



1
00:00:05,330 --> 00:00:03,100
foreign

2
00:00:06,900 --> 00:00:05,340
[Music]

3
00:00:13,200 --> 00:00:06,910
[Laughter]

4
00:00:13,210 --> 00:00:20,230
[Music]

5
00:00:25,490 --> 00:00:22,910
welcome back to another episode of

6
00:00:27,650 --> 00:00:25,500
liminal frames I'm your co-host Nathan

7
00:00:30,529 --> 00:00:27,660
and I'm joined by my friend colleague

8
00:00:32,389 --> 00:00:30,539
and co-host Darren exo-academian Darren

9
00:00:35,090 --> 00:00:32,399
this time we are back in the studio not

10
00:00:37,850 --> 00:00:35,100
outside because as things often happen

11
00:00:40,010 --> 00:00:37,860
in the colder months of the year where

12
00:00:42,530 --> 00:00:40,020
we live it can go from comfortable in

13
00:00:44,690 --> 00:00:42,540

the evening to absolutely frigid and

14

00:00:47,209 --> 00:00:44,700

that's where we are this evening so I

15

00:00:49,190 --> 00:00:47,219

really enjoyed our our outdoor session

16

00:00:51,350 --> 00:00:49,200

we had as far as I could tell we didn't

17

00:00:53,510 --> 00:00:51,360

have a single complaint about the

18

00:00:57,049 --> 00:00:53,520

outdoor ambient noise this time which I

19

00:00:58,670 --> 00:00:57,059

was very pleased with uh and uh you know

20

00:01:00,290 --> 00:00:58,680

that that conversation was really

21

00:01:01,910 --> 00:01:00,300

meaningful to me and and I enjoyed the

22

00:01:03,470 --> 00:01:01,920

reactions that we got from there from

23

00:01:05,270 --> 00:01:03,480

the listeners so what did you think

24

00:01:06,289 --> 00:01:05,280

about that one and uh and how are things

25

00:01:10,670 --> 00:01:06,299

going

26
00:01:12,530 --> 00:01:10,680
um and on that recording yeah I agree I

27
00:01:15,289 --> 00:01:12,540
didn't notice a single negative one and

28
00:01:16,910 --> 00:01:15,299
I think the crackling of the fire came

29
00:01:18,649 --> 00:01:16,920
in just at sort of the right level to

30
00:01:21,530 --> 00:01:18,659
make people feel the Ambiance without it

31
00:01:24,170 --> 00:01:21,540
being overwhelming and uh the siren was

32
00:01:25,490 --> 00:01:24,180
the only sort of like outlier but uh

33
00:01:27,950 --> 00:01:25,500
that kind of you know worked in

34
00:01:30,230 --> 00:01:27,960
thematically to what was being discussed

35
00:01:31,910 --> 00:01:30,240
at the time uh and it was a great

36
00:01:34,910 --> 00:01:31,920
experience and like you said we went

37
00:01:37,910 --> 00:01:34,920
from last week having you know unusually

38
00:01:38,870 --> 00:01:37,920

warm like mid 70s only a few days ago to

39

00:01:41,030 --> 00:01:38,880

now

40

00:01:43,010 --> 00:01:41,040

dipping below freezing at night so uh

41

00:01:44,990 --> 00:01:43,020

definitely good to be back in the studio

42

00:01:47,630 --> 00:01:45,000

and I have a candle lit at least in

43

00:01:49,910 --> 00:01:47,640

there we go yes in dedication to our

44

00:01:52,670 --> 00:01:49,920

fire from last time an open flame is a

45

00:01:55,850 --> 00:01:52,680

requirement yeah that's good right well

46

00:01:57,770 --> 00:01:55,860

uh this is uh episode 18. it's uh hard

47

00:02:00,050 --> 00:01:57,780

to believe but uh we're also coming up

48

00:02:02,929 --> 00:02:00,060

toward the end of the year

49

00:02:05,630 --> 00:02:02,939

uh first year of the show and it's been

50

00:02:07,249 --> 00:02:05,640

quite a journey uh this evening we

51
00:02:09,550 --> 00:02:07,259
wanted to spend some time going through

52
00:02:13,850 --> 00:02:09,560
some some questions from our listeners

53
00:02:15,949 --> 00:02:13,860
related to your most recent uh point of

54
00:02:17,089 --> 00:02:15,959
convergence episode as well as some

55
00:02:19,850 --> 00:02:17,099
other things that that we've been

56
00:02:22,070 --> 00:02:19,860
talking about on liminal frames and so

57
00:02:23,930 --> 00:02:22,080
the structure of tonight's show is going

58
00:02:26,210 --> 00:02:23,940
to be going through some of those

59
00:02:28,510 --> 00:02:26,220
listener questions giving Darren a

60
00:02:30,949 --> 00:02:28,520
chance to provide some input but also

61
00:02:34,430 --> 00:02:30,959
I'll have a chance to kind of ask my own

62
00:02:35,570 --> 00:02:34,440
questions in in opine as well so I'm

63
00:02:37,910 --> 00:02:35,580

looking forward to this we haven't quite

64

00:02:41,750 --> 00:02:37,920

done one quite like this and I think it

65

00:02:44,150 --> 00:02:41,760

will be a good time so to start off with

66

00:02:46,309 --> 00:02:44,160

this episode we're going to focus on a

67

00:02:47,750 --> 00:02:46,319

question related to

68

00:02:51,229 --> 00:02:47,760

space time

69

00:02:55,610 --> 00:02:51,239

and the question specifically is can you

70

00:02:57,229 --> 00:02:55,620

elaborate more on time being parallel of

71

00:02:58,970 --> 00:02:57,239

course they they said perhaps a visual

72

00:03:01,670 --> 00:02:58,980

such as a flow chart which maybe we can

73

00:03:03,530 --> 00:03:01,680

work on offline I personally have

74

00:03:06,410 --> 00:03:03,540

considered time to be an infinite number

75

00:03:08,449 --> 00:03:06,420

of timelines every possibility existing

76

00:03:10,490 --> 00:03:08,459

all at the same time constantly flowing

77

00:03:12,830 --> 00:03:10,500

and all points connected via

78

00:03:15,110 --> 00:03:12,840

Consciousness however my understanding

79

00:03:17,630 --> 00:03:15,120

slash theory is probably not correct

80

00:03:19,910 --> 00:03:17,640

can you elaborate

81

00:03:22,490 --> 00:03:19,920

I can and I will

82

00:03:25,490 --> 00:03:22,500

um so I would say

83

00:03:27,770 --> 00:03:25,500

a couple things on this one um sort of

84

00:03:29,930 --> 00:03:27,780

way I sort of communicated to people to

85

00:03:33,110 --> 00:03:29,940

think about this was

86

00:03:35,869 --> 00:03:33,120

when you um when you drop a rock in a

87

00:03:37,729 --> 00:03:35,879

pond right what happens is and sort of

88

00:03:39,530 --> 00:03:37,739

picture the left and the right of the

89

00:03:42,009 --> 00:03:39,540

rock being the past and the future right

90

00:03:44,809 --> 00:03:42,019

metaphorically but when you drop a rock

91

00:03:47,210 --> 00:03:44,819

uh into the pond especially a large Rock

92

00:03:50,210 --> 00:03:47,220

you'll see ripples Go in all directions

93

00:03:52,550 --> 00:03:50,220

equally you know equidistant kind of

94

00:03:54,589 --> 00:03:52,560

spiraling out from uh from the center

95

00:03:58,850 --> 00:03:54,599

and

96

00:04:01,190 --> 00:03:58,860

are times where for instance really

97

00:04:03,530 --> 00:04:01,200

impacting events

98

00:04:05,449 --> 00:04:03,540

um from the future are so impacting that

99

00:04:08,030 --> 00:04:05,459

they send these kind of waves that also

100

00:04:10,369 --> 00:04:08,040

end up filtering into our present and

101
00:04:12,649 --> 00:04:10,379
there's been some interesting historical

102
00:04:14,570 --> 00:04:12,659
data on this even around for instance

103
00:04:15,589 --> 00:04:14,580
when a major historical event like 9 11

104
00:04:17,930 --> 00:04:15,599
happened

105
00:04:19,789 --> 00:04:17,940
all these random number generators that

106
00:04:22,009 --> 00:04:19,799
are sort of always online and sort of

107
00:04:25,129 --> 00:04:22,019
testing for this stuff had jumps like

108
00:04:28,010 --> 00:04:25,139
the day before kind of thing 9 11. so

109
00:04:29,870 --> 00:04:28,020
it's like something is arriving from the

110
00:04:31,370 --> 00:04:29,880
future that kind of you know ripple

111
00:04:33,650 --> 00:04:31,380
effect and something in our

112
00:04:35,870 --> 00:04:33,660
Consciousness mostly subconsciously

113
00:04:37,129 --> 00:04:35,880

right is picking it up and this is

114

00:04:39,350 --> 00:04:37,139

actually registering on something like

115

00:04:41,270 --> 00:04:39,360

the random number generator which is

116

00:04:43,430 --> 00:04:41,280

being impacted by Consciousness waves

117

00:04:45,950 --> 00:04:43,440

basically and if you remember when I

118

00:04:47,930 --> 00:04:45,960

talked about my experience at Monroe

119

00:04:50,629 --> 00:04:47,940

when we were actually joining together

120

00:04:52,129 --> 00:04:50,639

in a coherent field it um literally

121

00:04:54,890 --> 00:04:52,139

field in terms of being out in the field

122

00:04:57,890 --> 00:04:54,900

but also a coherent resonant field

123

00:05:00,890 --> 00:04:57,900

in preparation for our C5 Heist

124

00:05:03,409 --> 00:05:00,900

experience we also had one of the staff

125

00:05:05,150 --> 00:05:03,419

at Monroe was running a random number

126

00:05:07,010 --> 00:05:05,160

generator experiment up on the side of

127

00:05:08,749 --> 00:05:07,020

the mountain and sure enough there was a

128

00:05:11,510 --> 00:05:08,759

spike right around the time not just

129

00:05:13,610 --> 00:05:11,520

that we saw a phenomena manifest in the

130

00:05:16,129 --> 00:05:13,620

sky but also at the time when we started

131

00:05:17,930 --> 00:05:16,139

sort of putting together this coherent

132

00:05:20,210 --> 00:05:17,940

field right really being concentrated

133

00:05:21,189 --> 00:05:20,220

together in developing this coherent

134

00:05:23,749 --> 00:05:21,199

field

135

00:05:24,710 --> 00:05:23,759

so that's the first thing I would say is

136

00:05:26,150 --> 00:05:24,720

that

137

00:05:27,830 --> 00:05:26,160

um I know this is confusing to people

138

00:05:30,590 --> 00:05:27,840

because we're used to walking through

139

00:05:32,090 --> 00:05:30,600

time in a linear fashion right and it

140

00:05:34,129 --> 00:05:32,100

never goes reverse as far as we

141

00:05:36,590 --> 00:05:34,139

experience it usually right

142

00:05:38,150 --> 00:05:36,600

but actually that's not the way time

143

00:05:39,590 --> 00:05:38,160

really is

144

00:05:41,990 --> 00:05:39,600

um and that's the first example I would

145

00:05:43,550 --> 00:05:42,000

give the second one I would give

146

00:05:45,469 --> 00:05:43,560

um when he asked for a

147

00:05:46,730 --> 00:05:45,479

some sort of illustration or some sort

148

00:05:48,409 --> 00:05:46,740

of diagram

149

00:05:50,090 --> 00:05:48,419

is I would describe it more like a

150

00:05:51,529 --> 00:05:50,100

tapestry so when you think about a

151
00:05:52,969 --> 00:05:51,539
tapestry

152
00:05:54,950 --> 00:05:52,979
you can if you would like get a

153
00:05:57,350 --> 00:05:54,960
microscope you can zoom down and see

154
00:06:00,290 --> 00:05:57,360
like threads right down to a thread on

155
00:06:02,450 --> 00:06:00,300
this huge tapestry right and the threads

156
00:06:04,070 --> 00:06:02,460
are are in multiple directions right to

157
00:06:05,870 --> 00:06:04,080
sort of like really create a strong

158
00:06:07,850 --> 00:06:05,880
fabric right that's sort of woven

159
00:06:10,670 --> 00:06:07,860
together and I would say like our

160
00:06:12,590 --> 00:06:10,680
timeline is one of those threads and

161
00:06:13,790 --> 00:06:12,600
there's threads running parallel there's

162
00:06:16,969 --> 00:06:13,800
running there's threads that are running

163
00:06:19,010 --> 00:06:16,979

against it diagonally right and and this

164

00:06:21,170 --> 00:06:19,020

is reality and even when we when we look

165

00:06:23,870 --> 00:06:21,180

at like on the quantum kind of scale

166

00:06:25,189 --> 00:06:23,880

understanding

167

00:06:27,650 --> 00:06:25,199

um you know how physicists think about

168

00:06:30,469 --> 00:06:27,660

time they think about this kind of block

169

00:06:32,510 --> 00:06:30,479

space time that it basically exists as

170

00:06:35,090 --> 00:06:32,520

it fully is finally finished kind of

171

00:06:36,230 --> 00:06:35,100

thing all space all time right

172

00:06:38,990 --> 00:06:36,240

um and

173

00:06:42,290 --> 00:06:39,000

that's that's from physics that's not

174

00:06:44,029 --> 00:06:42,300

like just you know a bunch of woo people

175

00:06:45,290 --> 00:06:44,039

sitting around a fire saying wait don't

176

00:06:46,670 --> 00:06:45,300

you think the universe is this way this

177

00:06:49,850 --> 00:06:46,680

is what physicist or physicists are

178

00:06:51,590 --> 00:06:49,860

saying uh so everything's pointing in

179

00:06:53,210 --> 00:06:51,600

this direction and I think this is one

180

00:06:54,710 --> 00:06:53,220

thing people do need to be aware of even

181

00:06:56,689 --> 00:06:54,720

if you're more of a nuts and bolts type

182

00:06:58,430 --> 00:06:56,699

is that all of The Cutting Edge physics

183

00:07:00,110 --> 00:06:58,440

is pointing in these really exotic

184

00:07:00,890 --> 00:07:00,120

directions

185

00:07:02,629 --> 00:07:00,900

um

186

00:07:03,950 --> 00:07:02,639

but that's that's the way to think about

187

00:07:06,170 --> 00:07:03,960

it and I would say that even when you

188

00:07:07,790 --> 00:07:06,180

think about that question right you sort

189

00:07:10,010 --> 00:07:07,800

of you picked this apart and I talked

190

00:07:11,210 --> 00:07:10,020

about this in my uh presentation in New

191

00:07:13,850 --> 00:07:11,220

York

192

00:07:17,350 --> 00:07:13,860

nothing in the English language prevents

193

00:07:19,969 --> 00:07:17,360

us from asking questions that sound

194

00:07:23,330 --> 00:07:19,979

legitimate but when you really pull

195

00:07:24,890 --> 00:07:23,340

apart the question you realize this is a

196

00:07:26,689 --> 00:07:24,900

nonsensical question not because the

197

00:07:28,670 --> 00:07:26,699

person wasn't thinking it through but

198

00:07:30,650 --> 00:07:28,680

because we are betrayed by the way we

199

00:07:33,170 --> 00:07:30,660

think about time and so we can't even

200

00:07:36,529 --> 00:07:33,180

and our language is also built around

201
00:07:37,909 --> 00:07:36,539
our usual default experience of time so

202
00:07:39,830 --> 00:07:37,919
even our language makes it almost

203
00:07:42,170 --> 00:07:39,840
impossible to construct this in a

204
00:07:44,150 --> 00:07:42,180
meaningful way and because it's number

205
00:07:47,089 --> 00:07:44,160
one embedded in our language which

206
00:07:49,309 --> 00:07:47,099
reflects our thought process

207
00:07:50,990 --> 00:07:49,319
um it makes it impossible for us to

208
00:07:52,969 --> 00:07:51,000
really understand that what we're asking

209
00:07:54,890 --> 00:07:52,979
is a non-coherent question because if

210
00:07:58,070 --> 00:07:54,900
you'll notice in there

211
00:07:59,510 --> 00:07:58,080
he talked about is time like this as we

212
00:08:01,490 --> 00:07:59,520
walk through time and then so it's sort

213
00:08:04,370 --> 00:08:01,500

of like trying to talk about the very

214

00:08:06,050 --> 00:08:04,380

thing you want to pull apart but doing

215

00:08:08,510 --> 00:08:06,060

it with some assumptions baked in

216

00:08:09,710 --> 00:08:08,520

basically uh so that's what I would say

217

00:08:10,430 --> 00:08:09,720

about that too

218

00:08:12,050 --> 00:08:10,440

um

219

00:08:13,610 --> 00:08:12,060

all I can say is again Cutting Edge

220

00:08:15,110 --> 00:08:13,620

physics is pointing in these exotic

221

00:08:17,809 --> 00:08:15,120

directions time is not what we think it

222

00:08:19,249 --> 00:08:17,819

is Einstein famously said famously said

223

00:08:22,309 --> 00:08:19,259

you know it's a way we think it's not

224

00:08:23,629 --> 00:08:22,319

really a mode in which we live and when

225

00:08:24,890 --> 00:08:23,639

you've had some of these experiences

226

00:08:26,629 --> 00:08:24,900

like I've had

227

00:08:29,749 --> 00:08:26,639

uh when you're kind of in these

228

00:08:32,630 --> 00:08:29,759

alternate Realms you have then the

229

00:08:35,029 --> 00:08:32,640

contrasting experience of

230

00:08:37,130 --> 00:08:35,039

feeling that time doesn't work that way

231

00:08:38,449 --> 00:08:37,140

you're either completely outside of time

232

00:08:42,170 --> 00:08:38,459

or you're in a kind of time that's

233

00:08:44,570 --> 00:08:42,180

different than what we walk in here and

234

00:08:46,490 --> 00:08:44,580

that makes a big big difference because

235

00:08:48,230 --> 00:08:46,500

then this goes beyond Concepts at that

236

00:08:50,269 --> 00:08:48,240

point you have like a a felt

237

00:08:52,250 --> 00:08:50,279

understanding of what it's like

238

00:08:53,810 --> 00:08:52,260

so that's what I would say to people

239

00:08:56,329 --> 00:08:53,820

um

240

00:08:57,590 --> 00:08:56,339

even when we talk about past lives it

241

00:08:59,750 --> 00:08:57,600

gets really tricky right because again

242

00:09:01,910 --> 00:08:59,760

you heard what I said there past lives

243

00:09:03,829 --> 00:09:01,920

right so we're taking this thing we're

244

00:09:06,730 --> 00:09:03,839

baking it into this linear thing like as

245

00:09:09,290 --> 00:09:06,740

we assume a lifetime marches

246

00:09:11,570 --> 00:09:09,300

progressively forward one One Direction

247

00:09:13,009 --> 00:09:11,580

Right unidirectional so therefore if

248

00:09:15,710 --> 00:09:13,019

I've had other lifetimes they must have

249

00:09:17,389 --> 00:09:15,720

been before or after but that's really

250

00:09:19,550 --> 00:09:17,399

not what Cutting Edge physics is

251

00:09:21,829 --> 00:09:19,560

pointing towards either nor is it really

252

00:09:24,290 --> 00:09:21,839

what most metaphysical uh conceptions

253

00:09:26,150 --> 00:09:24,300

Point towards either that it may be that

254

00:09:28,009 --> 00:09:26,160

all of these things are happening and

255

00:09:30,050 --> 00:09:28,019

here I'm going to go again say at the

256

00:09:32,810 --> 00:09:30,060

same time but again you can see how I'm

257

00:09:34,670 --> 00:09:32,820

baked into that language again so this

258

00:09:37,850 --> 00:09:34,680

is what we're kind of getting at the

259

00:09:40,370 --> 00:09:37,860

bottom line is our experience here is of

260

00:09:43,310 --> 00:09:40,380

linear time most of the time

261

00:09:45,170 --> 00:09:43,320

and I think we need to understand that

262

00:09:46,670 --> 00:09:45,180

with many of these matters there's a

263

00:09:49,250 --> 00:09:46,680

difference between our experience of

264

00:09:50,630 --> 00:09:49,260

something and the way it really is even

265

00:09:51,949 --> 00:09:50,640

when we

266

00:09:53,690 --> 00:09:51,959

have a major breakthrough in

267

00:09:56,210 --> 00:09:53,700

understanding on some of the um

268

00:09:58,190 --> 00:09:56,220

epiphanies I've had I guarantee you it's

269

00:10:00,710 --> 00:09:58,200

still partial but still based on the way

270

00:10:02,690 --> 00:10:00,720

my Consciousness is formed right now and

271

00:10:04,970 --> 00:10:02,700

and how my Consciousness can make sense

272

00:10:07,009 --> 00:10:04,980

of this kind of information that puts

273

00:10:09,170 --> 00:10:07,019

limitations on it

274

00:10:10,910 --> 00:10:09,180

um there are going to be beings that are

275

00:10:12,470 --> 00:10:10,920

at a much higher level of Consciousness

276

00:10:15,230 --> 00:10:12,480

that can understand a much broader

277

00:10:18,110 --> 00:10:15,240

perspective than I can that's just

278

00:10:20,690 --> 00:10:18,120

always part of the situation the same

279

00:10:23,090 --> 00:10:20,700

way that the kind of programs you could

280

00:10:25,910 --> 00:10:23,100

run on a computer an Atari computer in

281

00:10:27,110 --> 00:10:25,920

the 1980s uh is you know pales in

282

00:10:29,150 --> 00:10:27,120

comparison to what you can run today

283

00:10:32,389 --> 00:10:29,160

it's kind of like that is it partially

284

00:10:34,009 --> 00:10:32,399

true absolutely did it work yes was it a

285

00:10:37,970 --> 00:10:34,019

valid experience of playing a video game

286

00:10:41,329 --> 00:10:37,980

playing Pac-Man in 1986 yes is that like

287

00:10:42,949 --> 00:10:41,339

a VR game today no so it's it's both and

288

00:10:44,690 --> 00:10:42,959

there's a difference between

289

00:10:46,670 --> 00:10:44,700

what we experienced versus what the way

290

00:10:47,990 --> 00:10:46,680

things really are and no matter what

291

00:10:49,970 --> 00:10:48,000

we're experiencing it's always going to

292

00:10:53,690 --> 00:10:49,980

be partial based on this understanding

293

00:10:56,389 --> 00:10:53,700

of this spiral of consciousness

294

00:10:58,370 --> 00:10:56,399

that leads me to a question I'd like you

295

00:11:00,050 --> 00:10:58,380

to speak to and that is the issue of

296

00:11:03,769 --> 00:11:00,060

causality so how do you think of

297

00:11:04,670 --> 00:11:03,779

causality and uh and determinism free

298

00:11:07,250 --> 00:11:04,680

will

299

00:11:08,509 --> 00:11:07,260

in in this kind of conception I think a

300

00:11:11,930 --> 00:11:08,519

lot of folks are gonna

301
00:11:14,509 --> 00:11:11,940
uh have concerns about that you know do

302
00:11:17,030 --> 00:11:14,519
I have freedom of choice and it sounds

303
00:11:19,670 --> 00:11:17,040
in a way like maybe I don't like it's

304
00:11:22,009 --> 00:11:19,680
all happening at once and so I'm not

305
00:11:24,290 --> 00:11:22,019
really making a decision like how do you

306
00:11:26,030 --> 00:11:24,300
think of that in this cosmology

307
00:11:27,530 --> 00:11:26,040
yeah it's a good question and I think

308
00:11:28,970 --> 00:11:27,540
you're right that that's often where

309
00:11:31,370 --> 00:11:28,980
people go

310
00:11:32,930 --> 00:11:31,380
um and I want to again say a couple

311
00:11:34,730 --> 00:11:32,940
things one about

312
00:11:35,630 --> 00:11:34,740
the way that physics understands that

313
00:11:37,730 --> 00:11:35,640

now

314

00:11:40,009 --> 00:11:37,740

one of the implications of quantum

315

00:11:43,130 --> 00:11:40,019

theory was that determinism kind of went

316

00:11:45,829 --> 00:11:43,140

out the door right which is uh was so

317

00:11:47,750 --> 00:11:45,839

core to our understanding of reality

318

00:11:49,310 --> 00:11:47,760

prior to then right so it's it's

319

00:11:51,710 --> 00:11:49,320

remarkable when you think back to the

320

00:11:54,410 --> 00:11:51,720

fact that only about a hundred years ago

321

00:11:57,050 --> 00:11:54,420

are understanding took a while to sort

322

00:11:59,050 --> 00:11:57,060

of really kick in but our understanding

323

00:12:01,610 --> 00:11:59,060

of the very way reality Works

324

00:12:04,190 --> 00:12:01,620

fundamentally shifted once you know

325

00:12:05,930 --> 00:12:04,200

Quantum experiments came online

326

00:12:08,750 --> 00:12:05,940

it went from this understanding that

327

00:12:10,550 --> 00:12:08,760

there's cause and effect right a leads

328

00:12:12,889 --> 00:12:10,560

to B leads to C

329

00:12:14,690 --> 00:12:12,899

and then never the other way around to

330

00:12:17,329 --> 00:12:14,700

then suddenly realizing that it's more

331

00:12:21,769 --> 00:12:17,339

like at the quantum level

332

00:12:23,449 --> 00:12:21,779

every possible way forward is traced out

333

00:12:25,130 --> 00:12:23,459

as a probability

334

00:12:26,870 --> 00:12:25,140

right so you have this range of

335

00:12:29,210 --> 00:12:26,880

probabilities and then the most

336

00:12:31,130 --> 00:12:29,220

efficient one was chosen

337

00:12:33,050 --> 00:12:31,140

so that as opposed to cause and effect

338

00:12:35,329 --> 00:12:33,060

so it looks like cause and effect so

339

00:12:36,650 --> 00:12:35,339

this is another perfect example that

340

00:12:37,730 --> 00:12:36,660

relates to what we just finished talking

341

00:12:41,150 --> 00:12:37,740

about where

