Episode 73: Neuro-linguistic Programming & Mental Mastery w/ Richard Bandler

BROUGHT TO YOU BY:

ConspiraTees.net

1
00:00:08,249 --> 00:00:06,420
we're here because we don't buy into the

2
00:00:10,140 --> 00:00:08,259
[\h__\h] of mainstream culture we're

3
00:00:11,640 --> 00:00:10,150
tired of the mundane passionless careers

4
00:00:13,259 --> 00:00:11,650
we've been shuffled into as a result of

5
00:00:15,330 --> 00:00:13,269
this orchestrated debt-based system of

6
00:00:16,950 --> 00:00:15,340
rule and the stranglehold on education

7
00:00:20,010 --> 00:00:16,960
entertainment by cold soulless

8
00:00:23,340 --> 00:00:20,020
corporations people yes we are

9
00:00:25,080 --> 00:00:23,350
frustrated yes we are tired and we

10
00:00:26,370 --> 00:00:25,090
reject the pre-approved tranquilizers

11
00:00:28,529 --> 00:00:26,380
that are Monday Night Football and a

12
00:00:30,779 --> 00:00:28,539
nice cold blood measure we have to stop

13
00:00:33,360 --> 00:00:30,789

hiding stop hiding behind the headphone

14
00:00:34,710 --> 00:00:33,370
to the cherry popper 4/20 user name let

15
00:00:37,200 --> 00:00:34,720
the world see that the resistance is

16
00:00:38,370 --> 00:00:37,210
strong and society is changing there was

17
00:00:40,799 --> 00:00:38,380
a time to be anonymous

18
00:00:42,090 --> 00:00:40,809
and that time has passed and so the

19
00:00:44,310 --> 00:00:42,100
higher side chats like to present

20
00:00:46,290 --> 00:00:44,320
conspiracies as the dawning of this new

21
00:00:48,270 --> 00:00:46,300
paradigm in a new form of the revolution

22
00:00:50,220 --> 00:00:48,280
because bold fashion should mean more

23
00:00:52,920 --> 00:00:50,230
than some celebrity meat dress or

24
00:00:55,020 --> 00:00:52,930
Atlanta sleeping fellow conspirators

25
00:00:57,150 --> 00:00:55,030
redefines both fashions have the balls

26
00:00:59,130 --> 00:00:57,160
to reject socially uncomfortable and

27
00:01:01,660 --> 00:00:59,140
unpopular truths from your radiant chest

28
00:01:04,630 --> 00:01:01,670
all buggin

29
00:01:06,940 --> 00:01:04,640
it's guarantees dotnet let him know that

30
00:01:35,179 --> 00:01:06,950
you know bolt designs for trouble times

31
00:01:42,060 --> 00:01:39,690
we have overhead pressure position while

32
00:01:43,590 --> 00:01:42,070
people today is a [\h__\h] monster of the

33
00:01:45,749 --> 00:01:43,600
show we have one of the world's best

34
00:01:47,520 --> 00:01:45,759
hypnotist and leaders in the field of

35
00:01:50,010 --> 00:01:47,530
mind science if you've ever heard of

36
00:01:51,930 --> 00:01:50,020
neuro linguistic programming he founded

37
00:01:53,999 --> 00:01:51,940
that field of study and coined the term

38
00:01:56,460 --> 00:01:54,009

so this is a big deal we're dealing with

39
00:01:58,350 --> 00:01:56,470
a real term corner right here and this

40
00:02:00,300 --> 00:01:58,360
show is really Adam go write Lee's idea

41
00:02:02,070 --> 00:02:00,310
but unfortunately we had to move the

42
00:02:03,870 --> 00:02:02,080
time at the last minute and he couldn't

43
00:02:05,520 --> 00:02:03,880
join us so be sure to smoke a little

44
00:02:07,800 --> 00:02:05,530
extra smoke and drink a little extra

45
00:02:09,870 --> 00:02:07,810
drink in his honor but let's get down to

46
00:02:12,059 --> 00:02:09,880
it people the human mind is an

47
00:02:14,250 --> 00:02:12,069
incredibly complicated system but we do

48
00:02:16,650 --> 00:02:14,260
know some things humans have a tendency

49
00:02:18,630 --> 00:02:16,660
to fall into patterns or programs for

50
00:02:20,160 --> 00:02:18,640
better or worse and we're also greatly

51
00:02:21,990 --> 00:02:20,170
affected by things that happen on a

52
00:02:24,060 --> 00:02:22,000
subconscious level of which we have

53
00:02:25,830 --> 00:02:24,070
little control and my friends these are

54
00:02:27,509 --> 00:02:25,840
the two aspects of the human brain that

55
00:02:29,430 --> 00:02:27,519
are the ones most often turned against

56
00:02:31,440 --> 00:02:29,440
us where we find ourselves manipulated

57
00:02:33,259 --> 00:02:31,450
by a global elite corporate marketers

58
00:02:35,430 --> 00:02:33,269
are those with a deeper more hidden

59
00:02:37,410 --> 00:02:35,440
understanding of how to push the monkey

60
00:02:39,599 --> 00:02:37,420
brain buttons but instead of trying to

61
00:02:41,370 --> 00:02:39,609
change the machine or pretend that being

