00:26:32,080

the godhead and over time becoming kind

748

00:26:35,990 --> 00:26:33,840

of like this individualized

749

00:26:38,630 --> 00:26:36,000

personification of evil

750

00:26:40,630 --> 00:26:38,640

which to me says more about the

751  
00:26:42,950 --> 00:26:40,640  
evolution of human consciousness and our

752  
00:26:45,830 --> 00:26:42,960  
tendency to want to project things again

753  
00:26:46,870 --> 00:26:45,840  
in a binary way right black or white so

754  
00:26:49,190 --> 00:26:46,880  
not only have we done that with our

755  
00:26:52,070 --> 00:26:49,200  
religious tradition but we also tend to

756  
00:26:53,669 --> 00:26:52,080  
map that on to these others especially

757  
00:26:55,190 --> 00:26:53,679  
when they're doing things because after

758  
00:26:56,710 --> 00:26:55,200  
all they're not human

759  
00:26:59,510 --> 00:26:56,720  
it's not surprising they're doing things

760  
00:27:02,710 --> 00:26:59,520  
that shock us surprise us feel

761  
00:27:05,190 --> 00:27:02,720  
uncannily strange but we then map them

762  
00:27:06,870 --> 00:27:05,200  
onto categories that feel familiar and

763  
00:27:09,110 --> 00:27:06,880

comfortable to us and i think

764

00:27:12,149 --> 00:27:09,120

prematurely

765

00:27:13,669 --> 00:27:12,159

yeah and that's you know to come back to

766

00:27:15,590 --> 00:27:13,679

valuing

767

00:27:17,430 --> 00:27:15,600

that that perspective

768

00:27:19,750 --> 00:27:17,440

you know we have a a

769

00:27:22,149 --> 00:27:19,760

powerful ability when we initially meet

770

00:27:24,310 --> 00:27:22,159

someone to categorize them as friend or

771

00:27:26,710 --> 00:27:24,320

foe you know is this person going to be

772

00:27:29,669 --> 00:27:26,720

okay from interact with or not okay now

773

00:27:32,710 --> 00:27:29,679

the the reality is that that is a snap

774

00:27:34,470 --> 00:27:32,720

judgment uh and that snap judgment is is

775

00:27:36,549 --> 00:27:34,480

helpful it has some evolutionary

776

00:27:38,149 --> 00:27:36,559

advantages that we can do that

777

00:27:41,590 --> 00:27:38,159

but through

778

00:27:42,870 --> 00:27:41,600

relationship is where that snap judgment

779

00:27:45,190 --> 00:27:42,880

dissolves

780

00:27:47,750 --> 00:27:45,200

and if you're really in a relationship

781

00:27:50,149 --> 00:27:47,760

with someone you recognize that

782

00:27:51,029 --> 00:27:50,159

these easy categorizations of friend or

783

00:27:53,830 --> 00:27:51,039

foe

784

00:27:55,110 --> 00:27:53,840

don't quite fit you know you you can

785

00:27:57,350 --> 00:27:55,120

have if you're in a meaningful

786

00:27:58,630 --> 00:27:57,360

relationship with anyone you know

787

00:28:00,230 --> 00:27:58,640

that they're going to be they're going

788

00:28:02,470 --> 00:28:00,240

to be moments in that relationship that

789

00:28:05,669 --> 00:28:02,480

are not great uh that are you know that

790

00:28:07,909 --> 00:28:05,679

are uh antagonistic and um even

791

00:28:09,510 --> 00:28:07,919

vitriolic you know sometimes

792

00:28:11,669 --> 00:28:09,520

um but then there are gonna be moments

793

00:28:13,750 --> 00:28:11,679

that are you know deeply meaningful and

794

00:28:16,070 --> 00:28:13,760

valuable and uh and you would still call

795

00:28:18,470 --> 00:28:16,080

them your you know your lifelong friend

796

00:28:20,070 --> 00:28:18,480

or your partner or whatever you know

797

00:28:21,990 --> 00:28:20,080

this is sort of that

798

00:28:23,110 --> 00:28:22,000

sort of encouragement i would say to go

799

00:28:25,510 --> 00:28:23,120

deeper

800

00:28:27,430 --> 00:28:25,520

in in relating not just with those who

801

00:28:30,070 --> 00:28:27,440

are around you but relating with the

802

00:28:31,909 --> 00:28:30,080

topic itself you know so we can have a

803

00:28:34,870 --> 00:28:31,919

very sort of tertiary

804

00:28:37,830 --> 00:28:34,880

uh and a quick snap judgment view of the

805

00:28:39,110 --> 00:28:37,840

phenomenon and just as that is useful in

806

00:28:40,789 --> 00:28:39,120

in the moment

807

00:28:42,950 --> 00:28:40,799

you know for our own sort of sense of

808

00:28:44,630 --> 00:28:42,960

self-preservation

809

00:28:47,269 --> 00:28:44,640

it's less useful

810

00:28:49,510 --> 00:28:47,279

over time as we interact with it and

811

00:28:52,470 --> 00:28:49,520

seek it and engage with it and i think

812

00:28:54,950 --> 00:28:52,480

that that says a lot about

813

00:28:58,389 --> 00:28:54,960

not only who we are but really more

814

00:29:01,029 --> 00:28:58,399

broadly about what experience is like

815

00:29:03,830 --> 00:29:01,039

period you know so

816

00:29:05,750 --> 00:29:03,840

there's a value we talk about

817

00:29:07,990 --> 00:29:05,760

kind of this binary value judgment good

818

00:29:09,990 --> 00:29:08,000

good and bad but there's a value to

819

00:29:11,750 --> 00:29:10,000

experience itself

820

00:29:13,430 --> 00:29:11,760

that transcends those easy

821

00:29:16,149 --> 00:29:13,440

categorizations

822

00:29:17,269 --> 00:29:16,159

and that's a quality at least i think

823

00:29:20,789 --> 00:29:17,279

and you know i think we're probably

824

00:29:24,310 --> 00:29:20,799

aligned here that that's a quality of of

825

00:29:27,590 --> 00:29:24,320

experience itself of of of of reality

826

00:29:28,789 --> 00:29:27,600

itself that that easy categorization is

827

00:29:31,029 --> 00:29:28,799

something that

828

00:29:32,549 --> 00:29:31,039

we just really kind of need to jettison

829

00:29:35,430 --> 00:29:32,559

it's not that it's

830

00:29:36,230 --> 00:29:35,440

useless it has its purpose

831

00:29:39,190 --> 00:29:36,240

but

832

00:29:41,750 --> 00:29:39,200

when you go deeper on on this it it it

833

00:29:44,230 --> 00:29:41,760

kind of dissolves just it it gets so

834

00:29:46,710 --> 00:29:44,240

permeable that it's it's not a useful

835

00:29:48,630 --> 00:29:46,720

sort of means of of categorizing

836

00:29:50,870 --> 00:29:48,640

anything anymore

837

00:29:52,710 --> 00:29:50,880

yeah absolutely agree and i think it's a

838

00:29:55,430 --> 00:29:52,720

point we really want to i think hit home

839

00:29:56,549 --> 00:29:55,440

here is that like you uh pointed to

840

00:29:59,190 --> 00:29:56,559

there

841

00:30:00,630 --> 00:29:59,200

from an evolutionary point of view we

842

00:30:02,310 --> 00:30:00,640

end up in situations where we have to

843

00:30:04,389 --> 00:30:02,320

make snap judgments sometimes to stay

844

00:30:05,510 --> 00:30:04,399

alive you know when our ancestors

845

00:30:07,750 --> 00:30:05,520

encountered

846

00:30:09,750 --> 00:30:07,760

uh a growling animal in the in the

847

00:30:11,750 --> 00:30:09,760

bushes of the jungle you know they have

848

00:30:13,510 --> 00:30:11,760

to make a snap judgment does that sound

849

00:30:16,070 --> 00:30:13,520

like something that's uh likely to eat

850

00:30:17,430 --> 00:30:16,080

me or is that a friend you know

851  
00:30:20,230 --> 00:30:17,440  
and

852  
00:30:23,590 --> 00:30:20,240  
so we've evolved to make these snap

853  
00:30:26,470 --> 00:30:23,600  
judgments right but i think

854  
00:30:28,070 --> 00:30:26,480  
by that very token we therefore

855  
00:30:29,909 --> 00:30:28,080  
uh we're now in a situation where we're

856  
00:30:32,310 --> 00:30:29,919  
not necessarily having to make those

857  
00:30:33,350 --> 00:30:32,320  
snap judgments for survival reasons

858  
00:30:34,870 --> 00:30:33,360  
and yet

859  
00:30:37,510 --> 00:30:34,880  
and this has been kind of proven too is

860  
00:30:39,510 --> 00:30:37,520  
that we we now have adrenaline shooting

861  
00:30:41,029 --> 00:30:39,520  
through our bodies because of anxiety

862  
00:30:43,029 --> 00:30:41,039  
and things like that and rather than it

863  
00:30:44,789 --> 00:30:43,039

being a shot of adrenaline that lets you

864

00:30:46,149 --> 00:30:44,799

outrun that lion you know for our

865

00:30:47,750 --> 00:30:46,159

ancestors

866

00:30:49,430 --> 00:30:47,760

instead it becomes i'm worried about

867

00:30:50,389 --> 00:30:49,440

what's happening at work or whatever or

868

00:30:52,310 --> 00:30:50,399

the way that

869

00:30:54,389 --> 00:30:52,320

you know this person looked at me

870

00:30:56,389 --> 00:30:54,399

and so you're this adrenaline just keeps

871

00:30:58,789 --> 00:30:56,399

cycling in your body and so

872

00:31:00,710 --> 00:30:58,799

the adrenaline in

873

00:31:02,789 --> 00:31:00,720

a short burst actually actually helps

874

00:31:04,389 --> 00:31:02,799

you run fast right but if it just keeps

875

00:31:06,310 --> 00:31:04,399

cycling in your body it's actually

876

00:31:08,310 --> 00:31:06,320

detrimental and toxic to your body and

877

00:31:10,470 --> 00:31:08,320

will break down your internal organs are

878

00:31:12,549 --> 00:31:10,480

in eventually that's an example where

879

00:31:14,630 --> 00:31:12,559

our evolutionary

880

00:31:15,590 --> 00:31:14,640

biology can work against us you know and

881

00:31:17,190 --> 00:31:15,600

so we

882

00:31:20,310 --> 00:31:17,200

we are now

883

00:31:23,269 --> 00:31:20,320

having to consciously choose to sort of

884

00:31:24,710 --> 00:31:23,279

evolve past that and and in this topic

885

00:31:26,630 --> 00:31:24,720

and many others

886

00:31:29,269 --> 00:31:26,640

it actually takes discipline you're

887

00:31:32,230 --> 00:31:29,279

actually swimming upstream initially

888

00:31:33,029 --> 00:31:32,240

to resist jumping to a quick conclusions

889

00:31:37,909 --> 00:31:33,039

and

890

00:31:39,430 --> 00:31:37,919

try to let yourself parse out the

891

00:31:41,909 --> 00:31:39,440

elements from you know and again

892

00:31:44,630 --> 00:31:41,919

distinguish that from an interpretation

893

00:31:47,029 --> 00:31:44,640

but what we're encouraging in all the

894

00:31:48,549 --> 00:31:47,039

topics we discuss is that that kind of

895

00:31:50,789 --> 00:31:48,559

degree of nuance

896

00:31:52,549 --> 00:31:50,799

and again that self-awareness to know

897

00:31:53,750 --> 00:31:52,559

when is your history

898

00:31:55,669 --> 00:31:53,760

um

899

00:31:57,509 --> 00:31:55,679

bringing elements to the table that are

900

00:31:59,990 --> 00:31:57,519

not there beforehand

901  
00:32:02,630 --> 00:32:00,000  
um i think that's that's essential and

902  
00:32:04,470 --> 00:32:02,640  
like you said it's it's it's not helpful

903  
00:32:06,630 --> 00:32:04,480  
to do that and it's funny when we

904  
00:32:09,029 --> 00:32:06,640  
sometimes do think back to

905  
00:32:10,789 --> 00:32:09,039  
like you said friends loved ones

906  
00:32:12,310 --> 00:32:10,799  
that initially sometimes we might have

907  
00:32:13,750 --> 00:32:12,320  
had the completely wrong impression of

908  
00:32:15,430 --> 00:32:13,760  
something then over time you're like oh

909  
00:32:16,710 --> 00:32:15,440  
actually when that person does this

910  
00:32:18,470 --> 00:32:16,720  
that's just this funny funny

911  
00:32:19,990 --> 00:32:18,480  
idiosyncrasy they have they don't mean

912  
00:32:21,430 --> 00:32:20,000  
anything by it right when initially we

913  
00:32:23,029 --> 00:32:21,440

were like oh wow what's that guy trying

914

00:32:26,070 --> 00:32:23,039

to say you know

915

00:32:27,750 --> 00:32:26,080

and and on that same by the same token

916

00:32:30,389 --> 00:32:27,760

it's the people who sometimes have

917

00:32:33,190 --> 00:32:30,399

repeated encounters with these others

918

00:32:35,190 --> 00:32:33,200

that do develop a kind of relational uh

919

00:32:38,789 --> 00:32:35,200

experience with them right and they and

920

00:32:40,950 --> 00:32:38,799

they begin to feel more like an equal um

921

00:32:42,710 --> 00:32:40,960

that's part of it as well

922

00:32:45,990 --> 00:32:42,720

and i also would add i think we should

923

00:32:49,190 --> 00:32:47,029

to try and look at from their

924

00:32:51,509 --> 00:32:49,200

perspective too part of the literature

925

00:32:53,029 --> 00:32:51,519

right is that we can tend to act like

926

00:32:54,710 --> 00:32:53,039

spooked animals right like we're the

927

00:32:56,630 --> 00:32:54,720

raccoon that's cornered right and we're

928

00:32:58,710 --> 00:32:56,640

gonna like lash out

929

00:33:01,509 --> 00:32:58,720

so there there has been some suggestion

930

00:33:03,990 --> 00:33:01,519

that in some people's cases the others

931

00:33:06,230 --> 00:33:04,000

over time grow to trust us more and then

932

00:33:08,950 --> 00:33:06,240

treat us more like what we experience as

933

00:33:09,990 --> 00:33:08,960

being equals because we don't you know

934

00:33:12,870 --> 00:33:10,000

they trust that we're not going to

935

00:33:14,950 --> 00:33:12,880

respond like fighting frightened animals

936

00:33:15,990 --> 00:33:14,960

it is a complex tapestry again when

937

00:33:18,230 --> 00:33:16,000

you've got

938

00:33:20,549 --> 00:33:18,240

very different biologies

939

00:33:21,750 --> 00:33:20,559

it's already so much to like even trying

940

00:33:23,110 --> 00:33:21,760

to communicate with someone from a

941

00:33:25,509 --> 00:33:23,120

different cultural

942

00:33:27,669 --> 00:33:25,519

background within human civilization

943

00:33:29,190 --> 00:33:27,679

when you add in completely different

944

00:33:30,549 --> 00:33:29,200

biology

945

00:33:32,070 --> 00:33:30,559

experience of space time might be

946

00:33:34,149 --> 00:33:32,080

completely different

947

00:33:36,230 --> 00:33:34,159

you know if nathan showed up at exo's

948

00:33:37,350 --> 00:33:36,240

house and said hey exo i'm here against

949

00:33:39,110 --> 00:33:37,360

at the end of your bed in the middle of

950

00:33:40,710 --> 00:33:39,120

the night you know i might be like

951  
00:33:42,549 --> 00:33:40,720  
nathan i'd rather you not do that you

952  
00:33:45,269 --> 00:33:42,559  
know can you find can you call and text

953  
00:33:47,590 --> 00:33:45,279  
me whatever and it it's and that's what

954  
00:33:48,470 --> 00:33:47,600  
they do right and again from our point

955  
00:33:50,630 --> 00:33:48,480  
of view

956  
00:33:53,590 --> 00:33:50,640  
we we assume they should know better

957  
00:33:55,830 --> 00:33:53,600  
right but what i'm questioning is

958  
00:33:57,590 --> 00:33:55,840  
again their experience of reality itself

959  
00:33:59,669 --> 00:33:57,600  
their experience of personhood might be

960  
00:34:01,110 --> 00:33:59,679  
so different that that doesn't occur to

961  
00:34:02,950 --> 00:34:01,120  
them and we need to be

962  
00:34:05,110 --> 00:34:02,960  
open to all those possibilities and

963  
00:34:08,470 --> 00:34:05,120

really try to max out on the number of

964

00:34:11,030 --> 00:34:08,480

variables that might be in play here

965

00:34:12,470 --> 00:34:11,040

absolutely and uh you know less people

966

00:34:14,470 --> 00:34:12,480

think that we

967

00:34:17,270 --> 00:34:14,480

are you know kind of beating up on those

968

00:34:20,710 --> 00:34:17,280

that may come at this from a you know

969

00:34:25,669 --> 00:34:23,270

do not fear because we are also going to

970

00:34:27,589 --> 00:34:25,679

commit those who who don't consider

971

00:34:29,909 --> 00:34:27,599

themselves religious and look at the

972

00:34:32,230 --> 00:34:29,919

phenomenon from a scientific

973

00:34:33,829 --> 00:34:32,240

perspective and look at

974

00:34:37,669 --> 00:34:33,839

you know that world view and how it

975

00:34:39,829 --> 00:34:37,679

examines uh particular aspects of of the

976  
00:34:41,669 --> 00:34:39,839  
phenomenon throughout the literature

977  
00:34:43,750 --> 00:34:41,679  
and and and and how that perspective

978  
00:34:46,310 --> 00:34:43,760  
that kind of more scientific vantage

979  
00:34:48,790 --> 00:34:46,320  