342

00:12:43,250 --> 00:12:41,160

in our experience it sure looks like

343

00:12:45,530 --> 00:12:43,260

I kicked over the thing and it fell over

344

00:12:47,509 --> 00:12:45,540

and Spilled the milk right so it looks

345

00:12:48,889 --> 00:12:47,519

like that's exactly what happened that's

346

00:12:52,670 --> 00:12:48,899

her experience of it that's a completely

347

00:12:54,530 --> 00:12:52,680

valid way of saying our experience uh is

348

00:12:56,449 --> 00:12:54,540

accurately described by that scenario

349

00:12:58,250 --> 00:12:56,459

but actually what's going on behind the

350

00:13:00,110 --> 00:12:58,260

scenes on the quantum scales very very

351

00:13:01,550 --> 00:13:00,120

different so

352

00:13:02,389 --> 00:13:01,560

that's the first thing I would say is

353

00:13:04,790 --> 00:13:02,399

that

354

00:13:06,590 --> 00:13:04,800

again this is not woo this is not crazy

355

00:13:08,629 --> 00:13:06,600

metaphysics I'm saying physics already

356

00:13:10,490 --> 00:13:08,639

conventional physics understands this

357

00:13:12,710 --> 00:13:10,500

the determinism is kind of out the door

358

00:13:15,230 --> 00:13:12,720

not to mention local realism and all

359

00:13:16,310 --> 00:13:15,240

this other crazy implications

360

00:13:18,850 --> 00:13:16,320

um

361

00:13:21,170 --> 00:13:18,860

but importantly again I would say

362

00:13:22,670 --> 00:13:21,180

differentiate between our experience of

363

00:13:25,370 --> 00:13:22,680

something or how it looks to US versus

364

00:13:27,410 --> 00:13:25,380

the way it really is even if you could

365

00:13:30,230 --> 00:13:27,420

describe space-time as this kind of

366

00:13:32,150 --> 00:13:30,240

block where all space and time is in a

367

00:13:34,610 --> 00:13:32,160

finished state right

368

00:13:36,530 --> 00:13:34,620

our experience is not like that

369

00:13:38,030 --> 00:13:36,540

we are one of the characters in the

370

00:13:39,769 --> 00:13:38,040

movie even if the movie is completely

371

00:13:42,470 --> 00:13:39,779

finished right so the one in one hand

372

00:13:45,230 --> 00:13:42,480

you can say some being from a certain

373

00:13:47,509 --> 00:13:45,240

perspective at a high enough dimensional

374

00:13:49,370 --> 00:13:47,519

level can see the whole movie finished

375

00:13:51,290 --> 00:13:49,380

if they want they can run the final few

376
00:13:53,030 --> 00:13:51,300
frames that's not our experience though

377
00:13:56,569 --> 00:13:53,040
we're one of the characters in the film

378
00:13:59,690 --> 00:13:56,579
running it through and experiencing the

379
00:14:01,490 --> 00:13:59,700
energetic wavelengths emotionally as we

380
00:14:03,889 --> 00:14:01,500
go through it in what feels like real

381
00:14:05,990 --> 00:14:03,899
time and that makes it valid so it

382
00:14:08,030 --> 00:14:06,000
doesn't matter that there's some way of

383
00:14:10,490 --> 00:14:08,040
seeing it differently because our

384
00:14:12,650 --> 00:14:10,500
experience is almost always this kind

385
00:14:15,050 --> 00:14:12,660
of linear I make decisions and then I

386
00:14:18,110 --> 00:14:15,060
experience consequences kind of thing

387
00:14:20,810 --> 00:14:18,120
and I think that's kind of the way the

388
00:14:23,329 --> 00:14:20,820

VR setup has been put together so to

389

00:14:26,509 --> 00:14:23,339

speak so that we do have precisely that

390

00:14:28,430 --> 00:14:26,519

experience so that we can learn through

391

00:14:30,769 --> 00:14:28,440

trial and error and that's kind of how

392

00:14:34,310 --> 00:14:30,779

it's set up even if it's not ultimately

393

00:14:41,930 --> 00:14:37,009

got it so it's uh it's in a way it's

394

00:14:44,150 --> 00:14:41,940

kind of illusory but with a purpose

395

00:14:45,650 --> 00:14:44,160

um the other thing that I guess came to

396

00:14:47,090 --> 00:14:45,660

mind is this notion of like

397

00:14:50,090 --> 00:14:47,100

superposition

398

00:14:52,009 --> 00:14:50,100

uh you know is it is it conceivable that

399

00:14:53,750 --> 00:14:52,019

this I know this could kind of dip into

400

00:14:56,030 --> 00:14:53,760

the Multiverse

401
00:14:57,949 --> 00:14:56,040
concept which I don't think we're

402
00:15:00,949 --> 00:14:57,959
espousing here but

403
00:15:02,930 --> 00:15:00,959
where multiple

404
00:15:05,509 --> 00:15:02,940
you know decision pass

405
00:15:08,150 --> 00:15:05,519
you know are

406
00:15:11,449 --> 00:15:08,160
not just available in terms and one is

407
00:15:14,750 --> 00:15:11,459
chosen but all all can be chosen like is

408
00:15:17,629 --> 00:15:14,760
it can it can it run

409
00:15:20,569 --> 00:15:17,639
forwards and backwards uh you know and

410
00:15:23,210 --> 00:15:20,579
new outcomes basically be produced

411
00:15:25,310 --> 00:15:23,220
yes and I think that again is going to

412
00:15:26,689 --> 00:15:25,320
be trippy to some people but again this

413
00:15:28,430 --> 00:15:26,699

there's actually

414

00:15:30,769 --> 00:15:28,440

um you know evidence for this

415

00:15:32,629 --> 00:15:30,779

uh it's called retro causation right

416

00:15:34,310 --> 00:15:32,639

it's this notion that not only do we

417

00:15:37,550 --> 00:15:34,320

have precognition where people know the

418

00:15:39,230 --> 00:15:37,560

future ahead of time but we have retro

419

00:15:41,269 --> 00:15:39,240

causation where the future seems to

420

00:15:42,949 --> 00:15:41,279

change the past or where our present

421

00:15:44,689 --> 00:15:42,959

could change the past

422

00:15:46,550 --> 00:15:44,699

but

423

00:15:48,350 --> 00:15:46,560

this gets really trippy to talk about

424

00:15:50,030 --> 00:15:48,360

and it's fun to talk about but it's good

425

00:15:52,610 --> 00:15:50,040

to remember that

426

00:15:54,110 --> 00:15:52,620

it's like levels of a simulation I don't

427

00:15:55,970 --> 00:15:54,120

literally mean a simulation in terms of

428

00:15:58,730 --> 00:15:55,980

some alien set up a computer program and

429

00:16:00,290 --> 00:15:58,740

we're just avatars in it I mean that

430

00:16:02,629 --> 00:16:00,300

every

431

00:16:04,790 --> 00:16:02,639

layer of reality regardless of what

432

00:16:07,069 --> 00:16:04,800

dimensional sort of scale you're at is

433

00:16:09,129 --> 00:16:07,079

to some degree illusory right because

434

00:16:11,750 --> 00:16:09,139

everything's ultimately one everything's

435

00:16:13,150 --> 00:16:11,760

connected to Consciousness and it's just

436

00:16:16,970 --> 00:16:13,160

a

437

00:16:18,470 --> 00:16:16,980

Consciousness right so

438

00:16:20,269 --> 00:16:18,480

we'll come back to this probably a few

439

00:16:22,430 --> 00:16:20,279

times in this program because it is

440

00:16:23,509 --> 00:16:22,440

tricky to get your to wrap your head

441

00:16:25,430 --> 00:16:23,519

around it

442

00:16:29,210 --> 00:16:25,440

but the more and more you can come back

443

00:16:30,710 --> 00:16:29,220

to that of you know there is Oneness and

444

00:16:32,750 --> 00:16:30,720

everything is an expression of that

445

00:16:34,370 --> 00:16:32,760

Oneness ultimately when you think about

446

00:16:36,170 --> 00:16:34,380

things in that way and so whenever you

447

00:16:38,689 --> 00:16:36,180

ask any of these questions to ask

448

00:16:40,610 --> 00:16:38,699

yourself how does that come back to the

449

00:16:42,710 --> 00:16:40,620

sense of Oneness to non-duality right

450

00:16:44,150 --> 00:16:42,720

how does that change how I think about

451

00:16:45,350 --> 00:16:44,160

this

452

00:16:49,129 --> 00:16:45,360

um

453

00:16:51,350 --> 00:16:49,139

so yeah it's uh it's complex stuff but I

454

00:16:54,949 --> 00:16:51,360

think again the key is that

455

00:16:57,050 --> 00:16:54,959

it is illusory in the sense that

456

00:17:00,050 --> 00:16:57,060

um it's not fundamentally real right

457

00:17:02,449 --> 00:17:00,060

it's not the it's not base reality but

458

00:17:04,309 --> 00:17:02,459

it nevertheless is

459

00:17:06,949 --> 00:17:04,319

um something we're meant to experience

460

00:17:09,530 --> 00:17:06,959

and we're meant to have the illusion of

461

00:17:11,750 --> 00:17:09,540

time and space because that becomes the

462

00:17:13,429 --> 00:17:11,760

stage in which Shakespeare can write the

463

00:17:16,130 --> 00:17:13,439

play that the actors sort of you know

464

00:17:18,590 --> 00:17:16,140

walk upon the stage and make decisions

465

00:17:20,510 --> 00:17:18,600

and walk through these sets and learn

466

00:17:23,090 --> 00:17:20,520

and that kind of thing right so it's

467

00:17:25,970 --> 00:17:23,100

like that but um it's meaningful even if

468

00:17:27,829 --> 00:17:25,980

it's not literally true mm-hmm

469

00:17:31,190 --> 00:17:27,839

well that's a good segue into the next

470

00:17:34,310 --> 00:17:31,200

question which is about non-duality uh

471

00:17:37,250 --> 00:17:34,320

this question is if all Consciousness is

472

00:17:40,190 --> 00:17:37,260

coming from the One Source how is it

473

00:17:43,130 --> 00:17:40,200

that someone else's Consciousness can be

474

00:17:44,330 --> 00:17:43,140

more immature than somebody else's in

475

00:17:47,750 --> 00:17:44,340

other words why don't we all have the

476

00:17:49,789 --> 00:17:47,760

same sort of conscious experience

477

00:17:51,230 --> 00:17:49,799

okay so for a fun experiment why don't I

478

00:17:53,350 --> 00:17:51,240

throw that back at you and what would

479

00:17:57,049 --> 00:17:53,360

you say to that to that question

480

00:17:59,930 --> 00:17:57,059

well uh you know my understanding of

481

00:18:03,289 --> 00:17:59,940

this is that the

482

00:18:08,270 --> 00:18:03,299

singular source of Consciousness that

483

00:18:12,350 --> 00:18:08,280

Oneness it requires

484

00:18:16,010 --> 00:18:12,360

experience and to have experience it

485

00:18:20,029 --> 00:18:16,020

must be in relationship with something

486

00:18:24,529 --> 00:18:20,039

that is different than itself and so to

487

00:18:25,850 --> 00:18:24,539

accomplish that it uh you know kind of

488

00:18:27,890 --> 00:18:25,860

you can you can come up with a lot of

489

00:18:31,730 --> 00:18:27,900

different words here dissolves or

490

00:18:34,850 --> 00:18:31,740

fragments or broken into a smaller

491

00:18:37,909 --> 00:18:34,860

constituent pieces and those pieces each

492

00:18:40,490 --> 00:18:37,919

have experience a conscious awareness

493

00:18:41,870 --> 00:18:40,500

that is distinct and different and that

494

00:18:44,350 --> 00:18:41,880

distinction and that difference is

495

00:18:47,090 --> 00:18:44,360

important because in that difference

496

00:18:50,029 --> 00:18:47,100

there is relational meaning there is

497

00:18:53,930 --> 00:18:50,039

novel experience if everything is still

498

00:18:54,950 --> 00:18:53,940

the same then no novelty exists it is

499

00:18:59,029 --> 00:18:54,960

all

500

00:19:01,370 --> 00:18:59,039

that Singularity that that Oneness so

501
00:19:03,470 --> 00:19:01,380
that explains why we have some

502
00:19:08,750 --> 00:19:03,480
individuals the individual conscious

503
00:19:11,470 --> 00:19:08,760
agents who have a a a lower degree or a

504
00:19:13,909 --> 00:19:11,480
lesser degree of awareness than others

505
00:19:16,010 --> 00:19:13,919
uh you know not here we can talk about

506
00:19:18,230 --> 00:19:16,020
you know down to the smallest

507
00:19:20,029 --> 00:19:18,240
constituent you know conscious agents

508
00:19:22,610 --> 00:19:20,039
maybe even to the you know Atomic or

509
00:19:24,529 --> 00:19:22,620
subatomic level and then you can go to

510
00:19:26,690 --> 00:19:24,539
the higher levels that that you know

511
00:19:28,789 --> 00:19:26,700
human beings have a higher degree of

512
00:19:30,770 --> 00:19:28,799
conscious awareness than than the atoms

513
00:19:34,250 --> 00:19:30,780

do we're in relationship with one

514

00:19:36,890 --> 00:19:34,260

another that Dynamic is what generates

515

00:19:39,770 --> 00:19:36,900

meaning and value and that is sort of

516

00:19:43,730 --> 00:19:39,780

the one of the fundamental aims of

517

00:19:47,150 --> 00:19:43,740

the one Consciousness itself

518

00:19:49,730 --> 00:19:47,160

right absolutely so it's um

519

00:19:53,090 --> 00:19:49,740

yeah it's this notion that

520

00:19:57,830 --> 00:19:55,549

the one Consciousness like the cosmic

521

00:19:59,990 --> 00:19:57,840

intelligence right or God if you can

522

00:20:01,430 --> 00:20:00,000

handle it without the baggage

523

00:20:03,409 --> 00:20:01,440

um

524

00:20:06,590 --> 00:20:03,419

to

525

00:20:08,029 --> 00:20:06,600

bring in new information it sort of you

526

00:20:10,549 --> 00:20:08,039

know voluntarily goes through this

527

00:20:13,510 --> 00:20:10,559

forgetting process right forgets that

528

00:20:16,130 --> 00:20:13,520

it's the one consciousness

529

00:20:19,190 --> 00:20:16,140

disassociates to use a Bernardo castrip

530

00:20:21,049 --> 00:20:19,200

kind of uh metaphor and the same way

531

00:20:22,430 --> 00:20:21,059

that you can actually have an individual

532

00:20:24,529 --> 00:20:22,440

human being who actually can have

533

00:20:26,510 --> 00:20:24,539

multiple alternate Personalities

534

00:20:27,950 --> 00:20:26,520

coexisting in their mind right who

535

00:20:29,990 --> 00:20:27,960

literally have a different experience of

536

00:20:31,970 --> 00:20:30,000

life like I mentioned before in this

537

00:20:33,590 --> 00:20:31,980

podcast one can be an atheist another

538

00:20:36,350 --> 00:20:33,600

one can be a strong religious believer

539

00:20:38,029 --> 00:20:36,360

in the same mind right sometimes one

540

00:20:39,890 --> 00:20:38,039

will have allergies that the other one

541

00:20:41,810 --> 00:20:39,900

won't have I mean quite literally this

542

00:20:44,450 --> 00:20:41,820

just shows you how we have evidence for

543

00:20:46,430 --> 00:20:44,460

this already same body right and yet

544

00:20:48,350 --> 00:20:46,440

somehow somehow this person's mind

545

00:20:51,669 --> 00:20:48,360

experience right again think about

546

00:20:54,830 --> 00:20:51,679

illusory right think about a projection

547

00:20:57,110 --> 00:20:54,840

that projection in its fullness is

548

00:20:59,270 --> 00:20:57,120

creating allergic reactions in the body

549

00:21:02,270 --> 00:20:59,280

which is the same body that a different

550

00:21:03,590 --> 00:21:02,280

altar within that mind does not not have

551
00:21:04,669 --> 00:21:03,600
those allergic reactions which again

552
00:21:07,789 --> 00:21:04,679
shows you how this kind of a

553
00:21:10,010 --> 00:21:07,799
Consciousness uh aspect behind the body

554
00:21:12,289 --> 00:21:10,020
mind aspect right

555
00:21:15,049 --> 00:21:12,299
so in the same way the one Cosmic

556
00:21:19,250 --> 00:21:15,059
intelligence disassociates into new

557
00:21:21,710 --> 00:21:19,260
altars that experience novel uh

558
00:21:23,950 --> 00:21:21,720
experience right they they experience

559
00:21:27,529 --> 00:21:23,960
the world or the universe in new ways

560
00:21:29,270 --> 00:21:27,539
and with their free will make decisions

561
00:21:31,850 --> 00:21:29,280
that would have been different than what

562
00:21:35,330 --> 00:21:31,860
the original Cosmic intelligence would

563
00:21:37,789 --> 00:21:35,340

have done which create new feedback new

564

00:21:40,190 --> 00:21:37,799

data new lessons that ultimately again

565

00:21:43,010 --> 00:21:40,200

get get contributed back to that one

566

00:21:44,750 --> 00:21:43,020

source right when we reincarnate that

567

00:21:46,730 --> 00:21:44,760

kind of thing right it all gets

568

00:21:48,110 --> 00:21:46,740

contributed back and then in a very real

569

00:21:49,549 --> 00:21:48,120

way and someone actually just tweeted

570

00:21:51,770 --> 00:21:49,559

this to me and they asked is it kind of

571

00:21:52,909 --> 00:21:51,780

like that's the evolution of God and I

572

00:21:53,990 --> 00:21:52,919

said yeah it's a good way to think about

573

00:21:56,390 --> 00:21:54,000

it that

574

00:21:58,970 --> 00:21:56,400

by that process happening over and over

575

00:22:00,950 --> 00:21:58,980

again you actually have the cosmic

576

00:22:02,510 --> 00:22:00,960

intelligence itself evolving as part of

577

00:22:03,110 --> 00:22:02,520

the system

578

00:22:06,350 --> 00:22:03,120

um

579

00:22:08,330 --> 00:22:06,360

and in terms of you know why some are

580

00:22:11,390 --> 00:22:08,340

further along than others that's that's

581

00:22:14,870 --> 00:22:11,400

complex number one because

582

00:22:16,730 --> 00:22:14,880

you don't always run at the same speed

583

00:22:18,289 --> 00:22:16,740

you don't always run in One Direction

584

00:22:21,490 --> 00:22:18,299

there's times where people will actually

585

00:22:23,510 --> 00:22:21,500

regress you know if they're at a really

586

00:22:25,310 --> 00:22:23,520

you know one thing that happens when

587

00:22:26,690 --> 00:22:25,320

people incarnate into this this

588

00:22:28,610 --> 00:22:26,700

particular iteration

589

00:22:31,610 --> 00:22:28,620

they often will come in with the certain

590

00:22:34,010 --> 00:22:31,620

lessons they need to learn uh I I call

591

00:22:35,450 --> 00:22:34,020

it this energetic waveform that wants to

592

00:22:37,070 --> 00:22:35,460

resolve itself that's unique to every

593

00:22:39,830 --> 00:22:37,080

single one of us that we then contribute

594

00:22:41,029 --> 00:22:39,840

that back to the to the totality but

595

00:22:43,250 --> 00:22:41,039

some people

596

00:22:45,049 --> 00:22:43,260

are get so caught up in the denseness of

597

00:22:46,970 --> 00:22:45,059

this experience

598

00:22:49,669 --> 00:22:46,980

um that they never sort of wake up to

599

00:22:52,010 --> 00:22:49,679

that larger purpose and they get

600

00:22:53,510 --> 00:22:52,020

completely fooled by the illusion they

601
00:22:55,970 --> 00:22:53,520
convince they convince themselves that

602
00:22:57,590 --> 00:22:55,980
the illusion is Ultimate Reality they

603
00:22:59,090 --> 00:22:57,600
think that the

604
00:23:00,770 --> 00:22:59,100
things that matter to them that they

605
00:23:02,930 --> 00:23:00,780
worry about in this lifetime is all

606
00:23:04,669 --> 00:23:02,940
there is they start believing the sort

607
00:23:08,149 --> 00:23:04,679
of reductionistic materialist you know

608
00:23:10,669 --> 00:23:08,159
message that you know you're a slab of

609
00:23:11,810 --> 00:23:10,679
meat that when it when it's done it just

610
00:23:13,370 --> 00:23:11,820
dissolves in the ground there's nothing

611
00:23:14,750 --> 00:23:13,380
more to you when you believe that it's

612
00:23:16,610 --> 00:23:14,760
going to very much change the way you

613
00:23:18,350 --> 00:23:16,620

make decisions and it can actually make

614

00:23:21,830 --> 00:23:18,360

your Consciousness regress you can

615

00:23:24,649 --> 00:23:21,840

actually go backwards and when any

616

00:23:26,390 --> 00:23:24,659

um Soul sort of incarnates that's always

617

00:23:28,370 --> 00:23:26,400

a risk you kind of on the one hand want

618

00:23:29,630 --> 00:23:28,380

to create some resistance right in

619

00:23:31,669 --> 00:23:29,640

incarnation

620

00:23:33,049 --> 00:23:31,679

that will make you grow right that you

621

00:23:36,470 --> 00:23:33,059

can then contribute back to the whole

622

00:23:38,270 --> 00:23:36,480

but if you have too much resistance you

623

00:23:40,850 --> 00:23:38,280

can actually forget who you really are

624

00:23:43,669 --> 00:23:40,860

or never wake up to it and then you can

625

00:23:45,890 --> 00:23:43,679

actually regress so there's that that's

626
00:23:49,370 --> 00:23:45,900
partly explains why people are different

627
00:23:51,289 --> 00:23:49,380
um points also as every altar sort of

628
00:23:53,450 --> 00:23:51,299
splits off from the original uh Central

629
00:23:54,890 --> 00:23:53,460
Intelligence that happens over and over

630
00:23:57,230 --> 00:23:54,900
and over again so you have sort of

631
00:23:59,090 --> 00:23:57,240
layers of reality going on right again

632
00:24:01,070 --> 00:23:59,100
you could almost use simulation as a

633
00:24:04,970 --> 00:24:01,080
kind of analogy there

634
00:24:07,250 --> 00:24:04,980
so one altar that's like 19 you know

635
00:24:10,850 --> 00:24:07,260
disassociations from the original then

636
00:24:14,710 --> 00:24:10,860
also has disassociations so one person

637
00:24:16,490 --> 00:24:14,720
on the earth might be a 19 19th level

638
00:24:19,070 --> 00:24:16,500

disassociation where someone else might

639

00:24:20,750 --> 00:24:19,080

be like a 15th level right because to

640

00:24:21,950 --> 00:24:20,760

add a bit more complexity to it I'm not

641

00:24:24,169 --> 00:24:21,960

trying to overwhelm people here but

642

00:24:25,730 --> 00:24:24,179

there's you know in my experience of

643

00:24:27,529 --> 00:24:25,740

understanding this stuff

644

00:24:29,510 --> 00:24:27,539

with some of the downloads I've had this

645

00:24:32,090 --> 00:24:29,520

is what comes up is that and I've kind

646

00:24:35,090 --> 00:24:32,100

of hinted at this in in those uh eight

647

00:24:37,070 --> 00:24:35,100

new cosmology kind of tweets I made one

648

00:24:38,630 --> 00:24:37,080

is that there's different constitutional

649

00:24:40,789 --> 00:24:38,640

backgrounds amongst the people people

650

00:24:44,270 --> 00:24:40,799

that are walking the planet today so not

651
00:24:45,890 --> 00:24:44,280
everybody only has Earth human arising

652
00:24:47,750 --> 00:24:45,900
from you know

653
00:24:50,930 --> 00:24:47,760
Apes kind of thing as part of their

654
00:24:53,090 --> 00:24:50,940
background some people have uh other

655
00:24:55,310 --> 00:24:53,100
kinds of beings in their background in

656
00:24:58,190 --> 00:24:55,320
other kinds of incarnations and that

657
00:24:59,930 --> 00:24:58,200
changes where they are in terms of this

658
00:25:02,510 --> 00:24:59,940
process the spiraling of Consciousness

659
00:25:04,549 --> 00:25:02,520
so you can see how it gets complex

660
00:25:05,690 --> 00:25:04,559
pretty quickly but when people talk

661
00:25:07,850 --> 00:25:05,700
about

662
00:25:10,730 --> 00:25:07,860
you know it's weird i i people call me

663
00:25:12,230 --> 00:25:10,740

an old soul right and I when I've as

664

00:25:13,789 --> 00:25:12,240

I've become an adult I realize my

665

00:25:15,110 --> 00:25:13,799

parents in some ways are fairly young

666

00:25:17,270 --> 00:25:15,120

Souls that's kind of what they're

667

00:25:18,529 --> 00:25:17,280

talking about obviously they don't mean

668

00:25:20,029 --> 00:25:18,539

that they've lived longer than their

669

00:25:22,730 --> 00:25:20,039

parents in this iteration they haven't

670

00:25:25,010 --> 00:25:22,740

but what they mean is that deep wisdom

671

00:25:27,769 --> 00:25:25,020

that is the part of us that does carry

672

00:25:29,630 --> 00:25:27,779

over between each iteration that is not

673

00:25:31,789 --> 00:25:29,640

about knowledge necessarily it's not

674

00:25:33,830 --> 00:25:31,799

necessarily knowing I was Cleopatra or

675

00:25:36,409 --> 00:25:33,840

you know Genghis Khan in a previous

676

00:25:39,289 --> 00:25:36,419

lifetime but something about this

677

00:25:41,570 --> 00:25:39,299

underlying principled understanding of

678

00:25:43,130 --> 00:25:41,580

wisdom that you carry with you some

679

00:25:45,830 --> 00:25:43,140

people have that in drove some people

680