62
00:02:42,210 --> 00:02:41,380
aware means being immune to these

63
00:02:44,130 --> 00:02:42,220

manipulations

64
00:02:46,170 --> 00:02:44,140
maybe we should learn the tools of the

65
00:02:47,880 --> 00:02:46,180
mind ourselves so we can press our own

66
00:02:50,280 --> 00:02:47,890
buttons to achieve our own desired

67
00:02:52,500 --> 00:02:50,290
outcomes maybe we can become the kings

68
00:02:55,170 --> 00:02:52,510
of our own consciousness the masters of

69
00:02:57,660 --> 00:02:55,180
our own domains and learn to fine-tune

70
00:02:59,580 --> 00:02:57,670
our own mental processes to work for us

71
00:03:01,800 --> 00:02:59,590
to help us reach our goals and define

72
00:03:03,569 --> 00:03:01,810
the path we came here to walk and maybe

73
00:03:06,330 --> 00:03:03,579
then we can work towards being creatures

74
00:03:09,120 --> 00:03:06,340
of decisive action rather than slaves to

75
00:03:12,059 --> 00:03:09,130
perpetual reaction well today's guest is

76
00:03:13,710 --> 00:03:12,069
the man with just such a plan and he's

77
00:03:15,750 --> 00:03:13,720
here to put us on the path of positive

78
00:03:17,069 --> 00:03:15,760
thought and mental mastery Richard

79
00:03:18,629 --> 00:03:17,079
Bandler is the founder of neuro

80
00:03:21,360 --> 00:03:18,639
linguistic programming has spent a

81
00:03:23,719 --> 00:03:21,370
lifetime expanding and perfecting mental

82
00:03:26,759 --> 00:03:23,729
techniques like neuro hypnotic repattern

83
00:03:28,710 --> 00:03:26,769
mental engineering charisma enhancement

84
00:03:31,020 --> 00:03:28,720
and hypnosis among

85
00:03:32,550 --> 00:03:31,030
other mental sciences he's written

86
00:03:34,350 --> 00:03:32,560
dozens of books on the subjects

87
00:03:36,360 --> 00:03:34,360
including get the life you want the

88
00:03:38,220 --> 00:03:36,370

secrets to quick and lasting life change

89
00:03:40,320 --> 00:03:38,230
with neuro linguistic programming the

90
00:03:42,930 --> 00:03:40,330
secrets of being happy the technology of

91
00:03:45,900 --> 00:03:42,940
hope health and harmony and the ultimate

92
00:03:48,060 --> 00:03:45,910
introduction to NLP how to build a

93
00:03:48,450 --> 00:03:48,070
successful life I'm psyched to have him

94
00:03:51,390 --> 00:03:48,460
here

95
00:03:54,420 --> 00:03:51,400
so Richard welcome to THC it's a

96
00:03:57,390 --> 00:03:54,430
pleasure to be here yeah man I mean

97
00:03:59,850 --> 00:03:57,400
you're a busy guy and your videos of

98
00:04:01,890 --> 00:03:59,860
hypnotism are extremely powerful but as

99
00:04:04,050 --> 00:04:01,900
I was saying in the intro life is full

100
00:04:06,030 --> 00:04:04,060
of stresses and worries I think a big

101
00:04:08,250 --> 00:04:06,040
problem is that people just aren't given

102
00:04:09,900 --> 00:04:08,260
the proper tools or proper education

103
00:04:11,550 --> 00:04:09,910
about the power of the mind and thought

104
00:04:13,620 --> 00:04:11,560
and you've been looking in this for

105
00:04:15,120 --> 00:04:13,630
several decades so what do you think are

106
00:04:16,979 --> 00:04:15,130
some of the more important things people

107
00:04:19,979 --> 00:04:16,989
need to understand about their mental

108
00:04:22,200 --> 00:04:19,989
space well for four and a half decades

109
00:04:24,210 --> 00:04:22,210
what I've been trying to do is to look

110
00:04:26,640 --> 00:04:24,220
at the difference between successful

111
00:04:29,400 --> 00:04:26,650
people whether they're successful at

112
00:04:31,350 --> 00:04:29,410
spelling or successful and you know

113
00:04:33,690 --> 00:04:31,360

being a billionaire or a baseball player

114
00:04:36,659 --> 00:04:33,700
and find out the difference between how

115
00:04:38,700 --> 00:04:36,669
those people think and how other people

116
00:04:41,280 --> 00:04:38,710
are thinking people who are less

117
00:04:42,990 --> 00:04:41,290
successful psychology has always looked

118
00:04:44,450 --> 00:04:43,000
at people from the perspective of

119
00:04:47,340 --> 00:04:44,460
there's something wrong with them and

120
00:04:49,260 --> 00:04:47,350
that if you dredge into your childhood

121
00:04:51,870 --> 00:04:49,270
you can find out where it started it's

122
00:04:53,760 --> 00:04:51,880
kind of an archaeological dig and if you

123
00:04:56,400 --> 00:04:53,770
mentally understand that somehow or

124
00:04:57,960 --> 00:04:56,410