point does just the same thing that that

980  
00:34:51,510 --> 00:34:48,800  
those who in the religious uh sort of

981  
00:34:53,510 --> 00:34:51,520  
worldview tend to do and binary you know

982  
00:34:55,270 --> 00:34:53,520  
easy categorization some you know

983  
00:34:57,430 --> 00:34:55,280  
examples that come to mind the one

984  
00:35:01,190 --> 00:34:57,440  
that's uh i think probably

985  
00:35:04,310 --> 00:35:02,710  
i think pretty hard about this one when

986  
00:35:06,390 --> 00:35:04,320  
i see it come up and in twitter or

987  
00:35:09,270 --> 00:35:06,400  
whatnot and you know the example of well

988  
00:35:12,230 --> 00:35:09,280

they you know they shut off our nukes

989

00:35:13,910 --> 00:35:12,240

and so you know that that's them

990

00:35:15,589 --> 00:35:13,920

being good you know they're trying to

991

00:35:17,510 --> 00:35:15,599

prevent us from

992

00:35:18,790 --> 00:35:17,520

nuking each other so they're they're

993

00:35:21,109 --> 00:35:18,800

they're they're good just because of

994

00:35:22,950 --> 00:35:21,119

that behavior

995

00:35:24,950 --> 00:35:22,960

well i don't know maybe not you know

996

00:35:26,950 --> 00:35:24,960

maybe maybe they're not shutting off

997

00:35:28,950 --> 00:35:26,960

nukes to protect us

998

00:35:31,430 --> 00:35:28,960

they certainly didn't stop us from

999

00:35:33,510 --> 00:35:31,440

testing nuclear weapons uh hundreds of

1000

00:35:34,790 --> 00:35:33,520

times in our atmosphere and oceans and

1001  
00:35:37,910 --> 00:35:34,800  
whatnot

1002  
00:35:39,829 --> 00:35:37,920  
and and on each other

1003  
00:35:42,630 --> 00:35:39,839  
you know other examples are

1004  
00:35:43,990 --> 00:35:42,640  
uh stories of healing you know well they

1005  
00:35:46,069 --> 00:35:44,000  
you know had this encounter with this

1006  
00:35:48,310 --> 00:35:46,079  
being and i was completely healed and

1007  
00:35:49,990 --> 00:35:48,320  
therefore this being is good it has my

1008  
00:35:51,750 --> 00:35:50,000  
best interest at heart

1009  
00:35:54,390 --> 00:35:51,760  
um

1010  
00:35:56,390 --> 00:35:54,400  
or uh you know this this relationship i

1011  
00:35:59,750 --> 00:35:56,400  
had with this being you know helped me

1012  
00:36:01,510 --> 00:35:59,760  
to see myself as a as an eternal

1013  
00:36:04,069 --> 00:36:01,520

you know being of my own i'm going on

1014

00:36:05,510 --> 00:36:04,079

this cosmic journey and okay so that

1015

00:36:07,589 --> 00:36:05,520

that's also good

1016

00:36:09,109 --> 00:36:07,599

um you know there are lots of different

1017

00:36:11,430 --> 00:36:09,119

examples here

1018

00:36:13,109 --> 00:36:11,440

uh you know that we can look at on the

1019

00:36:15,109 --> 00:36:13,119

bad side you know we've heard about

1020

00:36:17,750 --> 00:36:15,119

stories of implantation

1021

00:36:19,750 --> 00:36:17,760

uh you know they put a little device in

1022

00:36:22,470 --> 00:36:19,760

me so that must be really bad

1023

00:36:24,870 --> 00:36:22,480

uh we all know from our own experiments

1024

00:36:26,870 --> 00:36:24,880

we do with tracking animals and whatnot

1025

00:36:29,109 --> 00:36:26,880

and implantation isn't us

1026

00:36:32,310 --> 00:36:29,119

uh trying to be malicious towards that

1027

00:36:33,990 --> 00:36:32,320

uh you know sort of uh animal out on the

1028

00:36:35,510 --> 00:36:34,000

on the savannah you know we're just

1029

00:36:37,190 --> 00:36:35,520

trying to keep up with it make sure that

1030

00:36:38,870 --> 00:36:37,200

it's healthy and we're you know studying

1031

00:36:40,470 --> 00:36:38,880

its migratory patterns all those kinds

1032

00:36:41,670 --> 00:36:40,480

of different things

1033

00:36:43,589 --> 00:36:41,680

um

1034

00:36:45,270 --> 00:36:43,599

you know so it

1035

00:36:47,990 --> 00:36:45,280

there there are lots of examples here

1036

00:36:49,750 --> 00:36:48,000

where we can take this

1037

00:36:51,589 --> 00:36:49,760

you know sort of almost like you can

1038

00:36:53,109 --> 00:36:51,599

think about like in a laboratory like

1039

00:36:55,510 --> 00:36:53,119

this happened to me

1040

00:36:58,150 --> 00:36:55,520

and because it didn't hurt me

1041

00:37:00,470 --> 00:36:58,160

then you know it was good because it

1042

00:37:02,870 --> 00:37:00,480

helped me it was good but you know in

1043

00:37:04,950 --> 00:37:02,880

this case it hurt me it burned me or it

1044

00:37:07,109 --> 00:37:04,960

hurt someone else that i know so it was

1045

00:37:08,710 --> 00:37:07,119

bad you know there's no religious

1046

00:37:11,190 --> 00:37:08,720

baggage to this

1047

00:37:13,990 --> 00:37:11,200

sort of judgment whatsoever

1048

00:37:15,910 --> 00:37:14,000

but it but it jumps to the same kinds of

1049

00:37:17,670 --> 00:37:15,920

easy conclusions

1050

00:37:19,190 --> 00:37:17,680

and you know we can look throughout the

1051

00:37:20,470 --> 00:37:19,200

literature and say well i'm kind of

1052

00:37:25,270 --> 00:37:20,480

doing a

1053

00:37:27,349 --> 00:37:25,280

good sort of outcomes in the literature

1054

00:37:29,990 --> 00:37:27,359

are far outweigh the bad so it's you

1055

00:37:31,430 --> 00:37:30,000

know it's good uh the big takeaway here

1056

00:37:33,190 --> 00:37:31,440

is it's good don't worry everybody uh

1057

00:37:36,790 --> 00:37:33,200

the bad stuff is like minor and probably

1058

00:37:38,390 --> 00:37:36,800

accidental it's mostly fine so i know

1059

00:37:39,990 --> 00:37:38,400

what you think about that yeah i mean

1060

00:37:42,230 --> 00:37:40,000

that perspective so it's interesting the

1061

00:37:44,230 --> 00:37:42,240

way you phrase that there because

1062

00:37:46,470 --> 00:37:44,240

again when we try to get people to think

1063

00:37:47,990 --> 00:37:46,480

about the unspoken assumptions

1064

00:37:49,670 --> 00:37:48,000

one of the assumptions and what in that

1065

00:37:51,910 --> 00:37:49,680

argument you just presented was that

1066

00:37:53,910 --> 00:37:51,920

it's all one actor right so you're

1067

00:37:55,829 --> 00:37:53,920

weighing the good and the bad and saying

1068

00:37:56,870 --> 00:37:55,839

you know all in all comes up more in the

1069

00:37:59,670 --> 00:37:56,880

positive

1070

00:38:04,630 --> 00:37:59,680

but what if there's like three or four

1071

00:38:06,790 --> 00:38:04,640

or 47 or 7 000 actors you know and um

1072

00:38:09,829 --> 00:38:06,800

not only in terms of like we know within

1073

00:38:11,990 --> 00:38:09,839

human populations that it's silly to say

1074

00:38:14,150 --> 00:38:12,000

humans are good or bad right or or to

1075

00:38:16,710 --> 00:38:14,160

make this sort of like

1076

00:38:18,790 --> 00:38:16,720

moral scale and put humans at a 50. it

1077

00:38:20,069 --> 00:38:18,800

really depends on the person

1078

00:38:22,790 --> 00:38:20,079

um

1079

00:38:24,390 --> 00:38:22,800

and their level of development all sorts

1080

00:38:26,630 --> 00:38:24,400

of things right

1081

00:38:29,270 --> 00:38:26,640

um

1082

00:38:31,910 --> 00:38:29,280

yeah it's it's interesting how

1083

00:38:33,910 --> 00:38:31,920

if he what i would suggest to people is

1084

00:38:36,870 --> 00:38:33,920

actually practice

1085

00:38:39,910 --> 00:38:36,880

regardless of what um interpretation you

1086

00:38:41,670 --> 00:38:39,920

lean towards practice doing the opposite

1087

00:38:43,670 --> 00:38:41,680

like practice you know playing devil's

1088

00:38:45,990 --> 00:38:43,680

advocate um

1089

00:38:48,230 --> 00:38:46,000

and and try to convince yourself of the

1090

00:38:50,310 --> 00:38:48,240

alternate perspective and see how far

1091

00:38:52,310 --> 00:38:50,320

you get there

1092

00:38:54,550 --> 00:38:52,320

so for instance with the the nukes

1093

00:38:56,630 --> 00:38:54,560

situation you talked about right so for

1094

00:38:58,790 --> 00:38:56,640

people who are not familiar there's lots

1095

00:39:00,710 --> 00:38:58,800

and lots of evidence again it's amazing

1096

00:39:02,790 --> 00:39:00,720

to us i think who know these things that

1097

00:39:05,349 --> 00:39:02,800

it's not headline news

1098

00:39:07,030 --> 00:39:05,359

you know if china was sending or russia

1099

00:39:09,109 --> 00:39:07,040

was sitting across

1100

00:39:10,710 --> 00:39:09,119

their jets and circling our nuclear

1101

00:39:12,390 --> 00:39:10,720

installations and turning off nuclear

1102

00:39:14,390 --> 00:39:12,400

silos you can guarantee it would be

1103

00:39:16,470 --> 00:39:14,400

headline news for some reason when it's

1104

00:39:17,910 --> 00:39:16,480

a ufo partly of course it's partly

1105

00:39:20,230 --> 00:39:17,920

because it's been suppressed but for the

1106

00:39:21,430 --> 00:39:20,240

people who've really done the work

1107

00:39:24,630 --> 00:39:21,440

you know

1108

00:39:26,790 --> 00:39:24,640

it's very very clear so they show up

1109

00:39:30,069 --> 00:39:26,800

they are seen nearby and the next thing

1110

00:39:32,790 --> 00:39:30,079

you know these nuclear weapons are taken

1111

00:39:34,710 --> 00:39:32,800

offline so that if in that moment the

1112

00:39:36,870 --> 00:39:34,720

adversary were to launch nuclear weapons

1113

00:39:38,150 --> 00:39:36,880

we could not return fire basically is

1114

00:39:39,109 --> 00:39:38,160

the way it works

1115

00:39:41,430 --> 00:39:39,119

and

1116

00:39:43,270 --> 00:39:41,440

it's such a complex combination of ways

1117

00:39:45,430 --> 00:39:43,280

they manipulate our technology to make

1118

00:39:47,270 --> 00:39:45,440

that happen that we don't even know how

1119

00:39:48,870 --> 00:39:47,280

it happens like we it's not like we say

1120

00:39:51,430 --> 00:39:48,880

oh yeah if you switch off you know the

1121

00:39:53,190 --> 00:39:51,440

red button and line one two three that's

1122

00:39:54,550 --> 00:39:53,200

going to bring everything down

1123

00:39:57,109 --> 00:39:54,560

in other words the way they are

1124

00:39:59,670 --> 00:39:57,119

manipulating our technology surprises us

1125

00:40:02,150 --> 00:39:59,680

even though it's our technology

1126

00:40:03,910 --> 00:40:02,160

but that i would say is an ambiguous

1127

00:40:05,510 --> 00:40:03,920

event in many ways you know you could

1128

00:40:07,190 --> 00:40:05,520

say that

1129

00:40:09,030 --> 00:40:07,200

when someone makes the argument oh

1130

00:40:10,790 --> 00:40:09,040

that's them trying to send us a coded

1131

00:40:13,349 --> 00:40:10,800

message that nuclear weapons are really

1132

00:40:15,349 --> 00:40:13,359

dangerous you should get off this train

1133

00:40:17,349 --> 00:40:15,359

right before you crash

1134

00:40:19,270 --> 00:40:17,359

maybe but that's certainly not the only

1135

00:40:21,030 --> 00:40:19,280

interpretation of that right i've heard

1136

00:40:22,790 --> 00:40:21,040

other arguments that they

1137

00:40:24,790 --> 00:40:22,800

they may be on a trial run just making

1138

00:40:26,790 --> 00:40:24,800

sure that they really have a good take

1139

00:40:29,349 --> 00:40:26,800

on how our nuclear weapons work so they

1140

00:40:31,349 --> 00:40:29,359

might use us to use them against us or

1141

00:40:32,710 --> 00:40:31,359

maybe it's in some in that particular

1142

00:40:34,630 --> 00:40:32,720

case speaking of the possibility of

1143

00:40:37,349 --> 00:40:34,640

multiple actors maybe that's the

1144

00:40:40,150 --> 00:40:37,359

breakaway civilization human faction

1145

00:40:42,710 --> 00:40:40,160

right there that are planning some sort

1146

00:40:44,230 --> 00:40:42,720

of takeover of the nation states and

1147

00:40:45,750 --> 00:40:44,240

they are actually on a trial run to make

1148

00:40:48,470 --> 00:40:45,760

sure that their technology really can

1149

00:40:50,069 --> 00:40:48,480

manipulate our nuclear technology so

1150

00:40:52,630 --> 00:40:50,079

we're basically defenseless when they

1151  
00:40:55,750 --> 00:40:52,640  
choose to do something i mean there's so

1152  
00:40:58,069 --> 00:40:55,760  
many hypothesis hypotheses postulating

1153  
00:40:59,750 --> 00:40:58,079  
different actors including one of them

1154  
00:41:01,430 --> 00:40:59,760  
being a breakaway human civilization

1155  
00:41:02,550 --> 00:41:01,440  
that might have mastered anti-grav you

1156  
00:41:05,430 --> 00:41:02,560  
and i were talking about this before we

1157  
00:41:06,790 --> 00:41:05,440  
went on the air tonight um

1158  
00:41:07,670 --> 00:41:06,800  
there's so many possibilities so when

1159  
00:41:08,790 --> 00:41:07,680  
you

1160  
00:41:10,150 --> 00:41:08,800  
again

1161  
00:41:11,750 --> 00:41:10,160  
i don't have a problem with people

1162  
00:41:14,150 --> 00:41:11,760  
having a position

1163  
00:41:16,309 --> 00:41:14,160

but i would ask people to actively try

1164

00:41:18,790 --> 00:41:16,319

to convince yourself of the opposite

1165

00:41:21,190 --> 00:41:18,800

and at least be aware practice

1166

00:41:23,349 --> 00:41:21,200

self-awareness around what assumptions

1167

00:41:24,470 --> 00:41:23,359

you're bringing to the table

1168

00:41:26,630 --> 00:41:24,480

again

1169

00:41:28,950 --> 00:41:26,640

i know that i've many many times tended

1170

00:41:30,790 --> 00:41:28,960

towards this notion that

1171

00:41:32,470 --> 00:41:30,800

they seem to be trying to warn us about

1172

00:41:33,589 --> 00:41:32,480

nuclear weapons you know we think about

1173

00:41:36,150 --> 00:41:33,599

the whole

1174

00:41:37,990 --> 00:41:36,160

you know the mid to late 40s and they

1175

00:41:39,990 --> 00:41:38,000

were showing up right at the time when

1176

00:41:42,230 --> 00:41:40,000

we were beginning to you know detonate

1177

00:41:43,750 --> 00:41:42,240

atomic bombs and testing

1178

00:41:47,270 --> 00:41:43,760

um

1179

00:41:49,109 --> 00:41:47,280

that that's some sort of

1180

00:41:51,030 --> 00:41:49,119

whoa whoa what are you doing humans like

1181

00:41:52,710 --> 00:41:51,040

you're messing with stuff that's really

1182

00:41:54,470 --> 00:41:52,720

dangerous and we have no choice but to

1183

00:41:56,309 --> 00:41:54,480

show up now

1184

00:41:57,910 --> 00:41:56,319

but you could make the argument okay if

1185

00:42:00,790 --> 00:41:57,920

that is what they're doing could they

1186

00:42:02,550 --> 00:42:00,800

not be clear like why a coded message

1187

00:42:04,870 --> 00:42:02,560

and if it's a coded message is it even

1188

00:42:07,510 --> 00:42:04,880

working like are we seeing any evidence

1189

00:42:08,550 --> 00:42:07,520

that the the superpowers are convinced

1190

00:42:11,270 --> 00:42:08,560

by these

1191

00:42:13,349 --> 00:42:11,280

strange coded messages about

1192

00:42:14,790 --> 00:42:13,359

fake crashes of craft in the desert that

1193

00:42:17,270 --> 00:42:14,800

are actually meant to be coded messages

1194

00:42:18,550 --> 00:42:17,280

saying get off that train

1195

00:42:20,309 --> 00:42:18,560

um

1196

00:42:22,150 --> 00:42:20,319

it doesn't seem to be working if that

1197

00:42:24,150 --> 00:42:22,160

was the case so i that's the kind of

1198

00:42:25,990 --> 00:42:24,160

thing i do i i actually

1199

00:42:27,109 --> 00:42:26,000

willfully practice being on both sides

1200

00:42:28,790 --> 00:42:27,119

of the fence

1201  
00:42:30,630 --> 00:42:28,800  
and then when i do that i think i have

1202  
00:42:31,589 --> 00:42:30,640  
to conv i have to be honest with myself

1203  
00:42:33,750 --> 00:42:31,599  
and say

1204  
00:42:36,069 --> 00:42:33,760  
it's ambiguous at the end of the day and

1205  
00:42:38,150 --> 00:42:36,079  
again to be okay with not knowing if the

1206  
00:42:40,309 --> 00:42:38,160  
data is really not

1207  
00:42:41,990 --> 00:42:40,319  
strongly compellingly pointing in one

1208  
00:42:45,829 --> 00:42:42,000  
direction over the other then i say we

