

FADE TO BLACK

with **JIMMY CHURCH**
PRESENTS

KELLY SULLIVAN WALDEN

SECRETS OF DREAMS

WED JULY 13 LIVE

7:00 PM PT/10:00PM ET



1
00:04:01,030 --> 00:03:57,990

[Music]

2
00:04:03,910 --> 00:04:01,040

the smoke radio for the masses headline

3
00:04:05,750 --> 00:04:03,920

edition july 8th 1947

4
00:04:08,229 --> 00:04:05,760

the army air forces has announced that a

5
00:04:09,910 --> 00:04:08,239

flying disk has been found and is now in

6
00:04:12,630 --> 00:04:09,920

the possession of the army

7
00:04:14,630 --> 00:04:12,640

if the game is rigged change the game

8
00:04:17,509 --> 00:04:14,640

game changer

9
00:04:19,830 --> 00:04:17,519

i occasionally think how quickly

10
00:04:21,189 --> 00:04:19,840

our differences worldwide

11
00:04:23,909 --> 00:04:21,199

would vanish

12
00:04:27,230 --> 00:04:23,919

if we were facing an alien threat from

13
00:04:27,650 --> 00:04:27,240

outside this world

14

00:04:30,070 --> 00:04:27,660

[Applause]

15

00:04:32,870 --> 00:04:30,080

[Music]

16

00:04:35,510 --> 00:04:32,880

this is fade to black it's your host

17

00:04:39,110 --> 00:04:35,520

jimmy church on the game changer radio

18

00:04:43,470 --> 00:04:41,270

i need your help to get to the year

19

00:04:48,150 --> 00:04:43,480

1985.

20

00:04:53,350 --> 00:04:50,230

you are listening to fade to flag with

21

00:04:59,990 --> 00:04:53,360

jimmy judge on the game changer network

22

00:05:04,390 --> 00:05:00,000

[Music]

23

00:05:04,400 --> 00:05:08,870

fade to black

24

00:05:12,150 --> 00:05:11,350

bespoke radio

25

00:05:13,350 --> 00:05:12,160

for

26

00:05:14,480 --> 00:05:13,360

the

27

00:05:16,469 --> 00:05:14,490

masses

28

00:05:18,629 --> 00:05:16,479

[Music]

29

00:05:21,670 --> 00:05:18,639

yeah man how you doing

30

00:05:23,830 --> 00:05:21,680

how you doing today's wednesday

31

00:05:25,840 --> 00:05:23,840

july 13th

32

00:05:33,590 --> 00:05:25,850

2022

33

00:05:34,950 --> 00:05:33,600

[Music]

34

00:05:36,710 --> 00:05:34,960

i would like to welcome everybody

35

00:05:39,909 --> 00:05:36,720

listening all around the world all

36

00:05:42,070 --> 00:05:39,919

across the united states

37

00:05:44,390 --> 00:05:42,080

hither and tether to and fro back and

38

00:05:47,029 --> 00:05:44,400

forth up and down east and west north

39

00:05:49,430 --> 00:05:47,039

and south far and near

40

00:05:52,230 --> 00:05:49,440

this is fade to black for kjcr the game

41

00:05:56,150 --> 00:05:52,240

changer and nx networks

42

00:06:01,590 --> 00:05:56,160

racehobbs i am your host jimmy church

43

00:06:04,230 --> 00:06:01,600

what is cracking everybody tonight

44

00:06:07,670 --> 00:06:04,240

we welcome very special and one of my

45

00:06:11,270 --> 00:06:07,680

favoritest people in the world

46

00:06:13,510 --> 00:06:11,280

kelly sullivan walden is with us

47

00:06:15,909 --> 00:06:13,520

to continue our secrets week here on

48

00:06:18,070 --> 00:06:15,919

fade to black tonight it is the secret

49

00:06:18,830 --> 00:06:18,080

of dreams

50

00:06:23,590 --> 00:06:18,840

yeah

51

00:06:25,350 --> 00:06:23,600

man she's the very very best

52

00:06:27,029 --> 00:06:25,360

so stay tuned for that she'll be with us

53

00:06:28,710 --> 00:06:27,039

at the bottom of the hour tomorrow night

54

00:06:31,110 --> 00:06:28,720

is another fader night

55

00:06:33,909 --> 00:06:31,120

with open lines all night long what a

56

00:06:36,309 --> 00:06:33,919

great week on the show time travel scott

57

00:06:39,510 --> 00:06:36,319

walter tonight

58

00:06:40,710 --> 00:06:39,520

kelly's with us oh man

59

00:06:42,629 --> 00:06:40,720

so cool

60

00:06:44,790 --> 00:06:42,639

you know i i say this all the time i

61

00:06:48,629 --> 00:06:44,800

won't do it tonight uh with kelly but

62

00:06:50,150 --> 00:06:48,639

i'll share this with you now kelly glows

63

00:06:54,230 --> 00:06:50,160

she glows

64

00:06:56,309 --> 00:06:54,240

every time i see her walking down you

65

00:06:58,390 --> 00:06:56,319

know and you just like you see this

66

00:07:00,469 --> 00:06:58,400

bright ray of sunshine and you just

67

00:07:01,189 --> 00:07:00,479

looked at when you see oh right you see

68

00:07:03,350 --> 00:07:01,199

that

69

00:07:05,749 --> 00:07:03,360

and you know and it's kelly

70

00:07:07,749 --> 00:07:05,759

it's like i don't know how she does it

71

00:07:09,510 --> 00:07:07,759

kelly gloves kelly is with us tonight

72

00:07:10,950 --> 00:07:09,520

it's going to be a great show

73

00:07:13,510 --> 00:07:10,960

and um

74

00:07:15,270 --> 00:07:13,520

a much requested show i was getting a

75

00:07:16,950 --> 00:07:15,280

lot of email

76

00:07:18,390 --> 00:07:16,960

about kelly

77

00:07:19,909 --> 00:07:18,400

and uh when are we gonna do another

78

00:07:23,990 --> 00:07:19,919

dream show with her

79

00:07:26,309 --> 00:07:24,000

and i i just didn't realize um it had

80

00:07:28,790 --> 00:07:26,319

been uh such such a long time since

81

00:07:31,670 --> 00:07:28,800

she's been on with us but actually

82

00:07:33,670 --> 00:07:31,680

that's kind of cool because

83

00:07:36,070 --> 00:07:33,680

i've accumulated

84

00:07:37,270 --> 00:07:36,080

dreams since she was on the show with

85

00:07:39,749 --> 00:07:37,280

this last

86

00:07:42,790 --> 00:07:39,759

and not only that

87

00:07:46,309 --> 00:07:42,800

but uh i've got new skateboard wheels

88

00:07:48,230 --> 00:07:46,319

on my chair that i that i put on and my

89

00:07:49,589 --> 00:07:48,240

chair is awesome

90

00:07:52,070 --> 00:07:49,599

it just

91

00:07:55,670 --> 00:07:52,080

you want to you want to just experience

92

00:07:58,070 --> 00:07:55,680

this man it's really cool just

93

00:08:01,670 --> 00:07:58,080

it it goes i wonder now now that i've

94

00:08:04,469 --> 00:08:01,680

got skateboard wheels on my chair

95

00:08:05,670 --> 00:08:04,479

right skateboard park there's one across

96

00:08:09,589 --> 00:08:05,680

the street

97

00:08:09,599 --> 00:08:14,629

somebody pushed me into the bowl

98

00:08:19,270 --> 00:08:16,710

right

99

00:08:21,270 --> 00:08:19,280

take hang ten to a whole another

100

00:08:22,790 --> 00:08:21,280

whole another level but yeah this would

101
00:08:25,110 --> 00:08:22,800
work

102
00:08:27,589 --> 00:08:25,120
yeah man i've got skateboard wheels on

103
00:08:30,309 --> 00:08:27,599
on the chair like skateboard wheels

104
00:08:33,110 --> 00:08:30,319
um precision bearings the whole thing

105
00:08:34,709 --> 00:08:33,120
so um yeah that

106
00:08:42,550 --> 00:08:34,719
that sounds like

107
00:08:46,630 --> 00:08:44,550
somebody should do that

108
00:08:48,230 --> 00:08:46,640
you know you know the x-games or

109
00:08:49,590 --> 00:08:48,240
something

110
00:08:51,590 --> 00:08:49,600
yeah

111
00:08:52,470 --> 00:08:51,600
you know 500 feet in the air big long

112
00:08:54,790 --> 00:08:52,480
ramp

113
00:08:57,430 --> 00:08:54,800

and just down

114

00:08:59,430 --> 00:08:57,440

up the right catch some air you know in

115

00:09:02,470 --> 00:08:59,440

vegas you know jump from

116

00:09:05,030 --> 00:09:02,480

uh casino to casino

117

00:09:09,430 --> 00:09:07,670

you could stop telling me that

118

00:09:13,670 --> 00:09:09,440

you can do it on this

119

00:09:15,910 --> 00:09:13,680

all right when i was a kid this would be

120

00:09:17,110 --> 00:09:15,920

the first thing we would do out to the

121

00:09:19,509 --> 00:09:17,120

street

122

00:09:20,920 --> 00:09:19,519

set up the ramp your buddy's pushing you

123

00:09:22,550 --> 00:09:20,930

in the chair

124

00:09:25,110 --> 00:09:22,560

[Music]

125

00:09:27,350 --> 00:09:25,120

no helmets no pads

126

00:09:30,310 --> 00:09:27,360

parents at work

127

00:09:33,190 --> 00:09:30,320

you know uh

128

00:09:36,790 --> 00:09:33,200

what's that fender faces class action

129

00:09:39,590 --> 00:09:36,800

lawsuit over cma ruling and uh what's

130

00:09:41,750 --> 00:09:39,600

that all about what's a cma

131

00:09:43,430 --> 00:09:41,760

class action lawsuit lawsuit follows

132

00:09:46,310 --> 00:09:43,440

vendors of

133

00:09:49,509 --> 00:09:46,320

two years ago uk competition

134

00:09:50,870 --> 00:09:49,519

markets authorities and at issue wow i'm

135

00:09:52,389 --> 00:09:50,880

going to check this out i wonder what

136

00:09:55,509 --> 00:09:52,399

this is about

137

00:09:58,230 --> 00:09:55,519

okay all right all right all right uh

138

00:10:02,150 --> 00:09:58,240

they paid above market value for guitars

139

00:10:03,509 --> 00:10:02,160

between 2000 oh come on really that's

140

00:10:05,350 --> 00:10:03,519

what that lawsuit's about i thought it

141

00:10:07,910 --> 00:10:05,360

was about something else

142

00:10:10,389 --> 00:10:07,920

it's fender what do you expect

143

00:10:12,069 --> 00:10:10,399

you're gonna pay over market value for

144

00:10:13,750 --> 00:10:12,079

your stuff

145

00:10:16,550 --> 00:10:13,760

of course

146

00:10:19,110 --> 00:10:16,560

that's the guitar market

147

00:10:21,910 --> 00:10:19,120

the guitar market is gnarly it's worse

148

00:10:24,790 --> 00:10:21,920

than diamonds or gold all right where am

149

00:10:26,310 --> 00:10:24,800

i at oh yeah yeah yeah yeah you know

150

00:10:28,310 --> 00:10:26,320

your parents are at work at summer

151
00:10:30,389 --> 00:10:28,320
vacation

152
00:10:32,310 --> 00:10:30,399
you put skateboard wheels on the office

153
00:10:34,470 --> 00:10:32,320
chair and you go out to the street

154
00:10:36,470 --> 00:10:34,480
that's what you do

155
00:10:38,790 --> 00:10:36,480
i think it's a great idea

156
00:10:39,829 --> 00:10:38,800
all right uh i've got a few events

157
00:10:42,550 --> 00:10:39,839
coming up

158
00:10:44,470 --> 00:10:42,560
um i will get you the details on

159
00:10:47,350 --> 00:10:44,480
everything i promised to do this by

160
00:10:49,990 --> 00:10:47,360
today but i'll do it tomorrow

161
00:10:50,870 --> 00:10:50,000
but i've got a few events coming up next

162
00:10:53,030 --> 00:10:50,880
month

163
00:10:56,870 --> 00:10:53,040

on tuesday night august 16th i will be

164

00:10:58,230 --> 00:10:56,880

at u-pars here in los angeles in studio

165

00:11:02,630 --> 00:10:58,240

city

166

00:11:05,110 --> 00:11:02,640

i think we have seats for about 200.

167

00:11:09,030 --> 00:11:05,120

uh it's gonna sell out uh it's on its

168

00:11:10,870 --> 00:11:09,040

way to doing that now so if you're in or

169

00:11:12,150 --> 00:11:10,880

around the los angeles area and you

170

00:11:15,350 --> 00:11:12,160

wanna come out

171

00:11:17,990 --> 00:11:15,360

uh to studio city uh for this event it's

172

00:11:20,069 --> 00:11:18,000

a it's gonna be really cool a lot of fun

173

00:11:22,870 --> 00:11:20,079

um i'll get you the information so you

174

00:11:25,110 --> 00:11:22,880

can make sure that you get uh tickets in

175

00:11:27,590 --> 00:11:25,120

time it will sell out it's just 200

176

00:11:28,790 --> 00:11:27,600

seats okay so that's coming up august

177

00:11:29,750 --> 00:11:28,800

16th

178

00:11:32,710 --> 00:11:29,760

um

179

00:11:35,670 --> 00:11:32,720

later on this year i've got a i've got

180

00:11:38,630 --> 00:11:35,680

three four things booked right now

181

00:11:40,710 --> 00:11:38,640

two three of them are private uh i'm

182

00:11:42,470 --> 00:11:40,720

gonna be doing a private sky watch which

183

00:11:43,509 --> 00:11:42,480

i can't talk about that because it's

184

00:11:46,389 --> 00:11:43,519

private

185

00:11:49,269 --> 00:11:46,399

uh with some other people uh maybe we'll

186

00:11:51,670 --> 00:11:49,279

see what happens uh uh during the event

187

00:11:53,190 --> 00:11:51,680

then uh i've got a film shoot i'm doing

188

00:11:55,269 --> 00:11:53,200

in two weeks

189

00:11:56,870 --> 00:11:55,279

um that's gonna be really cool i'll keep

190

00:11:58,389 --> 00:11:56,880

you posted on that

191

00:12:00,230 --> 00:11:58,399

and uh

192

00:12:02,550 --> 00:12:00,240

and then i'm going to egypt and then

193

00:12:05,990 --> 00:12:02,560

when i come back from egypt

194

00:12:08,230 --> 00:12:06,000

uh i am going to be going on

195

00:12:09,350 --> 00:12:08,240

uh a cruise

196

00:12:11,509 --> 00:12:09,360

and

197

00:12:15,030 --> 00:12:11,519

that i believe

198

00:12:17,990 --> 00:12:15,040

is in february or march i will get all

199

00:12:20,949 --> 00:12:18,000

the information uh to you about that

200

00:12:23,750 --> 00:12:20,959

and it uh departs out of los angeles it

201
00:12:26,310 --> 00:12:23,760
uh heads down to mexico and then comes

202
00:12:27,670 --> 00:12:26,320
back to los angeles and i'll get you all

203
00:12:29,269 --> 00:12:27,680
of that so you can come and hang out

204
00:12:31,590 --> 00:12:29,279
with us on the cruise

205
00:12:34,230 --> 00:12:31,600
um and that's gonna be fantastic so i've

206
00:12:37,110 --> 00:12:34,240
got that coming up and a couple of other

207
00:12:38,949 --> 00:12:37,120
things so i will get everything to you

208
00:12:41,190 --> 00:12:38,959
probably by the end of the weekend and i

209
00:12:42,230 --> 00:12:41,200
will have everything up and posted and

210
00:12:45,670 --> 00:12:42,240
done

211
00:12:47,110 --> 00:12:45,680
okay i will get on uh you parse uh i'll

212
00:12:51,110 --> 00:12:47,120
make sure that you have that information

213
00:12:54,629 --> 00:12:51,120

tomorrow you can just go to upars.com

214

00:12:57,350 --> 00:12:54,639

you you p a r s

215

00:12:58,949 --> 00:12:57,360

i think that's what it is upars.com all

216

00:13:00,310 --> 00:12:58,959

right now i've been telling everybody

217

00:13:02,069 --> 00:13:00,320

all week one of the coolest things that

218

00:13:05,110 --> 00:13:02,079

you can do right now is get your free

219

00:13:07,190 --> 00:13:05,120

membership to the unix network you can do

220

00:13:09,990 --> 00:13:07,200

that right now go to onxnetwork.com

221

00:13:12,470 --> 00:13:10,000

click on the links below in if you're

222

00:13:14,550 --> 00:13:12,480

over on youtube of course we've got it

223

00:13:17,110 --> 00:13:14,560

up and around social media but it's

224

00:13:18,629 --> 00:13:17,120

simple on xnetwork.com where you're

225

00:13:20,949 --> 00:13:18,639

going to get the monthly newsletter you

226
00:13:22,069 --> 00:13:20,959
get that for free you get access to the

227
00:13:24,389 --> 00:13:22,079
blogs

228
00:13:27,590 --> 00:13:24,399
you get event notices you get a free

229
00:13:28,790 --> 00:13:27,600
digital copy of their quarterly magazine

230
00:13:31,350 --> 00:13:28,800
and

231
00:13:32,710 --> 00:13:31,360
i just did the time travel special on

232
00:13:34,389 --> 00:13:32,720
monday night

233
00:13:37,670 --> 00:13:34,399
this month's issue

234
00:13:40,550 --> 00:13:37,680
uh of unex magazine is all about time

235
00:13:42,629 --> 00:13:40,560
travel so go get your free membership

236
00:13:45,590 --> 00:13:42,639
get your free magazines get everything

237
00:13:48,949 --> 00:13:45,600
it's totally free just go and do it now

238
00:13:50,389 --> 00:13:48,959

click on the link once network

239

00:13:52,389 --> 00:13:50,399

also

240

00:13:53,269 --> 00:13:52,399

announced this week this is a really big

241

00:13:56,389 --> 00:13:53,279

deal

242

00:13:58,710 --> 00:13:56,399

eden pure has got their bogo special

243

00:13:59,509 --> 00:13:58,720

going on right now

244

00:14:02,550 --> 00:13:59,519

for

245

00:14:04,710 --> 00:14:02,560

their thunderstorm now i've got a bunch

246

00:14:06,470 --> 00:14:04,720

of thunderstorms i love them i was

247

00:14:08,389 --> 00:14:06,480

watching some of the posts

248

00:14:09,829 --> 00:14:08,399

throughout social media saying i got my

249

00:14:13,509 --> 00:14:09,839

thunderstorm i can't believe how great

250

00:14:16,389 --> 00:14:13,519

this it is it's absolutely amazing plug

251

00:14:18,470 --> 00:14:16,399

it in the wall it's usb it's totally

252

00:14:19,269 --> 00:14:18,480

quiet smells like

253

00:14:22,389 --> 00:14:19,279

uh

254

00:14:25,829 --> 00:14:22,399

the the the air the fresh air after a

255

00:14:28,069 --> 00:14:25,839

thunderstorm kills germs kills viruses i

256

00:14:32,230 --> 00:14:28,079

just put one in my home gym

257

00:14:34,550 --> 00:14:32,240

got rid of the uh the bo funk that was

258

00:14:36,550 --> 00:14:34,560

accumulating in there and it was uh

259

00:14:39,030 --> 00:14:36,560

erased in about 60 minutes i mean

260

00:14:41,670 --> 00:14:39,040

completely gone and you know what bo

261

00:14:42,790 --> 00:14:41,680

funk is you can't you can't ever get rid

262

00:14:46,389 --> 00:14:42,800

of that

263

00:14:48,470 --> 00:14:46,399

this did it absolutely incredible okay

264

00:14:50,069 --> 00:14:48,480

so get your thunderbird thunderbird i

265

00:14:52,150 --> 00:14:50,079

keep saying thunderbird should be called

266

00:14:55,189 --> 00:14:52,160

thunderbird thunderstorm

267

00:14:57,829 --> 00:14:55,199

uh bogo and the promo code for it right

268

00:15:02,629 --> 00:14:57,839

now this is urgent this is one week only

269

00:15:05,030 --> 00:15:02,639

right so fader bogo f-a-d-e-r-b-o-g-o

270

00:15:07,829 --> 00:15:05,040

is all you need and you get buy one get

271

00:15:10,629 --> 00:15:07,839

one free you buy five you get five free

272

00:15:12,949 --> 00:15:10,639

you know right now you know

273

00:15:14,470 --> 00:15:12,959

buy one get one free that's amazing but

274

00:15:17,590 --> 00:15:14,480

you need one for your kitchen for your

275

00:15:19,670 --> 00:15:17,600

bedroom uh you need one for your car

276

00:15:21,590 --> 00:15:19,680

uh you need one for the living room

277

00:15:23,509 --> 00:15:21,600

maybe a bathroom

278

00:15:25,910 --> 00:15:23,519

you know the private bathroom that only

279

00:15:28,230 --> 00:15:25,920

your wife will let you use you know that

280

00:15:29,990 --> 00:15:28,240

one you know things like that

281

00:15:32,550 --> 00:15:30,000

all right all right get your

282

00:15:34,790 --> 00:15:32,560

thunderstorm right now the bogo special

283

00:15:36,470 --> 00:15:34,800

is going on the links for everything all

284

00:15:38,550 --> 00:15:36,480

of our sponsors are in the description

285

00:15:40,470 --> 00:15:38,560

box below they're over on our website

286

00:15:42,389 --> 00:15:40,480

all the links are there

287

00:15:45,189 --> 00:15:42,399

go support the show

288

00:15:47,110 --> 00:15:45,199

and visit our sponsors now let's get to

289

00:15:54,870 --> 00:15:47,120

the breaking news or you can follow me

290

00:16:00,629 --> 00:15:58,069

overlander canada

291

00:16:02,470 --> 00:16:00,639

just posted the office chair with uh

292

00:16:04,870 --> 00:16:02,480

skateboard wheels

293

00:16:07,749 --> 00:16:04,880

did that over on twitter you can too

294

00:16:09,189 --> 00:16:07,759

at j church radio the sandboxes hashtag

295

00:16:11,030 --> 00:16:09,199

f2b

296

00:16:12,550 --> 00:16:11,040

on twitter come and hang out with us all

297

00:16:20,829 --> 00:16:12,560

right we don't bite

298

00:16:25,189 --> 00:16:23,350

big because

299

00:16:27,350 --> 00:16:25,199

politico

300

00:16:29,430 --> 00:16:27,360

is reporting

301

00:16:32,230 --> 00:16:29,440

that yesterday

302

00:16:35,430 --> 00:16:32,240

congress voted to create a secure

303

00:16:37,990 --> 00:16:35,440

government system for reporting ufos and

304

00:16:40,870 --> 00:16:38,000

to compel current and former officials

305

00:16:42,790 --> 00:16:40,880

to reveal what they might know

306

00:16:45,269 --> 00:16:42,800

about the mysterious phenomena by

307

00:16:46,949 --> 00:16:45,279

promising to protect them

308

00:16:50,310 --> 00:16:46,959

from reprisal

309

00:16:51,269 --> 00:16:50,320

the biport the bipartisan it is it is

310

00:16:53,829 --> 00:16:51,279

pork

311

00:16:56,870 --> 00:16:53,839

the bipartisan amendment to the national

312

00:16:59,590 --> 00:16:56,880

defense authorization act passed by

313

00:17:01,350 --> 00:16:59,600

voice vote without debate is part of an

314

00:17:03,509 --> 00:17:01,360

aggressive effort to exert more

315

00:17:06,230 --> 00:17:03,519

oversight over an endearing intelligence

316

00:17:08,630 --> 00:17:06,240

gathering challenge that has gained more

317

00:17:11,189 --> 00:17:08,640

attention in recent years

318

00:17:13,110 --> 00:17:11,199

it was proposed by representatives mike

319

00:17:16,390 --> 00:17:13,120

gallagher from wisconsin and ruben

320

00:17:19,189 --> 00:17:16,400

gallego out of arizona when a republican

321

00:17:22,230 --> 00:17:19,199

won a democrat who have been among a

322

00:17:24,230 --> 00:17:22,240

vocal bipartisan block of lawmakers

323

00:17:28,150 --> 00:17:24,240

pressing the pentagon and intelligence

324

00:17:29,830 --> 00:17:28,160

officials to take the issue more

325

00:17:32,710 --> 00:17:29,840

seriously

326

00:17:35,669 --> 00:17:32,720

absolutely incredible news and all of

327

00:17:39,190 --> 00:17:35,679

that went down yesterday insanity

328

00:17:41,590 --> 00:17:39,200

now uh tesla

329

00:17:43,270 --> 00:17:41,600

texas right now is overheating

330

00:17:44,789 --> 00:17:43,280

our thoughts are with everybody in texas

331

00:17:47,110 --> 00:17:44,799

but i got to tell you

332

00:17:50,150 --> 00:17:47,120

i live in palmdale and it was about a

333

00:17:51,430 --> 00:17:50,160

buck 75 here today

334

00:17:52,870 --> 00:17:51,440

so you just got to learn how to deal

335

00:17:56,150 --> 00:17:52,880

with it but

336

00:17:59,590 --> 00:17:56,160

texas is overheating and tesla

337

00:18:02,150 --> 00:17:59,600

is asking its customers in texas to

338

00:18:04,950 --> 00:18:02,160

avoid charging their electric vehicles

339

00:18:07,669 --> 00:18:04,960

during peak times in order to prevent

340

00:18:10,310 --> 00:18:07,679

over taxing the state's power grid

341

00:18:13,029 --> 00:18:10,320

the alerts came as texas grid operator

342

00:18:15,029 --> 00:18:13,039

the electric reliability council of

343

00:18:17,029 --> 00:18:15,039

texas or ERCOT

344

00:18:19,909 --> 00:18:17,039

is calling on residents to conserve

345

00:18:22,470 --> 00:18:19,919

electricity during the recent heat wave

346

00:18:24,789 --> 00:18:22,480

as the system is being pushed to near

347

00:18:27,190 --> 00:18:24,799

emergency conditions

348

00:18:29,430 --> 00:18:27,200

texas power grid operator

349

00:18:31,830 --> 00:18:29,440

is telling big businesses right now to

350

00:18:33,510 --> 00:18:31,840

power down as historic sky high

351
00:18:36,310 --> 00:18:33,520
temperatures descend

352
00:18:39,909 --> 00:18:36,320
upon the lone star state among those

353
00:18:42,230 --> 00:18:39,919
major operations are are you ready

354
00:18:44,710 --> 00:18:42,240
crypto mining

355
00:18:48,310 --> 00:18:44,720
that's right

356
00:18:50,549 --> 00:18:48,320
shut down crypto mining which flocked to

357
00:18:53,830 --> 00:18:50,559
texas for its inexpensive electricity

358
00:18:56,470 --> 00:18:53,840
and wide open spaces necessary for

359
00:18:58,710 --> 00:18:56,480
setting up crypto mining shops

360
00:19:00,310 --> 00:18:58,720
the electric reliability council of

361
00:19:02,470 --> 00:19:00,320
texas on monday

362
00:19:04,549 --> 00:19:02,480
did urge residents and businesses to

363
00:19:06,549 --> 00:19:04,559

conserve energy in the hottest hours of

364

00:19:08,549 --> 00:19:06,559

the day between two

365

00:19:11,270 --> 00:19:08,559

and eight pm

366

00:19:13,110 --> 00:19:11,280

now don't crypto minds i mean crypto

367

00:19:15,510 --> 00:19:13,120

mining

368

00:19:18,070 --> 00:19:15,520

that's 24 7 right

369

00:19:20,310 --> 00:19:18,080

you don't ever power down

370

00:19:22,230 --> 00:19:20,320

your computers do you

371

00:19:24,470 --> 00:19:22,240

i think crypto mines should

372

00:19:26,549 --> 00:19:24,480

uh you know they should be regulated

373

00:19:28,870 --> 00:19:26,559

solar power

374

00:19:30,230 --> 00:19:28,880

that's it you want a crypto mine

375

00:19:32,470 --> 00:19:30,240

solar power

376

00:19:34,870 --> 00:19:32,480

cool jim i'm going on a cruise with

377

00:19:36,870 --> 00:19:34,880

jimmy is that right

378

00:19:39,830 --> 00:19:36,880

are you going on that are are you going

379

00:19:45,029 --> 00:19:39,840

on that cruise

380

00:19:49,430 --> 00:19:47,430

oh man

381

00:19:51,270 --> 00:19:49,440

sarah anne sarah anne's cool do you see

382

00:19:56,230 --> 00:19:51,280

sarah anne's birthday shirt i want one

383

00:20:02,789 --> 00:19:59,909

all right so i got um i've got more news

384

00:20:08,310 --> 00:20:06,630

so i got my hellfire club shirt right

385

00:20:12,230 --> 00:20:08,320

and

386

00:20:14,390 --> 00:20:12,240

man stranger things whole fire club

387

00:20:17,590 --> 00:20:14,400

right and i'm like i can't wear that in

388

00:20:22,149 --> 00:20:19,590

that's a shirt

389

00:20:25,590 --> 00:20:22,159

you can only

390

00:20:27,909 --> 00:20:25,600

wear inside your home

391

00:20:30,149 --> 00:20:27,919

that's it you can't

392

00:20:33,190 --> 00:20:30,159

you can't wear this in public

393

00:20:37,029 --> 00:20:35,750

i don't know maybe maybe a ufo

394

00:20:39,110 --> 00:20:37,039

convention

395

00:20:41,990 --> 00:20:39,120

i don't know

396

00:20:42,870 --> 00:20:42,000

but you're not wearing this to the store

397

00:20:49,190 --> 00:20:42,880

no

398

00:20:52,630 --> 00:20:49,200

airlines in the news

399

00:20:57,110 --> 00:20:52,640

delta airlines chartered an airbus a330

400

00:20:58,950 --> 00:20:57,120

jet carrying 1 000 delayed bags

401
00:21:01,990 --> 00:20:58,960
your luggage

402
00:21:04,710 --> 00:21:02,000
to deliver back to their customers the

403
00:21:07,990 --> 00:21:04,720
charter flew from london to detroit

404
00:21:09,590 --> 00:21:08,000
after their regularly scheduled flight

405
00:21:11,190 --> 00:21:09,600
was canceled

406
00:21:13,590 --> 00:21:11,200
u.s airlines

407
00:21:14,830 --> 00:21:13,600
lost damage or delayed

408
00:21:16,390 --> 00:21:14,840
about

409
00:21:19,270 --> 00:21:16,400
220

410
00:21:21,590 --> 00:21:19,280
000 pieces of luggage

411
00:21:23,029 --> 00:21:21,600
just last month

412
00:21:27,029 --> 00:21:23,039
that's right

413
00:21:29,750 --> 00:21:27,039

all of that 220 000 pieces of luggage

414

00:21:33,029 --> 00:21:29,760

in june 2022

415

00:21:36,630 --> 00:21:34,710

increase

416

00:21:39,430 --> 00:21:36,640

from 2021.

417

00:21:42,230 --> 00:21:39,440

and you gotta ask what's going wrong

418

00:21:44,870 --> 00:21:42,240

you got a charter of flight

419

00:21:46,470 --> 00:21:44,880

to carry one so where are the other

420

00:21:49,350 --> 00:21:46,480

219

421

00:21:51,190 --> 00:21:49,360

000 bags that's why i that's i want to

422

00:21:55,110 --> 00:21:51,200

know about that

423

00:21:57,909 --> 00:21:55,120

all right esa back in the news

424

00:21:59,350 --> 00:21:57,919

the european space agency announced

425

00:22:02,310 --> 00:21:59,360

today

426
00:22:04,230 --> 00:22:02,320
it has officially terminated cooperation

427
00:22:06,950 --> 00:22:04,240
with russia on a mission to put a rover

428
00:22:09,029 --> 00:22:06,960
on mars with russia's space chief

429
00:22:12,789 --> 00:22:09,039
furiously responding by banning

430
00:22:19,669 --> 00:22:12,799
cosmonauts on the iss from using a

431
00:22:24,710 --> 00:22:22,230
just intimidating

432
00:22:27,190 --> 00:22:24,720
the esa had previously suspended eyes on

433
00:22:29,510 --> 00:22:27,200
the joint exomars mission which had

434
00:22:33,029 --> 00:22:29,520
planned to use russian rockets to put

435
00:22:34,950 --> 00:22:33,039
europe's rosa linda franklin rover on

436
00:22:36,230 --> 00:22:34,960
the red planet to drill for signs of

437
00:22:39,029 --> 00:22:36,240
life

438
00:22:41,669 --> 00:22:39,039

but all this because russia decided to

439

00:22:43,590 --> 00:22:41,679

invade ukraine that's russia's fault

440

00:22:47,270 --> 00:22:43,600

esa director

441

00:22:48,549 --> 00:22:47,280

general joseph ashbacher tweeted

442

00:22:50,710 --> 00:22:48,559

yesterday

443

00:22:51,990 --> 00:22:50,720

that because of the war and resulting

444

00:22:54,070 --> 00:22:52,000

sanctions

445

00:22:55,830 --> 00:22:54,080

that continued to prevail the agency

446

00:22:56,789 --> 00:22:55,840

would officially terminate ties with

447

00:23:00,870 --> 00:22:56,799

russia

448

00:23:02,710 --> 00:23:00,880

on exomars and its landing platform

449

00:23:05,430 --> 00:23:02,720

that's it it's over

450

00:23:08,710 --> 00:23:05,440

ross cosmos dude has lost his mind too

451
00:23:15,190 --> 00:23:11,510
oh man

452
00:23:19,190 --> 00:23:16,950
and i you know i'm just going to say it

453
00:23:22,630 --> 00:23:19,200
like it is you know i'm at the age now

454
00:23:23,830 --> 00:23:22,640
58 i'm at the age 58 where i don't give

455
00:23:26,710 --> 00:23:23,840
a crap

456
00:23:28,390 --> 00:23:26,720
you know i i really don't i don't care i

457
00:23:30,310 --> 00:23:28,400
don't care about my image i don't care

458
00:23:31,350 --> 00:23:30,320
if people like me

459
00:23:34,549 --> 00:23:31,360
um

460
00:23:37,350 --> 00:23:34,559
uh i want to you know in this part of my

461
00:23:39,909 --> 00:23:37,360
life i just want to do it my way right

462
00:23:42,390 --> 00:23:39,919
regrets i've had a few but too few to

463
00:23:44,149 --> 00:23:42,400

mention and i just

464

00:23:45,190 --> 00:23:44,159

i'm just gonna do things my way i don't

465

00:23:47,269 --> 00:23:45,200

care

466

00:23:50,630 --> 00:23:47,279

and when it comes to russia

467

00:23:52,549 --> 00:23:50,640

nobody really wants to say this

468

00:23:54,470 --> 00:23:52,559

but i will

469

00:23:56,549 --> 00:23:54,480

um

470

00:23:58,710 --> 00:23:56,559

russia thinks people care

471

00:24:05,430 --> 00:23:58,720

nobody cares

472

00:24:07,029 --> 00:24:05,440

that's it you can do or say whatever you

473

00:24:10,710 --> 00:24:07,039

want nobody's going to react nobody

474

00:24:14,070 --> 00:24:10,720

cares nobody care nobody cares about you

475

00:24:16,390 --> 00:24:14,080

you went and invaded a country and

476
00:24:19,830 --> 00:24:16,400
and women and children and people are

477
00:24:23,029 --> 00:24:19,840
getting bombed for no reason

478
00:24:24,950 --> 00:24:23,039
and now you you you want people to

479
00:24:26,789 --> 00:24:24,960
to what

480
00:24:29,350 --> 00:24:26,799
you know nobody wants to invite you to

481
00:24:31,029 --> 00:24:29,360
the party anymore and i doubt i'm just

482
00:24:34,630 --> 00:24:31,039
gonna say it like it is

483
00:24:37,350 --> 00:24:34,640
i doubt not in my lifetime is is russia

484
00:24:38,630 --> 00:24:37,360
going to enjoy getting invited to a

485
00:24:41,430 --> 00:24:38,640
party

486
00:24:42,870 --> 00:24:41,440
you go and you mess up

487
00:24:45,430 --> 00:24:42,880
and you wait around for those

488
00:24:47,510 --> 00:24:45,440

invitations to come you wait for

489

00:24:48,710 --> 00:24:47,520

your answering machine to have hey man

490

00:24:50,870 --> 00:24:48,720

what are you doing friday night you want

491

00:24:52,470 --> 00:24:50,880

to come hang out with me and the guys it

492

00:24:55,909 --> 00:24:52,480

ain't gonna happen

493

00:24:57,909 --> 00:24:55,919

for a long time if ever that's it it's

494

00:25:00,870 --> 00:24:57,919

done

495

00:25:05,909 --> 00:25:00,880

nobody cares

496

00:25:10,710 --> 00:25:05,919

i mean nobody

497

00:25:15,029 --> 00:25:12,310

well rockets tomorrow's we don't need

498

00:25:17,830 --> 00:25:15,039

them we'll find our own

499

00:25:19,430 --> 00:25:17,840

they thought it was the other way around

500

00:25:20,470 --> 00:25:19,440

russia really thought that they really

501
00:25:22,230 --> 00:25:20,480
did they thought it was the other way

502
00:25:23,430 --> 00:25:22,240
around nobody gives a crap

503
00:25:26,830 --> 00:25:23,440
all right

504
00:25:30,390 --> 00:25:26,840
don't use the robotic arm we'll show

505
00:25:33,350 --> 00:25:30,400
them yeah okay let's get this show

506
00:25:34,630 --> 00:25:33,360
cracking on this day in history

507
00:25:36,549 --> 00:25:34,640
huge

508
00:25:39,510 --> 00:25:36,559
day in history

509
00:25:42,070 --> 00:25:39,520
on this day in 1985

510
00:25:45,190 --> 00:25:42,080
i remember it like it was yesterday

511
00:25:48,149 --> 00:25:45,200
glued to the tv because

512
00:25:50,710 --> 00:25:48,159
at wembley stadium in london

513
00:25:52,789 --> 00:25:50,720

prince charles and princess diana

514

00:25:55,990 --> 00:25:52,799

officially open

515

00:25:57,669 --> 00:25:56,000

live aid a worldwide rock concert

516

00:25:59,269 --> 00:25:57,679

organized to raise money for famine

517

00:26:02,549 --> 00:25:59,279

relief in africa

518

00:26:04,950 --> 00:26:02,559

and started at wembley continued at jfk

519

00:26:08,390 --> 00:26:04,960

stadium in philadelphia globally linked

520

00:26:09,430 --> 00:26:08,400

by satellite to more than 1 billion

521

00:26:13,430 --> 00:26:09,440

viewers

522

00:26:15,590 --> 00:26:13,440

in 110 nations that's right one out of

523

00:26:17,350 --> 00:26:15,600

seven people on planet earth watched

524

00:26:20,710 --> 00:26:17,360

that concert

525

00:26:23,590 --> 00:26:20,720

with more than 75 acts including

526

00:26:26,149 --> 00:26:23,600

it was just incredible to me elton john

527

00:26:31,510 --> 00:26:26,159

queen one of queen's best performances

528

00:26:32,789 --> 00:26:31,520

ever queen madonna santana run dmc

529

00:26:35,669 --> 00:26:32,799

sade

530

00:26:39,909 --> 00:26:35,679

sting bryan adams the beach boys mick

531

00:26:41,669 --> 00:26:39,919

jagger david bowie duran duran u2

532

00:26:43,190 --> 00:26:41,679

the who

533

00:26:45,830 --> 00:26:43,200

tom petty

534

00:26:48,870 --> 00:26:45,840

neil young eric clapton

535

00:26:51,830 --> 00:26:48,880

phil collins played drums in a reunion

536

00:26:53,510 --> 00:26:51,840

with led zeppelin you had black sabbath

537

00:26:55,669 --> 00:26:53,520

you had judas priests you had the

538

00:26:57,350 --> 00:26:55,679

pretenders you had the cars

539

00:27:01,110 --> 00:26:57,360

you had hollow notes you had dire

540

00:27:04,710 --> 00:27:01,120

straits you had bob dylan

541

00:27:07,510 --> 00:27:04,720

it was incredible and i watched it all i

542

00:27:09,909 --> 00:27:07,520

did it i watched everything that i could

543

00:27:11,590 --> 00:27:09,919

everything that was on my tv

544

00:27:13,110 --> 00:27:11,600

with that concert

545

00:27:16,630 --> 00:27:13,120

i watched

546

00:27:18,549 --> 00:27:16,640

non-stop it was incredible on this day

547

00:27:20,870 --> 00:27:18,559

in 1985

548

00:27:23,190 --> 00:27:20,880

fader fact

549

00:27:24,870 --> 00:27:23,200

now i want you to go and uh research

550

00:27:26,630 --> 00:27:24,880

this

551
00:27:28,549 --> 00:27:26,640
because

552
00:27:31,830 --> 00:27:28,559
unless you know unless you were in the

553
00:27:34,470 --> 00:27:31,840
know unless you knew you didn't know

554
00:27:35,990 --> 00:27:34,480
so here's your fader fact

555
00:27:39,590 --> 00:27:36,000
nasa

556
00:27:42,310 --> 00:27:39,600
planned to send astronauts to mars

557
00:27:45,590 --> 00:27:42,320
in 1981

558
00:27:46,830 --> 00:27:45,600
that's right mission was set

559
00:27:50,070 --> 00:27:46,840
using

560
00:27:52,470 --> 00:27:50,080
nerva nuclear rockets

561
00:27:54,789 --> 00:27:52,480
but congress cut nasa's funding and

562
00:27:56,230 --> 00:27:54,799
nixon canceled the nerva project

563
00:27:58,149 --> 00:27:56,240

entirely

564

00:28:02,070 --> 00:27:58,159
in 1973.