00:25:48,409 --> 00:25:45,840

not so much and that usually

681

00:25:50,990 --> 00:25:48,419

um goes back to how many iterations

682

00:25:53,930 --> 00:25:51,000

they've been through and or what kind of

683

00:25:55,970 --> 00:25:53,940

iterations they've been through

684

00:25:58,990 --> 00:25:55,980

it's an excellent explanation I love

685

00:26:04,490 --> 00:25:59,000

this concept I love uh thinking about it

686

00:26:07,190 --> 00:26:04,500

uh I think also we've discussed the

687

00:26:09,890 --> 00:26:07,200

sort of multi-layer components of it

688

00:26:11,810 --> 00:26:09,900

that not only

689

00:26:14,510 --> 00:26:11,820

can you have individuals with sort of

690

00:26:17,029 --> 00:26:14,520

different uh

691

00:26:18,950 --> 00:26:17,039

layers of separation from the single

692

00:26:21,830 --> 00:26:18,960

Consciousness but but even conscious

693

00:26:26,390 --> 00:26:21,840

agents can be aggregated just as we are

694

00:26:28,549 --> 00:26:26,400

Aggregates of our cells uh in our bodies

695

00:26:30,169 --> 00:26:28,559

you know we don't have the experience I

696

00:26:33,470 --> 00:26:30,179

don't have the experience of a single

697

00:26:37,250 --> 00:26:33,480

cell that is in my body but it is a part

698

00:26:40,430 --> 00:26:37,260

of me uh and so just as that is true it

699

00:26:43,010 --> 00:26:40,440

is also true that there are uh sort of

700

00:26:45,470 --> 00:26:43,020

larger for lack of better term conscious

701
00:26:48,529 --> 00:26:45,480
agents of which we are constituent

702
00:26:51,049 --> 00:26:48,539
pieces and so they have their own

703
00:26:55,310 --> 00:26:51,059
energetic expression and behavior and

704
00:26:58,970 --> 00:26:55,320
awareness that is larger than what our

705
00:27:00,529 --> 00:26:58,980
experience happens to be and we are all

706
00:27:04,370 --> 00:27:00,539
on a journey

707
00:27:06,110 --> 00:27:04,380
uh expressing and and you know climbing

708
00:27:10,070 --> 00:27:06,120
to use another sort of way to think of

709
00:27:12,169 --> 00:27:10,080
it a ladder of conscious development

710
00:27:14,510 --> 00:27:12,179
um and that letter can't we can go up or

711
00:27:16,669 --> 00:27:14,520
wrong and down a rung uh and and and

712
00:27:19,130 --> 00:27:16,679
then there are probably ladders to each

713
00:27:21,529 --> 00:27:19,140

to each side of us as well

714

00:27:23,029 --> 00:27:21,539

that's a great point and I think

715

00:27:25,130 --> 00:27:23,039

again I try not to overwhelm people

716

00:27:26,750 --> 00:27:25,140

because sometimes they'll be like can

717

00:27:28,130 --> 00:27:26,760

you answer this question and instead I I

718

00:27:30,529 --> 00:27:28,140

sort of Point them in the direction of

719

00:27:32,630 --> 00:27:30,539

five new questions but or five new

720

00:27:34,610 --> 00:27:32,640

matters to bring into consideration as a

721

00:27:37,850 --> 00:27:34,620

variable but you you hit on right there

722

00:27:40,789 --> 00:27:37,860

a major one and that is that

723

00:27:42,590 --> 00:27:40,799

sometimes people will write me and say

724

00:27:43,909 --> 00:27:42,600

so that's great that you have these

725

00:27:45,409 --> 00:27:43,919

downloads but how do you know it's not

726
00:27:47,690 --> 00:27:45,419
from your higher self

727
00:27:51,049 --> 00:27:47,700
and I'll say absolutely some of it is

728
00:27:53,090 --> 00:27:51,059
from my higher self but importantly some

729
00:27:54,710 --> 00:27:53,100
of my higher self is no longer just a

730
00:27:56,990 --> 00:27:54,720
single entity

731
00:28:00,549 --> 00:27:57,000
and I kind of touched on this

732
00:28:04,370 --> 00:28:00,559
um in the podcast episode on the weekend

733
00:28:05,930 --> 00:28:04,380
that part of what I enter into in sort

734
00:28:08,090 --> 00:28:05,940
of this alternate realm is this

735
00:28:09,769 --> 00:28:08,100
experience of a kind of a planetary

736
00:28:11,690 --> 00:28:09,779
Consciousness where it's a plurality

737
00:28:14,810 --> 00:28:11,700
right and

738
00:28:15,830 --> 00:28:14,820

it feels very very different than this

739

00:28:17,330 --> 00:28:15,840

experience

740

00:28:19,669 --> 00:28:17,340

um but I'm still I still have a feeling

741

00:28:22,430 --> 00:28:19,679

of I right I still I am right I still

742

00:28:24,590 --> 00:28:22,440

have that I amness experience but it's

743

00:28:27,289 --> 00:28:24,600

very very different

744

00:28:29,510 --> 00:28:27,299

um so but yeah and what's really

745

00:28:31,549 --> 00:28:29,520

interesting about this is that it fits

746

00:28:32,810 --> 00:28:31,559

very much with even Donald Hoffman's

747

00:28:34,669 --> 00:28:32,820

work right and you kind of pointed at

748

00:28:37,310 --> 00:28:34,679

that when you said conscious agent which

749

00:28:40,549 --> 00:28:37,320

is his term that when you look at the

750

00:28:42,049 --> 00:28:40,559

math of it you can break it down to you

751

00:28:44,990 --> 00:28:42,059

know one

752

00:28:47,029 --> 00:28:45,000

small entity you know having a conscious

753

00:28:48,950 --> 00:28:47,039

experience but then when you have an

754

00:28:51,529 --> 00:28:48,960

interaction between two of those it

755

00:28:53,330 --> 00:28:51,539

creates a new conscious agent right and

756

00:28:56,390 --> 00:28:53,340

you can keep keep scaling that all the

757

00:28:58,909 --> 00:28:56,400

way up to back to Oneness again where

758

00:29:01,070 --> 00:28:58,919

when you combine all of us we also even

759

00:29:04,430 --> 00:29:01,080

in the math it works right according to

760

00:29:06,409 --> 00:29:04,440

this theorem that you then get this one

761

00:29:10,130 --> 00:29:06,419

really intricate

762

00:29:12,950 --> 00:29:10,140

quilt-like pattern again which is the

763

00:29:17,390 --> 00:29:12,960

um has amongst its Constitution all of

764

00:29:21,710 --> 00:29:19,130

fantastic we could spend the rest of the

765

00:29:23,149 --> 00:29:21,720

show on that one concept but uh but we

766

00:29:24,649 --> 00:29:23,159

won't we're gonna keep going a lot of

767

00:29:26,570 --> 00:29:24,659

other questions to cover here so this

768

00:29:29,389 --> 00:29:26,580

one is going to get uh a lot more

769

00:29:32,090 --> 00:29:29,399

specific uh to something that's taken

770

00:29:35,210 --> 00:29:32,100

place over the last year in your life

771

00:29:38,090 --> 00:29:35,220

um and so this person is wanting to know

772

00:29:41,090 --> 00:29:38,100

what does Darren's take on the uh Chris

773

00:29:42,889 --> 00:29:41,100

Bledsoe story now that uh Darren has

774

00:29:45,409 --> 00:29:42,899

come away from a year of directly

775

00:29:49,549 --> 00:29:45,419

experiencing the phenomenon uh in

776

00:29:51,649 --> 00:29:49,559

Chris's vicinity and his Social Circle

777

00:29:53,269 --> 00:29:51,659

right so give to give people a bit of

778

00:29:54,710 --> 00:29:53,279

context there

779

00:29:58,190 --> 00:29:54,720

um some people will know that some won't

780

00:30:00,409 --> 00:29:58,200

uh that I uh took part in this retreat

781

00:30:02,750 --> 00:30:00,419

at the Monroe Institute

782

00:30:04,490 --> 00:30:02,760

um back in when was it may I think

783

00:30:06,950 --> 00:30:04,500

somewhere around there

784

00:30:07,970 --> 00:30:06,960

um and uh Chris was one of the people

785

00:30:10,430 --> 00:30:07,980

there

786

00:30:12,769 --> 00:30:10,440

um a few other people John Alexander and

787

00:30:15,529 --> 00:30:12,779

Sean Hasbrook and hargens and my friend

788

00:30:18,350 --> 00:30:15,539

uh well several people were there

789

00:30:19,310 --> 00:30:18,360

Hill some other people too

790

00:30:22,610 --> 00:30:19,320

um

791

00:30:27,169 --> 00:30:24,350

as we've talked about before in this

792

00:30:30,049 --> 00:30:27,179

show and as Joseph Burks has mentioned

793

00:30:32,870 --> 00:30:30,059

if you want to have an experience of ce5

794

00:30:35,029 --> 00:30:32,880

or Heist uh your chances go up a lot if

795

00:30:36,289 --> 00:30:35,039

you are around a prime experimenter these

796

00:30:38,630 --> 00:30:36,299

are people who

797

00:30:41,570 --> 00:30:38,640

since they're young have

798

00:30:44,870 --> 00:30:41,580

kind of a magnetic interaction with some

799

00:30:46,490 --> 00:30:44,880

aspects of the phenomenon and often

800

00:30:49,070 --> 00:30:46,500

things will manifest in their presence

801
00:30:50,990 --> 00:30:49,080
that doesn't always hold true there's

802
00:30:52,730 --> 00:30:51,000
sometimes where a certain period of Life

803
00:30:53,750 --> 00:30:52,740
kicks in and it no longer happens and I

804
00:30:58,250 --> 00:30:53,760
think for some people that can be

805
00:30:59,990 --> 00:30:58,260
difficult I won't name names but

806
00:31:01,970 --> 00:31:00,000
in my case

807
00:31:03,769 --> 00:31:01,980
um you know I went to the Monroe

808
00:31:06,169 --> 00:31:03,779
Institute and

809
00:31:08,029 --> 00:31:06,179
had never while I had seen some things

810
00:31:11,630 --> 00:31:08,039
in my life I'd never sort of had a

811
00:31:13,130 --> 00:31:11,640
direct intentional you know C5 proactive

812
00:31:15,470 --> 00:31:13,140
let's make it happen now or let's try to

813
00:31:17,330 --> 00:31:15,480

make it happen Let's Help let's try to

814

00:31:20,149 --> 00:31:17,340

make contact and see if we have an

815

00:31:21,350 --> 00:31:20,159

experience and that that happened we saw

816

00:31:24,110 --> 00:31:21,360

several things that happened over the

817

00:31:26,990 --> 00:31:24,120

several nights of that Retreat

818

00:31:28,549 --> 00:31:27,000

um and I have no doubt that there was a

819

00:31:30,529 --> 00:31:28,559

really strong coherent field amongst the

820

00:31:32,690 --> 00:31:30,539

group itself there was this resonant

821

00:31:34,010 --> 00:31:32,700

field which is really essential but I'm

822

00:31:35,690 --> 00:31:34,020

sure that

823

00:31:38,450 --> 00:31:35,700

um Chris being there was a big part of

824

00:31:39,950 --> 00:31:38,460

that as well so I'm really thankful to

825

00:31:43,490 --> 00:31:39,960

have been a part of that

826

00:31:45,289 --> 00:31:43,500

and I also had an experience at Chris

827

00:31:47,029 --> 00:31:45,299

bledsoe's house

828

00:31:50,330 --> 00:31:47,039

um a couple months after that so in the

829

00:31:52,130 --> 00:31:50,340

summertime I was there and uh had some

830

00:31:53,149 --> 00:31:52,140

more even more amazing things show up in

831

00:31:55,730 --> 00:31:53,159

the sky

832

00:31:58,909 --> 00:31:55,740

um so as I said in the podcast episode

833

00:32:00,590 --> 00:31:58,919

that helped really ground into my

834

00:32:01,970 --> 00:32:00,600

knowledge base that this is just

835

00:32:03,350 --> 00:32:01,980

something that happens this is part of

836

00:32:05,990 --> 00:32:03,360

our reality there's there's no question

837

00:32:08,330 --> 00:32:06,000

mark at that point so that that

838

00:32:10,669 --> 00:32:08,340

definitely helped to open a channel and

839

00:32:11,330 --> 00:32:10,679
to ground the channel you know

840

00:32:13,970 --> 00:32:11,340
um

841

00:32:15,590 --> 00:32:13,980
and when I think about

842

00:32:18,590 --> 00:32:15,600
you know Chris's experience I would

843

00:32:19,730 --> 00:32:18,600
definitely say that he's one of the most

844

00:32:21,649 --> 00:32:19,740
um

845

00:32:24,230 --> 00:32:21,659
well-known experiencers because he's had

846

00:32:26,029 --> 00:32:24,240
just had so much happen in his lifetime

847

00:32:28,430 --> 00:32:26,039
and there's been so many people

848

00:32:30,950 --> 00:32:28,440
including credible Witnesses government

849

00:32:32,990 --> 00:32:30,960
people and whatnot that have flocked to

850

00:32:34,510 --> 00:32:33,000
him and had also had experiences so I

851
00:32:37,190 --> 00:32:34,520
became yet another one of these people

852
00:32:39,409 --> 00:32:37,200
who have been in his presence while this

853
00:32:41,029 --> 00:32:39,419
is happening right and then often as as

854
00:32:43,250 --> 00:32:41,039
happens with kind of this hitchhiker

855
00:32:45,230 --> 00:32:43,260
effect you carry it home

856
00:32:46,909 --> 00:32:45,240
so um

857
00:32:49,190 --> 00:32:46,919
um you know I remember even Bob McGuire

858
00:32:51,110 --> 00:32:49,200
said to me you know if you go to Chris's

859
00:32:52,549 --> 00:32:51,120
house be prepared for some hitchhikers

860
00:32:55,070 --> 00:32:52,559
you know and that's kind of what

861
00:32:56,690 --> 00:32:55,080
happened right so a lot of this stuff

862
00:32:59,210 --> 00:32:56,700
this really Clear Channel of

863
00:33:01,130 --> 00:32:59,220

communication began at Monroe and then

864

00:33:03,710 --> 00:33:01,140

just got stronger after that

865

00:33:05,690 --> 00:33:03,720

um so that definitely seems to have been

866

00:33:07,130 --> 00:33:05,700

the case and so I I look at Chris's

867

00:33:10,370 --> 00:33:07,140

experience and

868

00:33:13,009 --> 00:33:10,380

I I always believed him even before I

869

00:33:14,750 --> 00:33:13,019

had met him and before I had had

870

00:33:16,310 --> 00:33:14,760

experiences

871

00:33:18,830 --> 00:33:16,320

um

872

00:33:21,110 --> 00:33:18,840

there's no doubt that uh it's a famous

873

00:33:24,710 --> 00:33:21,120

case for a good reason and not just

874

00:33:27,590 --> 00:33:24,720

because of what he's seen but because

875

00:33:29,509 --> 00:33:27,600

you know all of the pretty much every uh

876

00:33:31,549 --> 00:33:29,519

alphabet agency you can think of has

877

00:33:34,310 --> 00:33:31,559

also pursued his case because they know

878

00:33:35,870 --> 00:33:34,320

it's legitimate and it's happening uh so

879

00:33:39,289 --> 00:33:35,880

it's it's a fascinating case and I'm

880

00:33:42,169 --> 00:33:39,299

just uh thankful that um our paths

881

00:33:43,610 --> 00:33:42,179

crossed at one point and it sort of uh

882

00:33:45,110 --> 00:33:43,620

changed the course of my life in some

883

00:33:48,169 --> 00:33:45,120

ways

884

00:33:51,889 --> 00:33:48,179

yeah and I would wonder too if uh what

885

00:33:55,009 --> 00:33:51,899

you would say to this do you think that

886

00:33:56,930 --> 00:33:55,019

Chris's experience and

887

00:33:59,210 --> 00:33:56,940

maybe even a certain degree his presence

888

00:34:00,710 --> 00:33:59,220

is acts as a kind of catalyst for others

889

00:34:02,509 --> 00:34:00,720

and it's I think it's a good example

890

00:34:04,850 --> 00:34:02,519

where

891

00:34:07,190 --> 00:34:04,860

that

892

00:34:08,750 --> 00:34:07,200

we use the term hitchhiker effect as a

893

00:34:10,430 --> 00:34:08,760

very negative kind of thing but there's

894

00:34:13,310 --> 00:34:10,440

this sort of sense in which

895

00:34:15,169 --> 00:34:13,320

uh Prime contactees and you know

896

00:34:17,930 --> 00:34:15,179

exposure to them or connection to them

897

00:34:20,329 --> 00:34:17,940

can catalyze experience in other

898

00:34:21,649 --> 00:34:20,339

individuals but I think an important

899

00:34:23,990 --> 00:34:21,659

point to make as well is that that

900

00:34:26,149 --> 00:34:24,000

experience isn't the same it's not like

901
00:34:27,889 --> 00:34:26,159
you're just cloning you know Chris

902
00:34:29,869 --> 00:34:27,899
bledsoe's experience and you're having

903
00:34:31,490 --> 00:34:29,879
the same Chris Bledsoe experience you're

904
00:34:35,089 --> 00:34:31,500
having your own experience that is

905
00:34:37,609 --> 00:34:35,099
contextualized in in your you know your

906
00:34:39,470 --> 00:34:37,619
lived embodiment right so what is how do

907
00:34:41,869 --> 00:34:39,480
you think about that and and what does

908
00:34:44,089 --> 00:34:41,879
that say to you about you know kind of

909
00:34:46,790 --> 00:34:44,099
what what's happening at the lower

910
00:34:47,990 --> 00:34:46,800
at the lower light levels here that's a

911
00:34:49,730 --> 00:34:48,000
great question

912
00:34:51,530 --> 00:34:49,740
um I think that's a really worthy

913
00:34:53,570 --> 00:34:51,540

follow-up because it's an important

914

00:34:55,790 --> 00:34:53,580

distinction to make so for instance

915

00:34:57,730 --> 00:34:55,800

while my

916

00:35:00,410 --> 00:34:57,740

content experience is definitely

917

00:35:01,849 --> 00:35:00,420

increased after

918

00:35:03,410 --> 00:35:01,859

um having met Chris and after having

919

00:35:05,450 --> 00:35:03,420

been at Monroe

920

00:35:07,130 --> 00:35:05,460

I would also point out as I did in the

921

00:35:09,170 --> 00:35:07,140

podcast that I I had had some

922

00:35:11,450 --> 00:35:09,180

experiences prior to that including an

923

00:35:14,690 --> 00:35:11,460

experience of contact via meditation

924

00:35:17,450 --> 00:35:14,700

that happened like around 2010 and a

925

00:35:18,770 --> 00:35:17,460

protocol that was suggested to me then

926

00:35:19,970 --> 00:35:18,780

that I followed that I have followed

927

00:35:22,910 --> 00:35:19,980

ever since then

928

00:35:25,250 --> 00:35:22,920

uh but to your point yeah I mean for me

929

00:35:27,109 --> 00:35:25,260

while I've had these really profound

930

00:35:29,690 --> 00:35:27,119

experiences with these intelligences

931

00:35:31,190 --> 00:35:29,700

that provide me information I for

932

00:35:33,230 --> 00:35:31,200

instance haven't seen the lady right

933

00:35:35,329 --> 00:35:33,240

that's not been part of my experience

934

00:35:37,970 --> 00:35:35,339

where it's been a pretty Central one of

935

00:35:38,870 --> 00:35:37,980

Chris's so that raises some interesting

936

00:35:40,550 --> 00:35:38,880

questions

937

00:35:42,410 --> 00:35:40,560

um I think that

938

00:35:45,710 --> 00:35:42,420

again tagging this back to what we said

939

00:35:48,349 --> 00:35:45,720

earlier some of what we are

940

00:35:50,089 --> 00:35:48,359

um interacting with when we do have this

941

00:35:51,069 --> 00:35:50,099

part of Us come online that was dormant

942

00:35:53,990 --> 00:35:51,079

before

943

00:35:56,510 --> 00:35:54,000

is familial lines that go back even

944

00:35:58,010 --> 00:35:56,520

before this lifetime so one of the

945

00:35:59,329 --> 00:35:58,020

things that that happened to me and you

946

00:36:01,370 --> 00:35:59,339

hear about this in experience for

947

00:36:04,670 --> 00:36:01,380

accounts right that people go from

948

00:36:05,990 --> 00:36:04,680

sometimes experiencing ontological shock

949

00:36:07,190 --> 00:36:06,000

and this wouldn't be a proper

950

00:36:08,450 --> 00:36:07,200

representative liminal frames if we

951
00:36:09,650 --> 00:36:08,460
didn't say ontological shock at least

952
00:36:12,050 --> 00:36:09,660
once

953
00:36:14,150 --> 00:36:12,060
um exactly but but they go from that

954
00:36:16,430 --> 00:36:14,160
initial ontological shock to sometimes

955
00:36:18,770 --> 00:36:16,440
having the the very other end of the

956
00:36:20,329 --> 00:36:18,780
spectrum where they go oh not only do I

957
00:36:21,770 --> 00:36:20,339
know these beings but I knew them from

958
00:36:23,690 --> 00:36:21,780
before I even came into this lifetime

959
00:36:25,490 --> 00:36:23,700
and I have a deep affection for them

960
00:36:27,230 --> 00:36:25,500
stronger than anything else I feel here

961
00:36:28,550 --> 00:36:27,240
almost like a near-death experience

962
00:36:30,290 --> 00:36:28,560
where they say it's now hard to come

963
00:36:34,010 --> 00:36:30,300

back into my Earthly you know

964

00:36:37,370 --> 00:36:34,020

manifestation so I think partly what

965

00:36:39,410 --> 00:36:37,380

happens is we are reconnected with some

966

00:36:41,510 --> 00:36:39,420

of us anyway are reconnected with these

967

00:36:44,150 --> 00:36:41,520

lineages that uh go beyond this

968

00:36:46,730 --> 00:36:44,160

iteration so for me that's definitely

969

00:36:48,650 --> 00:36:46,740

what I felt and it's it's hard to if

970

00:36:50,810 --> 00:36:48,660

people were to say how do you know it's

971

00:36:52,730 --> 00:36:50,820

just this deep direct knowing it's like

972

00:36:54,770 --> 00:36:52,740

a gnosis it's not

973

00:36:56,810 --> 00:36:54,780

I built a bunch of Concepts and got

974

00:36:58,490 --> 00:36:56,820

convinced by some arguments it's just

975

00:37:00,109 --> 00:36:58,500

like this you know it through and

976
00:37:01,790 --> 00:37:00,119
through

977
00:37:03,170 --> 00:37:01,800
just like when you love your kids you

978
00:37:04,849 --> 00:37:03,180
know and it's just like you don't have

979
00:37:06,650 --> 00:37:04,859
to build up an argument to yourself

980
00:37:08,210 --> 00:37:06,660
right it's just like it's in your skin

981
00:37:10,250 --> 00:37:08,220
and bones and

982
00:37:12,890 --> 00:37:10,260
some days I do Darren some days I have

983
00:37:14,690 --> 00:37:12,900
to right

984
00:37:17,450 --> 00:37:14,700
so it's like that it's like that feeling

985
00:37:19,730 --> 00:37:17,460
of like wow of course these ones I know

986
00:37:22,310 --> 00:37:19,740
these ones and I've known them from

987
00:37:23,990 --> 00:37:22,320
before I can remember my first day on

988
00:37:25,550 --> 00:37:24,000

the planet so

989

00:37:27,829 --> 00:37:25,560

um it's something like that you know it

990

00:37:30,170 --> 00:37:27,839

could be that um

991

00:37:32,210 --> 00:37:30,180

something comes gets flipped online like

992

00:37:34,250 --> 00:37:32,220

some sort of switch gets flipped it's

993

00:37:36,829 --> 00:37:34,260

maybe dormant in many many of us if not

994

00:37:39,230 --> 00:37:36,839

all of us and then what you experience

995

00:37:41,270 --> 00:37:39,240

is this broader reality that's part of

996

00:37:42,950 --> 00:37:41,280

your history and when I say history

997

00:37:45,470 --> 00:37:42,960

again again tricky we're getting into

998

00:37:47,829 --> 00:37:45,480

time again right because when I go into

999

00:37:50,210 --> 00:37:47,839

these alternate experiences

1000

00:37:51,650 --> 00:37:50,220

that experience of that Collective

1001

00:37:53,630 --> 00:37:51,660

Consciousness seems to be running in

1002

00:37:55,910 --> 00:37:53,640

parallel to this one it's like I can

1003

00:37:57,589 --> 00:37:55,920

jump back and forth between them so it's

1004

00:37:59,329 --> 00:37:57,599

not like that happened many many eons

1005

00:38:01,970 --> 00:37:59,339

ago and now here I am as an earth

1006

00:38:03,109 --> 00:38:01,980

manifestation I'm saying that they in

1007

00:38:04,910 --> 00:38:03,119

some ways you can think about it as

1008

00:38:06,650 --> 00:38:04,920

running in parallel and impact each

1009

00:38:09,470 --> 00:38:06,660

other right so I'll have experiences

1010

00:38:11,030 --> 00:38:09,480

there quote unquote there come back here

1011

00:38:13,150 --> 00:38:11,040

and it'll change how I make decisions

1012

00:38:16,250 --> 00:38:13,160

here right so it's it's a fascinating

1013

00:38:18,890 --> 00:38:16,260

interplay and it just shows you how how

1014

00:38:20,810 --> 00:38:18,900

many variables are in play here but I

1015

00:38:22,490 --> 00:38:20,820

think that's part of it is that we won't

1016

00:38:24,730 --> 00:38:22,500

necessarily experience the same

1017

00:38:27,470 --> 00:38:24,740

phenomena or even the same beings

1018

00:38:29,630 --> 00:38:27,480

because again we have different lineages

1019

00:38:32,569 --> 00:38:29,640

that's part of it

1020

00:38:34,550 --> 00:38:32,579

I love that explanation thank you we're

1021

00:38:37,670 --> 00:38:34,560

going to shift gears into several

1022

00:38:40,670 --> 00:38:37,680