1209  
00:42:49,109 --> 00:42:45,839  
just stay neutral

1210  
00:42:50,950 --> 00:42:49,119  
i resonate with that a lot i i also kind

1211  
00:42:54,230 --> 00:42:50,960  
of wonder

1212  
00:42:56,470 --> 00:42:54,240  
if uh if experience ramps up as it you

1213  
00:42:59,349 --> 00:42:56,480

know seemingly might be

1214

00:43:00,870 --> 00:42:59,359

um

1215

00:43:02,710 --> 00:43:00,880

it strikes me that there will be more

1216

00:43:04,710 --> 00:43:02,720

opportunities for

1217

00:43:06,230 --> 00:43:04,720

in a sort of new interaction with

1218

00:43:09,270 --> 00:43:06,240

whatever this is

1219

00:43:12,470 --> 00:43:09,280

and it's one thing to you know i think

1220

00:43:14,710 --> 00:43:12,480

very comfortably discuss it and you know

1221

00:43:16,630 --> 00:43:14,720

kind of evaluate things from different

1222

00:43:18,150 --> 00:43:16,640

perspectives but in the in the moment of

1223

00:43:18,950 --> 00:43:18,160

a new experience

1224

00:43:20,470 --> 00:43:18,960

uh

1225

00:43:22,710 --> 00:43:20,480

you know it seems like it would be

1226

00:43:24,069 --> 00:43:22,720

pretty easy instinct will kick in

1227

00:43:26,790 --> 00:43:24,079

you know this is something that i'm

1228

00:43:29,589 --> 00:43:26,800

going to uh you know

1229

00:43:31,109 --> 00:43:29,599

be okay with or run from or what have

1230

00:43:34,870 --> 00:43:31,119

you

1231

00:43:37,910 --> 00:43:34,880

suppose

1232

00:43:39,990 --> 00:43:37,920

is that a couple of things one that if

1233

00:43:42,150 --> 00:43:40,000

experiences increase that those

1234

00:43:44,470 --> 00:43:42,160

experiences involve more than just one

1235

00:43:46,550 --> 00:43:44,480

individual you know that that if there

1236

00:43:49,109 --> 00:43:46,560

is a group of individuals having

1237

00:43:52,230 --> 00:43:49,119

experience together that that improves

1238

00:43:53,829 --> 00:43:52,240

our chances probably of reaching a more

1239

00:43:55,030 --> 00:43:53,839

kind of nuanced

1240

00:43:55,990 --> 00:43:55,040

interaction

1241

00:43:57,510 --> 00:43:56,000

uh

1242

00:43:59,750 --> 00:43:57,520

you know but also

1243

00:44:01,829 --> 00:43:59,760

if um

1244

00:44:03,430 --> 00:44:01,839

if if that does if the increase if the

1245

00:44:04,470 --> 00:44:03,440

experiences increase i would hope that

1246

00:44:06,230 --> 00:44:04,480

we have

1247

00:44:08,470 --> 00:44:06,240

you know kind of more time

1248

00:44:11,270 --> 00:44:08,480

there as well that it's not just a kind

1249

00:44:13,270 --> 00:44:11,280

of punctuated you know let me

1250

00:44:15,510 --> 00:44:13,280

this this just appears and disappears

1251  
00:44:17,910 --> 00:44:15,520  
apparates and disappears that there's

1252  
00:44:21,030 --> 00:44:17,920  
you know some element of uh

1253  
00:44:23,190 --> 00:44:21,040  
you know engagement that allows for

1254  
00:44:25,349 --> 00:44:23,200  
the human being to go through the

1255  
00:44:26,870 --> 00:44:25,359  
motions of of reaction

1256  
00:44:28,790 --> 00:44:26,880  
uh because

1257  
00:44:30,790 --> 00:44:28,800  
you know i find it um

1258  
00:44:32,390 --> 00:44:30,800  
you know myself very you know very

1259  
00:44:34,790 --> 00:44:32,400  
comfortably being in this you know sort

1260  
00:44:36,790 --> 00:44:34,800  
of nuanced position i also kind of have

1261  
00:44:38,630 --> 00:44:36,800  
to admit that if you know being not

1262  
00:44:39,430 --> 00:44:38,640  
being experienced or if i was suddenly

1263  
00:44:41,190 --> 00:44:39,440

one

1264

00:44:43,589 --> 00:44:41,200

i i don't know how i would react in the

1265

00:44:45,510 --> 00:44:43,599

moment so it's um

1266

00:44:46,630 --> 00:44:45,520

it's almost as if there's like a stages

1267

00:44:47,589 --> 00:44:46,640

to this

1268

00:44:51,990 --> 00:44:47,599

that

1269

00:44:53,430 --> 00:44:52,000

valuable you know but it's important i

1270

00:44:55,430 --> 00:44:53,440

think before

1271

00:44:57,349 --> 00:44:55,440

a moment like that occurs

1272

00:44:59,430 --> 00:44:57,359

to go through this exercise so if you

1273

00:45:01,030 --> 00:44:59,440

haven't had an experience like myself

1274

00:45:03,750 --> 00:45:01,040

you know it's good to go through this

1275

00:45:05,750 --> 00:45:03,760

thought exercise it's good to examine

1276

00:45:08,309 --> 00:45:05,760

you know kind of what you might jump to

1277

00:45:10,390 --> 00:45:08,319

as a ready easy conclusion and then push

1278

00:45:12,470 --> 00:45:10,400

yourself to go past that doesn't mean

1279

00:45:14,230 --> 00:45:12,480

you won't necessarily

1280

00:45:16,069 --> 00:45:14,240

have that reaction if it even when it

1281

00:45:18,790 --> 00:45:16,079

happens to you but at least you'll have

1282

00:45:20,390 --> 00:45:18,800

spent some time and some homework on you

1283

00:45:22,150 --> 00:45:20,400

know thinking through

1284

00:45:25,750 --> 00:45:22,160

what it may really be

1285

00:45:27,510 --> 00:45:25,760

if and when that interaction takes place

1286

00:45:28,790 --> 00:45:27,520

yeah it's a great point and i completely

1287

00:45:30,230 --> 00:45:28,800

agree

1288

00:45:33,190 --> 00:45:30,240

and i think

1289

00:45:35,589 --> 00:45:33,200

by doing that we actually can flesh out

1290

00:45:36,550 --> 00:45:35,599

some of those presuppositions right

1291

00:45:38,230 --> 00:45:36,560

um

1292

00:45:39,670 --> 00:45:38,240

when we suddenly put yourself in that

1293

00:45:40,710 --> 00:45:39,680

position you wake up in the middle of

1294

00:45:43,349 --> 00:45:40,720

the night and there's some sort of

1295

00:45:44,870 --> 00:45:43,359

insectoid being at the end of your bed

1296

00:45:46,630 --> 00:45:44,880

you know as an example i remember one

1297

00:45:49,349 --> 00:45:46,640

time i found this

1298

00:45:50,630 --> 00:45:49,359

blown-up picture i think of a wasp like

1299

00:45:52,309 --> 00:45:50,640

it was really really blown up

1300

00:45:54,550 --> 00:45:52,319

microscopic you know picture of this

1301  
00:45:55,829 --> 00:45:54,560  
wasp so it looked like life like human

1302  
00:45:57,829 --> 00:45:55,839  
size right

1303  
00:45:59,589 --> 00:45:57,839  
and so i posted it i remember to twitter

1304  
00:46:01,349 --> 00:45:59,599  
a couple years ago and said

1305  
00:46:03,270 --> 00:46:01,359  
so picture yourself you wake up it's 3

1306  
00:46:04,950 --> 00:46:03,280  
am this thing's like singing at the end

1307  
00:46:06,630 --> 00:46:04,960  
of the bed and and the crazy thing about

1308  
00:46:08,550 --> 00:46:06,640  
this picture of this wap is it actually

1309  
00:46:10,630 --> 00:46:08,560  
had like its head leaning against it's

1310  
00:46:12,230 --> 00:46:10,640  
like whatever you call it it's four paw

1311  
00:46:13,829 --> 00:46:12,240  
whatever you call it and it looked

1312  
00:46:15,190 --> 00:46:13,839  
almost like contemplative and i said so

1313  
00:46:16,550 --> 00:46:15,200

imagine you wake up and it's looking at

1314

00:46:18,550 --> 00:46:16,560

you right which many people have had

1315

00:46:19,829 --> 00:46:18,560

that kind of experience

1316

00:46:21,589 --> 00:46:19,839

and and

1317

00:46:24,390 --> 00:46:21,599

picture yourself like in that moment how

1318

00:46:26,150 --> 00:46:24,400

do you respond you know and and by doing

1319

00:46:28,790 --> 00:46:26,160

that number one

1320

00:46:31,109 --> 00:46:28,800

we become aware of the presuppositions

1321

00:46:32,950 --> 00:46:31,119

we might bring to it and number two i

1322

00:46:35,349 --> 00:46:32,960

think we can learn to desensitize

1323

00:46:37,270 --> 00:46:35,359

ourselves uh you know when people have

1324

00:46:39,270 --> 00:46:37,280

fears of spiders

1325

00:46:40,950 --> 00:46:39,280

how do they help people get over it they

1326  
00:46:43,510 --> 00:46:40,960  
actually bring them around spiders right

1327  
00:46:45,910 --> 00:46:43,520  
like first they talk about them and then

1328  
00:46:47,829 --> 00:46:45,920  
they might have like a picture of one

1329  
00:46:49,670 --> 00:46:47,839  
like 20 feet away

1330  
00:46:51,750 --> 00:46:49,680  
and eventually gets the point where they

1331  
00:46:53,670 --> 00:46:51,760  
have one under a glass and then maybe

1332  
00:46:55,829 --> 00:46:53,680  
even one time you let one sit on the

1333  
00:46:57,829 --> 00:46:55,839  
palm of your hand you know and it's that

1334  
00:46:58,790 --> 00:46:57,839  
slow desensitization

1335  
00:47:01,190 --> 00:46:58,800  
that

1336  
00:47:03,589 --> 00:47:01,200  
changes someone's orientation right uh

1337  
00:47:05,430 --> 00:47:03,599  
to that kind of creature because it's

1338  
00:47:07,589 --> 00:47:05,440

not rational right that that kind of

1339

00:47:09,109 --> 00:47:07,599

response we have

1340

00:47:11,190 --> 00:47:09,119

i mean you could say it's rational in a

1341

00:47:13,349 --> 00:47:11,200

way that it's sort of again bound to our

1342

00:47:15,030 --> 00:47:13,359

deep evolutionary history you come

1343

00:47:17,349 --> 00:47:15,040

across a creature that does not look

1344

00:47:19,430 --> 00:47:17,359

familiar and doesn't look

1345

00:47:22,069 --> 00:47:19,440

like something you know of so you don't

1346

00:47:25,430 --> 00:47:22,079

have associations where you can say okay

1347

00:47:28,309 --> 00:47:25,440

black panther not good you know

1348

00:47:29,910 --> 00:47:28,319

monkey okay uh when you can't do that

1349

00:47:33,430 --> 00:47:29,920

then your our brains have been wired to

1350

00:47:36,549 --> 00:47:33,440

say fear run you know danger

1351

00:47:41,109 --> 00:47:38,710

we can actually train ourselves to to

1352

00:47:43,030 --> 00:47:41,119

desensitize ourselves to that beforehand

1353

00:47:45,750 --> 00:47:43,040

so i agree with you it's it's good on tw

1354

00:47:47,270 --> 00:47:45,760

two levels one because you become aware

1355

00:47:48,790 --> 00:47:47,280

of what your

1356

00:47:50,470 --> 00:47:48,800

response is like it to be and so you

1357

00:47:53,030 --> 00:47:50,480

bring in some more self-awareness about

1358

00:47:55,270 --> 00:47:53,040

your presuppositions

1359

00:47:58,309 --> 00:47:55,280

and you also have the ability to begin

1360

00:48:00,230 --> 00:47:58,319

to change maybe how you would respond

1361

00:48:02,630 --> 00:48:00,240

i think that's definitely worthwhile and

1362

00:48:04,069 --> 00:48:02,640

i think in any kind of

1363

00:48:05,430 --> 00:48:04,079

event you have to go through in life if

1364

00:48:06,790 --> 00:48:05,440

you're nervous about it kind of

1365

00:48:09,030 --> 00:48:06,800

practicing ahead of time putting

1366

00:48:11,430 --> 00:48:09,040

yourself in that position actually can

1367

00:48:14,710 --> 00:48:11,440

help you to deal differently with it in

1368

00:48:16,630 --> 00:48:14,720

real time when it actually happens

1369

00:48:17,750 --> 00:48:16,640

right and and i would encourage people

1370

00:48:19,750 --> 00:48:17,760

to

1371

00:48:23,030 --> 00:48:19,760

practice where you can you know so it's

1372

00:48:24,150 --> 00:48:23,040

not as if uh you need an entity

1373

00:48:25,750 --> 00:48:24,160

to uh

1374

00:48:27,670 --> 00:48:25,760

appear at the foot of your bed to go

1375

00:48:29,589 --> 00:48:27,680

through this practice you know you

1376

00:48:31,430 --> 00:48:29,599

hopefully if you're listening you're

1377

00:48:33,109 --> 00:48:31,440

having you're in a relationship with

1378

00:48:35,829 --> 00:48:33,119

with someone you know whether it be a

1379

00:48:38,470 --> 00:48:35,839

parent or a child or a partner

1380

00:48:40,470 --> 00:48:38,480

a teacher a mentor whatever it is you

1381

00:48:42,549 --> 00:48:40,480

know human beings are

1382

00:48:45,910 --> 00:48:42,559

generally in community

1383

00:48:47,030 --> 00:48:45,920

and we have opportunity every single day

1384

00:48:48,950 --> 00:48:47,040

to

1385

00:48:51,510 --> 00:48:48,960

practice and choose

1386

00:48:52,390 --> 00:48:51,520

uh engagement with those who are around

1387

00:48:55,030 --> 00:48:52,400

us

1388

00:48:57,910 --> 00:48:55,040

rather than disengagement and judgment

1389

00:48:59,829 --> 00:48:57,920

uh and easy categorization and i you

1390

00:49:01,990 --> 00:48:59,839

know i those of you who know me know

1391

00:49:04,150 --> 00:49:02,000

that this is you know maybe a bit of a

1392

00:49:06,390 --> 00:49:04,160

high horse that i get onto but you know

1393

00:49:08,470 --> 00:49:06,400

i think in our in our current you know

1394

00:49:10,309 --> 00:49:08,480

sort of social media environment that is

1395

00:49:13,030 --> 00:49:10,319

primed and designed

1396

00:49:14,790 --> 00:49:13,040

to get us to uh you know sort of fight

1397

00:49:16,390 --> 00:49:14,800

each other um

1398

00:49:17,990 --> 00:49:16,400

and attack each other

1399

00:49:19,750 --> 00:49:18,000

you know

1400

00:49:21,990 --> 00:49:19,760

in a way

1401

00:49:24,470 --> 00:49:22,000

that that medium presents to us an

1402

00:49:26,470 --> 00:49:24,480

opportunity to put into practice the

1403

00:49:28,950 --> 00:49:26,480

very things we've just talked about you

1404

00:49:31,190 --> 00:49:28,960

know it gives you opportunity to look at

1405

00:49:32,950 --> 00:49:31,200

you know whoever posted

1406

00:49:34,390 --> 00:49:32,960

something that you know infuriated you

1407

00:49:36,549 --> 00:49:34,400

you know just one you want to get to

1408

00:49:37,750 --> 00:49:36,559

that keyboard asap and you know fire

1409

00:49:40,069 --> 00:49:37,760

back at them

1410

00:49:41,990 --> 00:49:40,079

uh instead to take a moment you know

1411

00:49:44,630 --> 00:49:42,000

think about what that person is saying

1412

00:49:46,710 --> 00:49:44,640

where that person is coming from uh you

1413

00:49:48,309 --> 00:49:46,720

know is there a way that you if you're

1414

00:49:49,670 --> 00:49:48,319

going to engage with them is there a way

1415

00:49:51,190 --> 00:49:49,680

that you can have a meaningful

1416

00:49:53,109 --> 00:49:51,200

engagement with them

1417

00:49:55,670 --> 00:49:53,119

rather than you know sort of fire right

1418

00:49:58,390 --> 00:49:55,680

back you know i'm of the opinion that

1419

00:50:00,630 --> 00:49:58,400

that more engagement is better

1420

00:50:02,150 --> 00:50:00,640

in almost every situation

1421

00:50:03,430 --> 00:50:02,160

the more we can create meaningful

1422

00:50:05,190 --> 00:50:03,440

relationship

1423

00:50:07,510 --> 00:50:05,200

uh the more we're going to get to know

1424

00:50:09,829 --> 00:50:07,520

each other we're going to get past these

1425

00:50:12,790 --> 00:50:09,839

easy judgments and we're going to have

1426

00:50:14,870 --> 00:50:12,800

more fulfilling relationships and lives

1427

00:50:17,670 --> 00:50:14,880

and that's an opportunity that we have

1428

00:50:19,589 --> 00:50:17,680

all around us all the time so whether

1429

00:50:21,829 --> 00:50:19,599

the phenomenon hopefully you're not

1430

00:50:23,910 --> 00:50:21,839

waiting for the phenomenon to put this

1431

00:50:27,510 --> 00:50:23,920

into practice in other words because if

1432

00:50:29,670 --> 00:50:27,520

you are you know i i really feel that

1433

00:50:31,030 --> 00:50:29,680

you will not have had the experience

1434

00:50:34,150 --> 00:50:31,040

that you need

1435

00:50:36,710 --> 00:50:34,160

to to really enter into that moment with

1436

00:50:38,309 --> 00:50:36,720

the right state of mind and presence and

1437

00:50:40,470 --> 00:50:38,319

and wisdom

1438

00:50:43,589 --> 00:50:40,480

essentially to to properly relate to

1439

00:50:44,470 --> 00:50:43,599

whatever it is

1440

00:50:46,549 --> 00:50:44,480

yeah

1441

00:50:49,109 --> 00:50:46,559

to sort of um offer a different

1442

00:50:51,589 --> 00:50:49,119

perspective here imagine that