565

00:28:02,950 --> 00:28:02,080
now what was nerva n-e-r-v-a

566

00:28:05,430 --> 00:28:02,960
was

567

00:28:07,990 --> 00:28:05,440
nuclear rocket engines

568

00:28:09,669 --> 00:28:08,000
that was the nerva project

569

00:28:11,510 --> 00:28:09,679
and before you say to yourself well you

570

00:28:13,269 --> 00:28:11,520
know that was just that was just you

571

00:28:14,549 --> 00:28:13,279
know there was a dream that was on paper

572

00:28:17,269 --> 00:28:14,559
oh no

573

00:28:19,510 --> 00:28:17,279
the nerva nuclear engines

574

00:28:20,710 --> 00:28:19,520
were done

575

00:28:24,149 --> 00:28:20,720
finished

576

00:28:26,149 --> 00:28:24,159

signed off on that's it that's it they

577

00:28:28,310 --> 00:28:26,159

fired they tested they did everything

578

00:28:30,389 --> 00:28:28,320

they did everything but

579

00:28:32,389 --> 00:28:30,399

put them on a rocket

580

00:28:35,590 --> 00:28:32,399

but they were ready to go

581

00:28:37,830 --> 00:28:35,600

and nixon canceled it you can go and

582

00:28:39,990 --> 00:28:37,840

read all about the nerva program

583

00:28:41,510 --> 00:28:40,000

n-e-r-v-a

584

00:28:43,190 --> 00:28:41,520

and check out the testing and everything

585

00:28:47,630 --> 00:28:43,200

that went down they built those engines

586

00:28:49,430 --> 00:28:47,640

and tested them from 1960 to 1972

587

00:28:51,350 --> 00:28:49,440

1973

588

00:28:52,389 --> 00:28:51,360

ready to

589

00:28:55,110 --> 00:28:52,399

go

590

00:28:57,190 --> 00:28:55,120

and uh the original shuttle mission all

591

00:29:00,870 --> 00:28:57,200

of that the the

592

00:29:02,549 --> 00:29:00,880

shuttle right sts sts was the entire

593

00:29:03,909 --> 00:29:02,559

project that they had

594

00:29:06,070 --> 00:29:03,919

for the shuttle

595

00:29:09,350 --> 00:29:06,080

and um uh

596

00:29:11,909 --> 00:29:09,360

transport tugs they called them

597

00:29:12,870 --> 00:29:11,919

to go between the earth and the moon and

598

00:29:18,470 --> 00:29:12,880

mars

599

00:29:20,630 --> 00:29:18,480

nerva rocket engines they had this whole

600

00:29:23,990 --> 00:29:20,640

thing set up and done that was the next

601
00:29:26,789 --> 00:29:24,000
phase of the moon project now if you go

602
00:29:29,830 --> 00:29:26,799
and watch for all mankind which is on

603
00:29:32,230 --> 00:29:29,840
apple tv watch both seasons uh it's

604
00:29:34,470 --> 00:29:32,240
i think it's episode six episode seven

605
00:29:36,710 --> 00:29:34,480
right now in season two

606
00:29:39,430 --> 00:29:36,720
it's all about the nerve project

607
00:29:41,510 --> 00:29:39,440
and and going to mars

608
00:29:43,909 --> 00:29:41,520
think about that it's it's it's

609
00:29:46,710 --> 00:29:43,919
incredible so go read about the nerva

610
00:29:49,590 --> 00:29:46,720
nuclear engines it's an incredible

611
00:29:52,149 --> 00:29:49,600
project and what was set up and it was

612
00:29:55,269 --> 00:29:52,159
ready to go but got canceled by

613
00:29:57,750 --> 00:29:55,279

president nixon all right tonight we

614

00:30:00,230 --> 00:29:57,760

welcome very special guest kelly

615

00:30:02,149 --> 00:30:00,240

sullivan walden she's with us for the

616

00:30:04,310 --> 00:30:02,159

secrets of dreams and tomorrow night

617

00:30:06,470 --> 00:30:04,320

it's going to be open lines all night

618

00:30:08,389 --> 00:30:06,480

long it is fader night

619

00:30:13,830 --> 00:30:08,399

and now right now i'm going to hit this

620

00:30:19,269 --> 00:30:17,029

that's what i want to say ah

621

00:30:23,190 --> 00:30:19,279

river moonwellness.com fade to black

622

00:30:28,230 --> 00:30:23,200

blend best coffee in the world it is oh

623

00:30:34,070 --> 00:30:31,430

tonight we're going to discuss dreams

624

00:30:38,630 --> 00:30:35,669

i have

625

00:30:41,110 --> 00:30:38,640

through kelly's uh excellent work and

626

00:30:43,430 --> 00:30:41,120

and some of my own research i i've

627

00:30:46,470 --> 00:30:43,440

started to make comments lately over the

628

00:30:49,029 --> 00:30:46,480

last few months about what dreams may be

629

00:30:51,590 --> 00:30:49,039

and what i think that they are

630

00:30:53,029 --> 00:30:51,600

and and i'm starting to think that

631

00:30:54,870 --> 00:30:53,039

dreams

632

00:30:56,870 --> 00:30:54,880

don't involve time

633

00:30:58,149 --> 00:30:56,880

in that time as we know it

634

00:31:00,310 --> 00:30:58,159

because

635

00:31:01,990 --> 00:31:00,320

there's something strange that goes on

636

00:31:05,029 --> 00:31:02,000

and and it's this

637

00:31:07,590 --> 00:31:05,039

it seems that

638

00:31:08,870 --> 00:31:07,600

you know you can have

639

00:31:10,630 --> 00:31:08,880

months

640

00:31:13,430 --> 00:31:10,640

weeks

641

00:31:15,430 --> 00:31:13,440

worth of dreams in in just a few hours

642

00:31:18,230 --> 00:31:15,440

and it doesn't make any sense

643

00:31:20,549 --> 00:31:18,240

and so how is that possible are we

644

00:31:24,549 --> 00:31:20,559

accessing

645

00:31:28,230 --> 00:31:24,559

with dreams is it just another dimension

646

00:31:30,389 --> 00:31:28,240

is it just another reality

647

00:31:33,269 --> 00:31:30,399

and i'm starting to think that this may

648

00:31:35,350 --> 00:31:33,279

be the case lots of research in the

649

00:31:37,590 --> 00:31:35,360

dreams lots and kelly is one of the best

650

00:31:39,509 --> 00:31:37,600

we're going to be talking all of that

651
00:31:40,789 --> 00:31:39,519
tonight here on fade to black she's

652
00:31:43,269 --> 00:31:40,799
going to be with us right after this

653
00:31:46,710 --> 00:31:43,279
short break i am your host jimmy church

654
00:31:48,070 --> 00:31:46,720
i'm the game changer and on x networks

655
00:31:49,990 --> 00:31:48,080
race hobbs

656
00:31:52,549 --> 00:31:50,000
this is fade to black and i'll be right

657
00:31:53,990 --> 00:31:52,559
back with kelly sullivan walden right

658
00:31:56,310 --> 00:31:54,000
after this short break i do want to

659
00:31:59,430 --> 00:31:56,320
remind everybody tomorrow night

660
00:32:01,750 --> 00:31:59,440
is fader night with open lines all night

661
00:32:03,990 --> 00:32:01,760
long stay with me we'll be right back

662
00:32:05,350 --> 00:32:04,000
after this short break

663
00:32:09,010 --> 00:32:05,360

this is

664

00:32:09,020 --> 00:32:38,149

[Music]

665

00:32:42,470 --> 00:32:40,230

this is nicole church daughter of you

666

00:32:43,470 --> 00:32:42,480

know who and you're listening to fade to

667

00:32:45,110 --> 00:32:43,480

black on

668

00:32:47,990 --> 00:32:45,120

jimmychurchradio.com and the game

669

00:32:51,669 --> 00:32:50,149

you're listening to jimmy church and

670

00:32:58,149 --> 00:32:51,679

fade to black

671

00:33:04,549 --> 00:33:00,389

you're listening to jimmy church fade to

672

00:33:13,190 --> 00:33:06,789

fate to black will now pause for alien

673

00:33:17,909 --> 00:33:15,269

when you take the beans from central

674

00:33:20,389 --> 00:33:17,919

america with dashes of indonesian and

675

00:33:23,509 --> 00:33:20,399

african mixed in and then roasted to the

676

00:33:26,070 --> 00:33:23,519

dark side of fade to black you create

677

00:33:28,950 --> 00:33:26,080

the ultimate brew of fringe

678

00:33:30,710 --> 00:33:28,960

introducing the fade to black blend from

679

00:33:33,669 --> 00:33:30,720

river moon coffee

680

00:33:36,389 --> 00:33:33,679

yes river moon's darkest customized

681

00:33:39,590 --> 00:33:36,399

roast was created for the love of fade

682

00:33:42,149 --> 00:33:39,600

to black the alchemy of masterful

683

00:33:45,830 --> 00:33:42,159

roasting and smoking the beans is in

684

00:33:48,070 --> 00:33:45,840

every sip of this full-bodied dark java

685

00:33:50,630 --> 00:33:48,080

i need my coffee doc

686

00:33:53,669 --> 00:33:50,640

deep with distinct bittersweet chocolate

687

00:33:56,149 --> 00:33:53,679

highlights just like the bunker leaning

688

00:33:58,870 --> 00:33:56,159

further into the darkness of the roast

689

00:34:01,470 --> 00:33:58,880

is fade to black blend from river moon

690

00:34:03,430 --> 00:34:01,480

coffee just click on the banner at

691

00:34:07,269 --> 00:34:03,440

jimmychurchradio.com and use the promo

692

00:34:09,109 --> 00:34:07,279

code f2b blend for 15 off of your order

693

00:34:11,829 --> 00:34:09,119

today

694

00:34:14,550 --> 00:34:11,839

this is the only way

695

00:34:18,710 --> 00:34:16,950

make contact

696

00:34:21,510 --> 00:34:18,720

this is jimmy church of fade to black

697

00:34:23,909 --> 00:34:21,520

and you can get our podcast for just two

698

00:34:26,230 --> 00:34:23,919

dollars per month all you have to do is

699

00:34:28,790 --> 00:34:26,240

click on the podcast banner over at

700

00:34:30,629 --> 00:34:28,800

jimmychurchradio.com

701
00:34:32,950 --> 00:34:30,639
right now eden pier is having their

702
00:34:35,669 --> 00:34:32,960
famous bogo deal on thunderstorm air

703
00:34:37,829 --> 00:34:35,679
purifiers one listener wrote it makes a

704
00:34:40,470 --> 00:34:37,839
huge difference in our cat litter box

705
00:34:43,750 --> 00:34:40,480
stink i just wish i waited for the bogo

706
00:34:47,030 --> 00:34:43,760
deal i need another one well now's the

707
00:34:49,510 --> 00:34:47,040
time bogo is back so when you buy one

708
00:34:51,750 --> 00:34:49,520
thunderstorm you get one free no matter

709
00:34:54,389 --> 00:34:51,760
how many you buy you buy two you get two

710
00:34:56,470 --> 00:34:54,399
free you buy five you get five free the

711
00:34:58,710 --> 00:34:56,480
thunderstorm will completely eliminate

712
00:35:01,510 --> 00:34:58,720
any odor even the worst like pets

713
00:35:04,230 --> 00:35:01,520

cigarette smoke urine and cooking now is

714

00:35:07,190 --> 00:35:04,240

the time to order eden piers buy one get

715

00:35:08,870 --> 00:35:07,200

one free sale is one week only with over

716

00:35:11,430 --> 00:35:08,880

265

717

00:35:14,310 --> 00:35:11,440

000 thunderstorms sold and countless

718

00:35:15,990 --> 00:35:14,320

five-star reviews you know it works

719

00:35:18,750 --> 00:35:16,000

people are buying several for around the

720

00:35:21,710 --> 00:35:18,760

home and even as gifts just go to

721

00:35:26,670 --> 00:35:21,720

edenpeerdeals.com and use discount code

722

00:35:30,670 --> 00:35:28,950

f-a-d-e-r-b-o-g-o-bogo is buy one get

723

00:35:32,950 --> 00:35:30,680

one free that's

724

00:35:38,310 --> 00:35:32,960

edenpuredeals.com discount code

725

00:35:39,589 --> 00:35:38,320

faderbogo and as always shipping is free

726

00:35:41,510 --> 00:35:39,599

do you have an interest in the

727

00:35:43,589 --> 00:35:41,520

paranormal that you'll love

728

00:35:46,069 --> 00:35:43,599

thenxnetwork.com

729

00:35:48,710 --> 00:35:46,079

the x is your streaming audio and video

730

00:35:52,470 --> 00:35:48,720

for everything supernatural strange and

731

00:35:54,710 --> 00:35:52,480

mysterious like ufos bigfoot ghosts and

732

00:35:57,589 --> 00:35:54,720

so much more from hosts like jimmy

733

00:36:00,950 --> 00:35:57,599

church whitley strieber micah hanks and

734

00:36:03,030 --> 00:36:00,960

christina gomez visit the xnetwork.com

735

00:36:05,910 --> 00:36:03,040

show page for a complete list of all the

736

00:36:07,589 --> 00:36:05,920

paranormal programs you'll find on the x

737

00:36:09,990 --> 00:36:07,599

be sure to follow us on twitter for

738

00:36:12,710 --> 00:36:10,000

updates at kunxdb

739

00:36:15,510 --> 00:36:12,720

follow our facebook group annex network

740

00:36:19,109 --> 00:36:15,520

find the podcast on spotify iheart

741

00:36:19,910 --> 00:36:19,119

audible and apple podcast it's time it's

742

00:36:21,710 --> 00:36:19,920

new

743

00:36:23,589 --> 00:36:21,720

it's the x

744

00:36:25,670 --> 00:36:23,599

x

745

00:36:28,390 --> 00:36:25,680

right now the world couldn't be more

746

00:36:31,270 --> 00:36:28,400

chaotic history shows us what gold does

747

00:36:33,750 --> 00:36:31,280

when the world goes crazy it goes up in

748

00:36:36,230 --> 00:36:33,760

value right now we're in unprecedented

749

00:36:39,430 --> 00:36:36,240

times the pandemic the war in ukraine

750

00:36:41,510 --> 00:36:39,440

the evaluation of the us dollar gold and

751

00:36:43,430 --> 00:36:41,520

other precious metals are a defense

752

00:36:46,069 --> 00:36:43,440

measure against the hyper inflation

753

00:36:48,390 --> 00:36:46,079

that's happening right now so what can

754

00:36:50,390 --> 00:36:48,400

you do to protect yourself call my

755

00:36:52,630 --> 00:36:50,400

friend allen johnson at united gold

756

00:36:54,790 --> 00:36:52,640

group he's dedicated to helping people

757

00:36:57,190 --> 00:36:54,800

secure their retirement income he'll

758

00:36:59,270 --> 00:36:57,200

help you with gold with silver and other

759

00:37:02,630 --> 00:36:59,280

precious metals and show you how to set

760

00:37:05,109 --> 00:37:02,640

up your own self-directed ira safe and

761

00:37:07,190 --> 00:37:05,119

secure united gold group makes gold

762

00:37:09,750 --> 00:37:07,200

ownership easy and affordable there

763

00:37:11,910 --> 00:37:09,760

couldn't be a better time so call now

764

00:37:14,550 --> 00:37:11,920

and get a silver american eagle proof

765

00:37:17,910 --> 00:37:14,560

set with a qualified ira call

766

00:37:17,920 --> 00:37:20,829

that's

767

00:37:25,910 --> 00:37:23,630

800-753-8534 or visit

768

00:37:28,870 --> 00:37:25,920

unitedgoldgroup.com reach out to my

769

00:37:33,990 --> 00:37:28,880

friend alan johnson

770

00:37:37,750 --> 00:37:36,390

fade to black

771

00:37:40,390 --> 00:37:37,760

is not

772

00:37:44,550 --> 00:37:40,400

your father's radio show

773

00:37:46,550 --> 00:37:44,560

on the game changer radio network

774

00:37:51,109 --> 00:37:46,560

hi this is rob reiner from anvil and

775

00:37:56,740 --> 00:37:54,390

what's up chris what up this is jimmy

776

00:38:10,390 --> 00:37:56,750

church radio

777

00:38:12,550 --> 00:38:10,400

[Music]

778

00:38:14,230 --> 00:38:12,560

all right welcome back fade to black i

779

00:38:16,390 --> 00:38:14,240

am your host jimmy church tonight one of

780

00:38:19,829 --> 00:38:16,400

my favoritest people in the world kelly

781

00:38:23,109 --> 00:38:19,839

sullivan walden is with us

782

00:38:25,349 --> 00:38:23,119

full night of the secrets of dreams

783

00:38:27,109 --> 00:38:25,359

she's an inspirational i was going to

784

00:38:30,630 --> 00:38:27,119

say international but

785

00:38:35,270 --> 00:38:33,270

she's an inspirational speaker

786

00:38:37,750 --> 00:38:35,280

workshop facilitator and founder of

787

00:38:39,510 --> 00:38:37,760

dream life coach training an online

788

00:38:42,630 --> 00:38:39,520

training program that empowers people to

789

00:38:46,230 --> 00:38:42,640

develop dream mastery and the host of

790

00:38:49,109 --> 00:38:46,240

ask dr dream on unity online radio as a

791

00:38:51,109 --> 00:38:49,119

certified clinical hypnotherapist whose

792

00:38:53,030 --> 00:38:51,119

unique approach to dream therapy led

793

00:38:56,069 --> 00:38:53,040

kelley to become a trusted advisor coach

794

00:38:58,310 --> 00:38:56,079

and consultant to so many a bridge from

795

00:39:01,349 --> 00:38:58,320

the physical to the metaphysical for

796

00:39:04,069 --> 00:39:01,359

over 20 years kelly synthesizes multiple

797

00:39:06,790 --> 00:39:04,079

psychological and spiritual systems

798

00:39:09,109 --> 00:39:06,800

into my holistic way of coaching that

799

00:39:11,829 --> 00:39:09,119

supports people in living their hero's

800

00:39:14,069 --> 00:39:11,839

dream journey on a mind body spirit and

801

00:39:15,750 --> 00:39:14,079

soul level i said mine i meant to say

802

00:39:18,310 --> 00:39:15,760

her but

803

00:39:20,630 --> 00:39:18,320

it applies to me too

804

00:39:22,630 --> 00:39:20,640

now we've just posted up in the chat

805

00:39:24,630 --> 00:39:22,640

room and around social media her website

806

00:39:27,109 --> 00:39:24,640

of course which is absolutely amazing

807

00:39:28,550 --> 00:39:27,119

kelly sullivan walden.com and i would

808

00:39:29,990 --> 00:39:28,560

like to welcome back

809

00:39:32,870 --> 00:39:30,000

to fade to black and i'm going to say

810

00:39:35,109 --> 00:39:32,880

this right now and i'm embarrassed uh

811

00:39:37,510 --> 00:39:35,119

it's it's been way too long

812

00:39:39,030 --> 00:39:37,520

kelly sullivan walter kelly you're

813

00:39:42,230 --> 00:39:39,040

glowing

814

00:39:44,630 --> 00:39:42,240

ah i'm dreaming i'm so happy to be back

815

00:39:46,950 --> 00:39:44,640

with you jimmy church it's been a long

816

00:39:48,790 --> 00:39:46,960

time and it's awesome it's dreamy to be

817

00:39:51,109 --> 00:39:48,800

with you thanks for having me you know

818

00:39:54,950 --> 00:39:51,119

and there's no excuse for it you know

819

00:39:58,950 --> 00:39:56,470

you're one of our apologi guests you're

820

00:40:01,750 --> 00:39:58,960

one of my favorite people um

821

00:40:05,589 --> 00:40:01,760

thank you well yeah i mean we all know

822

00:40:06,790 --> 00:40:05,599

that but but my my deepest and humblest

823

00:40:09,510 --> 00:40:06,800

apologies

824

00:40:12,470 --> 00:40:09,520

and uh and so i'll tell everybody what

825

00:40:15,430 --> 00:40:12,480

uh what nearly happened earlier today i

826

00:40:17,109 --> 00:40:15,440

almost posted i mean uh in an email to i

827

00:40:18,870 --> 00:40:17,119

was like you know what

828

00:40:20,390 --> 00:40:18,880

let's just book once a month right now

829

00:40:21,510 --> 00:40:20,400

let's just do this for the next two

830

00:40:23,910 --> 00:40:21,520

years

831

00:40:26,550 --> 00:40:23,920

all right i'm so excited that way that

832

00:40:27,670 --> 00:40:26,560

way it won't happen again awesome

833

00:40:30,630 --> 00:40:27,680

um

834

00:40:31,750 --> 00:40:30,640

now uh i wanted to ask you this actually

835

00:40:33,990 --> 00:40:31,760

um

836

00:40:35,670 --> 00:40:34,000

uh before i asked the

837

00:40:37,349 --> 00:40:35,680

the avenue what have you been up to uh

838

00:40:39,750 --> 00:40:37,359

you know the last two years well we all

839

00:40:43,430 --> 00:40:39,760

know uh what what that's been

840

00:40:46,550 --> 00:40:43,440

uh what that's been like but uh you uh

841

00:40:47,829 --> 00:40:46,560

you were just you were out were you uh

842

00:40:49,829 --> 00:40:47,839

you're out of country were you

843

00:40:52,230 --> 00:40:49,839

vacationing or were you researching what

844

00:40:54,309 --> 00:40:52,240

were you doing just recently or over the

845

00:40:56,630 --> 00:40:54,319

last two years no over the last two

846

00:40:58,470 --> 00:40:56,640

weeks oh yeah oh my gosh

847

00:41:00,230 --> 00:40:58,480

over the last yeah for the most part

848

00:41:02,309 --> 00:41:00,240

like over covet i was

849

00:41:05,349 --> 00:41:02,319

sheltered in place and then all of a

850

00:41:07,190 --> 00:41:05,359

sudden june hit and it was just like

851
00:41:08,390 --> 00:41:07,200
um off the rails so

852
00:41:35,349 --> 00:41:08,400
i

853
00:41:37,750 --> 00:41:35,359
tomorrow

854
00:41:39,109 --> 00:41:37,760
for the iasd conference i'll be a

855
00:41:41,510 --> 00:41:39,119
speaker that's the international

856
00:41:44,069 --> 00:41:41,520
association for the study of dreams so

857
00:41:46,790 --> 00:41:44,079
i'll be in tucson arizona

858
00:41:48,390 --> 00:41:46,800
and that's that's my travel agenda for

859
00:41:51,270 --> 00:41:48,400
the last month

860
00:41:53,430 --> 00:41:51,280
you know i um you know i i got email

861
00:41:56,309 --> 00:41:53,440
about this in arizona and i thought man

862
00:41:57,670 --> 00:41:56,319
that sounds like so much fun

863
00:41:59,109 --> 00:41:57,680

i mean that's that's a that's a really

864

00:42:01,589 --> 00:41:59,119

cool conference

865

00:42:05,829 --> 00:42:01,599

oh my god yeah it's dream

866

00:42:07,270 --> 00:42:05,839

passionate people scientists shamans

867

00:42:09,510 --> 00:42:07,280

artists

868

00:42:11,030 --> 00:42:09,520

of all different ages all different

869

00:42:12,790 --> 00:42:11,040

types of people literally it's an

870

00:42:14,790 --> 00:42:12,800

international conference

871

00:42:17,030 --> 00:42:14,800

and they all gather from around the

872

00:42:18,950 --> 00:42:17,040

world during this one week every year

873

00:42:20,309 --> 00:42:18,960

and this will be the first time in three

874

00:42:22,630 --> 00:42:20,319

years that we've been able to meet in

875

00:42:25,349 --> 00:42:22,640

person so it's it's

876

00:42:26,790 --> 00:42:25,359

it's exciting it's always riveting and i

877

00:42:28,630 --> 00:42:26,800

always i mean i think i know a lot

878

00:42:31,030 --> 00:42:28,640

because i've been in the dream

879

00:42:33,990 --> 00:42:31,040

field and been you know an author and

880

00:42:36,150 --> 00:42:34,000

expert in dreams for 20 years but i i

881

00:42:38,230 --> 00:42:36,160

learned so much at these conferences and

882

00:42:40,390 --> 00:42:38,240

always have my mind blown and the people

883

00:42:42,630 --> 00:42:40,400

i meet and oh my god so if anybody wants

884

00:42:44,550 --> 00:42:42,640

to go at the last minute go to

885

00:42:50,790 --> 00:42:44,560

as dreams

886

00:42:52,630 --> 00:42:50,800

just jump on it it's in tucson arizona

887

00:42:53,990 --> 00:42:52,640

so what's the deal i got to call you

888

00:42:56,230 --> 00:42:54,000

doctor now

889

00:42:59,030 --> 00:42:56,240

uh yeah you can take the quotes off of

890

00:43:02,630 --> 00:43:00,790

how cool is that i'll

891

00:43:05,990 --> 00:43:02,640

just remove the quotations the air

892

00:43:09,910 --> 00:43:06,000

quotes off of dr dream that's all

893

00:43:12,390 --> 00:43:09,920

agent dr walden paging dr walton

894

00:43:13,910 --> 00:43:12,400

you are dreaming jimmy and

895

00:43:16,069 --> 00:43:13,920

okay so

896

00:43:17,910 --> 00:43:16,079

what was your dissertation on let me

897

00:43:23,790 --> 00:43:17,920

okay hold on i'm going to take a wild

898

00:43:30,069 --> 00:43:28,069

1965 plymouth carburetor tuning oh my

899

00:43:34,309 --> 00:43:30,079

god how did you know

900

00:43:37,030 --> 00:43:34,319

you're so psychic you are crazy

901
00:43:38,550 --> 00:43:37,040
well here here's the deal

902
00:43:40,710 --> 00:43:38,560
you would think that my dissertation

903
00:43:41,750 --> 00:43:40,720
would be on dreams but my dissertation

904
00:43:43,829 --> 00:43:41,760
was on

905
00:43:46,069 --> 00:43:43,839
what dreams have led me to and it's

906
00:43:48,150 --> 00:43:46,079
basically on about the new book that i'm

907
00:43:50,390 --> 00:43:48,160
putting out it's it's a bit available

908
00:43:52,790 --> 00:43:50,400
for pre-sale on amazon it doesn't come

909
00:43:55,430 --> 00:43:52,800
out till next january but it's called a

910
00:43:58,390 --> 00:43:55,440
crisis is a terrible thing to waste

911
00:43:59,510 --> 00:43:58,400
the art of transforming the tragic into

912
00:44:01,589 --> 00:43:59,520
magic

913
00:44:04,390 --> 00:44:01,599

because there's the last few years have

914

00:44:06,790 --> 00:44:04,400

been just rife with more tragic more

915

00:44:09,589 --> 00:44:06,800

tragedy more drama more pain more

916

00:44:11,829 --> 00:44:09,599

suffering than in my lifetime

917

00:44:12,710 --> 00:44:11,839

and i feel like i've been really tasked

918

00:44:15,190 --> 00:44:12,720

with

919

00:44:18,309 --> 00:44:15,200

how to how to find my way through this

920

00:44:20,390 --> 00:44:18,319

personally and then for my family and so

921

00:44:22,870 --> 00:44:20,400

many people have just been having epic

922

00:44:26,150 --> 00:44:22,880

nightmares it's been a really hard time

923

00:44:29,510 --> 00:44:26,160

for us so my focus has kind of been on

924

00:44:32,630 --> 00:44:29,520

partly how our dreams are helping us to

925

00:44:34,470 --> 00:44:32,640

survive during these times to dream

926

00:44:37,270 --> 00:44:34,480

outside of the box to find solutions

927

00:44:39,510 --> 00:44:37,280

that don't exist in the ordinary places

928

00:44:41,030 --> 00:44:39,520

but also i've discovered a formula and i

929

00:44:43,030 --> 00:44:41,040

don't know if they'll there will be time

930

00:44:45,510 --> 00:44:43,040

on this show but i'll i'm happy to share

931

00:44:47,349 --> 00:44:45,520

the formula i came up with for how to

932

00:44:50,069 --> 00:44:47,359

transform nightmares

933

00:44:51,750 --> 00:44:50,079

from tragic to magic and even just um

934

00:44:54,309 --> 00:44:51,760

nightmares in our lives if we're having

935

00:44:56,230 --> 00:44:54,319

a hard day even if it's if it's

936

00:44:58,950 --> 00:44:56,240

stressful or if it's like the worst day

937

00:44:59,829 --> 00:44:58,960

ever this simple little formula can help

938

00:45:02,550 --> 00:44:59,839

people

939

00:45:04,710 --> 00:45:02,560

like pop through pretty quickly to that

940

00:45:07,589 --> 00:45:04,720

solution consciousness yeah we'll go

941

00:45:09,109 --> 00:45:07,599

well i just wrote it down

942

00:45:11,750 --> 00:45:09,119

we'll come back to that

943

00:45:15,510 --> 00:45:11,760

okay cool now i actually

944

00:45:16,790 --> 00:45:15,520

i want to start off uh with the science

945

00:45:18,870 --> 00:45:16,800

side of this

946

00:45:19,910 --> 00:45:18,880

oh great yeah and

947

00:45:22,230 --> 00:45:19,920

and

948

00:45:23,910 --> 00:45:22,240

we can spend as much time on this as as

949

00:45:25,030 --> 00:45:23,920

you would like but

950

00:45:27,030 --> 00:45:25,040

um

951
00:45:29,109 --> 00:45:27,040
i think there's a lot here and i think

952
00:45:32,790 --> 00:45:29,119
that science

953
00:45:35,030 --> 00:45:32,800
finally is starting to uh focus on

954
00:45:37,670 --> 00:45:35,040
on what consciousness may be and what

955
00:45:40,309 --> 00:45:37,680
dreams may be and and certainly other

956
00:45:41,430 --> 00:45:40,319
dimensions and and the possibilities of

957
00:45:43,990 --> 00:45:41,440
this thing

958
00:45:45,190 --> 00:45:44,000
uh going in that direction and i really

959
00:45:47,990 --> 00:45:45,200
feel

960
00:45:49,990 --> 00:45:48,000
that finally it is happening but it's

961
00:45:52,870 --> 00:45:50,000
certainly long overdue

962
00:45:54,630 --> 00:45:52,880
but here's here's here's my point

963
00:45:57,750 --> 00:45:54,640

i had this weird

964

00:45:59,030 --> 00:45:57,760

revelation i woke up after a crazy night

965

00:46:02,390 --> 00:45:59,040

of fun dreams

966

00:46:04,309 --> 00:46:02,400

okay and and i said this is about a

967

00:46:07,109 --> 00:46:04,319

month ago and it was so profound to me

968

00:46:09,430 --> 00:46:07,119

that i came right on the show that night

969

00:46:10,790 --> 00:46:09,440

and and spoke about it

970

00:46:12,870 --> 00:46:10,800

and uh

971

00:46:15,430 --> 00:46:12,880

of course i reach out to kelly i do i

972

00:46:17,109 --> 00:46:15,440

need help she's like i'm in the jungle

973

00:46:19,829 --> 00:46:17,119

man

974

00:46:22,390 --> 00:46:19,839

i know oh my god i barely have one dot

975

00:46:23,910 --> 00:46:22,400

of self-service yeah i'm eating a mango

976

00:46:26,069 --> 00:46:23,920

off a tree

977

00:46:29,430 --> 00:46:26,079

i'll try to help yeah church it'll have

978

00:46:31,270 --> 00:46:29,440

to wait um but anyway um

979

00:46:31,990 --> 00:46:31,280

is is this

980

00:46:35,630 --> 00:46:32,000

i

981

00:46:39,030 --> 00:46:35,640

that our

982

00:46:41,750 --> 00:46:39,040

dreams if we get a red let's say dream

983

00:46:45,270 --> 00:46:41,760

state not dreams but the dream state

984

00:46:47,190 --> 00:46:45,280

is not inside of our head

985

00:46:49,750 --> 00:46:47,200

i think that

986

00:46:52,230 --> 00:46:49,760

it is a timeless

987

00:46:55,990 --> 00:46:52,240

uh without time i don't think it's

988

00:46:58,069 --> 00:46:56,000

time-based because i think we're we are

989

00:47:01,910 --> 00:46:58,079

entering um

990

00:47:03,829 --> 00:47:01,920

another reality that is not this one

991

00:47:05,349 --> 00:47:03,839

and we just think that

992

00:47:07,510 --> 00:47:05,359

so i had this profound thing and i just

993

00:47:10,230 --> 00:47:07,520

sat there and thought about it

994

00:47:12,309 --> 00:47:10,240

and and i wrote it down and i ended up

995

00:47:15,510 --> 00:47:12,319

speaking about it on the show

996

00:47:17,430 --> 00:47:15,520

so i wanted to ask you about that is is

997

00:47:21,670 --> 00:47:17,440

it is it not

998

00:47:24,790 --> 00:47:21,680

in our heads are we maybe transporting

999

00:47:25,670 --> 00:47:24,800

into another dimension and experiencing

1000

00:47:28,309 --> 00:47:25,680

that

1001

00:47:30,630 --> 00:47:28,319

and and we call it dreams but it may

1002

00:47:32,790 --> 00:47:30,640

could it be something else entirely

1003

00:47:35,990 --> 00:47:32,800

oh wow jimmy i love that we're starting

1004

00:47:38,470 --> 00:47:36,000

right here so i would say this

1005

00:47:40,790 --> 00:47:38,480

from this isn't something that any

1006

00:47:43,430 --> 00:47:40,800

scientist necessarily in a laboratory

1007

00:47:46,230 --> 00:47:43,440

would say this is more of a metaphysical

1008

00:47:47,910 --> 00:47:46,240

perspective i mean i think scientists

1009

00:47:51,030 --> 00:47:47,920

are mostly focused on what's going on

1010

00:47:52,630 --> 00:47:51,040

inside the brain all those things that

1011

00:47:56,549 --> 00:47:52,640

can be

1012

00:47:59,190 --> 00:47:56,559

measured and quantified which is fine

1013

00:48:00,950 --> 00:47:59,200

but really it's it's it's

1014

00:48:03,109 --> 00:48:00,960

it's kind of just

1015

00:48:04,470 --> 00:48:03,119

arithmetic compared to

1016

00:48:06,950 --> 00:48:04,480

the things that you're talking about

1017

00:48:09,829 --> 00:48:06,960

about what goes on beyond our brain

1018

00:48:12,549 --> 00:48:09,839

beyond i mean we know from i mean i know

1019

00:48:14,870 --> 00:48:12,559

personally from having had a per um

1020

00:48:17,030 --> 00:48:14,880

a near-death experience and so many

1021

00:48:19,910 --> 00:48:17,040

people i'm sure you've heard that you

1022

00:48:23,190 --> 00:48:19,920

know daniel brinkley and evan alexander

1023

00:48:24,549 --> 00:48:23,200

and and um there's so many anita marjani

1024

00:48:27,750 --> 00:48:24,559

that have had

1025

00:48:29,349 --> 00:48:27,760

major death experiences that that

1026

00:48:31,030 --> 00:48:29,359

discovered that they were still

1027

00:48:32,390 --> 00:48:31,040

conscious even when their bodies shut

1028

00:48:35,270 --> 00:48:32,400

down even when their

1029

00:48:37,430 --> 00:48:35,280

brain had absolutely they had flatlined

1030

00:48:39,510 --> 00:48:37,440

and yet they were still aware of

1031

00:48:42,790 --> 00:48:39,520

themselves so in it i think there is a

1032

00:48:46,150 --> 00:48:42,800

very very strong corollary between

1033

00:48:48,390 --> 00:48:46,160

near-death experiences and dreams

1034

00:48:50,790 --> 00:48:48,400

and i know that for myself because i had

1035

00:48:52,309 --> 00:48:50,800

my near-death experience in 2008 which i

1036

00:48:54,710 --> 00:48:52,319

write about in my new book it's one of

1037

00:48:56,230 --> 00:48:54,720

the first stories in a crisis is a

1038

00:48:57,270 --> 00:48:56,240

terrible thing to waste

1039

00:48:59,829 --> 00:48:57,280

um

1040

00:49:01,589 --> 00:48:59,839

and i came out of that and that night i

1041

00:49:03,349 --> 00:49:01,599

went to sleep i woke up the next morning

1042

00:49:05,910 --> 00:49:03,359

and i was like dana

1043

00:49:08,069 --> 00:49:05,920

it's the same thing dying and dreaming

1044

00:49:11,430 --> 00:49:08,079

is is the same thing

1045

00:49:13,589 --> 00:49:11,440

the the diff it's like in in a death

1046

00:49:14,870 --> 00:49:13,599

we are gone from our bodies we just

1047

00:49:16,549 --> 00:49:14,880

don't come back

1048

00:49:18,549 --> 00:49:16,559

but in dreams

1049

00:49:21,190 --> 00:49:18,559

we go out and then we do come back it's

1050

00:49:21,829 --> 00:49:21,200

like the door isn't isn't shut it's like

1051

00:49:27,190 --> 00:49:21,839

a

1052

00:49:29,430 --> 00:49:27,200

it's it's just it's more fluid but it's

1053

00:49:31,589 --> 00:49:29,440

but we go into a similar realm and

1054

00:49:33,990 --> 00:49:31,599

because i'm a vivid dreamer i've been

1055

00:49:36,870 --> 00:49:34,000

tracking dreams i've tracked thousands

1056

00:49:37,670 --> 00:49:36,880

of my own dreams over over my lifetime

1057

00:49:39,670 --> 00:49:37,680

and

1058

00:49:41,030 --> 00:49:39,680

i noticed this is this is very similar

1059

00:49:42,150 --> 00:49:41,040

it was more

1060

00:49:44,069 --> 00:49:42,160

um

1061

00:49:47,030 --> 00:49:44,079

it was more of a what could be compared

1062

00:49:48,549 --> 00:49:47,040

to a lucid dream a lucid dream is where

1063

00:49:50,470 --> 00:49:48,559

you know you're dreaming while you're

1064

00:49:53,430 --> 00:49:50,480

dreaming and then you can sort of direct

1065

00:49:55,190 --> 00:49:53,440

it or you can have some conscious level

1066

00:49:57,190 --> 00:49:55,200

input so that's what having a death

1067

00:50:00,150 --> 00:49:57,200

experience was like and basically just

1068

00:50:02,069 --> 00:50:00,160

as you were saying jimmy we go beyond

1069

00:50:04,069 --> 00:50:02,079

not just beyond our minds not just

1070

00:50:06,870 --> 00:50:04,079

beyond our bodies but we go beyond our

1071

00:50:09,109 --> 00:50:06,880

circumstances beyond what we have ever

1072

00:50:11,190 --> 00:50:09,119

read beyond what we have any right to

1073

00:50:14,390 --> 00:50:11,200

know based on our

1074

00:50:16,150 --> 00:50:14,400

life experience in this reality we step

1075

00:50:18,309 --> 00:50:16,160

into a realm

1076

00:50:21,190 --> 00:50:18,319

of that is that is truly infinite it's

1077

00:50:22,390 --> 00:50:21,200

like the ceiling is lifted and

1078

00:50:24,710 --> 00:50:22,400

all

1079

00:50:27,109 --> 00:50:24,720

of everything that's available in what

1080

00:50:30,630 --> 00:50:27,119

we could call the akashic records

1081

00:50:32,870 --> 00:50:30,640

the the hall of of knowing of like all

1082

00:50:34,710 --> 00:50:32,880

of that is available to us do we absorb

1083

00:50:36,470 --> 00:50:34,720

all of that every night absolutely not

1084

00:50:39,270 --> 00:50:36,480

we might just tiptoe

1085

00:50:42,390 --> 00:50:39,280

an inch in that direction but some of us

1086

00:50:44,390 --> 00:50:42,400

catapult way deep into

1087

00:50:46,630 --> 00:50:44,400

quantum information that is that is life

1088

00:50:49,190 --> 00:50:46,640

changing to me the

1089

00:50:51,190 --> 00:50:49,200

the idea for all of us just to kind of

1090

00:50:52,630 --> 00:50:51,200

bring it down to earth and down to brass

1091

00:50:55,109 --> 00:50:52,640

tacks is

1092

00:50:56,790 --> 00:50:55,119

all we have to do is just

1093

00:50:58,630 --> 00:50:56,800

take five minutes in the morning when we

1094

00:51:00,150 --> 00:50:58,640

wake up and just remember the simplest

1095

00:51:03,030 --> 00:51:00,160

parts of our dream as much as we can

1096

00:51:04,950 --> 00:51:03,040

remember and know that we're it's it

1097

00:51:08,390 --> 00:51:04,960

contains the stuff

1098

00:51:10,230 --> 00:51:08,400

of infinity it's like that little dream

1099

00:51:13,030 --> 00:51:10,240

snippet that we remember

1100

00:51:16,230 --> 00:51:13,040

is encoded with something so much larger

1101
00:51:17,910 --> 00:51:16,240
than our ordinary reality and it's worth

1102
00:51:19,349 --> 00:51:17,920
tracking even if it doesn't make sense

1103
00:51:21,349 --> 00:51:19,359
to us initially

1104
00:51:23,670 --> 00:51:21,359
it's like we don't have to understand

1105
00:51:25,990 --> 00:51:23,680
what it means in order to be transformed

1106
00:51:27,829 --> 00:51:26,000
by it so i'm going off on a tangent here

1107
00:51:29,510 --> 00:51:27,839
but no that's answering your question at

1108
00:51:33,270 --> 00:51:29,520
all well

1109
00:51:37,109 --> 00:51:33,280
that's excellent and which actually uh

1110
00:51:38,470 --> 00:51:37,119
forces me into asking this next question

1111
00:51:40,150 --> 00:51:38,480
do we

1112
00:51:42,230 --> 00:51:40,160
because of that

1113
00:51:45,589 --> 00:51:42,240

do we

1114

00:51:46,630 --> 00:51:45,599

dream about our own experiences

1115

00:51:48,710 --> 00:51:46,640

our own

1116

00:51:50,470 --> 00:51:48,720

things that we enjoy

1117

00:51:54,630 --> 00:51:50,480

or do we

1118

00:51:55,910 --> 00:51:54,640

dream outside of our own reality and

1119

00:51:58,069 --> 00:51:55,920

what you know

1120

00:52:01,109 --> 00:51:58,079

if you like cats so you dream about cats

1121

00:52:04,549 --> 00:52:01,119

right whatever it may be i i i dream

1122

00:52:05,950 --> 00:52:04,559

about guitars right or you know i i

1123

00:52:07,589 --> 00:52:05,960

i will be lying

1124

00:52:11,270 --> 00:52:07,599

[Music]