questions related to meditation this

1023

00:38:43,490 --> 00:38:40,680

came up quite often so we'll start with

1024

00:38:45,589 --> 00:38:43,500

this one I can relate to this I'm sure

1025

00:38:47,089 --> 00:38:45,599

many people can this question is I have

1026

00:38:50,390 --> 00:38:47,099

trouble with meditation

1027

00:38:53,569 --> 00:38:50,400

but I get liminal State Impressions with

1028

00:38:55,870 --> 00:38:53,579

some sense of owneric versus other an

1029

00:38:59,569 --> 00:38:55,880

occasional very unstatistical

1030

00:39:02,089 --> 00:38:59,579

synchronicity how can I amplify the

1031

00:39:06,710 --> 00:39:04,370

well

1032

00:39:08,270 --> 00:39:06,720

I would say a couple things there I the

1033

00:39:09,890 --> 00:39:08,280

first thing I want to say not to be

1034

00:39:11,329 --> 00:39:09,900

annoying to people but I really want to

1035

00:39:14,270 --> 00:39:11,339

say don't give up too quickly on

1036

00:39:16,550 --> 00:39:14,280

meditation because

1037

00:39:17,990 --> 00:39:16,560

um it's so been so Central to my

1038

00:39:21,010 --> 00:39:18,000

experience but to so many people's

1039

00:39:24,770 --> 00:39:21,020

experience over you know over history

1040

00:39:28,069 --> 00:39:24,780

and again even going back to the

1041

00:39:30,290 --> 00:39:28,079

beginning of C5 right and even the Rama

1042

00:39:32,569 --> 00:39:30,300

movement in South America

1043

00:39:36,849 --> 00:39:32,579

meditation was a big part of that even

1044

00:39:39,170 --> 00:39:36,859

prime experiencers often are uncannily

1045

00:39:41,329 --> 00:39:39,180

encouraged to learn meditation

1046

00:39:44,390 --> 00:39:41,339

techniques when they're adolescents

1047

00:39:46,370 --> 00:39:44,400

right which is almost like a

1048

00:39:48,890 --> 00:39:46,380

a calling card from these other

1049

00:39:51,589 --> 00:39:48,900

intelligences saying this is a modality

1050

00:39:53,390 --> 00:39:51,599

by which we can communicate with you so

1051

00:39:54,770 --> 00:39:53,400

I wouldn't want people to to quickly

1052

00:39:57,170 --> 00:39:54,780

dismiss it or look for another

1053

00:39:59,329 --> 00:39:57,180

alternative because we have all sorts of

1054

00:40:01,970 --> 00:39:59,339

evidence

1055

00:40:04,069 --> 00:40:01,980

um not just from people via meditation

1056

00:40:05,569 --> 00:40:04,079

getting in contact with ascended masters

1057

00:40:08,750 --> 00:40:05,579

and spiritual traditions and that kind

1058

00:40:11,329 --> 00:40:08,760

of thing or you know Saints right from

1059

00:40:12,950 --> 00:40:11,339

from history but also these non-human

1060

00:40:15,530 --> 00:40:12,960

intelligences as well

1061

00:40:18,109 --> 00:40:15,540

um and not just that but but it it opens

1062

00:40:20,630 --> 00:40:18,119

you up to and makes part of your real

1063

00:40:23,150 --> 00:40:20,640

lived embodied experience an experience

1064

00:40:24,950 --> 00:40:23,160

of non-duality like you'll hear me talk

1065

00:40:26,930 --> 00:40:24,960

about non-duality so much because it's

1066

00:40:29,270 --> 00:40:26,940

so sensual to understanding this to this

1067

00:40:31,250 --> 00:40:29,280

cosmology so

1068

00:40:33,770 --> 00:40:31,260

um that's one thing meditation really

1069

00:40:35,690 --> 00:40:33,780

does for you is that it

1070

00:40:37,849 --> 00:40:35,700

if you go deep enough

1071

00:40:40,370 --> 00:40:37,859

you end up experiencing reality that way

1072

00:40:41,890 --> 00:40:40,380

you have a non-dual realization and it

1073

00:40:45,230 --> 00:40:41,900

changes everything

1074

00:40:49,550 --> 00:40:45,240

in a really practical way it makes life

1075

00:40:52,190 --> 00:40:49,560

much less worrisome because you realize

1076
00:40:54,770 --> 00:40:52,200
this is to some degree an illusory kind

1077
00:40:56,810 --> 00:40:54,780
of experience and that anything really

1078
00:40:59,390 --> 00:40:56,820
real at that non-dual everything's

1079
00:41:01,130 --> 00:40:59,400
connected can never die because it never

1080
00:41:03,650 --> 00:41:01,140
came into existence and never goes out

1081
00:41:05,990 --> 00:41:03,660
of existence and so it makes you sort of

1082
00:41:08,329 --> 00:41:06,000
relax into it and go wow I might as well

1083
00:41:10,970 --> 00:41:08,339
just enjoy these simulation rides these

1084
00:41:12,829 --> 00:41:10,980
different illusory manifestations that

1085
00:41:16,130 --> 00:41:12,839
are part of the lessons I learned

1086
00:41:18,349 --> 00:41:16,140
because there's nothing I can lose all I

1087
00:41:20,810 --> 00:41:18,359
have is here is to gain and I can only

1088
00:41:23,930 --> 00:41:20,820

lose in the short term if I get caught

1089

00:41:25,910 --> 00:41:23,940

up in the illusory nature of it and

1090

00:41:27,290 --> 00:41:25,920

believe it start believing the hype

1091

00:41:28,970 --> 00:41:27,300

rather than realizing what it is and

1092

00:41:31,550 --> 00:41:28,980

what it's there for

1093

00:41:33,050 --> 00:41:31,560

so first first thing I want to say

1094

00:41:35,030 --> 00:41:33,060

the other thing I would say in terms of

1095

00:41:36,349 --> 00:41:35,040

what else someone could do it's really

1096

00:41:38,870 --> 00:41:36,359

about

1097

00:41:41,089 --> 00:41:38,880

trying to take our default mode offline

1098

00:41:41,990 --> 00:41:41,099

right so and when I say default mode I

1099

00:41:43,849 --> 00:41:42,000

mean

1100

00:41:46,430 --> 00:41:43,859

in the modern world in western

1101

00:41:47,990 --> 00:41:46,440

civilization we are constantly thinking

1102

00:41:50,510 --> 00:41:48,000

we have What's called the monkey mind

1103

00:41:52,609 --> 00:41:50,520

constantly going even when it serves

1104

00:41:54,290 --> 00:41:52,619

real no real purpose you know we can be

1105

00:41:56,210 --> 00:41:54,300

lying in our beds at night

1106

00:41:57,650 --> 00:41:56,220

wanting to fall asleep and yet we're

1107

00:41:59,450 --> 00:41:57,660

worrying about something that's come up

1108

00:42:00,650 --> 00:41:59,460

you know somebody didn't respond well to

1109

00:42:01,970 --> 00:42:00,660

something we did and we wonder what

1110

00:42:03,589 --> 00:42:01,980

could I have done different or a word

1111

00:42:05,750 --> 00:42:03,599

about some meeting we're going to have

1112

00:42:06,890 --> 00:42:05,760

two days in the future or we're worried

1113

00:42:09,170 --> 00:42:06,900

about something that might might or

1114

00:42:11,510 --> 00:42:09,180

might not happen like 10 years into the

1115

00:42:14,329 --> 00:42:11,520

future right we have we have this

1116

00:42:15,530 --> 00:42:14,339

capacity we developed evolutionarily but

1117

00:42:17,390 --> 00:42:15,540

now it's gotten to the point where it's

1118

00:42:20,810 --> 00:42:17,400

like a train running out of control and

1119

00:42:23,270 --> 00:42:20,820

we can't stop it right and again I would

1120

00:42:26,750 --> 00:42:23,280

encourage it with meditation it's the

1121

00:42:29,569 --> 00:42:26,760

the best way I know how to actually

1122

00:42:31,370 --> 00:42:29,579

take that default mode offline and then

1123

00:42:33,650 --> 00:42:31,380

you suddenly experience so much more of

1124

00:42:36,950 --> 00:42:33,660

reality so much of this is about getting

1125

00:42:39,349 --> 00:42:36,960

out of our own way this inheritance this

1126

00:42:41,450 --> 00:42:39,359

broader reality is there already it's

1127

00:42:43,970 --> 00:42:41,460

all around you and it's all within you

1128

00:42:46,010 --> 00:42:43,980

right the universe is within you in a

1129

00:42:49,790 --> 00:42:46,020

very literal way

1130

00:42:52,670 --> 00:42:49,800

and it's really about

1131

00:42:54,349 --> 00:42:52,680

all these stuff that's blocking our line

1132

00:42:56,810 --> 00:42:54,359

of vision because it's part of the

1133

00:42:58,190 --> 00:42:56,820

monkey mind it's not like things aren't

1134

00:42:59,930 --> 00:42:58,200

there they're there they're just getting

1135

00:43:02,270 --> 00:42:59,940

blocked your awareness of them is being

1136

00:43:04,670 --> 00:43:02,280

blocked by these other things so that's

1137

00:43:07,730 --> 00:43:04,680

where

1138

00:43:09,890 --> 00:43:07,740

signal boost gets tricky right because

1139

00:43:12,650 --> 00:43:09,900

it's not just about signal boost it's

1140

00:43:14,150 --> 00:43:12,660

about first getting the garbage out of

1141

00:43:15,530 --> 00:43:14,160

the way and I'm not trying to belittle

1142

00:43:17,569 --> 00:43:15,540

our lives like sometimes we have real

1143

00:43:20,150 --> 00:43:17,579

concerns we need to think about

1144

00:43:21,950 --> 00:43:20,160

but oftentimes I think everyone here

1145

00:43:23,450 --> 00:43:21,960

will relate to this there's times where

1146

00:43:25,250 --> 00:43:23,460

we worry about things or think about

1147

00:43:27,770 --> 00:43:25,260

things we wish we had done differently

1148

00:43:28,790 --> 00:43:27,780

10 years ago or you know we're thinking

1149

00:43:30,230 --> 00:43:28,800

what the future what's going to happen

1150

00:43:32,450 --> 00:43:30,240

when this happens and and many many

1151
00:43:34,250 --> 00:43:32,460
times the things we worry about never

1152
00:43:35,630 --> 00:43:34,260
even end up manifesting right and so all

1153
00:43:37,370 --> 00:43:35,640
of that was sort of like wasted

1154
00:43:39,890 --> 00:43:37,380
experience

1155
00:43:43,430 --> 00:43:39,900
so

1156
00:43:45,530 --> 00:43:43,440
boost as it's about getting out of our

1157
00:43:47,809 --> 00:43:45,540
own way so then we can then drop into

1158
00:43:50,089 --> 00:43:47,819
this larger reality which is very subtle

1159
00:43:53,630 --> 00:43:50,099
right and so you need to have a clean

1160
00:43:55,069 --> 00:43:53,640
space I mean experientially right you

1161
00:43:57,470 --> 00:43:55,079
need to have a clean space so that you

1162
00:43:59,990 --> 00:43:57,480
can then tune into these really subtle

1163
00:44:00,770 --> 00:44:00,000

differences of what's there right

1164

00:44:02,630 --> 00:44:00,780

um

1165

00:44:05,390 --> 00:44:02,640

but that said if you were going to try

1166

00:44:08,390 --> 00:44:05,400

some things uh you know lucid dreaming

1167

00:44:10,670 --> 00:44:08,400

is a great technique you can use I've

1168

00:44:12,349 --> 00:44:10,680

talked before on social media about I

1169

00:44:14,329 --> 00:44:12,359

use this supplement called galantamine

1170

00:44:16,309 --> 00:44:14,339

and

1171

00:44:17,870 --> 00:44:16,319

what I do there is I kind of do a

1172

00:44:19,250 --> 00:44:17,880

combination of a bit of meditation but

1173

00:44:21,050 --> 00:44:19,260

uh someone can probably do it without

1174

00:44:23,270 --> 00:44:21,060

meditation but what I basically do is

1175

00:44:26,150 --> 00:44:23,280

wake up at 4am

1176
00:44:27,890 --> 00:44:26,160
set an intention try to resolve any kind

1177
00:44:29,569 --> 00:44:27,900
of negative energy I'm I tune into

1178
00:44:31,730 --> 00:44:29,579
because if I don't resolve that energy

1179
00:44:33,829 --> 00:44:31,740
it's likely to manifest in a dream

1180
00:44:35,990 --> 00:44:33,839
I want to get you know transmute that

1181
00:44:37,970 --> 00:44:36,000
negative energy be positive going in

1182
00:44:40,430 --> 00:44:37,980
have an intention for what I want to

1183
00:44:41,990 --> 00:44:40,440
learn you can even like you know posit a

1184
00:44:43,849 --> 00:44:42,000
question to the universe or to your

1185
00:44:45,410 --> 00:44:43,859
guides or whatever you whatever way you

1186
00:44:47,210 --> 00:44:45,420
want to communicate with this broader

1187
00:44:49,849 --> 00:44:47,220
reality

1188
00:44:51,589 --> 00:44:49,859

um and then you go in and go back to

1189

00:44:53,870 --> 00:44:51,599

sleep after I take two of these tablets

1190

00:44:55,190 --> 00:44:53,880

right of these galantamine tablets and

1191

00:44:57,829 --> 00:44:55,200

then you'll have really really vivid

1192

00:44:59,990 --> 00:44:57,839

dreams and you'll have messages coming

1193

00:45:02,210 --> 00:45:00,000

up from your subconscious but I want to

1194

00:45:04,430 --> 00:45:02,220

make the point here that subconscious

1195

00:45:06,589 --> 00:45:04,440

doesn't just mean

1196

00:45:08,690 --> 00:45:06,599

um you know the part of you in this

1197

00:45:11,870 --> 00:45:08,700

finite body mind that you're not usually

1198

00:45:14,690 --> 00:45:11,880

in contact with I mean in the jungian

1199

00:45:17,390 --> 00:45:14,700

sense like the collective unconscious I

1200

00:45:19,670 --> 00:45:17,400

use this analogy I think in the podcast

1201
00:45:22,609 --> 00:45:19,680
um where we're like these Mountain Top

1202
00:45:25,430 --> 00:45:22,619
Peaks right we we experience life as as

1203
00:45:27,290 --> 00:45:25,440
Mount Everest right we have the illusory

1204
00:45:28,609 --> 00:45:27,300
nature that or an illusory sense that

1205
00:45:30,950 --> 00:45:28,619
that's all we are is Mount Everest

1206
00:45:33,109 --> 00:45:30,960
sticking up above the clouds right but

1207
00:45:34,550 --> 00:45:33,119
actually Mount Everest and the Bedrock

1208
00:45:36,710 --> 00:45:34,560
joins with the rest of the Alps right

1209
00:45:39,829 --> 00:45:36,720
and then below that joins with like the

1210
00:45:41,870 --> 00:45:39,839
continental plates right so all of us

1211
00:45:43,849 --> 00:45:41,880
are like those continental plates right

1212
00:45:46,130 --> 00:45:43,859
so but beneath this what we see on the

1213
00:45:48,470 --> 00:45:46,140

top layer there's this connected you

1214

00:45:50,329 --> 00:45:48,480

know know Consciousness Bedrock which

1215

00:45:52,069 --> 00:45:50,339

goes beyond just Humanity it connects to

1216

00:45:53,630 --> 00:45:52,079

everything absolutely goes back to

1217

00:45:56,690 --> 00:45:53,640

everything to that Oneness again we're

1218

00:45:58,910 --> 00:45:56,700

back at non-duality again and the more

1219

00:46:00,829 --> 00:45:58,920

you open yourself to that the more you

1220

00:46:03,050 --> 00:46:00,839

can begin to receive messages from there

1221

00:46:04,550 --> 00:46:03,060

and that includes other beings because

1222

00:46:07,010 --> 00:46:04,560

again it's all connected right it's all

1223

00:46:08,930 --> 00:46:07,020

part of the Oneness so all of that opens

1224

00:46:11,450 --> 00:46:08,940

up you get messages from your higher

1225

00:46:14,690 --> 00:46:11,460

self from your Deeper Self from a sense

1226

00:46:17,150 --> 00:46:14,700

of a selfhood that is a collection of

1227

00:46:18,770 --> 00:46:17,160

conscious agents and then you know even

1228

00:46:20,270 --> 00:46:18,780

beyond that other beings that you're

1229

00:46:22,250 --> 00:46:20,280

connected to

1230

00:46:23,870 --> 00:46:22,260

um so that's that's another one I would

1231

00:46:25,490 --> 00:46:23,880

also say you know

1232

00:46:27,349 --> 00:46:25,500

um for those people who want to roll

1233

00:46:29,690 --> 00:46:27,359

this direction psychedelics are another

1234

00:46:32,510 --> 00:46:29,700

way that you can really uh take the

1235

00:46:34,430 --> 00:46:32,520

default mode offline and then have

1236

00:46:37,250 --> 00:46:34,440

experiences of broader reality that's

1237

00:46:39,890 --> 00:46:37,260

that's been shown to be the case that uh

1238

00:46:41,210 --> 00:46:39,900

whereas again reduction reductionistic

1239

00:46:43,010 --> 00:46:41,220

materialism would had you have you

1240

00:46:45,109 --> 00:46:43,020

believe that

1241

00:46:46,069 --> 00:46:45,119

um if really Consciousness is in the

1242

00:46:49,130 --> 00:46:46,079

brain

1243

00:46:51,950 --> 00:46:49,140

are having these mind-blowing

1244

00:46:53,510 --> 00:46:51,960

experiences on psychedelics we should

1245

00:46:54,770 --> 00:46:53,520

see the brain lighting upright the gray

1246

00:46:56,329 --> 00:46:54,780

matter of the brain should be lighting

1247

00:46:57,950 --> 00:46:56,339

up and yet that's not what we see the

1248

00:46:59,270 --> 00:46:57,960

brain looks remarkably dormant and yet

1249

00:47:01,010 --> 00:46:59,280

people are having the most mind-blowing

1250

00:47:02,089 --> 00:47:01,020

experiences Vivid experiences of their

1251
00:47:04,430 --> 00:47:02,099
lifetime

1252
00:47:07,670 --> 00:47:04,440
and it's because I think it's the exact

1253
00:47:09,710 --> 00:47:07,680
opposite that we drop out of the default

1254
00:47:12,230 --> 00:47:09,720
mode the usual monkey mind has gone

1255
00:47:13,910 --> 00:47:12,240
offline and on these psychedelic

1256
00:47:15,410 --> 00:47:13,920
Journeys we are actually and same thing

1257
00:47:18,230 --> 00:47:15,420
happens in shamanic kind of cultures

1258
00:47:20,450 --> 00:47:18,240
right with Ayahuasca and things where

1259
00:47:23,510 --> 00:47:20,460
you're actually then again dropping into

1260
00:47:25,309 --> 00:47:23,520
the the larger reality that is beneath

1261
00:47:28,550 --> 00:47:25,319
all of the sort of like surface layer

1262
00:47:31,250 --> 00:47:28,560
that we usually dwell in so some of

1263
00:47:32,809 --> 00:47:31,260

those those techniques also help you

1264

00:47:34,309 --> 00:47:32,819

um experience some of the broader

1265

00:47:37,670 --> 00:47:34,319

reality but again I just want to

1266

00:47:39,470 --> 00:47:37,680

reiterate that it's more about what you

1267

00:47:41,690 --> 00:47:39,480

can get out of the way to see what's

1268

00:47:45,050 --> 00:47:41,700

already there beneath that rather than

1269

00:47:47,270 --> 00:47:45,060

trying to go somewhere else it's already

1270

00:47:50,630 --> 00:47:47,280

there everything's within you it's about

1271

00:47:55,670 --> 00:47:53,150

it's great and I'll insert all medical

1272

00:47:58,849 --> 00:47:55,680

caveat Supply in those statements as

1273

00:48:00,710 --> 00:47:58,859

well so yes yes make your own decisions

1274

00:48:02,390 --> 00:48:00,720

we're not lobbying for anything you know

1275

00:48:04,190 --> 00:48:02,400

little frames isn't culpable for what

1276

00:48:06,770 --> 00:48:04,200

you're doing with your body

1277

00:48:09,170 --> 00:48:06,780

um so a follow-up question to that uh do

1278

00:48:12,050 --> 00:48:09,180

you do you meditate daily and if so how

1279

00:48:16,609 --> 00:48:13,490

yes what's your what's your practice

1280

00:48:19,790 --> 00:48:16,619

there okay I do do it daily and again

1281

00:48:22,370 --> 00:48:19,800

I'm I'm thankful that I am in a season

1282

00:48:24,650 --> 00:48:22,380

of life where you know my kids are grown

1283

00:48:27,290 --> 00:48:24,660

and I know that when people have younger

1284

00:48:29,270 --> 00:48:27,300

kids it can be like a full-time job uh

1285

00:48:32,329 --> 00:48:29,280

just trying to balance all that people

1286

00:48:34,069 --> 00:48:32,339

have a hard time finding time I'm you

1287

00:48:36,230 --> 00:48:34,079

know blessed in the sense that I have

1288

00:48:37,790 --> 00:48:36,240

time to do that so I I usually meditate

1289

00:48:40,790 --> 00:48:37,800

a couple hours a day

1290

00:48:43,609 --> 00:48:40,800

uh usually like an hour and a half

1291

00:48:45,109 --> 00:48:43,619

uh in in the evening before I go to

1292

00:48:46,550 --> 00:48:45,119

sleep

1293

00:48:47,809 --> 00:48:46,560

um and then usually like half an hour in

1294

00:48:49,309 --> 00:48:47,819

the morning when I first wake up just

1295

00:48:51,109 --> 00:48:49,319

sort of set the intention for the day

1296

00:48:52,430 --> 00:48:51,119

and the right kind of resonance for the

1297

00:48:53,150 --> 00:48:52,440

day

1298

00:48:55,550 --> 00:48:53,160

um

1299

00:48:58,130 --> 00:48:55,560

and one thing I really want to

1300

00:48:59,329 --> 00:48:58,140

impress upon people is that I kind of

1301
00:49:01,790 --> 00:48:59,339
already hinted at this but I really want

1302
00:49:04,010 --> 00:49:01,800
to say that

1303
00:49:05,150 --> 00:49:04,020
it's not just about because I've had

1304
00:49:07,670 --> 00:49:05,160
experiences with these other

1305
00:49:09,470 --> 00:49:07,680
intelligences through meditation but you

1306
00:49:10,490 --> 00:49:09,480
can qualitatively make your life so much

1307
00:49:12,230 --> 00:49:10,500
better

1308
00:49:14,210 --> 00:49:12,240
regardless of what other intelligences

1309
00:49:16,370 --> 00:49:14,220
you you reach because what meditation

1310
00:49:19,790 --> 00:49:16,380
helps you do is drop out of that monkey

1311
00:49:22,069 --> 00:49:19,800
mind and the irony is that monkey mind

1312
00:49:23,870 --> 00:49:22,079
is running so non-stop that we don't

1313
00:49:25,190 --> 00:49:23,880

even notice it anymore it's become the

1314

00:49:26,690 --> 00:49:25,200

pair of glasses we're wearing that we

1315

00:49:28,250 --> 00:49:26,700

don't even see

1316

00:49:30,530 --> 00:49:28,260

and when you finally have an experience

1317

00:49:32,690 --> 00:49:30,540

with that monkey mind stopping and

1318

00:49:34,010 --> 00:49:32,700

suddenly your brain running off into the

1319

00:49:35,569 --> 00:49:34,020

future in the past and worrying about

1320

00:49:37,550 --> 00:49:35,579

this and thinking about that I'm

1321

00:49:39,170 --> 00:49:37,560

regretting this you know

1322

00:49:41,450 --> 00:49:39,180

um and suddenly you just are in the

1323

00:49:43,130 --> 00:49:41,460

moment right this is uh what Eckhart

1324

00:49:45,950 --> 00:49:43,140

totally called The Power of Now right

1325

00:49:49,010 --> 00:49:45,960

like you you're in the moment here and

1326
00:49:50,450 --> 00:49:49,020
now and Buddhists talk about this right

1327
00:49:53,329 --> 00:49:50,460
you're in this moment where suddenly

1328
00:49:55,790 --> 00:49:53,339
Everything feels perfect because you

1329
00:49:58,849 --> 00:49:55,800
tune into that Collective Consciousness

1330
00:50:00,710 --> 00:49:58,859
That non-dual Base reality where

1331
00:50:03,950 --> 00:50:00,720
everything

1332
00:50:06,170 --> 00:50:03,960
is perfect it's just that Oneness that

1333
00:50:08,809 --> 00:50:06,180
that can't go wrong because it's this

1334
00:50:11,569 --> 00:50:08,819
absolute core behind everything and you

1335
00:50:13,849 --> 00:50:11,579
can rest in that and you feel

1336
00:50:16,309 --> 00:50:13,859
so much vital energy coming to you when

1337
00:50:19,250 --> 00:50:16,319
you do that because you suddenly are not

1338
00:50:21,650 --> 00:50:19,260

this creature Bound by linear time right

1339

00:50:23,450 --> 00:50:21,660

and that's the first step in sometimes

1340

00:50:25,490 --> 00:50:23,460

beginning to be able to have these

1341

00:50:26,930 --> 00:50:25,500

alternate State experiences because

1342

00:50:28,490 --> 00:50:26,940

you're actually

1343

00:50:30,589 --> 00:50:28,500

in the same way that when you make

1344

00:50:34,250 --> 00:50:30,599

repeated decisions and have habits right

1345

00:50:35,930 --> 00:50:34,260

that actually will form uh kind of uh

1346

00:50:37,970 --> 00:50:35,940

you know canals in your brain they

1347

00:50:39,109 --> 00:50:37,980

actually can see if you have a repeated

1348

00:50:41,210 --> 00:50:39,119

pattern you've done over and over and

1349

00:50:42,829 --> 00:50:41,220

over again then you can actually see it

1350

00:50:44,089 --> 00:50:42,839

in someone's brain imprints eventually

1351

00:50:45,589 --> 00:50:44,099

right

1352

00:50:48,170 --> 00:50:45,599

um which kind of synaptic connections

1353

00:50:50,089 --> 00:50:48,180

fire in their brain right but by the

1354

00:50:52,250 --> 00:50:50,099