1443

00:50:53,430 --> 00:50:51,599

some of these beings and and i'm

1444

00:50:56,950 --> 00:50:53,440

i definitely lean towards there being

1445

00:50:59,030 --> 00:50:56,960

numerous actors numerous origin sources

1446

00:51:01,030 --> 00:50:59,040

that is part of the phenomenon i can't

1447

00:51:02,630 --> 00:51:01,040

say that enough because i think i want

1448

00:51:05,270 --> 00:51:02,640

everyone to remember that whenever i'm

1449

00:51:07,109 --> 00:51:05,280

talking about these things i must be

1450

00:51:09,589 --> 00:51:07,119

referencing an element because i don't

1451

00:51:10,710 --> 00:51:09,599

think it's all one thing i think that

1452

00:51:14,069 --> 00:51:10,720

there's something worth probably

1453

00:51:15,430 --> 00:51:14,079

addressing here i think some people say

1454

00:51:17,829 --> 00:51:15,440

because i think this is a fallacious

1455

00:51:19,990 --> 00:51:17,839

argument actually some people will say

1456

00:51:22,710 --> 00:51:20,000

because they can manifest as anything

1457

00:51:25,270 --> 00:51:22,720

they can manipulate our consciousness

1458

00:51:27,270 --> 00:51:25,280

they can appear as one thing and then

1459

00:51:28,710 --> 00:51:27,280

change it to something else

1460

00:51:30,950 --> 00:51:28,720

because of that

1461

00:51:33,750 --> 00:51:30,960

this must all be one thing

1462

00:51:35,510 --> 00:51:33,760

just with multiple manifestations

1463

00:51:36,790 --> 00:51:35,520

that doesn't follow for me that's one

1464

00:51:38,710 --> 00:51:36,800

possibility

1465

00:51:40,309 --> 00:51:38,720

but there's many other factors we have

1466

00:51:41,670 --> 00:51:40,319

to take into consideration like for

1467

00:51:44,790 --> 00:51:41,680

instance with

1468

00:51:46,790 --> 00:51:44,800

again sort of c5 protocols

1469

00:51:48,870 --> 00:51:46,800

again when you look at the data i want

1470

00:51:51,190 --> 00:51:48,880

to whenever you want to sort of get past

1471

00:51:52,790 --> 00:51:51,200

your own bias i think one of the best

1472

00:51:55,750 --> 00:51:52,800

things you can do is look at the body of

1473

00:51:57,750 --> 00:51:55,760

data and the body of data for ce5 tells

1474

00:51:59,990 --> 00:51:57,760

us that the vast majority of the time

1475

00:52:01,750 --> 00:52:00,000

people have positive experiences and

1476  
00:52:03,750 --> 00:52:01,760  
even in the few cases where they aren't

1477  
00:52:06,710 --> 00:52:03,760  
positive experiences i've often found

1478  
00:52:08,470 --> 00:52:06,720  
that there are mitigating circumstances

1479  
00:52:11,430 --> 00:52:08,480  
that may

1480  
00:52:13,750 --> 00:52:11,440  
have created an unusual circumstance

1481  
00:52:15,670 --> 00:52:13,760  
there so i'm not saying therefore i'm

1482  
00:52:17,430 --> 00:52:15,680  
you know dismissing anybody who has had

1483  
00:52:19,750 --> 00:52:17,440  
a negative ce5 experience but i'm just

1484  
00:52:21,190 --> 00:52:19,760  
saying when you look at the body of data

1485  
00:52:22,710 --> 00:52:21,200  
there seems to be a tendency there and

1486  
00:52:24,069 --> 00:52:22,720  
it seems to be trending towards the

1487  
00:52:26,309 --> 00:52:24,079  
positive

1488  
00:52:27,030 --> 00:52:26,319

and i'm not i'm not even convinced that

1489

00:52:33,349 --> 00:52:27,040

the

1490

00:52:35,589 --> 00:52:33,359

that we're contacting with cu5

1491

00:52:37,109 --> 00:52:35,599

my leaning right now is that it's not

1492

00:52:39,030 --> 00:52:37,119

the same group

1493

00:52:41,670 --> 00:52:39,040

i had someone ask me that recently you

1494

00:52:42,950 --> 00:52:41,680

know and i certainly wouldn't say i know

1495

00:52:45,430 --> 00:52:42,960

because i don't

1496

00:52:47,270 --> 00:52:45,440

but when i look at the patterns to me

1497

00:52:49,589 --> 00:52:47,280

when i look at the body of data i see

1498

00:52:51,750 --> 00:52:49,599

two different patterns and so that at

1499

00:52:53,910 --> 00:52:51,760

least in my mind creates the possibility

1500

00:52:55,670 --> 00:52:53,920

that here we have two different groups

1501  
00:52:57,990 --> 00:52:55,680  
and so when people ask me oh do you

1502  
00:52:59,910 --> 00:52:58,000  
trust a phenomenon man i'm like well

1503  
00:53:01,510 --> 00:52:59,920  
that's a complex question and even the

1504  
00:53:03,349 --> 00:53:01,520  
way you ask that makes it sound like

1505  
00:53:04,870 --> 00:53:03,359  
it's one thing and then people are like

1506  
00:53:06,630 --> 00:53:04,880  
okay we'll see you later like they don't

1507  
00:53:08,309 --> 00:53:06,640  
really want to you know have a long

1508  
00:53:09,670 --> 00:53:08,319  
conversation and parse out all this

1509  
00:53:11,109 --> 00:53:09,680  
nuance but that's what we're trying to

1510  
00:53:13,589 --> 00:53:11,119  
do on this show

1511  
00:53:15,109 --> 00:53:13,599  
and and on top of that

1512  
00:53:16,710 --> 00:53:15,119  
you know that i've been doing a lot of

1513  
00:53:19,270 --> 00:53:16,720

work around

1514

00:53:20,630 --> 00:53:19,280

the mentation processes we bring to this

1515

00:53:23,109 --> 00:53:20,640

that that

1516

00:53:25,190 --> 00:53:23,119

who we are our energetic signature if

1517

00:53:27,270 --> 00:53:25,200

you will how much anxiety fear or

1518

00:53:29,270 --> 00:53:27,280

positivity and love

1519

00:53:30,309 --> 00:53:29,280

we bring to the situation how much that

1520

00:53:32,230 --> 00:53:30,319

seems to

1521

00:53:35,829 --> 00:53:32,240

prime these experiences especially in

1522

00:53:38,150 --> 00:53:35,839

kind of like a an astral subtle reality

1523

00:53:40,230 --> 00:53:38,160

kind of frame which is what many of

1524

00:53:43,109 --> 00:53:40,240

these seems to happen again when we look

1525

00:53:45,829 --> 00:53:43,119

at the free data we talked about before

1526  
00:53:47,589 --> 00:53:45,839  
the majority of people experienced this

1527  
00:53:49,270 --> 00:53:47,599  
these encounters in a kind of altered

1528  
00:53:51,349 --> 00:53:49,280  
state of consciousness or an alternate

1529  
00:53:54,829 --> 00:53:51,359  
realm in other words it didn't feel to

1530  
00:53:57,990 --> 00:53:54,839  
them like their normal 3d waking world

1531  
00:54:00,069 --> 00:53:58,000  
so that sounds a lot like subtle reality

1532  
00:54:02,390 --> 00:54:00,079  
and in subtle reality we know this from

1533  
00:54:05,990 --> 00:54:02,400  
other kind of psychedelic trips and um

1534  
00:54:08,390 --> 00:54:06,000  
astral projection and meditation

1535  
00:54:10,870 --> 00:54:08,400  
we know from those um sort of esoteric

1536  
00:54:12,790 --> 00:54:10,880  
traditions that what you bring to the

1537  
00:54:14,630 --> 00:54:12,800  
picture really often gets fed back to

1538  
00:54:17,349 --> 00:54:14,640

you so there's that entire aspect too

1539

00:54:20,230 --> 00:54:17,359

that we can't take ourselves out of the

1540

00:54:21,109 --> 00:54:20,240

picture as one of the variables right

1541

00:54:22,790 --> 00:54:21,119

so

1542

00:54:24,470 --> 00:54:22,800

again i think

1543

00:54:25,750 --> 00:54:24,480

people might listen to us here and think

1544

00:54:26,710 --> 00:54:25,760

wow these guys are going all over the

1545

00:54:28,390 --> 00:54:26,720

place

1546

00:54:29,910 --> 00:54:28,400

we're just trying to say there are many

1547

00:54:32,069 --> 00:54:29,920

many factors

1548

00:54:33,589 --> 00:54:32,079

and and to be cognizant of that you know

1549

00:54:35,190 --> 00:54:33,599

like whenever you do a scientific

1550

00:54:36,870 --> 00:54:35,200

experiment

1551  
00:54:39,270 --> 00:54:36,880  
one of the assumptions is that you'll be

1552  
00:54:41,910 --> 00:54:39,280  
able to identify all the variables that

1553  
00:54:43,990 --> 00:54:41,920  
are factors in that in the outcome and

1554  
00:54:45,430 --> 00:54:44,000  
by controlling for

1555  
00:54:47,510 --> 00:54:45,440  
all the other variables and you just

1556  
00:54:49,510 --> 00:54:47,520  
leave one that's in play you can make

1557  
00:54:51,510 --> 00:54:49,520  
conclusions about what role that one

1558  
00:54:53,030 --> 00:54:51,520  
plays about the behavior of nature right

1559  
00:54:54,870 --> 00:54:53,040  
and that's how we

1560  
00:54:56,390 --> 00:54:54,880  
develop technology and things and and

1561  
00:54:58,630 --> 00:54:56,400  
move forward

1562  
00:55:00,710 --> 00:54:58,640  
but if we're honest we we don't know

1563  
00:55:02,950 --> 00:55:00,720

what the variables are here so it's very

1564

00:55:04,870 --> 00:55:02,960

difficult to design experiments and it's

1565

00:55:06,950 --> 00:55:04,880

even more difficult to

1566

00:55:08,390 --> 00:55:06,960

draw sharp conclusions when we don't

1567

00:55:10,069 --> 00:55:08,400

even know if we're controlling for all

1568

00:55:11,990 --> 00:55:10,079

of the correct variables

1569

00:55:15,589 --> 00:55:12,000

knowing that our consciousness itself

1570

00:55:20,470 --> 00:55:17,829

great points there and the issue of

1571

00:55:22,870 --> 00:55:20,480

control i think is uh you know

1572

00:55:25,990 --> 00:55:22,880

incredibly salient because

1573

00:55:28,789 --> 00:55:26,000

you know it's it seems to me that the

1574

00:55:31,990 --> 00:55:28,799

the ways in which we do talk about

1575

00:55:34,069 --> 00:55:32,000

engaging with whatever this is

1576

00:55:37,109 --> 00:55:34,079

as you've pointed out so well it could

1577

00:55:38,069 --> 00:55:37,119

be so many different things

1578

00:55:41,750 --> 00:55:38,079

the

1579

00:55:44,309 --> 00:55:41,760

subtext in a way is this need to control

1580

00:55:46,630 --> 00:55:44,319

what that will be like you know so

1581

00:55:48,309 --> 00:55:46,640

we're good at

1582

00:55:49,670 --> 00:55:48,319

in our in our in our search for

1583

00:55:51,349 --> 00:55:49,680

understanding

1584

00:55:53,430 --> 00:55:51,359

you know in some ways our search for

1585

00:55:56,069 --> 00:55:53,440

understanding is driven by

1586

00:55:58,870 --> 00:55:56,079

our need to control

1587

00:56:00,950 --> 00:55:58,880

whatever it is it may be so the better

1588

00:56:03,750 --> 00:56:00,960

that i can categorize the better that i

1589

00:56:06,710 --> 00:56:03,760

can sort of model out

1590

00:56:08,150 --> 00:56:06,720

interaction or behavior that gives me a

1591

00:56:10,549 --> 00:56:08,160

greater sense of

1592

00:56:13,349 --> 00:56:10,559

peace and control but there is this

1593

00:56:14,950 --> 00:56:13,359

component that is absolutely present

1594

00:56:17,109 --> 00:56:14,960

literature that is that is lack of

1595

00:56:19,030 --> 00:56:17,119

control you know so there is and we've

1596

00:56:22,789 --> 00:56:19,040

talked about this a little bit as well

1597

00:56:26,150 --> 00:56:22,799

uh in our personal conversations that

1598

00:56:27,030 --> 00:56:26,160

there is a there's a human quality

1599

00:56:31,430 --> 00:56:27,040

of

1600

00:56:34,390 --> 00:56:31,440

that in some ways

1601  
00:56:36,870 --> 00:56:34,400  
you know helps kind of open up the door

1602  
00:56:39,190 --> 00:56:36,880  
uh that that we all

1603  
00:56:41,109 --> 00:56:39,200  
may need to be

1604  
00:56:44,309 --> 00:56:41,119  
relinquished our our need for that

1605  
00:56:46,470 --> 00:56:44,319  
control in order to be open to whatever

1606  
00:56:47,589 --> 00:56:46,480  
it is that this may be

1607  
00:56:50,470 --> 00:56:47,599  
so

1608  
00:56:53,270 --> 00:56:50,480  
you know i do think it's important that

1609  
00:56:54,630 --> 00:56:53,280  
we carefully study and plan and think

1610  
00:56:57,750 --> 00:56:54,640  
through

1611  
00:57:00,069 --> 00:56:57,760  
the various facets of whatever this is

1612  
00:57:02,470 --> 00:57:00,079  
and uh and approach it from a nuanced

1613  
00:57:03,910 --> 00:57:02,480

perspective because it i think that just

1614

00:57:05,190 --> 00:57:03,920

arms us with

1615

00:57:06,789 --> 00:57:05,200

more

1616

00:57:07,589 --> 00:57:06,799

knowledge preparedness whatever it may

1617

00:57:09,990 --> 00:57:07,599

be

1618

00:57:11,190 --> 00:57:10,000

but we have to leave some space and i

1619

00:57:13,829 --> 00:57:11,200

really would love to get your thoughts

1620

00:57:15,750 --> 00:57:13,839

you know what is the appropriate space

1621

00:57:17,829 --> 00:57:15,760

to leave here for

1622

00:57:20,630 --> 00:57:17,839

lack of control

1623

00:57:22,630 --> 00:57:20,640

for just kind of letting it go

1624

00:57:24,630 --> 00:57:22,640

yeah i think one of the um

1625

00:57:27,670 --> 00:57:24,640

the practices that i

1626  
00:57:29,270 --> 00:57:27,680  
work with and i encourage others

1627  
00:57:31,589 --> 00:57:29,280  
is around

1628  
00:57:32,630 --> 00:57:31,599  
proactively developing a larger sense of

1629  
00:57:35,349 --> 00:57:32,640  
self

1630  
00:57:37,750 --> 00:57:35,359  
um because i think you could make the

1631  
00:57:40,230 --> 00:57:37,760  
argument again amongst the ambiguity of

1632  
00:57:42,789 --> 00:57:40,240  
the data one of the arguments is that i

1633  
00:57:45,990 --> 00:57:42,799  
think jacqueline's made this argument

1634  
00:57:47,030 --> 00:57:46,000  
that they may be slowly um

1635  
00:57:48,950 --> 00:57:47,040  
leading us

1636  
00:57:51,750 --> 00:57:48,960  
towards a new understanding of reality

1637  
00:57:53,670 --> 00:57:51,760  
itself that all of the absurdity and the

1638  
00:57:56,230 --> 00:57:53,680

and the the strange elements that seem

1639

00:57:59,030 --> 00:57:56,240

to be coming together here that it's all

1640

00:58:01,030 --> 00:57:59,040

meant to slowly but surely lead us down

1641

00:58:03,349 --> 00:58:01,040

a path towards seeing reality

1642

00:58:06,710 --> 00:58:03,359

differently and only when we do

1643

00:58:09,270 --> 00:58:06,720

can we then be ready for massive contact

1644

00:58:11,589 --> 00:58:09,280

and a huge part of that process is us

1645

00:58:13,510 --> 00:58:11,599

beginning to see ourselves differently

1646

00:58:14,870 --> 00:58:13,520

so one of the things i'm very interested

1647

00:58:17,030 --> 00:58:14,880

in is

1648

00:58:18,390 --> 00:58:17,040

proactively working on

1649

00:58:20,390 --> 00:58:18,400

um

1650

00:58:22,230 --> 00:58:20,400

taking the executive ego offline

1651  
00:58:23,829 --> 00:58:22,240  
basically is the way i would describe it

1652  
00:58:25,589 --> 00:58:23,839  
because when the executive ego is on

1653  
00:58:29,190 --> 00:58:25,599  
charge when it's sitting on the throne

1654  
00:58:31,430 --> 00:58:29,200  
it's all about me i have a very defined

1655  
00:58:33,829 --> 00:58:31,440  
rigid understanding of what serves me

1656  
00:58:34,950 --> 00:58:33,839  
versus what helps everybody else

1657  
00:58:36,950 --> 00:58:34,960  
and

1658  
00:58:39,109 --> 00:58:36,960  
that's not helpful in reality in general

1659  
00:58:42,390 --> 00:58:39,119  
that's created a lot of the you know

1660  
00:58:43,990 --> 00:58:42,400  
trauma in the world and the conflict

1661  
00:58:46,309 --> 00:58:44,000  
when

1662  
00:58:49,109 --> 00:58:46,319  
underlyingly through various practices

1663  
00:58:50,870 --> 00:58:49,119

meditation even psychedelic journeys uh

1664

00:58:53,349 --> 00:58:50,880

there's even sometimes experience with

1665

00:58:55,510 --> 00:58:53,359

the others right near-death experiences

1666

00:58:57,190 --> 00:58:55,520

out-of-body experiences

1667

00:58:58,789 --> 00:58:57,200

lucid dreams all these different

1668

00:59:00,549 --> 00:58:58,799

modalities

1669

00:59:02,549 --> 00:59:00,559

one thing they have in common is often

1670

00:59:04,870 --> 00:59:02,559

they help to break down

1671

00:59:07,510 --> 00:59:04,880

that strong attachment to the executive

1672

00:59:10,150 --> 00:59:07,520

ego this strong attachment to defining

1673