1125

00:52:14,069 --> 00:52:11,280

but i have i i do have dreams that that

1126
00:52:15,030 --> 00:52:14,079
really have nothing to do with my daily

1127
00:52:16,710 --> 00:52:15,040
life

1128
00:52:19,030 --> 00:52:16,720
and if that's the case what is what does

1129
00:52:21,990 --> 00:52:19,040
that tell us if we dream outside of our

1130
00:52:26,150 --> 00:52:23,750
oh my gosh there's so many things in

1131
00:52:28,549 --> 00:52:26,160
what you just brought up so let me just

1132
00:52:31,030 --> 00:52:28,559
i'll try to track this

1133
00:52:32,549 --> 00:52:31,040
we dream about what we're passionate

1134
00:52:33,510 --> 00:52:32,559
about what we're excited about that's

1135
00:52:34,870 --> 00:52:33,520
one

1136
00:52:36,630 --> 00:52:34,880
level to our dream so if you're

1137
00:52:38,150 --> 00:52:36,640
passionate about guitars those will show

1138
00:52:40,390 --> 00:52:38,160

up if you're passionate about cats

1139

00:52:43,670 --> 00:52:40,400

they'll show up if you're scared

1140

00:52:45,589 --> 00:52:43,680

of the dark if you're scared of owls i'm

1141

00:52:48,069 --> 00:52:45,599

looking at an owl right now actually

1142

00:52:49,190 --> 00:52:48,079

outside my window and it's not a real

1143

00:52:50,870 --> 00:52:49,200

owl

1144

00:52:53,750 --> 00:52:50,880

it's like if you're scared like whatever

1145

00:52:56,390 --> 00:52:53,760

your whatever gets your blood pumping

1146

00:52:59,190 --> 00:52:56,400

will tend to be the stuff that fills up

1147

00:53:00,630 --> 00:52:59,200

your will be the contents of your your

1148

00:53:02,230 --> 00:53:00,640

dream theater

1149

00:53:03,589 --> 00:53:02,240

um at night

1150

00:53:09,190 --> 00:53:03,599

so

1151
00:53:11,190 --> 00:53:09,200
cornerstones but the things that all

1152
00:53:11,990 --> 00:53:11,200
that also come in it's like i i like to

1153
00:53:13,670 --> 00:53:12,000
think

1154
00:53:16,630 --> 00:53:13,680
who's dreaming us

1155
00:53:19,510 --> 00:53:16,640
like is there a dream maker is it god is

1156
00:53:21,589 --> 00:53:19,520
it our higher selves is it

1157
00:53:23,510 --> 00:53:21,599
is it aliens is it like

1158
00:53:25,109 --> 00:53:23,520
what is it that's dreaming us because

1159
00:53:27,270 --> 00:53:25,119
we're not

1160
00:53:29,190 --> 00:53:27,280
in conscious control

1161
00:53:32,150 --> 00:53:29,200
in our dreams and even when we're lucid

1162
00:53:33,750 --> 00:53:32,160
dreaming we just have a modicum of

1163
00:53:35,829 --> 00:53:33,760

control we

1164

00:53:38,390 --> 00:53:35,839

most of us even the best lucid dreamers

1165

00:53:39,349 --> 00:53:38,400

i know don't completely steer the ship

1166

00:53:40,309 --> 00:53:39,359

when they're dreaming so there's

1167

00:53:42,710 --> 00:53:40,319

something

1168

00:53:45,030 --> 00:53:42,720

else and i think this becomes a

1169

00:53:47,430 --> 00:53:45,040

philosophical conversation this becomes

1170

00:53:48,710 --> 00:53:47,440

a metaphysical conversation it depends

1171

00:53:52,630 --> 00:53:48,720

on what your

1172

00:53:55,190 --> 00:53:52,640

your belief is i i i would call it god

1173

00:53:57,109 --> 00:53:55,200

and but i'm not attached to that label

1174

00:53:59,349 --> 00:53:57,119

and i don't put that on people i say you

1175

00:54:01,910 --> 00:53:59,359

have to identify that there's something

1176
00:54:05,670 --> 00:54:01,920
higher something more intelligent

1177
00:54:08,069 --> 00:54:05,680
than our ordinary self that is

1178
00:54:09,829 --> 00:54:08,079
that what i like to call the dream maker

1179
00:54:12,549 --> 00:54:09,839
and i believe that dream maker is

1180
00:54:15,270 --> 00:54:12,559
benevolent ultimately even if the dreams

1181
00:54:17,670 --> 00:54:15,280
we're having are difficult and stressful

1182
00:54:19,430 --> 00:54:17,680
and painful and we can talk all about

1183
00:54:21,750 --> 00:54:19,440
what i believe the purpose of those kind

1184
00:54:23,030 --> 00:54:21,760
of dreams are but i believe that it's as

1185
00:54:24,630 --> 00:54:23,040
it's as if our

1186
00:54:27,190 --> 00:54:24,640
this dream maker this higher

1187
00:54:29,910 --> 00:54:27,200
intelligence has an agenda for us has

1188
00:54:32,549 --> 00:54:29,920

our curriculum for our life

1189

00:54:35,030 --> 00:54:32,559

in hand and lets us know when we're on

1190

00:54:37,109 --> 00:54:35,040

course and when we're off course gives

1191

00:54:39,589 --> 00:54:37,119

us a sense of what baggage we need to

1192

00:54:42,069 --> 00:54:39,599

drop because we're filled with scar

1193

00:54:44,230 --> 00:54:42,079

tissue and ptsd and it's it's just

1194

00:54:46,549 --> 00:54:44,240

weighing us down it's time to drop it

1195

00:54:48,150 --> 00:54:46,559

and it's also giving us an excitement

1196

00:54:51,109 --> 00:54:48,160

about like a preview of coming

1197

00:54:53,589 --> 00:54:51,119

attractions like should we stay

1198

00:54:55,270 --> 00:54:53,599

on course it's like there's a reward

1199

00:54:58,390 --> 00:54:55,280

ahead so that's where some of those wish

1200

00:55:01,510 --> 00:54:58,400

fulfillment happy winning the lottery

1201
00:55:03,589 --> 00:55:01,520
great sex you know dancing with unicorns

1202
00:55:05,990 --> 00:55:03,599
or elvis or god whatever it is that gets

1203
00:55:08,549 --> 00:55:06,000
you like wow that was the best stream

1204
00:55:10,309 --> 00:55:08,559
or all of the above right right right

1205
00:55:11,750 --> 00:55:10,319
those are like rewards telling us that

1206
00:55:15,829 --> 00:55:11,760
we're on track so

1207
00:55:23,750 --> 00:55:15,839
having sex with elvis on a unicorn

1208
00:55:29,030 --> 00:55:26,950
is the luckiest person in the world

1209
00:55:30,789 --> 00:55:29,040
somebody that dreams about winning the

1210
00:55:32,549 --> 00:55:30,799
lottery and they do and they win it

1211
00:55:36,549 --> 00:55:32,559
twice or

1212
00:55:39,589 --> 00:55:36,559
is it somebody named dana

1213
00:55:46,950 --> 00:55:39,599

ah you are the cutest person jimmy

1214

00:55:51,670 --> 00:55:49,349

man in the much and a cool and a cool

1215

00:55:54,069 --> 00:55:51,680

guy too

1216

00:55:55,589 --> 00:55:54,079

but is you said though something very

1217

00:55:58,870 --> 00:55:55,599

interesting i'm not gonna let this get

1218

00:56:01,430 --> 00:55:58,880

away okay if you're afraid of the dark

1219

00:56:03,670 --> 00:56:01,440

yeah you're gonna dream about the dark

1220

00:56:05,750 --> 00:56:03,680

oh my god right

1221

00:56:07,510 --> 00:56:05,760

absolutely i mean

1222

00:56:09,750 --> 00:56:07,520

that's not right

1223

00:56:11,349 --> 00:56:09,760

but it is because we've all we've all

1224

00:56:12,069 --> 00:56:11,359

had that experience

1225

00:56:14,309 --> 00:56:12,079

and

1226

00:56:17,430 --> 00:56:14,319

well but here's the thing you said

1227

00:56:19,829 --> 00:56:17,440

something else so this goes together if

1228

00:56:21,109 --> 00:56:19,839

you're if you can control your dreams

1229

00:56:23,589 --> 00:56:21,119

somewhat

1230

00:56:25,990 --> 00:56:23,599

you can't steer the ship completely

1231

00:56:29,190 --> 00:56:26,000

throughout the whole journey but you can

1232

00:56:32,309 --> 00:56:29,200

start the ship in a certain direction

1233

00:56:34,150 --> 00:56:32,319

so if you're having issues with the dark

1234

00:56:35,990 --> 00:56:34,160

can you start off your dream not

1235

00:56:37,510 --> 00:56:36,000

dreaming about the dark and then hope

1236

00:56:39,589 --> 00:56:37,520

for the best

1237

00:56:41,270 --> 00:56:39,599

my suggestion like let's just say that

1238

00:56:43,750 --> 00:56:41,280

you're dreaming about the thing that

1239

00:56:46,069 --> 00:56:43,760

scares you most um for example we're

1240

00:56:47,750 --> 00:56:46,079

coming out of covid and there's there's

1241

00:56:49,910 --> 00:56:47,760

a lot of scientific research in fact

1242

00:56:52,069 --> 00:56:49,920

this scientist

1243

00:56:53,990 --> 00:56:52,079

from harvard will be speaking at the

1244

00:56:56,470 --> 00:56:54,000

international association for the study

1245

00:56:59,349 --> 00:56:56,480

of dreams the iasd conference coming up

1246

00:57:01,349 --> 00:56:59,359

this week about all of these coveted

1247

00:57:03,990 --> 00:57:01,359

dreams that they've tracked thousands

1248

00:57:06,230 --> 00:57:04,000

and thousands of them and it seems that

1249

00:57:08,789 --> 00:57:06,240

we dream about the things that scare us

1250

00:57:11,349 --> 00:57:08,799

not just to torture us but in order to

1251
00:57:12,549 --> 00:57:11,359
find a breakthrough in order to figure

1252
00:57:15,270 --> 00:57:12,559
out how

1253
00:57:16,710 --> 00:57:15,280
to how to wrestle with it how to come

1254
00:57:19,270 --> 00:57:16,720
out victorious

1255
00:57:21,190 --> 00:57:19,280
so i mean one way of looking at

1256
00:57:22,230 --> 00:57:21,200
nightmares is that they're helping us to

1257
00:57:23,990 --> 00:57:22,240
adapt

1258
00:57:26,390 --> 00:57:24,000
to like so if

1259
00:57:28,789 --> 00:57:26,400
if we're afraid of the dark and the dark

1260
00:57:31,589 --> 00:57:28,799
exists i mean hello fade to black you

1261
00:57:33,190 --> 00:57:31,599
know there's this

1262
00:57:35,349 --> 00:57:33,200
it's like it's a part of i mean what

1263
00:57:36,230 --> 00:57:35,359

you've done jimmy it's like you

1264

00:57:37,910 --> 00:57:36,240

you

1265

00:57:39,430 --> 00:57:37,920

fade to black is about kind of i mean

1266

00:57:41,990 --> 00:57:39,440

it's sort of like honoring the

1267

00:57:44,150 --> 00:57:42,000

mysterious things that go on in the dark

1268

00:57:47,109 --> 00:57:44,160

there is a it's like you're you're

1269

00:57:50,309 --> 00:57:47,119

embracing it and having a show that's

1270

00:57:53,270 --> 00:57:50,319

got levity and and and and clarity and

1271

00:57:55,430 --> 00:57:53,280

like fun and excitement within the dark

1272

00:57:58,069 --> 00:57:55,440

it's like this is what we're meant to do

1273

00:57:59,750 --> 00:57:58,079

i'm sure when you were a little tiny boy

1274

00:58:01,910 --> 00:57:59,760

you didn't you didn't pop out of the

1275

00:58:04,230 --> 00:58:01,920

womb and say i want to have a show

1276

00:58:06,630 --> 00:58:04,240

called fade to black i mean all of us is

1277

00:58:08,950 --> 00:58:06,640

i mean i was i i'm known as the

1278

00:58:11,589 --> 00:58:08,960

nightmare whisperer do you think i ever

1279

00:58:13,510 --> 00:58:11,599

wanted that dubious title i was like a

1280

00:58:16,549 --> 00:58:13,520

disney princess little girl like i

1281

00:58:18,870 --> 00:58:16,559

wanted happy fluffy sparkly things but i

1282

00:58:21,349 --> 00:58:18,880

had to learn how to embrace those things

1283

00:58:23,430 --> 00:58:21,359

that scare me because once you embrace

1284

00:58:26,150 --> 00:58:23,440

them they stop scaring you and you

1285

00:58:28,950 --> 00:58:26,160

realize there's there's gifts in that

1286

00:58:31,270 --> 00:58:28,960

dark place and and it only makes us

1287

00:58:32,950 --> 00:58:31,280

better it's like everything i believe

1288

00:58:35,109 --> 00:58:32,960

everything is god everything is

1289

00:58:37,109 --> 00:58:35,119

ultimately good even if it's

1290

00:58:39,349 --> 00:58:37,119

very dense and even if it's a little

1291

00:58:42,069 --> 00:58:39,359

rough and funky around the edges once we

1292

00:58:45,510 --> 00:58:42,079

embrace it i always say that the way to

1293

00:58:48,710 --> 00:58:45,520

one one of my alchemy formulas is i call

1294

00:58:52,789 --> 00:58:48,720

it fear formula it's it's to face what

1295

00:58:54,549 --> 00:58:52,799

scares us f-e-a-r face it embrace it ace

1296

00:58:58,150 --> 00:58:54,559

it and replace it

1297

00:59:00,230 --> 00:58:58,160

i like that i like that a lot i uh uh

1298

00:59:01,910 --> 00:59:00,240

i used to you and i have talked about

1299

00:59:05,349 --> 00:59:01,920

this many times but

1300

00:59:07,589 --> 00:59:05,359

um i used to love nightmares right right

1301
00:59:11,430 --> 00:59:07,599
you know the entertainment value of that

1302
00:59:12,710 --> 00:59:11,440
is is right and you might as well

1303
00:59:14,309 --> 00:59:12,720
if you're going to have them you might

1304
00:59:16,309 --> 00:59:14,319
as well love them because

1305
00:59:18,630 --> 00:59:16,319
right right right no seriously and then

1306
00:59:20,870 --> 00:59:18,640
but they stopped and

1307
00:59:23,270 --> 00:59:20,880
uh they stopped that's what happens when

1308
00:59:25,430 --> 00:59:23,280
you love it they stop doing this thing

1309
00:59:27,670 --> 00:59:25,440
that scares you and chases you that's

1310
00:59:29,030 --> 00:59:27,680
exactly it all my work in a nutshell

1311
00:59:33,670 --> 00:59:29,040
right there you just nailed it we're

1312
00:59:40,710 --> 00:59:37,910
about two months ago right oh okay um um

1313
00:59:43,430 --> 00:59:40,720

i'm having now the nightmare and i'm

1314

00:59:44,829 --> 00:59:43,440

vivid man i remember all of it uh some

1315

00:59:48,470 --> 00:59:44,839

big black

1316

00:59:50,230 --> 00:59:48,480

thing was in my house and specifically

1317

00:59:53,430 --> 00:59:50,240

in my bedroom that was the dream oh my

1318

00:59:54,870 --> 00:59:53,440

god i was dreaming that i was hiding my

1319

00:59:57,430 --> 00:59:54,880

face

1320

01:00:00,710 --> 00:59:57,440

with my covers from

1321

01:00:04,470 --> 01:00:00,720

this thing that i knew was in my room

1322

01:00:07,190 --> 01:00:04,480

frightening is all right and i wake up

1323

01:00:09,510 --> 01:00:07,200

just like this i wake up

1324

01:00:11,190 --> 01:00:09,520

oh man you know what i'm looking around

1325

01:00:12,789 --> 01:00:11,200

i'm like okay

1326

01:00:14,470 --> 01:00:12,799

i'm not going back to sleep and i

1327

01:00:17,750 --> 01:00:14,480

remember i looked back and looked down

1328

01:00:20,950 --> 01:00:17,760

it's like 4 30 in the morning and i mean

1329

01:00:22,309 --> 01:00:20,960

big rough tough jimmy church right

1330

01:00:24,230 --> 01:00:22,319

oh no

1331

01:00:26,829 --> 01:00:24,240

wuss

1332

01:00:29,190 --> 01:00:26,839

i need to make some coffee i can't do

1333

01:00:30,950 --> 01:00:29,200

this i can't go back to sleep they think

1334

01:00:32,789 --> 01:00:30,960

happy thoughts think happy thoughts

1335

01:00:36,710 --> 01:00:32,799

think happy thoughts you know it was

1336

01:00:40,069 --> 01:00:36,720

like it was not and i used to enjoy that

1337

01:00:43,270 --> 01:00:40,079

and i i woke up like in panic mode as a

1338

01:00:45,510 --> 01:00:43,280

matter of fact kelly um i woke up i was

1339

01:00:47,349 --> 01:00:45,520

dreaming about my head and covered up

1340

01:00:49,030 --> 01:00:47,359

when i opened my i had i had the

1341

01:00:51,270 --> 01:00:49,040

blankets over my head

1342

01:00:54,470 --> 01:00:51,280

yeah yeah for real for real

1343

01:01:00,309 --> 01:00:57,109

why why wasn't that fun for me

1344

01:01:01,910 --> 01:01:00,319

well okay first of all let me just say

1345

01:01:03,670 --> 01:01:01,920

you're not a wuss

1346

01:01:06,230 --> 01:01:03,680

if you're in if you are having a

1347

01:01:07,589 --> 01:01:06,240

nightmare and you don't feel that you're

1348

01:01:08,390 --> 01:01:07,599

equipped

1349

01:01:17,589 --> 01:01:08,400

to

1350

01:01:19,589 --> 01:01:17,599

that's not being a wuss so you wake up

1351

01:01:21,670 --> 01:01:19,599

you get some coffee you become you

1352

01:01:23,829 --> 01:01:21,680

become awake and then you talk about it

1353

01:01:25,670 --> 01:01:23,839

with somebody like me so that you can

1354

01:01:27,829 --> 01:01:25,680

develop a strategy should that dream

1355

01:01:29,510 --> 01:01:27,839

come back again and even if it doesn't

1356

01:01:31,349 --> 01:01:29,520

come back into your dream it's still in

1357

01:01:34,870 --> 01:01:31,359

your consciousness it's now right now

1358

01:01:38,390 --> 01:01:34,880

it's unresolved it's the the hindus call

1359

01:01:40,549 --> 01:01:38,400

it samskara it's like there's this scar

1360

01:01:43,270 --> 01:01:40,559

in your consciousness from where this

1361

01:01:45,829 --> 01:01:43,280

fear is and the the goal of life is to

1362

01:01:47,589 --> 01:01:45,839

rid yourself of these some scars is to

1363

01:01:49,990 --> 01:01:47,599

is to talk about it and figure out how

1364

01:01:51,910 --> 01:01:50,000

to dissolve it in one way for example i

1365

01:01:53,990 --> 01:01:51,920

mean i've got a dream interpretation

1366

01:01:55,190 --> 01:01:54,000

formula i'd love to run by you so

1367

01:01:57,589 --> 01:01:55,200

actually we should do that do you want

1368

01:01:59,349 --> 01:01:57,599

me to do that we can

1369

01:02:02,150 --> 01:01:59,359

do it right after the break let's get

1370

01:02:04,470 --> 01:02:02,160

that in at is perfect timing nice segue

1371

01:02:06,710 --> 01:02:04,480

you've done this before i see

1372

01:02:09,349 --> 01:02:06,720

this is faith black kelly sullivan

1373

01:02:11,670 --> 01:02:09,359

walden is with us tonight it is the

1374

01:02:13,750 --> 01:02:11,680

secrets of dreams i am your host jimmy

1375

01:02:18,910 --> 01:02:13,760

church more with kelly after this short

1376

01:02:45,349 --> 01:02:24,470

[Music]

1377

01:02:51,000 --> 01:02:47,510

this is fade to black with jimmy church

1378

01:02:52,549 --> 01:02:51,010

on the game changer radio network

1379

01:02:54,950 --> 01:02:52,559

[Music]

1380

01:02:58,390 --> 01:02:54,960

your 1 million gigawatt paranormal

1381

01:02:59,990 --> 01:02:58,400

powerhouse kumx db

1382

01:03:01,829 --> 01:03:00,000

the x

1383

01:03:04,150 --> 01:03:01,839

right now eden pier is having their

1384

01:03:06,789 --> 01:03:04,160

famous bogo deal on thunderstorm air

1385

01:03:08,950 --> 01:03:06,799

purifiers one listener wrote it makes a

1386

01:03:11,589 --> 01:03:08,960

huge difference in our cat litter box

1387

01:03:14,950 --> 01:03:11,599

stink i just wish i waited for the bogo

1388

01:03:18,230 --> 01:03:14,960

deal i need another one well now's the

1389

01:03:20,710 --> 01:03:18,240

time bogo is back so when you buy one

1390

01:03:22,950 --> 01:03:20,720

thunderstorm you get one free no matter

1391

01:03:25,589 --> 01:03:22,960

how many you buy you buy two you get two

1392

01:03:27,670 --> 01:03:25,599

free you buy five you get five free the

1393

01:03:29,910 --> 01:03:27,680

thunderstorm will completely eliminate

1394

01:03:32,710 --> 01:03:29,920

any odor even the worst like pets

1395

01:03:35,430 --> 01:03:32,720

cigarette smoke urine and cooking now is

1396

01:03:38,390 --> 01:03:35,440

the time to order eden piers buy one get

1397

01:03:40,069 --> 01:03:38,400

one free sale is one week only with over

1398

01:03:42,549 --> 01:03:40,079

265

1399

01:03:45,510 --> 01:03:42,559

000 thunderstorms sold and countless

1400

01:03:47,190 --> 01:03:45,520

five-star reviews you know it works

1401

01:03:49,950 --> 01:03:47,200

people are buying several for around the

1402

01:03:52,829 --> 01:03:49,960

home and even as gifts just go to

1403

01:03:56,950 --> 01:03:52,839

edenpuredeals.com and use discount code

1404

01:03:59,910 --> 01:03:56,960

faderbogo that's faderbogo

1405

01:04:01,789 --> 01:03:59,920

b o f-a-d-e-r-b-o-g o bogo is buy one

1406

01:04:04,109 --> 01:04:01,799

get one free that's

1407

01:04:09,430 --> 01:04:04,119

edenpuredeals.com discount code

1408

01:04:11,589 --> 01:04:09,440

faderbogo and as always shipping is free

1409

01:04:13,670 --> 01:04:11,599

this is billy carson founder and ceo of

1410

01:04:15,910 --> 01:04:13,680

forbidden knowledge tv forbidden

1411

01:04:17,670 --> 01:04:15,920

knowledge dot tv is the fastest growing

1412

01:04:19,510 --> 01:04:17,680

and one of the most watched networks in

1413

01:04:21,270 --> 01:04:19,520

the world and i would like to personally

1414

01:04:24,069 --> 01:04:21,280

invite you to check out our expanding

1415

01:04:26,309 --> 01:04:24,079

library of tv film lectures and special

1416

01:04:28,870 --> 01:04:26,319

presentations forbidden knowledge dot tv

1417

01:04:31,510 --> 01:04:28,880

has over 6 000 videos covering lost

1418

01:04:33,430 --> 01:04:31,520

history health ufos spirituality and our

1419

01:04:35,670 --> 01:04:33,440

future we are committed to our community

1420

01:04:38,069 --> 01:04:35,680

and with my personal invitation you can

1421

01:04:40,789 --> 01:04:38,079

right now get your own free 30-day

1422

01:04:43,109 --> 01:04:40,799

membership at forbidden knowledge dot tv

1423

01:04:47,750 --> 01:04:43,119

your own library of information starts

1424

01:04:51,910 --> 01:04:49,829

because you never got that pony you

1425

01:04:53,589 --> 01:04:51,920

always wanted

1426

01:04:55,990 --> 01:04:53,599

damn it

1427

01:04:58,870 --> 01:04:56,000

jimmy church and fade to black on the

1428

01:05:02,150 --> 01:04:58,880

game changer network

1429

01:05:04,470 --> 01:05:02,160

listen i know and you know that you've

1430

01:05:06,710 --> 01:05:04,480

always wanted your first crystal skull

1431

01:05:08,870 --> 01:05:06,720

or maybe you're a collector just like me

1432

01:05:10,710 --> 01:05:08,880

but you just don't know where to go to

1433

01:05:13,349 --> 01:05:10,720

find the real thing

1434

01:05:15,349 --> 01:05:13,359

then i met carolyn ford over at einstein

1435

01:05:17,829 --> 01:05:15,359

the crystalskull.com

1436

01:05:19,750 --> 01:05:17,839

carolyn is the guardian of einstein one

1437

01:05:22,230 --> 01:05:19,760

of the most respected ancient crystal

1438

01:05:24,069 --> 01:05:22,240

skulls in the world all of her unique

1439

01:05:26,470 --> 01:05:24,079

skulls have been imprinted sitting with

1440

01:05:28,390 --> 01:05:26,480

einstein in his sacred lodge and are

1441

01:05:31,109 --> 01:05:28,400

carved from the finest gemstone and

1442

01:05:33,190 --> 01:05:31,119

materials imprinting is the process of

1443

01:05:36,789 --> 01:05:33,200

receiving the ancient wisdom from the

1444

01:05:39,190 --> 01:05:36,799

master skull or master computer einstein

1445

01:05:40,950 --> 01:05:39,200

the ancient crystal skull to see

1446

01:05:43,670 --> 01:05:40,960

carolyn's current collection of crystal

1447

01:05:45,990 --> 01:05:43,680

skulls just visit her store at einstein

1448

01:05:48,549 --> 01:05:46,000

the crystal skull dot com click on the

1449

01:05:51,190 --> 01:05:48,559

banner over on our site don't forget to

1450

01:05:53,910 --> 01:05:51,200

use the promo code jimmy at checkout to

1451

01:05:56,870 --> 01:05:53,920

receive 10 off of your order today

1452

01:05:59,750 --> 01:05:56,880

that's promo code jimmy finding your

1453

01:06:12,710 --> 01:05:59,760

first or next crystal skull is easy just

1454

01:06:16,829 --> 01:06:14,710

and you're listening to my good friend

1455

01:06:18,710 --> 01:06:16,839

jimmy church fade to

1456

01:06:21,789 --> 01:06:18,720

black

1457

01:06:24,470 --> 01:06:21,799

this is toby kebbel you're listening to

1458

01:06:27,190 --> 01:06:24,480

jimmychurchradio.com don't hurt me jimmy

1459

01:06:28,950 --> 01:06:27,200

i'm only little hey i'm adrian grenier

1460

01:06:31,150 --> 01:06:28,960

and this is ari gold we're the honey

1461

01:06:39,750 --> 01:06:31,160

brothers

1462

01:06:41,349 --> 01:06:39,760

and you're listening to jimmy church a

1463

01:06:43,029 --> 01:06:41,359

revolution

1464

01:06:44,950 --> 01:06:43,039

this is jimmy churchill fade to black

1465

01:06:47,270 --> 01:06:44,960

and you can become an official fate or

1466

01:06:48,230 --> 01:06:47,280

not by just going to our membership

1467

01:06:51,589 --> 01:06:48,240

section

1468

01:06:55,910 --> 01:06:53,589

hello this is serena wright taylor from

1469

01:06:58,309 --> 01:06:55,920

conscious life expo and you're listening

1470

01:07:00,630 --> 01:06:58,319

to fade to black with jimmy church who

1471

01:07:03,910 --> 01:07:00,640

holds the lucky pony record for the best

1472

01:07:06,069 --> 01:07:03,920

astrological chart since 1963.