same token when they look at the brain

1355

00:50:55,010 --> 00:50:52,260

of long-term meditators they see a

1356

00:50:56,329 --> 00:50:55,020

qualitative difference you know and a

1357

00:50:58,130 --> 00:50:56,339

quantitative difference in the brain

1358

00:51:00,410 --> 00:50:58,140

scans of these people

1359

00:51:03,349 --> 00:51:00,420

and I think there's a even a podcast

1360

00:51:04,790 --> 00:51:03,359

called something like you know 10 or

1361

00:51:06,170 --> 00:51:04,800

something like that something to that

1362

00:51:09,230 --> 00:51:06,180

effect where basically is talking about

1363

00:51:11,809 --> 00:51:09,240

that that regardless of who you are if

1364

00:51:14,210 --> 00:51:11,819

you can bring meditation into your daily

1365

00:51:16,010 --> 00:51:14,220

practice it'll make your life 10 better

1366

00:51:18,290 --> 00:51:16,020

it's almost like this like guaranteed

1367

00:51:19,430 --> 00:51:18,300

you know like promissory note that comes

1368

00:51:20,870 --> 00:51:19,440

with it

1369

00:51:23,630 --> 00:51:20,880

um and so again I would just encourage

1370

00:51:25,370 --> 00:51:23,640

people even if you run into difficulties

1371

00:51:27,170 --> 00:51:25,380

if it feels like you just have an active

1372

00:51:28,730 --> 00:51:27,180

brain you can't do it I would just say

1373

00:51:30,470 --> 00:51:28,740

keep at it

1374

00:51:33,109 --> 00:51:30,480

um

1375

00:51:35,089 --> 00:51:33,119

maybe join a meditation group you know

1376

00:51:36,589 --> 00:51:35,099

or a Buddhist Sangha or something where

1377

00:51:38,089 --> 00:51:36,599

you can actually have other people help

1378

00:51:40,490 --> 00:51:38,099

you because sometimes you pick up in the

1379

00:51:42,109 --> 00:51:40,500

coherent field and it helps you entrain

1380

00:51:45,170 --> 00:51:42,119

your brain

1381

00:51:46,970 --> 00:51:45,180

um but uh there's so many benefits that

1382

00:51:48,710 --> 00:51:46,980

come from it Beyond being able to

1383

00:51:50,569 --> 00:51:48,720

connect to other other forms of

1384

00:51:52,609 --> 00:51:50,579

consciousness

1385

00:51:55,069 --> 00:51:52,619

well and that's uh related to the last

1386

00:51:57,470 --> 00:51:55,079

request we had here on meditation and

1387

00:51:59,630 --> 00:51:57,480

and I would say before I propose this

1388

00:52:02,270 --> 00:51:59,640

that meditation is

1389

00:52:04,609 --> 00:52:02,280

you know a way that we can

1390

00:52:08,030 --> 00:52:04,619

have an embodied of exp embodied

1391

00:52:10,430 --> 00:52:08,040

experience of the non-dual uh you know

1392

00:52:14,390 --> 00:52:10,440

we could tap into that non-dual

1393

00:52:17,030 --> 00:52:14,400

reality uh this question

1394

00:52:19,069 --> 00:52:17,040

is asking how can what tips could you

1395

00:52:21,349 --> 00:52:19,079

provide in order to connect to the

1396

00:52:23,450 --> 00:52:21,359

higher intelligences and I guess before

1397

00:52:25,250 --> 00:52:23,460

you address that

1398

00:52:26,450 --> 00:52:25,260

you know my thought on on reading that

1399

00:52:29,150 --> 00:52:26,460

question is

1400

00:52:31,490 --> 00:52:29,160

the it relates to intention you know and

1401

00:52:33,829 --> 00:52:31,500

relates to this uh

1402

00:52:35,450 --> 00:52:33,839

what is it that you are seeking when

1403

00:52:39,890 --> 00:52:35,460

you're asking that kind of question what

1404

00:52:41,990 --> 00:52:39,900

is it that you want uh because and I you

1405

00:52:43,609 --> 00:52:42,000

know could be reading it into this in a

1406

00:52:46,370 --> 00:52:43,619

totally different direction than how it

1407

00:52:48,950 --> 00:52:46,380

was intended but I think oftentimes in

1408

00:52:50,870 --> 00:52:48,960

in the circles that we traffic there's a

1409

00:52:54,829 --> 00:52:50,880

lot of desire to

1410

00:52:57,410 --> 00:52:54,839

uh to to know and to connect with uh

1411

00:52:59,870 --> 00:52:57,420

these beings and and attach to whatever

1412

00:53:02,750 --> 00:52:59,880

it is that they know so that we can have

1413

00:53:05,809 --> 00:53:02,760

knowledge greater Insight power whatever

1414

00:53:07,370 --> 00:53:05,819

it is and and that's I don't get the

1415

00:53:09,349 --> 00:53:07,380

sense from you that that's kind of the

1416

00:53:12,470 --> 00:53:09,359

the right intention to have the right

1417

00:53:15,470 --> 00:53:12,480

reason for connection and and also that

1418

00:53:17,630 --> 00:53:15,480

in the sense that we we

1419

00:53:20,809 --> 00:53:17,640

probably need to start thinking of these

1420

00:53:23,690 --> 00:53:20,819

other intelligences as distinctly other

1421

00:53:25,370 --> 00:53:23,700

than right so there is at this base

1422

00:53:28,130 --> 00:53:25,380

level that we've been talking about here

1423

00:53:30,410 --> 00:53:28,140

we're fundamentally connected we are we

1424

00:53:34,370 --> 00:53:30,420

are the basically the same there are

1425

00:53:37,010 --> 00:53:34,380

aspects of us that we aren't uh normally

1426

00:53:40,549 --> 00:53:37,020

aware of but they are a part of us and

1427

00:53:42,829 --> 00:53:40,559

we can tap into what what they know and

1428

00:53:46,069 --> 00:53:42,839

and and their experience of of that

1429

00:53:47,930 --> 00:53:46,079

deeper conscious field but it's not I

1430

00:53:50,210 --> 00:53:47,940

just want to meditate so I can get some

1431

00:53:52,430 --> 00:53:50,220

sort of nugget of whatever it is from

1432

00:53:54,170 --> 00:53:52,440

this entity from this alternate

1433

00:53:56,510 --> 00:53:54,180

Dimension I don't know what would you

1434

00:53:58,309 --> 00:53:56,520

say about that yeah that's that's right

1435

00:53:59,750 --> 00:53:58,319

on and I would say that you know just to

1436

00:54:02,809 --> 00:53:59,760

make this clear to people I mean I've

1437

00:54:04,970 --> 00:54:02,819

been meditating for about 15 years so uh

1438

00:54:06,349 --> 00:54:04,980

I went a long time before there was any

1439

00:54:08,750 --> 00:54:06,359

kind of connection with some sort of

1440

00:54:11,210 --> 00:54:08,760

alternate intelligence

1441

00:54:13,609 --> 00:54:11,220

um and for a long time the reward was

1442

00:54:14,990 --> 00:54:13,619

that experience of The Power of Now that

1443

00:54:18,170 --> 00:54:15,000

experience of

1444

00:54:20,270 --> 00:54:18,180

really experientially and somatically

1445

00:54:22,010 --> 00:54:20,280

not just my mind but throughout my body

1446

00:54:24,970 --> 00:54:22,020

right it's a fully embodied experience

1447

00:54:27,230 --> 00:54:24,980

of non-duality of when you can

1448

00:54:29,990 --> 00:54:27,240

experience that it's incredibly peaceful

1449

00:54:32,450 --> 00:54:30,000

because you uh not only do you feel the

1450

00:54:33,890 --> 00:54:32,460

piece in real time but you know again

1451
00:54:35,510 --> 00:54:33,900
it's that direct knowing it's not a

1452
00:54:37,910 --> 00:54:35,520
conceptual knowing it's a direct knowing

1453
00:54:41,329 --> 00:54:37,920
that this is something you cannot lose

1454
00:54:43,190 --> 00:54:41,339
right and so you rest in it in a way

1455
00:54:45,530 --> 00:54:43,200
that you can't rest with anything else

1456
00:54:47,210 --> 00:54:45,540
in this lifetime which again Buddhism

1457
00:54:49,730 --> 00:54:47,220
will teach you is transitory and things

1458
00:54:51,650 --> 00:54:49,740
are constantly changing right but when

1459
00:54:54,349 --> 00:54:51,660
you tap into that non-dual Source you

1460
00:54:56,690 --> 00:54:54,359
recognize that this is this is base

1461
00:54:58,450 --> 00:54:56,700
reality right and this is true and this

1462
00:55:00,290 --> 00:54:58,460
is something you cannot lose

1463
00:55:03,410 --> 00:55:00,300

indestructible because it was never

1464

00:55:04,490 --> 00:55:03,420

created it's just is right

1465

00:55:08,089 --> 00:55:04,500

um

1466

00:55:10,190 --> 00:55:08,099

so yeah I think uh

1467

00:55:12,890 --> 00:55:10,200

I would encourage people that regardless

1468

00:55:14,750 --> 00:55:12,900

of where you start

1469

00:55:16,309 --> 00:55:14,760

um you know there's various things you

1470

00:55:19,430 --> 00:55:16,319

can do that all point in the right

1471

00:55:22,490 --> 00:55:19,440

direction that will produce different

1472

00:55:24,589 --> 00:55:22,500

fruit of which one of them may be that

1473

00:55:26,150 --> 00:55:24,599

you contact other entities but as I've

1474

00:55:28,970 --> 00:55:26,160

said that's complex because part of it

1475

00:55:31,130 --> 00:55:28,980

comes down to our different uh you know

1476
00:55:33,650 --> 00:55:31,140
constituent background right in terms of

1477
00:55:35,450 --> 00:55:33,660
who we really are and and what's already

1478
00:55:38,930 --> 00:55:35,460
part of our makeup and it's about really

1479
00:55:41,690 --> 00:55:38,940
being unlocking doors to other parts of

1480
00:55:43,130 --> 00:55:41,700
ourselves basically so absolutely you're

1481
00:55:44,809 --> 00:55:43,140
right that it's not about this clear

1482
00:55:47,150 --> 00:55:44,819
distinction between them versus me

1483
00:55:49,069 --> 00:55:47,160
sometimes that's just not the case and

1484
00:55:51,530 --> 00:55:49,079
in the most real sense it can't be the

1485
00:55:56,089 --> 00:55:51,540
case right because of this non-dual base

1486
00:55:58,370 --> 00:55:56,099
reality so again if you meditate if you

1487
00:56:00,650 --> 00:55:58,380
focus on your own energy right if you

1488
00:56:02,270 --> 00:56:00,660

focus on uh

1489

00:56:03,589 --> 00:56:02,280

if your goal for instance is to

1490

00:56:05,630 --> 00:56:03,599

eventually commune with positive

1491

00:56:08,150 --> 00:56:05,640

entities the first thing you can begin

1492

00:56:10,250 --> 00:56:08,160

doing uh is is being aware of your own

1493

00:56:12,470 --> 00:56:10,260

energy right being aware of because in

1494

00:56:14,510 --> 00:56:12,480

these subtle Realms this reflexive

1495

00:56:16,130 --> 00:56:14,520

nature right where we

1496

00:56:17,569 --> 00:56:16,140

kind of don't realize that what we're

1497

00:56:19,549 --> 00:56:17,579

doing is

1498

00:56:21,589 --> 00:56:19,559

um dialing certain numbers right when we

1499

00:56:23,630 --> 00:56:21,599

reach out and often if we're not

1500

00:56:26,569 --> 00:56:23,640

conscious of it what's actually going on

1501
00:56:28,730 --> 00:56:26,579
beneath the scenes is that our energy is

1502
00:56:31,130 --> 00:56:28,740
manifesting and dialing a certain number

1503
00:56:34,329 --> 00:56:31,140
like attracts like that kind of thing

1504
00:56:36,770 --> 00:56:34,339
right so you uh if you actually are

1505
00:56:38,809 --> 00:56:36,780
unconsciously manifesting also to the

1506
00:56:40,309 --> 00:56:38,819
negative energy you know beware of what

1507
00:56:42,170 --> 00:56:40,319
might pick up on the other end and again

1508
00:56:44,990 --> 00:56:42,180
but I also want to say you don't have to

1509
00:56:47,450 --> 00:56:45,000
walk around nervous about that because

1510
00:56:50,930 --> 00:56:47,460
the key is to begin to focus on bringing

1511
00:56:54,950 --> 00:56:50,940
more into your self-awareness uh your

1512
00:56:56,990 --> 00:56:54,960
own energy and and begin to notice when

1513
00:56:58,970 --> 00:56:57,000

you're you have this residue of

1514

00:57:02,030 --> 00:56:58,980

negativity you know sort of buzzing

1515

00:57:04,670 --> 00:57:02,040

around you and work on transmuting that

1516

00:57:06,290 --> 00:57:04,680

right it's not about suppressing it that

1517

00:57:08,569 --> 00:57:06,300

never works that just creates more

1518

00:57:10,910 --> 00:57:08,579

Shadow and it'll come up in strange ways

1519

00:57:12,829 --> 00:57:10,920

often coming it could come in the ways

1520

00:57:15,650 --> 00:57:12,839

of contacting beings you don't mean to

1521

00:57:17,630 --> 00:57:15,660

so you really want to bring it into your

1522

00:57:19,549 --> 00:57:17,640

metacognition so that you actually are

1523

00:57:21,530 --> 00:57:19,559

aware of it being part of who you are

1524

00:57:23,329 --> 00:57:21,540

right now that energy and then you work

1525

00:57:25,670 --> 00:57:23,339

on transmuting it which basically means

1526

00:57:28,190 --> 00:57:25,680

working with it not being afraid of it

1527

00:57:30,109 --> 00:57:28,200

not trying to suppress it uh but you

1528

00:57:31,790 --> 00:57:30,119

work with it and just bring it into your

1529

00:57:34,430 --> 00:57:31,800

awareness right away will change it

1530

00:57:36,530 --> 00:57:34,440

right away and then as you work with it

1531

00:57:39,650 --> 00:57:36,540

you can actually transmute it into a

1532

00:57:41,030 --> 00:57:39,660

neutral or a positive energy uh so again

1533

00:57:43,430 --> 00:57:41,040

that will make your life feel better

1534

00:57:45,890 --> 00:57:43,440

experientially people will notice that

1535

00:57:47,809 --> 00:57:45,900

you seem like a more peaceful person and

1536

00:57:49,609 --> 00:57:47,819

as a byproduct it'll make it much more

1537

00:57:51,470 --> 00:57:49,619

likely that you will have contact with

1538

00:57:53,390 --> 00:57:51,480

positive entities so it kind of all

1539

00:57:55,609 --> 00:57:53,400

works together and I would say that you

1540

00:57:57,170 --> 00:57:55,619

know regardless of which modality you

1541

00:57:59,150 --> 00:57:57,180

work on first

1542

00:58:02,030 --> 00:57:59,160

try to keep the whole picture in mind

1543

00:58:03,470 --> 00:58:02,040

about who you are your own energetic

1544

00:58:05,569 --> 00:58:03,480

Constitution and and what the

1545

00:58:07,910 --> 00:58:05,579

implications are that are of that in

1546

00:58:09,230 --> 00:58:07,920

terms of reaching out to others

1547

00:58:11,390 --> 00:58:09,240

and those others might be the people

1548

00:58:13,670 --> 00:58:11,400

around you your direct family your

1549

00:58:17,750 --> 00:58:13,680

co-workers and these beings you meet

1550

00:58:19,609 --> 00:58:17,760

sort of beyond beyond this realm well

1551
00:58:22,430 --> 00:58:19,619
it's a great segue into the next section

1552
00:58:24,410 --> 00:58:22,440
of questions that really does relate to

1553
00:58:26,750 --> 00:58:24,420
the others and in fact the first

1554
00:58:28,370 --> 00:58:26,760
question was about you know what

1555
00:58:30,530 --> 00:58:28,380
techniques to use to protect yourself

1556
00:58:32,390 --> 00:58:30,540
from negative entities but I before you

1557
00:58:33,290 --> 00:58:32,400
jump into that you or take take that a

1558
00:58:35,809 --> 00:58:33,300
little bit further because you did

1559
00:58:38,510 --> 00:58:35,819
already address some of that uh I was

1560
00:58:41,089 --> 00:58:38,520
reminded of something that we talked

1561
00:58:42,890 --> 00:58:41,099
about a couple of weeks ago and that's

1562
00:58:45,289 --> 00:58:42,900
that even though there are other

1563
00:58:48,410 --> 00:58:45,299

intelligences that that they themselves

1564

00:58:51,470 --> 00:58:48,420

may have you know greater Mastery over

1565

00:58:53,150 --> 00:58:51,480

uh you know the the reality that you and

1566

00:58:55,430 --> 00:58:53,160

I experience in terms of Mind Over

1567

00:58:58,010 --> 00:58:55,440

Matter or even a technology

1568

00:59:00,230 --> 00:58:58,020

technological superiority to what we

1569

00:59:02,930 --> 00:59:00,240

have as technology uh doesn't

1570

00:59:05,150 --> 00:59:02,940

necessarily mean that they have a a sort

1571

00:59:08,630 --> 00:59:05,160

of a greater level of conscious

1572

00:59:12,410 --> 00:59:08,640

development and they just like human

1573

00:59:16,430 --> 00:59:12,420

beings can be can be attracted to uh

1574

00:59:18,109 --> 00:59:16,440

negative energies and can it can be

1575

00:59:20,930 --> 00:59:18,119

drawn to those energies and want to

1576

00:59:23,630 --> 00:59:20,940

participate in those energy sort of

1577

00:59:25,670 --> 00:59:23,640

streams if you will uh you know I can

1578

00:59:28,789 --> 00:59:25,680

think of plenty of examples in social

1579

00:59:31,430 --> 00:59:28,799

media where uh it's essentially like a

1580

00:59:34,370 --> 00:59:31,440

dog pile where uh when someone is

1581

00:59:36,470 --> 00:59:34,380

expressing a strong negative emotion or

1582

00:59:39,890 --> 00:59:36,480

a rage or whatever that gets the most

1583

00:59:42,589 --> 00:59:39,900

level of Engagement uh so it's it's like

1584

00:59:44,750 --> 00:59:42,599

moss to a flame there and that and it's

1585

00:59:48,349 --> 00:59:44,760

very much the case that in in these

1586

00:59:50,990 --> 00:59:48,359

other modalities there are entities that

1587

00:59:53,770 --> 00:59:51,000

are can can behave in much the same way

1588

00:59:57,049 --> 00:59:53,780

they can be attracted to that negative

1589

01:00:01,010 --> 00:59:57,059

expression the negative energy the fear

1590

01:00:03,650 --> 01:00:01,020

uh the anger and and and they can be

1591

01:00:04,789 --> 01:00:03,660

excited by that and so I don't know can

1592

01:00:06,829 --> 01:00:04,799

you speak to that a little bit more

1593

01:00:08,210 --> 01:00:06,839

because I think some folks at least

1594

01:00:10,190 --> 01:00:08,220

though there are those who've had

1595

01:00:11,150 --> 01:00:10,200

experiences with negative entities and

1596

01:00:12,890 --> 01:00:11,160

then there are those who haven't had

1597

01:00:15,049 --> 01:00:12,900

experiences at all but may be wary of

1598

01:00:17,390 --> 01:00:15,059

entering into some of these modalities

1599

01:00:19,069 --> 01:00:17,400

for fear of running into these net

1600

01:00:21,950 --> 01:00:19,079

negative intelligences

1601
01:00:23,809 --> 01:00:21,960
right yeah I mean um I think this is

1602
01:00:25,970 --> 01:00:23,819
part of the

1603
01:00:27,589 --> 01:00:25,980
the complexity of disclosure right that

1604
01:00:30,230 --> 01:00:27,599
we've talked about before because it's

1605
01:00:33,829 --> 01:00:30,240
not just about what other intelligences

1606
01:00:36,049 --> 01:00:33,839
are in our midst but it's about how do

1607
01:00:39,710 --> 01:00:36,059
the interactions between them and us

1608
01:00:41,569 --> 01:00:39,720
take place right uh what are the moving

1609
01:00:44,990 --> 01:00:41,579
Parts there right and a big part of it

1610
01:00:47,750 --> 01:00:45,000
is is our own energetic uh Constitution

1611
01:00:49,609 --> 01:00:47,760
for each of us and also entire you know

1612
01:00:50,930 --> 01:00:49,619
culture groups speaking of conscious

1613
01:00:52,670 --> 01:00:50,940

agents kind of adding up to larger

1614

01:00:55,130 --> 01:00:52,680

conscious agents

1615

01:00:57,109 --> 01:00:55,140

um and of course we're not taught about

1616

01:00:58,730 --> 01:00:57,119

this in school right if I were to ask

1617

01:01:00,890 --> 01:00:58,740

you which grade was the last time you

1618

01:01:02,750 --> 01:01:00,900

took a course in you know spiritual

1619

01:01:05,750 --> 01:01:02,760

hygiene you would say I'm nah don't

1620

01:01:07,849 --> 01:01:05,760

remember that one right uh so or if

1621

01:01:10,130 --> 01:01:07,859

people think about these other beings

1622

01:01:12,770 --> 01:01:10,140

they they reduce it to Angels and Demons

1623

01:01:14,930 --> 01:01:12,780

right and so to say to them that there's

1624

01:01:16,910 --> 01:01:14,940

this infinite complexity of different

1625

01:01:18,650 --> 01:01:16,920

kinds of beings and and thinking of

1626

01:01:20,210 --> 01:01:18,660

polarities of good versus evil is not

1627

01:01:22,370 --> 01:01:20,220

that helpful what's more helpful is to

1628

01:01:23,750 --> 01:01:22,380

think about a spiral of developing

1629

01:01:26,569 --> 01:01:23,760

consciousness

1630

01:01:28,069 --> 01:01:26,579

and in the same way you know you can

1631

01:01:32,750 --> 01:01:28,079

have a

1632

01:01:34,730 --> 01:01:32,760

some sort of spiritual teacher who may

1633

01:01:37,910 --> 01:01:34,740

have might have made penetrating insight

1634

01:01:39,770 --> 01:01:37,920

into uh the depth of reality right and

1635

01:01:41,329 --> 01:01:39,780

Alternate Realms but might still kind of

1636

01:01:43,370 --> 01:01:41,339

Be a Jerk right they may just

1637

01:01:45,849 --> 01:01:43,380

interpersonally be very very

1638

01:01:47,990 --> 01:01:45,859

underdeveloped so it's it's and people

1639

01:01:49,490 --> 01:01:48,000

frequently fall for this right so you

1640

01:01:50,930 --> 01:01:49,500

hear about these scandals that happen in

1641

01:01:52,670 --> 01:01:50,940

these different spiritual movements or

1642

01:01:54,410 --> 01:01:52,680

these different cult groups because

1643

01:01:56,870 --> 01:01:54,420

people think well if this person has

1644

01:01:59,630 --> 01:01:56,880

this legitimate spiritual insight they

1645

01:02:01,549 --> 01:01:59,640

must be a good person right and often

1646

01:02:02,750 --> 01:02:01,559

sometimes they're not because in the

1647

01:02:04,069 --> 01:02:02,760

same way that if you're born with a

1648

01:02:06,349 --> 01:02:04,079

silver spoon and you never had to fight

1649

01:02:07,970 --> 01:02:06,359

for anything often you're underdeveloped

1650

01:02:10,370 --> 01:02:07,980

in various ways because you never had

1651
01:02:12,349 --> 01:02:10,380
that resistance training in the same way

1652
01:02:13,609 --> 01:02:12,359
if someone if people flock around

1653
01:02:16,430 --> 01:02:13,619
someone because of their spiritual

1654
01:02:18,109 --> 01:02:16,440
Insight they often will have an in other

1655
01:02:20,630 --> 01:02:18,119
ego issues that are never addressed

1656
01:02:22,130 --> 01:02:20,640
because they're just surrounded by yes

1657
01:02:26,270 --> 01:02:22,140
people who just want to you know hear

1658
01:02:29,690 --> 01:02:28,309
yeah all of all of this really matters

1659
01:02:32,089 --> 01:02:29,700
and it and

1660
01:02:33,890 --> 01:02:32,099
um when it comes to you know reaching

1661
01:02:36,230 --> 01:02:33,900
out to entities and how can you protect

1662
01:02:37,789 --> 01:02:36,240
yourself uh I think I already mentioned

1663
01:02:39,890 --> 01:02:37,799

there's this concept called spiritual

1664

01:02:42,170 --> 01:02:39,900

hygiene which is basically about the

1665

01:02:43,789 --> 01:02:42,180

same way that you know the the analogy

1666

01:02:45,170 --> 01:02:43,799

of you wake up and you brush your teeth

1667

01:02:47,569 --> 01:02:45,180

and you wash your hair and the certain

1668

01:02:49,250 --> 01:02:47,579

things you do to take care of the Temple

1669

01:02:51,230 --> 01:02:49,260

of your physical body

1670

01:02:52,849 --> 01:02:51,240

there's also things that you need to you

1671

01:02:55,190 --> 01:02:52,859

know on a regular basis be doing

1672

01:02:58,190 --> 01:02:55,200

energetically right so I already talked

1673

01:03:00,650 --> 01:02:58,200

about uh through meditation and various

1674

01:03:02,930 --> 01:03:00,660

techniques like that you can bring into

1675

01:03:05,510 --> 01:03:02,940

your awareness the energies that are

1676
01:03:07,309 --> 01:03:05,520
sort of buzzing around you right and and

1677
01:03:09,049 --> 01:03:07,319
then work with those energies right

1678
01:03:10,490 --> 01:03:09,059
rather than you know just go oh I'm

1679
01:03:12,670 --> 01:03:10,500
stuck with it right you can actually

1680
01:03:14,809 --> 01:03:12,680
work with them and it begins by

1681
01:03:16,150 --> 01:03:14,819
recognizing for instance if you have a

1682
01:03:20,270 --> 01:03:16,160