00:59:11,990 --> 00:59:10,160

ourselves as this one iteration in this

1674

00:59:13,829 --> 00:59:12,000

body that you know had these experiences

1675

00:59:15,349 --> 00:59:13,839

and that's who i am man don't try and

1676  
00:59:16,309 --> 00:59:15,359  
change it

1677  
00:59:18,230 --> 00:59:16,319  
when we

1678  
00:59:20,230 --> 00:59:18,240  
engage in these different modalities

1679  
00:59:21,829 --> 00:59:20,240  
what they all tend to do

1680  
00:59:23,270 --> 00:59:21,839  
part of the reason why people even come

1681  
00:59:24,789 --> 00:59:23,280  
back from near-death experiences

1682  
00:59:27,030 --> 00:59:24,799  
out-of-body experiences

1683  
00:59:28,230 --> 00:59:27,040  
experiences with the others psychedelic

1684  
00:59:30,150 --> 00:59:28,240  
journeys

1685  
00:59:32,390 --> 00:59:30,160  
they come back

1686  
00:59:34,470 --> 00:59:32,400  
valuing money differently valuing wealth

1687  
00:59:35,829 --> 00:59:34,480  
differently being more caring towards

1688  
00:59:37,510 --> 00:59:35,839

other people

1689

00:59:39,190 --> 00:59:37,520

and it's not because they like were

1690

00:59:41,670 --> 00:59:39,200

exposed to some pamphlet about how to be

1691

00:59:44,150 --> 00:59:41,680

a good human being in 2022

1692

00:59:46,069 --> 00:59:44,160

it's literally that their understanding

1693

00:59:47,349 --> 00:59:46,079

of self has been broadened that they

1694

00:59:48,630 --> 00:59:47,359

have actually

1695

00:59:51,030 --> 00:59:48,640

literally

1696

00:59:53,829 --> 00:59:51,040

begun to experience themselves as the

1697

00:59:56,150 --> 00:59:53,839

interconnectivity between all sentient

1698

00:59:58,309 --> 00:59:56,160

life and when you do that even your

1699

01:00:01,270 --> 00:59:58,319

sense of what it means to be to act in

1700

01:00:03,190 --> 01:00:01,280

self-interest literally changes you

1701

01:00:05,750 --> 01:00:03,200

literally

1702

01:00:08,390 --> 01:00:05,760

out of self-interest want the entire

1703

01:00:10,950 --> 01:00:08,400

planet to benefit not just even human

1704

01:00:12,870 --> 01:00:10,960

civilization and but the entire planet

1705

01:00:16,549 --> 01:00:12,880

itself and then all sentient life so we

1706

01:00:17,270 --> 01:00:16,559

have this expanding uh you know interest

1707

01:00:19,670 --> 01:00:17,280

in

1708

01:00:21,750 --> 01:00:19,680

life across the cosmos we if you look

1709

01:00:24,150 --> 01:00:21,760

back at human history that's kind of the

1710

01:00:25,430 --> 01:00:24,160

trajectory as much as we can sometimes

1711

01:00:27,270 --> 01:00:25,440

in the moment get caught up with how

1712

01:00:29,589 --> 01:00:27,280

much conflict there is

1713

01:00:32,150 --> 01:00:29,599

the long trajectory is that we've had

1714

01:00:35,030 --> 01:00:32,160

ever expanding circles of inclusion and

1715

01:00:37,670 --> 01:00:35,040

that means how we even define who we are

1716

01:00:40,230 --> 01:00:37,680

right our tribe gets larger and larger

1717

01:00:43,430 --> 01:00:40,240

um but even who we are as individuals

1718

01:00:45,030 --> 01:00:43,440

and um so i i would i would encourage

1719

01:00:46,390 --> 01:00:45,040

people to practice that as a as a

1720

01:00:48,390 --> 01:00:46,400

general thing i think it helps you get

1721

01:00:50,950 --> 01:00:48,400

through life better i think that you

1722

01:00:53,589 --> 01:00:50,960

um you are able to

1723

01:00:55,829 --> 01:00:53,599

handle difficulties that arise much

1724

01:00:57,990 --> 01:00:55,839

you know much more flexibly when you

1725

01:00:59,829 --> 01:00:58,000

have that sort of absolute view of

1726

01:01:01,750 --> 01:00:59,839

interconnectivity between all sentient

1727

01:01:03,910 --> 01:01:01,760

life consciousness itself right the

1728

01:01:04,950 --> 01:01:03,920

bedrock as opposed to what's happening

1729

01:01:07,670 --> 01:01:04,960

to

1730

01:01:09,670 --> 01:01:07,680

nathan and his little life and right now

1731

01:01:11,109 --> 01:01:09,680

where he's living

1732

01:01:13,910 --> 01:01:11,119

and in terms of

1733

01:01:16,870 --> 01:01:13,920

preparing us for experiencing others

1734

01:01:19,829 --> 01:01:16,880

that presumably are also part of that

1735

01:01:23,030 --> 01:01:19,839

interconnected consciousness web

1736

01:01:24,870 --> 01:01:23,040

it helps us get there too

1737

01:01:27,030 --> 01:01:24,880

what i love about that is that it is

1738

01:01:30,309 --> 01:01:27,040

something that you can practice

1739

01:01:32,630 --> 01:01:30,319

you know so that you can practice

1740

01:01:34,950 --> 01:01:32,640

greater levels of association

1741

01:01:36,390 --> 01:01:34,960

rather than disassociation you know you

1742

01:01:38,870 --> 01:01:36,400

you can

1743

01:01:42,230 --> 01:01:38,880

and and i wonder often wonder

1744

01:01:43,109 --> 01:01:42,240

this ability that we have to do that

1745

01:01:45,030 --> 01:01:43,119

that

1746

01:01:47,910 --> 01:01:45,040

tells us doesn't it something a little

1747

01:01:49,270 --> 01:01:47,920

bit about what this all really is you

1748

01:01:52,789 --> 01:01:49,280

know so

1749

01:01:55,029 --> 01:01:52,799

you and i have a very uh are given a

1750

01:01:56,630 --> 01:01:55,039

very strong sense of self

1751

01:01:58,069 --> 01:01:56,640

you know in the culture that we've been

1752

01:02:00,870 --> 01:01:58,079

born into

1753

01:02:05,029 --> 01:02:00,880

we're pretty good at at the eye part

1754

01:02:07,510 --> 01:02:05,039

the me part the individual agency part

1755

01:02:09,270 --> 01:02:07,520

we're really not good in the west about

1756

01:02:10,390 --> 01:02:09,280

and and i would say just generally too

1757

01:02:11,670 --> 01:02:10,400

in the globe

1758

01:02:14,069 --> 01:02:11,680

about the we

1759

01:02:15,349 --> 01:02:14,079

and and the ways in which we intersect

1760

01:02:18,150 --> 01:02:15,359

with each other

1761

01:02:20,230 --> 01:02:18,160

you know and it affects every aspect of

1762

01:02:22,390 --> 01:02:20,240

our thinking so when i look out the

1763

01:02:24,710 --> 01:02:22,400

window and i look at a tree

1764

01:02:26,069 --> 01:02:24,720

you know i i just immediately think hey

1765

01:02:28,549 --> 01:02:26,079

there's a tree

1766

01:02:31,990 --> 01:02:28,559

what i don't think about is that tree

1767

01:02:34,470 --> 01:02:32,000

and the roots and the soil and the

1768

01:02:36,870 --> 01:02:34,480

mycelial network it may be connected to

1769

01:02:39,750 --> 01:02:36,880

that is connected to other plants

1770

01:02:42,150 --> 01:02:39,760

uh other entities that live in the tree

1771

01:02:44,549 --> 01:02:42,160

uh that feed off of the tree you know

1772

01:02:46,549 --> 01:02:44,559

the trees are part of my own enjoyment

1773

01:02:49,349 --> 01:02:46,559

you know looking at it it becomes a part

1774

01:02:51,750 --> 01:02:49,359

of me in that way so that these are

1775

01:02:54,789 --> 01:02:51,760

layers and different modes in which i

1776

01:02:57,029 --> 01:02:54,799

can experience that tree

1777

01:02:59,190 --> 01:02:57,039

both as an individuated thing but as

1778

01:03:01,990 --> 01:02:59,200

something that is interconnected

1779

01:03:03,990 --> 01:03:02,000

to all of the things around me and and i

1780

01:03:06,710 --> 01:03:04,000

would encourage

1781

01:03:09,029 --> 01:03:06,720

our listeners and all of us to make this

1782

01:03:11,670 --> 01:03:09,039

more a part of our practice right that

1783

01:03:13,190 --> 01:03:11,680

this is this be something that we can do

1784

01:03:15,670 --> 01:03:13,200

in our day-to-day

1785

01:03:17,349 --> 01:03:15,680

lived experience we can you know we can

1786

01:03:19,510 --> 01:03:17,359

go on a walk we can think about these

1787

01:03:21,910 --> 01:03:19,520

things we can evaluate the things that

1788

01:03:24,950 --> 01:03:21,920

we see hear smell taste

1789

01:03:26,630 --> 01:03:24,960

from these various levels and and that

1790

01:03:27,510 --> 01:03:26,640

exercise

1791

01:03:29,670 --> 01:03:27,520

does

1792

01:03:30,390 --> 01:03:29,680

in my opinion prime us

1793

01:03:32,710 --> 01:03:30,400

to

1794

01:03:34,390 --> 01:03:32,720

uh being more prepared

1795

01:03:36,069 --> 01:03:34,400

for what this

1796

01:03:39,270 --> 01:03:36,079

the kind of the base

1797

01:03:40,789 --> 01:03:39,280

nature of reality actually is and and i

1798

01:03:42,549 --> 01:03:40,799

say all that to say

1799

01:03:44,710 --> 01:03:42,559

it's still okay to have individual

1800

01:03:46,710 --> 01:03:44,720

experiences it's still okay to have a

1801

01:03:48,870 --> 01:03:46,720

strong sense of me

1802

01:03:50,789 --> 01:03:48,880

and we do need that you know you're not

1803

01:03:52,789 --> 01:03:50,799

going to be able to navigate the world

1804

01:03:54,309 --> 01:03:52,799

that you find yourself in if you just

1805

01:03:55,910 --> 01:03:54,319

think you're part of everything around

1806

01:03:57,430 --> 01:03:55,920

you all the time

1807

01:03:58,870 --> 01:03:57,440

i can guarantee you're probably going to

1808

01:04:01,270 --> 01:03:58,880

hurt yourself

1809

01:04:02,870 --> 01:04:01,280

so you know there are ways that we need

1810

01:04:04,950 --> 01:04:02,880

to sort of think about this and do it

1811

01:04:05,670 --> 01:04:04,960

carefully but that's not to say that

1812

01:04:09,670 --> 01:04:05,680

it's

1813

01:04:13,670 --> 01:04:09,680

tremendous value

1814

01:04:15,430 --> 01:04:13,680

both for our humanity but also for our

1815

01:04:17,670 --> 01:04:15,440

experience with

1816

01:04:19,829 --> 01:04:17,680

whatever it is that is out there whether

1817

01:04:21,349 --> 01:04:19,839

it's a singular thing or multiplicity of

1818

01:04:24,150 --> 01:04:21,359

things

1819

01:04:26,630 --> 01:04:24,160

this dynamic is going to come into that

1820

01:04:29,029 --> 01:04:26,640

conversation and be part of whatever

1821

01:04:30,470 --> 01:04:29,039

that new narrative relationship happens

1822

01:04:33,589 --> 01:04:30,480

to be

1823

01:04:36,549 --> 01:04:33,599

so this entire exercise is incredibly

1824

01:04:38,870 --> 01:04:36,559

important and very meaningful and our

1825

01:04:42,630 --> 01:04:38,880

ability to do this to

1826

01:04:45,270 --> 01:04:42,640

to both disassociate and associate

1827

01:04:47,750 --> 01:04:45,280

this gives meaning to our own lives but

1828

01:04:50,230 --> 01:04:47,760

will also add meaning and value

1829

01:04:52,150 --> 01:04:50,240

to our experience with the phenomenon

1830

01:04:54,710 --> 01:04:52,160

whether it be a singular phenomena or

1831

01:04:58,150 --> 01:04:54,720

multiplicity of phenomena it's only

1832

01:04:59,190 --> 01:04:58,160

going to provide a richer experience and

1833

01:05:02,230 --> 01:04:59,200

i think

1834

01:05:04,870 --> 01:05:02,240

and add tremendous value to our own our

1835

01:05:06,710 --> 01:05:04,880

own our own sense of self but also our

1836

01:05:09,990 --> 01:05:06,720

sense of you know where we are in the

1837

01:05:11,829 --> 01:05:10,000

world and and who we are together in in

1838

01:05:13,910 --> 01:05:11,839

community not just with our kind of

1839

01:05:15,510 --> 01:05:13,920

fellow humans but with whatever it is as

1840

01:05:17,430 --> 01:05:15,520

well

1841

01:05:18,470 --> 01:05:17,440

yeah absolutely and i think that you

1842

01:05:20,029 --> 01:05:18,480

know we

1843

01:05:23,190 --> 01:05:20,039

sort of began by talking about

1844

01:05:25,270 --> 01:05:23,200

presuppositions and biases that we bring

1845

01:05:25,990 --> 01:05:25,280

i mean i'll be you know honest and say

1846

01:05:28,630 --> 01:05:26,000

that

1847

01:05:31,109 --> 01:05:28,640

one of the presuppositions i bring is is

1848

01:05:33,029 --> 01:05:31,119

this sort of interconnected web of all

1849

01:05:36,390 --> 01:05:33,039

sentient life you know as part of this

1850

01:05:38,390 --> 01:05:36,400

bedrock of consciousness and that

1851  
01:05:40,870 --> 01:05:38,400  
notions like matter and energy i think

1852  
01:05:42,470 --> 01:05:40,880  
are derivatives of consciousness i think

1853  
01:05:44,390 --> 01:05:42,480  
that's the root

1854  
01:05:46,470 --> 01:05:44,400  
and that's not because exo likes that

1855  
01:05:48,230 --> 01:05:46,480  
better it's because i actually think

1856  
01:05:50,710 --> 01:05:48,240  
that's what

1857  
01:05:52,069 --> 01:05:50,720  
the data is telling us so when i

1858  
01:05:53,589 --> 01:05:52,079  
before i ever

1859  
01:05:55,670 --> 01:05:53,599  
you know had a

1860  
01:05:57,670 --> 01:05:55,680  
kind of massive interest in the ufo

1861  
01:05:59,990 --> 01:05:57,680  
phenomenon where i became obsessive

1862  
01:06:01,349 --> 01:06:00,000  
about it uh you know i had a spiritual

1863  
01:06:02,789 --> 01:06:01,359

history

1864

01:06:05,029 --> 01:06:02,799

i had

1865

01:06:07,670 --> 01:06:05,039

an interest in science

1866

01:06:09,349 --> 01:06:07,680

and metaphysics and when i look at

1867

01:06:11,029 --> 01:06:09,359

different fields you know the the

1868

01:06:13,990 --> 01:06:11,039

neuroscience of consciousness what's

1869

01:06:17,029 --> 01:06:14,000

happening in quantum mechanics um to me

1870

01:06:19,109 --> 01:06:17,039

it all points towards

1871

01:06:20,710 --> 01:06:19,119

consciousness being primary and then

1872

01:06:22,870 --> 01:06:20,720

everything else kind of being derivative

1873

01:06:24,870 --> 01:06:22,880

of that which again is kind of turns on

1874

01:06:25,990 --> 01:06:24,880

its head the sort of common mainstream

1875

01:06:27,190 --> 01:06:26,000

view

1876

01:06:28,789 --> 01:06:27,200

but because that's one of my

1877

01:06:30,309 --> 01:06:28,799

presuppositions and again it's not just

1878

01:06:32,710 --> 01:06:30,319

because i like the idea i think there's

1879

01:06:34,230 --> 01:06:32,720

lots of evidence pointing towards that

1880

01:06:35,270 --> 01:06:34,240

and in my own experience when i've been

1881

01:06:37,270 --> 01:06:35,280

able to

1882

01:06:39,109 --> 01:06:37,280

practice shutting down my executive ego

1883

01:06:41,029 --> 01:06:39,119

i do actually

1884

01:06:42,470 --> 01:06:41,039

enter into this modality where i sense

1885

01:06:44,630 --> 01:06:42,480

this broader

1886

01:06:46,309 --> 01:06:44,640

connection with everything else to the

1887

01:06:47,430 --> 01:06:46,319

point where my experience of time

1888

01:06:48,950 --> 01:06:47,440

changes

1889

01:06:51,510 --> 01:06:48,960

i in a moment

1890

01:06:53,029 --> 01:06:51,520

forget about the individual ego and i'm

1891

01:06:54,710 --> 01:06:53,039

actually

1892

01:06:56,150 --> 01:06:54,720

you know to use kind of a cliché one

1893

01:06:57,829 --> 01:06:56,160

with the universe i literally have

1894

01:06:59,829 --> 01:06:57,839

experienced that and

1895

01:07:01,829 --> 01:06:59,839

um through a variety of different

1896

01:07:03,029 --> 01:07:01,839

practices and means

1897

01:07:05,190 --> 01:07:03,039

and so

1898

01:07:06,950 --> 01:07:05,200

it just makes sense to me that these

1899

01:07:10,630 --> 01:07:06,960

others

1900

01:07:12,789 --> 01:07:10,640

are part of that consciousness web too

1901

01:07:15,029 --> 01:07:12,799

and not only that but again there's lots

1902

01:07:17,670 --> 01:07:15,039

of data suggesting that that people have

1903

01:07:19,109 --> 01:07:17,680

those experiences with them that

1904

01:07:20,789 --> 01:07:19,119

part of being

1905

01:07:23,190 --> 01:07:20,799

with these others some of them anyway

1906

01:07:25,670 --> 01:07:23,200

again we don't assume it's one kind

1907

01:07:27,270 --> 01:07:25,680

actually changes the way people that

1908

01:07:29,190 --> 01:07:27,280

becomes one of the modalities by which

1909

01:07:31,589 --> 01:07:29,200