1473

01:07:07,750 --> 01:07:06,079

true story

1474

01:07:09,430 --> 01:07:07,760

this is micah hanks of the ghrelian

1475

01:07:31,430 --> 01:07:09,440

report and you're listening to jimmy

1476

01:07:35,430 --> 01:07:33,430

welcome back fade to black i am your

1477

01:07:37,670 --> 01:07:35,440

host jimmy church tonight our guest

1478

01:07:39,430 --> 01:07:37,680

kelly sullivan walden

1479

01:07:41,670 --> 01:07:39,440

and uh tonight we're talking about the

1480

01:07:42,789 --> 01:07:41,680

secrets of dreams and i'm waiting for

1481

01:07:46,470 --> 01:07:42,799

kelly

1482

01:07:48,710 --> 01:07:46,480

uh to to come back into the green room

1483

01:07:51,270 --> 01:07:48,720

um one of the things i wanted to share

1484

01:07:52,230 --> 01:07:51,280

this with everybody um

1485

01:07:58,710 --> 01:07:52,240

uh

1486

01:07:59,510 --> 01:07:58,720

this one of the things um

1487

01:08:00,549 --> 01:07:59,520

uh

1488

01:08:04,870 --> 01:08:00,559

that

1489

01:08:06,870 --> 01:08:04,880

somebody wants to tell me about their

1490

01:08:09,109 --> 01:08:06,880

dreams or

1491

01:08:11,190 --> 01:08:09,119

or if if i

1492

01:08:14,390 --> 01:08:11,200

uh you know catch myself telling

1493

01:08:15,829 --> 01:08:14,400

somebody are are are our dreams

1494

01:08:18,309 --> 01:08:15,839

interesting

1495

01:08:19,990 --> 01:08:18,319

to other people or are they just

1496

01:08:23,189 --> 01:08:20,000

singularly

1497

01:08:25,990 --> 01:08:23,199

interesting to us and

1498

01:08:29,030 --> 01:08:26,000

and i you know and it's a it's a it's a

1499

01:08:31,590 --> 01:08:29,040

thing that kelly i i um

1500

01:08:33,510 --> 01:08:31,600

i'm i'm almost reticent to do because

1501

01:08:36,829 --> 01:08:33,520

sometimes

1502

01:08:39,990 --> 01:08:36,839

uh i get i i tune out when i hear

1503

01:08:43,669 --> 01:08:40,000

somebody talk about their dreams because

1504

01:08:47,990 --> 01:08:43,679

they think the next great screenplay

1505

01:08:53,030 --> 01:08:51,669

it wasn't as epic as mine

1506

01:08:55,590 --> 01:08:53,040

right

1507

01:08:56,390 --> 01:08:55,600

and and sometimes i get i get caught in

1508

01:08:57,910 --> 01:08:56,400

that

1509

01:09:00,309 --> 01:08:57,920

and now

1510

01:09:04,470 --> 01:09:00,319

and this is an example i'm gonna give

1511

01:09:07,030 --> 01:09:04,480

you one right now okay um i dream a lot

1512

01:09:08,390 --> 01:09:07,040

i've never said this on the air because

1513

01:09:11,349 --> 01:09:08,400

i don't like it because i know it's

1514

01:09:14,789 --> 01:09:11,359

boring to most people but i doubt it but

1515

01:09:16,470 --> 01:09:14,799

i dream about

1516

01:09:18,470 --> 01:09:16,480

shopping malls

1517

01:09:21,430 --> 01:09:18,480

and

1518

01:09:23,510 --> 01:09:21,440

in the end that's awesome yeah endlessly

1519

01:09:26,309 --> 01:09:23,520

stuck and lost

1520

01:09:28,149 --> 01:09:26,319

in shopping malls and and then there's

1521

01:09:33,349 --> 01:09:28,159

an extension of that

1522

01:09:34,789 --> 01:09:33,359

um casinos and hotels in las vegas

1523

01:09:38,630 --> 01:09:34,799

same thing

1524

01:09:40,390 --> 01:09:38,640

endlessly lost stuck walking around

1525

01:09:41,590 --> 01:09:40,400

and and

1526

01:09:48,149 --> 01:09:41,600

that's not

1527

01:09:49,990 --> 01:09:48,159

and to me they're the most epic

1528

01:09:51,590 --> 01:09:50,000

this could be a movie

1529

01:09:54,550 --> 01:09:51,600

no it couldn't

1530

01:09:55,350 --> 01:09:54,560

it's it's it really sucks church

1531

01:09:58,550 --> 01:09:55,360

but

1532

01:10:01,189 --> 01:09:58,560

i they they are fun and i have them all

1533

01:10:03,830 --> 01:10:01,199

the time and i don't know what it means

1534

01:10:04,630 --> 01:10:03,840

oh my heavens okay let's talk about this

1535

01:10:06,470 --> 01:10:04,640

so

1536

01:10:09,350 --> 01:10:06,480

first of all

1537

01:10:11,590 --> 01:10:09,360

not everybody is interested in dreams

1538

01:10:13,110 --> 01:10:11,600

so there's that you know there's it's

1539

01:10:15,350 --> 01:10:13,120

like people have to have

1540

01:10:16,950 --> 01:10:15,360

the ears to hear them and to understand

1541

01:10:18,310 --> 01:10:16,960

that you're they're about to hear

1542

01:10:20,550 --> 01:10:18,320

something that's a little bizarre a

1543

01:10:23,430 --> 01:10:20,560

little bit strange but there's gold in

1544

01:10:25,750 --> 01:10:23,440

it so not everybody knows that but even

1545

01:10:28,870 --> 01:10:25,760

for those who are in the dream world

1546

01:10:30,950 --> 01:10:28,880

it's it seems that dream sharing is kind

1547

01:10:32,870 --> 01:10:30,960

of an art it's like you want to get

1548

01:10:34,950 --> 01:10:32,880

right to the point i created this thing

1549

01:10:36,790 --> 01:10:34,960

called the jet set dream interpretation

1550

01:10:39,510 --> 01:10:36,800

formula that i'd love to share with you

1551

01:10:42,229 --> 01:10:39,520

it's a way to share your dream so that

1552

01:10:44,630 --> 01:10:42,239

it takes it from being abstract to being

1553

01:10:46,470 --> 01:10:44,640

something grounded and relatable because

1554

01:10:48,870 --> 01:10:46,480

i think the part of a dream

1555

01:10:50,950 --> 01:10:48,880

most of the time that is that's hard to

1556

01:10:52,870 --> 01:10:50,960

hear and that where people glaze over is

1557

01:10:54,709 --> 01:10:52,880

when it gets too abstract it doesn't

1558

01:10:56,790 --> 01:10:54,719

feel like it makes any sense it's kind

1559

01:10:58,390 --> 01:10:56,800

of like speaking a foreign language

1560

01:11:00,790 --> 01:10:58,400

people just don't really understand it

1561

01:11:02,550 --> 01:11:00,800

so after two seconds they're like

1562

01:11:04,390 --> 01:11:02,560

bye-bye

1563

01:11:07,189 --> 01:11:04,400

but if you can ground it then all of a

1564

01:11:09,110 --> 01:11:07,199

sudden people get they start to relate

1565

01:11:10,149 --> 01:11:09,120

to it they start to see the ah they

1566

01:11:12,390 --> 01:11:10,159

start to

1567

01:11:14,550 --> 01:11:12,400

have the aha moment with you

1568

01:11:16,790 --> 01:11:14,560

and that's the idea because

1569

01:11:20,070 --> 01:11:16,800

from one perspective we could say that

1570

01:11:22,550 --> 01:11:20,080

dreams are the language of the soul

1571

01:11:24,470 --> 01:11:22,560

and according to paulo coelho who wrote

1572

01:11:26,390 --> 01:11:24,480

the book the alchemist

1573

01:11:28,550 --> 01:11:26,400

this one person when they're connected

1574

01:11:30,149 --> 01:11:28,560

to their soul they're connected to the

1575

01:11:32,550 --> 01:11:30,159

soul of the world

1576

01:11:34,790 --> 01:11:32,560

so if you can share your dream in such a

1577

01:11:36,950 --> 01:11:34,800

way that it touches it gets into the

1578

01:11:39,350 --> 01:11:36,960

center of your soul then all of a sudden

1579

01:11:41,510 --> 01:11:39,360

it becomes interesting and it becomes

1580

01:11:45,030 --> 01:11:41,520

something relevant for everybody does

1581

01:11:47,669 --> 01:11:45,040

that make sense yes it does okay so

1582

01:11:49,030 --> 01:11:47,679

so here's the so i call it jet set and

1583

01:11:50,870 --> 01:11:49,040

because it's like

1584

01:11:52,390 --> 01:11:50,880

the idea is that we want to interpret

1585

01:11:54,149 --> 01:11:52,400

our dreams we want to talk about dreams

1586

01:11:56,229 --> 01:11:54,159

in a way that is exciting just like

1587

01:11:59,830 --> 01:11:56,239

being on a jet we want to be flying we

1588

01:12:02,229 --> 01:11:59,840

want it to be exciting so j e t s e t

1589

01:12:03,669 --> 01:12:02,239

and j stands for just the facts ma'am

1590

01:12:05,189 --> 01:12:03,679

and you're really good at that jimmy

1591

01:12:08,070 --> 01:12:05,199

like you said okay shopping malls

1592

01:12:09,750 --> 01:12:08,080

casinos and hotels like i'm walking

1593

01:12:11,910 --> 01:12:09,760

through and it's exciting so that was

1594

01:12:14,390 --> 01:12:11,920

like a perfect way to share and even the

1595

01:12:16,630 --> 01:12:14,400

big black blob dream you talked about

1596

01:12:19,030 --> 01:12:16,640

that in a very succinct way so that's

1597

01:12:22,149 --> 01:12:19,040

perfect the next step is the e which is

1598

01:12:23,430 --> 01:12:22,159

the emotion or the energy of the dream

1599

01:12:25,430 --> 01:12:23,440

what did it feel like and you did that

1600

01:12:27,910 --> 01:12:25,440

you said it was exciting and then with

1601
01:12:28,950 --> 01:12:27,920
the blob it was terrifying so that was

1602
01:12:31,830 --> 01:12:28,960
perfect

1603
01:12:34,870 --> 01:12:31,840
the t is for the title give it as if it

1604
01:12:37,189 --> 01:12:34,880
were a movie what's the title of this

1605
01:12:38,790 --> 01:12:37,199
dream and the interesting thing is even

1606
01:12:40,870 --> 01:12:38,800
if you don't don't spend any time

1607
01:12:42,790 --> 01:12:40,880
thinking about it just write down or

1608
01:12:44,630 --> 01:12:42,800
blurt out the thing that comes to you so

1609
01:12:46,390 --> 01:12:44,640
so give me the title of your do you want

1610
01:12:48,229 --> 01:12:46,400
to focus on the shopping dream or the

1611
01:12:50,390 --> 01:12:48,239
blob dream first

1612
01:12:51,189 --> 01:12:50,400
let's go yeah let's not do nightmares

1613
01:12:53,750 --> 01:12:51,199

yet

1614

01:12:55,830 --> 01:12:53,760

okay okay so shopping so give me so

1615

01:12:56,709 --> 01:12:55,840

think of one of those dreams

1616

01:13:02,630 --> 01:12:56,719

okay

1617

01:13:03,510 --> 01:13:02,640

had it um again

1618

01:13:05,750 --> 01:13:03,520

um

1619

01:13:10,390 --> 01:13:05,760

okay so you want a title a title is if

1620

01:13:12,790 --> 01:13:10,400

it were a movie uh is if it were a movie

1621

01:13:15,590 --> 01:13:12,800

i would call it

1622

01:13:20,070 --> 01:13:17,350

never-ending

1623

01:13:22,229 --> 01:13:20,080

ending i would see that movie i would

1624

01:13:24,790 --> 01:13:22,239

totally see that and is there a subtitle

1625

01:13:26,870 --> 01:13:24,800

sometimes in the title there's a like a

1626

01:13:29,189 --> 01:13:26,880

a deeper description

1627

01:13:31,510 --> 01:13:29,199

see if you

1628

01:13:36,630 --> 01:13:31,520

yeah oh man yeah

1629

01:13:41,030 --> 01:13:38,390

hey and you could even do the voiceover

1630

01:13:43,910 --> 01:13:41,040

for your own movie trailer that's great

1631

01:13:46,149 --> 01:13:43,920

but but you know because and i think

1632

01:13:49,110 --> 01:13:46,159

this happens with a lot of people i

1633

01:13:50,709 --> 01:13:49,120

certainly can't be the only one where

1634

01:13:54,870 --> 01:13:50,719

they repeat

1635

01:13:57,270 --> 01:13:54,880

are different it's a different day it's

1636

01:14:00,149 --> 01:13:57,280

a different whatever right different

1637

01:14:02,709 --> 01:14:00,159

experience but it's still

1638

01:14:04,709 --> 01:14:02,719

lost in a shopping mall okay yeah

1639

01:14:06,070 --> 01:14:04,719

oh i like lost in a shopping mall too

1640

01:14:10,630 --> 01:14:06,080

that's a good title

1641

01:14:15,189 --> 01:14:12,630

that's netflix

1642

01:14:16,310 --> 01:14:15,199

right coming to a theater near you

1643

01:14:17,910 --> 01:14:16,320

okay

1644

01:14:20,709 --> 01:14:17,920

all right so we've got jay just the

1645

01:14:24,550 --> 01:14:20,719

facts e the energy or the emotion t for

1646

01:14:27,030 --> 01:14:24,560

the title s is for the standout symbols

1647

01:14:28,390 --> 01:14:27,040

so um and we can come back to this and

1648

01:14:31,669 --> 01:14:28,400

i'll just i'll just run through it

1649

01:14:33,110 --> 01:14:31,679

actually i have a standout symbol okay

1650

01:14:35,430 --> 01:14:33,120

this is another part okay i hope

1651

01:14:36,390 --> 01:14:35,440

everybody does find this interesting

1652

01:14:39,669 --> 01:14:36,400

um

1653

01:14:41,430 --> 01:14:39,679

the the key to these dreams

1654

01:14:45,669 --> 01:14:41,440

are

1655

01:14:49,270 --> 01:14:45,679

secret doors that nobody knows about oh

1656

01:14:51,990 --> 01:14:49,280

that are shortcuts for me to get through

1657

01:14:55,189 --> 01:14:52,000

the mall or the casino

1658

01:14:56,870 --> 01:14:55,199

oh wow yeah yeah yeah yeah yeah yeah

1659

01:14:57,750 --> 01:14:56,880

secret doors

1660

01:14:59,590 --> 01:14:57,760

ooh

1661

01:15:01,110 --> 01:14:59,600

and i don't know i i i don't know maybe

1662

01:15:03,510 --> 01:15:01,120

we'll get this all figured out by the

1663

01:15:05,510 --> 01:15:03,520

end of the show i think we will i think

1664

01:15:07,669 --> 01:15:05,520

we'll at least get one layer of it i

1665

01:15:08,950 --> 01:15:07,679

mean i think dreams can actually be

1666

01:15:11,350 --> 01:15:08,960

endlessly

1667

01:15:14,070 --> 01:15:11,360

complex but we can we could spend a a

1668

01:15:15,990 --> 01:15:14,080

lifetime decoding one dream and never

1669

01:15:18,229 --> 01:15:16,000

get to the bottom of it but we can at

1670

01:15:19,990 --> 01:15:18,239

least make some progress okay so the

1671

01:15:21,669 --> 01:15:20,000

standout symbols i always say to at

1672

01:15:23,750 --> 01:15:21,679

least identify

1673

01:15:25,910 --> 01:15:23,760

two or three but you know some of the

1674

01:15:28,070 --> 01:15:25,920

epic dreams there's 25 but i say just

1675

01:15:29,990 --> 01:15:28,080

narrow it down to like two or three just

1676

01:15:31,590 --> 01:15:30,000

because so that you can you can move on

1677

01:15:33,669 --> 01:15:31,600

because remember we're being in the jet

1678

01:15:36,550 --> 01:15:33,679

set we're trying to be light about it

1679

01:15:39,110 --> 01:15:36,560

and then the e the next e is for

1680

01:15:41,590 --> 01:15:39,120

enlighten it's a big word and most

1681

01:15:44,070 --> 01:15:41,600

people are like what what's enlightened

1682

01:15:46,070 --> 01:15:44,080

but i it's it's it's one word that

1683

01:15:47,669 --> 01:15:46,080

symbolizes a lot like from the

1684

01:15:49,350 --> 01:15:47,679

perspective that your dream is always

1685

01:15:50,870 --> 01:15:49,360

trying to give you a gift it's trying to

1686

01:15:53,030 --> 01:15:50,880

make you better it's trying to teach you

1687

01:15:54,870 --> 01:15:53,040

something it's trying to educate you so

1688

01:15:57,030 --> 01:15:54,880

the word enlightened so you you ask

1689

01:15:59,669 --> 01:15:57,040

yourself how might this dream be trying

1690

01:16:01,270 --> 01:15:59,679

to enlighten me and then the last and

1691

01:16:03,270 --> 01:16:01,280

then we'll so we'll let's see do you

1692

01:16:04,950 --> 01:16:03,280

have a question do you have a an answer

1693

01:16:07,830 --> 01:16:04,960

to that

1694

01:16:10,790 --> 01:16:07,840

my my wheels are turning so let's let's

1695

01:16:12,550 --> 01:16:10,800

i've got i'm writing it down okay

1696

01:16:14,229 --> 01:16:12,560

i'll explore it with you and i'll and

1697

01:16:16,229 --> 01:16:14,239

i'll share what what i'm what i'm

1698

01:16:18,470 --> 01:16:16,239

percolating if it were my dream so the

1699

01:16:20,550 --> 01:16:18,480

last the last t is take it to the

1700

01:16:23,189 --> 01:16:20,560

streets so once you've gone through the

1701

01:16:26,149 --> 01:16:23,199

formula it's like it's now it's time to

1702

01:16:28,070 --> 01:16:26,159

do something in the physical your waking

1703

01:16:29,910 --> 01:16:28,080

dream from the perspective that we're

1704

01:16:31,350 --> 01:16:29,920

always dreaming there's just two

1705

01:16:32,870 --> 01:16:31,360

different kinds of dreams there's the

1706

01:16:34,310 --> 01:16:32,880

nighttime sleeping dream and then

1707

01:16:37,430 --> 01:16:34,320

there's the waking dream that we're in

1708

01:16:40,630 --> 01:16:37,440

right now and the idea is to create this

1709

01:16:42,390 --> 01:16:40,640

connectedness this this um through line

1710

01:16:44,470 --> 01:16:42,400

between your nighttime dream and your

1711

01:16:46,950 --> 01:16:44,480

waking reality so is there something to

1712

01:16:48,470 --> 01:16:46,960

do like for example once you've once

1713

01:16:50,870 --> 01:16:48,480

you've identified how this dream's

1714

01:16:52,870 --> 01:16:50,880

trying to enlighten you for example

1715

01:16:54,070 --> 01:16:52,880

if it were my dream may i do do i have

1716

01:16:55,669 --> 01:16:54,080

permission to

1717

01:16:57,510 --> 01:16:55,679

go let's go

1718

01:16:59,110 --> 01:16:57,520

so in some way because i've also had

1719

01:17:01,110 --> 01:16:59,120

dreams similar to this where there's

1720

01:17:03,750 --> 01:17:01,120

these secret passageways and i'm trying

1721

01:17:06,709 --> 01:17:03,760

to get through and find my way and it

1722

01:17:10,310 --> 01:17:06,719

feels kind of like life i mean life is a

1723

01:17:12,950 --> 01:17:10,320

series of being in these public places

1724

01:17:15,430 --> 01:17:12,960

and sometimes like trying to figure out

1725

01:17:17,750 --> 01:17:15,440

how what's the best way to make it

1726

01:17:19,750 --> 01:17:17,760

through my life path my hero's journey

1727

01:17:22,229 --> 01:17:19,760

is taking me in this way and i'm trying

1728

01:17:23,910 --> 01:17:22,239

to figure out the most efficient path

1729

01:17:26,310 --> 01:17:23,920

the best one for me and maybe i don't

1730

01:17:28,870 --> 01:17:26,320

want to go through all the ordinary

1731

01:17:30,630 --> 01:17:28,880

gridlock i see all these lines and all

1732

01:17:33,350 --> 01:17:30,640

this stuckness and i'm like i think i

1733

01:17:35,110 --> 01:17:33,360

wanna oh look at this secret passageway

1734

01:17:37,189 --> 01:17:35,120

it's kind of like

1735

01:17:39,110 --> 01:17:37,199

we think that we are

1736

01:17:41,030 --> 01:17:39,120

are this but really there's all these

1737

01:17:43,030 --> 01:17:41,040

secret passageways so many people

1738

01:17:46,550 --> 01:17:43,040

actually have dreams where they find

1739

01:17:48,709 --> 01:17:46,560

secret rooms and houses in um in their

1740

01:17:51,350 --> 01:17:48,719

office at work or whatever it's because

1741

01:17:52,550 --> 01:17:51,360

it's it's it's a symbol of ourselves

1742

01:17:55,510 --> 01:17:52,560

that mall

1743

01:17:58,070 --> 01:17:55,520

that that um casino is is ourselves

1744

01:18:00,229 --> 01:17:58,080

there's secret doors to ourselves we

1745

01:18:01,750 --> 01:18:00,239

only know a certain amount about

1746

01:18:04,310 --> 01:18:01,760

ourselves but they're these secret

1747

01:18:07,830 --> 01:18:04,320

passageways and if it's kind of like

1748

01:18:10,550 --> 01:18:07,840

being connected to our our more um on

1749

01:18:13,430 --> 01:18:10,560

the edge consciousness it leads us

1750

01:18:15,669 --> 01:18:13,440

through and out like we don't have to

1751

01:18:18,470 --> 01:18:15,679

suffer like henry david thoreau said

1752

01:18:21,910 --> 01:18:18,480

that most men lead lives of quiet

1753

01:18:24,550 --> 01:18:21,920

desperation and that's kind of the life

1754

01:18:26,390 --> 01:18:24,560

in the trudge of them all the ordinary

1755

01:18:29,270 --> 01:18:26,400

shocking consciousness but if we're

1756

01:18:32,709 --> 01:18:29,280

finding a pathway out of the casino or

1757

01:18:36,470 --> 01:18:32,719

out of that that hotel it's like we're

1758

01:18:38,950 --> 01:18:36,480

finding a way out of the ordinary sludge

1759

01:18:41,030 --> 01:18:38,960

so that we can maybe find a way to joy

1760

01:18:43,510 --> 01:18:41,040

to expansive

1761

01:18:44,790 --> 01:18:43,520

consciousness so there's there's i feel

1762

01:18:47,350 --> 01:18:44,800

like all of these things are a

1763

01:18:50,149 --> 01:18:47,360

commentary about about who you are jimmy

1764

01:18:51,830 --> 01:18:50,159

and also as as anybody reflects it it

1765

01:18:53,830 --> 01:18:51,840

says more about themselves than it is

1766

01:18:55,430 --> 01:18:53,840

about anybody else so i'm not trying to

1767

01:18:57,430 --> 01:18:55,440

tell you definitively what your dream

1768

01:18:59,990 --> 01:18:57,440

means but no but

1769

01:19:03,830 --> 01:19:00,000

and let me jump in yeah please

1770

01:19:06,310 --> 01:19:03,840

even though it applies to me directly

1771

01:19:09,110 --> 01:19:06,320

yeah the universal thing that would

1772

01:19:11,430 --> 01:19:09,120

apply to anybody

1773

01:19:12,390 --> 01:19:11,440

and you said it well because throw when

1774

01:19:17,270 --> 01:19:12,400

when

1775

01:19:19,669 --> 01:19:17,280

um and i thought about that too as well

1776

01:19:21,510 --> 01:19:19,679

i'm very familiar with the quote and the

1777

01:19:23,830 --> 01:19:21,520

thing is this

1778

01:19:25,910 --> 01:19:23,840

everybody

1779

01:19:28,149 --> 01:19:25,920

male or female it doesn't matter

1780

01:19:31,350 --> 01:19:28,159

what you see here

1781

01:19:32,870 --> 01:19:31,360

exactly is is is is is is a

1782

01:19:35,430 --> 01:19:32,880

representative

1783

01:19:38,550 --> 01:19:35,440

exactly right that's not that's what's

1784

01:19:41,110 --> 01:19:38,560

going on back here is the most complex

1785

01:19:41,910 --> 01:19:41,120

thing about their life

1786

01:19:44,470 --> 01:19:41,920

and

1787

01:19:46,870 --> 01:19:44,480

how crazy it is but you you meet this

1788

01:19:49,350 --> 01:19:46,880

person hey how you doing but

1789

01:19:50,870 --> 01:19:49,360

they are dealing with

1790

01:19:56,149 --> 01:19:50,880

the day

1791

01:19:59,030 --> 01:19:56,159

how complex life life really is

1792

01:20:00,790 --> 01:19:59,040

and that would apply right back to what

1793

01:20:03,030 --> 01:20:00,800

you're suggesting here

1794

01:20:05,350 --> 01:20:03,040

we are always seeking those doors and

1795

01:20:08,470 --> 01:20:05,360

we're always seeking those answers and

1796

01:20:10,310 --> 01:20:08,480

maybe a shortcut or two right right and

1797

01:20:11,830 --> 01:20:10,320

i think it might also be giving that to

1798

01:20:13,669 --> 01:20:11,840

you there was a friend of mine that i

1799

01:20:15,590 --> 01:20:13,679

remember him sharing with me having

1800

01:20:17,590 --> 01:20:15,600

dreams similar to this and they were all

1801
01:20:19,270 --> 01:20:17,600
the time and he's and he noticed like

1802
01:20:22,390 --> 01:20:19,280
this is one thing you can do with a

1803
01:20:23,990 --> 01:20:22,400
recurring dream is think of it like it's

1804
01:20:27,430 --> 01:20:24,000
it's in stair steps it's always

1805
01:20:28,790 --> 01:20:27,440
progressing it's never exactly a carbon

1806
01:20:30,950 --> 01:20:28,800
copy of what happened before there's

1807
01:20:33,430 --> 01:20:30,960
always a little twist a little something

1808
01:20:36,070 --> 01:20:33,440
else because you're moving you're you're

1809
01:20:38,470 --> 01:20:36,080
evolving you're becoming closer and

1810
01:20:42,070 --> 01:20:38,480
finally this friend of mine found his

1811
01:20:43,990 --> 01:20:42,080
way out like out of this maze of of

1812
01:20:46,229 --> 01:20:44,000
whatever it was inside sort of a factory

1813
01:20:49,830 --> 01:20:46,239

of sorts and he found his way out and he

1814

01:20:52,149 --> 01:20:49,840

noticed that it corresponded to that day

1815

01:20:53,510 --> 01:20:52,159

in his waking life he had been

1816

01:20:55,430 --> 01:20:53,520

struggling with all kinds of things and

1817

01:20:58,070 --> 01:20:55,440

he had this great solution this great

1818

01:21:00,310 --> 01:20:58,080

breakthrough for his business that like

1819

01:21:01,910 --> 01:21:00,320

changed everything so really it's like

1820

01:21:03,910 --> 01:21:01,920

the things that we're grappling with and

1821

01:21:05,830 --> 01:21:03,920

struggling with and trying to figure out

1822

01:21:08,229 --> 01:21:05,840

there's a there's a purpose to it it's

1823

01:21:11,270 --> 01:21:08,239

like how we grow and then eventually

1824

01:21:13,669 --> 01:21:11,280

once we have that that aha moment it all

1825

01:21:15,350 --> 01:21:13,679

starts to make sense so i imagine that

1826

01:21:16,709 --> 01:21:15,360

you finding this path i mean it's kind

1827

01:21:17,990 --> 01:21:16,719

of like your show

1828

01:21:20,310 --> 01:21:18,000

on your show

1829

01:21:22,629 --> 01:21:20,320

you're you interview people and you and

1830

01:21:24,870 --> 01:21:22,639

you share from your own experience sort

1831

01:21:27,430 --> 01:21:24,880

of how you find your way

1832

01:21:29,350 --> 01:21:27,440

through the darkness and into like this

1833

01:21:30,550 --> 01:21:29,360

more expansive place and out of the

1834

01:21:32,950 --> 01:21:30,560

ordinary

1835

01:21:35,669 --> 01:21:32,960

like i don't know gridlock into into

1836

01:21:37,669 --> 01:21:35,679

something else it's it's it's so now at

1837

01:21:39,990 --> 01:21:37,679

this moment it's starting to seem clear

1838

01:21:42,470 --> 01:21:40,000

also i was just gonna say that's the

1839

01:21:43,430 --> 01:21:42,480

enlightenment right there yeah

1840

01:21:46,629 --> 01:21:43,440

right

1841

01:21:48,709 --> 01:21:46,639

exactly and if you can remember like i

1842

01:21:50,550 --> 01:21:48,719

think there's a feeling tone

1843

01:21:52,950 --> 01:21:50,560

like when you all of a sudden discover

1844

01:21:54,870 --> 01:21:52,960

that secret door

1845

01:21:57,270 --> 01:21:54,880

it's kind of this like this this

1846

01:21:59,750 --> 01:21:57,280

wonderful energy it's different like

1847

01:22:01,590 --> 01:21:59,760

there's a very distinct energy to from

1848

01:22:03,430 --> 01:22:01,600

the like kind of the struggle of how am

1849

01:22:05,270 --> 01:22:03,440

i going to get through this and ah

1850

01:22:06,790 --> 01:22:05,280

there's all these people and i'm a

1851

01:22:09,189 --> 01:22:06,800

little got a little anxiety and then all

1852

01:22:11,750 --> 01:22:09,199

of a sudden oh there's this path

1853

01:22:14,470 --> 01:22:11,760

it feels really good to me this is the

1854

01:22:17,669 --> 01:22:14,480

piece that is worth meditating on that

1855

01:22:19,590 --> 01:22:17,679

that feeling tone if we if we meditate

1856

01:22:21,910 --> 01:22:19,600

on that energy then i think it

1857

01:22:24,629 --> 01:22:21,920

correlates to the enlightenment piece

1858

01:22:26,550 --> 01:22:24,639

because if we if we tap into that part

1859

01:22:28,629 --> 01:22:26,560

of ourselves like the dream isn't over

1860

01:22:31,350 --> 01:22:28,639

just because you wake up right now you

1861

01:22:33,669 --> 01:22:31,360

can feel that ah that release that aha

1862

01:22:36,390 --> 01:22:33,679

moment and that will actually help to

1863

01:22:38,629 --> 01:22:36,400

connect you more quickly to finding that

1864

01:22:40,950 --> 01:22:38,639

aha moment in your waking life

1865

01:22:43,350 --> 01:22:40,960

regarding whatever this um

1866

01:22:46,790 --> 01:22:43,360

this is it's pointing towards something

1867

01:22:49,590 --> 01:22:46,800

and you're right right and now okay so

1868

01:22:52,149 --> 01:22:49,600

in order to do that

1869

01:22:53,590 --> 01:22:52,159

don't you have to have your dreams

1870

01:22:56,950 --> 01:22:53,600

resolve

1871

01:23:01,430 --> 01:22:56,960

no

1872

01:23:03,750 --> 01:23:01,440

resolved at night i mean it's

1873

01:23:05,750 --> 01:23:03,760

in it's the best when that happens god

1874

01:23:07,510 --> 01:23:05,760

it feels great when you do find your way

1875

01:23:09,030 --> 01:23:07,520

but you can there's some there's there's

1876

01:23:11,350 --> 01:23:09,040

something i call

1877

01:23:13,910 --> 01:23:11,360

um dream reentry

1878

01:23:15,030 --> 01:23:13,920

that can help you progress the dream so

1879

01:23:16,790 --> 01:23:15,040

for example

1880

01:23:20,149 --> 01:23:16,800

if you wake up

1881

01:23:22,709 --> 01:23:20,159

from a dream at all less than satisfied

1882

01:23:24,149 --> 01:23:22,719

less than fulfilled less than yay like i

1883

01:23:26,390 --> 01:23:24,159

didn't quite get to the top of the

1884

01:23:28,550 --> 01:23:26,400

mountain or i didn't quite kiss the girl

1885

01:23:30,709 --> 01:23:28,560

or i didn't quite get that get the check

1886

01:23:33,030 --> 01:23:30,719

or whatever it is you have to do every

1887

01:23:34,870 --> 01:23:33,040

dream that's everything that's every

1888

01:23:36,470 --> 01:23:34,880

dream okay

1889

01:23:38,950 --> 01:23:36,480

that's every dream

1890

01:23:41,030 --> 01:23:38,960

dreams don't resolve themselves well i

1891

01:23:43,110 --> 01:23:41,040

want to discuss this deeper when we come

1892

01:23:45,590 --> 01:23:43,120

back after the break i just rudely

1893

01:23:49,189 --> 01:23:45,600

interrupted you please continue no no no

1894

01:23:51,830 --> 01:23:49,199

we'll talk about it after the break

1895

01:23:52,950 --> 01:23:51,840

well in that um

1896

01:23:55,030 --> 01:23:52,960

is it

1897

01:23:57,590 --> 01:23:55,040

so it's not strange

1898

01:23:59,189 --> 01:23:57,600

i'm not only one that dreams don't have

1899

01:24:01,830 --> 01:23:59,199

an ending

1900

01:24:03,350 --> 01:24:01,840

no no my suggestion though is that

1901

01:24:05,910 --> 01:24:03,360

because the dream isn't over just

1902

01:24:07,270 --> 01:24:05,920

because you wake up in your life so when

1903

01:24:09,189 --> 01:24:07,280

you wake up in the morning write down

1904

01:24:12,310 --> 01:24:09,199

your dreams so that you've grounded it

1905

01:24:14,790 --> 01:24:12,320

in reality and then meditate on if you

1906

01:24:17,750 --> 01:24:14,800

were back in that dream and you were

1907

01:24:19,830 --> 01:24:17,760

lucid and you had some control what

1908

01:24:21,750 --> 01:24:19,840

would you do what would be the next step

1909

01:24:23,830 --> 01:24:21,760

so imagine that you can actually finish

1910

01:24:25,910 --> 01:24:23,840

it in your waking state sometimes you

1911

01:24:27,350 --> 01:24:25,920

want to go you can go back inside the

1912

01:24:28,790 --> 01:24:27,360

dream while you're sleeping and pick it

1913

01:24:30,470 --> 01:24:28,800

up where it leaves off but that

1914

01:24:32,629 --> 01:24:30,480

sometimes doesn't happen but because

1915

01:24:35,110 --> 01:24:32,639

you've still got this cliffhanger that

1916

01:24:36,870 --> 01:24:35,120

you're carrying around with you

1917

01:24:38,870 --> 01:24:36,880

there's it's a there's a very fancy

1918

01:24:41,430 --> 01:24:38,880

harvard study they call it imagery

1919

01:24:42,390 --> 01:24:41,440

rehearsal therapy ird

1920

01:24:46,550 --> 01:24:42,400

um

1921

01:24:48,390 --> 01:24:46,560

irt sorry and in irt it's it's something

1922

01:24:50,070 --> 01:24:48,400

so basic i've been i had been doing it

1923

01:24:51,990 --> 01:24:50,080

for 20 years before i found out that

1924

01:24:53,830 --> 01:24:52,000

harvard had been doing this but it's

1925

01:24:56,149 --> 01:24:53,840

where you simply finish the dream with

1926

01:24:57,830 --> 01:24:56,159

your own imagination you write the

1927

01:25:00,470 --> 01:24:57,840

script the way you wished your dream

1928

01:25:02,229 --> 01:25:00,480

would have ended and in many ways you

1929

01:25:04,310 --> 01:25:02,239

progress the dream so the next time you

1930

01:25:07,270 --> 01:25:04,320

go back in that recurring dream it picks

1931

01:25:08,870 --> 01:25:07,280

up 10 steps further ahead than it was

1932

01:25:11,430 --> 01:25:08,880

where you left off when you actually

1933

01:25:13,350 --> 01:25:11,440

woke up from that dream well okay and

1934

01:25:16,310 --> 01:25:13,360

then so many

1935

01:25:18,470 --> 01:25:16,320

uh so many dreams are based on that

1936

01:25:19,590 --> 01:25:18,480

but the journey

1937

01:25:23,750 --> 01:25:19,600

is

1938

01:25:26,629 --> 01:25:23,760

that doesn't completely doesn't complete

1939

01:25:28,950 --> 01:25:26,639

that doesn't that's the entire dream

1940

01:25:30,629 --> 01:25:28,960

of of trying to

1941

01:25:33,669 --> 01:25:30,639

maybe it's in the shopping mall and i'm

1942

01:25:35,910 --> 01:25:33,679

trying to buy a purse for whatever it is

1943

01:25:38,470 --> 01:25:35,920

and i and i don't get to do that or

1944

01:25:39,590 --> 01:25:38,480

whatever whatever it is in anybody's

1945

01:25:42,470 --> 01:25:39,600

dream

1946

01:25:44,310 --> 01:25:42,480

it's one experience after another that

1947

01:25:45,430 --> 01:25:44,320

you go through during the dream this

1948

01:25:49,189 --> 01:25:45,440

journey

1949

01:25:50,709 --> 01:25:49,199

and it never happens right it doesn't

1950

01:25:52,790 --> 01:25:50,719

get there and then you wake up in the

1951

01:25:55,189 --> 01:25:52,800

morning and you gotta go to work and

1952

01:25:57,669 --> 01:25:55,199

certainly nothing has resolved if

1953

01:25:59,110 --> 01:25:57,679

there's a there's a little trick that

1954

01:26:01,110 --> 01:25:59,120

that we can all do and i don't know if

1955

01:26:03,669 --> 01:26:01,120

you want to save this for the other side

1956

01:26:06,870 --> 01:26:03,679

of the break but there is this sort of a

1957

01:26:09,910 --> 01:26:06,880

sneaky shortcut that i found to be so

1958

01:26:10,709 --> 01:26:09,920

powerful to help us finish the dream and

1959

01:26:13,030 --> 01:26:10,719

feel

1960

01:26:14,709 --> 01:26:13,040

um a sense of resolution

1961

01:26:17,910 --> 01:26:14,719

okay i'm writing that down for after the

1962

01:26:19,910 --> 01:26:17,920

break ending the dream shortcut that's

1963

01:26:20,870 --> 01:26:19,920

what i just wrote down

1964

01:26:23,910 --> 01:26:20,880

and

1965

01:26:26,310 --> 01:26:23,920

okay before we get to the break

1966

01:26:28,870 --> 01:26:26,320

um i wanted to ask you this i did a

1967

01:26:31,669 --> 01:26:28,880

fader fact

1968

01:26:35,270 --> 01:26:31,679

a couple of weeks ago maybe a month ago

1969

01:26:38,310 --> 01:26:35,280

um that i got so much email on

1970

01:26:39,350 --> 01:26:38,320

and it was this now i wrote this as a

1971

01:26:40,709 --> 01:26:39,360

fact

1972

01:26:43,910 --> 01:26:40,719

okay okay

1973

01:26:45,910 --> 01:26:43,920

um and i did the research and and it was

1974

01:26:46,950 --> 01:26:45,920

vetted but i was shocked

1975

01:26:48,870 --> 01:26:46,960

that

1976

01:26:50,790 --> 01:26:48,880

you cannot

1977

01:26:53,110 --> 01:26:50,800

read

1978

01:26:54,709 --> 01:26:53,120

in a dream

1979

01:26:56,070 --> 01:26:54,719

is that true

1980

01:26:58,550 --> 01:26:56,080

um

1981

01:27:00,229 --> 01:26:58,560

yes and no i think

1982

01:27:01,350 --> 01:27:00,239

like i know it's fine

1983

01:27:02,870 --> 01:27:01,360

there's a

1984

01:27:06,310 --> 01:27:02,880

you're not going to read a sign on the

1985

01:27:07,590 --> 01:27:06,320

wall you're not going to read directly

1986

01:27:10,870 --> 01:27:07,600

you're not going to read a note you

1987

01:27:12,310 --> 01:27:10,880

cannot read during a dream

1988

01:27:14,390 --> 01:27:12,320

and i would

1989

01:27:17,030 --> 01:27:14,400

i i've never read in a dream i had to go

1990

01:27:19,669 --> 01:27:17,040

back i would say i would say it would be

1991

01:27:23,189 --> 01:27:19,679

really difficult to read more than a

1992

01:27:26,070 --> 01:27:23,199

sentence or a few words but i've there's

1993

01:27:28,149 --> 01:27:26,080

there's definitely been a number of

1994

01:27:30,229 --> 01:27:28,159

people i don't know i don't i mean i

1995

01:27:33,510 --> 01:27:30,239

want to say probably at least 20 that i

1996

01:27:35,750 --> 01:27:33,520

know of that have had like a printout

1997

01:27:38,870 --> 01:27:35,760

like a text message or some kind of a

1998

01:27:42,470 --> 01:27:38,880

billboard or some kind of a sign

1999

01:27:44,790 --> 01:27:42,480

that is in in english it's printed out

2000

01:27:46,790 --> 01:27:44,800

and it's a message and like i mean

2001
01:27:48,470 --> 01:27:46,800
whether it's just one word or a few

2002
01:27:50,070 --> 01:27:48,480
words and that doesn't mean that the the

2003
01:27:51,830 --> 01:27:50,080
letters don't jumble

2004
01:27:54,790 --> 01:27:51,840
soon thereafter just like looking at a

2005
01:27:57,270 --> 01:27:54,800
clock often the numbers do that so yes

2006
01:27:59,030 --> 01:27:57,280
you are correct it is it's very i would

2007
01:28:01,590 --> 01:27:59,040
say it's difficult

2008
01:28:04,149 --> 01:28:01,600
to read it's difficult and it's one way

2009
01:28:06,470 --> 01:28:04,159
to check if you're dreaming to see if if

2010
01:28:08,310 --> 01:28:06,480
it's hard to read then that's a message

2011
01:28:10,390 --> 01:28:08,320
oh my god i'm dreaming or you look at

2012
01:28:12,709 --> 01:28:10,400
the clock and the numbers bounce around

2013
01:28:14,550 --> 01:28:12,719

right like okay i'm dreaming

2014

01:28:16,629 --> 01:28:14,560

because that's more typically the way

2015

01:28:18,390 --> 01:28:16,639

it's not typical but it does happen

2016

01:28:19,750 --> 01:28:18,400

sometimes where there is this

2017

01:28:23,189 --> 01:28:19,760

this imprint

2018

01:28:25,270 --> 01:28:23,199

of like a tattoo a message and when that

2019

01:28:28,149 --> 01:28:25,280

happens it's very special and i believe

2020

01:28:30,310 --> 01:28:28,159

it's something to pay deep attention to

2021

01:28:32,790 --> 01:28:30,320

and i've got an example of one of those

2022

01:28:34,470 --> 01:28:32,800

from my experience that was pretty

2023

01:28:36,149 --> 01:28:34,480

life-changing actually

2024

01:28:38,310 --> 01:28:36,159

wow what was it

2025

01:28:40,790 --> 01:28:38,320

are you saying that you have read

2026
01:28:44,709 --> 01:28:40,800
before there was a word that was that

2027
01:28:46,629 --> 01:28:44,719
was it was the it was the word um mosaic

2028
01:28:48,790 --> 01:28:46,639
and it's so that's not a word that is an

2029
01:28:50,390 --> 01:28:48,800
ordinary part of my vocabulary i've

2030
01:28:52,709 --> 01:28:50,400
probably used the word a handful of

2031
01:28:54,790 --> 01:28:52,719
times in my whole life right but

2032
01:28:56,950 --> 01:28:54,800
it was the night before

2033
01:28:58,790 --> 01:28:56,960
i was to have a session

2034
01:29:01,030 --> 01:28:58,800
with a woman

2035
01:29:02,550 --> 01:29:01,040
that had lost her son

2036
01:29:04,629 --> 01:29:02,560
and i was

2037
01:29:07,430 --> 01:29:04,639
i was kind of freaking out because i'm

2038
01:29:09,030 --> 01:29:07,440

not a grief counselor i mean i'm a dream

2039

01:29:10,310 --> 01:29:09,040

expert and i'm a cat i'm a spiritual

2040

01:29:11,430 --> 01:29:10,320

counselor but i

2041

01:29:13,189 --> 01:29:11,440

so i was

2042

01:29:15,430 --> 01:29:13,199

i i felt like oh my god i'm out of my

2043

01:29:17,030 --> 01:29:15,440

depth i'm how am i gonna

2044

01:29:20,229 --> 01:29:17,040

help this woman

2045

01:29:22,550 --> 01:29:20,239

and i asked the dream maker i asked god

2046

01:29:24,550 --> 01:29:22,560

whatever give me a dream to help me with

2047

01:29:26,709 --> 01:29:24,560

her and all i could remember from the

2048

01:29:29,430 --> 01:29:26,719

whole night was just the word mosaic it

2049

01:29:31,270 --> 01:29:29,440

was spelled out m-o-s-a-i-c

2050

01:29:33,030 --> 01:29:31,280

and i wrote it down over and over and

2051
01:29:35,110 --> 01:29:33,040
over in my in my journal trying to make

2052
01:29:37,110 --> 01:29:35,120
sense of it and nothing came to me but

2053
01:29:39,110 --> 01:29:37,120
in the session i had with her

2054
01:29:41,430 --> 01:29:39,120
i just mostly let her do the talking

2055
01:29:43,189 --> 01:29:41,440
where she expressed how how

2056
01:29:45,750 --> 01:29:43,199
grief-stricken she had been and how

2057
01:29:48,229 --> 01:29:45,760
painful the and how hard it was to be at

2058
01:29:49,830 --> 01:29:48,239
the funeral and um but she was talking

2059
01:29:51,350 --> 01:29:49,840
about how there was so many flowers so

2060
01:29:54,070 --> 01:29:51,360
many people like hundreds of people

2061
01:29:55,830 --> 01:29:54,080
turned out for her her son brian's

2062
01:29:57,189 --> 01:29:55,840
funeral and she said but the most

2063
01:29:58,629 --> 01:29:57,199

important thing

2064

01:30:00,870 --> 01:29:58,639

the most important gift that she

2065

01:30:04,709 --> 01:30:00,880

received was this mosaic

2066

01:30:06,790 --> 01:30:04,719

it was a big giant poster

2067

01:30:09,910 --> 01:30:06,800

picture of her son's face that was

2068

01:30:12,310 --> 01:30:09,920

comprised of these tiny mosaic of

2069

01:30:13,430 --> 01:30:12,320

smaller pictures of him throughout his

2070

01:30:14,950 --> 01:30:13,440

whole life

2071

01:30:17,510 --> 01:30:14,960

and she said that she had been looking

2072

01:30:19,110 --> 01:30:17,520

at it during our whole session

2073

01:30:20,870 --> 01:30:19,120

this mosaic

2074

01:30:23,750 --> 01:30:20,880

and i was like

2075

01:30:26,629 --> 01:30:24,709

yeah

2076

01:30:28,790 --> 01:30:26,639

right right so that was

2077

01:30:31,830 --> 01:30:28,800

you're the dream expert what do you do

2078

01:30:33,590 --> 01:30:31,840

with that so i i burst into tears and

2079

01:30:36,550 --> 01:30:33,600

she first i told her about it it was

2080

01:30:37,990 --> 01:30:36,560

like it was like a it was a phenomenon

2081

01:30:40,870 --> 01:30:38,000

because i

2082

01:30:42,310 --> 01:30:40,880

had no connection to mosaic and i didn't

2083

01:30:44,870 --> 01:30:42,320

know it was almost the end of the

2084

01:30:47,590 --> 01:30:44,880

session with her when she expressed this

2085

01:30:49,910 --> 01:30:47,600

and it felt like brian was communicating

2086

01:30:52,310 --> 01:30:49,920

in some way like as if to say

2087

01:30:55,110 --> 01:30:52,320

i'm i'm i'm still with you i'm on the

2088

01:30:58,629 --> 01:30:55,120

other side i'm connected it felt like it

2089

01:31:00,790 --> 01:30:58,639

was this wave of of blessing of magic

2090

01:31:02,629 --> 01:31:00,800

amid the tragic i write about this story

2091

01:31:03,590 --> 01:31:02,639

in detail in my book and here's the

2092

01:31:08,229 --> 01:31:03,600

little

2093

01:31:10,149 --> 01:31:08,239

this whole thing so not only was it a

2094

01:31:11,830 --> 01:31:10,159

blessing for her and then she shared

2095

01:31:14,790 --> 01:31:11,840

that with the family and everybody felt

2096

01:31:16,709 --> 01:31:14,800

the light kind of the miracle of that

2097

01:31:18,629 --> 01:31:16,719

but right after i got off the phone with

2098

01:31:19,910 --> 01:31:18,639

her on the session i got a phone call

2099

01:31:21,750 --> 01:31:19,920

from my mother

2100

01:31:25,030 --> 01:31:21,760

who was telling me about how her and my

2101
01:31:27,590 --> 01:31:25,040
dad were moving from the suburbs of

2102
01:31:30,709 --> 01:31:27,600
whittier which is this sweet little town

2103
01:31:32,310 --> 01:31:30,719
to they were going to move to los

2104
01:31:34,470 --> 01:31:32,320
angeles they wanted to be part of like

2105
01:31:37,270 --> 01:31:34,480
the thriving commerce and i'm like you

2106
01:31:41,189 --> 01:31:37,280
guys are retirees what are you doing

2107
01:31:44,310 --> 01:31:41,199
that's crazy whittier to l.a it's yes to

2108
01:31:47,910 --> 01:31:44,320
downtown downtown l.a i'm like no no no

2109
01:31:49,669 --> 01:31:47,920
no you want to go to whittier exactly no

2110
01:31:50,870 --> 01:31:49,679
don't do it i'm i'm freaking out i won't

2111
01:31:52,950 --> 01:31:50,880
be able to handle it she said we found

2112
01:31:54,229 --> 01:31:52,960
this really cute place it's called the

2113
01:31:55,189 --> 01:31:54,239

mosaic

2114

01:31:56,629 --> 01:31:55,199

and i'm like

2115

01:32:00,310 --> 01:31:56,639

shut up

2116

01:32:01,990 --> 01:32:00,320

you know as you said that to me um

2117

01:32:04,870 --> 01:32:02,000

kelly i was like how many times have i

2118

01:32:08,070 --> 01:32:04,880

said the word mosaic in my life

2119

01:32:12,070 --> 01:32:08,080

not many and not many most of it was

2120

01:32:14,550 --> 01:32:12,080

probably in 1995 when mosaic was a uh a

2121

01:32:16,229 --> 01:32:14,560

browser you remember that the mosaic i

2122

01:32:17,910 --> 01:32:16,239

don't even remember that but i now i

2123

01:32:20,229 --> 01:32:17,920

mean it's kind of ringing a bell but i

2124

01:32:21,110 --> 01:32:20,239

don't think i ever used it but tom i

2125

01:32:24,070 --> 01:32:21,120

said it

2126

01:32:27,189 --> 01:32:24,080

yeah so like in one day like back to

2127

01:32:29,270 --> 01:32:27,199

back so i was just like oh that was

2128

01:32:31,910 --> 01:32:29,280

at first i mean i had i had i was sort

2129

01:32:33,590 --> 01:32:31,920

of mad at my dreams mad at god like is

2130

01:32:35,750 --> 01:32:33,600

that the only dream you're gonna give me

2131

01:32:37,030 --> 01:32:35,760

really i needed something else but that

2132

01:32:40,149 --> 01:32:37,040

was like

2133

01:32:42,550 --> 01:32:40,159

all i needed and i and it was a and it

2134

01:32:43,990 --> 01:32:42,560

was written out very clearly yeah well

2135

01:32:47,350 --> 01:32:44,000

let's take our let's take our break

2136

01:32:50,790 --> 01:32:47,360

right here and uh before i do that uh

2137

01:32:52,870 --> 01:32:50,800

did your parents move to l.a he did they

2138

01:32:54,470 --> 01:32:52,880

it was great and they loved it they're

2139

01:32:56,790 --> 01:32:54,480

back in whittier now but they had an

2140

01:32:58,950 --> 01:32:56,800

awesome couple of years at the mosaic i

2141

01:33:01,270 --> 01:32:58,960

love friends but i love whittier we'll

2142

01:33:02,790 --> 01:33:01,280

be right back after this short break

2143

01:33:05,270 --> 01:33:02,800

this is fade to blacker i guess tonight

2144

01:33:07,270 --> 01:33:05,280

to one another kelly sullivan walden

2145

01:33:09,750 --> 01:33:07,280

tonight the secrets of dreams

2146

01:33:11,670 --> 01:33:09,760

great so far we've got more to talk

2147

01:33:18,229 --> 01:33:11,680

about we'll be right back

2148

01:33:21,430 --> 01:33:18,239

[Music]

2149

01:33:23,570 --> 01:33:21,440

way out here we listen to jimmy church

2150

01:33:26,229 --> 01:33:23,580

you're listening to fade to black

2151

01:33:28,310 --> 01:33:26,239

[Applause]

2152

01:33:29,830 --> 01:33:28,320

you're listening to jimmy church and

2153

01:33:34,990 --> 01:33:29,840

fade to black

2154

01:33:35,000 --> 01:33:44,560

[Applause]

2155

01:33:48,790 --> 01:33:46,870

[Music]