negative feeling

1683
01:03:21,530 --> 01:03:20,280
guilt uh regret you know shame whatever

1684
01:03:23,329 --> 01:03:21,540
it is

1685
01:03:25,190 --> 01:03:23,339
rather than going I don't want to feel

1686
01:03:26,990 --> 01:03:25,200
that because it doesn't feel good I

1687
01:03:29,270 --> 01:03:27,000
understand it doesn't feel good but the

1688
01:03:30,890 --> 01:03:29,280

good news is if you are just with it if

1689

01:03:32,450 --> 01:03:30,900

you're present with it you immediately

1690

01:03:34,849 --> 01:03:32,460

begin to change because it's like a

1691

01:03:37,370 --> 01:03:34,859

wavelength and so that's all it is right

1692

01:03:39,650 --> 01:03:37,380

like we we break it down into consent

1693

01:03:41,329 --> 01:03:39,660

into Concepts right and so we go listen

1694

01:03:43,370 --> 01:03:41,339

shame's never good so why would I want

1695

01:03:45,049 --> 01:03:43,380

to be with that right but you can

1696

01:03:46,670 --> 01:03:45,059

actually transmute shame into something

1697

01:03:49,569 --> 01:03:46,680

else right

1698

01:03:51,770 --> 01:03:49,579

um and so you first have to bring that

1699

01:03:53,569 --> 01:03:51,780

emotion right which is basically an

1700

01:03:55,609 --> 01:03:53,579

expression of an energy into your

1701

01:03:57,650 --> 01:03:55,619

awareness and then you work with it you

1702

01:03:59,630 --> 01:03:57,660

begin to change it right you remind

1703

01:04:01,789 --> 01:03:59,640

yourself of things like I'm part of the

1704

01:04:03,410 --> 01:04:01,799

non-dual source I've I've learned this

1705

01:04:06,650 --> 01:04:03,420

lesson here

1706

01:04:09,109 --> 01:04:06,660

um but again just just coming at it with

1707

01:04:11,990 --> 01:04:09,119

or being with it is a better way to put

1708

01:04:13,849 --> 01:04:12,000

it with conscious energy that's a

1709

01:04:15,829 --> 01:04:13,859

forgiving energy that's Connected To

1710

01:04:19,190 --> 01:04:15,839

Source you begin to immediately change

1711

01:04:21,109 --> 01:04:19,200

it and that's partly why

1712

01:04:23,030 --> 01:04:21,119

some of these entities that are negative

1713

01:04:26,510 --> 01:04:23,040

are kind of like these these sort of

1714

01:04:27,950 --> 01:04:26,520

viruses you know on the astral plane but

1715

01:04:30,589 --> 01:04:27,960

a lot of people are immune to them

1716

01:04:32,809 --> 01:04:30,599

because they don't dwell in large

1717

01:04:35,809 --> 01:04:32,819

amounts of Shame right and fear and

1718

01:04:37,970 --> 01:04:35,819

regret and so if you are already working

1719

01:04:40,130 --> 01:04:37,980

at such a level that you don't hold on

1720

01:04:42,530 --> 01:04:40,140

to those kind of things those entities

1721

01:04:44,089 --> 01:04:42,540

really can't have at you you kind of

1722

01:04:47,270 --> 01:04:44,099

have an immunity to it I call it

1723

01:04:48,770 --> 01:04:47,280

energetic immunity so this is what it

1724

01:04:50,630 --> 01:04:48,780

you know comes down to this is kind of

1725

01:04:52,970 --> 01:04:50,640

the work we do is is to bring into our

1726
01:04:54,470 --> 01:04:52,980
awareness what's going on with us and

1727
01:04:55,730 --> 01:04:54,480
then working with those energies being

1728
01:04:57,829 --> 01:04:55,740
with them even if they don't feel good

1729
01:04:59,569 --> 01:04:57,839
at first and they will change you really

1730
01:05:02,030 --> 01:04:59,579
can change them just by being with them

1731
01:05:04,010 --> 01:05:02,040
and maybe it means like seeking out a

1732
01:05:05,630 --> 01:05:04,020
teacher that can help you work through

1733
01:05:07,490 --> 01:05:05,640
that if it feels too overwhelming at

1734
01:05:08,870 --> 01:05:07,500
first some people understandably have

1735
01:05:11,270 --> 01:05:08,880
been through some hard things that they

1736
01:05:13,309 --> 01:05:11,280
just repressed because that's the body

1737
01:05:15,609 --> 01:05:13,319
mind's way of actually trying to keep

1738
01:05:19,130 --> 01:05:15,619

you safe and keep you alive is that we

1739

01:05:20,569 --> 01:05:19,140

block out or compartmentalize these you

1740

01:05:22,609 --> 01:05:20,579

know traumatic things that happen

1741

01:05:24,890 --> 01:05:22,619

including for instance having experience

1742

01:05:25,849 --> 01:05:24,900

with gray aliens right or it could be

1743

01:05:27,890 --> 01:05:25,859

something that happened when we were a

1744

01:05:30,349 --> 01:05:27,900

kid that was traumatic and so our body

1745

01:05:32,390 --> 01:05:30,359

Minds evolutionarily our evolutionary

1746

01:05:35,630 --> 01:05:32,400

response to protect us is to like

1747

01:05:37,190 --> 01:05:35,640

blockade that right that

1748

01:05:39,410 --> 01:05:37,200

um that experience but the problem is

1749

01:05:42,170 --> 01:05:39,420

part of our Vital energy is now cycling

1750

01:05:44,450 --> 01:05:42,180

and that one little area that's now been

1751

01:05:46,670 --> 01:05:44,460

segmented off and that's a little bit

1752

01:05:48,589 --> 01:05:46,680

less core energy you have right so you

1753

01:05:50,870 --> 01:05:48,599

might experience that with feeling less

1754

01:05:53,210 --> 01:05:50,880

Vitality day to day right

1755

01:05:54,950 --> 01:05:53,220

and a lot of people might have had that

1756

01:05:56,630 --> 01:05:54,960

happen you know decades ago and so they

1757

01:05:57,770 --> 01:05:56,640

don't even know what it feels like to

1758

01:05:59,750 --> 01:05:57,780

have a hundred percent of their energy

1759

01:06:01,970 --> 01:05:59,760

back online but by beginning to work

1760

01:06:03,770 --> 01:06:01,980

with some of that energy uh you bring

1761

01:06:05,150 --> 01:06:03,780

you you transmute that energy you pull

1762

01:06:07,130 --> 01:06:05,160

it back into your core and it's working

1763

01:06:09,410 --> 01:06:07,140

for you now rather than spiraling off

1764

01:06:11,089 --> 01:06:09,420

like a like an app that's just basically

1765

01:06:14,630 --> 01:06:11,099

just running in the background and using

1766

01:06:16,549 --> 01:06:14,640

up memory and storage right so

1767

01:06:20,329 --> 01:06:16,559

um these are the kind of things you need

1768

01:06:22,430 --> 01:06:20,339

to do you know um if you have uh some

1769

01:06:23,990 --> 01:06:22,440

sort of outstanding conflict with

1770

01:06:25,730 --> 01:06:24,000

someone and that also is kind of like

1771

01:06:27,230 --> 01:06:25,740

the spiraling spiraling energy that's

1772

01:06:30,770 --> 01:06:27,240

just it's sitting out there running

1773

01:06:33,470 --> 01:06:30,780

until it gets resolved now this other

1774

01:06:35,390 --> 01:06:33,480

person that maybe you need to resolve a

1775

01:06:37,309 --> 01:06:35,400

situation with might not be ready to

1776

01:06:39,710 --> 01:06:37,319

meet with you right but you can still do

1777

01:06:41,750 --> 01:06:39,720

everything you can to resolve your part

1778

01:06:43,430 --> 01:06:41,760

of the energy right and so again you're

1779

01:06:46,549 --> 01:06:43,440

still transmitting energy so these are

1780

01:06:48,470 --> 01:06:46,559

the kind of things that we do again not

1781

01:06:50,089 --> 01:06:48,480

just to make our daily lives better not

1782

01:06:52,309 --> 01:06:50,099

just to bring more more vital energy

1783

01:06:54,529 --> 01:06:52,319

back into our daily experience which

1784

01:06:55,910 --> 01:06:54,539

will feel as being a better feeling of

1785

01:06:57,589 --> 01:06:55,920

being alive

1786

01:07:00,890 --> 01:06:57,599

but it also

1787

01:07:03,170 --> 01:07:00,900

um gives us protection and to some

1788

01:07:04,670 --> 01:07:03,180

degree primes the experience in terms of

1789

01:07:07,190 --> 01:07:04,680

who we reach out to in these other

1790

01:07:11,390 --> 01:07:08,870

well let me get into some of the

1791

01:07:14,270 --> 01:07:11,400

nitty-gritty here with your particular

1792

01:07:17,270 --> 01:07:14,280

experience with the others I've got

1793

01:07:19,730 --> 01:07:17,280

several little questions about that uh

1794

01:07:21,770 --> 01:07:19,740

first off is uh

1795

01:07:25,130 --> 01:07:21,780

is your

1796

01:07:26,990 --> 01:07:25,140

communication with them is it two-way or

1797

01:07:29,930 --> 01:07:27,000

is it bi-directional or is it is it one

1798

01:07:32,569 --> 01:07:29,940

way when you when you engage with them

1799

01:07:34,910 --> 01:07:32,579

it's definitely bi-directional but

1800

01:07:36,230 --> 01:07:34,920

um it's not necessarily like a

1801
01:07:38,210 --> 01:07:36,240
conversation like you and I are having

1802
01:07:41,510 --> 01:07:38,220
it's not like that when I say it's

1803
01:07:43,190 --> 01:07:41,520
bi-directional I mean that I I can

1804
01:07:45,289 --> 01:07:43,200
um

1805
01:07:48,289 --> 01:07:45,299
sort of bring up questions and they will

1806
01:07:50,210 --> 01:07:48,299
get answered in various ways but not

1807
01:07:52,250 --> 01:07:50,220
often in a way that's kind of linear

1808
01:07:53,750 --> 01:07:52,260
like a back and forth conversation it

1809
01:07:55,370 --> 01:07:53,760
doesn't really work that way because

1810
01:07:57,650 --> 01:07:55,380
time's different usually in my

1811
01:08:00,170 --> 01:07:57,660
experience of that but it's definitely

1812
01:08:02,329 --> 01:08:00,180
uh definitely two-way yeah

1813
01:08:04,970 --> 01:08:02,339

well let me ask a follow-up on that so

1814

01:08:06,849 --> 01:08:04,980

is is it that

1815

01:08:09,890 --> 01:08:06,859

you are

1816

01:08:11,990 --> 01:08:09,900

personifying that way of knowing

1817

01:08:14,089 --> 01:08:12,000

or is it

1818

01:08:15,890 --> 01:08:14,099

is it actually an entity in and of

1819

01:08:18,289 --> 01:08:15,900

itself like if you understand what I'm

1820

01:08:20,269 --> 01:08:18,299

getting at there

1821

01:08:22,610 --> 01:08:20,279

help me out a bit and what you mean so

1822

01:08:24,050 --> 01:08:22,620

you were saying that it's not like you

1823

01:08:26,209 --> 01:08:24,060

and I have a having a two-way

1824

01:08:27,829 --> 01:08:26,219

conversation you know that you might put

1825

01:08:31,370 --> 01:08:27,839

it out there and then it might come back

1826

01:08:32,150 --> 01:08:31,380

to you and it may return in a way that's

1827

01:08:36,050 --> 01:08:32,160

um

1828

01:08:38,390 --> 01:08:36,060

you know kind of more felt uh are you

1829

01:08:40,189 --> 01:08:38,400

personifying

1830

01:08:42,410 --> 01:08:40,199

how that is

1831

01:08:45,650 --> 01:08:42,420

relayed to you like it's coming from an

1832

01:08:49,789 --> 01:08:45,660

entity or is it just knowledge that is

1833

01:08:51,650 --> 01:08:49,799

instead uh emanating from within I guess

1834

01:08:53,930 --> 01:08:51,660

these these sort of distinctions are

1835

01:08:56,570 --> 01:08:53,940

also I recognized uh you know pretty

1836

01:08:59,090 --> 01:08:56,580

subjective based on our metaphysical

1837

01:09:01,610 --> 01:08:59,100

perspective here but right no I get what

1838

01:09:07,309 --> 01:09:01,620

you're getting at and I think that

1839

01:09:12,669 --> 01:09:09,410

I have this experience sometimes of

1840

01:09:17,930 --> 01:09:12,679

being a part of a tribe uh that's that's

1841

01:09:20,349 --> 01:09:17,940

uh Beyond this realm right and so

1842

01:09:24,650 --> 01:09:20,359

it's like a collective Consciousness

1843

01:09:26,570 --> 01:09:24,660

that has a knowing that I can I can

1844

01:09:29,510 --> 01:09:26,580

the same way that you could query Google

1845

01:09:32,630 --> 01:09:29,520

and you get an answer right is that

1846

01:09:34,070 --> 01:09:32,640

two-way sort of right it's like uh what

1847

01:09:36,070 --> 01:09:34,080

what in the kind of like the sense of

1848

01:09:39,110 --> 01:09:36,080

the akashic records right the sense that

1849

01:09:42,530 --> 01:09:39,120

every experience that's ever been had is

1850

01:09:45,530 --> 01:09:42,540

somehow recorded right in in the cosmic

1851
01:09:47,930 --> 01:09:45,540
memory and different ones of us have

1852
01:09:51,169 --> 01:09:47,940
different abilities different capacities

1853
01:09:53,590 --> 01:09:51,179
to access that my experience in this

1854
01:09:56,209 --> 01:09:53,600
sort of um

1855
01:09:58,610 --> 01:09:56,219
tribal experience of these others that I

1856
01:10:00,350 --> 01:09:58,620
feel connected to is that I will

1857
01:10:03,350 --> 01:10:00,360
sometimes be able to pull information

1858
01:10:04,970 --> 01:10:03,360
from there so I'm asking a question and

1859
01:10:06,350 --> 01:10:04,980
and querying a question and getting a

1860
01:10:08,810 --> 01:10:06,360
response right not necessarily right

1861
01:10:11,270 --> 01:10:08,820
away but I do get a response but it does

1862
01:10:13,189 --> 01:10:11,280
feel like it's coming from some

1863
01:10:14,689 --> 01:10:13,199

collective intelligence of which I'm a

1864

01:10:17,689 --> 01:10:14,699

part in a different realm if that makes

1865

01:10:18,890 --> 01:10:17,699

any kind of sense so that does you know

1866

01:10:20,510 --> 01:10:18,900

depending again how you look at it

1867

01:10:21,370 --> 01:10:20,520

metaphysically that's kind of how it

1868

01:10:23,810 --> 01:10:21,380

works

1869

01:10:26,990 --> 01:10:23,820

well that's helpful

1870

01:10:29,270 --> 01:10:27,000

um let's see so let me ask them about

1871

01:10:31,610 --> 01:10:29,280

your sort of perceptual

1872

01:10:33,830 --> 01:10:31,620

experience

1873

01:10:35,450 --> 01:10:33,840

because I'm getting that well I know we

1874

01:10:37,850 --> 01:10:35,460

talked about this in other instances so

1875

01:10:41,090 --> 01:10:37,860

I'm curious to hear what you'll say so

1876

01:10:43,729 --> 01:10:41,100

do you see that these others uh you know

1877

01:10:45,850 --> 01:10:43,739

or or just hear them like what is your

1878

01:10:49,130 --> 01:10:45,860

what is the extent of your perceptual

1879

01:10:51,590 --> 01:10:49,140

awareness of them

1880

01:10:53,810 --> 01:10:51,600

right and this this is tricky to answer

1881

01:10:56,510 --> 01:10:53,820

because

1882

01:10:59,689 --> 01:10:56,520

um whenever we try and describe an

1883

01:11:01,250 --> 01:10:59,699

experience we have to use language and

1884

01:11:03,050 --> 01:11:01,260

symbols based on other people's

1885

01:11:05,870 --> 01:11:03,060

experience so they can kind of imagine

1886

01:11:07,250 --> 01:11:05,880

what it's like right and I think one

1887

01:11:09,470 --> 01:11:07,260

thing I've become aware of is that

1888

01:11:12,290 --> 01:11:09,480

there's times where I have an experience

1889

01:11:13,850 --> 01:11:12,300

that I will give an approximation of

1890

01:11:16,669 --> 01:11:13,860

what it's like but it's really not quite

1891

01:11:18,770 --> 01:11:16,679

like that either like so for instance

1892

01:11:20,270 --> 01:11:18,780

um let me give you a couple examples uh

1893

01:11:22,430 --> 01:11:20,280

one happened when we were talking before

1894

01:11:24,530 --> 01:11:22,440

we went on the air tonight so but let me

1895

01:11:27,709 --> 01:11:24,540

begin with one that happened last night

1896

01:11:30,169 --> 01:11:27,719

uh was with a small group of friends

1897

01:11:33,290 --> 01:11:30,179

um experiencers and we were

1898

01:11:35,689 --> 01:11:33,300

and we were talking and at one point I

1899

01:11:37,910 --> 01:11:35,699

was uh discussing how I'm kind of at

1900

01:11:41,830 --> 01:11:37,920

this point where I'm making some

1901

01:11:44,630 --> 01:11:41,840

decisions some life decisions right and

1902

01:11:47,450 --> 01:11:44,640

I recognize that there's kind of like

1903

01:11:49,669 --> 01:11:47,460

two parts of me speaking of these uh

1904

01:11:52,310 --> 01:11:49,679

different constitutional makeups of who

1905

01:11:54,290 --> 01:11:52,320

we are right there's times where

1906

01:11:56,750 --> 01:11:54,300

as I grow in my awareness of this

1907

01:11:59,090 --> 01:11:56,760

especially over the last year

1908

01:12:01,850 --> 01:11:59,100

almost like cream separating

1909

01:12:05,330 --> 01:12:01,860

I can actually experientially feel

1910

01:12:06,709 --> 01:12:05,340

different aspects of myself and

1911

01:12:08,750 --> 01:12:06,719

sometimes they will be actually a little

1912

01:12:11,570 --> 01:12:08,760

bit at odds with each other and so my

1913

01:12:15,410 --> 01:12:11,580

sort of conditioned Earth human self

1914

01:12:17,450 --> 01:12:15,420

will be at odds with this other part of

1915

01:12:19,310 --> 01:12:17,460

my background prior to this Incarnation

1916

01:12:21,050 --> 01:12:19,320

and

1917

01:12:22,669 --> 01:12:21,060

um what ended up happening when I was

1918

01:12:25,010 --> 01:12:22,679

trying to describe this process of

1919

01:12:28,970 --> 01:12:25,020

making a decision to these friends last

1920

01:12:31,790 --> 01:12:28,980

night I overlay overlaid over top of my

1921

01:12:34,490 --> 01:12:31,800

vision was this this sense of these two

1922

01:12:35,930 --> 01:12:34,500

energy Fields coming together and where

1923

01:12:37,550 --> 01:12:35,940

they met there was this kind of like

1924

01:12:41,030 --> 01:12:37,560

interference pattern which I was seeing

1925

01:12:42,890 --> 01:12:41,040

and it was like it was overlaid on top

1926

01:12:44,330 --> 01:12:42,900

of my visual field while I was looking

1927

01:12:46,550 --> 01:12:44,340

at these friends and talking about it

1928

01:12:49,550 --> 01:12:46,560

but it's not exactly like that it's not

1929

01:12:50,750 --> 01:12:49,560

quite like you know when you have two

1930

01:12:52,130 --> 01:12:50,760

screens and you kind of blend them

1931

01:12:53,450 --> 01:12:52,140

together when you're mixing something in

1932

01:12:54,950 --> 01:12:53,460

Photoshop or something it's not really

1933

01:12:56,390 --> 01:12:54,960

like that it was almost like another

1934

01:13:01,669 --> 01:12:56,400

sense

1935

01:13:03,770 --> 01:13:01,679

kind of visually but it wasn't

1936

01:13:05,390 --> 01:13:03,780

taking away from the usual visual field

1937

01:13:06,850 --> 01:13:05,400

it was like an additional visual field

1938

01:13:09,110 --> 01:13:06,860

where I was seeing this energetic

1939

01:13:11,330 --> 01:13:09,120

wavelength and this interference pattern

1940

01:13:13,370 --> 01:13:11,340

and then earlier on tonight when we were

1941

01:13:15,229 --> 01:13:13,380

talking you brought up this thing about

1942

01:13:17,689 --> 01:13:15,239

DNA right and you were talking about the

1943

01:13:19,550 --> 01:13:17,699

shape of DNA and and wondering what that

1944

01:13:21,770 --> 01:13:19,560

represented in terms of sort of

1945

01:13:23,510 --> 01:13:21,780

metaphysical patterning right and as you

1946

01:13:26,750 --> 01:13:23,520

started talking I had this lit up

1947

01:13:29,209 --> 01:13:26,760

experience of fractals suddenly like

1948

01:13:31,430 --> 01:13:29,219

spiraling out you know infinitely kind

1949

01:13:33,890 --> 01:13:31,440

of thing which that's what my experience

1950

01:13:35,330 --> 01:13:33,900

is like when I know something's right I

1951

01:13:36,830 --> 01:13:35,340

have that experience of like this

1952

01:13:38,570 --> 01:13:36,840

brightness

1953

01:13:40,550 --> 01:13:38,580

um comes into my Consciousness and I'll

1954

01:13:42,050 --> 01:13:40,560

see a vision that like metaphorically

1955

01:13:44,090 --> 01:13:42,060

conceptually

1956

01:13:45,890 --> 01:13:44,100

is an implication of what someone's

1957

01:13:48,229 --> 01:13:45,900

saying and then that helps me understand

1958

01:13:50,090 --> 01:13:48,239

not only that it's right but how it's

1959

01:13:52,550 --> 01:13:50,100

right but it comes conceptually like

1960

01:13:54,709 --> 01:13:52,560

that right so I'm not hearing a voice

1961

01:13:57,050 --> 01:13:54,719

saying yes what this means is such and

1962

01:13:59,870 --> 01:13:57,060

such and such it's like I'm I'm seeing

1963

01:14:02,330 --> 01:13:59,880

this patterning running in real time and

1964

01:14:05,090 --> 01:14:02,340

I know what the pattern means right I

1965

01:14:06,950 --> 01:14:05,100

have immediate ability to translate what

1966

01:14:08,709 --> 01:14:06,960

that pattern means

1967

01:14:12,050 --> 01:14:08,719

um and in terms of what they look like

1968

01:14:13,729 --> 01:14:12,060

uh usually they're you know it's beyond

1969

01:14:15,410 --> 01:14:13,739

form so what will actually happen is

1970

01:14:17,750 --> 01:14:15,420

sometimes I'll drop into this alternate

1971

01:14:21,290 --> 01:14:17,760

experience and I'll be seeing Through

1972

01:14:23,750 --> 01:14:21,300

The Eyes of one of these beings right so

1973

01:14:25,490 --> 01:14:23,760

I'm actually seeing a much broader field

1974

01:14:26,810 --> 01:14:25,500

of vision than our usual field of vision

1975

01:14:28,610 --> 01:14:26,820

and this is another one of those

1976

01:14:31,130 --> 01:14:28,620

experiences where

1977

01:14:32,630 --> 01:14:31,140

you don't realize that our field of

1978

01:14:33,890 --> 01:14:32,640

vision is fairly narrow right because we

1979

01:14:36,169 --> 01:14:33,900

have nothing to compare it to but when

1980

01:14:38,750 --> 01:14:36,179

you have this other experience of a of a

1981

01:14:40,669 --> 01:14:38,760

basically a 360 degree field of vision

1982

01:14:42,649 --> 01:14:40,679

you come back to this and you go man

1983

01:14:44,149 --> 01:14:42,659

this is limited right and the same way

1984

01:14:45,950 --> 01:14:44,159

that people sometimes have an nde and

1985

01:14:48,110 --> 01:14:45,960

they come back and they go wow this is a

1986

01:14:48,950 --> 01:14:48,120

constricted experience right it's like

1987

01:14:50,390 --> 01:14:48,960

that

1988

01:14:53,270 --> 01:14:50,400

um so often I'm actually seeing Through

1989

01:14:55,189 --> 01:14:53,280

The Eyes of one of these beings rather

1990

01:14:57,530 --> 01:14:55,199

than seeing them

1991

01:14:59,030 --> 01:14:57,540

um so and I also you know have this very

1992

01:15:01,610 --> 01:14:59,040

strong sense that you know they're

1993

01:15:04,550 --> 01:15:01,620

basically Beyond form they can take form

1994

01:15:06,649 --> 01:15:04,560

but uh at that sort of like dimensional

1995

01:15:09,530 --> 01:15:06,659

level of existence it's kind of post

1996

01:15:11,870 --> 01:15:09,540

space-time uh it sort of it's transition

1997

01:15:13,729 --> 01:15:11,880

beyond space time and so they don't need

1998

01:15:16,250 --> 01:15:13,739

a form so if they do it it's usually for

1999

01:15:21,169 --> 01:15:18,110

well that's excellent

2000

01:15:24,050 --> 01:15:21,179

um well I know we've got a few minutes

2001
01:15:26,209 --> 01:15:24,060
left here so I'm going to transition to

2002
01:15:28,130 --> 01:15:26,219
a couple of uh sort of personal

2003
01:15:29,390 --> 01:15:28,140
questions uh these are these are these

2004
01:15:31,610 --> 01:15:29,400
are mine

2005
01:15:33,110 --> 01:15:31,620
um and in getting into areas that we

2006
01:15:34,610 --> 01:15:33,120
really haven't touched on but I wanted

2007
01:15:37,070 --> 01:15:34,620
you to

2008
01:15:38,330 --> 01:15:37,080
respond to so

2009
01:15:40,790 --> 01:15:38,340
um

2010
01:15:43,550 --> 01:15:40,800
I guess you know a lot has happened in

2011
01:15:46,010 --> 01:15:43,560
your experience over the last uh year

2012
01:15:49,130 --> 01:15:46,020
several months uh and and I've certainly

2013
01:15:51,050 --> 01:15:49,140

been witness to that transformation and