people do experience themselves as being

1910

01:07:33,990 --> 01:07:31,599

broader deeper

1911

01:07:35,910 --> 01:07:34,000

than they saw before you know and and

1912

01:07:38,309 --> 01:07:35,920

even to the point where when people are

1913

01:07:40,549 --> 01:07:38,319

sometimes returned after uh quote

1914

01:07:42,630 --> 01:07:40,559

unquote abduction or a contact event

1915

01:07:45,029 --> 01:07:42,640

whatever you want to call it whatever

1916

01:07:46,470 --> 01:07:45,039

connotation you want to apply

1917

01:07:48,710 --> 01:07:46,480

they actually find that they go from a

1918

01:07:49,750 --> 01:07:48,720

much broader sometimes understanding of

1919

01:07:51,430 --> 01:07:49,760

not just

1920

01:07:53,589 --> 01:07:51,440

who the others are but who they

1921

01:07:55,750 --> 01:07:53,599

themselves are right

1922

01:07:57,750 --> 01:07:55,760

and to the point where when they come

1923

01:07:59,670 --> 01:07:57,760

back into their body in their bed they

1924

01:08:01,029 --> 01:07:59,680

actually

1925

01:08:02,950 --> 01:08:01,039

in the same way that we come back from a

1926

01:08:05,029 --> 01:08:02,960

psychedelic trip or a near-death

1927

01:08:06,950 --> 01:08:05,039

experience or an out-of-body experience

1928

01:08:08,470 --> 01:08:06,960

you kind of get crushed back into a

1929

01:08:10,630 --> 01:08:08,480

narrow frame

1930

01:08:12,950 --> 01:08:10,640

where the executive ego comes back

1931

01:08:15,670 --> 01:08:12,960

online and you are this

1932

01:08:17,510 --> 01:08:15,680

individual unit in a space-time

1933

01:08:19,269 --> 01:08:17,520

linear dance

1934

01:08:20,950 --> 01:08:19,279

so that's again what's so interesting is

1935

01:08:23,430 --> 01:08:20,960

that uh

1936

01:08:25,349 --> 01:08:23,440

when we're with these others many times

1937

01:08:27,829 --> 01:08:25,359

we seem to have a different sense of

1938

01:08:30,149 --> 01:08:27,839

self and again sometimes at first that's

1939

01:08:32,309 --> 01:08:30,159

not true sometimes at first

1940

01:08:34,070 --> 01:08:32,319

again speaking of presuppositions

1941

01:08:36,630 --> 01:08:34,080

for people who are very identified with

1942

01:08:38,870 --> 01:08:36,640

their executive ego and their small self

1943

01:08:39,910 --> 01:08:38,880

it can feel even like death that's

1944

01:08:41,510 --> 01:08:39,920

actually the way some people have

1945

01:08:42,950 --> 01:08:41,520

described it because

1946

01:08:44,789 --> 01:08:42,960

if you are

1947

01:08:47,110 --> 01:08:44,799

hugely identified with the executive ego

1948

01:08:48,870 --> 01:08:47,120

in a small sense of self meaning this is

1949

01:08:51,349 --> 01:08:48,880

my story i was born here as raised by

1950

01:08:54,309 --> 01:08:51,359

these people and part of this culture

1951

01:08:55,829 --> 01:08:54,319

if that's your only sense of self then

1952

01:08:57,829 --> 01:08:55,839

when you're exposed to this broader

1953

01:08:59,910 --> 01:08:57,839

reality and they they seem to impose

1954

01:09:01,590 --> 01:08:59,920

themselves and be able to come right

1955

01:09:03,590 --> 01:09:01,600

into your consciousness all your usual

1956

01:09:05,590 --> 01:09:03,600

walls that we have

1957

01:09:07,990 --> 01:09:05,600

protecting your thoughts all that's gone

1958

01:09:10,229 --> 01:09:08,000

right people talk about being so exposed

1959

01:09:12,709 --> 01:09:10,239

before these others some people see that

1960

01:09:14,550 --> 01:09:12,719

as invasive and almost like uh you know

1961

01:09:16,870 --> 01:09:14,560

malicious

1962

01:09:18,470 --> 01:09:16,880

but it's it's may just be their natural

1963

01:09:20,309 --> 01:09:18,480

modality that's kind of even what some

1964

01:09:21,829 --> 01:09:20,319

people again from part of the literature

1965

01:09:24,390 --> 01:09:21,839

have suggested they've been told by

1966

01:09:26,470 --> 01:09:24,400

these others so to me that's fascinating

1967

01:09:27,990 --> 01:09:26,480

that you have this

1968

01:09:29,590 --> 01:09:28,000

parallel between

1969

01:09:31,829 --> 01:09:29,600

near-death experiences psychedelic

1970

01:09:33,189 --> 01:09:31,839

journeys out-of-body experiences and an

1971

01:09:35,189 --> 01:09:33,199

experience with the others and that's

1972

01:09:37,590 --> 01:09:35,199

why the free foundation coined this the

1973

01:09:39,829 --> 01:09:37,600

contact modalities right that somehow

1974

01:09:42,950 --> 01:09:39,839

these are all connected and an

1975

01:09:46,390 --> 01:09:42,960

inevitable uh implication tends to be

1976

01:09:49,189 --> 01:09:46,400

that it changes your very sense of self

1977

01:09:51,669 --> 01:09:49,199

yeah it's an invitation to that and and

1978

01:09:53,990 --> 01:09:51,679

that i think is uh

1979

01:09:56,470 --> 01:09:54,000

really what what this may all be about

1980

01:09:59,750 --> 01:09:56,480

and you alluded to it earlier that that

1981

01:10:00,830 --> 01:09:59,760

the history of interaction with

1982

01:10:02,870 --> 01:10:00,840

with this

1983

01:10:04,790 --> 01:10:02,880

presence you know really is an

1984

01:10:06,149 --> 01:10:04,800

invitation to

1985

01:10:12,070 --> 01:10:06,159

change

1986

01:10:15,110 --> 01:10:12,080

and and that gets to something we've

1987

01:10:17,590 --> 01:10:15,120

talked about on the show and that's uh

1988

01:10:20,070 --> 01:10:17,600

you know change is is part of

1989

01:10:23,189 --> 01:10:20,080

of living you know that it that

1990

01:10:25,590 --> 01:10:23,199

experience is is full of change

1991

01:10:27,990 --> 01:10:25,600

it changes meaningful valuable change in

1992

01:10:30,390 --> 01:10:28,000

its in in and of itself

1993

01:10:31,990 --> 01:10:30,400

uh is almost of uh

1994

01:10:34,149 --> 01:10:32,000

kind of a primal

1995

01:10:35,110 --> 01:10:34,159

uh essential quality

1996

01:10:36,070 --> 01:10:35,120

um

1997

01:10:38,950 --> 01:10:36,080

and

1998

01:10:41,110 --> 01:10:38,960

you know i think that

1999

01:10:42,870 --> 01:10:41,120

you're kind of taking that macroscopic

2000

01:10:44,709 --> 01:10:42,880

view

2001

01:10:46,550 --> 01:10:44,719

that we try to do

2002

01:10:48,550 --> 01:10:46,560

you know coming back to

2003

01:10:52,470 --> 01:10:48,560

experience more broadly

2004

01:10:56,149 --> 01:10:54,470

there there's a value

2005

01:11:00,070 --> 01:10:56,159

to

2006

01:11:02,229 --> 01:11:00,080

uh embracing the conclusions

2007

01:11:04,870 --> 01:11:02,239

that each layer of experience maybe

2008

01:11:07,510 --> 01:11:04,880

presents to to to us

2009

01:11:09,590 --> 01:11:07,520

uh into reality you know so

2010

01:11:11,590 --> 01:11:09,600

so on one layer

2011

01:11:13,430 --> 01:11:11,600

you know the experience of a very

2012

01:11:16,149 --> 01:11:13,440

visceral experience of something being

2013

01:11:18,470 --> 01:11:16,159

very good or very bad

2014

01:11:19,910 --> 01:11:18,480

there's a value at that layer

2015

01:11:21,990 --> 01:11:19,920

there's a value

2016

01:11:23,910 --> 01:11:22,000

to a layer that is above that that says

2017

01:11:25,430 --> 01:11:23,920

well it's uh it was good and bad it was

2018

01:11:27,910 --> 01:11:25,440

a little bit of both

2019

01:11:30,149 --> 01:11:27,920

uh maybe on balance it was more good you

2020

01:11:32,070 --> 01:11:30,159

know there's there's a value above that

2021

01:11:34,550 --> 01:11:32,080

that might say you know

2022

01:11:37,990 --> 01:11:34,560

none of those things matter at all

2023

01:11:40,630 --> 01:11:38,000

uh you know whatever the lower value uh

2024

01:11:43,990 --> 01:11:40,640

attributed to it it's irrelevant you

2025

01:11:46,390 --> 01:11:44,000

know at this layer of experience

2026

01:11:48,950 --> 01:11:46,400

those things are insignificant

2027

01:11:51,750 --> 01:11:48,960

and you know all you can go kind of you

2028

01:11:53,590 --> 01:11:51,760

can think of this as a

2029

01:11:56,070 --> 01:11:53,600

you know both in a reducing sort of

2030

01:11:57,990 --> 01:11:56,080

perspective but in expanding and it's at

2031

01:12:00,550 --> 01:11:58,000

some level of expansion

2032

01:12:01,830 --> 01:12:00,560

experience generally is all that there

2033

01:12:03,990 --> 01:12:01,840

is you know and

2034

01:12:05,350 --> 01:12:04,000

you know sort of experience at its root

2035

01:12:06,790 --> 01:12:05,360

nature

2036

01:12:09,030 --> 01:12:06,800

is valuable

2037

01:12:11,990 --> 01:12:09,040

uh and i don't mean that in a

2038

01:12:13,430 --> 01:12:12,000

good bad dichotomy at all

2039

01:12:16,870 --> 01:12:13,440

it's just that

2040

01:12:19,189 --> 01:12:16,880

the exercise of experiencing

2041

01:12:22,470 --> 01:12:19,199

is what is important

2042

01:12:24,550 --> 01:12:22,480

and presented with the phenomenon we we

2043

01:12:25,350 --> 01:12:24,560

land in that place

2044

01:12:28,390 --> 01:12:25,360

that

2045

01:12:30,070 --> 01:12:28,400

ultimately it is a changing

2046

01:12:32,390 --> 01:12:30,080

of who we are

2047

01:12:34,229 --> 01:12:32,400

of all that there is

2048

01:12:35,110 --> 01:12:34,239

a broadening awareness

2049

01:12:37,350 --> 01:12:35,120

of

2050

01:12:39,350 --> 01:12:37,360

not only our individual journeys but the

2051

01:12:41,750 --> 01:12:39,360

journey of life

2052

01:12:43,669 --> 01:12:41,760

of conscious experience itself

2053

01:12:45,510 --> 01:12:43,679

so it's interesting to me that this

2054

01:12:47,270 --> 01:12:45,520

topic

2055

01:12:49,110 --> 01:12:47,280

this this binary

2056

01:12:52,310 --> 01:12:49,120

you know kind of on-ramp

2057

01:12:54,790 --> 01:12:52,320

is to me at least it's that invitation

2058

01:12:56,470 --> 01:12:54,800

it's that it's that sign that's pointing

2059

01:12:58,229 --> 01:12:56,480

us to go further

2060

01:13:00,390 --> 01:12:58,239

and so you know i

2061

01:13:02,950 --> 01:13:00,400

encourage everyone and myself just to

2062

01:13:04,950 --> 01:13:02,960

you know we have to push forward you

2063

01:13:06,630 --> 01:13:04,960

know we have to keep pushing beyond

2064

01:13:09,030 --> 01:13:06,640

these uh you know sort of quick

2065

01:13:11,110 --> 01:13:09,040

judgments and think more broadly

2066

01:13:13,510 --> 01:13:11,120

and that may mean

2067

01:13:15,830 --> 01:13:13,520

we kind of circle around it too you know

2068

01:13:17,590 --> 01:13:15,840

we may come back and say uh you know

2069

01:13:18,950 --> 01:13:17,600

after a few years uh you know that

2070

01:13:20,950 --> 01:13:18,960

really that bad thing actually was

2071

01:13:22,149 --> 01:13:20,960

really great a few years go by and

2072

01:13:23,510 --> 01:13:22,159

you're like you know what if that never

2073

01:13:24,630 --> 01:13:23,520

happened uh

2074

01:13:26,070 --> 01:13:24,640

this terrible thing wouldn't have

2075

01:13:27,590 --> 01:13:26,080

happened so that that experience was

2076

01:13:30,229 --> 01:13:27,600

terrible you know so

2077

01:13:33,910 --> 01:13:30,239

this is like a it's it is in a way the

2078

01:13:36,310 --> 01:13:33,920

the sort of uh superpower of conscious

2079

01:13:37,350 --> 01:13:36,320

awareness right to be able to take

2080

01:13:40,390 --> 01:13:37,360

something

2081

01:13:43,990 --> 01:13:40,400

an individual experience and examine it

2082

01:13:44,870 --> 01:13:44,000

over and over and transform it it's it

2083

01:13:46,470 --> 01:13:44,880

you know

2084

01:13:48,950 --> 01:13:46,480

the creative

2085

01:13:50,470 --> 01:13:48,960

potentiality that is there

2086

01:13:52,630 --> 01:13:50,480

is uh

2087

01:13:54,390 --> 01:13:52,640

you know i would argue like

2088

01:13:56,390 --> 01:13:54,400

the most important thing you know that

2089

01:13:57,510 --> 01:13:56,400

this transformative ability that we

2090

01:13:59,990 --> 01:13:57,520

possess

2091

01:14:01,830 --> 01:14:00,000

uh you know don't don't necessarily put

2092

01:14:02,870 --> 01:14:01,840

all your hopes and dreams on

2093

01:14:05,189 --> 01:14:02,880

you know

2094

01:14:06,149 --> 01:14:05,199

some new cognitive uh ability you can

2095

01:14:08,149 --> 01:14:06,159

unlock

2096

01:14:10,070 --> 01:14:08,159

quite frankly we already have it you

2097

01:14:11,270 --> 01:14:10,080

know we just have to think about it in a

2098

01:14:14,870 --> 01:14:11,280

certain way

2099

01:14:16,709 --> 01:14:14,880

so i i don't know to what extent you

2100

01:14:17,669 --> 01:14:16,719

you know sort of are confronted with

2101

01:14:21,350 --> 01:14:17,679

this

2102

01:14:23,110 --> 01:14:21,360

uh you know in your examination of

2103

01:14:25,189 --> 01:14:23,120

of that you know kind of easy

2104

01:14:26,950 --> 01:14:25,199

categorization but to me it's it's

2105

01:14:29,270 --> 01:14:26,960

amazing how that

2106

01:14:31,189 --> 01:14:29,280

kind of very simple way of looking at it

2107

01:14:34,229 --> 01:14:31,199

really does open up

2108

01:14:37,830 --> 01:14:34,239

into a much broader uh sort of awareness

2109

01:14:41,270 --> 01:14:40,149

yeah absolutely and um expression i

2110

01:14:44,070 --> 01:14:41,280

would use to describe what you're

2111

01:14:45,430 --> 01:14:44,080

talking about is metacognitive awareness

2112

01:14:46,790 --> 01:14:45,440

you know to not just think about

2113

01:14:49,350 --> 01:14:46,800

something but to be aware of your

2114

01:14:51,430 --> 01:14:49,360

thinking about something and to analyze

2115

01:14:53,270 --> 01:14:51,440

and to parse out the way you're thinking

2116

01:14:54,709 --> 01:14:53,280

about it and

2117

01:14:56,709 --> 01:14:54,719

apparently that's one of the things

2118

01:14:58,149 --> 01:14:56,719

that's unique about us compared to the

2119

01:14:59,189 --> 01:14:58,159

most of the rest of the animal kingdom

2120

01:15:00,870 --> 01:14:59,199

anyway

2121

01:15:03,430 --> 01:15:00,880

there me some creatures you know

2122

01:15:05,990 --> 01:15:03,440

dolphins and octopi who may be aliens

2123

01:15:07,990 --> 01:15:06,000

you never know um you know seem to maybe

2124

01:15:10,310 --> 01:15:08,000

have that capacity but yeah that's a

2125

01:15:11,910 --> 01:15:10,320

remarkable capacity we have and it's

2126

01:15:13,510 --> 01:15:11,920

funny when you

2127

01:15:15,669 --> 01:15:13,520

we've talked you know we've talked about

2128

01:15:17,510 --> 01:15:15,679

religion a fair bit

2129

01:15:19,669 --> 01:15:17,520

i think if for a second if we parse out

2130

01:15:21,350 --> 01:15:19,679

spirituality there's a couple things i

2131

01:15:23,350 --> 01:15:21,360

want to say about that

2132

01:15:25,110 --> 01:15:23,360

one is that when in our culture when

2133

01:15:26,390 --> 01:15:25,120

people sometimes talk about spirituality

2134

01:15:27,669 --> 01:15:26,400

what they really mean is i want

2135

01:15:29,750 --> 01:15:27,679

something that's gonna make me feel

2136

01:15:30,870 --> 01:15:29,760

better in the short term i want

2137

01:15:33,430 --> 01:15:30,880

something that's going to make me

2138

01:15:36,229 --> 01:15:33,440

comfortable you know like a a warm fuzzy

2139

01:15:37,110 --> 01:15:36,239

blanket is the spirituality i want

2140

01:15:38,790 --> 01:15:37,120

when

2141

01:15:40,709 --> 01:15:38,800

from my point of view what i've always

2142

01:15:43,430 --> 01:15:40,719

been more i'm not saying i'm not you

2143

01:15:45,990 --> 01:15:43,440

know suspect and that that doesn't

2144

01:15:49,350 --> 01:15:46,000

sometimes crop up for me too

2145

01:15:51,590 --> 01:15:49,360

but generally i want to grow and

2146

01:15:52,950 --> 01:15:51,600

you know you think about um you know

2147

01:15:54,470 --> 01:15:52,960

when you're exercising you know when

2148

01:15:56,870 --> 01:15:54,480

you're lifting weights to try and build

2149

01:15:58,229 --> 01:15:56,880