2156

01:33:51,189 --> 01:33:48,800

the believer is the chilling true story

2157

01:33:53,510 --> 01:33:51,199

of dr john mack a renowned harvard

2158

01:33:56,070 --> 01:33:53,520

psychiatrist and pulitzer prize winner

2159

01:33:58,790 --> 01:33:56,080

this is a outreach program from the

2160

01:34:01,189 --> 01:33:58,800

cosmos to the consciously impaired he

2161

01:34:04,149 --> 01:34:01,199

risked it all to investigate human

2162

01:34:06,790 --> 01:34:04,159

encounters with aliens the believer

2163

01:34:09,030 --> 01:34:06,800

alien encounters hard science and the

2164

01:34:10,950 --> 01:34:09,040

passion of john mack written by

2165

01:34:13,270 --> 01:34:10,960

award-winning former new york times

2166

01:34:15,270 --> 01:34:13,280

journalist and author ralph blumenthal

2167

01:34:16,870 --> 01:34:15,280

now available in paperback from high

2168

01:34:19,189 --> 01:34:16,880

road books

2169

01:34:21,030 --> 01:34:19,199

introducing the game changer blend from

2170

01:34:23,590 --> 01:34:21,040

river moon coffee that delivers a

2171

01:34:26,629 --> 01:34:23,600

customized blend made specifically for

2172

01:34:29,590 --> 01:34:26,639

the fader knots if the game is rigged

2173

01:34:30,790 --> 01:34:29,600

change the game it's a boulder cup with

2174

01:34:33,030 --> 01:34:30,800

some bite

2175

01:34:35,270 --> 01:34:33,040

game changer is the coffee of choice for

2176
01:34:38,390 --> 01:34:35,280
those that prefer an organic dark roast

2177
01:34:41,109 --> 01:34:38,400
that is slightly lighter and milder but

2178
01:34:43,350 --> 01:34:41,119
it's still dark with wild notes of

2179
01:34:45,990 --> 01:34:43,360
pecans and chocolate with a rich

2180
01:34:48,070 --> 01:34:46,000
balanced full-bodied cup that is roasted

2181
01:34:51,109 --> 01:34:48,080
to perfection for a great coffee to

2182
01:34:54,149 --> 01:34:51,119
start your day as an after dinner coffee

2183
01:34:56,629 --> 01:34:54,159
or anywhere in between artisan small

2184
01:34:59,189 --> 01:34:56,639
batch roasted to perfection usda

2185
01:35:01,590 --> 01:34:59,199
certified organic all river moon coffee

2186
01:35:04,470 --> 01:35:01,600
is freshly roasted and packaged in the

2187
01:35:06,550 --> 01:35:04,480
usa just go to rivermooncoffee.com or

2188
01:35:10,470 --> 01:35:06,560

click on the banners over on our site

2189

01:35:13,550 --> 01:35:10,480

and use the promo code f2b blend for 15

2190

01:35:15,270 --> 01:35:13,560

off of your order today river moon

2191

01:35:17,430 --> 01:35:15,280

rivermooncoffee.com

2192

01:35:20,070 --> 01:35:17,440

do you want to be an official fate or

2193

01:35:22,310 --> 01:35:20,080

not of course you do this is jimmy

2194

01:35:23,590 --> 01:35:22,320

church of fade to black just go to our

2195

01:35:26,070 --> 01:35:23,600

membership section at

2196

01:35:28,070 --> 01:35:26,080

jimmychurchradio.com

2197

01:35:29,910 --> 01:35:28,080

vader knots when you think about the

2198

01:35:31,750 --> 01:35:29,920

future of our country and where we're

2199

01:35:34,870 --> 01:35:31,760

headed do you wonder about the food

2200

01:35:37,030 --> 01:35:34,880

supply i do disruptions in the food

2201

01:35:39,830 --> 01:35:37,040

supply chain could be disastrous and

2202

01:35:41,830 --> 01:35:39,840

they usually occur with little warning

2203

01:35:44,790 --> 01:35:41,840

that's why the smartest thing you can do

2204

01:35:47,830 --> 01:35:44,800

today is to stockpile emergency food

2205

01:35:50,550 --> 01:35:47,840

water and other essentials i personally

2206

01:35:52,870 --> 01:35:50,560

recommend my patriot supply they're the

2207

01:35:55,430 --> 01:35:52,880

nation's largest emergency preparedness

2208

01:35:57,990 --> 01:35:55,440

company serving millions of customers

2209

01:36:00,629 --> 01:35:58,000

for more than a decade in fact they're

2210

01:36:03,430 --> 01:36:00,639

the only source my family trusts for our

2211

01:36:06,629 --> 01:36:03,440

preparedness plan you should too

2212

01:36:09,030 --> 01:36:06,639

right now save 20 off a full four week

2213

01:36:11,669 --> 01:36:09,040

supply of delicious meals that provide 2

2214

01:36:14,470 --> 01:36:11,679

thousand calories a day saving twenty

2215

01:36:17,669 --> 01:36:14,480

percent helps too doesn't it especially

2216

01:36:21,430 --> 01:36:17,679

now so go to prepare with jimmy.com and

2217

01:36:23,270 --> 01:36:21,440

get ready that's prepare with jimmy.com

2218

01:36:25,750 --> 01:36:23,280

there's no time to lose

2219

01:36:28,790 --> 01:36:25,760

do it now

2220

01:36:31,030 --> 01:36:28,800

so you love talk radio then you'll love

2221

01:36:34,229 --> 01:36:31,040

talkstreamlive.com

2222

01:36:36,390 --> 01:36:34,239

talk stream live is always on 24 7 with

2223

01:36:38,310 --> 01:36:36,400

the best streaming talk shows find your

2224

01:36:41,189 --> 01:36:38,320

favorite talkers and discover some new

2225

01:36:43,270 --> 01:36:41,199

ones it's free readily available online

2226

01:36:45,430 --> 01:36:43,280

or on mobile with any smartphone or

2227

01:36:47,990 --> 01:36:45,440

tablet finding your favorite talk shows

2228

01:36:49,790 --> 01:36:48,000

all in one place has gotten a whole lot

2229

01:37:02,200 --> 01:36:49,800

easier just go to

2230

01:37:07,030 --> 01:37:05,189

[Music]

2231

01:37:08,790 --> 01:37:07,040

i'm ray downl and i'm here to tell you

2232

01:37:10,790 --> 01:37:08,800

about something i really think you're

2233

01:37:13,590 --> 01:37:10,800

going to like the onyx network is a part

2234

01:37:15,510 --> 01:37:13,600

of a larger group called annex media and

2235

01:37:17,990 --> 01:37:15,520

one of the things we offer is the

2236

01:37:20,149 --> 01:37:18,000

quarterly on x magazine which is

2237

01:37:22,950 --> 01:37:20,159

available both in print and digital

2238

01:37:25,350 --> 01:37:22,960

formats this amazing magazine covers all

2239

01:37:27,990 --> 01:37:25,360

aspects of the unexplained and makes for

2240

01:37:29,590 --> 01:37:28,000

a great coffee table periodical that is

2241

01:37:32,149 --> 01:37:29,600

certain to spark enlightening

2242

01:37:33,669 --> 01:37:32,159

conversations in your living rooms we

2243

01:37:36,350 --> 01:37:33,679

invite you to check out the latest

2244

01:37:38,950 --> 01:37:36,360

digital issue for free just go to

2245

01:37:41,109 --> 01:37:38,960

unexnetwork.com forward slash membership

2246

01:37:43,270 --> 01:37:41,119

and fill out your free membership with

2247

01:37:45,990 --> 01:37:43,280

your name and email and become a new

2248

01:37:47,990 --> 01:37:46,000

free member the new summer issue is now

2249

01:37:50,229 --> 01:37:48,000

available and the theme is time

2250

01:37:52,310 --> 01:37:50,239

anomalies which includes a feature

2251

01:37:55,109 --> 01:37:52,320

article written by our managing editor

2252

01:37:57,629 --> 01:37:55,119

lee spiegel just go to unex network dot

2253

01:37:59,510 --> 01:37:57,639

com forward slash memberships that's

2254

01:38:02,229 --> 01:37:59,520

unexnetwork.com forward slash

2255

01:38:07,189 --> 01:38:02,239

memberships and get your free e-copy of

2256

01:38:14,070 --> 01:38:09,189

you are listening to fade to black with

2257

01:38:16,950 --> 01:38:14,790

hi

2258

01:38:20,470 --> 01:38:16,960

i'm lisa vance you're listening to jimmy

2259

01:38:23,510 --> 01:38:20,480

church this is revolution the revolution

2260

01:38:25,590 --> 01:38:23,520

will not be televised the revolution is

2261

01:38:28,620 --> 01:38:25,600

on radio

2262

01:38:28,630 --> 01:39:00,510

[Music]

2263

01:39:00,520 --> 01:39:03,940

[Applause]

2264

01:39:10,310 --> 01:39:08,470

[Music]

2265

01:39:11,830 --> 01:39:10,320

welcome back fade to black i gotta get

2266

01:39:13,990 --> 01:39:11,840

ready for this i kind of

2267

01:39:16,390 --> 01:39:14,000

got to stretch i've got to get ready

2268

01:39:19,030 --> 01:39:16,400

kelly sullivan walden is with us we're

2269

01:39:20,070 --> 01:39:19,040

talking about dreams this is the best

2270

01:39:21,030 --> 01:39:20,080

show

2271

01:39:24,310 --> 01:39:21,040

ever

2272

01:39:26,390 --> 01:39:24,320

now tonight um i and and i'm not kidding

2273

01:39:29,270 --> 01:39:26,400

about this calling this the secrets of

2274

01:39:32,149 --> 01:39:29,280

dreams because if i've got questions if

2275

01:39:34,550 --> 01:39:32,159

i want to know really what's going on

2276

01:39:36,790 --> 01:39:34,560

it's it's it's kelly and i've got a list

2277

01:39:39,109 --> 01:39:36,800

of stuff i want i want i want to know

2278

01:39:42,149 --> 01:39:39,119

the secret stuff now you just said

2279

01:39:44,550 --> 01:39:42,159

you've got a shortcut for us okay on how

2280

01:39:46,790 --> 01:39:44,560

to resolve and end the dream we'll get

2281

01:39:48,950 --> 01:39:46,800

back to that to my notes i've written it

2282

01:39:51,590 --> 01:39:48,960

down i don't think i'm going to forget

2283

01:39:56,709 --> 01:39:51,600

but i want to know this

2284

01:39:59,990 --> 01:39:56,719

why is it that time

2285

01:40:01,750 --> 01:40:00,000

doesn't matter in a dream

2286

01:40:03,430 --> 01:40:01,760

how can we

2287

01:40:07,350 --> 01:40:03,440

dream

2288

01:40:09,910 --> 01:40:07,360

a full week of stuff day one day two day

2289

01:40:12,470 --> 01:40:09,920

three day four all of the events

2290

01:40:13,830 --> 01:40:12,480

everything happens in real time you

2291

01:40:15,189 --> 01:40:13,840

experience

2292

01:40:16,790 --> 01:40:15,199

a week

2293

01:40:19,590 --> 01:40:16,800

and you wake up and you were asleep for

2294

01:40:23,430 --> 01:40:19,600

six hours that doesn't make any sense

2295

01:40:25,750 --> 01:40:23,440

and and out of that six hours how much

2296

01:40:29,750 --> 01:40:25,760

of the six out eight hours whatever how

2297

01:40:32,149 --> 01:40:29,760

much of that is spent actually dreaming

2298

01:40:34,070 --> 01:40:32,159

so you know i don't know you know what

2299

01:40:37,189 --> 01:40:34,080

is it a couple of hours that were like

2300

01:40:39,590 --> 01:40:37,199

in a serious dream state how can we

2301

01:40:42,950 --> 01:40:39,600

dream a month

2302

01:40:45,750 --> 01:40:42,960

in in in a few hours it doesn't it

2303

01:40:47,669 --> 01:40:45,760

unless we're going to somewhere where

2304

01:40:49,350 --> 01:40:47,679

you know space-time

2305

01:40:51,910 --> 01:40:49,360

it doesn't matter

2306

01:40:54,390 --> 01:40:51,920

uh with dreams how is that possible

2307

01:40:55,189 --> 01:40:54,400

oh there's so much to say here

2308

01:40:57,350 --> 01:40:55,199

so

2309

01:40:59,270 --> 01:40:57,360

there is i'm gonna i'm gonna first bring

2310

01:41:01,109 --> 01:40:59,280

in einstein because why not let's just

2311

01:41:04,709 --> 01:41:01,119

bring in einstein and the theory of

2312

01:41:06,790 --> 01:41:04,719

relativity and his and that basically

2313

01:41:07,910 --> 01:41:06,800

says that time is relative to the

2314

01:41:09,030 --> 01:41:07,920
observer

2315

01:41:09,830 --> 01:41:09,040
and

2316

01:41:11,669 --> 01:41:09,840
so

2317

01:41:13,669 --> 01:41:11,679
from that perspective there is no

2318

01:41:17,430 --> 01:41:13,679
definitive

2319

01:41:20,790 --> 01:41:17,440
measure of time ultimately in our

2320

01:41:23,510 --> 01:41:20,800
reality here in the third dimension we

2321

01:41:25,750 --> 01:41:23,520
we sort of measure by time but this is

2322

01:41:27,669 --> 01:41:25,760
just the third dimension this is not the

2323

01:41:30,550 --> 01:41:27,679
whole reality there are

2324

01:41:32,310 --> 01:41:30,560
infinite dimensions and so really in the

2325

01:41:35,350 --> 01:41:32,320
third dimension is the only place where

2326

01:41:36,709 --> 01:41:35,360

time exists and we're not in 3d when

2327

01:41:40,229 --> 01:41:36,719

we're dreaming

2328

01:41:43,430 --> 01:41:40,239

from a bit of a scientific perspective

2329

01:41:45,669 --> 01:41:43,440

our prefrontal cortex is what we're

2330

01:41:48,790 --> 01:41:45,679

using right now this is the part of our

2331

01:41:52,070 --> 01:41:48,800

mind that measures things that that is

2332

01:41:53,669 --> 01:41:52,080

logical and rational and very grounded

2333

01:41:55,590 --> 01:41:53,679

and this is the part of us that can look

2334

01:41:57,350 --> 01:41:55,600

at the clock and we can we have a sense

2335

01:41:58,229 --> 01:41:57,360

of what five minutes feels like 10

2336

01:42:00,390 --> 01:41:58,239

minutes

2337

01:42:03,270 --> 01:42:00,400

but this is the part of our mind our

2338

01:42:05,750 --> 01:42:03,280

brain our prefrontal cortex shuts off

2339

01:42:07,590 --> 01:42:05,760

most of the time while we're asleep not

2340

01:42:10,390 --> 01:42:07,600

all the time it does sometimes come back

2341

01:42:12,950 --> 01:42:10,400

on during rem but it goes but mostly

2342

01:42:15,189 --> 01:42:12,960

it's it's on and off and mostly off it

2343

01:42:17,430 --> 01:42:15,199

needs a rest it needs a break because

2344

01:42:19,910 --> 01:42:17,440

it's running the show of our lives while

2345

01:42:22,629 --> 01:42:19,920

we're awake most of the time

2346

01:42:23,669 --> 01:42:22,639

the moment the prefrontal cortex shuts

2347

01:42:26,070 --> 01:42:23,679

down

2348

01:42:28,470 --> 01:42:26,080

we're not in time anymore and in fact we

2349

01:42:30,390 --> 01:42:28,480

could say there's the right and left

2350

01:42:32,790 --> 01:42:30,400

hemisphere there's the left hemisphere

2351
01:42:35,590 --> 01:42:32,800
of our brain is what calibrates time and

2352
01:42:37,270 --> 01:42:35,600
all of that and and our right is our

2353
01:42:39,270 --> 01:42:37,280
right hemisphere of our brain is more

2354
01:42:40,070 --> 01:42:39,280
abstract so there's

2355
01:42:43,590 --> 01:42:40,080
so

2356
01:42:46,550 --> 01:42:43,600
where it's there is this reality that is

2357
01:42:50,149 --> 01:42:46,560
much more um it's it's a much more

2358
01:42:51,990 --> 01:42:50,159
powerful reality that is not in time so

2359
01:42:55,510 --> 01:42:52,000
there are people that actually will

2360
01:42:58,470 --> 01:42:55,520
dream an entire not just a couple hours

2361
01:43:00,709 --> 01:42:58,480
or a week but a lifetime

2362
01:43:02,629 --> 01:43:00,719
in a dream that is absolutely

2363
01:43:04,870 --> 01:43:02,639

conceivable because we're

2364

01:43:08,149 --> 01:43:04,880

not in we're not limited

2365

01:43:10,870 --> 01:43:08,159

in in dreams we're outside of the box

2366

01:43:13,990 --> 01:43:10,880

where time doesn't exist according to

2367

01:43:17,510 --> 01:43:14,000

einstein everything exists all the time

2368

01:43:20,229 --> 01:43:17,520

and even some more metaphysical folks

2369

01:43:22,629 --> 01:43:20,239

like like bashar my friend daryl anka

2370

01:43:25,109 --> 01:43:22,639

who channels bashar he he talks about

2371

01:43:26,870 --> 01:43:25,119

how there are multiple

2372

01:43:29,030 --> 01:43:26,880

simultaneous

2373

01:43:31,350 --> 01:43:29,040

lifetimes it's not just a matter of

2374

01:43:33,669 --> 01:43:31,360

linearly looking at past lives and

2375

01:43:35,109 --> 01:43:33,679

future lives and then this present life

2376

01:43:39,030 --> 01:43:35,119

that we're in but

2377

01:43:41,510 --> 01:43:39,040

everything existing right now all here

2378

01:43:42,390 --> 01:43:41,520

multiple simultaneously so really in a

2379

01:43:44,470 --> 01:43:42,400

dream

2380

01:43:45,830 --> 01:43:44,480

if we're i think of it okay this is

2381

01:43:48,310 --> 01:43:45,840

funny because i'm

2382

01:43:50,629 --> 01:43:48,320

i i think in terms of symbols so imagine

2383

01:43:52,310 --> 01:43:50,639

one of those big sandwiches that you

2384

01:43:55,109 --> 01:43:52,320

that you can get from subway that's just

2385

01:43:57,270 --> 01:43:55,119

stacked with all kinds of layers of meat

2386

01:43:58,950 --> 01:43:57,280

and cheese and lettuce and tomato and

2387

01:44:00,390 --> 01:43:58,960

and it's just like this huge stack so

2388

01:44:02,229 --> 01:44:00,400

imagine that that

2389

01:44:04,550 --> 01:44:02,239

is all of time

2390

01:44:06,070 --> 01:44:04,560

and the stack the the place that the

2391

01:44:07,750 --> 01:44:06,080

piece of the sandwich that we're focused

2392

01:44:10,470 --> 01:44:07,760

on right now is just that little center

2393

01:44:12,470 --> 01:44:10,480

piece of of cheese

2394

01:44:15,910 --> 01:44:12,480

this is this is really bizarre i can't

2395

01:44:18,550 --> 01:44:15,920

believe i'm going here but in a dream

2396

01:44:21,189 --> 01:44:18,560

banana peppers you know layer banana

2397

01:44:23,350 --> 01:44:21,199

peppers thank you and a little jalapeno

2398

01:44:26,310 --> 01:44:23,360

and all that so let's just so then in a

2399

01:44:27,590 --> 01:44:26,320

dream we we jump up to where the banana

2400

01:44:30,070 --> 01:44:27,600

peppers are

2401
01:44:31,910 --> 01:44:30,080
and that's and we and we go all the way

2402
01:44:34,229 --> 01:44:31,920
from the beginning to the end and then

2403
01:44:36,950 --> 01:44:34,239
we wake back up and we're we're at the

2404
01:44:39,669 --> 01:44:36,960
pepper jack cheese layer

2405
01:44:42,310 --> 01:44:39,679
but we're all there and it's all us

2406
01:44:44,790 --> 01:44:42,320
right right somebody just oh by the way

2407
01:44:47,350 --> 01:44:44,800
i like this comment i might be psychic

2408
01:44:50,790 --> 01:44:47,360
but i think blue is her favorite color

2409
01:44:53,910 --> 01:44:51,750
i guess

2410
01:44:55,750 --> 01:44:53,920
i i didn't i didn't post it tonight but

2411
01:44:58,870 --> 01:44:55,760
one of my favorite pictures

2412
01:45:03,270 --> 01:44:58,880
um is of the two of us uh some work

2413
01:45:06,070 --> 01:45:03,280

together um but yeah you are wearing

2414

01:45:09,189 --> 01:45:06,080

you're blue you're blue um i'm i'm i'm

2415

01:45:11,430 --> 01:45:09,199

out of the closet yep it's true

2416

01:45:13,590 --> 01:45:11,440

i would my show would be fade to blue

2417

01:45:17,270 --> 01:45:13,600

yeah

2418

01:45:18,790 --> 01:45:17,280

now somebody just posted um and i don't

2419

01:45:21,590 --> 01:45:18,800

have it here but

2420

01:45:23,430 --> 01:45:21,600

um it said that i've lived an entire

2421

01:45:27,109 --> 01:45:23,440

life in one dream

2422

01:45:29,189 --> 01:45:27,119

raising kids and marriage and jobs and

2423

01:45:30,870 --> 01:45:29,199

and and and everything and i just don't

2424

01:45:33,830 --> 01:45:30,880

see how that's possible

2425

01:45:37,109 --> 01:45:33,840

um unless well it is possible because

2426

01:45:39,189 --> 01:45:37,119

we've all done it it's just how does

2427

01:45:41,590 --> 01:45:39,199

this happen unless there is another

2428

01:45:47,350 --> 01:45:41,600

explanation

2429

01:45:49,910 --> 01:45:47,360

um i think you and i have seen bashar

2430

01:45:54,390 --> 01:45:49,920

together uh before yeah

2431

01:45:57,510 --> 01:45:54,400

and um and i have always asked bashar

2432

01:45:59,189 --> 01:45:57,520

um some kind of time traveled a

2433

01:46:01,590 --> 01:45:59,199

time question

2434

01:46:03,109 --> 01:46:01,600

because he explains it so well but i

2435

01:46:05,350 --> 01:46:03,119

very

2436

01:46:08,790 --> 01:46:05,360

rarely understand it right it's like i

2437

01:46:11,430 --> 01:46:08,800

wanted to repeat it but he says man time

2438

01:46:13,669 --> 01:46:11,440

is is everything all at once man

2439

01:46:16,310 --> 01:46:13,679

you're looking at it wrong we don't

2440

01:46:17,669 --> 01:46:16,320

experience time how you are trying to

2441

01:46:19,430 --> 01:46:17,679

experience

2442

01:46:23,350 --> 01:46:19,440

how you are trying to ask me this

2443

01:46:27,990 --> 01:46:23,360

question right now no time is everything

2444

01:46:32,629 --> 01:46:30,950

okay i remember

2445

01:46:35,510 --> 01:46:32,639

telling you

2446

01:46:37,350 --> 01:46:35,520

about this dream i only had it once but

2447

01:46:38,629 --> 01:46:37,360

it was just so vivid and i think about

2448

01:46:43,990 --> 01:46:38,639

it all the time

2449

01:46:48,070 --> 01:46:46,149

and i i

2450

01:46:50,870 --> 01:46:48,080

remember you and i talking about this in

2451

01:46:52,390 --> 01:46:50,880

that i start out it was a cold winter

2452

01:46:54,390 --> 01:46:52,400

day and

2453

01:46:56,310 --> 01:46:54,400

you know and i start out the book and

2454

01:46:57,669 --> 01:46:56,320

and i go through my childhood i go

2455

01:46:59,590 --> 01:46:57,679

through everything i write it all and i

2456

01:47:02,470 --> 01:46:59,600

get to the end and that's my life story

2457

01:47:04,310 --> 01:47:02,480

the the end and i write my entire life i

2458

01:47:07,270 --> 01:47:04,320

i write a book

2459

01:47:09,990 --> 01:47:07,280

wow like and i remember

2460

01:47:12,709 --> 01:47:10,000

every word of every chapter and sitting

2461

01:47:14,709 --> 01:47:12,719

down how is that possible

2462

01:47:16,390 --> 01:47:14,719

that i can do that in eight hours now it

2463

01:47:18,470 --> 01:47:16,400

was a wonderful dream

2464

01:47:20,149 --> 01:47:18,480

but i woke up in the morning going how

2465

01:47:23,990 --> 01:47:20,159

how how

2466

01:47:27,030 --> 01:47:24,000

how can i have that entire experience

2467

01:47:29,910 --> 01:47:27,040

in just a few hours it it it doesn't

2468

01:47:31,350 --> 01:47:29,920

make any sense kelly no it it doesn't

2469

01:47:34,470 --> 01:47:31,360

make sense to

2470

01:47:36,149 --> 01:47:34,480

the prefrontal cortex to the rational

2471

01:47:37,430 --> 01:47:36,159

logical part of our brain which is

2472

01:47:40,310 --> 01:47:37,440

primarily

2473

01:47:42,870 --> 01:47:40,320

who we identify ourselves as but if you

2474

01:47:45,030 --> 01:47:42,880

think a tiny bit shamanically which

2475

01:47:47,350 --> 01:47:45,040

we're doing anytime we talk about dreams

2476
01:47:48,790 --> 01:47:47,360
we're in the realm of the shamans period

2477
01:47:51,270 --> 01:47:48,800
we're in the realm of the sorcerers

2478
01:47:52,709 --> 01:47:51,280
we're out of we're in non-ordinary

2479
01:47:54,229 --> 01:47:52,719
reality

2480
01:47:55,830 --> 01:47:54,239
there's a there's a term that the

2481
01:47:58,310 --> 01:47:55,840
shamans use called well at least the

2482
01:48:00,310 --> 01:47:58,320
ones that i know called recapitulation

2483
01:48:02,709 --> 01:48:00,320
and it's actually a shamanic exercise

2484
01:48:04,629 --> 01:48:02,719
where you envision your whole life

2485
01:48:07,510 --> 01:48:04,639
whether backwards to forwards or

2486
01:48:09,590 --> 01:48:07,520
forwards to backwards but you by by

2487
01:48:11,350 --> 01:48:09,600
writing your story i imagine that was

2488
01:48:13,590 --> 01:48:11,360

quite a shamanic journey you were on

2489

01:48:14,470 --> 01:48:13,600

because it's as if you're owning your

2490

01:48:17,510 --> 01:48:14,480

power

2491

01:48:20,070 --> 01:48:17,520

to write something is to a write

2492

01:48:21,750 --> 01:48:20,080

something it's like you're owning it

2493

01:48:23,189 --> 01:48:21,760

you're claiming it

2494

01:48:26,629 --> 01:48:23,199

you're loving it it's like you're

2495

01:48:28,550 --> 01:48:26,639

turning your life into art and to me

2496

01:48:30,390 --> 01:48:28,560

that's one of the most powerful dreams

2497

01:48:32,470 --> 01:48:30,400

to have is is to be able to write it

2498

01:48:35,189 --> 01:48:32,480

that means that you are the author

2499

01:48:37,189 --> 01:48:35,199

the authority of your life and you've

2500

01:48:39,510 --> 01:48:37,199

put words to your experience you've

2501

01:48:41,510 --> 01:48:39,520

owned it this is what we do

2502

01:48:44,310 --> 01:48:41,520

in when we have near-death experiences

2503

01:48:46,870 --> 01:48:44,320

or death experiences we have these like

2504

01:48:49,189 --> 01:48:46,880

life reviews and so you did that but

2505

01:48:51,430 --> 01:48:49,199

instead in a form that you actually

2506

01:48:53,669 --> 01:48:51,440

wrote word by word and you remember it

2507

01:48:54,790 --> 01:48:53,679

so it's it's a really powerful dream and

2508

01:48:57,270 --> 01:48:54,800

it might be

2509

01:49:00,070 --> 01:48:57,280

a precursor to you perhaps writing a

2510

01:49:01,830 --> 01:49:00,080

memoir or writing your autobiography

2511

01:49:03,430 --> 01:49:01,840

these days people are more apt to write

2512

01:49:05,510 --> 01:49:03,440

memoirs which is

2513

01:49:07,830 --> 01:49:05,520

kind of like an autobiography but more

2514

01:49:09,910 --> 01:49:07,840

of a slice of life so i think if you

2515

01:49:11,189 --> 01:49:09,920

haven't yet jimmy it's this dream and

2516

01:49:13,189 --> 01:49:11,199

the fact that you're bringing it up to

2517

01:49:14,950 --> 01:49:13,199

me because i'm actually one of the

2518

01:49:16,709 --> 01:49:14,960

things i'm doing sort of on the side

2519

01:49:18,629 --> 01:49:16,719

because i've written so many books is

2520

01:49:20,950 --> 01:49:18,639

i'm supporting people i have a writing

2521

01:49:23,109 --> 01:49:20,960

course coming up in september called get

2522

01:49:25,589 --> 01:49:23,119

or done which is about like owning the

2523

01:49:27,270 --> 01:49:25,599

dream of your life by writing your book

2524

01:49:29,350 --> 01:49:27,280

just like what you did in your dream

2525

01:49:30,550 --> 01:49:29,360

which is fascinating

2526

01:49:34,229 --> 01:49:30,560

i still can't

2527

01:49:35,750 --> 01:49:34,239

come up with the uh the first sentence

2528

01:49:38,149 --> 01:49:35,760

but when i do

2529

01:49:39,910 --> 01:49:38,159

fade to black is the beginning and by

2530

01:49:42,470 --> 01:49:39,920

the way if we ever did a show it would

2531

01:49:44,550 --> 01:49:42,480

be called fade to black and blue fade to

2532

01:49:48,870 --> 01:49:44,560

black and blue that was a band

2533

01:49:49,910 --> 01:49:48,880

it was a band in the 80s oh okay

2534

01:49:52,550 --> 01:49:49,920

and

2535

01:49:53,510 --> 01:49:52,560

oh well i thought i was so original

2536

01:49:54,870 --> 01:49:53,520

is

2537

01:49:56,550 --> 01:49:54,880

uh

2538

01:49:58,550 --> 01:49:56,560

some people are laughing at that some

2539

01:49:59,830 --> 01:49:58,560

people are not you can't joke about

2540

01:50:00,709 --> 01:49:59,840

black and blue

2541

01:50:01,910 --> 01:50:00,719

um

2542

01:50:04,870 --> 01:50:01,920

is is

2543

01:50:07,589 --> 01:50:04,880

uh what about

2544

01:50:09,589 --> 01:50:07,599

dying in your dreams

2545

01:50:11,990 --> 01:50:09,599

okay let no let's get to the urban

2546

01:50:15,270 --> 01:50:12,000

legend about that right never right in

2547

01:50:18,470 --> 01:50:16,950

you're not gonna wake up

2548

01:50:20,229 --> 01:50:18,480

now what

2549

01:50:22,070 --> 01:50:20,239

and then i want to get to this comment

2550

01:50:23,430 --> 01:50:22,080

here hold on um

2551
01:50:25,350 --> 01:50:23,440
is this one

2552
01:50:27,910 --> 01:50:25,360
um i thought you were supposed to wake

2553
01:50:30,390 --> 01:50:27,920
up before you hit the ground right okay

2554
01:50:35,270 --> 01:50:32,550
what about that do do people die in

2555
01:50:38,390 --> 01:50:35,280
their dreams and and if they do

2556
01:50:41,750 --> 01:50:38,400
uh are they are they not waking up and

2557
01:50:42,709 --> 01:50:41,760
and and and what what what is there to

2558
01:50:45,830 --> 01:50:42,719
this

2559
01:50:46,629 --> 01:50:45,840
or is it just uh some urban legend that

2560
01:50:48,390 --> 01:50:46,639
is

2561
01:50:50,629 --> 01:50:48,400
itself oh by the way

2562
01:50:53,910 --> 01:50:50,639
i think i recapitulate after a hard

2563
01:50:56,070 --> 01:50:53,920

night of drinking of that's uh that's

2564

01:50:57,830 --> 01:50:56,080

i haven't experienced that

2565

01:51:00,709 --> 01:50:57,840

it might not be shamanic at all it's

2566

01:51:03,109 --> 01:51:00,719

just a drunken stupor

2567

01:51:06,709 --> 01:51:03,119

it was with the band black and blue and

2568

01:51:08,550 --> 01:51:06,719

it was with them yes oh my god now so

2569

01:51:10,870 --> 01:51:08,560

what about what about

2570

01:51:13,030 --> 01:51:10,880

death in a dream yeah death in a dream

2571

01:51:15,189 --> 01:51:13,040

okay so the urban legend is if you die

2572

01:51:15,990 --> 01:51:15,199

in your dream you actually die

2573

01:51:21,669 --> 01:51:16,000

in

2574

01:51:23,830 --> 01:51:21,679

that's not necessarily true i know so

2575

01:51:25,589 --> 01:51:23,840

many people that died in their dream and

2576

01:51:28,470 --> 01:51:25,599

what happened to them

2577

01:51:30,550 --> 01:51:28,480

there's a corollary in their waking life

2578

01:51:33,189 --> 01:51:30,560

where there's a radical change death is

2579

01:51:35,910 --> 01:51:33,199

symbolic and dreams speak the language

2580

01:51:38,149 --> 01:51:35,920

of symbol it's symbolic of

2581

01:51:40,790 --> 01:51:38,159

a radical ending i mean we're changing

2582

01:51:43,750 --> 01:51:40,800

and growing we die daily we're reborn

2583

01:51:46,229 --> 01:51:43,760

daily anyway but if you die in a dream

2584

01:51:49,589 --> 01:51:46,239

that usually symbolizes it's the end of

2585

01:51:52,070 --> 01:51:49,599

a major life pattern major cycle it's

2586

01:51:55,430 --> 01:51:52,080

over and a new version of you is about

2587

01:51:57,189 --> 01:51:55,440

to begin now there may be those that did

2588

01:51:58,310 --> 01:51:57,199

have a dream where they died and they

2589

01:52:00,229 --> 01:51:58,320

did die

2590

01:52:02,149 --> 01:52:00,239

but we'll never know

2591

01:52:02,870 --> 01:52:02,159

because they're on the other side unless

2592

01:52:05,030 --> 01:52:02,880

they

2593

01:52:08,070 --> 01:52:05,040

channel through somebody i think it's

2594

01:52:10,470 --> 01:52:08,080

possible i i know that a lot of people

2595

01:52:12,870 --> 01:52:10,480

have dreams about being on the edge of

2596

01:52:14,709 --> 01:52:12,880

death and sometimes it's it's so

2597

01:52:17,030 --> 01:52:14,719

terrifying that it causes them to wake

2598

01:52:19,030 --> 01:52:17,040

up only to realize that they had maybe

2599

01:52:20,629 --> 01:52:19,040

sleep apnea and they weren't they

2600

01:52:22,629 --> 01:52:20,639

weren't breathing well and the dream was

2601
01:52:24,550 --> 01:52:22,639
trying to get their attention from the

2602
01:52:26,070 --> 01:52:24,560
perspective that our dreams are on our

2603
01:52:27,510 --> 01:52:26,080
side and they're always trying to help

2604
01:52:30,149 --> 01:52:27,520
us out

2605
01:52:32,950 --> 01:52:30,159
a dream of dying it's like trying to get

2606
01:52:35,030 --> 01:52:32,960
our attention to make a change to let

2607
01:52:37,030 --> 01:52:35,040
something go so that we can be born a

2608
01:52:38,629 --> 01:52:37,040
new into this incarnation we don't have

2609
01:52:41,030 --> 01:52:38,639
to die

2610
01:52:43,270 --> 01:52:41,040
physically in order to have like when i

2611
01:52:45,910 --> 01:52:43,280
talk to daniel brinkley we always talk

2612
01:52:48,550 --> 01:52:45,920
about how most people don't have to be

2613
01:52:50,149 --> 01:52:48,560

as dense as he or i

2614

01:52:51,830 --> 01:52:50,159

am to actually have a near-death

2615

01:52:54,629 --> 01:52:51,840

experience some of us can just have a

2616

01:52:58,149 --> 01:52:54,639

really vivid dream about dying and get

2617

01:53:00,229 --> 01:52:58,159

the benefit of having that like shaking

2618

01:53:02,870 --> 01:53:00,239

up so we we change radically when we

2619

01:53:06,550 --> 01:53:02,880

wake up most people aren't as dense as

2620

01:53:10,310 --> 01:53:09,109

dan brinkley for sure i love him yeah

2621

01:53:11,270 --> 01:53:10,320

he's the best

2622

01:53:13,109 --> 01:53:11,280

um

2623

01:53:15,430 --> 01:53:13,119

he said that he would say that out loud

2624

01:53:17,510 --> 01:53:15,440

i'm not talking about he he would oh

2625

01:53:19,910 --> 01:53:17,520

he's an awesome dude and there's nothing

2626

01:53:22,390 --> 01:53:19,920

better than a danny brinkley hug

2627

01:53:23,589 --> 01:53:22,400

i mean nothing better no no no like in

2628

01:53:25,589 --> 01:53:23,599

the world

2629

01:53:28,470 --> 01:53:25,599

except for a jimmy church hug

2630

01:53:30,390 --> 01:53:28,480

no well maybe okay it's like this

2631

01:53:32,709 --> 01:53:30,400

chocolate moose

2632

01:53:34,790 --> 01:53:32,719

danny and brinkley hug

2633

01:53:36,790 --> 01:53:34,800

that's a tough call man that's entirely

2634

01:53:39,350 --> 01:53:36,800

jimmy church sorry

2635

01:53:41,109 --> 01:53:39,360

that's it hands down and the end of

2636

01:53:44,550 --> 01:53:41,119

conversation

2637

01:53:47,589 --> 01:53:44,560

um man i missed you um what what's uh

2638

01:53:48,390 --> 01:53:47,599

what's the shortcut to ending a dream

2639

01:53:49,510 --> 01:53:48,400

well

2640

01:53:52,310 --> 01:53:49,520

okay so

2641

01:53:54,149 --> 01:53:52,320

this is whether we and i and i borrow

2642

01:53:56,790 --> 01:53:54,159

this from robert wagoner i got to give

2643

01:53:59,030 --> 01:53:56,800

him credit he's a he's a lucid dreaming

2644

01:54:01,350 --> 01:53:59,040

expert who's tracked thousands of his

2645

01:54:03,109 --> 01:54:01,360

own lucid dreams and i've tried this for

2646

01:54:04,310 --> 01:54:03,119

myself and it absolutely works so the

2647

01:54:07,510 --> 01:54:04,320

idea is

2648

01:54:09,109 --> 01:54:07,520

whether you're remembering your dream

2649

01:54:11,030 --> 01:54:09,119

in an awake state and you're looking

2650

01:54:12,550 --> 01:54:11,040

back on your dream

2651

01:54:14,470 --> 01:54:12,560

like you just shared like your black

2652

01:54:16,709 --> 01:54:14,480

blob dream or the shopping dream or the

2653

01:54:19,510 --> 01:54:16,719

casino dream and it's like anything

2654

01:54:22,390 --> 01:54:19,520

that's unfinished whether inside the

2655

01:54:25,109 --> 01:54:22,400

dream itself from a lucid state or from

2656

01:54:27,669 --> 01:54:25,119

an awake state remembering it

2657

01:54:30,870 --> 01:54:27,679

the quickest best way to make progress

2658

01:54:32,470 --> 01:54:30,880

on that dream is to go backstage imagine

2659

01:54:34,310 --> 01:54:32,480

that you go backstage kind of like what

2660

01:54:35,990 --> 01:54:34,320

you do in your shopping dreams where you

2661

01:54:38,709 --> 01:54:36,000

find those tunnels or those things where

2662

01:54:40,550 --> 01:54:38,719

you just go backstage and you yell out

2663

01:54:42,790 --> 01:54:40,560

loud and you imagine yourself you could

2664

01:54:44,390 --> 01:54:42,800

just picture yourself doing this yelling

2665

01:54:47,669 --> 01:54:44,400

to the dream maker

2666

01:54:49,990 --> 01:54:47,679

what am i supposed to know here

2667

01:54:51,990 --> 01:54:50,000

what am i supposed to know and that in

2668

01:54:54,709 --> 01:54:52,000

some way kind of cuts

2669

01:54:57,510 --> 01:54:54,719

all the like it cuts out the middle man

2670

01:54:59,030 --> 01:54:57,520

it cuts out all the the scenarios and

2671

01:55:01,830 --> 01:54:59,040

all the and it just kind of goes right

2672

01:55:03,990 --> 01:55:01,840

to like the next place on the script or

2673

01:55:05,750 --> 01:55:04,000

on the curriculum for you like oh so

2674

01:55:07,910 --> 01:55:05,760

you're going to be flooded with when you

2675

01:55:10,070 --> 01:55:07,920

ask that question we could even all

2676

01:55:11,189 --> 01:55:10,080

ask it right now

2677

01:55:13,750 --> 01:55:11,199

like

2678

01:55:16,709 --> 01:55:13,760

p.s what am i supposed to know

2679

01:55:22,390 --> 01:55:16,719

right here right now in this waking

2680

01:55:25,910 --> 01:55:24,070

so if we had the time we would sit in

2681

01:55:28,310 --> 01:55:25,920

some silence and we would maybe do some

2682

01:55:30,950 --> 01:55:28,320

journaling to see what comes through and

2683

01:55:33,589 --> 01:55:30,960

even if we don't get an absolute answer

2684

01:55:35,750 --> 01:55:33,599

notice the energy changes somewhat it

2685

01:55:37,830 --> 01:55:35,760

brings us out of the shallow end into

2686

01:55:39,830 --> 01:55:37,840

the deeper pool into the deeper end

2687

01:55:41,430 --> 01:55:39,840

where because we're now we're listening

2688

01:55:43,589 --> 01:55:41,440

for like what am i supposed to know

2689

01:55:45,910 --> 01:55:43,599

instead of like let me figure out who is

2690

01:55:48,390 --> 01:55:45,920

this person why is this person here what

2691

01:55:49,830 --> 01:55:48,400

am i it's like just dream maker what am

2692

01:55:52,149 --> 01:55:49,840

i supposed to know

2693

01:55:54,790 --> 01:55:52,159

that simple elegant question will cut

2694

01:55:57,189 --> 01:55:54,800

through so much of the crap and just get

2695

01:55:59,350 --> 01:55:57,199

us right to the gold mm-hmm

2696

01:56:01,270 --> 01:55:59,360

i like it by the way it's a good mantra

2697

01:56:03,669 --> 01:56:01,280

to have just in our waking lives as we

2698

01:56:05,109 --> 01:56:03,679

go like something happens to us we find

2699

01:56:06,950 --> 01:56:05,119

out about something traumatic on the

2700

01:56:08,709 --> 01:56:06,960

news we find out about something

2701

01:56:10,390 --> 01:56:08,719

unsettling we say okay what am i

2702

01:56:12,950 --> 01:56:10,400

supposed to know here

2703

01:56:14,790 --> 01:56:12,960

how is what is this teaching me how can

2704

01:56:16,629 --> 01:56:14,800

i get to it instead of adding more

2705

01:56:18,470 --> 01:56:16,639

problem to the problem

2706

01:56:19,830 --> 01:56:18,480

what's my solution what am i supposed to

2707

01:56:22,470 --> 01:56:19,840

know

2708

01:56:24,950 --> 01:56:22,480

last night i i just want to see you

2709

01:56:26,950 --> 01:56:24,960

laugh for a second so last night

2710

01:56:28,229 --> 01:56:26,960

i woke up in the middle of the night had

2711

01:56:29,669 --> 01:56:28,239

to go to the bathroom right it's like

2712

01:56:31,750 --> 01:56:29,679

four o'clock in the morning and i wake

2713

01:56:33,910 --> 01:56:31,760

up and i remember my dream

2714

01:56:36,470 --> 01:56:33,920

and i sit up on the edge of the bed and

2715

01:56:37,910 --> 01:56:36,480

i'm like i'm dreaming about charlie

2716

01:56:44,310 --> 01:56:37,920

clouser

2717

01:56:46,629 --> 01:56:44,320

highest order at bell laboratories when

2718

01:56:48,470 --> 01:56:46,639

i worked there in 1982.