2014

01:15:53,890 --> 01:15:51,060

it's been really interesting and and I

2015

01:15:56,990 --> 01:15:53,900

feel honored to kind of be uh

2016

01:15:59,149 --> 01:15:57,000

alongside you on that Journey

2017

01:16:01,130 --> 01:15:59,159

but how do you

2018

01:16:03,410 --> 01:16:01,140

I wonder how you kind of contextualize

2019

01:16:05,810 --> 01:16:03,420

the experience that you're having

2020

01:16:08,630 --> 01:16:05,820

in light of

2021

01:16:11,770 --> 01:16:08,640

all that you've read in the literature

2022

01:16:14,330 --> 01:16:11,780

about you know other individuals

2023

01:16:17,689 --> 01:16:14,340

throughout you know euphological history

2024

01:16:19,370 --> 01:16:17,699

and and paranormal history who've who've

2025

01:16:23,209 --> 01:16:19,380

gone through similar kinds of

2026

01:16:25,729 --> 01:16:23,219

experiences and have have raised you

2027

01:16:31,010 --> 01:16:25,739

know similar uh

2028

01:16:33,470 --> 01:16:31,020

other conclusions or or insights or or

2029

01:16:36,770 --> 01:16:33,480

even warnings you know how do you kind

2030

01:16:40,310 --> 01:16:36,780

of position yourself in relationship to

2031

01:16:44,630 --> 01:16:40,320

those other individuals and and groups

2032

01:16:48,590 --> 01:16:47,330

well I think one thing I would say is

2033

01:16:52,970 --> 01:16:48,600

that um

2034

01:16:55,130 --> 01:16:52,980

I remember uh this one

2035

01:16:57,350 --> 01:16:55,140

general manager of the Sacramento Kings

2036

01:16:59,390 --> 01:16:57,360

of who I'm a fan of and I used to live

2037

01:17:02,630 --> 01:16:59,400

in Northern California and was a Kings

2038

01:17:05,930 --> 01:17:02,640

fan which means I suffer many many years

2039

01:17:08,390 --> 01:17:05,940

um but uh one of the things the GM said

2040

01:17:10,729 --> 01:17:08,400

when someone asked him about Player

2041

01:17:12,350 --> 01:17:10,739

Development right he said at some point

2042

01:17:13,669 --> 01:17:12,360

you can't separate the player from the

2043

01:17:16,130 --> 01:17:13,679

man

2044

01:17:18,770 --> 01:17:16,140

and what he meant was you you can have

2045

01:17:20,870 --> 01:17:18,780

certain raw talent but you know who you

2046

01:17:23,450 --> 01:17:20,880

are your character things like that are

2047

01:17:25,669 --> 01:17:23,460

going to really impact you know how you

2048

01:17:27,590 --> 01:17:25,679

manifest your potential

2049

01:17:30,229 --> 01:17:27,600

and the way that I would apply that to

2050

01:17:32,570 --> 01:17:30,239

experiencers is uh and I really want to

2051
01:17:34,370 --> 01:17:32,580
highlight this point because in the same

2052
01:17:36,590 --> 01:17:34,380
way we talked about like a spiritual

2053
01:17:38,930 --> 01:17:36,600
Guru who has penetrating insight into

2054
01:17:41,169 --> 01:17:38,940
spiritual Realms might still be a jerk

2055
01:17:43,669 --> 01:17:41,179
might be underdeveloped morally

2056
01:17:45,530 --> 01:17:43,679
interpersonally you know those kind of

2057
01:17:47,750 --> 01:17:45,540
things in the same way just because

2058
01:17:49,370 --> 01:17:47,760
someone's had profound experiences with

2059
01:17:50,750 --> 01:17:49,380
the phenomenon different elements of it

2060
01:17:52,970 --> 01:17:50,760
of which there I really want to

2061
01:17:54,649 --> 01:17:52,980
highlight there are different elements

2062
01:17:55,910 --> 01:17:54,659
um

2063
01:17:57,709 --> 01:17:55,920

just because they've had those

2064

01:17:59,750 --> 01:17:57,719

experiences doesn't mean they are

2065

01:18:01,130 --> 01:17:59,760

trustworthy necessarily right that they

2066

01:18:02,570 --> 01:18:01,140

that you still have to look at who they

2067

01:18:04,430 --> 01:18:02,580

are as a person you still have to look

2068

01:18:06,590 --> 01:18:04,440

at their character you have to look at

2069

01:18:08,870 --> 01:18:06,600

their flaws you have to look at how

2070

01:18:11,270 --> 01:18:08,880

where they stand on the spiral of

2071

01:18:14,750 --> 01:18:11,280

Consciousness development and because

2072

01:18:17,030 --> 01:18:14,760

that's because reality

2073

01:18:19,310 --> 01:18:17,040

literally manifests differently

2074

01:18:21,770 --> 01:18:19,320

depending on where you are on the on the

2075

01:18:23,090 --> 01:18:21,780

spiral of Consciousness and so you could

2076

01:18:25,550 --> 01:18:23,100

end up having

2077

01:18:28,010 --> 01:18:25,560

uh for instance just to give you a real

2078

01:18:30,830 --> 01:18:28,020

base example

2079

01:18:34,130 --> 01:18:30,840

um some people can't separate their

2080

01:18:36,290 --> 01:18:34,140

initial visceral reaction from maybe

2081

01:18:38,689 --> 01:18:36,300

some overarching metaphysical purpose

2082

01:18:40,610 --> 01:18:38,699

you know so for instance some people

2083

01:18:42,410 --> 01:18:40,620

I've run into people like this that they

2084

01:18:44,510 --> 01:18:42,420

just if they have the ontological shock

2085

01:18:47,330 --> 01:18:44,520

of seeing some of these others and they

2086

01:18:49,850 --> 01:18:47,340

look insect-like right some people just

2087

01:18:51,649 --> 01:18:49,860

say it was a horrible experience you

2088

01:18:54,169 --> 01:18:51,659

know those things were horrible right

2089

01:18:55,729 --> 01:18:54,179

and really maybe they never even had a

2090

01:18:58,189 --> 01:18:55,739

conversation or some sort of dialogue

2091

01:19:00,830 --> 01:18:58,199

but they just again are projecting their

2092

01:19:02,630 --> 01:19:00,840

own fear States right so I really want

2093

01:19:03,709 --> 01:19:02,640

to make that point that

2094

01:19:05,689 --> 01:19:03,719

um

2095

01:19:07,070 --> 01:19:05,699

having profound experiences with the

2096

01:19:10,130 --> 01:19:07,080

phenomenon different elements of it

2097

01:19:11,570 --> 01:19:10,140

doesn't make you a profit doesn't make

2098

01:19:13,790 --> 01:19:11,580

you someone who's necessarily

2099

01:19:15,470 --> 01:19:13,800

trustworthy and you're still going to

2100

01:19:16,850 --> 01:19:15,480

filter those experiences through the

2101

01:19:19,189 --> 01:19:16,860

grid of your own Consciousness

2102

01:19:22,970 --> 01:19:19,199

development so

2103

01:19:25,310 --> 01:19:22,980

when I think on back on different people

2104

01:19:27,770 --> 01:19:25,320

I really pay attention to that but I

2105

01:19:29,390 --> 01:19:27,780

will say that when I tune into people

2106

01:19:31,850 --> 01:19:29,400

who've had experiences with a phenomenon

2107

01:19:33,890 --> 01:19:31,860

that I consider quite well developed in

2108

01:19:37,010 --> 01:19:33,900

terms of Consciousness it's remarkable

2109

01:19:38,810 --> 01:19:37,020

how similar uh the messages are from

2110

01:19:41,030 --> 01:19:38,820

what I experience

2111

01:19:42,830 --> 01:19:41,040

um and some of the best channeled

2112

01:19:44,990 --> 01:19:42,840

material that I've come across

2113

01:19:46,669 --> 01:19:45,000

from people who are highly conscious is

2114

01:19:49,490 --> 01:19:46,679

remarkably consistent when I have

2115

01:19:50,990 --> 01:19:49,500

experienced and I would say also

2116

01:19:52,669 --> 01:19:51,000

this is what's fascinating about this

2117

01:19:54,110 --> 01:19:52,679

when we bring in spirituality and

2118

01:19:56,990 --> 01:19:54,120

religious history

2119

01:19:59,090 --> 01:19:57,000

same thing examples of people who maybe

2120

01:20:00,950 --> 01:19:59,100

had a lot of fear States they will

2121

01:20:02,450 --> 01:20:00,960

interpret a religious experience maybe

2122

01:20:05,689 --> 01:20:02,460

in a negative way right where someone

2123

01:20:07,310 --> 01:20:05,699

else will see it in a more uh purposeful

2124

01:20:08,870 --> 01:20:07,320

way and they'll see it from a from a

2125

01:20:10,910 --> 01:20:08,880

more of a 30 000 foot View and be able

2126
01:20:12,350 --> 01:20:10,920
to see what was their visceral reaction

2127
01:20:15,470 --> 01:20:12,360
and what was the actual underlying

2128
01:20:17,689 --> 01:20:15,480
message or something so

2129
01:20:19,430 --> 01:20:17,699
I want to suggest to people that we keep

2130
01:20:20,870 --> 01:20:19,440
all of these things in mind you know

2131
01:20:24,890 --> 01:20:20,880
don't

2132
01:20:26,510 --> 01:20:24,900
prime experimenter that they are a

2133
01:20:28,250 --> 01:20:26,520
trustworthy or a great example of what

2134
01:20:30,169 --> 01:20:28,260
it is to be a human being Joseph Burks

2135
01:20:31,910 --> 01:20:30,179
has talked about that he's experienced

2136
01:20:33,530 --> 01:20:31,920
what seems to be

2137
01:20:35,450 --> 01:20:33,540
kind of it comes across the board right

2138
01:20:36,770 --> 01:20:35,460

you get some people who are highly

2139

01:20:38,990 --> 01:20:36,780

developed some people who are sort of

2140

01:20:40,850 --> 01:20:39,000

maybe lower on the scale of moral

2141

01:20:42,290 --> 01:20:40,860

development so

2142

01:20:44,890 --> 01:20:42,300

um just keep that in mind when you when

2143

01:20:47,570 --> 01:20:44,900

you think about the messages

2144

01:20:49,669 --> 01:20:47,580

yeah that's uh

2145

01:20:51,290 --> 01:20:49,679

there's a lot of wisdom in that and I

2146

01:20:53,870 --> 01:20:51,300

think we have

2147

01:20:56,810 --> 01:20:53,880

a natural tendency in in our current day

2148

01:21:00,470 --> 01:20:56,820

and age to have a sort of

2149

01:21:02,750 --> 01:21:00,480

reflexive response to individuals that

2150

01:21:04,430 --> 01:21:02,760

in at least when it comes to spiritual

2151

01:21:07,970 --> 01:21:04,440

matters who speak with a lot of

2152

01:21:10,729 --> 01:21:07,980

certainty or authority uh we've been

2153

01:21:13,209 --> 01:21:10,739

pretty well conditioned to

2154

01:21:17,030 --> 01:21:13,219

push back against those individuals

2155

01:21:19,970 --> 01:21:17,040

because we've seen so many examples in

2156

01:21:23,090 --> 01:21:19,980

our modern history of abuse that has

2157

01:21:25,250 --> 01:21:23,100

occurred from those who have been in

2158

01:21:27,110 --> 01:21:25,260

those positions and have gained a

2159

01:21:29,570 --> 01:21:27,120

following and have gained power as a

2160

01:21:31,370 --> 01:21:29,580

result of that following so I think and

2161

01:21:34,790 --> 01:21:31,380

you would Echo this that it's smart to

2162

01:21:38,990 --> 01:21:34,800

be in a sort of cautious to be aware to

2163

01:21:41,630 --> 01:21:39,000

be tuned in to uh understand the

2164

01:21:45,490 --> 01:21:41,640

motivations that people have that that

2165

01:21:48,850 --> 01:21:45,500

you have as an individual for being

2166

01:21:52,490 --> 01:21:48,860

drawn to whatever message it may be

2167

01:21:55,790 --> 01:21:52,500

and to constantly sort of be checking in

2168

01:21:57,890 --> 01:21:55,800

with where you are in that in that

2169

01:22:00,669 --> 01:21:57,900

relationship with with that person or

2170

01:22:03,350 --> 01:22:00,679

with that message or whatever it may be

2171

01:22:07,370 --> 01:22:03,360

that ultimately

2172

01:22:11,930 --> 01:22:07,380

there is a the the journey that we take

2173

01:22:16,490 --> 01:22:11,940

is our own and we can be aided and

2174

01:22:18,229 --> 01:22:16,500

guided by others who uh I think like

2175

01:22:20,930 --> 01:22:18,239

you know spark something within

2176

01:22:23,090 --> 01:22:20,940

ourselves that that catalyze a change

2177

01:22:25,310 --> 01:22:23,100

and a change for the better and we can

2178

01:22:27,470 --> 01:22:25,320

celebrate that but but at the same time

2179

01:22:31,729 --> 01:22:27,480

the journey like the steps have to be

2180

01:22:34,070 --> 01:22:31,739

taken by ourselves and we you know have

2181

01:22:37,910 --> 01:22:34,080

we have a responsibility to ourselves to

2182

01:22:39,350 --> 01:22:37,920

be uh you know cautious and safe and uh

2183

01:22:41,750 --> 01:22:39,360

checking in and making sure that we're

2184

01:22:44,810 --> 01:22:41,760

going about that in a in a responsible

2185

01:22:46,910 --> 01:22:44,820

mature way in seeking those kind of

2186

01:22:49,430 --> 01:22:46,920

fundamental truths

2187

01:22:51,229 --> 01:22:49,440

um but you know I'm sure you're aware

2188

01:22:53,169 --> 01:22:51,239

you know because you brought this up on

2189

01:22:55,910 --> 01:22:53,179

a couple of your shows and on our show

2190

01:22:58,010 --> 01:22:55,920

uh you know you certainly mentioned it a

2191

01:23:00,590 --> 01:22:58,020

few times you know that people have

2192

01:23:02,510 --> 01:23:00,600

contacted you you know they've they've

2193

01:23:03,950 --> 01:23:02,520

heard you say something on a show and

2194

01:23:06,110 --> 01:23:03,960

and this was actually my experience with

2195

01:23:08,390 --> 01:23:06,120

you too I've heard you say something and

2196

01:23:10,729 --> 01:23:08,400

then they reached out to you and this is

2197

01:23:12,950 --> 01:23:10,739

happening a lot more and more in fact

2198

01:23:14,750 --> 01:23:12,960

the frequency seems to be going up I

2199

01:23:18,410 --> 01:23:14,760

mean so a couple of questions from that

2200

01:23:20,030 --> 01:23:18,420

uh one what does that feel like

2201

01:23:21,890 --> 01:23:20,040

um but two

2202

01:23:23,930 --> 01:23:21,900

um if you could step outside of that

2203

01:23:25,790 --> 01:23:23,940

experience and look at yourself and and

2204

01:23:28,250 --> 01:23:25,800

listen to what you're saying what what

2205

01:23:31,610 --> 01:23:28,260

do you how do you see that you know does

2206

01:23:36,290 --> 01:23:35,390

yeah uh I think it is worthwhile to sort

2207

01:23:37,850 --> 01:23:36,300

of think about it from those two

2208

01:23:40,010 --> 01:23:37,860

perspectives so

2209

01:23:42,169 --> 01:23:40,020

first thing I would say is

2210

01:23:44,149 --> 01:23:42,179

you know being

2211

01:23:46,370 --> 01:23:44,159

I've had an interesting transition in

2212

01:23:47,870 --> 01:23:46,380

terms of I'm definitely more introverted

2213

01:23:50,930 --> 01:23:47,880

by Nature

2214

01:23:53,570 --> 01:23:50,940

so when I began my podcast almost two

2215

01:23:54,950 --> 01:23:53,580

years ago now uh you know within about a

2216

01:23:57,830 --> 01:23:54,960

month from now

2217

01:23:59,330 --> 01:23:57,840

um I was planning to stay Anonymous and

2218

01:24:01,550 --> 01:23:59,340

just you know have a chance to sort of

2219

01:24:02,750 --> 01:24:01,560

work out some processing about the

2220

01:24:05,810 --> 01:24:02,760

phenomenon

2221

01:24:07,310 --> 01:24:05,820

little did I know how much that would

2222

01:24:09,590 --> 01:24:07,320

turn into

2223

01:24:11,570 --> 01:24:09,600

direct contact with some elements of it

2224

01:24:13,550 --> 01:24:11,580

and therefore a really clear

2225

01:24:15,530 --> 01:24:13,560

understanding of a direction to go

2226
01:24:17,149 --> 01:24:15,540
and kind of like a mission that was kind

2227
01:24:18,649 --> 01:24:17,159
of inspired by it

2228
01:24:20,450 --> 01:24:18,659
but

2229
01:24:21,649 --> 01:24:20,460
um as I kind of hinted at in the in the

2230
01:24:24,590 --> 01:24:21,659
last show

2231
01:24:28,070 --> 01:24:24,600
on point of convergence I definitely

2232
01:24:29,570 --> 01:24:28,080
think when I sort of came more uh you

2233
01:24:31,729 --> 01:24:29,580
know out of the closet in terms of

2234
01:24:34,250 --> 01:24:31,739
showing my face doing video interviews

2235
01:24:35,630 --> 01:24:34,260
attending conferences speaking at

2236
01:24:36,649 --> 01:24:35,640
conferences

2237
01:24:39,950 --> 01:24:36,659
um

2238
01:24:42,050 --> 01:24:39,960

it's like this other intelligence was

2239

01:24:43,970 --> 01:24:42,060

waiting for that and things the the the

2240

01:24:45,770 --> 01:24:43,980

experience of sort of this channeled

2241

01:24:48,410 --> 01:24:45,780

energy and communication and downloads

2242

01:24:52,370 --> 01:24:48,420

went up like a hundred-fold after that

2243

01:24:54,470 --> 01:24:52,380

began to take place and uh so my my

2244

01:24:55,550 --> 01:24:54,480

saying yes was a big part of this I

2245

01:24:57,590 --> 01:24:55,560

think

2246

01:24:59,090 --> 01:24:57,600

um and that uh one of the implications

2247

01:25:01,090 --> 01:24:59,100

of that has been that for whatever

2248

01:25:04,729 --> 01:25:01,100

reason there's some sort of energetic

2249

01:25:06,410 --> 01:25:04,739

resonance that seems to impact various

2250

01:25:07,850 --> 01:25:06,420

people and so yeah I've had contact from

2251
01:25:10,430 --> 01:25:07,860
people around the world who will have

2252
01:25:13,010 --> 01:25:10,440
these interesting synchronistic

2253
01:25:14,510 --> 01:25:13,020
experiences of like you know basically

2254
01:25:16,790 --> 01:25:14,520
basically being told that they should

2255
01:25:19,130 --> 01:25:16,800
get in contact with me and then we will

2256
01:25:21,470 --> 01:25:19,140
end up talking and there'll be some sort

2257
01:25:24,229 --> 01:25:21,480
of further Revelation that comes out of

2258
01:25:26,630 --> 01:25:24,239
the fruit of that interaction

2259
01:25:27,950 --> 01:25:26,640
um that's happened from people on the

2260
01:25:30,229 --> 01:25:27,960
other side of the world and people who

2261
01:25:31,430 --> 01:25:30,239
ended up moving here and getting in

2262
01:25:35,209 --> 01:25:31,440
contact with me and feeling like that

2263
01:25:38,689 --> 01:25:35,219

all happened for a reason so uh how that

2264

01:25:41,330 --> 01:25:38,699

feels is you know

2265

01:25:43,850 --> 01:25:41,340

it's kind of awe-inspiring it's a great

2266

01:25:46,130 --> 01:25:43,860

feeling to feel like you're part of some

2267

01:25:47,930 --> 01:25:46,140

larger movement

2268

01:25:51,709 --> 01:25:47,940

um of which you're a part and you get to

2269

01:25:54,410 --> 01:25:51,719

play a role in what feels like uh

2270

01:25:57,770 --> 01:25:54,420

and move towards moving Consciousness

2271

01:26:01,610 --> 01:25:57,780

forward Right Moving Humanity forward

2272

01:26:04,310 --> 01:26:01,620

um actually finding ways to to live life

2273

01:26:05,810 --> 01:26:04,320

differently in every aspect of life so

2274

01:26:08,590 --> 01:26:05,820

that's what it feels like that's a great

2275

01:26:11,330 --> 01:26:08,600

feeling uh there's nothing like feeling

2276

01:26:13,790 --> 01:26:11,340

vitaly purposefully alive right that's

2277

01:26:16,610 --> 01:26:13,800

what it really comes down to at the same

2278

01:26:18,229 --> 01:26:16,620

time I recognize if I were to step back

2279

01:26:19,850 --> 01:26:18,239

and even like have a conversation with

2280

01:26:21,550 --> 01:26:19,860

myself from five years ago maybe even

2281

01:26:23,510 --> 01:26:21,560

three years ago

2282

01:26:25,250 --> 01:26:23,520

uh I would have had a hard time

2283

01:26:26,870 --> 01:26:25,260

believing this was going to happen and I

2284

01:26:29,629 --> 01:26:26,880

I wouldn't know what to do with it right

2285

01:26:31,629 --> 01:26:29,639

which again from a Buddhist perspective

2286

01:26:34,430 --> 01:26:31,639

that's part of the irony is that when we

2287

01:26:36,110 --> 01:26:34,440

lament losing who we are the truth is

2288

01:26:38,209 --> 01:26:36,120

we're constantly shifting who we are

2289

01:26:40,430 --> 01:26:38,219

right and so everything's in transition

2290

01:26:41,990 --> 01:26:40,440

including who we really are especially

2291

01:26:43,669 --> 01:26:42,000

if we're paying attention to the lessons

2292

01:26:45,290 --> 01:26:43,679

we're supposed to be learning we should

2293

01:26:46,370 --> 01:26:45,300

be different people than we were five

2294

01:26:48,290 --> 01:26:46,380

years ago and we should be actually

2295

01:26:50,810 --> 01:26:48,300

experiencing reality differently that's

2296

01:26:53,930 --> 01:26:50,820

the goal not just between iterations but

2297

01:26:55,370 --> 01:26:53,940

also within an iteration so yeah I

2298

01:26:56,750 --> 01:26:55,380

recognize that

2299

01:27:00,110 --> 01:26:56,760

um

2300

01:27:01,490 --> 01:27:00,120

I might have been a skeptic of myself so

2301

01:27:04,490 --> 01:27:01,500

a former Darren would have been a

2302

01:27:05,870 --> 01:27:04,500

skeptic of Darren of present time which

2303

01:27:07,669 --> 01:27:05,880

is an interesting uh thing to think

2304

01:27:10,490 --> 01:27:07,679

about

2305

01:27:11,570 --> 01:27:10,500

well thank you for speaking to that

2306

01:27:14,750 --> 01:27:11,580

um but let's spend a few more minutes

2307

01:27:18,169 --> 01:27:14,760

here uh maybe we'll go over just by Tad

2308

01:27:20,750 --> 01:27:18,179

on our usual run time is because I think

2309

01:27:22,490 --> 01:27:20,760

this next question is uh is quite a big

2310

01:27:26,510 --> 01:27:22,500

one

2311

01:27:27,350 --> 01:27:26,520

um so this listener asks what's the end

2312

01:27:29,149 --> 01:27:27,360

game

2313

01:27:32,090 --> 01:27:29,159

I have agreed with all of your

2314

01:27:35,149 --> 01:27:32,100

conclusions in the last few podcasts and

2315

01:27:37,910 --> 01:27:35,159

in many ways uh have felt that I've

2316

01:27:39,649 --> 01:27:37,920

already woken up to these uh somehow to

2317

01:27:41,149 --> 01:27:39,659

these kinds of downloads I've been moved

2318

01:27:43,370 --> 01:27:41,159

to tell people about this but what's the

2319

01:27:45,709 --> 01:27:43,380

big picture is this how disclosure

2320

01:27:47,629 --> 01:27:45,719

happens I heard you reference a lot of

2321

01:27:49,129 --> 01:27:47,639

people were contacting you so is this

2322

01:27:52,189 --> 01:27:49,139

the kind of thing going on everywhere

2323

01:27:53,750 --> 01:27:52,199

and if so where does it lead and

2324

01:27:55,370 --> 01:27:53,760

understanding from all Humanity that we

2325

01:27:56,930 --> 01:27:55,380

are more than our physical bodies and

2326

01:27:58,850 --> 01:27:56,940

then does that lead to something like

2327

01:28:01,610 --> 01:27:58,860

the law of one material so lots of

2328

01:28:04,490 --> 01:28:01,620

questions here from this listener but I

2329

01:28:05,750 --> 01:28:04,500

think the big one here overall is where

2330

01:28:07,129 --> 01:28:05,760

is this going

2331

01:28:10,729 --> 01:28:07,139

right

2332

01:28:12,050 --> 01:28:10,739

so I'll say a few things about that

2333

01:28:14,270 --> 01:28:12,060

um

2334

01:28:15,830 --> 01:28:14,280

and I kind of touched on this and the

2335

01:28:16,669 --> 01:28:15,840

point of convergence podcast on the

2336

01:28:19,430 --> 01:28:16,679

weekend

2337

01:28:21,350 --> 01:28:19,440

and that is absolutely there are

2338

01:28:23,030 --> 01:28:21,360

um again an implication of non-duality

2339

01:28:25,430 --> 01:28:23,040

is that

2340

01:28:27,890 --> 01:28:25,440

um for being sitter at a high level of

2341

01:28:30,410 --> 01:28:27,900

Consciousness there's fear of concern

2342

01:28:32,870 --> 01:28:30,420

naturally extends towards every

2343

01:28:34,850 --> 01:28:32,880

expression of sentient life throughout

2344

01:28:36,950 --> 01:28:34,860

the cosmos and the same way that you

2345

01:28:39,770 --> 01:28:36,960

know would not you know randomly cut

2346

01:28:41,470 --> 01:28:39,780

your arm off uh or you'd be concerned if

2347

01:28:44,450 --> 01:28:41,480

your arm was sitting next to a buzzsaw

2348

01:28:46,430 --> 01:28:44,460

the same way these beings are concerned

2349

01:28:47,810 --> 01:28:46,440

if we are sitting on nuclear weapons

2350

01:28:49,729 --> 01:28:47,820