muscle you're literally tearing

2150

01:15:59,430 --> 01:15:58,239

previous muscle tissue and then

2151

01:16:01,590 --> 01:15:59,440

rebuilding

2152

01:16:03,350 --> 01:16:01,600

and and as as an analogy here i was

2153

01:16:05,110 --> 01:16:03,360

thinking what if a trainer shows up

2154

01:16:06,790 --> 01:16:05,120

right in the middle of the night

2155

01:16:08,950 --> 01:16:06,800

takes you to the gym and forces you to

2156

01:16:10,070 --> 01:16:08,960

like lift weights all night and then

2157

01:16:11,430 --> 01:16:10,080

someone says

2158

01:16:13,750 --> 01:16:11,440

what happened to you last night well

2159

01:16:15,830 --> 01:16:13,760

some strange being came and like really

2160

01:16:17,669 --> 01:16:15,840

hurt me like i you know i was in so much

2161

01:16:19,830 --> 01:16:17,679

pain and i don't see there's no good in

2162

01:16:22,550 --> 01:16:19,840

it i can't see any good in it right but

2163

01:16:24,070 --> 01:16:22,560

then in the broader perspective you uh

2164

01:16:26,149 --> 01:16:24,080

you know you eventually realize ah

2165

01:16:28,390 --> 01:16:26,159

that's how you actually take care of

2166

01:16:30,390 --> 01:16:28,400

your body and by using it you you know

2167

01:16:33,189 --> 01:16:30,400

strengthen it and that kind of thing so

2168

01:16:35,430 --> 01:16:33,199

that's just one tiny encapsulation of

2169

01:16:37,189 --> 01:16:35,440

how we could interpret an event two

2170

01:16:39,669 --> 01:16:37,199

different ways and i like the way you

2171

01:16:41,110 --> 01:16:39,679

talked about it before too like uh

2172

01:16:43,110 --> 01:16:41,120

every step

2173

01:16:45,750 --> 01:16:43,120

you know out in kind of a spiraling

2174

01:16:47,990 --> 01:16:45,760

fashion around a certain tiny

2175

01:16:50,229 --> 01:16:48,000

event we can see it in good and bad ways

2176

01:16:52,709 --> 01:16:50,239

right and there's even famous like

2177

01:16:53,910 --> 01:16:52,719

buddhist proverbs that do that say that

2178

01:16:56,070 --> 01:16:53,920

someone's in the hospital and they broke

2179

01:16:57,830 --> 01:16:56,080

their leg and said oh i'm so sorry you

2180

01:16:59,510 --> 01:16:57,840

broke your leg that's so bad he's like

2181

01:17:00,870 --> 01:16:59,520

well maybe not because it turns out i

2182

01:17:01,990 --> 01:17:00,880

would have gone home and it turns out my

2183

01:17:03,189 --> 01:17:02,000

house burned down so if i would have

2184

01:17:04,790 --> 01:17:03,199

gone home i would have been dead so

2185

01:17:06,470 --> 01:17:04,800

broken break my legs actually better in

2186

01:17:08,470 --> 01:17:06,480

comparison and you kind of do that

2187

01:17:09,910 --> 01:17:08,480

multiple times and they say well that's

2188

01:17:10,950 --> 01:17:09,920

so great that happened because otherwise

2189

01:17:13,030 --> 01:17:10,960

you had been dead well i don't know

2190

01:17:14,229 --> 01:17:13,040

about that because of this and and you

2191

01:17:16,630 --> 01:17:14,239

practice

2192

01:17:18,310 --> 01:17:16,640

and again this is what uh you know

2193

01:17:20,310 --> 01:17:18,320

you're taught in buddhism is to actually

2194

01:17:22,550 --> 01:17:20,320

practice doing that so you

2195

01:17:24,070 --> 01:17:22,560

begin to develop some flexibility to be

2196

01:17:26,550 --> 01:17:24,080

able to vacillate between different

2197

01:17:29,189 --> 01:17:26,560

modalities and again not be so caught up

2198

01:17:31,189 --> 01:17:29,199

in a small sense of self um

2199

01:17:33,750 --> 01:17:31,199

so yeah i think for me

2200

01:17:36,470 --> 01:17:33,760

spirituality means growth uh and that

2201

01:17:38,310 --> 01:17:36,480

means also maintaining this sense of

2202

01:17:40,070 --> 01:17:38,320

like childlike wonder you know like when

2203

01:17:42,149 --> 01:17:40,080

you're when you're a kid as long as you

2204

01:17:44,630 --> 01:17:42,159

have a uh you know a safe environment

2205

01:17:46,149 --> 01:17:44,640

around you that you're you know within a

2206

01:17:48,070 --> 01:17:46,159

loving environment and you have the

2207

01:17:50,950 --> 01:17:48,080

things the basic things you need then

2208

01:17:54,229 --> 01:17:50,960

your your normal um

2209

01:17:55,750 --> 01:17:54,239

orientation towards reality in life is

2210

01:17:58,470 --> 01:17:55,760

wonder right

2211

01:18:00,229 --> 01:17:58,480

you just want to learn more and

2212

01:18:01,990 --> 01:18:00,239

i remember hearing described one time

2213

01:18:03,830 --> 01:18:02,000

that when a little kid sees a door they

2214

01:18:05,110 --> 01:18:03,840

go wow a door

2215

01:18:07,750 --> 01:18:05,120

because it's like it means that's a

2216

01:18:10,149 --> 01:18:07,760

portal to some other place right

2217

01:18:12,470 --> 01:18:10,159

that's the way i underlyingly again

2218

01:18:14,310 --> 01:18:12,480

partly because i was blessed and having

2219

01:18:15,189 --> 01:18:14,320

a loving environment when i was growing

2220

01:18:17,189 --> 01:18:15,199

up

2221

01:18:18,709 --> 01:18:17,199

that's kind of my

2222

01:18:20,550 --> 01:18:18,719

overarching

2223

01:18:22,149 --> 01:18:20,560

orientation towards this phenomenon that

2224

01:18:24,470 --> 01:18:22,159

doesn't mean i don't

2225

01:18:26,790 --> 01:18:24,480

take care i don't work on grounding

2226

01:18:28,390 --> 01:18:26,800

myself i don't i do practice spiritual

2227

01:18:30,310 --> 01:18:28,400

hygiene i think there's things you have

2228

01:18:32,870 --> 01:18:30,320

to do to make sure that you're

2229

01:18:34,390 --> 01:18:32,880

not making yourself susceptible to

2230

01:18:35,750 --> 01:18:34,400

certain negative entities which i

2231

01:18:37,590 --> 01:18:35,760

absolutely think

2232

01:18:38,870 --> 01:18:37,600

exists though i don't think we have to

2233

01:18:40,390 --> 01:18:38,880

necessarily assume therefore their

2234

01:18:42,630 --> 01:18:40,400

biblical demons

2235

01:18:44,790 --> 01:18:42,640

but negative entities do exist but we

2236

01:18:47,270 --> 01:18:44,800

there are again speaking of practices we

2237

01:18:50,630 --> 01:18:47,280

can use and incorporate

2238

01:18:53,270 --> 01:18:50,640

there are practices you can work on to

2239

01:18:56,709 --> 01:18:53,280

help change what kind of experiences you

2240

01:18:59,510 --> 01:18:56,719

have um so for me

2241

01:19:01,350 --> 01:18:59,520

i'm i'm more led by the wonder part so i

2242

01:19:03,030 --> 01:19:01,360

actually you know even in the future

2243

01:19:04,229 --> 01:19:03,040

here i'm gonna have a chance to do some

2244

01:19:06,310 --> 01:19:04,239

things where i

2245

01:19:08,229 --> 01:19:06,320

uh can can see what happens with the

2246

01:19:09,669 --> 01:19:08,239

phenomenon and i'm looking i'm willing

2247

01:19:11,510 --> 01:19:09,679

to go into it because i'm going to be

2248

01:19:13,750 --> 01:19:11,520

doing my grounding work i'm going to be

2249

01:19:16,390 --> 01:19:13,760

doing practicing spiritual hygiene i'm

2250

01:19:18,470 --> 01:19:16,400

going to focus on the kinds of protocols

2251

01:19:20,550 --> 01:19:18,480

that tend to according to the data

2252

01:19:23,030 --> 01:19:20,560

produce positive results

2253

01:19:25,750 --> 01:19:23,040

and and look to learn right from the

2254

01:19:28,390 --> 01:19:25,760

experience um and that's one of my

2255

01:19:30,070 --> 01:19:28,400

presuppositions that i bring to it um

2256

01:19:31,430 --> 01:19:30,080

and it's it's that way about anything in

2257

01:19:33,750 --> 01:19:31,440

life that uh

2258

01:19:35,590 --> 01:19:33,760

we can either be overwhelmed by

2259

01:19:37,590 --> 01:19:35,600

something new that even when you think

2260

01:19:39,910 --> 01:19:37,600

about that like as an individual

2261

01:19:42,310 --> 01:19:39,920

something new comes up do you go is your

2262

01:19:45,910 --> 01:19:42,320

initial reaction ah nah i just want

2263

01:19:47,750 --> 01:19:45,920

what's safe and familiar you know

2264

01:19:50,390 --> 01:19:47,760

so for me

2265

01:19:53,510 --> 01:19:50,400

my pursuit of the phenomenon is part and

2266

01:19:56,310 --> 01:19:53,520

parcel with mike's my pursuit of

2267

01:19:57,669 --> 01:19:56,320

the spiritual meaning of life of reality

2268

01:19:59,910 --> 01:19:57,679

we talked about this i think in our

2269

01:20:01,510 --> 01:19:59,920

first or second episode you know

2270

01:20:03,750 --> 01:20:01,520

this topic

2271

01:20:04,870 --> 01:20:03,760

inevitably gets to the really really big

2272

01:20:07,270 --> 01:20:04,880

questions

2273

01:20:09,750 --> 01:20:07,280

and speaking of spirituality there there

2274

01:20:11,990 --> 01:20:09,760

are times when people are experiencing

2275

01:20:15,510 --> 01:20:12,000

this phenomenon and they have this

2276

01:20:17,510 --> 01:20:15,520

profound sense of spirituality and and

2277

01:20:19,510 --> 01:20:17,520

maybe we could break that down by saying

2278

01:20:22,149 --> 01:20:19,520

there's this overarching sense of

2279

01:20:24,709 --> 01:20:22,159

profound ultimate meaning that

2280

01:20:26,550 --> 01:20:24,719

everything makes sense it's

2281

01:20:29,110 --> 01:20:26,560

it's valuable

2282

01:20:31,910 --> 01:20:29,120

we are valuable within this this larger

2283

01:20:33,990 --> 01:20:31,920

context and that everything everything

2284

01:20:35,750 --> 01:20:34,000

has is has you know an incredible sense

2285

01:20:37,350 --> 01:20:35,760

of meaning that's i think what people

2286

01:20:38,870 --> 01:20:37,360

mean when they say it's it felt

2287

01:20:41,110 --> 01:20:38,880

spiritual you know it's

2288

01:20:42,470 --> 01:20:41,120

and it's as much visceral as it is

2289

01:20:44,830 --> 01:20:42,480

intellectual right they can't

2290

01:20:47,430 --> 01:20:44,840

necessarily say well because i was told

2291

01:20:50,870 --> 01:20:47,440

abc but just something everything about

2292

01:20:53,350 --> 01:20:50,880

your consciousness is exposed to a

2293

01:20:55,350 --> 01:20:53,360

uh a level of reality where you see

2294

01:20:58,229 --> 01:20:55,360

everything differently and everything in

2295

01:21:00,550 --> 01:20:58,239

an interconnected web um and that it's

2296

01:21:02,709 --> 01:21:00,560

moving in a purposeful direction

2297

01:21:04,470 --> 01:21:02,719

so i've had those experiences when i've

2298

01:21:06,229 --> 01:21:04,480

been able to take my executive ego

2299

01:21:09,110 --> 01:21:06,239

offline sometimes by accident and

2300

01:21:10,709 --> 01:21:09,120

sometimes through practice meditation

2301

01:21:11,990 --> 01:21:10,719

and whatnot

2302

01:21:14,310 --> 01:21:12,000

and

2303

01:21:16,870 --> 01:21:14,320

because there's so much overlap with the

2304

01:21:20,070 --> 01:21:16,880

ufo phenomenon and that experience

2305

01:21:23,189 --> 01:21:20,080

that's the way i'm going into again

2306

01:21:24,709 --> 01:21:23,199

practice safety use spiritual hygiene

2307

01:21:26,709 --> 01:21:24,719

use common sense just like if you're

2308

01:21:28,950 --> 01:21:26,719

gonna go into the jungle right if you're

2309

01:21:31,350 --> 01:21:28,960

going on an expedition into the amazon

2310

01:21:34,550 --> 01:21:31,360

you don't just like you know put on your

2311

01:21:36,310 --> 01:21:34,560

khakis and sandals and go right you you

2312

01:21:38,709 --> 01:21:36,320

pack the right

2313

01:21:41,189 --> 01:21:38,719

tools and materials to protect yourself

2314

01:21:43,030 --> 01:21:41,199

you bring a guide you you know have

2315

01:21:44,229 --> 01:21:43,040

first aid kit whatever you know in other

2316

01:21:46,310 --> 01:21:44,239

words

2317

01:21:49,350 --> 01:21:46,320

don't avoid the adventure

2318

01:21:51,270 --> 01:21:49,360

be prepared but also don't skip out on

2319

01:21:52,870 --> 01:21:51,280

life because you're just gonna stick

2320

01:21:56,950 --> 01:21:52,880

with what's comfortable that's that's my

2321

01:21:59,110 --> 01:21:56,960

uh orientation anyway what do you think

2322

01:22:01,430 --> 01:21:59,120

i think yeah absolutely and look for the

2323

01:22:03,910 --> 01:22:01,440

helps you know so there will be we can

2324

01:22:06,229 --> 01:22:03,920

talk about preparedness and i think

2325

01:22:07,669 --> 01:22:06,239

that's really important uh do the things

2326

01:22:11,110 --> 01:22:07,679

that you can do

2327

01:22:13,030 --> 01:22:11,120

to prepare yourself for those new novel

2328

01:22:14,550 --> 01:22:13,040

experiences

2329

01:22:16,629 --> 01:22:14,560

knowing that

2330

01:22:18,470 --> 01:22:16,639

there very well could be an experience

2331

01:22:19,830 --> 01:22:18,480

that you'll have that you were totally

2332

01:22:22,310 --> 01:22:19,840

unprepared for

2333

01:22:24,149 --> 01:22:22,320

that will completely rock you

2334

01:22:25,990 --> 01:22:24,159

to the foundation

2335

01:22:28,790 --> 01:22:26,000

in that moment

2336

01:22:31,270 --> 01:22:28,800

though i look for

2337

01:22:34,310 --> 01:22:31,280

help you know so i i don't sort of want

2338

01:22:35,590 --> 01:22:34,320

to say well okay that and i did that and

2339

01:22:36,550 --> 01:22:35,600

i'm done i'm never going to do that

2340

01:22:38,790 --> 01:22:36,560

again

2341

01:22:40,229 --> 01:22:38,800

i would look i would kind of put some

2342

01:22:42,470 --> 01:22:40,239

distance there and say okay wait that

2343

01:22:44,310 --> 01:22:42,480

you know that wasn't great but

2344

01:22:45,590 --> 01:22:44,320

who do i know who's had something like

2345

01:22:47,669 --> 01:22:45,600

that happen

2346

01:22:50,149 --> 01:22:47,679

have they navigated that have they had

2347

01:22:52,470 --> 01:22:50,159

it you know more often than one time and

2348

01:22:55,590 --> 01:22:52,480

what advice do they give and you know so

2349

01:22:57,910 --> 01:22:55,600

engage with others who could help you

2350

01:23:01,430 --> 01:22:57,920

navigate that experience and that you

2351

01:23:04,229 --> 01:23:01,440

talked about this sense of wonder

2352

01:23:05,430 --> 01:23:04,239

i had a a sort of colleague in seminary

2353

01:23:07,990 --> 01:23:05,440

who

2354

01:23:09,750 --> 01:23:08,000

had an infant at the time and you know

2355

01:23:12,149 --> 01:23:09,760

the way that he he put this to me at

2356

01:23:14,070 --> 01:23:12,159

least at that moment was so powerful he

2357

01:23:15,990 --> 01:23:14,080

said he took her outside

2358

01:23:17,030 --> 01:23:16,000

and it was the springtime much like it

2359

01:23:19,030 --> 01:23:17,040

is now

2360

01:23:21,350 --> 01:23:19,040

and there was a tree

2361

01:23:22,709 --> 01:23:21,360

that was blooming in his front yard with

2362

01:23:23,830 --> 01:23:22,719

these beautiful

2363

01:23:28,310 --> 01:23:23,840

flowers

2364

01:23:30,390 --> 01:23:28,320

just you know as if anyone who has

2365

01:23:32,470 --> 01:23:30,400

children will know that you know

2366

01:23:34,950 --> 01:23:32,480

they have these amazing expressive faces

2367

01:23:37,990 --> 01:23:34,960

so she lit up just and seeing this

2368

01:23:41,510 --> 01:23:38,000

beautiful flower and he said to her you

2369

01:23:43,030 --> 01:23:41,520

know the world of that flower was born

2370

01:23:46,629 --> 01:23:43,040

in that moment

2371

01:23:49,910 --> 01:23:46,639

you know it it came it it arose

2372

01:23:50,950 --> 01:23:49,920

in existence in that moment for her

2373

01:23:53,910 --> 01:23:50,960

so

2374

01:23:56,950 --> 01:23:53,920

this is exp if we if we think about it

2375

01:24:00,390 --> 01:23:56,960

our every experience can be like that

2376

01:24:03,510 --> 01:24:00,400

you know that that we are constantly

2377

01:24:05,590 --> 01:24:03,520

in the presence of of new

2378

01:24:08,550 --> 01:24:05,600

powerful moments

2379

01:24:12,229 --> 01:24:08,560