2719

01:56:50,470 --> 01:56:48,480

and it was the what did you say at bell

2720

01:56:52,950 --> 01:56:50,480

laboratories he was the highest he was

2721

01:56:53,830 --> 01:56:52,960

an engineer a very smart guy at bell

2722

01:56:56,070 --> 01:56:53,840

average

2723

01:56:57,750 --> 01:56:56,080

but no so check this out i'm sitting on

2724

01:57:01,030 --> 01:56:57,760

the edge of the bed i mean charlie

2725

01:57:02,629 --> 01:57:01,040

clouser in my dream all night

2726

01:57:03,830 --> 01:57:02,639

and i haven't thought about this guy in

2727

01:57:06,629 --> 01:57:03,840

years and i sit up on the edge of the

2728

01:57:09,270 --> 01:57:06,639

bed and i've got a i've got an audio an

2729

01:57:11,750 --> 01:57:09,280

audible audio book playing

2730

01:57:14,470 --> 01:57:11,760

on the secrets of quantum

2731

01:57:16,310 --> 01:57:14,480

physics and mechanics right whoa jimmy

2732

01:57:18,709 --> 01:57:16,320

church that is a great thing to do while

2733

01:57:19,830 --> 01:57:18,719

you're sleeping i do it all the time

2734

01:57:20,950 --> 01:57:19,840

so i'm sitting there in the edge of the

2735

01:57:23,189 --> 01:57:20,960

bed and i'm thinking about charlie

2736

01:57:24,390 --> 01:57:23,199

clowser and then i hear

2737

01:57:26,870 --> 01:57:24,400

the author

2738

01:57:28,870 --> 01:57:26,880

in the auto audio book oh

2739

01:57:31,589 --> 01:57:28,880

and so then klauser showed up in

2740

01:57:33,109 --> 01:57:31,599

switzerland for the conference on and i

2741

01:57:36,229 --> 01:57:33,119

went clowser

2742

01:57:38,790 --> 01:57:36,239

and i and i look at him listening and it

2743

01:57:40,070 --> 01:57:38,800

was like a chapter on this guy

2744

01:57:43,270 --> 01:57:40,080

klauser

2745

01:57:45,270 --> 01:57:43,280

and and so don't think

2746

01:57:47,030 --> 01:57:45,280

that your audible

2747

01:57:49,830 --> 01:57:47,040

books on tape

2748

01:57:54,229 --> 01:57:49,840

that you listen to while you go to sleep

2749

01:57:57,990 --> 01:57:54,239

do not steer your dreams because they do

2750

01:57:59,910 --> 01:57:58,000

we absolutely do oh man charlie clowser

2751

01:58:01,830 --> 01:57:59,920

right i was like what what's the

2752

01:58:03,990 --> 01:58:01,840

significance of this it was just so

2753

01:58:05,430 --> 01:58:04,000

funny so clowns are then accepted the

2754

01:58:07,830 --> 01:58:05,440

invitation to go to the conference in

2755

01:58:10,790 --> 01:58:07,840

switzerland to discuss this theory on

2756

01:58:13,189 --> 01:58:10,800

quantum mechanics

2757

01:58:15,750 --> 01:58:13,199

i looked at my little speaker and i went

2758

01:58:17,669 --> 01:58:15,760

oh man i'm so relieved

2759

01:58:19,830 --> 01:58:17,679

that i don't have some kind of weird

2760

01:58:21,030 --> 01:58:19,840

fascination to my old friend charlie

2761

01:58:23,270 --> 01:58:21,040

clouser

2762

01:58:25,669 --> 01:58:23,280

that is so interesting but there's a

2763

01:58:27,510 --> 01:58:25,679

reason that he i mean of all the data

2764

01:58:28,870 --> 01:58:27,520

that was that was that was in what you

2765

01:58:31,189 --> 01:58:28,880

were listening to the fact that you

2766

01:58:33,750 --> 01:58:31,199

picked that yeah like

2767

01:58:36,470 --> 01:58:33,760

give me a few adjectives that describe

2768

01:58:37,430 --> 01:58:36,480

the energy or the essence of him

2769

01:58:39,990 --> 01:58:37,440

yeah

2770

01:58:46,550 --> 01:58:43,990

goober nerd combed over flat greasy hair

2771

01:58:48,709 --> 01:58:46,560

um a pocket protector

2772

01:58:49,669 --> 01:58:48,719

always wore a white shirt

2773

01:58:50,950 --> 01:58:49,679

and

2774

01:58:56,870 --> 01:58:50,960

genius

2775

01:58:59,750 --> 01:58:56,880

and and and just walk past him right no

2776

01:59:01,510 --> 01:58:59,760

with no zero interest on his

2777

01:59:03,589 --> 01:59:01,520

persona that's what geeks are they're

2778

01:59:06,390 --> 01:59:03,599

not a pi you know they're not social

2779

01:59:09,030 --> 01:59:06,400

people they don't dress to impress

2780

01:59:11,270 --> 01:59:09,040

they are people of the mind and that's

2781

01:59:12,149 --> 01:59:11,280

what he and he was such an interesting

2782

01:59:14,870 --> 01:59:12,159

guy

2783

01:59:16,870 --> 01:59:14,880

loved loved him and and i loved hanging

2784

01:59:17,669 --> 01:59:16,880

out with him but i haven't thought about

2785

01:59:21,270 --> 01:59:17,679

him

2786

01:59:23,589 --> 01:59:21,280

since i was 21. so one thing to do with

2787

01:59:25,270 --> 01:59:23,599

this dream is to is to even ask that

2788

01:59:27,750 --> 01:59:25,280

question like what am i supposed to know

2789

01:59:30,790 --> 01:59:27,760

here how might this how might charlie

2790

01:59:32,790 --> 01:59:30,800

clowser what he represents be trying to

2791

01:59:35,270 --> 01:59:32,800

enlighten me trying to give me something

2792

01:59:36,070 --> 01:59:35,280

so what might like let's just jump to

2793

01:59:39,109 --> 01:59:36,080

that

2794

01:59:41,350 --> 01:59:39,119

second jet set i did i did think about

2795

01:59:47,430 --> 01:59:41,360

that and i've got two minutes left

2796

01:59:52,790 --> 01:59:51,030

okay but what i thought about was

2797

01:59:55,350 --> 01:59:52,800

i'm 58.

2798

01:59:56,310 --> 01:59:55,360

charlie was probably 20 years older than

2799

01:59:59,830 --> 01:59:56,320

me

2800

02:00:02,390 --> 01:59:59,840

is he still around does he know

2801
02:00:04,149 --> 02:00:02,400
that i'm thinking about him right now

2802
02:00:07,430 --> 02:00:04,159
that's that was the thought that was the

2803
02:00:10,390 --> 02:00:07,440
finality that was the closure for me

2804
02:00:12,070 --> 02:00:10,400
on this and i know it sounds strange

2805
02:00:14,390 --> 02:00:12,080
but you have to really think about how

2806
02:00:16,950 --> 02:00:14,400
some people affect your life and you

2807
02:00:20,390 --> 02:00:16,960
don't really know it or appreciate it at

2808
02:00:21,910 --> 02:00:20,400
the time but here i am you know that was

2809
02:00:25,430 --> 02:00:21,920
1982

2810
02:00:26,870 --> 02:00:25,440
this is 2022 that was 40 year four

2811
02:00:29,310 --> 02:00:26,880
decades ago

2812
02:00:30,950 --> 02:00:29,320
right and here i am

2813
02:00:32,870 --> 02:00:30,960

remembering

2814

02:00:35,669 --> 02:00:32,880

his first and last name

2815

02:00:36,550 --> 02:00:35,679

right and having this this

2816

02:00:38,229 --> 02:00:36,560

this

2817

02:00:41,990 --> 02:00:38,239

the cyclic

2818

02:00:45,510 --> 02:00:42,000

closure right right this this

2819

02:00:47,669 --> 02:00:45,520

not just a closure but a clowser bingo

2820

02:00:49,510 --> 02:00:47,679

bingo yeah and and i thought about that

2821

02:00:52,070 --> 02:00:49,520

i thought where is he today

2822

02:00:53,910 --> 02:00:52,080

he's got to be he's got to be 20 years

2823

02:00:55,830 --> 02:00:53,920

older than me and i i went through the

2824

02:00:57,990 --> 02:00:55,840

whole thing i wonder if he knows that

2825

02:00:59,910 --> 02:00:58,000

i'm thinking about him right now yeah

2826

02:01:02,070 --> 02:00:59,920

that's amazing and

2827

02:01:03,830 --> 02:01:02,080

i would say that's the literal aspect in

2828

02:01:07,030 --> 02:01:03,840

the and the

2829

02:01:09,109 --> 02:01:07,040

the symbolic aspect is this is everybody

2830

02:01:11,430 --> 02:01:09,119

and everything in our dream is an aspect

2831

02:01:13,910 --> 02:01:11,440

of ourselves so why is it important that

2832

02:01:16,629 --> 02:01:13,920

i connect with the charlie clouser

2833

02:01:19,270 --> 02:01:16,639

aspect of myself how might that benefit

2834

02:01:21,990 --> 02:01:19,280

me in my life to embrace this my inner

2835

02:01:24,870 --> 02:01:22,000

nerd that is a genius this pocket

2836

02:01:27,510 --> 02:01:24,880

protecting greasy hair comb over white

2837

02:01:29,270 --> 02:01:27,520

t-shirt wearing like or white button up

2838

02:01:31,350 --> 02:01:29,280

whatever it is like

2839

02:01:34,149 --> 02:01:31,360

why is that important to me in my life

2840

02:01:36,629 --> 02:01:34,159

right now to that i dreamt about him

2841

02:01:39,510 --> 02:01:36,639

yeah yeah yeah yeah yeah

2842

02:01:41,350 --> 02:01:39,520

um and i have uh

2843

02:01:43,270 --> 02:01:41,360

i have a sort of direct connection back

2844

02:01:45,430 --> 02:01:43,280

to him one of my best friends uh

2845

02:01:47,910 --> 02:01:45,440

actually lived next door to him that was

2846

02:01:49,750 --> 02:01:47,920

so wow

2847

02:01:51,270 --> 02:01:49,760

our neighborhood i've only got 30

2848

02:01:52,950 --> 02:01:51,280

seconds

2849

02:01:55,030 --> 02:01:52,960

where we all grew up you know high

2850

02:01:57,990 --> 02:01:55,040

school all of our friends and everything

2851
02:01:59,030 --> 02:01:58,000
and then i go to work at bell labs and

2852
02:02:03,669 --> 02:01:59,040
um

2853
02:02:05,430 --> 02:02:03,679
which was uh miles away and i'm sitting

2854
02:02:07,350 --> 02:02:05,440
over at my friend's house his name is

2855
02:02:09,669 --> 02:02:07,360
jim i'm sitting over there one day and i

2856
02:02:11,750 --> 02:02:09,679
said yeah man so today at work you know

2857
02:02:14,070 --> 02:02:11,760
blah blah blah charlie clouser da da da

2858
02:02:16,950 --> 02:02:14,080
da da and he goes charlie clowser i go

2859
02:02:19,990 --> 02:02:16,960
yeah from from bell labs yeah

2860
02:02:22,070 --> 02:02:20,000
dude he lives next door

2861
02:02:23,910 --> 02:02:22,080
the goober next door yeah i'm like

2862
02:02:26,149 --> 02:02:23,920
what's the media lives next door next

2863
02:02:28,550 --> 02:02:26,159

door let's go say hi

2864

02:02:30,709 --> 02:02:28,560

and and we walked out walked over in the

2865

02:02:33,430 --> 02:02:30,719

door he opens church what's up i'm like

2866

02:02:35,350 --> 02:02:33,440

klauser you look like jordan mccleester

2867

02:02:38,950 --> 02:02:35,360

yeah i've lived here my you know and i

2868

02:02:40,790 --> 02:02:38,960

was like what is going on here

2869

02:02:43,669 --> 02:02:40,800

and uh it was funny because i saw

2870

02:02:47,510 --> 02:02:43,679

charlie closer's five kids

2871

02:02:48,870 --> 02:02:47,520

all wearing pocket protectors

2872

02:02:50,790 --> 02:02:48,880

okay

2873

02:02:52,950 --> 02:02:50,800

i just think it's so cool because

2874

02:02:55,030 --> 02:02:52,960

because the if this were my dream it's

2875

02:02:56,950 --> 02:02:55,040

like there's the jimmy church character

2876

02:02:58,550 --> 02:02:56,960

that is this like he loves guitars and

2877

02:03:01,189 --> 02:02:58,560

he's this cool dude with this great

2878

02:03:04,870 --> 02:03:01,199

voice you're the opposite exact opposite

2879

02:03:06,870 --> 02:03:04,880

of the goobery um like nerdy dude and

2880

02:03:08,950 --> 02:03:06,880

yet he's in your dream i think sometimes

2881

02:03:10,709 --> 02:03:08,960

it's we have these dreams about these

2882

02:03:12,070 --> 02:03:10,719

random people

2883

02:03:13,990 --> 02:03:12,080

because they're they're a part of

2884

02:03:16,629 --> 02:03:14,000

ourselves and then by embracing that

2885

02:03:19,030 --> 02:03:16,639

like clearly there's an inner goober in

2886

02:03:20,629 --> 02:03:19,040

all of us and how much better off we

2887

02:03:22,229 --> 02:03:20,639

would all be if we embraced it instead

2888

02:03:23,109 --> 02:03:22,239

of saying no no no i'm too cool for

2889

02:03:24,709 --> 02:03:23,119

school

2890

02:03:25,589 --> 02:03:24,719

you know i don't need any of that it's

2891

02:03:27,669 --> 02:03:25,599

like

2892

02:03:30,790 --> 02:03:27,679

the more of that the better you could

2893

02:03:34,390 --> 02:03:30,800

still be cool and be like you know

2894

02:03:36,550 --> 02:03:34,400

the goober of the of the planet

2895

02:03:37,750 --> 02:03:36,560

right right here i've i've got to uh

2896

02:03:41,750 --> 02:03:37,760

i've got to pay

2897

02:03:44,470 --> 02:03:41,760

let's do that now our guest tonight the

2898

02:03:47,189 --> 02:03:44,480

one and only kelly sullivan walden we

2899

02:03:48,870 --> 02:03:47,199

are talking about tonight the secrets of

2900

02:03:50,870 --> 02:03:48,880

dreams more with kelly after this short

2901
02:03:54,700 --> 02:03:50,880
break i'm your host jimmy church stay

2902
02:04:01,910 --> 02:04:00,550
[Music]

2903
02:04:07,600 --> 02:04:01,920
hi everybody this is rob halpert the

2904
02:04:10,790 --> 02:04:09,109
[Music]

2905
02:04:15,030 --> 02:04:10,800
your 1 jimmychurchradio.com gigawatt

2906
02:04:16,709 --> 02:04:15,040
paranormal powerhouse kumx db

2907
02:04:18,870 --> 02:04:16,719
vx

2908
02:04:21,589 --> 02:04:18,880
right now the world couldn't be more

2909
02:04:24,470 --> 02:04:21,599
chaotic history shows us what gold does

2910
02:04:26,950 --> 02:04:24,480
when the world goes crazy it goes up in

2911
02:04:29,430 --> 02:04:26,960
value right now we're in unprecedented

2912
02:04:32,470 --> 02:04:29,440
times the pandemic the war in ukraine

2913
02:04:34,709 --> 02:04:32,480

the devaluation of the u.s dollar gold

2914

02:04:36,629 --> 02:04:34,719

and other precious metals are a defense

2915

02:04:39,189 --> 02:04:36,639

measure against the hyperinflation

2916

02:04:41,510 --> 02:04:39,199

that's happening right now so what can

2917

02:04:44,069 --> 02:04:41,520

you do to protect yourself call my

2918

02:04:46,229 --> 02:04:44,079

friend alan johnson at united gold group

2919

02:04:48,310 --> 02:04:46,239

he's dedicated to helping people secure

2920

02:04:50,790 --> 02:04:48,320

their retirement income he'll help you

2921

02:04:53,030 --> 02:04:50,800

with gold with silver and other precious

2922

02:04:56,470 --> 02:04:53,040

metals and show you how to set up your

2923

02:04:58,790 --> 02:04:56,480

own self-directed ira safe and secure

2924

02:05:01,109 --> 02:04:58,800

united gold group makes gold ownership

2925

02:05:03,910 --> 02:05:01,119

easy and affordable there couldn't be a

2926
02:05:05,589 --> 02:05:03,920
better time so call now and get a silver

2927
02:05:11,109 --> 02:05:05,599
american eagle proof set with a

2928
02:05:11,119 --> 02:05:15,030
that's 800-753-8534

2929
02:05:22,709 --> 02:05:18,069
or visit unitedgoldgroup.com

2930
02:05:24,709 --> 02:05:22,719
reach out to my friend alan johnson

2931
02:05:27,109 --> 02:05:24,719
the believer is the chilling true story

2932
02:05:29,430 --> 02:05:27,119
of dr john mack a renowned harvard

2933
02:05:31,990 --> 02:05:29,440
psychiatrist and pulitzer prize winner

2934
02:05:34,709 --> 02:05:32,000
this is a outreach program from the

2935
02:05:37,109 --> 02:05:34,719
cosmos to the consciously impaired he

2936
02:05:40,069 --> 02:05:37,119
risked it all to investigate human

2937
02:05:42,709 --> 02:05:40,079
encounters with alia the believer

2938
02:05:44,950 --> 02:05:42,719

alien encounters hard science and the

2939

02:05:46,870 --> 02:05:44,960

passion of john mack written by

2940

02:05:49,109 --> 02:05:46,880

award-winning former new york times

2941

02:05:51,189 --> 02:05:49,119

journalist and author ralph blumenthal

2942

02:05:53,350 --> 02:05:51,199

now available in paperback from high

2943

02:05:55,030 --> 02:05:53,360

road books

2944

02:05:57,669 --> 02:05:55,040

are you ready to read about true

2945

02:06:00,470 --> 02:05:57,679

paranormal events unex media publishes

2946

02:06:02,870 --> 02:06:00,480

non-fiction books about ufos ghosts and

2947

02:06:06,069 --> 02:06:02,880

haunted places time anomalies cryptid

2948

02:06:08,310 --> 02:06:06,079

creatures and more just like kunx db

2949

02:06:11,310 --> 02:06:08,320

radio it's all about unexplained

2950

02:06:13,270 --> 02:06:11,320

phenomena visit

2951
02:06:15,430 --> 02:06:13,280
www.unexmedia.com to see our list of

2952
02:06:18,069 --> 02:06:15,440
great book titles by debbie zigglemeyer

2953
02:06:20,629 --> 02:06:18,079
jane walker devin listrom wayne lawrence

2954
02:06:23,910 --> 02:06:20,639
bill spicer and yours truly margie k

2955
02:06:25,750 --> 02:06:23,920
that's on xmedia.com

2956
02:06:29,189 --> 02:06:25,760
this is jimmy church of fade to black

2957
02:06:32,310 --> 02:06:29,199
and i only drink fade to black blend

2958
02:06:34,510 --> 02:06:32,320
coffee from river moon just click on the

2959
02:06:37,589 --> 02:06:34,520
river moon coffee banner at

2960
02:06:39,750 --> 02:06:37,599
jimmychurchradio.com promo code f2b

2961
02:06:43,430 --> 02:06:39,760
blend

2962
02:06:47,589 --> 02:06:45,189
made forward black

2963
02:06:51,030 --> 02:06:47,599

make contact

2964

02:06:53,430 --> 02:06:51,040

join us august 5th through the 7th 2022

2965

02:06:55,830 --> 02:06:53,440

at the drury conference center in cape

2966

02:06:58,390 --> 02:06:55,840

girardeau missouri for the launch of the

2967

02:07:01,350 --> 02:06:58,400

midwest conference on the unknown there

2968

02:07:03,830 --> 02:07:01,360

are three interactive days packed with

2969

02:07:06,310 --> 02:07:03,840

vendors exhibitors and nationally

2970

02:07:09,830 --> 02:07:06,320

recognized researchers presenting on

2971

02:07:12,550 --> 02:07:09,840

unknown topics like ufo uap phenomenon

2972

02:07:15,910 --> 02:07:12,560

ghosts and bigfoot and missouri's own

2973

02:07:18,069 --> 02:07:15,920

momo the missouri monster cape girardo

2974

02:07:22,229 --> 02:07:18,079

has long been one of the most sought-out

2975

02:07:25,350 --> 02:07:22,239

areas for ufo enthusiasts since the 1941

2976

02:07:28,990 --> 02:07:25,360

ufo crash and now is your chance to be a

2977

02:07:31,990 --> 02:07:29,000

part of the inaugural conference visit

2978

02:07:34,709 --> 02:07:32,000

kate-events.com or follow us on facebook

2979

02:07:38,069 --> 02:07:34,719

at midwest conference on the unknown for

2980

02:07:41,430 --> 02:07:38,079

more information ex-listeners get 30 off

2981

02:07:43,149 --> 02:07:41,440

by using the promo code xvip

2982

02:07:47,390 --> 02:07:43,159

that's cape

2983

02:07:49,830 --> 02:07:47,400

events.com promo code xvip

2984

02:07:51,990 --> 02:07:49,840

[Music]