that could you know wipe us off the

2351

01:28:51,709 --> 01:28:49,739

planet and destroy a huge part of the

2352

01:28:53,990 --> 01:28:51,719

biosphere so it's just a natural

2353

01:28:55,910 --> 01:28:54,000

implication of a non-dual realization is

2354

01:28:58,910 --> 01:28:55,920

that that sphere of concern extends and

2355

01:29:03,169 --> 01:28:58,920

those beings exist and they're trying to

2356

01:29:05,629 --> 01:29:03,179

help us but uh there's a respect for

2357

01:29:07,070 --> 01:29:05,639

where we are in the process and what's

2358

01:29:09,709 --> 01:29:07,080

as we've touched on in a previous

2359

01:29:13,550 --> 01:29:09,719

podcast episodes it's more important

2360

01:29:16,910 --> 01:29:13,560

that we understand on our own why

2361

01:29:18,890 --> 01:29:16,920

you know having nuclear weapons and bio

2362

01:29:21,530 --> 01:29:18,900

weapons and

2363

01:29:22,550 --> 01:29:21,540

you know being so adversarial towards

2364

01:29:24,470 --> 01:29:22,560

each other

2365

01:29:27,229 --> 01:29:24,480

it's good for us to learn those lessons

2366

01:29:29,090 --> 01:29:27,239

on our own not be told them by some

2367

01:29:31,010 --> 01:29:29,100

higher intelligence whether it's alien

2368

01:29:33,950 --> 01:29:31,020

life or what we perceive as a God or a

2369

01:29:36,649 --> 01:29:33,960

deity but for us ourselves to step into

2370

01:29:38,330 --> 01:29:36,659

the progress of evolution Consciousness

2371

01:29:40,490 --> 01:29:38,340

development and recognize on our own

2372

01:29:42,830 --> 01:29:40,500

that those are not good things so when

2373

01:29:44,570 --> 01:29:42,840

we reach out with the right intention

2374

01:29:46,430 --> 01:29:44,580

um they are ready to help us make those

2375

01:29:48,110 --> 01:29:46,440

steps but they really want us to be the

2376

01:29:50,149 --> 01:29:48,120

ones making it you know they don't want

2377

01:29:51,770 --> 01:29:50,159

to be the parents doing the homework for

2378

01:29:54,169 --> 01:29:51,780

you kind of thing to use sort of like a

2379

01:29:56,750 --> 01:29:54,179

crude analogy right I mean

2380

01:29:58,850 --> 01:29:56,760

um because again this lifetime as we've

2381

01:30:01,370 --> 01:29:58,860

discussed before is not all that matters

2382

01:30:03,050 --> 01:30:01,380

it's not it does matter but it's what

2383

01:30:05,689 --> 01:30:03,060

not what ultimately matters what

2384

01:30:07,790 --> 01:30:05,699

ultimately matters is how we progress as

2385

01:30:09,110 --> 01:30:07,800

individual consciousnesses and how we

2386

01:30:11,330 --> 01:30:09,120

progress as kind of a planetary

2387

01:30:13,669 --> 01:30:11,340

Consciousness as well in terms of the

2388

01:30:15,649 --> 01:30:13,679

combination of of conscious agents and

2389

01:30:17,870 --> 01:30:15,659

so that's what they're interested in

2390

01:30:19,550 --> 01:30:17,880

but again they're not going to solve our

2391

01:30:21,169 --> 01:30:19,560

problems for us they're not going to

2392

01:30:23,510 --> 01:30:21,179

show up and say hey we hear you have

2393

01:30:25,729 --> 01:30:23,520

global warming issues we hear you have

2394

01:30:29,930 --> 01:30:25,739

you know problems with nuclear weapons

2395

01:30:32,209 --> 01:30:29,940

they will assist and even psychically

2396

01:30:33,709 --> 01:30:32,219

influence us when we reach out with the

2397

01:30:36,770 --> 01:30:33,719

right intention

2398

01:30:38,870 --> 01:30:36,780

and many people who have been inspired

2399

01:30:40,430 --> 01:30:38,880

with various solutions to things I think

2400

01:30:43,189 --> 01:30:40,440

are actually channeling some of this

2401

01:30:45,310 --> 01:30:43,199

stuff but again

2402

01:30:48,350 --> 01:30:45,320

those ones exist but at the same time

2403

01:30:51,290 --> 01:30:48,360

there are many many others that exist as

2404

01:30:54,229 --> 01:30:51,300

well who are not as high on on that

2405

01:30:56,209 --> 01:30:54,239

Consciousness spiral and there really is

2406

01:30:58,729 --> 01:30:56,219

it sort of covers the gamut right so

2407

01:31:01,310 --> 01:30:58,739

when when people want to paint these

2408

01:31:02,810 --> 01:31:01,320

others you know in terms of are they

2409

01:31:05,390 --> 01:31:02,820

good or the evil can we trust them or

2410

01:31:07,430 --> 01:31:05,400

not I'm like well use common sense right

2411

01:31:09,290 --> 01:31:07,440

the same way that you you you know so

2412

01:31:11,750 --> 01:31:09,300

you sign a contract for someone do work

2413

01:31:13,310 --> 01:31:11,760

on your house yes you want to assume the

2414

01:31:14,750 --> 01:31:13,320

best but you're also going to check

2415

01:31:16,250 --> 01:31:14,760

their history right you're going to look

2416

01:31:18,890 --> 01:31:16,260

at the work they do you're going to see

2417

01:31:20,990 --> 01:31:18,900

what kind of vibe they give you uh you

2418

01:31:23,270 --> 01:31:21,000

know basic Common Sense needs to be

2419

01:31:24,770 --> 01:31:23,280

applied here as well so

2420

01:31:27,410 --> 01:31:24,780

um

2421

01:31:29,689 --> 01:31:27,420

be a part of the solution

2422

01:31:31,550 --> 01:31:29,699

recognize that we need to be the chains

2423

01:31:34,669 --> 01:31:31,560

we're seeking and these others know that

2424

01:31:35,689 --> 01:31:34,679

too the most consciously Advanced ones

2425

01:31:38,870 --> 01:31:35,699

do

2426

01:31:41,930 --> 01:31:38,880

um and uh stepping into our destiny so

2427

01:31:44,209 --> 01:31:41,940

that ultimately we as a those of us who

2428

01:31:45,590 --> 01:31:44,219

are sort of ready to step into that next

2429

01:31:48,410 --> 01:31:45,600

level of understanding of the

2430

01:31:49,850 --> 01:31:48,420

connectedness of all sentient life and

2431

01:31:51,770 --> 01:31:49,860

our connection to the the Earth and

2432

01:31:54,530 --> 01:31:51,780

everything recognizing that everything

2433

01:31:56,990 --> 01:31:54,540

has inherent value that everything that

2434

01:31:59,390 --> 01:31:57,000

shows up as a physical manifestation in

2435

01:32:01,250 --> 01:31:59,400

this reality also has an underlying

2436

01:32:03,729 --> 01:32:01,260

energetic kind of spiritual value to it

2437

01:32:06,590 --> 01:32:03,739

as well including the Earth

2438

01:32:08,689 --> 01:32:06,600

that moving forward with that

2439

01:32:10,370 --> 01:32:08,699

understanding changing how we live is

2440

01:32:13,550 --> 01:32:10,380

really what the end game is in terms of

2441

01:32:16,010 --> 01:32:13,560

what I feel inspired to to do

2442

01:32:18,410 --> 01:32:16,020

um and in terms of

2443

01:32:21,350 --> 01:32:18,420

what the overall you know sort of

2444

01:32:23,209 --> 01:32:21,360

geopolitical spectrum of the cosmos is I

2445

01:32:24,950 --> 01:32:23,219

think that there's just like there are

2446

01:32:27,169 --> 01:32:24,960

here there's all sorts of different

2447

01:32:29,450 --> 01:32:27,179

levels of consciousness on the spiral

2448

01:32:30,770 --> 01:32:29,460

that are working their Will based on

2449

01:32:33,050 --> 01:32:30,780

their current understanding and like you

2450

01:32:34,610 --> 01:32:33,060

pointed out earlier they can be

2451

01:32:36,110 --> 01:32:34,620

technologically more advanced than of

2452

01:32:38,750 --> 01:32:36,120

some of them but not necessarily morally

2453

01:32:40,610 --> 01:32:38,760

more advanced or they can still mostly

2454

01:32:43,189 --> 01:32:40,620

be in self-service or some of them can

2455

01:32:44,810 --> 01:32:43,199

even be convinced that they're doing the

2456

01:32:46,129 --> 01:32:44,820

right thing but it's still based on a

2457

01:32:48,410 --> 01:32:46,139

less than complete understanding of

2458

01:32:50,629 --> 01:32:48,420

non-duality and so it's going to be a

2459

01:32:52,189 --> 01:32:50,639

partial understanding that still can

2460

01:32:54,229 --> 01:32:52,199

kind of be self-serving the same way we

2461

01:32:55,850 --> 01:32:54,239

can sometimes run into that interaction

2462

01:32:58,430 --> 01:32:55,860

with human beings and other human groups

2463

01:33:00,290 --> 01:32:58,440

so again apply common sense just like

2464

01:33:01,729 --> 01:33:00,300

you shouldn't join a uh you know a

2465

01:33:04,610 --> 01:33:01,739

spiritual movement and assume that the

2466

01:33:06,350 --> 01:33:04,620

leader is advanced in all these areas if

2467

01:33:08,629 --> 01:33:06,360

you are in contact with a group of

2468

01:33:11,629 --> 01:33:08,639

others or an individual being

2469

01:33:14,570 --> 01:33:11,639

basic tests basic Common Sense uh

2470

01:33:17,209 --> 01:33:14,580

applies across the board

2471

01:33:19,250 --> 01:33:17,219

what I appreciate about it is it has a

2472

01:33:20,870 --> 01:33:19,260

great deal of complexity but also

2473

01:33:22,790 --> 01:33:20,880

there's a

2474

01:33:26,830 --> 01:33:22,800

a resonant

2475

01:33:29,930 --> 01:33:26,840

truth to looking at reality in this way

2476

01:33:32,689 --> 01:33:29,940

and I also think that it provides a

2477

01:33:35,450 --> 01:33:32,699

tremendous amount of value it imbues

2478

01:33:38,750 --> 01:33:35,460

experience with value that experience

2479

01:33:41,990 --> 01:33:38,760

itself is is connoted with value and

2480

01:33:46,129 --> 01:33:42,000

meaning and that is incredibly important

2481

01:33:48,470 --> 01:33:46,139

in a world that we inhabit now where so

2482

01:33:50,090 --> 01:33:48,480

much of what is happening around us and

2483

01:33:52,189 --> 01:33:50,100

the way in which we're taught to look at

2484

01:33:54,830 --> 01:33:52,199

the world and our own lives and

2485

01:33:57,830 --> 01:33:54,840

experience that so much of this doesn't

2486

01:33:59,890 --> 01:33:57,840

matter at all but when you look at it

2487

01:34:03,530 --> 01:33:59,900

from this different perspective

2488

01:34:05,629 --> 01:34:03,540

the value is in each experience each

2489

01:34:09,530 --> 01:34:05,639

experience is an opportunity

2490

01:34:13,070 --> 01:34:09,540

for growth and Novelty and learning and

2491

01:34:16,250 --> 01:34:13,080

wisdom and to to not take those

2492

01:34:18,290 --> 01:34:16,260

opportunities and to discard them or say

2493

01:34:22,310 --> 01:34:18,300

that they don't matter like that does a

2494

01:34:25,189 --> 01:34:22,320

disservice not only to our iteration of

2495

01:34:27,890 --> 01:34:25,199

this experience but to the the

2496

01:34:31,669 --> 01:34:27,900

experience of the larger Cosmos like

2497

01:34:35,750 --> 01:34:31,679

that we are all part of this Grand uh

2498

01:34:38,450 --> 01:34:35,760

play story and every part every piece

2499

01:34:41,629 --> 01:34:38,460

every set you know everything that is in

2500

01:34:45,290 --> 01:34:41,639

goes into that that story has value and

2501

01:34:48,050 --> 01:34:45,300

adds to the power of of what that

2502

01:34:51,890 --> 01:34:48,060

ultimately becomes because it is in a

2503

01:34:55,610 --> 01:34:51,900

state of becoming and I think you know

2504

01:34:58,729 --> 01:34:55,620

to my experience of it and and awareness

2505

01:35:03,649 --> 01:34:58,739

of it that process does not end that

2506

01:35:08,390 --> 01:35:03,659

that becoming is is infinite uh there's

2507

01:35:12,950 --> 01:35:08,400

always new layers and depth and breadth

2508

01:35:15,649 --> 01:35:12,960

to that to that reality and it's seeking

2509

01:35:17,450 --> 01:35:15,659

that and so that to me is a story worth

2510

01:35:19,490 --> 01:35:17,460

telling and celebrating and being part

2511

01:35:22,669 --> 01:35:19,500

of and I think that that's why I

2512

01:35:24,590 --> 01:35:22,679

resonate so strongly with uh this way of

2513

01:35:26,570 --> 01:35:24,600

looking at it and it's also why kind of

2514

01:35:29,390 --> 01:35:26,580

the more I'm I've gotten into it myself

2515

01:35:33,649 --> 01:35:29,400

the less I've been interested in some of

2516

01:35:36,470 --> 01:35:33,659

the kind of technicalities of uh the UFO

2517

01:35:38,149 --> 01:35:36,480

craft or the beings or the because when

2518

01:35:40,910 --> 01:35:38,159

you when you understand this concept

2519

01:35:43,370 --> 01:35:40,920

those things in some ways can feel quite

2520

01:35:44,810 --> 01:35:43,380

trivial to the larger questions and

2521

01:35:47,270 --> 01:35:44,820

picture

2522

01:35:50,149 --> 01:35:47,280

absolutely I think there's several

2523

01:35:52,669 --> 01:35:50,159

Revelations that impact

2524

01:35:54,830 --> 01:35:52,679

you know what really is of import when

2525

01:35:56,689 --> 01:35:54,840

it comes to the UFO phenomenon and like

2526
01:35:58,550 --> 01:35:56,699
you point towards and I've mentioned

2527
01:36:00,890 --> 01:35:58,560
this before as well

2528
01:36:03,470 --> 01:36:00,900
um you know being

2529
01:36:06,590 --> 01:36:03,480
fascinated with the Craft only takes you

2530
01:36:09,590 --> 01:36:06,600
so far for number one

2531
01:36:11,149 --> 01:36:09,600
these beings many of them are sort of

2532
01:36:13,669 --> 01:36:11,159
vibrating at dimensional levels where

2533
01:36:17,090 --> 01:36:13,679
they can manifest uh any kind of

2534
01:36:19,250 --> 01:36:17,100
physicality uh uh on the spot and so

2535
01:36:20,930 --> 01:36:19,260
getting caught up in the functionality

2536
01:36:22,910 --> 01:36:20,940
kind of misses the point

2537
01:36:24,890 --> 01:36:22,920
um you know and what's much more

2538
01:36:27,350 --> 01:36:24,900

important is is who's behind the craft

2539

01:36:29,689 --> 01:36:27,360

right piloting or piloting it or you

2540

01:36:32,450 --> 01:36:29,699

know remotely controlling or whatever

2541

01:36:35,390 --> 01:36:32,460

um but yeah in the same way you know I

2542

01:36:38,030 --> 01:36:35,400

think one assumption that people make

2543

01:36:40,010 --> 01:36:38,040

that we've kind of grown up with partly

2544

01:36:42,010 --> 01:36:40,020

in science fiction and partly just what

2545

01:36:45,169 --> 01:36:42,020

we were taught in science class

2546

01:36:47,209 --> 01:36:45,179

we have been led to believe that alien

2547

01:36:49,070 --> 01:36:47,219

intelligences would be nothing like us

2548

01:36:51,350 --> 01:36:49,080

right and they would think nothing like

2549

01:36:53,390 --> 01:36:51,360

us and you know their understanding of

2550

01:36:54,890 --> 01:36:53,400

morality you know we might be like ants

2551

01:36:56,149 --> 01:36:54,900

to them and they just wipe us off you

2552

01:36:57,350 --> 01:36:56,159

know like you hear those kind of things

2553

01:36:59,990 --> 01:36:57,360

all the time right you hear these

2554

01:37:01,910 --> 01:37:00,000

Notions of it's a prison planet or we're

2555

01:37:03,110 --> 01:37:01,920

just you know cattle to them and all

2556

01:37:04,610 --> 01:37:03,120

these kind of things and in a lot of

2557

01:37:07,189 --> 01:37:04,620

ways we're reflecting our own

2558

01:37:08,990 --> 01:37:07,199

Consciousness and our own shadow back on

2559

01:37:10,850 --> 01:37:09,000

ourselves when we think that way because

2560

01:37:13,910 --> 01:37:10,860

we do that to other species which

2561

01:37:16,910 --> 01:37:13,920

there's a lesson in that in itself

2562

01:37:19,490 --> 01:37:16,920

uh but I think one of the revelations

2563

01:37:20,629 --> 01:37:19,500

I've definitely had in my experiences is

2564

01:37:24,470 --> 01:37:20,639

that

2565

01:37:27,350 --> 01:37:24,480

this Consciousness spiral applies to all

2566

01:37:28,850 --> 01:37:27,360

sentient life right so

2567

01:37:31,790 --> 01:37:28,860

um they are going through the same

2568

01:37:34,550 --> 01:37:31,800

progress as we are and are somewhere on

2569

01:37:37,129 --> 01:37:34,560

that spiral some higher than others and

2570

01:37:38,570 --> 01:37:37,139

it's not about trying to say one is

2571

01:37:40,430 --> 01:37:38,580

better than the other that's really the

2572

01:37:43,070 --> 01:37:40,440

wrong way to look at it uh you know you

2573

01:37:45,229 --> 01:37:43,080

get as many iterations as you need to

2574

01:37:47,750 --> 01:37:45,239

learn the lessons right

2575

01:37:49,250 --> 01:37:47,760

um so it's not about helping Johnny with

2576

01:37:50,390 --> 01:37:49,260

his homework so he finally gets out of

2577

01:37:51,830 --> 01:37:50,400

high school because then what's Johnny

2578

01:37:53,510 --> 01:37:51,840

going to do when he has to live his life

2579

01:37:55,550 --> 01:37:53,520

right he's he suddenly doesn't have the

2580

01:37:57,649 --> 01:37:55,560

tools so the important thing is to learn

2581

01:37:59,570 --> 01:37:57,659

the lessons we're here to learn and

2582

01:38:01,010 --> 01:37:59,580

these others are on that same path and

2583

01:38:04,689 --> 01:38:01,020

that's why it's strange to me when

2584

01:38:10,129 --> 01:38:07,189

don't think about just common sense

2585

01:38:12,229 --> 01:38:10,139

questions about who these others are not

2586

01:38:14,510 --> 01:38:12,239

just in terms of

2587

01:38:16,370 --> 01:38:14,520

um are they good or are they bad but

2588

01:38:18,110 --> 01:38:16,380

even when they think they're being good

2589

01:38:20,090 --> 01:38:18,120

there are some people we know in the

2590

01:38:22,790 --> 01:38:20,100

world that might have a very kind of

2591

01:38:25,250 --> 01:38:22,800

constricting religious perspective right

2592

01:38:26,689 --> 01:38:25,260

a fairly fundamentalist one and they

2593

01:38:29,629 --> 01:38:26,699

believe they're doing the right thing

2594

01:38:31,790 --> 01:38:29,639

right they they they believe to their

2595

01:38:33,590 --> 01:38:31,800

core sometimes that this is what God

2596

01:38:35,870 --> 01:38:33,600

wants them to do right

2597

01:38:37,430 --> 01:38:35,880

and we might look at it and see it as

2598

01:38:39,169 --> 01:38:37,440

partial we might see that they still

2599

01:38:41,030 --> 01:38:39,179

have kind of a tribal mentality right

2600

01:38:42,770 --> 01:38:41,040

that that whether you look at

2601
01:38:45,169 --> 01:38:42,780
fundamentalist Islam or fundamentalist

2602
01:38:46,790 --> 01:38:45,179
Christianity right it's remarkably

2603
01:38:48,649 --> 01:38:46,800
similar it's like two sides of the same

2604
01:38:50,510 --> 01:38:48,659
coin and it says more about that level

2605
01:38:52,370 --> 01:38:50,520
of Consciousness than it does about

2606
01:38:53,689 --> 01:38:52,380
either religion right and on the other

2607
01:38:55,910 --> 01:38:53,699
end of the spectrum you could have a

2608
01:38:58,189 --> 01:38:55,920
very Progressive Christian or a very

2609
01:38:59,629 --> 01:38:58,199
Progressive Muslim right who really has

2610
01:39:01,370 --> 01:38:59,639
this kind of universal sense of

2611
01:39:03,709 --> 01:39:01,380
everything being connected and and

2612
01:39:05,450 --> 01:39:03,719
loving everyone right and never wanting

2613
01:39:07,910 --> 01:39:05,460

to harm anyone so

2614

01:39:09,590 --> 01:39:07,920

that applies here too you know that

2615

01:39:11,270 --> 01:39:09,600

these these being it's not just about

2616

01:39:13,250 --> 01:39:11,280

whether they're good or bad or where

2617

01:39:14,870 --> 01:39:13,260

they even you know project themselves as

2618

01:39:16,750 --> 01:39:14,880

good or bad it's also about what is

2619

01:39:19,250 --> 01:39:16,760

their level of self-awareness what is

2620

01:39:21,410 --> 01:39:19,260

self-evident truth looks different at

2621

01:39:23,270 --> 01:39:21,420

every stage of Consciousness right and

2622

01:39:25,610 --> 01:39:23,280

that's not just true for human beings

2623

01:39:28,550 --> 01:39:25,620

it's also true for these others too and

2624

01:39:30,890 --> 01:39:28,560

that's why the best way we can have

2625

01:39:32,510 --> 01:39:30,900

um the most discernment about what's

2626

01:39:34,970 --> 01:39:32,520

going on and who we're interacting with

2627

01:39:36,890 --> 01:39:34,980

rather than being overwhelmed by I could

2628

01:39:38,330 --> 01:39:36,900

be being duped right that kind of thing

2629

01:39:40,310 --> 01:39:38,340

I often get that kind of question how do

2630

01:39:41,689 --> 01:39:40,320

you know you're not being duped well you

2631

01:39:43,970 --> 01:39:41,699

have to develop your own Consciousness

2632

01:39:45,590 --> 01:39:43,980

to the point where you are able to

2633

01:39:47,689 --> 01:39:45,600

discern those differences that you have

2634

01:39:49,070 --> 01:39:47,699

a subtle awareness where you can pick up

2635

01:39:51,890 --> 01:39:49,080

on that and then you ask the same

2636

01:39:56,570 --> 01:39:51,900

questions about self-evident truths

2637

01:40:04,070 --> 01:39:59,750

so well said uh well the DNA of this

2638

01:40:06,590 --> 01:40:04,080

show of luminal frames is to celebrate

2639

01:40:10,970 --> 01:40:06,600

the exploration of these kinds of ideas

2640

01:40:13,910 --> 01:40:10,980

and and of the Journey of discovery

2641

01:40:16,689 --> 01:40:13,920

and you know it's been quite a journey

2642

01:40:20,270 --> 01:40:16,699

so far this year and we're not done yet

2643

01:40:22,729 --> 01:40:20,280

so there's there's still episodes uh

2644

01:40:27,050 --> 01:40:22,739

left in the in the tank here before the

2645

01:40:30,410 --> 01:40:27,060

end of uh 2022 and I know we're both

2646

01:40:32,830 --> 01:40:30,420

looking forward to what 2023 will bring

2647

01:40:35,390 --> 01:40:32,840

this has been an enjoyable episode

2648

01:40:38,450 --> 01:40:35,400

responding to these questions and and

2649

01:40:42,250 --> 01:40:38,460

giving you a chance to expound on your

2650

01:40:45,530 --> 01:40:42,260

perspective I have very much enjoyed

2651
01:40:47,629 --> 01:40:45,540
your insights and your willingness to be

2652
01:40:51,169 --> 01:40:47,639
challenged by these questions and by my

2653
01:40:54,530 --> 01:40:51,179
own questions our Journeys are are

2654
01:40:57,830 --> 01:40:54,540
joined but are also distinct and uh and

2655
01:40:59,750 --> 01:40:57,840
quite different and we talk about that a

2656
01:41:01,750 --> 01:40:59,760
good bit and maybe we'll dig into some

2657
01:41:05,090 --> 01:41:01,760
of that a little bit more in the future

2658
01:41:07,010 --> 01:41:05,100
uh with our listeners and we're so

2659
01:41:10,010 --> 01:41:07,020
grateful for everybody who submitted

2660
01:41:11,870 --> 01:41:10,020
questions and uh and those of you who

2661
01:41:14,270 --> 01:41:11,880
had questions that we couldn't get to we

2662
01:41:15,770 --> 01:41:14,280
do apologize please keep sending them

2663
01:41:18,830 --> 01:41:15,780

our way and we'll I'm sure do another

2664

01:41:20,450 --> 01:41:18,840

episode like this in the future so I

2665

01:41:23,330 --> 01:41:20,460

want to thank everybody for for joining

2666

01:41:28,189 --> 01:41:25,850

May the quality of our questions shaped

2667

01:41:30,890 --> 01:41:28,199

by a desire for understanding enhance

2668

01:41:32,510 --> 01:41:30,900

our journey of Discovery and may our

2669

01:41:34,550 --> 01:41:32,520

travels broaden the sphere of our

2670

01:41:37,609 --> 01:41:34,560

Consciousness reminding us that new

2671

01:41:40,609 --> 01:41:37,619

discoveries beget New Horizons

2672

01:41:42,530 --> 01:41:40,619

as always Adventure awaits

2673

01:41:44,270 --> 01:41:42,540

we'll see you next time on liminal

2674

01:41:46,470 --> 01:41:44,280

frames

2675

01:41:50,270 --> 01:41:48,700

[Music]

2676

01:41:56,570 --> 01:41:50,280

[Laughter]