that are born to us that and that invite

2380

01:24:14,470 --> 01:24:12,239

us into a deeper relationship with them

2381

01:24:15,910 --> 01:24:14,480

um some of those things you know if it

2382

01:24:17,110 --> 01:24:15,920

were a certain kind of tree if you were

2383

01:24:18,950 --> 01:24:17,120

to touch it

2384

01:24:21,030 --> 01:24:18,960

would sting you it would prick you and

2385

01:24:22,790 --> 01:24:21,040

you would bleed you know does that make

2386

01:24:23,750 --> 01:24:22,800

the tree bad

2387

01:24:25,990 --> 01:24:23,760

no

2388

01:24:27,990 --> 01:24:26,000

uh but it does mean that

2389

01:24:30,229 --> 01:24:28,000

maybe next time i need to sort of make

2390

01:24:31,830 --> 01:24:30,239

sure i've got someone who knows plants

2391

01:24:33,990 --> 01:24:31,840

and says hey don't

2392

01:24:36,550 --> 01:24:34,000

don't go touching that one or don't put

2393

01:24:38,470 --> 01:24:36,560

that one in your mouth or whatever it is

2394

01:24:41,510 --> 01:24:38,480

it's not it's not bad it's just you need

2395

01:24:43,189 --> 01:24:41,520

to be careful around it so you know the

2396

01:24:44,550 --> 01:24:43,199

these are different ways in which we

2397

01:24:46,149 --> 01:24:44,560

need to be thinking about our

2398

01:24:48,229 --> 01:24:46,159

interactions with

2399

01:24:50,229 --> 01:24:48,239

with whatever this is

2400

01:24:51,990 --> 01:24:50,239

uh and also take care of yourself you

2401

01:24:53,590 --> 01:24:52,000

know like so there are

2402

01:24:55,750 --> 01:24:53,600

you know there are some moments where

2403

01:24:56,709 --> 01:24:55,760

wherever you are in your own journey

2404

01:24:58,629 --> 01:24:56,719

uh

2405

01:25:01,830 --> 01:24:58,639

you know it may be the best decision to

2406

01:25:04,470 --> 01:25:01,840

say no it may be okay and absolutely

2407

01:25:07,189 --> 01:25:04,480

right to say i'm not going to try this

2408

01:25:09,830 --> 01:25:07,199

i'm not going to pursue this right now

2409

01:25:11,830 --> 01:25:09,840

uh or maybe even ever you know i think

2410

01:25:13,830 --> 01:25:11,840

honor that

2411

01:25:16,550 --> 01:25:13,840

perspective you know that that takes

2412

01:25:18,709 --> 01:25:16,560

some self-awareness

2413

01:25:20,950 --> 01:25:18,719

but like you said it is good as as well

2414

01:25:23,510 --> 01:25:20,960

to to try to find moments where we can

2415

01:25:25,910 --> 01:25:23,520

be a little bit uncomfortable because it

2416

01:25:28,550 --> 01:25:25,920

is through those moments that growth

2417

01:25:30,790 --> 01:25:28,560

opportunities present themselves

2418

01:25:32,790 --> 01:25:30,800

so this is a challenge i mean if all of

2419

01:25:35,990 --> 01:25:32,800

this stuff sounds very spiritual it's

2420

01:25:39,110 --> 01:25:36,000

because quite frankly it is but but we

2421

01:25:40,709 --> 01:25:39,120

as human beings you know we aren't just

2422

01:25:43,030 --> 01:25:40,719

moving through the world

2423

01:25:43,910 --> 01:25:43,040

merely you know eating drinking sleeping

2424

01:25:45,590 --> 01:25:43,920

you know

2425

01:25:47,830 --> 01:25:45,600

procreating that's just that we're doing

2426  
01:25:50,229 --> 01:25:47,840  
so much more where we're

2427  
01:25:52,870 --> 01:25:50,239  
we're placing meaning

2428  
01:25:57,350 --> 01:25:52,880  
layers and layers and layers of meaning

2429  
01:26:00,149 --> 01:25:57,360  
onto both the profound and the mundane

2430  
01:26:03,030 --> 01:26:00,159  
and that is a gift

2431  
01:26:05,669 --> 01:26:03,040  
uh that we should not take lightly

2432  
01:26:08,070 --> 01:26:05,679  
and i hope that you know that that

2433  
01:26:10,310 --> 01:26:08,080  
others who are on this journey with us

2434  
01:26:13,030 --> 01:26:10,320  
or you know kind of echoing the

2435  
01:26:14,870 --> 01:26:13,040  
importance of that

2436  
01:26:17,910 --> 01:26:14,880  
and and looking for ways to sort of

2437  
01:26:19,990 --> 01:26:17,920  
magnify it and encourage it in others

2438  
01:26:21,750 --> 01:26:20,000

who who may be just coming to this topic

2439

01:26:23,910 --> 01:26:21,760

for the first time

2440

01:26:26,229 --> 01:26:23,920

yeah absolutely and when i think about

2441

01:26:27,750 --> 01:26:26,239

the the analogy you gave there of a of a

2442

01:26:28,950 --> 01:26:27,760

little kid who

2443

01:26:31,350 --> 01:26:28,960

has the wonderment of seeing a

2444

01:26:33,350 --> 01:26:31,360

blossoming tree or you sometimes see an

2445

01:26:34,870 --> 01:26:33,360

infant who like tastes chocolate for the

2446

01:26:36,950 --> 01:26:34,880

first time right and they're like faced

2447

01:26:38,310 --> 01:26:36,960

lights up i need more of that

2448

01:26:40,470 --> 01:26:38,320

um

2449

01:26:41,830 --> 01:26:40,480

and yet what happens is

2450

01:26:43,669 --> 01:26:41,840

partly because sometimes life is

2451

01:26:45,750 --> 01:26:43,679

difficult right

2452

01:26:47,030 --> 01:26:45,760

we live in a kind of a rat race kind of

2453

01:26:48,550 --> 01:26:47,040

culture at this stage of our

2454

01:26:49,750 --> 01:26:48,560

civilization

2455

01:26:52,229 --> 01:26:49,760

and so

2456

01:26:53,990 --> 01:26:52,239

we we often lose that sense of wonder

2457

01:26:55,830 --> 01:26:54,000

that that sense of waking up and going

2458

01:26:57,510 --> 01:26:55,840

what new things can i discover today a

2459

01:26:59,350 --> 01:26:57,520

lot of people it's just how can i

2460

01:27:02,229 --> 01:26:59,360

survive today how can i pay the bills

2461

01:27:04,390 --> 01:27:02,239

and uh we're not trying to you know

2462

01:27:07,830 --> 01:27:04,400

minimize that or dismiss that those real

2463

01:27:09,990 --> 01:27:07,840

concerns that many people have

2464

01:27:11,430 --> 01:27:10,000

because i have a love for people i i

2465

01:27:12,790 --> 01:27:11,440

want people to be

2466

01:27:14,149 --> 01:27:12,800

able to experience wonder in their

2467

01:27:14,950 --> 01:27:14,159

everyday life that's what i'm trying to

2468

01:27:17,990 --> 01:27:14,960

say

2469

01:27:20,470 --> 01:27:18,000

and um

2470

01:27:21,910 --> 01:27:20,480

yeah i think that

2471

01:27:23,510 --> 01:27:21,920

for me it's all connected and part of

2472

01:27:25,189 --> 01:27:23,520

that means that

2473

01:27:26,709 --> 01:27:25,199

in our spiritual pursuit of what is the

2474

01:27:28,629 --> 01:27:26,719

ultimate meaning why are we here you

2475

01:27:31,669 --> 01:27:28,639

know where is it all going i think the

2476

01:27:33,430 --> 01:27:31,679

ufo phenomenon fits within that question

2477

01:27:34,790 --> 01:27:33,440

and that's my kind of perspective and

2478

01:27:36,310 --> 01:27:34,800

and the same way that you use the

2479

01:27:37,910 --> 01:27:36,320

analogy of

2480

01:27:39,030 --> 01:27:37,920

uh you know a tree that might prick you

2481

01:27:40,950 --> 01:27:39,040

or you know

2482

01:27:42,149 --> 01:27:40,960

another example is you know poison ivy

2483

01:27:43,990 --> 01:27:42,159

right it looks

2484

01:27:45,590 --> 01:27:44,000

very much like any other kind of bush

2485

01:27:47,030 --> 01:27:45,600

and no relief and you brush up against

2486

01:27:48,229 --> 01:27:47,040

that you're going to be in pain for a

2487

01:27:49,750 --> 01:27:48,239

week right

2488

01:27:51,030 --> 01:27:49,760

um

2489

01:27:53,350 --> 01:27:51,040

and this sort of brings to mind the

2490

01:27:55,910 --> 01:27:53,360

whole analysis that people do of you

2491

01:27:56,709 --> 01:27:55,920

know is the ufo phenomenon a threat

2492

01:27:58,950 --> 01:27:56,719

right

2493

01:28:01,030 --> 01:27:58,960

and i prefer the term hazard because

2494

01:28:02,950 --> 01:28:01,040

sometimes there are

2495

01:28:04,950 --> 01:28:02,960

just by implication there are aspects of

2496

01:28:06,950 --> 01:28:04,960

it that can be hazardous but

2497

01:28:09,270 --> 01:28:06,960

even though threat doesn't imply

2498

01:28:11,030 --> 01:28:09,280

intentionality people often assume it

2499

01:28:12,629 --> 01:28:11,040

does and i think then

2500

01:28:14,790 --> 01:28:12,639

it plays into our whole hollywood

2501  
01:28:16,390 --> 01:28:14,800  
hollywood notion of invading aliens and

2502  
01:28:17,430 --> 01:28:16,400  
you know attacking us

2503  
01:28:18,870 --> 01:28:17,440  
um

2504  
01:28:20,470 --> 01:28:18,880  
you know when you're the same way that

2505  
01:28:22,550 --> 01:28:20,480  
you when you go into the forest you want

2506  
01:28:23,910 --> 01:28:22,560  
to know what poison ivy looks like so

2507  
01:28:26,550 --> 01:28:23,920  
you don't brush up against it in the

2508  
01:28:29,350 --> 01:28:26,560  
same way if you see a you know glowing

2509  
01:28:31,270 --> 01:28:29,360  
ufo craft landing on your front lawn

2510  
01:28:32,470 --> 01:28:31,280  
knowing the history with radiation burns

2511  
01:28:34,149 --> 01:28:32,480  
and whatnot

2512  
01:28:35,430 --> 01:28:34,159  
probably not a good idea to run up to it

2513  
01:28:38,629 --> 01:28:35,440

any more than it's a good idea to run up

2514

01:28:39,990 --> 01:28:38,639

to poison ivy so again we we

2515

01:28:42,709 --> 01:28:40,000

we're asking for a bit of both here you

2516

01:28:44,470 --> 01:28:42,719

know practice common sense be aware of

2517

01:28:46,629 --> 01:28:44,480

what issues have arisen for different

2518

01:28:49,910 --> 01:28:46,639

people in the past with experiences

2519

01:28:52,310 --> 01:28:49,920

but you know also don't defeat or crush

2520

01:28:55,350 --> 01:28:52,320

that sense of wonder we're all you know

2521

01:28:56,790 --> 01:28:55,360

children internally and and i think we

2522

01:28:58,709 --> 01:28:56,800

uh

2523

01:29:01,270 --> 01:28:58,719

maintaining that sense of wonder is so

2524

01:29:04,070 --> 01:29:01,280

important for reality um and yeah i

2525

01:29:05,830 --> 01:29:04,080

think we're just encouraging people to

2526

01:29:08,149 --> 01:29:05,840

to keep both those things in mind and

2527

01:29:10,390 --> 01:29:08,159

again when it comes to all these for me

2528

01:29:11,510 --> 01:29:10,400

personally it's it's exciting to be able

2529

01:29:13,030 --> 01:29:11,520

to

2530

01:29:15,189 --> 01:29:13,040

and maybe this is a bit weird about me

2531

01:29:17,830 --> 01:29:15,199

but to step back and be able to

2532

01:29:20,229 --> 01:29:17,840

parse out all the factors that play into

2533

01:29:23,430 --> 01:29:20,239

my experience of something you know my

2534

01:29:25,669 --> 01:29:23,440

background my presuppositions um

2535

01:29:28,149 --> 01:29:25,679

you know my history all of it as well as

2536

01:29:30,229 --> 01:29:28,159

the experience itself and

2537

01:29:31,590 --> 01:29:30,239

it teaches you about yourself so this

2538

01:29:33,990 --> 01:29:31,600

phenomenon the experience of this

2539

01:29:35,270 --> 01:29:34,000

phenomenon can do as much for helping us

2540

01:29:37,910 --> 01:29:35,280

to learn more about ourselves and

2541

01:29:40,950 --> 01:29:37,920

therefore grow as as we can learn about

2542

01:29:45,189 --> 01:29:43,030

so well said you know and we need to

2543

01:29:47,110 --> 01:29:45,199

bring ourselves our whole selves

2544

01:29:49,590 --> 01:29:47,120

uh to this and and

2545

01:29:51,750 --> 01:29:49,600

you know we do talk about community

2546

01:29:53,750 --> 01:29:51,760

uh quite a bit

2547

01:29:56,310 --> 01:29:53,760

you and i both privately and and

2548

01:29:58,550 --> 01:29:56,320

certainly in our conversations with

2549

01:29:59,830 --> 01:29:58,560

the larger ufo community

2550

01:30:00,709 --> 01:29:59,840

you know if that's something that we

2551  
01:30:02,870 --> 01:30:00,719  
really

2552  
01:30:04,229 --> 01:30:02,880  
value and i hear a lot of people say

2553  
01:30:06,470 --> 01:30:04,239  
that they do

2554  
01:30:09,110 --> 01:30:06,480  
you know we need to be able to meet

2555  
01:30:11,030 --> 01:30:09,120  
people where they are

2556  
01:30:12,709 --> 01:30:11,040  
bring ourselves our whole selves to

2557  
01:30:14,470 --> 01:30:12,719  
those interactions

2558  
01:30:16,790 --> 01:30:14,480  
uh to be open

2559  
01:30:19,669 --> 01:30:16,800  
to different perspectives

2560  
01:30:20,550 --> 01:30:19,679  
uh not to take everything at face value

2561  
01:30:22,149 --> 01:30:20,560  
but

2562  
01:30:24,550 --> 01:30:22,159  
to be a listener

2563  
01:30:25,830 --> 01:30:24,560

to be a helper

2564

01:30:28,310 --> 01:30:25,840

because i

2565

01:30:30,629 --> 01:30:28,320

firmly believe that

2566

01:30:33,189 --> 01:30:30,639

we're only going to get a better

2567

01:30:34,629 --> 01:30:33,199

understanding of this

2568

01:30:37,030 --> 01:30:34,639

through

2569

01:30:38,149 --> 01:30:37,040

the sharing of our own interactions

2570

01:30:39,830 --> 01:30:38,159

our

2571

01:30:41,830 --> 01:30:39,840

understandings

2572

01:30:43,590 --> 01:30:41,840

our theories

2573

01:30:45,750 --> 01:30:43,600

that we need to be able to be

2574

01:30:47,669 --> 01:30:45,760

comfortable

2575

01:30:49,430 --> 01:30:47,679

to be in community with each other and

2576

01:30:51,669 --> 01:30:49,440

push each other

2577

01:30:53,350 --> 01:30:51,679

to trying to find out what this all

2578

01:30:55,189 --> 01:30:53,360

means

2579

01:30:57,270 --> 01:30:55,199

and be challenged you know so there will

2580

01:30:59,189 --> 01:30:57,280

be moments where i would hope all of us

2581

01:31:00,870 --> 01:30:59,199

are going to be confronted

2582

01:31:03,910 --> 01:31:00,880

with something that challenges our

2583

01:31:04,870 --> 01:31:03,920

presuppositions and our easy conclusions

2584

01:31:06,790 --> 01:31:04,880

and

2585

01:31:08,950 --> 01:31:06,800

hopefully

2586

01:31:10,709 --> 01:31:08,960

we have the tools and the wherewithal

2587

01:31:11,669 --> 01:31:10,719

and the presence of mind

2588

01:31:20,070 --> 01:31:11,679

to

2589

01:31:22,470 --> 01:31:20,080

grow from that interaction

2590

01:31:24,470 --> 01:31:22,480

you know that to me is a

2591

01:31:25,910 --> 01:31:24,480

is a wonderful gift it can feel like an

2592

01:31:29,030 --> 01:31:25,920

assault

2593

01:31:31,750 --> 01:31:29,040

but it actually is is a real opportunity

2594

01:31:34,870 --> 01:31:31,760

for a change and i think that that's

2595

01:31:35,750 --> 01:31:34,880

you know of ultimate value

2596

01:31:38,390 --> 01:31:35,760

so

2597

01:31:40,149 --> 01:31:38,400

uh at that we'll uh we'll conclude

2598

01:31:42,470 --> 01:31:40,159

episode eight

2599

01:31:44,870 --> 01:31:42,480

of liminal frames it's great to have all

2600

01:31:46,870 --> 01:31:44,880

of you listening along with us

2601  
01:31:48,310 --> 01:31:46,880  
we do very much enjoy

2602  
01:31:49,590 --> 01:31:48,320  
interacting with folks that leave

2603  
01:31:50,950 --> 01:31:49,600  
comments

2604  
01:31:52,790 --> 01:31:50,960  
and

2605  
01:31:55,430 --> 01:31:52,800  
any suggestions that you might have for

2606  
01:31:57,189 --> 01:31:55,440  
future topics we're all ears for those

2607  
01:31:59,350 --> 01:31:57,199  
as well

2608  
01:32:01,350 --> 01:31:59,360  
so at the close of the show may the

2609  
01:32:03,830 --> 01:32:01,360  
quality of our questions

2610  
01:32:06,950 --> 01:32:03,840  
shaped by a desire for understanding

2611  
01:32:09,350 --> 01:32:06,960  
enhance our journey of discovery

2612  
01:32:11,030 --> 01:32:09,360  
and may our travels broaden the sphere

2613  
01:32:14,390 --> 01:32:11,040

of our consciousness

2614

01:32:16,149 --> 01:32:14,400

reminding us that new discoveries beget

2615

01:32:17,590 --> 01:32:16,159

new horizons

2616

01:32:19,430 --> 01:32:17,600

as always

2617

01:32:21,270 --> 01:32:19,440

adventure awaits

2618

01:32:25,420 --> 01:32:21,280

we'll see you next time on liminal