2985

02:07:54,629 --> 02:07:52,000

when you take the beans from central

2986

02:07:57,030 --> 02:07:54,639

america with dashes of indonesian and

2987

02:08:00,149 --> 02:07:57,040

african mixed in and then roasted to the

2988

02:08:02,709 --> 02:08:00,159

dark side of fade to black you create

2989

02:08:05,669 --> 02:08:02,719

the ultimate brew of fringe

2990

02:08:08,950 --> 02:08:05,679

introducing the fade to black blend from

2991

02:08:11,750 --> 02:08:08,960

river moon coffee yes river moon's

2992

02:08:14,550 --> 02:08:11,760

darkest customized roast was created for

2993

02:08:17,109 --> 02:08:14,560

the love of fade to black

2994

02:08:19,750 --> 02:08:17,119

the alchemy of masterful roasting and

2995

02:08:23,350 --> 02:08:19,760

smoking the beans is in every sip of

2996

02:08:24,709 --> 02:08:23,360

this full-bodied dark java i need my

2997

02:08:27,270 --> 02:08:24,719

coffee doc

2998

02:08:30,310 --> 02:08:27,280

deep with distinct bittersweet chocolate

2999

02:08:32,790 --> 02:08:30,320

highlights just like the bunker leaning

3000

02:08:35,430 --> 02:08:32,800

further into the darkness of the roast

3001
02:08:36,390 --> 02:08:35,440
is fade to black blend from river moon

3002
02:08:38,109 --> 02:08:36,400
coffee

3003
02:08:40,069 --> 02:08:38,119
just click on the banner at

3004
02:08:43,910 --> 02:08:40,079
jimmychurchradio.com and use the promo

3005
02:08:54,149 --> 02:08:43,920
code f2b blend for 15 off of your order

3006
02:08:59,750 --> 02:08:55,990
you wanna know a secret

3007
02:09:01,109 --> 02:08:59,760
i love ponies i really love ponies i'm

3008
02:09:03,350 --> 02:09:01,119
serious

3009
02:09:04,709 --> 02:09:03,360
i couldn't stay sane without ponies mr

3010
02:09:06,790 --> 02:09:04,719
brush

3011
02:09:13,270 --> 02:09:06,800
why fade to black

3012
02:09:19,250 --> 02:09:15,430
this is fade to black with jimmy church

3013
02:09:33,030 --> 02:09:19,260

on the game changer radio network

3014

02:09:36,709 --> 02:09:35,030

welcome back fade to black i am your

3015

02:09:39,830 --> 02:09:36,719

host jimmy church

3016

02:09:42,390 --> 02:09:39,840

don't worry i'm letting everybody know

3017

02:09:44,870 --> 02:09:42,400

including kelly we're doing overtime

3018

02:09:46,790 --> 02:09:44,880

tonight with kelly that's that's it

3019

02:09:48,470 --> 02:09:46,800

there's just no way

3020

02:09:54,629 --> 02:09:48,480

uh uh tell

3021

02:10:00,550 --> 02:09:58,629

hey did you see um uh did you see

3022

02:10:04,390 --> 02:10:00,560

uh stranger things

3023

02:10:08,390 --> 02:10:04,400

oh no should i see it was it great

3024

02:10:12,629 --> 02:10:09,990

i'll have to binge it between now and

3025

02:10:16,390 --> 02:10:12,639

the next time we talk it's it's it's all

3026

02:10:19,830 --> 02:10:16,400

about dreams right and and and the

3027

02:10:22,709 --> 02:10:19,840

upside down oh my god okay

3028

02:10:24,950 --> 02:10:22,719

i promise you i promise it's five or six

3029

02:10:29,350 --> 02:10:24,960

seasons now um that you you've got to

3030

02:10:31,990 --> 02:10:30,310

yeah

3031

02:10:35,189 --> 02:10:32,000

you have to check it out anyway oh i'm

3032

02:10:38,069 --> 02:10:35,199

excited okay cool that's my t-shirt

3033

02:10:42,950 --> 02:10:38,079

my oh my satanic t-shirt the hellfire

3034

02:10:45,189 --> 02:10:42,960

club and um now so the hellfire club um

3035

02:10:47,109 --> 02:10:45,199

for those that watch uh

3036

02:10:49,109 --> 02:10:47,119

uh stranger things are laughing at this

3037

02:10:52,069 --> 02:10:49,119

shirt because they know how badass this

3038

02:10:58,229 --> 02:10:54,550

the dungeons and dragons

3039

02:10:59,510 --> 02:10:58,239

geek nerd club at the high school right

3040

02:11:01,510 --> 02:10:59,520

you know the

3041

02:11:04,149 --> 02:11:01,520

they're not the cool crowd

3042

02:11:06,550 --> 02:11:04,159

they're the dungeons and dragons crowd

3043

02:11:08,870 --> 02:11:06,560

and their club is called the hellfire

3044

02:11:10,870 --> 02:11:08,880

club so they wear these t-shirts in

3045

02:11:13,830 --> 02:11:10,880

stranger things you know the hellfire

3046

02:11:16,870 --> 02:11:13,840

club and i had to get one and i got me a

3047

02:11:19,350 --> 02:11:16,880

freaking hellfire oh that's so cool okay

3048

02:11:21,990 --> 02:11:19,360

well i am going to binge it and by the

3049

02:11:23,830 --> 02:11:22,000

next time i see you i i hopefully will

3050

02:11:25,189 --> 02:11:23,840

be all cut up you're going to be wearing

3051

02:11:26,629 --> 02:11:25,199

one of these i hear you can get them in

3052

02:11:28,870 --> 02:11:26,639

blue so

3053

02:11:31,910 --> 02:11:28,880

you'll be just fine okay

3054

02:11:34,310 --> 02:11:31,920

now um i i i wanted to

3055

02:11:36,870 --> 02:11:34,320

uh i wanted to do this

3056

02:11:39,830 --> 02:11:36,880

i want you to check this out because

3057

02:11:42,550 --> 02:11:39,840

i think this is so important and

3058

02:11:44,790 --> 02:11:42,560

um and here's the question

3059

02:11:47,990 --> 02:11:44,800

and it's from monica great night jimmy

3060

02:11:50,229 --> 02:11:48,000

ask about premonition and dreams dreams

3061

02:11:51,910 --> 02:11:50,239

that come true that's the number you

3062

02:11:55,030 --> 02:11:51,920

know out of out of everything else you

3063

02:11:56,870 --> 02:11:55,040

know sleep you know uh night terrors

3064

02:11:59,350 --> 02:11:56,880

nightmare

3065

02:12:01,750 --> 02:11:59,360

what about premonitions and dreams that

3066

02:12:05,109 --> 02:12:01,760

come true it's got to be like the number

3067

02:12:08,229 --> 02:12:05,119

one subject that you get asked about

3068

02:12:09,030 --> 02:12:08,239

yeah it definitely it's it's up there

3069

02:12:10,950 --> 02:12:09,040

and

3070

02:12:13,430 --> 02:12:10,960

here's what i know about it but we

3071

02:12:17,430 --> 02:12:13,440

talked about earlier in the show that

3072

02:12:21,109 --> 02:12:17,440

dreams take place in non-local reality

3073

02:12:24,390 --> 02:12:21,119

we're we're outside of time in dreams

3074

02:12:26,229 --> 02:12:24,400

dreams don't differentiate between past

3075

02:12:29,350 --> 02:12:26,239

present and future it's all one big

3076

02:12:30,470 --> 02:12:29,360

swirl it's all happening simultaneously

3077

02:12:33,109 --> 02:12:30,480

so

3078

02:12:35,430 --> 02:12:33,119

it's but there's a shamanic belief that

3079

02:12:38,870 --> 02:12:35,440

we dream everything

3080

02:12:41,669 --> 02:12:38,880

before it happens in our third dimension

3081

02:12:43,430 --> 02:12:41,679

the the most important things it's and

3082

02:12:44,870 --> 02:12:43,440

if we don't remember

3083

02:12:46,550 --> 02:12:44,880

those kind of dreams it's not because

3084

02:12:48,470 --> 02:12:46,560

they didn't happen it's because we

3085

02:12:50,790 --> 02:12:48,480

didn't remember them there's a lot of

3086

02:12:52,709 --> 02:12:50,800

dreams that are really important that we

3087

02:12:55,270 --> 02:12:52,719

just miss we wake up in the morning and

3088

02:12:57,030 --> 02:12:55,280

it's like it's completely gone

3089

02:12:59,910 --> 02:12:57,040

so how do we

3090

02:13:01,669 --> 02:12:59,920

know if it's a premonition dream

3091

02:13:03,910 --> 02:13:01,679

if you are somebody who takes your

3092

02:13:06,709 --> 02:13:03,920

dreams and i always like to say if you

3093

02:13:08,069 --> 02:13:06,719

don't take your dreams lying down but um

3094

02:13:09,990 --> 02:13:08,079

if you're somebody who takes your dreams

3095

02:13:12,229 --> 02:13:10,000

seriously in other words and you start

3096

02:13:15,270 --> 02:13:12,239

to track your dreams you can start to

3097

02:13:16,470 --> 02:13:15,280

detect a theme in the way that you dream

3098

02:13:20,229 --> 02:13:16,480

and my

3099

02:13:22,790 --> 02:13:20,239

my hunch is that when when is that we

3100

02:13:24,950 --> 02:13:22,800

all have premonition dreams and we all

3101

02:13:26,629 --> 02:13:24,960

have a certain way

3102

02:13:29,030 --> 02:13:26,639

that those dreams show up there's always

3103

02:13:31,830 --> 02:13:29,040

some kind of a theme for example

3104

02:13:33,030 --> 02:13:31,840

um kathleen canvas who you might know

3105

02:13:35,430 --> 02:13:33,040

you might have interviewed her she's

3106

02:13:37,910 --> 02:13:35,440

somebody who had several premonition

3107

02:13:39,430 --> 02:13:37,920

dreams about the the cancer that was

3108

02:13:41,750 --> 02:13:39,440

found in her breast even though she kept

3109

02:13:43,830 --> 02:13:41,760

getting a clean bill of health she was

3110

02:13:45,589 --> 02:13:43,840

getting mammogram after mammogram and

3111

02:13:48,310 --> 02:13:45,599

there was this crazy

3112

02:13:49,910 --> 02:13:48,320

like intense monk franciscan monk that

3113

02:13:53,030 --> 02:13:49,920

kept showing up in her dream pointing at

3114

02:13:54,550 --> 02:13:53,040

her breast and she kept going back in

3115

02:13:56,870 --> 02:13:54,560

and she eventually

3116

02:13:59,430 --> 02:13:56,880

demanded exploratory surgery just so she

3117

02:14:00,790 --> 02:13:59,440

could stop this recurring dream from

3118

02:14:02,069 --> 02:14:00,800

happening and it turned out she had

3119

02:14:03,750 --> 02:14:02,079

stage four

3120

02:14:06,149 --> 02:14:03,760

cancer in her breast that was not

3121

02:14:08,390 --> 02:14:06,159

detected by any of the medical devices

3122

02:14:10,629 --> 02:14:08,400

she was able to get a mastectomy and she

3123

02:14:12,310 --> 02:14:10,639

she lived but it was like the doctor

3124

02:14:14,390 --> 02:14:12,320

said had they not caught it it would

3125

02:14:17,109 --> 02:14:14,400

have been like it would have taken her

3126

02:14:19,189 --> 02:14:17,119

out so this was a premonition dream it

3127

02:14:22,390 --> 02:14:19,199

was also a recurring dream

3128

02:14:24,950 --> 02:14:22,400

so now after this this monk will show up

3129

02:14:26,709 --> 02:14:24,960

in her dreams and she knows it's a dream

3130

02:14:28,310 --> 02:14:26,719

worth paying attention to she knows it's

3131

02:14:30,069 --> 02:14:28,320

usually about something that's about to

3132

02:14:32,069 --> 02:14:30,079

happen there's some people that have

3133

02:14:34,390 --> 02:14:32,079

premonition dreams that take place in a

3134

02:14:36,470 --> 02:14:34,400

theater or there's always some character

3135

02:14:37,750 --> 02:14:36,480

or there's some certain feeling that

3136

02:14:38,870 --> 02:14:37,760

comes over them when they have that

3137

02:14:41,510 --> 02:14:38,880

dream so

3138

02:14:43,990 --> 02:14:41,520

how do we know it's a premonition dream

3139

02:14:46,629 --> 02:14:44,000

we don't know until it plays out in

3140

02:14:48,870 --> 02:14:46,639

waking reality but once we see okay wait

3141

02:14:51,109 --> 02:14:48,880

a minute i was in that theater or i was

3142

02:14:54,229 --> 02:14:51,119

with that friend from high school or i

3143

02:14:56,629 --> 02:14:54,239

was on that bike or i had that guitar

3144

02:14:58,470 --> 02:14:56,639

that purple polka dotted guitar whatever

3145

02:15:01,109 --> 02:14:58,480

that was it's like that's like part of

3146

02:15:02,629 --> 02:15:01,119

your dream speak letting you know that

3147

02:15:03,990 --> 02:15:02,639

that that you're that you've entered

3148

02:15:05,750 --> 02:15:04,000

that portal

3149

02:15:08,069 --> 02:15:05,760

so we all have them it's just important

3150

02:15:10,149 --> 02:15:08,079

to pay attention to what the themes are

3151

02:15:12,550 --> 02:15:10,159

and i would say if it feels like a

3152

02:15:14,390 --> 02:15:12,560

strong dream that relates to something

3153

02:15:16,629 --> 02:15:14,400

that you know is coming up or something

3154

02:15:18,390 --> 02:15:16,639

that's around the corner then consider

3155

02:15:20,709 --> 02:15:18,400

that it might be a premonition dream and

3156

02:15:21,750 --> 02:15:20,719

maybe act on it so maybe you can change

3157

02:15:24,390 --> 02:15:21,760

things

3158

02:15:27,669 --> 02:15:24,400

i have a i have a silly example not a

3159

02:15:30,709 --> 02:15:27,679

maybe not silly but um my mom

3160

02:15:33,270 --> 02:15:30,719

had a dream about a man on a tractor

3161

02:15:35,109 --> 02:15:33,280

that fell to his death and what was

3162

02:15:37,270 --> 02:15:35,119

strange about that was that we lived in

3163

02:15:39,510 --> 02:15:37,280

a in a suburb there was never we never

3164

02:15:41,430 --> 02:15:39,520

saw tractors but it was very clearly

3165

02:15:43,510 --> 02:15:41,440

across the street from the house she

3166

02:15:45,669 --> 02:15:43,520

woke up in the morning and saw a man on

3167

02:15:47,990 --> 02:15:45,679

a freaking tractor in front of the house

3168

02:15:50,069 --> 02:15:48,000

and she was like that just never happens

3169

02:15:51,030 --> 02:15:50,079

it's never happened once in her whole

3170

02:15:52,790 --> 02:15:51,040

life

3171

02:15:55,189 --> 02:15:52,800

so she knew something was gonna happen

3172

02:15:57,669 --> 02:15:55,199

to this guy because of this dream so

3173

02:16:00,629 --> 02:15:57,679

in her curlers and in her crazy night

3174

02:16:02,629 --> 02:16:00,639

outfit like coal cream on her face she

3175

02:16:04,390 --> 02:16:02,639

walked across the street and said i

3176

02:16:05,589 --> 02:16:04,400

don't mean to scare you

3177

02:16:07,750 --> 02:16:05,599

but

3178

02:16:10,470 --> 02:16:07,760

i had a dream about somebody on a

3179

02:16:11,830 --> 02:16:10,480

tractor and it didn't go well so i want

3180

02:16:13,830 --> 02:16:11,840

to just tell you this so that you're

3181

02:16:15,830 --> 02:16:13,840

just very careful

3182

02:16:17,990 --> 02:16:15,840

and nothing happened there was no

3183

02:16:19,669 --> 02:16:18,000

incident but it might have been her

3184

02:16:21,270 --> 02:16:19,679

giving him that little bit of warning

3185

02:16:23,510 --> 02:16:21,280

that might have made a difference how

3186

02:16:24,709 --> 02:16:23,520

will we ever know right right was that

3187

02:16:26,950 --> 02:16:24,719

in whittier

3188

02:16:30,390 --> 02:16:26,960

yes it was

3189

02:16:32,389 --> 02:16:30,400

did you grow up in whittier i did okay

3190

02:16:35,830 --> 02:16:32,399

wait i'm gonna take a wild guess

3191

02:16:38,150 --> 02:16:35,840

this is why i do not i guarantee

3192

02:16:40,549 --> 02:16:38,160

that we have never had this conversation

3193

02:16:41,429 --> 02:16:40,559

pioneer high school

3194

02:16:44,709 --> 02:16:41,439

no

3195

02:16:46,549 --> 02:16:44,719

but close because we played my high

3196

02:16:49,270 --> 02:16:46,559

school i was at california high school

3197

02:16:50,950 --> 02:16:49,280

you're a california high school how high

3198

02:16:54,150 --> 02:16:50,960

oh we played pioneer did you go to

3199

02:16:55,910 --> 02:16:54,160

pioneer no but i i hung out you know all

3200

02:16:58,629 --> 02:16:55,920

of my friends are from there

3201

02:17:01,349 --> 02:16:58,639

you know bishop of the world school and

3202

02:17:04,309 --> 02:17:01,359

and uh you know covina

3203

02:17:06,549 --> 02:17:04,319

whittier grew up in west covina oh i i

3204

02:17:09,830 --> 02:17:06,559

spent my time in pasadena but my band

3205

02:17:11,910 --> 02:17:09,840

rehearsed in in la puente oh my god

3206

02:17:14,309 --> 02:17:11,920

that's right over the hill from whittier

3207

02:17:16,309 --> 02:17:14,319

that's that's that's the hood right

3208

02:17:19,270 --> 02:17:16,319

that's good

3209

02:17:21,429 --> 02:17:19,280

and uh so yeah chewy from la puente you

3210

02:17:23,030 --> 02:17:21,439

know you know who um you remember the

3211

02:17:25,589 --> 02:17:23,040

band striper

3212

02:17:29,110 --> 02:17:25,599

yeah they were from pioneer high school

3213

02:17:31,110 --> 02:17:29,120

they were all of them like all that's

3214

02:17:32,870 --> 02:17:31,120

cool they were pioneering i don't think

3215

02:17:36,709 --> 02:17:32,880

anybody came out of california high

3216

02:17:38,549 --> 02:17:36,719

school except you know except for you

3217

02:17:40,629 --> 02:17:38,559

barely

3218

02:17:43,509 --> 02:17:40,639

i just love whittier though i i do i

3219

02:17:45,509 --> 02:17:43,519

love that part of the world um it's uh

3220

02:17:48,070 --> 02:17:45,519

it's a great part of l.a and you know

3221

02:17:49,589 --> 02:17:48,080

what though it used to be this is what's

3222

02:17:51,830 --> 02:17:49,599

trippy to me

3223

02:17:54,549 --> 02:17:51,840

um that whole area

3224

02:17:55,669 --> 02:17:54,559

used to be the country

3225

02:17:59,429 --> 02:17:55,679

right

3226

02:18:01,830 --> 02:17:59,439

that was way out that was that was

3227

02:18:04,950 --> 02:18:01,840

orange groves yeah yeah yeah yeah yeah

3228

02:18:06,309 --> 02:18:04,960

yeah now it it's it's los angeles it's

3229

02:18:07,270 --> 02:18:06,319

all expected

3230

02:18:09,429 --> 02:18:07,280

yeah

3231

02:18:14,150 --> 02:18:09,439

pretty soon palm springs is going to be

3232

02:18:18,950 --> 02:18:16,709

isn't it weird though how it used to be

3233

02:18:21,030 --> 02:18:18,960

man we're going wittier what why would

3234

02:18:23,270 --> 02:18:21,040

you go way the hell out there now it's

3235

02:18:25,990 --> 02:18:23,280

down the street right

3236

02:18:27,110 --> 02:18:26,000

exactly weird so weird okay

3237

02:18:30,549 --> 02:18:27,120

uh

3238

02:18:32,309 --> 02:18:30,559

next okay wait speaking of the of fade

3239

02:18:34,389 --> 02:18:32,319

to black though do you know who's from

3240

02:18:36,469 --> 02:18:34,399

whittier that you might

3241

02:18:39,030 --> 02:18:36,479

you ever hear of elvira

3242

02:18:41,349 --> 02:18:39,040

yes of course elvira mistress of the

3243

02:18:43,910 --> 02:18:41,359

dark she's from whittier

3244

02:18:45,830 --> 02:18:43,920

and so is richard nixon so there

3245

02:18:48,150 --> 02:18:45,840

maybe they were an item i'll never say

3246

02:18:50,950 --> 02:18:48,160

i'm not starting any rumors but

3247

02:18:53,589 --> 02:18:50,960

tricky dicky and elvira

3248

02:18:54,549 --> 02:18:53,599

pioneer high school

3249

02:18:57,429 --> 02:18:54,559

who knew

3250

02:18:59,509 --> 02:18:57,439

hey elvira kind of hot back in the day

3251

02:19:00,469 --> 02:18:59,519

i'm just going to give the day

3252

02:19:01,830 --> 02:19:00,479

something

3253

02:19:04,549 --> 02:19:01,840

i i don't know

3254

02:19:07,509 --> 02:19:04,559

what it was the opposite of anything

3255

02:19:08,790 --> 02:19:07,519

that uh i was ever attracted to right

3256

02:19:12,950 --> 02:19:08,800

yeah

3257

02:19:16,230 --> 02:19:15,110

the makeup and and

3258

02:19:17,990 --> 02:19:16,240

but

3259

02:19:20,469 --> 02:19:18,000

there was something about

3260

02:19:26,629 --> 02:19:20,479

that image that that worked

3261

02:19:31,270 --> 02:19:28,870

from elvira to

3262

02:19:34,230 --> 02:19:31,280

where do we go from there drugs let's

3263

02:19:37,349 --> 02:19:34,240

talk about drugs let's talk about drugs

3264

02:19:41,030 --> 02:19:37,359

yeah drugs and dreaming you know and

3265

02:19:43,030 --> 02:19:41,040

and it's so funny how i can be around

3266

02:19:44,709 --> 02:19:43,040

friends and we'll we'll talk about

3267

02:19:47,349 --> 02:19:44,719

dreams and we do

3268

02:19:48,790 --> 02:19:47,359

and and then i'll have somebody say well

3269

02:19:52,070 --> 02:19:48,800

you know what you know what really helps

3270

02:19:54,070 --> 02:19:52,080

me really dream is i do this this and

3271

02:19:56,710 --> 02:19:54,080

this or i'll have somebody else say no

3272

02:19:58,550 --> 02:19:56,720

not that you want to do this or somebody

3273

02:20:01,590 --> 02:19:58,560

else will say no this and i'll somebody

3274

02:20:03,670 --> 02:20:01,600

else go no you don't want to do anything

3275

02:20:07,510 --> 02:20:03,680

you know so

3276

02:20:10,870 --> 02:20:07,520

what's the deal there is is there a

3277

02:20:14,150 --> 02:20:10,880

a drug or an enhancer of some kind i you

3278

02:20:16,630 --> 02:20:14,160

know drug is an is a overarching term

3279

02:20:18,790 --> 02:20:16,640

that i'm using here but is there an

3280

02:20:21,510 --> 02:20:18,800

enhancement uh

3281

02:20:23,110 --> 02:20:21,520

tea is there a is there an herb tea you

3282

02:20:26,389 --> 02:20:23,120

can drink people

3283

02:20:27,270 --> 02:20:26,399

oh definitely mugwort is supposed to be

3284

02:20:28,550 --> 02:20:27,280

great

3285

02:20:30,309 --> 02:20:28,560

and um

3286

02:20:32,950 --> 02:20:30,319

and chamomile of course anything that

3287

02:20:35,990 --> 02:20:32,960

relaxes you anything with tryptophan

3288

02:20:38,550 --> 02:20:36,000

so you know after thanksgiving dinner if

3289

02:20:40,309 --> 02:20:38,560

you've if you if you are a carnivore

3290

02:20:42,389 --> 02:20:40,319

you'll have um you'll

3291

02:20:44,790 --> 02:20:42,399

it'll tend to you'll tend to dream more

3292

02:20:48,150 --> 02:20:44,800

because you you fall asleep

3293

02:20:49,990 --> 02:20:48,160

a little bit more relaxed vitamin b6

3294

02:20:52,230 --> 02:20:50,000

is helpful and

3295

02:20:53,349 --> 02:20:52,240

i don't know if it's true exactly i

3296

02:20:55,510 --> 02:20:53,359

don't know i don't think there's ever

3297

02:20:57,590 --> 02:20:55,520

been a clinical study but some people

3298

02:20:59,429 --> 02:20:57,600

swear by peanut butter

3299

02:21:00,230 --> 02:20:59,439

a little scoop of peanut butter before

3300

02:21:01,990 --> 02:21:00,240

bed

3301

02:21:04,309 --> 02:21:02,000

i think what it does is that because

3302

02:21:05,990 --> 02:21:04,319

it's got mostly protein if it's not like

3303

02:21:07,830 --> 02:21:06,000

a real sugary peanut butter it

3304

02:21:09,830 --> 02:21:07,840

stabilizes your blood sugar and it helps

3305

02:21:11,830 --> 02:21:09,840

you to stay stable so that you don't

3306

02:21:13,270 --> 02:21:11,840

have all these spikes in the night

3307

02:21:15,510 --> 02:21:13,280

because sometimes when our blood sugar

3308

02:21:17,349 --> 02:21:15,520

drops then we'll have this kind of

3309

02:21:19,590 --> 02:21:17,359

adrenalized

3310

02:21:21,349 --> 02:21:19,600

jerking awake and then we and that kind

3311

02:21:22,469 --> 02:21:21,359

of disrupts the sleep

3312

02:21:24,309 --> 02:21:22,479

but

3313

02:21:26,070 --> 02:21:24,319

now on the other side of things a lot of

3314

02:21:27,910 --> 02:21:26,080

people will drink before they go to

3315

02:21:31,030 --> 02:21:27,920

sleep it's like having a night cap is a

3316

02:21:33,110 --> 02:21:31,040

very common thing or having or smoking

3317

02:21:35,349 --> 02:21:33,120

pot before going to sleep and that will

3318

02:21:37,590 --> 02:21:35,359

help you go to sleep but it doesn't help

3319

02:21:40,230 --> 02:21:37,600

you stay asleep so those actually get in

3320

02:21:42,550 --> 02:21:40,240

the way of your sleep and it actually it

3321

02:21:45,030 --> 02:21:42,560

gets in the way of your ability to have

3322

02:21:47,110 --> 02:21:45,040

strong dream recall

3323

02:21:49,750 --> 02:21:47,120

sometimes with like with marijuana for

3324

02:21:51,670 --> 02:21:49,760

example you'll it just makes it's almost

3325

02:21:53,590 --> 02:21:51,680

like there's this fog

3326

02:21:55,270 --> 02:21:53,600

you you have a lot of dreams but it

3327

02:21:57,510 --> 02:21:55,280

becomes really difficult to remember

3328

02:21:59,349 --> 02:21:57,520

them and to recall them and bring them

3329

02:22:01,270 --> 02:21:59,359

into your waking reality so just like

3330

02:22:02,550 --> 02:22:01,280

what you said you were kind of sounded

3331

02:22:04,710 --> 02:22:02,560

like you were joking and i don't know if

3332

02:22:07,190 --> 02:22:04,720

you were or not but it's kind of true

3333

02:22:09,910 --> 02:22:07,200

the most the best thing is to

3334

02:22:12,309 --> 02:22:09,920

find the most natural way to get to

3335

02:22:14,150 --> 02:22:12,319

sleep and a dream and that's the best

3336

02:22:17,030 --> 02:22:14,160

and one way to do that and here's just a

3337

02:22:20,309 --> 02:22:17,040

very simple thing it's to not go to bed

3338

02:22:21,910 --> 02:22:20,319

angry not go to bed resentful if you can

3339

02:22:24,389 --> 02:22:21,920

like do some journaling if you're if

3340

02:22:27,510 --> 02:22:24,399

you're upset about something try not to

3341

02:22:29,429 --> 02:22:27,520

sleep inside of that energy i know if

3342

02:22:31,110 --> 02:22:29,439

i'm upset if somebody says something to

3343

02:22:33,349 --> 02:22:31,120

me if i get an argument with somebody in

3344

02:22:35,110 --> 02:22:33,359

my family or whatever i know i need to

3345

02:22:37,990 --> 02:22:35,120

journal about it and get it out of my

3346

02:22:39,590 --> 02:22:38,000

system so that i'm not spending my sleep

3347

02:22:41,670 --> 02:22:39,600

time and dream time

3348

02:22:43,270 --> 02:22:41,680

cycling through that it's like do some

3349

02:22:45,429 --> 02:22:43,280

journaling to clear it so that you can

3350

02:22:47,510 --> 02:22:45,439

spend your sleep and dream time in a

3351

02:22:49,190 --> 02:22:47,520

more peaceful way and i would always say

3352

02:22:50,469 --> 02:22:49,200

and there's actually some science behind

3353

02:22:52,550 --> 02:22:50,479

this

3354

02:22:54,630 --> 02:22:52,560

if you if you have are having a

3355

02:22:56,389 --> 02:22:54,640

difficult time sleeping and you wake

3356

02:22:58,550 --> 02:22:56,399

yourself up

3357

02:23:00,630 --> 02:22:58,560

you should do some journaling journaling

3358

02:23:03,270 --> 02:23:00,640

is a great way to get back to sleep but

3359

02:23:04,950 --> 02:23:03,280

to have your journaling conclude with a

3360

02:23:07,030 --> 02:23:04,960

gratitude list

3361

02:23:09,429 --> 02:23:07,040

so if you have like a make a gratitude

3362

02:23:11,910 --> 02:23:09,439

list of let's say five or ten things

3363

02:23:13,750 --> 02:23:11,920

what it does is it triggers serotonin in

3364

02:23:15,190 --> 02:23:13,760

the brain and serotonin is that

3365

02:23:17,910 --> 02:23:15,200

feel-good

3366

02:23:19,510 --> 02:23:17,920

chemical that calms you down and has you

3367

02:23:21,349 --> 02:23:19,520

it gives you the impression even if

3368

02:23:23,990 --> 02:23:21,359

there's all kinds of chaos going on in

3369

02:23:26,070 --> 02:23:24,000

your life that that gratitude kicking in

3370

02:23:28,389 --> 02:23:26,080

the serotonin has you feel that you're

3371

02:23:30,070 --> 02:23:28,399

going to be okay it's like ah i must be

3372

02:23:32,469 --> 02:23:30,080

okay if i'm grateful for all these

3373

02:23:34,230 --> 02:23:32,479

things then then i've i'm not i'm not in

3374

02:23:36,309 --> 02:23:34,240

panic mode i'll be able to sleep and

3375

02:23:37,910 --> 02:23:36,319

dream better so

3376

02:23:40,550 --> 02:23:37,920

it's a simple thing you can do yeah

3377

02:23:45,110 --> 02:23:40,560

probably a good solid 10 years of my

3378

02:23:47,830 --> 02:23:45,120

life from the age of 20 to maybe 30 32

3379

02:23:51,110 --> 02:23:47,840

um i smoked pot that was the last thing

3380

02:23:53,349 --> 02:23:51,120

i did before i got into bed and i

3381

02:23:55,270 --> 02:23:53,359

assumed

3382

02:23:57,429 --> 02:23:55,280

that i was dreaming better and i was

3383

02:23:59,750 --> 02:23:57,439

having better sleep and

3384

02:24:02,630 --> 02:23:59,760

it turned into a crutch

3385

02:24:06,389 --> 02:24:02,640

i can't eat this yes

3386

02:24:10,469 --> 02:24:06,399

today where i have now lived

3387

02:24:11,349 --> 02:24:10,479

uh nearly 20 years pot-free

3388

02:24:13,990 --> 02:24:11,359

whoa

3389

02:24:15,190 --> 02:24:14,000

it's not that i'm against pot i love pot

3390

02:24:17,190 --> 02:24:15,200

it's just that

3391

02:24:18,950 --> 02:24:17,200

i i can't work and

3392

02:24:29,670 --> 02:24:18,960

i can't

3393

02:24:30,790 --> 02:24:29,680

so that's why i love

3394

02:24:32,550 --> 02:24:30,800

but

3395

02:24:35,670 --> 02:24:32,560

my dreams

3396

02:24:37,670 --> 02:24:35,680

that i now that i live this this uh

3397

02:24:40,830 --> 02:24:37,680

purified existence

3398

02:24:43,590 --> 02:24:40,840

um my dreams today are

3399

02:24:45,510 --> 02:24:43,600

easily uh

3400

02:24:48,389 --> 02:24:45,520

mega folding

3401

02:24:50,630 --> 02:24:48,399

at times more magnificent

3402

02:24:52,070 --> 02:24:50,640

than than when i was smoking weed every

3403

02:24:54,630 --> 02:24:52,080

night

3404

02:24:57,750 --> 02:24:54,640

yeah and i'm not so sure

3405

02:25:00,150 --> 02:24:57,760

um because i enjoy dreaming high

3406

02:25:02,710 --> 02:25:00,160

i enjoy sleeping high

3407

02:25:04,469 --> 02:25:02,720

you know i like watching tv high before

3408

02:25:07,590 --> 02:25:04,479

you fall asleep man that was a great

3409

02:25:09,670 --> 02:25:07,600

thing but absolutely absolutely it's a

3410

02:25:14,389 --> 02:25:09,680

distant memory it may it may have been

3411

02:25:15,349 --> 02:25:14,399

an illusion because i certainly enjoy uh

3412

02:25:18,550 --> 02:25:15,359

uh

3413

02:25:19,990 --> 02:25:18,560

dreaming now and i and i have full

3414

02:25:20,870 --> 02:25:20,000

full recall

3415

02:25:22,870 --> 02:25:20,880

um

3416

02:25:25,030 --> 02:25:22,880

before before we get to the break no

3417

02:25:26,710 --> 02:25:25,040

don't answer because i've got too many

3418

02:25:29,670 --> 02:25:26,720

i've got too many things i've been

3419

02:25:32,790 --> 02:25:29,680

listing here because of you tonight okay

3420

02:25:34,870 --> 02:25:32,800

um uh and now i forgot my next

3421

02:25:50,220 --> 02:25:34,880

i forgot my thanks

3422

02:25:55,670 --> 02:25:54,430

[Laughter]

3423

02:25:57,910 --> 02:25:55,680

[Music]

3424

02:26:00,389 --> 02:25:57,920

it's the last thing that i do in my life

3425

02:26:01,510 --> 02:26:00,399

i don't do anything funny anymore is um

3426

02:26:03,110 --> 02:26:01,520

what about

3427

02:26:05,910 --> 02:26:03,120

eating though

3428

02:26:07,349 --> 02:26:05,920

oh yeah people say hey man italian food

3429

02:26:10,230 --> 02:26:07,359

before you go to bed

3430

02:26:12,630 --> 02:26:10,240

dreams ever some say mexican food

3431

02:26:14,469 --> 02:26:12,640

some say you've got to have a big mac

3432

02:26:16,309 --> 02:26:14,479

and fries and a chocolate cake before

3433

02:26:19,030 --> 02:26:16,319

you go to bed

3434

02:26:22,070 --> 02:26:19,040

and so what about eating

3435

02:26:24,710 --> 02:26:22,080

so from the perspective that

3436

02:26:26,790 --> 02:26:24,720

our dreams are really sacred our dreams

3437

02:26:28,790 --> 02:26:26,800

are really important there's some

3438

02:26:32,630 --> 02:26:28,800

dreaming tribes that

3439

02:26:35,830 --> 02:26:32,640

that say that we should live our lives

3440

02:26:37,110 --> 02:26:35,840

in such a way to support us having the

3441

02:26:39,750 --> 02:26:37,120

best

3442

02:26:40,950 --> 02:26:39,760

dreams possible so if we were to if that

3443

02:26:43,429 --> 02:26:40,960

was the goal

3444

02:26:45,510 --> 02:26:43,439

then we wouldn't we definitely wouldn't

3445

02:26:47,830 --> 02:26:45,520

eat a heavy meal

3446

02:26:49,830 --> 02:26:47,840

we would have at least three to four

3447

02:26:51,510 --> 02:26:49,840

hours before we go to sleep we would

3448

02:26:53,830 --> 02:26:51,520

like let's say if you go to sleep at 10

3449

02:26:56,150 --> 02:26:53,840

o'clock then you would you wouldn't eat

3450

02:26:56,950 --> 02:26:56,160

anything after seven o'clock because it

3451

02:27:01,110 --> 02:26:56,960

that

3452

02:27:03,349 --> 02:27:01,120

it's like there's kind of a sludge going

3453

02:27:05,750 --> 02:27:03,359

on in your brain and your body there's

3454

02:27:08,070 --> 02:27:05,760

it means that you're kind of distracted

3455

02:27:09,910 --> 02:27:08,080

but if you've mostly digested your food

3456

02:27:12,070 --> 02:27:09,920

and you go to sleep and you're and

3457

02:27:14,150 --> 02:27:12,080

you're kind of your body's feeling light

3458

02:27:16,389 --> 02:27:14,160

then you'll tend to have better dreams

3459

02:27:18,710 --> 02:27:16,399

you'll tend to have dreams that are

3460

02:27:19,990 --> 02:27:18,720

where you get to take off and go into

3461

02:27:21,670 --> 02:27:20,000

kind of what we were talking about at

3462

02:27:24,230 --> 02:27:21,680

the very beginning of this show jimmy

3463

02:27:27,510 --> 02:27:24,240

about going beyond your mind beyond your

3464

02:27:29,429 --> 02:27:27,520

circumstances and kind of exploring

3465

02:27:31,349 --> 02:27:29,439

the vastness of your consciousness but

3466

02:27:33,670 --> 02:27:31,359

if you're heavy laden if you've had a

3467

02:27:35,510 --> 02:27:33,680

big heavy dessert eating a whole

3468

02:27:36,870 --> 02:27:35,520

cheesecake before you go to bed you're

3469

02:27:39,510 --> 02:27:36,880

going to be having nightmares you're

3470

02:27:41,750 --> 02:27:39,520

going to be it's like your indigestion

3471

02:27:44,230 --> 02:27:41,760

your body affects your mind your mind

3472

02:27:47,110 --> 02:27:44,240

affects your body so if your body is

3473

02:27:49,349 --> 02:27:47,120

like sitting there curdling it's it's

3474

02:27:51,750 --> 02:27:49,359

going to curdle your dreams so you you

3475

02:27:53,429 --> 02:27:51,760

want to have you want to have lightness

3476

02:27:55,190 --> 02:27:53,439

before you go to sleep if you if you

3477

02:27:57,190 --> 02:27:55,200

need to have i think this is where the

3478

02:27:59,190 --> 02:27:57,200

pro the the peanut butter piece comes in

3479

02:28:00,469 --> 02:27:59,200

because if you need to have something in

3480

02:28:03,110 --> 02:28:00,479

your belly so that you're not going to

3481

02:28:06,230 --> 02:28:03,120

sleep hungry then something that is like

3482

02:28:08,790 --> 02:28:06,240

a protein snack that's not too high in

3483

02:28:11,190 --> 02:28:08,800

sugar but mostly like even

3484

02:28:13,030 --> 02:28:11,200

a handful of nuts or

3485

02:28:15,110 --> 02:28:13,040

or even a glass of milk something that's

3486

02:28:17,190 --> 02:28:15,120

like high in protein that'll give you

3487

02:28:19,910 --> 02:28:17,200

stabilized blood sugar which will give

3488

02:28:21,510 --> 02:28:19,920

you more access to stabilized dreams

3489

02:28:23,830 --> 02:28:21,520

lots of sugar

3490

02:28:25,910 --> 02:28:23,840

lots of fat lots of carbs is going to

3491

02:28:27,590 --> 02:28:25,920

just send your blood sugar like on a

3492

02:28:29,590 --> 02:28:27,600

wild

3493

02:28:32,389 --> 02:28:29,600

roller coaster ride and your dreams are

3494

02:28:33,670 --> 02:28:32,399

gonna reflect that no cheesecake i wrote

3495

02:28:35,990 --> 02:28:33,680

it down

3496

02:28:38,230 --> 02:28:36,000

three hours before

3497

02:28:41,030 --> 02:28:38,240

three to four hours before no cheesecake

3498

02:28:42,070 --> 02:28:41,040

for you and no none of that fade to

3499

02:28:44,230 --> 02:28:42,080

black

3500

02:28:45,750 --> 02:28:44,240

coffee right away either you want to not

3501

02:28:48,710 --> 02:28:45,760

have any of that like

3502

02:28:51,810 --> 02:28:48,720

i would say like after noon that should

3503

02:28:56,309 --> 02:28:51,820

be your last cup of fade to black

3504

02:29:01,030 --> 02:28:58,870

why is that so funny and as i'm drinking

3505

02:29:02,550 --> 02:29:01,040

my coffee right now before you go to

3506

02:29:05,270 --> 02:29:02,560

sleep for real

3507

02:29:06,870 --> 02:29:05,280

you need to have fade to black dream tea

3508

02:29:08,950 --> 02:29:06,880

jimmy that's the next thing that's the

3509

02:29:11,349 --> 02:29:08,960

next infusion we'll come up with that

3510

02:29:12,790 --> 02:29:11,359

together i i can i can have that done i

3511

02:29:14,469 --> 02:29:12,800

can have that done we can have our

3512

02:29:17,030 --> 02:29:14,479

picture on it together

3513

02:29:19,349 --> 02:29:17,040

black and blue tea

3514

02:29:23,750 --> 02:29:19,359

so think about it dreams okay hey wait a

3515

02:29:26,630 --> 02:29:23,760

minute okay you just remember that i

3516

02:29:29,349 --> 02:29:26,640

will i got it i can make that happen

3517

02:29:32,309 --> 02:29:29,359

uh okay we're gonna you know what let's

3518

02:29:35,110 --> 02:29:32,319

just get into the break now

3519

02:29:37,030 --> 02:29:35,120

so we can i've i've got a whole list of

3520

02:29:40,150 --> 02:29:37,040

uh of stuff

3521

02:29:42,309 --> 02:29:40,160

that i want to get to also rapid fire

3522

02:29:44,070 --> 02:29:42,319

yeah when we come back after the break

3523

02:29:47,910 --> 02:29:44,080

do you remember

3524

02:29:49,190 --> 02:29:47,920

when i told you about the way that um i

3525

02:29:52,950 --> 02:29:49,200

would

3526

02:29:54,710 --> 02:29:52,960

crawl through a window

3527

02:29:57,429 --> 02:29:54,720

oh yeah i do remember you saying you

3528

02:30:00,950 --> 02:29:57,439

remember that okay yeah i want to circle

3529

02:30:03,030 --> 02:30:00,960

back to that okay talk about deja vus i

3530

02:30:04,550 --> 02:30:03,040

want to talk about dreaming in color and

3531

02:30:05,349 --> 02:30:04,560

black and white

3532

02:30:06,150 --> 02:30:05,359

and

3533

02:30:08,710 --> 02:30:06,160

uh

3534

02:30:11,590 --> 02:30:08,720

well i got cheesecake off of the list

3535

02:30:14,230 --> 02:30:11,600

so we don't have to do that so if we get

3536

02:30:15,830 --> 02:30:14,240

all of that in um in overtime we're

3537

02:30:17,590 --> 02:30:15,840

gonna we're gonna

3538

02:30:19,830 --> 02:30:17,600

have it just we're gonna rock it we'll

3539

02:30:22,070 --> 02:30:19,840

do it wrap this thing up even though i

3540

02:30:25,429 --> 02:30:22,080

haven't watched stranger things yet man

3541

02:30:28,469 --> 02:30:25,439

okay i promise i promise that's a game

3542

02:30:30,389 --> 02:30:28,479

changer right there okay

3543

02:30:33,190 --> 02:30:30,399

this is fade to black our guest not the

3544

02:30:35,349 --> 02:30:33,200

one and only kelly sullivan walden we're

3545

02:30:37,110 --> 02:30:35,359

going into overtime you knew i wasn't

3546

02:30:38,790 --> 02:30:37,120

going to end this show early

3547

02:30:40,710 --> 02:30:38,800

i'll be right back after this short

3548

02:30:48,020 --> 02:30:40,720

break tonight it is

3549

02:31:04,800 --> 02:31:03,490

[Music]

3550

02:31:12,790 --> 02:31:04,810

[Applause]

3551
02:31:16,389 --> 02:31:14,870
who are listening to jimmy church and

3552
02:31:21,429 --> 02:31:16,399
fade to black

3553
02:31:25,670 --> 02:31:23,270
hey what up y'all should go biblical fox

3554
02:31:26,870 --> 02:31:25,680
here and you are listening to my boy

3555
02:31:28,000 --> 02:31:26,880
jimmy church on jimmy

3556
02:31:30,950 --> 02:31:28,010
jimmychurchradio.com

3557
02:31:33,429 --> 02:31:30,960
[Music]

3558
02:31:40,870 --> 02:31:33,439
despite popular opinion

3559
02:31:45,110 --> 02:31:42,710
right now eden pier is having their

3560
02:31:47,750 --> 02:31:45,120
famous bogo deal on thunderstorm air

3561
02:31:49,910 --> 02:31:47,760
purifiers one listener wrote it makes a

3562
02:31:52,550 --> 02:31:49,920
huge difference in our cat litter box

3563
02:31:55,750 --> 02:31:52,560

stink i just wish i waited for the bogo

3564

02:31:56,550 --> 02:31:55,760

deal i need another one well now's the

3565

02:31:59,190 --> 02:31:56,560

time

3566

02:32:01,590 --> 02:31:59,200

bogo is back so when you buy one

3567

02:32:03,910 --> 02:32:01,600

thunderstorm you get one free no matter

3568

02:32:06,550 --> 02:32:03,920

how many you buy you buy two you get two

3569

02:32:08,550 --> 02:32:06,560

free you buy five you get five free the

3570

02:32:10,870 --> 02:32:08,560

thunderstorm will completely eliminate

3571

02:32:13,670 --> 02:32:10,880

any odor even the worst like pets

3572

02:32:16,309 --> 02:32:13,680

cigarette smoke urine and cooking now is

3573

02:32:19,270 --> 02:32:16,319

the time to order eden piers buy one get

3574

02:32:20,950 --> 02:32:19,280

one free sale is one week only with over

3575

02:32:23,510 --> 02:32:20,960

265

3576

02:32:26,389 --> 02:32:23,520

000 thunderstorms sold and countless

3577

02:32:28,150 --> 02:32:26,399

five-star reviews you know it works

3578

02:32:30,910 --> 02:32:28,160

people are buying several for around the

3579

02:32:33,790 --> 02:32:30,920

home and even as gifts just go to

3580

02:32:39,190 --> 02:32:33,800

edenpuredeals.com and use discount code

3581

02:32:42,750 --> 02:32:39,200

faderbogo that's faderbogo f-a-d-e-r-b

3582

02:32:45,070 --> 02:32:42,760

bogo is buy one get one free that's

3583

02:32:50,790 --> 02:32:45,080

edenpuredeals.com discount code

3584

02:32:55,030 --> 02:32:53,030

this is billy carson founder and ceo of

3585

02:32:57,349 --> 02:32:55,040

forbidden knowledge dot tv forbidden

3586

02:32:59,110 --> 02:32:57,359

knowledge dot tv is the fastest growing

3587

02:33:00,950 --> 02:32:59,120

and one of the most watched networks in

3588

02:33:02,710 --> 02:33:00,960

the world and i would like to personally

3589

02:33:05,429 --> 02:33:02,720

invite you to check out our expanding

3590

02:33:07,670 --> 02:33:05,439

library of tv film lectures and special

3591

02:33:10,230 --> 02:33:07,680

presentations forbidden knowledge dot tv

3592

02:33:12,950 --> 02:33:10,240

has over 6 000 videos covering lost

3593

02:33:14,790 --> 02:33:12,960

history health ufos spirituality and our

3594

02:33:17,110 --> 02:33:14,800

future we are committed to our community

3595

02:33:19,510 --> 02:33:17,120

and with my personal invitation you can

3596

02:33:22,150 --> 02:33:19,520

right now get your own free 30-day

3597

02:33:24,469 --> 02:33:22,160

membership at forbidden knowledge dot tv

3598

02:33:27,900 --> 02:33:24,479

your own library of information starts

3599

02:33:29,270 --> 02:33:27,910

today at forbidden knowledge dot tv

3600

02:33:31,750 --> 02:33:29,280

[Music]

3601
02:33:35,110 --> 02:33:31,760
your 1 million gigawatt paranormal

3602
02:33:36,950 --> 02:33:35,120
powerhouse kumx kumxdb

3603
02:33:38,630 --> 02:33:36,960
vx

3604
02:33:41,270 --> 02:33:38,640
are you ready to read about true

3605
02:33:44,070 --> 02:33:41,280
paranormal events unex media publishes

3606
02:33:46,469 --> 02:33:44,080
non-fiction books about ufos ghosts and

3607
02:33:49,750 --> 02:33:46,479
haunted places time anomalies cryptid

3608
02:33:51,910 --> 02:33:49,760
creatures and more just like kunx db

3609
02:33:54,910 --> 02:33:51,920
radio it's all about unexplained

3610
02:33:56,870 --> 02:33:54,920
phenomena visit

3611
02:33:59,110 --> 02:33:56,880
www.unexmedia.com to see our list of

3612
02:34:01,670 --> 02:33:59,120
great book titles by debbie zigglemeyer

3613
02:34:04,230 --> 02:34:01,680

gene walker devin listrom wayne lawrence

3614

02:34:08,230 --> 02:34:04,240

bill spicer and yours truly margie k

3615

02:34:12,389 --> 02:34:10,550

introducing the game changer blend from

3616

02:34:14,950 --> 02:34:12,399

river moon coffee that delivers a

3617

02:34:17,990 --> 02:34:14,960

customized blend made specifically for

3618

02:34:20,950 --> 02:34:18,000

the fader knots if the game is rigged

3619

02:34:22,150 --> 02:34:20,960

change the game it's a boulder cup with

3620

02:34:24,389 --> 02:34:22,160

some bite

3621

02:34:26,630 --> 02:34:24,399

game changer is the coffee of choice for

3622

02:34:29,670 --> 02:34:26,640

those that prefer an organic dark roast

3623

02:34:32,469 --> 02:34:29,680

that is slightly lighter and milder but

3624

02:34:34,710 --> 02:34:32,479

it's still dark with wild notes of

3625

02:34:37,349 --> 02:34:34,720

pecans and chocolate with a rich

3626
02:34:39,429 --> 02:34:37,359
balanced full bodied cup that is roasted

3627
02:34:42,469 --> 02:34:39,439
to perfection for a great coffee to

3628
02:34:44,550 --> 02:34:42,479
start your day as an after dinner coffee

3629
02:34:46,469 --> 02:34:44,560
or anywhere in between

3630
02:34:49,510 --> 02:34:46,479
artisan small batch roasted to

3631
02:34:51,990 --> 02:34:49,520
perfection usda certified organic all

3632
02:34:54,590 --> 02:34:52,000
river moon coffee is freshly roasted and

3633
02:34:56,230 --> 02:34:54,600
packaged in the usa just go to

3634
02:34:58,389 --> 02:34:56,240
rivermooncoffee.com or click on the

3635
02:35:02,630 --> 02:34:58,399
banners over on our site and use the

3636
02:35:07,030 --> 02:35:02,640
promo code f2b blend for 15 off of your

3637
02:35:11,990 --> 02:35:09,190
are you intrigued by paranormal talk

3638
02:35:14,710 --> 02:35:12,000

radio you love the new paranormal radio

3639

02:35:16,469 --> 02:35:14,720

app from talk stream live

3640

02:35:19,270 --> 02:35:16,479

you'll find a great selection of talk

3641

02:35:21,910 --> 02:35:19,280

shows covering ufos ghosts strange

3642

02:35:24,230 --> 02:35:21,920

phenomena and much more download the

3643

02:35:26,230 --> 02:35:24,240

paranormal radio app now and start

3644

02:35:28,469 --> 02:35:26,240

listening to the very best in paranormal

3645

02:35:30,230 --> 02:35:28,479

talk entertainment including the network

3646

02:35:33,429 --> 02:35:30,240

you're listening to right now the

3647

02:35:41,930 --> 02:35:33,439

paranormal radio app free in google play

3648

02:35:47,190 --> 02:35:44,150

[Music]

3649

02:35:50,950 --> 02:35:47,200

it's not a lifestyle we chose we were

3650

02:35:54,770 --> 02:35:50,960

born this way this is kjcr

3651
02:36:08,710 --> 02:36:05,590

[Music]

3652
02:36:11,270 --> 02:36:08,720

welcome back

3653
02:36:13,750 --> 02:36:11,280

well the good news is i've got one slice

3654
02:36:16,950 --> 02:36:13,760

of cheesecake left i'm going

3655
02:36:19,830 --> 02:36:16,960
i'm going down in flames tonight

3656
02:36:28,190 --> 02:36:19,840
going down in flames

3657
02:36:34,070 --> 02:36:32,230
a lot of things to to try to pack in uh

3658
02:36:35,270 --> 02:36:34,080
and so i want to go down the list and

3659
02:36:40,790 --> 02:36:35,280
one of

3660
02:36:43,349 --> 02:36:40,800
done this in public before um

3661
02:36:45,510 --> 02:36:43,359
presentations where i've told everybody

3662
02:36:47,830 --> 02:36:45,520
how i enter my dreams and the easiest

3663
02:36:49,750 --> 02:36:47,840

way to do it especially if i'm feeling a

3664

02:36:52,070 --> 02:36:49,760

little frustrated like i drink too much

3665

02:36:56,150 --> 02:36:52,080

coffee before bed

3666

02:36:57,910 --> 02:36:56,160

that i i close my eyes i picture a a

3667

02:37:00,389 --> 02:36:57,920

house it's the same house every time

3668

02:37:04,309 --> 02:37:00,399

it's a one-story house with a window

3669

02:37:05,590 --> 02:37:04,319

and and i go and i try to crawl through

3670

02:37:07,910 --> 02:37:05,600

the window

3671

02:37:09,670 --> 02:37:07,920

right by the time i get through the

3672

02:37:10,550 --> 02:37:09,680

window

3673

02:37:11,349 --> 02:37:10,560

out

3674

02:37:13,670 --> 02:37:11,359

right

3675

02:37:15,110 --> 02:37:13,680

i'm out and and and i had asked you i

3676

02:37:17,190 --> 02:37:15,120

said

3677

02:37:19,110 --> 02:37:17,200

would you try that did you ever try it

3678

02:37:22,550 --> 02:37:19,120

or did you just did you blow out the

3679

02:37:25,190 --> 02:37:22,560

idea you didn't do it did you sorry

3680

02:37:26,870 --> 02:37:25,200

maybe i'll try it tonight but i'm good

3681

02:37:29,270 --> 02:37:26,880

you should you should

3682

02:37:32,309 --> 02:37:29,280

my fear is uh kelly when i do this

3683

02:37:34,630 --> 02:37:32,319

publicly yeah everybody's closing their

3684

02:37:38,230 --> 02:37:34,640

eyes and then i see you know everybody's

3685

02:37:38,950 --> 02:37:38,240

asleep uh in front of me and i want that

3686

02:37:40,950 --> 02:37:38,960

but

3687

02:37:43,990 --> 02:37:40,960

or they're or they're in the they're in

3688

02:37:45,990 --> 02:37:44,000

some kind of a an alpha slash theta

3689

02:37:47,349 --> 02:37:46,000

state which is a really cool state to be

3690

02:37:49,830 --> 02:37:47,359

and it doesn't look

3691

02:37:51,349 --> 02:37:49,840

exciting with your eyes it just looks

3692

02:37:53,750 --> 02:37:51,359

like everybody's checked out but it's

3693

02:37:56,469 --> 02:37:53,760

actually a really powerful

3694

02:37:58,870 --> 02:37:56,479

brain state to be in but what you've

3695

02:38:01,510 --> 02:37:58,880

done in that is you've created your own

3696

02:38:04,469 --> 02:38:01,520

form of self-hypnosis and everyone can

3697

02:38:06,870 --> 02:38:04,479

do this i mean we can it's like finding

3698

02:38:08,950 --> 02:38:06,880

finding a portal that you that you

3699

02:38:11,510 --> 02:38:08,960

choose i mean you can make it magical it

3700

02:38:13,349 --> 02:38:11,520

can be like in a jungle it can be in a

3701

02:38:15,190 --> 02:38:13,359

sacred valley it could be at the ocean

3702

02:38:17,910 --> 02:38:15,200

you could find like an avatar and i

3703

02:38:19,910 --> 02:38:17,920

suggest that we all do this that we that

3704

02:38:22,630 --> 02:38:19,920

we have that we imagine some very

3705

02:38:26,150 --> 02:38:22,640

powerful being that we call in to help

3706

02:38:28,469 --> 02:38:26,160

us like a helping spirit it can be

3707

02:38:29,910 --> 02:38:28,479

you know grandma from the other side or

3708

02:38:31,830 --> 02:38:29,920

it could be

3709

02:38:34,150 --> 02:38:31,840

jesus or muhammad or i don't know

3710

02:38:35,990 --> 02:38:34,160

whoever whoever feels like a powerful

3711

02:38:38,070 --> 02:38:36,000

being archangel michael a lot of people

3712

02:38:39,510 --> 02:38:38,080

that's kind of like the go-to when when

3713

02:38:41,429 --> 02:38:39,520

you can't think of anything else and

3714

02:38:44,309 --> 02:38:41,439

then think of also a place that you want

3715

02:38:45,349 --> 02:38:44,319

to be that represents your dream scape

3716

02:38:47,590 --> 02:38:45,359

it might be

3717

02:38:49,590 --> 02:38:47,600

magical could be a tunnel whatever it is

3718

02:38:50,870 --> 02:38:49,600

but to have like a person

3719

02:38:53,510 --> 02:38:50,880

and a place

3720

02:38:54,870 --> 02:38:53,520

that represents deep asleep

3721

02:38:57,030 --> 02:38:54,880

and and

3722

02:38:58,389 --> 02:38:57,040

through self-hypnosis self-suggestion

3723

02:39:00,070 --> 02:38:58,399

that could be the very place to do it

3724

02:39:02,150 --> 02:39:00,080

and you've just come to this all on your

3725

02:39:03,349 --> 02:39:02,160

own jimmy you didn't even need me for

3726

02:39:06,950 --> 02:39:03,359

that i didn't

3727

02:39:09,270 --> 02:39:06,960

what did what okay um share with us

3728

02:39:10,710 --> 02:39:09,280

your secret place that you go to what do

3729

02:39:12,389 --> 02:39:10,720

you do

3730

02:39:13,429 --> 02:39:12,399

i actually do at something that i

3731

02:39:15,349 --> 02:39:13,439

learned when i first i'm a

3732

02:39:16,870 --> 02:39:15,359

hypnotherapist and when i was in

3733

02:39:18,950 --> 02:39:16,880

hypnotherapy training we learned

3734

02:39:22,309 --> 02:39:18,960

self-hypnosis as a way to be able to get

3735

02:39:24,630 --> 02:39:22,319

into the alpha and theta state so really

3736

02:39:26,870 --> 02:39:24,640

i picture a staircase

3737

02:39:29,429 --> 02:39:26,880

that's got 10 steps and it's beautiful

3738

02:39:31,990 --> 02:39:29,439

and i'm and i envision my higher self

3739

02:39:34,710 --> 02:39:32,000

like my my absolutely most awake

3740

02:39:36,790 --> 02:39:34,720

enlightened self walking down the

3741

02:39:39,190 --> 02:39:36,800

staircase and each step i take down the

3742

02:39:42,070 --> 02:39:39,200

staircase i i get into a deeper more

3743

02:39:43,750 --> 02:39:42,080

relaxed state and by the bottom

3744

02:39:46,550 --> 02:39:43,760

and by the time we get to the bottom of

3745

02:39:47,429 --> 02:39:46,560

the staircase i imagine this big fluffy

3746

02:39:50,469 --> 02:39:47,439

bed

3747

02:39:53,750 --> 02:39:50,479

that's like down comforter and i imagine

3748

02:39:55,110 --> 02:39:53,760

that i just fall deeply deeply into it

3749

02:39:57,830 --> 02:39:55,120

and by the time i

3750

02:40:00,070 --> 02:39:57,840

hit that i just go deep asleep and i'm

3751
02:40:02,710 --> 02:40:00,080
gonna try that tonight you climb through

3752
02:40:05,190 --> 02:40:02,720
the window perfect we'll trade we'll

3753
02:40:07,190 --> 02:40:05,200
trade self-hypnosis i'm gonna go into

3754
02:40:08,710 --> 02:40:07,200
the big fluffy bed that's it i'm gonna

3755
02:40:10,710 --> 02:40:08,720
claw i'm gonna crawl through a window

3756
02:40:12,309 --> 02:40:10,720
and i'll report back after watching

3757
02:40:14,150 --> 02:40:12,319
stranger things

3758
02:40:15,670 --> 02:40:14,160
and crawling through the window both of

3759
02:40:28,469 --> 02:40:15,680
those things

3760
02:40:31,670 --> 02:40:29,910
yeah

3761
02:40:32,630 --> 02:40:31,680
okay i'm not gonna sing it that's not my

3762
02:40:35,190 --> 02:40:32,640
gift

3763
02:40:37,990 --> 02:40:35,200

it's not mine either so

3764

02:40:40,230 --> 02:40:38,000

um last month

3765

02:40:42,790 --> 02:40:40,240

it was so effective i swore i'd never do

3766

02:40:44,309 --> 02:40:42,800

it again this is the truth

3767

02:40:47,590 --> 02:40:44,319

um i

3768

02:40:51,190 --> 02:40:47,600

i read something online about listening

3769

02:40:53,830 --> 02:40:51,200

to rain while you sleep yeah so um and

3770

02:40:58,950 --> 02:40:53,840

we've all heard this but i'd read it so

3771

02:41:00,389 --> 02:40:58,960

um that night i i pulled up on on my uh

3772

02:41:03,670 --> 02:41:00,399

ipad

3773

02:41:04,389 --> 02:41:03,680

thunder and rain 10 hours for sleep

3774

02:41:07,990 --> 02:41:04,399

right

3775

02:41:09,590 --> 02:41:08,000

there was 10 hour video of thunder and

3776

02:41:12,230 --> 02:41:09,600

rain

3777

02:41:14,309 --> 02:41:12,240

on everything that i love i turned out

3778

02:41:18,070 --> 02:41:14,319

the light right i got the thunder it

3779

02:41:20,469 --> 02:41:18,080

just started it's just 10 seconds in

3780

02:41:22,469 --> 02:41:20,479

i woke up in the morning

3781

02:41:23,510 --> 02:41:22,479

in the same position

3782

02:41:25,990 --> 02:41:23,520

wow

3783

02:41:28,630 --> 02:41:26,000

i didn't move oh you're gonna have to

3784

02:41:31,830 --> 02:41:28,640

post that link jimmy rule coming out of

3785

02:41:33,429 --> 02:41:31,840

my mouth you know big wet spot on the i

3786

02:41:37,910 --> 02:41:33,439

didn't move

3787

02:41:39,830 --> 02:41:37,920

i mean i slept like a rock oh i want to

3788

02:41:42,230 --> 02:41:39,840

try that i'm always looking for the new

3789

02:41:44,630 --> 02:41:42,240

thing that yeah it was too good it was

3790

02:41:46,950 --> 02:41:44,640

too good it was like heroin

3791

02:41:49,349 --> 02:41:46,960

that's amazing i think sometimes with

3792

02:41:50,950 --> 02:41:49,359

those because i've tried all i've tried

3793

02:41:54,070 --> 02:41:50,960

so many of them so please send me that

3794

02:41:56,389 --> 02:41:54,080

link but some of them it's like rain and

3795

02:41:58,230 --> 02:41:56,399

then all of a sudden kaboom and it's

3796

02:42:00,070 --> 02:41:58,240

like it could wake you up like with the

3797

02:42:02,150 --> 02:42:00,080

lightning striking it's like you need

3798

02:42:04,550 --> 02:42:02,160

something that's relatively consistent

3799

02:42:07,190 --> 02:42:04,560

so it becomes white noise right so you

3800

02:42:09,750 --> 02:42:07,200

probably found the perfect track that's

3801
02:42:13,269 --> 02:42:09,760
amazing oh i can't wait to try it it was

3802
02:42:15,750 --> 02:42:13,279
too good it was too good man it's great

3803
02:42:17,030 --> 02:42:15,760
robbed my house and i wouldn't have

3804
02:42:19,510 --> 02:42:17,040
woken up

3805
02:42:21,429 --> 02:42:19,520
like that man that's the goal you want

3806
02:42:24,230 --> 02:42:21,439
to have that and then hopefully you wake

3807
02:42:25,750 --> 02:42:24,240
up with dreams that you that you've been

3808
02:42:27,830 --> 02:42:25,760
able to recall because you went to sleep

3809
02:42:30,309 --> 02:42:27,840
naturally it was it was it was

3810
02:42:31,990 --> 02:42:30,319
remarkable like i said that was too good

3811
02:42:34,469 --> 02:42:32,000
you know i it could have been a house

3812
02:42:36,950 --> 02:42:34,479
fire could have been an earthquake hell

3813
02:42:38,550 --> 02:42:36,960

fire just like your shirt

3814

02:42:39,670 --> 02:42:38,560

and i would have slept right through it

3815

02:42:41,750 --> 02:42:39,680

it was a

3816

02:42:44,150 --> 02:42:41,760

you know and you know you sleep really

3817

02:42:46,950 --> 02:42:44,160

good when you don't when you wake up in

3818

02:42:50,309 --> 02:42:46,960

the same position you know the remote on

3819

02:42:54,870 --> 02:42:52,230

okay that's a dream so many people

3820

02:42:56,469 --> 02:42:54,880

especially since kovid there's record

3821

02:42:58,870 --> 02:42:56,479

numbers of people that are having a

3822

02:43:01,670 --> 02:42:58,880

difficult time sleeping it is

3823

02:43:05,349 --> 02:43:01,680

it is like it's more of an epidemic than

3824

02:43:07,510 --> 02:43:05,359

than than covet is and was and so this

3825

02:43:09,110 --> 02:43:07,520

is great i mean to come up with like a

3826

02:43:10,550 --> 02:43:09,120

list of things that people can do to get

3827

02:43:12,710 --> 02:43:10,560

a better night's sleep i think is one of

3828

02:43:14,950 --> 02:43:12,720

the best things we can do for people so

3829

02:43:16,150 --> 02:43:14,960

this this thing that you just discovered

3830

02:43:18,309 --> 02:43:16,160

is great

3831

02:43:20,230 --> 02:43:18,319

and obviously not drinking all the

3832

02:43:22,790 --> 02:43:20,240

caffeine before you go to sleep but hey

3833

02:43:25,830 --> 02:43:22,800

some people it has the reverse effect

3834

02:43:29,110 --> 02:43:25,840

vitamin b6 and not eating the cheesecake

3835

02:43:31,030 --> 02:43:29,120

unless it's one tiny little piece

3836

02:43:34,309 --> 02:43:31,040

what about melatonin

3837

02:43:35,190 --> 02:43:34,319

oh god yeah melatonin is great no yeah

3838

02:43:37,990 --> 02:43:35,200

yeah

3839

02:43:40,550 --> 02:43:38,000

small doses though right small doses of

3840

02:43:41,429 --> 02:43:40,560

course yeah but i would stay away from

3841

02:43:43,110 --> 02:43:41,439

um

3842

02:43:45,030 --> 02:43:43,120

some of the sleep aids i mean if you

3843

02:43:47,670 --> 02:43:45,040

don't have to like use them only in

3844

02:43:49,670 --> 02:43:47,680

extreme circumstances like like ambien

3845

02:43:51,590 --> 02:43:49,680

i've got no nothing against those things

3846

02:43:52,389 --> 02:43:51,600

but i've heard so many stories of people

3847

02:43:57,110 --> 02:43:52,399

that

3848

02:43:59,510 --> 02:43:57,120

sleepwalking

3849

02:44:01,830 --> 02:43:59,520

under the greyhound bus station

3850

02:44:04,710 --> 02:44:01,840

oh my god or like ricky lake who was

3851
02:44:07,190 --> 02:44:04,720
married at the time who who went on and

3852
02:44:09,429 --> 02:44:07,200
she like created a profile online on a

3853
02:44:12,230 --> 02:44:09,439
dating site and had all kinds of like

3854
02:44:14,469 --> 02:44:12,240
and she was sleeping somebody who like

3855
02:44:15,349 --> 02:44:14,479
like hit a bunch of people in her car

3856
02:44:17,110 --> 02:44:15,359
and

3857
02:44:20,550 --> 02:44:17,120
it's crazy

3858
02:44:23,110 --> 02:44:20,560
that that that wasn't isolated that was

3859
02:44:24,870 --> 02:44:23,120
happening a lot people driving in their

3860
02:44:28,070 --> 02:44:24,880
cars yeah

3861
02:44:30,150 --> 02:44:28,080
i just while they're dreaming yeah

3862
02:44:31,349 --> 02:44:30,160
that's crazy that's that's crazy town to

3863
02:44:34,790 --> 02:44:31,359

me okay

3864

02:44:36,630 --> 02:44:34,800

um what about and i i i love this

3865

02:44:39,110 --> 02:44:36,640

conversation because

3866

02:44:41,110 --> 02:44:39,120

um i am forced and that is you know do

3867

02:44:44,309 --> 02:44:41,120

you dream in black and white or you do

3868

02:44:46,790 --> 02:44:44,319

you dream in color i tend to do both but

3869

02:44:49,190 --> 02:44:46,800

what what does it mean if you have a

3870

02:44:51,269 --> 02:44:49,200

black and white dream versus you know

3871

02:44:52,630 --> 02:44:51,279

something in with full panchromatic

3872

02:44:54,950 --> 02:44:52,640

resonance and

3873

02:44:55,910 --> 02:44:54,960

you know uh panavision

3874

02:44:59,030 --> 02:44:55,920

right

3875

02:45:02,070 --> 02:44:59,040

it's it's believed that we always dream

3876

02:45:03,830 --> 02:45:02,080

in color it's just that we

3877

02:45:05,590 --> 02:45:03,840

only sometimes there will be a very

3878

02:45:07,750 --> 02:45:05,600

vivid color that will show up in our

3879

02:45:09,670 --> 02:45:07,760

dream that will that will by contrast

3880

02:45:11,670 --> 02:45:09,680

make everything else look kind of bland

3881

02:45:14,469 --> 02:45:11,680

or black and white but

3882

02:45:15,990 --> 02:45:14,479

we dream the way we see however there's

3883

02:45:17,910 --> 02:45:16,000

there was this study that was done that

3884

02:45:20,870 --> 02:45:17,920

kind of contradicts this so

3885

02:45:23,269 --> 02:45:20,880

um they they said that before the advent

3886

02:45:24,950 --> 02:45:23,279

of color television like way back in the

3887

02:45:28,070 --> 02:45:24,960

olden days when there was just black and

3888

02:45:30,309 --> 02:45:28,080

white television that it was clinically

3889

02:45:32,469 --> 02:45:30,319

proven that people were having more

3890

02:45:34,710 --> 02:45:32,479

black and white dreams

3891

02:45:37,510 --> 02:45:34,720

but there's a there's controversy around

3892

02:45:39,670 --> 02:45:37,520

that because we we ten we see in color

3893

02:45:42,630 --> 02:45:39,680

with our with our eyes and our visual

3894

02:45:44,469 --> 02:45:42,640

cortex is awake while we sleep and it's

3895

02:45:46,230 --> 02:45:44,479

it kind of projects in the same way but

3896

02:45:47,670 --> 02:45:46,240

most people think they dream in black

3897

02:45:49,429 --> 02:45:47,680

and white

3898

02:45:51,030 --> 02:45:49,439

but really they're not they they don't

3899

02:45:52,710 --> 02:45:51,040

it's just that when there is a color

3900

02:45:54,790 --> 02:45:52,720

that does show up it tends to be so

3901
02:45:56,710 --> 02:45:54,800
vivid that it causes everything by

3902
02:45:58,710 --> 02:45:56,720
contrast to seem like it was black and

3903
02:46:00,150 --> 02:45:58,720
white

3904
02:46:00,950 --> 02:46:00,160
i okay

3905
02:46:01,830 --> 02:46:00,960
uh

3906
02:46:08,469 --> 02:46:01,840
i

3907
02:46:11,910 --> 02:46:08,479
gold

3908
02:46:14,710 --> 02:46:11,920
oh oh my god jeremy taylor the great

3909
02:46:16,870 --> 02:46:14,720
great jeremy taylor um he would say that

3910
02:46:18,309 --> 02:46:16,880
gold in dreams is

3911
02:46:20,389 --> 02:46:18,319
is um

3912
02:46:22,550 --> 02:46:20,399
a very very spiritual color it means

3913
02:46:25,429 --> 02:46:22,560

that you're connecting with with your

3914

02:46:27,830 --> 02:46:25,439

spirit it's like it's like with the most

3915

02:46:28,870 --> 02:46:27,840

high frequency thing that you can every

3916

02:46:31,750 --> 02:46:28,880

color

3917

02:46:33,990 --> 02:46:31,760

has a certain has a significance and

3918

02:46:35,990 --> 02:46:34,000

when you do remember a color it tends to

3919

02:46:38,550 --> 02:46:36,000

really highlight whatever that thing is

3920

02:46:39,349 --> 02:46:38,560

if it was a guitar that was gold if it

3921

02:46:42,550 --> 02:46:39,359

was

3922

02:46:44,469 --> 02:46:42,560

thing

3923

02:46:46,389 --> 02:46:44,479

is is a message it's almost like from

3924

02:46:48,550 --> 02:46:46,399

the gods for you to pay attention to

3925

02:46:52,469 --> 02:46:48,560

it's like winning the lottery very very

3926

02:46:55,830 --> 02:46:52,479

strange okay like for instance um

3927

02:46:57,429 --> 02:46:55,840

uh the shopping mall yeah so when i'm in

3928

02:47:00,389 --> 02:46:57,439

the shopping mall

3929

02:47:01,590 --> 02:47:00,399

the walls are like gold leaf you know

3930

02:47:03,910 --> 02:47:01,600

wow

3931

02:47:07,190 --> 02:47:03,920

every day the floor everything is kind

3932

02:47:09,590 --> 02:47:07,200

of got that gold

3933

02:47:13,910 --> 02:47:09,600

the atmosphere is gold it's not a gold

3934

02:47:16,389 --> 02:47:13,920

object it's a gold dream wow

3935

02:47:21,190 --> 02:47:16,399

i have this recurring dream

3936

02:47:23,030 --> 02:47:21,200

of going on a cruise ship private um and

3937

02:47:24,630 --> 02:47:23,040

and going to

3938

02:47:25,590 --> 02:47:24,640

another country

3939

02:47:31,590 --> 02:47:25,600

and

3940

02:47:34,469 --> 02:47:31,600

it's gold

3941

02:47:36,070 --> 02:47:34,479

the right wow that i'm in the bed the

3942

02:47:37,110 --> 02:47:36,080

thing the walls are the

3943

02:47:41,510 --> 02:47:37,120

gold

3944

02:47:44,469 --> 02:47:41,520

uh so i get to this land the secret land

3945

02:47:46,950 --> 02:47:44,479

um the stair the thing the wall the

3946

02:47:49,590 --> 02:47:46,960

stone gold

3947

02:47:51,670 --> 02:47:49,600

it yeah i dream in gold i don't dream in

3948

02:47:53,830 --> 02:47:51,680

black and white i dream and go

3949

02:47:57,110 --> 02:47:53,840

remember in the jet set formula i talked

3950

02:47:59,269 --> 02:47:57,120

about the standout symbols so the color

3951
02:48:01,269 --> 02:47:59,279
of something would be one of those one

3952
02:48:03,990 --> 02:48:01,279
of those symbols and that just so it

3953
02:48:06,710 --> 02:48:04,000
takes it from being an ordinary

3954
02:48:07,830 --> 02:48:06,720
ship an ordinary whatever it is to

3955
02:48:09,670 --> 02:48:07,840
becoming

3956
02:48:12,630 --> 02:48:09,680
extraordinary it's like it it becomes

3957
02:48:15,429 --> 02:48:12,640
like the fancy word is numinous

3958
02:48:17,590 --> 02:48:15,439
it's like of a spiritual nature

3959
02:48:19,590 --> 02:48:17,600
of a higher nature so if you're shopping

3960
02:48:21,910 --> 02:48:19,600
which is an interesting thing because

3961
02:48:22,790 --> 02:48:21,920
typically shopping in a dream like in a

3962
02:48:25,030 --> 02:48:22,800
mall

3963
02:48:27,110 --> 02:48:25,040

represents commerce it represents often

3964

02:48:29,670 --> 02:48:27,120

we're shopping for things like clothes

3965

02:48:32,070 --> 02:48:29,680

things that are of the ego but if it's

3966

02:48:35,030 --> 02:48:32,080

got gold around it then it kind of feels

3967

02:48:37,590 --> 02:48:35,040

like it's it's i it's it's i would say

3968

02:48:40,230 --> 02:48:37,600

it's like you're shopping for which is a

3969

02:48:43,269 --> 02:48:40,240

metaphor for having being at choice

3970

02:48:45,590 --> 02:48:43,279

with with your spiritual identity and

3971

02:48:47,429 --> 02:48:45,600

what are you buying into

3972

02:48:49,110 --> 02:48:47,439

like what are you believing what are you

3973

02:48:51,670 --> 02:48:49,120

putting your energy

3974

02:48:55,190 --> 02:48:51,680

into and and what do you um what are you

3975

02:48:56,710 --> 02:48:55,200

paying for to get so it's it feels like

3976

02:48:59,110 --> 02:48:56,720

it all of a sudden elevates it from

3977

02:49:00,870 --> 02:48:59,120

being kind of an ordinary ego level

3978

02:49:03,590 --> 02:49:00,880

dream to being something on a much

3979

02:49:04,790 --> 02:49:03,600

higher level yeah i'm not shopping i'm

3980

02:49:06,070 --> 02:49:04,800

lost

3981

02:49:15,110 --> 02:49:06,080

yeah

3982

02:49:17,990 --> 02:49:15,120

before my mom passed uh five years ago

3983

02:49:19,349 --> 02:49:18,000

um i dreamt about her all the time

3984

02:49:20,950 --> 02:49:19,359

and

3985

02:49:23,269 --> 02:49:20,960

uh

3986

02:49:25,429 --> 02:49:23,279

about all kinds of things right

3987

02:49:28,309 --> 02:49:25,439

most of them unresolved issues whatever

3988

02:49:31,110 --> 02:49:28,319

so you know you have those dreams

3989

02:49:35,590 --> 02:49:31,120

since she has passed

3990

02:49:36,870 --> 02:49:35,600

not once i have tried to dream about her

3991

02:49:39,429 --> 02:49:36,880

i can't

3992

02:49:41,269 --> 02:49:39,439

and i hear you know we you know well you

3993

02:49:42,790 --> 02:49:41,279

know my relatives visit me in my dreams

3994

02:49:43,670 --> 02:49:42,800

it's not mine

3995

02:49:44,389 --> 02:49:43,680

right

3996

02:49:49,030 --> 02:49:44,399

and

3997

02:49:51,269 --> 02:49:49,040

dreaming about my mom

3998

02:49:53,510 --> 02:49:51,279

why is it just because is it

3999

02:49:55,269 --> 02:49:53,520

something simple you know she's now

4000

02:49:57,030 --> 02:49:55,279

passed and

4001
02:49:58,630 --> 02:49:57,040
not necessarily yes and

4002
02:50:02,150 --> 02:49:58,640
yes and no i mean

4003
02:50:04,550 --> 02:50:02,160
there's so on one level we have so many

4004
02:50:06,309 --> 02:50:04,560
dreams we have five to nine dreams every

4005
02:50:08,469 --> 02:50:06,319
single night and most of us if we're

4006
02:50:10,150 --> 02:50:08,479
lucky we'll remember one of those so

4007
02:50:11,830 --> 02:50:10,160
that means that there could be mom

4008
02:50:13,750 --> 02:50:11,840
coming in every night it's just that's

4009
02:50:16,710 --> 02:50:13,760
not the dream that you're remembering

4010
02:50:19,349 --> 02:50:16,720
also remember our dreams are symbolic so

4011
02:50:22,070 --> 02:50:19,359
somebody can be coming in just like the

4012
02:50:25,269 --> 02:50:22,080
just like brian that i had the dream

4013
02:50:27,830 --> 02:50:25,279

about the mosaic with it he didn't show

4014

02:50:29,910 --> 02:50:27,840

up in the dream but mosaic showed up in

4015

02:50:32,389 --> 02:50:29,920

the dream so that was symbolic that

4016

02:50:35,110 --> 02:50:32,399

something symbolic that connected to him

4017

02:50:37,030 --> 02:50:35,120

so think about a couple of things that

4018

02:50:38,309 --> 02:50:37,040

that make you think of your mom like

4019

02:50:41,590 --> 02:50:38,319

apple pie

4020

02:50:43,990 --> 02:50:41,600

or or like sunday dinner or

4021

02:50:45,349 --> 02:50:44,000

um i don't know first day of school or

4022

02:50:47,830 --> 02:50:45,359

something like some of your favorite

4023

02:50:49,349 --> 02:50:47,840

memories think about those as symbols so

4024

02:50:51,510 --> 02:50:49,359

if those things show up in your dream

4025

02:50:53,269 --> 02:50:51,520

you could consider that that is your mom

4026
02:50:54,790 --> 02:50:53,279
communicating to you sometimes it's not

4027
02:50:56,870 --> 02:50:54,800
just literal

4028
02:50:59,269 --> 02:50:56,880
and and one thing we can do because i

4029
02:51:01,510 --> 02:50:59,279
think the people that we're connected to

4030
02:51:03,349 --> 02:51:01,520
heart and soul our family members i

4031
02:51:05,590 --> 02:51:03,359
believe that they they are part of our

4032
02:51:08,070 --> 02:51:05,600
lives and yes they do move on but i

4033
02:51:09,830 --> 02:51:08,080
think they they also come back around

4034
02:51:10,950 --> 02:51:09,840
and sometimes we can do a very

4035
02:51:13,349 --> 02:51:10,960
deliberate

4036
02:51:15,190 --> 02:51:13,359
request that is that has no strings

4037
02:51:17,670 --> 02:51:15,200
attached before we go to sleep we can

4038
02:51:19,670 --> 02:51:17,680

maybe light a candle or have something a

4039

02:51:22,630 --> 02:51:19,680

token like some one of their a piece of

4040

02:51:24,469 --> 02:51:22,640

their jewelry or a photo of them

4041

02:51:25,269 --> 02:51:24,479

by our bed stand and we can just simply

4042

02:51:27,910 --> 02:51:25,279

say

4043

02:51:29,510 --> 02:51:27,920

if you're available to god i would so

4044

02:51:31,750 --> 02:51:29,520

love to connect with you in my dreams

4045

02:51:34,550 --> 02:51:31,760

tonight and i'll do my part to remember

4046

02:51:36,469 --> 02:51:34,560

the dream and if and when you feel like

4047

02:51:38,309 --> 02:51:36,479

you can i would love some kind of a

4048

02:51:41,269 --> 02:51:38,319

visitation some kind of a message from

4049

02:51:43,429 --> 02:51:41,279

you and have it be as simple as that and

4050

02:51:46,150 --> 02:51:43,439

just be in a state of gratitude

4051
02:51:48,070 --> 02:51:46,160
sometimes the resistance the like the

4052
02:51:50,630 --> 02:51:48,080
need for it or the desire for it can

4053
02:51:53,510 --> 02:51:50,640
sometimes be like a resistant energy

4054
02:51:55,670 --> 02:51:53,520
that pushes it away in fact sometimes

4055
02:51:57,269 --> 02:51:55,680
deceased relatives will show up in the

4056
02:51:59,670 --> 02:51:57,279
dreams of people

4057
02:52:00,469 --> 02:51:59,680
in like a in our circle but not

4058
02:52:02,790 --> 02:52:00,479
necessarily

4059
02:52:04,469 --> 02:52:02,800
us because there's too much

4060
02:52:05,910 --> 02:52:04,479
importance that we put on it but it

4061
02:52:07,110 --> 02:52:05,920
doesn't mean that they're not around it

4062
02:52:09,030 --> 02:52:07,120
doesn't mean they don't love us doesn't

4063
02:52:11,429 --> 02:52:09,040

mean your mom doesn't love you like

4064

02:52:13,990 --> 02:52:11,439

crazy and isn't trying in some way shape

4065

02:52:16,469 --> 02:52:14,000

or form to stay connected with you so i

4066

02:52:19,590 --> 02:52:16,479

think you asking the question putting it

4067

02:52:21,510 --> 02:52:19,600

out there with no strings attached is a

4068

02:52:22,950 --> 02:52:21,520

wonderful invitation for there to be

4069

02:52:24,790 --> 02:52:22,960

possibly something that will come

4070

02:52:27,910 --> 02:52:24,800

through in the next few nights

4071

02:52:29,590 --> 02:52:27,920

so be attuned to that now yeah i think

4072

02:52:31,750 --> 02:52:29,600

she you know i walk around the house and

4073

02:52:33,990 --> 02:52:31,760

stuff you know drops and hits me in the

4074

02:52:36,389 --> 02:52:34,000

head all the time so hello

4075

02:52:38,070 --> 02:52:36,399

that's valid that's it i mean we don't

4076
02:52:39,830 --> 02:52:38,080
it doesn't have to be an exact dream it

4077
02:52:41,349 --> 02:52:39,840
could be a song that comes on the radio

4078
02:52:42,950 --> 02:52:41,359
it could be a synchronicity a bumper

4079
02:52:44,630 --> 02:52:42,960
sticker we see

4080
02:52:46,230 --> 02:52:44,640
now uh

4081
02:52:48,950 --> 02:52:46,240
uh what about okay

4082
02:52:51,269 --> 02:52:48,960
hold on for a second um i i want to go

4083
02:52:54,070 --> 02:52:51,279
back to black and white versus color

4084
02:52:56,070 --> 02:52:54,080
yeah yeah um but i do dream in black and

4085
02:52:58,870 --> 02:52:56,080
white though not everything is not

4086
02:53:02,070 --> 02:52:58,880
everything is gold right

4087
02:53:03,990 --> 02:53:02,080
and my black and white i am

4088
02:53:05,429 --> 02:53:04,000

and i'm asking this for the audience

4089

02:53:07,590 --> 02:53:05,439

because i'm sure

4090

02:53:08,790 --> 02:53:07,600

this is like a universal thing i'm not

4091

02:53:11,349 --> 02:53:08,800

the only one

4092

02:53:14,309 --> 02:53:11,359

my black and white stuff is

4093

02:53:17,429 --> 02:53:14,319

from when i was like

4094

02:53:19,269 --> 02:53:17,439

10 years old 15 minutes

4095

02:53:22,230 --> 02:53:19,279

i don't dream in black and white about

4096

02:53:27,349 --> 02:53:24,710

it's it's always when i'm young

4097

02:53:29,349 --> 02:53:27,359

right well that can be so anything like

4098

02:53:31,349 --> 02:53:29,359

black and white those are also important

4099

02:53:33,190 --> 02:53:31,359

symbols so if you are having a

4100

02:53:35,590 --> 02:53:33,200

legitimate black and white dream it

4101
02:53:37,670 --> 02:53:35,600
could represent that you're back in time

4102
02:53:40,070 --> 02:53:37,680
it could represent even

4103
02:53:41,990 --> 02:53:40,080
the the metaphor of black and white

4104
02:53:44,469 --> 02:53:42,000
thinking when we're in our younger days

4105
02:53:46,710 --> 02:53:44,479
it was things were very delineated this

4106
02:53:49,110 --> 02:53:46,720
is good this is bad this is right this

4107
02:53:50,870 --> 02:53:49,120
is wrong this is us versus them so

4108
02:53:53,510 --> 02:53:50,880
there's some of that that's going on and

4109
02:53:55,510 --> 02:53:53,520
it could be i mean and also black and

4110
02:53:56,550 --> 02:53:55,520
white is devoid of

4111
02:54:01,110 --> 02:53:56,560
color

4112
02:54:04,150 --> 02:54:01,120
tends to represent

4113
02:54:06,230 --> 02:54:04,160

vibrancy and passion um

4114

02:54:08,469 --> 02:54:06,240

black and white could represent it feels

4115

02:54:11,110 --> 02:54:08,479

like film noir to me like if there's

4116

02:54:14,070 --> 02:54:11,120

like a detective kind of a yeah sepia

4117

02:54:15,670 --> 02:54:14,080

tone right right so it could be all of

4118

02:54:17,750 --> 02:54:15,680

those things so you ask yourself what

4119

02:54:19,349 --> 02:54:17,760

does this mean to me it's not

4120

02:54:21,030 --> 02:54:19,359

necessarily what does it mean

4121

02:54:23,750 --> 02:54:21,040

generically across the board what does

4122

02:54:27,750 --> 02:54:23,760

black and white mean to you jimmy

4123

02:54:31,590 --> 02:54:27,760

uh it's a it's the name of my new show

4124

02:54:38,630 --> 02:54:34,630

but i've thought about this a lot that

4125

02:54:41,269 --> 02:54:38,640

you know i have no no problems

4126
02:54:44,150 --> 02:54:41,279
going full color i mean

4127
02:54:45,510 --> 02:54:44,160
too much color right that's easy

4128
02:54:48,230 --> 02:54:45,520
but the

4129
02:54:50,150 --> 02:54:48,240
the black and white dreams seem to be

4130
02:54:51,990 --> 02:54:50,160
well historical is the right word but

4131
02:54:53,190 --> 02:54:52,000
also more serious

4132
02:54:54,870 --> 02:54:53,200
right

4133
02:54:56,309 --> 02:54:54,880
there's there's a more so like pay

4134
02:54:57,670 --> 02:54:56,319
attention here

4135
02:54:59,429 --> 02:54:57,680
oh

4136
02:55:01,429 --> 02:54:59,439
so this is why it's important to track

4137
02:55:03,429 --> 02:55:01,439
your own dreams so that you can start to

4138
02:55:04,950 --> 02:55:03,439

notice the themes and the patterns

4139

02:55:06,550 --> 02:55:04,960

because that wouldn't necessarily be

4140

02:55:08,630 --> 02:55:06,560

across the board for everybody but if

4141

02:55:09,910 --> 02:55:08,640

you can tell when it's a black and white

4142

02:55:12,150 --> 02:55:09,920

dream you know that it's something to

4143

02:55:14,309 --> 02:55:12,160

pay attention to and take seriously it's

4144

02:55:17,590 --> 02:55:14,319

not frivolous it's not light and fluffy

4145

02:55:19,910 --> 02:55:17,600

it's like this has got gravitas to it so

4146

02:55:21,429 --> 02:55:19,920

i mean that's that's that's a wonderful

4147

02:55:23,190 --> 02:55:21,439

example of what i was talking about

4148

02:55:26,950 --> 02:55:23,200

earlier so good for you

4149

02:55:29,190 --> 02:55:26,960

now uh uh one last uh question tonight

4150

02:55:31,110 --> 02:55:29,200

thank you this is man this was the best

4151
02:55:33,030 --> 02:55:31,120
show ever

4152
02:55:33,830 --> 02:55:33,040
what about deja vu

4153
02:55:37,670 --> 02:55:33,840
and

4154
02:55:39,510 --> 02:55:37,680
um

4155
02:55:40,469 --> 02:55:39,520
i feel

4156
02:55:43,269 --> 02:55:40,479
that

4157
02:55:49,030 --> 02:55:43,279
i i have deja vu's all the time i stop i

4158
02:55:50,790 --> 02:55:49,040
enjoy them i pay attention yes but i do

4159
02:55:53,190 --> 02:55:50,800
more times than not

4160
02:55:54,150 --> 02:55:53,200
feel that the deja vu was also part of a

4161
02:55:55,590 --> 02:55:54,160
dream

4162
02:55:57,590 --> 02:55:55,600
and then you're what you know we just

4163
02:56:00,309 --> 02:55:57,600

talked about the premonition aspect of

4164

02:56:02,230 --> 02:56:00,319

this yeah yeah i'm having the deja vu

4165

02:56:03,910 --> 02:56:02,240

but i think i dreamed this a few times

4166

02:56:06,550 --> 02:56:03,920

five years ago

4167

02:56:09,110 --> 02:56:06,560

and and now it's now it's happening in

4168

02:56:10,790 --> 02:56:09,120

real time but i'm awake

4169

02:56:13,190 --> 02:56:10,800

right exactly now

4170

02:56:15,030 --> 02:56:13,200

what's the deal is there a connection

4171

02:56:17,750 --> 02:56:15,040

yeah i think that i think it's all of

4172

02:56:19,590 --> 02:56:17,760

those things and i think that we need to

4173

02:56:22,309 --> 02:56:19,600

like ask ourselves what it means to us

4174

02:56:24,870 --> 02:56:22,319

but from my perspective on some level

4175

02:56:27,030 --> 02:56:24,880

it's sort of like a glitch in the matrix

4176

02:56:29,590 --> 02:56:27,040

it's like whoa oh like that it's not

4177

02:56:31,349 --> 02:56:29,600

supposed to happen like when we're

4178

02:56:32,870 --> 02:56:31,359

we're online

4179

02:56:35,110 --> 02:56:32,880

plugged in

4180

02:56:36,710 --> 02:56:35,120

in our ordinary consciousness it's

4181

02:56:38,389 --> 02:56:36,720

supposed to go a certain way but then

4182

02:56:39,910 --> 02:56:38,399

there's this kind of like a flickering

4183

02:56:41,269 --> 02:56:39,920

and there's sort of a portal that opens

4184

02:56:43,510 --> 02:56:41,279

and all of a sudden we're outside of

4185

02:56:45,269 --> 02:56:43,520

time we're out of like our ordinary

4186

02:56:46,950 --> 02:56:45,279

reality and we're like wait past present

4187

02:56:49,190 --> 02:56:46,960

future it's bleeding

4188

02:56:51,910 --> 02:56:49,200

it's it's a bleeding of sorts that is

4189

02:56:53,830 --> 02:56:51,920

like it blends things and it's so it's

4190

02:56:55,750 --> 02:56:53,840

kind of like we tap into dream

4191

02:56:58,630 --> 02:56:55,760

consciousness while we're awake it's

4192

02:57:01,030 --> 02:56:58,640

kind of a it's a very special phenomenon

4193

02:57:03,590 --> 02:57:01,040

i would say at the very least

4194

02:57:05,670 --> 02:57:03,600

it's it's a moment to ask yourself like

4195

02:57:06,950 --> 02:57:05,680

notice where you're at notice who you

4196

02:57:09,590 --> 02:57:06,960

who you're with

4197

02:57:11,670 --> 02:57:09,600

consider it a burning bush of sorts that

4198

02:57:13,910 --> 02:57:11,680

you don't have to know exactly why and

4199

02:57:15,750 --> 02:57:13,920

what it means but consider that there's

4200

02:57:17,830 --> 02:57:15,760

importance consider that it's pointing

4201
02:57:20,230 --> 02:57:17,840
to something something for you to be

4202
02:57:23,030 --> 02:57:20,240
aware of and awake to i mean some people

4203
02:57:25,269 --> 02:57:23,040
think it's it's about um oh i can't

4204
02:57:28,790 --> 02:57:25,279
think of what it's called when you

4205
02:57:30,870 --> 02:57:28,800
um when you have seizures um but it's

4206
02:57:32,550 --> 02:57:30,880
but it's not necessarily related to

4207
02:57:34,870 --> 02:57:32,560
whatever that thing is called that i'm

4208
02:57:37,910 --> 02:57:34,880
glitching out on speaking of glitching

4209
02:57:40,630 --> 02:57:37,920
but it's it's important in my purse from

4210
02:57:42,630 --> 02:57:40,640
my perspective it's special

4211
02:57:44,790 --> 02:57:42,640
just like being lucid it's like being

4212
02:57:46,710 --> 02:57:44,800
lucid in a dream it's like something to

4213
02:57:52,070 --> 02:57:46,720

pay attention to

4214

02:57:55,990 --> 02:57:54,070

thank you jimmy this was so fun and the

4215

02:57:57,670 --> 02:57:56,000

time has flown

4216

02:57:59,510 --> 02:57:57,680

flown by thank you all right all right

4217

02:58:00,870 --> 02:57:59,520

let's go for another three hours tell

4218

02:58:03,590 --> 02:58:00,880

them okay let's do it let's do a

4219

02:58:05,830 --> 02:58:03,600

marathon tell dana um listen i'm a part

4220

02:58:08,309 --> 02:58:05,840

of your newsletter and it's fantastic

4221

02:58:10,070 --> 02:58:08,319

and and i want everybody to go and sign

4222

02:58:11,670 --> 02:58:10,080

up for that so please tell them how to

4223

02:58:14,469 --> 02:58:11,680

do it because

4224

02:58:16,389 --> 02:58:14,479

you are always doing stuff i mean a

4225

02:58:19,190 --> 02:58:16,399

couple of times a week i'm i'm looking

4226
02:58:21,110 --> 02:58:19,200
at your thing and i'm you you're always

4227
02:58:23,190 --> 02:58:21,120
doing something great

4228
02:58:25,429 --> 02:58:23,200
so how can everybody stay in touch and

4229
02:58:26,870 --> 02:58:25,439
how can they sign up for the newsletter

4230
02:58:29,750 --> 02:58:26,880
they can go to my website

4231
02:58:31,830 --> 02:58:29,760
kellysullivanwalden.com

4232
02:58:36,309 --> 02:58:31,840
and if that's too hard to spell they can

4233
02:58:37,830 --> 02:58:36,319
go to i had the strangestdream.com

4234
02:58:40,469 --> 02:58:37,840
and sign up there and you can get some

4235
02:58:42,389 --> 02:58:40,479
free dream gifts for me and

4236
02:58:45,349 --> 02:58:42,399
they people my my new book is available

4237
02:58:48,710 --> 02:58:45,359
for pre-order on amazon or wherever you

4238
02:58:53,590 --> 02:58:48,720

get books online it's called a crisis is

4239

02:58:56,790 --> 02:58:55,830

the art of transforming the tragic into

4240

02:58:58,469 --> 02:58:56,800

magic

4241

02:59:01,590 --> 02:58:58,479

you're the best kelly give my best to

4242

02:59:03,030 --> 02:59:01,600

dana tell him i said yo i will big hug

4243

02:59:04,710 --> 02:59:03,040

to you jimmy church

4244

02:59:07,750 --> 02:59:04,720

i love you

4245

02:59:09,349 --> 02:59:07,760

love you more

4246

02:59:11,670 --> 02:59:09,359

crawl through the window tonight i'm

4247

02:59:13,030 --> 02:59:11,680

going to you go down the stairs i'm

4248

02:59:14,630 --> 02:59:13,040

going down the stairs

4249

02:59:15,670 --> 02:59:14,640

some peanut butter on top of your

4250

02:59:17,830 --> 02:59:15,680

cheesecake

4251

02:59:20,389 --> 02:59:17,840

kelly sullivan walden thank you so much

4252

02:59:22,469 --> 02:59:20,399

kelly enjoy your night and go dream

4253

02:59:25,830 --> 02:59:22,479

i'll talk to you bye

4254

02:59:28,630 --> 02:59:25,840

bye what a perfect show that is a

4255

02:59:31,429 --> 02:59:28,640

perfect show right there kelly sullivan

4256

02:59:33,750 --> 02:59:31,439

walden and i'm serious i think we need

4257

02:59:36,309 --> 02:59:33,760

to do that once a month just just come

4258

02:59:38,389 --> 02:59:36,319

in and and lay it all out what a great

4259

02:59:41,030 --> 02:59:38,399

show i want to remind everybody tomorrow

4260

02:59:44,710 --> 02:59:41,040

is fader night it's open lines all night

4261

02:59:48,429 --> 02:59:44,720

long your calls your conversation you

4262

02:59:51,230 --> 02:59:48,439

can go right now over to kylie sullivan

4263

02:59:53,429 --> 02:59:51,240

walden.com it's easy

4264

02:59:57,510 --> 02:59:53,439

kellysullivanwalden.com the links are

4265

03:00:00,309 --> 02:59:57,520

below her newsletter is fantastic so go

4266

03:00:02,150 --> 03:00:00,319

and sign up for that and there you go

4267

03:00:04,550 --> 03:00:02,160

fate to black is produced by hillary

4268

03:00:07,510 --> 03:00:04,560

palm renee dennis and kevin announcers

4269

03:00:10,230 --> 03:00:07,520

are steve harder gene vettel the voice

4270

03:00:12,230 --> 03:00:10,240

and mark d kovar webmaster is drew the

4271

03:00:16,150 --> 03:00:12,240

geek music doug aldrige

4272

03:00:18,309 --> 03:00:16,160

intro spaceboy spaceboymusic.com

4273

03:00:20,150 --> 03:00:18,319

fade to black is produced by kjcr for

4274

03:00:23,349 --> 03:00:20,160

the game changer network and this

4275

03:00:24,790 --> 03:00:23,359

broadcast is own and copyrighted 2022 by

4276
03:00:26,870 --> 03:00:24,800
fade to black and the game changer not

4277
03:00:28,469 --> 03:00:26,880
working it cannot be re-broadcast

4278
03:00:30,070 --> 03:00:28,479
downloaded copied or used anywhere in

4279
03:00:31,429 --> 03:00:30,080
the known universe without written

4280
03:00:32,950 --> 03:00:31,439
permission from fade to block of the

4281
03:00:35,030 --> 03:00:32,960
game changer network i'm your host jimmy

4282
03:00:37,190 --> 03:00:35,040
church until tomorrow night fader night

4283
03:00:39,750 --> 03:00:37,200
open lines all night long i want

4284
03:00:48,750 --> 03:00:39,760
everybody to be safe

4285
03:01:20,650 --> 03:00:54,800
[Music]

4286
03:01:29,620 --> 03:01:20,660
bye