other your problems will disappear this

125
00:05:00,290 --> 00:04:57,970
has been dried for almost a hundred

126
00:05:02,969 --> 00:05:00,300
years and just simply doesn't work and

127
00:05:05,340 --> 00:05:02,979
so the tact that I took was entirely

128
00:05:07,409 --> 00:05:05,350
different I started looking at what we

129
00:05:10,100 --> 00:05:07,419
do with our subjective consciousness how

130
00:05:12,659 --> 00:05:10,110
you organize it to become more effective

131
00:05:14,850 --> 00:05:12,669
and if you think about it just what you

132
00:05:17,400 --> 00:05:14,860
were talking about the body was really

133
00:05:19,830 --> 00:05:17,410
designed for us to be in stress a couple

134
00:05:21,900 --> 00:05:19,840
of times a month you know that you know

135
00:05:24,300 --> 00:05:21,910
on a big cat jumped out of the woods

136
00:05:26,280 --> 00:05:24,310
that [\h__\h] endeth the prehistoric man

137
00:05:29,340 --> 00:05:26,290
you know got an adrenaline rush and ran

138
00:05:31,770 --> 00:05:29,350

away and now it seems like it happens

139
00:05:33,960 --> 00:05:31,780
every thirty seconds and you know people

140
00:05:36,150 --> 00:05:33,970
you know can't misplace their cell phone

141
00:05:38,339 --> 00:05:36,160
and they get freaked out or suddenly the

142
00:05:40,909 --> 00:05:38,349
text message bell rings people's

143
00:05:42,570 --> 00:05:40,919
adrenaline state goes up so our

144
00:05:45,360 --> 00:05:42,580
neurology is really do

145
00:05:47,909 --> 00:05:45,370
signed two functions so that it it gets

146
00:05:50,640 --> 00:05:47,919
wound up and unwinds itself you know

147
00:05:54,749 --> 00:05:50,650
periodically and this is happening to us

148
00:05:57,119 --> 00:05:54,759
all day every day and I think just

149
00:05:58,890 --> 00:05:57,129
physiologically if people don't learn to

150
00:06:01,230 --> 00:05:58,900
control their state of consciousness

151
00:06:04,050 --> 00:06:01,240
that the side-effects I mean you know

152
00:06:06,510 --> 00:06:04,060
that even in 1955 the American Medical

153
00:06:08,550 --> 00:06:06,520
Association announced that there was a

154
00:06:11,070 --> 00:06:08,560
relationship between stress and health

155
00:06:12,959 --> 00:06:11,080
what they haven't really examined is the

156
00:06:15,240 --> 00:06:12,969
relationship between happiness and

157
00:06:19,499 --> 00:06:15,250
health and if we could make ourselves

158
00:06:21,689 --> 00:06:19,509
kamar and happier without you know long

159
00:06:24,059 --> 00:06:21,699
involved processes I spent a long time

160
00:06:26,580 --> 00:06:24,069
in India and almost every form of

161
00:06:29,850 --> 00:06:26,590
meditation you learned required hours

162
00:06:31,680 --> 00:06:29,860
every day and years of practice whereas

163
00:06:33,390 --> 00:06:31,690

you bring somebody you know out of an

164
00:06:35,369 --> 00:06:33,400
audience like I do and put them in a

165
00:06:36,600 --> 00:06:35,379
deep trance and you know 30 seconds

166
00:06:39,600 --> 00:06:36,610
later they're in a deep state of

167
00:06:41,850 --> 00:06:39,610
relaxation so I find the hypnotic

168
00:06:43,830 --> 00:06:41,860
process to be a very valuable one that

169
00:06:45,749 --> 00:06:43,840
people can learn to hypnotically control

170
00:06:48,029 --> 00:06:45,759
their state of consciousness their blood

171
00:06:50,279 --> 00:06:48,039
pressure their ability to remember

172
00:06:52,290 --> 00:06:50,289
things all the things that come as

173
00:06:54,570 --> 00:06:52,300
byproducts of the hypnotic process

174
00:06:57,450 --> 00:06:54,580
because to me the word trance is

175
00:06:59,909 --> 00:06:57,460
synonymous with the word concentration

176
00:07:02,999 --> 00:06:59,919
so what I try to do is provide people

177
00:07:04,980 --> 00:07:03,009
the mental vehicles to reduce unpleasant

178
00:07:07,589 --> 00:07:04,990
things and to increase pleasant things

179
00:07:11,490 --> 00:07:07,599
by having a control system that runs

180
00:07:13,439 --> 00:07:11,500
their brain mm-hmm it's super

181
00:07:15,779 --> 00:07:13,449
fascinating I mean I'm sure a ton of

182
00:07:18,510 --> 00:07:15,789
people have a vague understanding of

183
00:07:20,189 --> 00:07:18,520
neuro linguistic programming but I mean

184
00:07:23,040 --> 00:07:20,199
how would you summarize it for an

185
00:07:25,379 --> 00:07:23,050
uninitiated listener well let me know

186
00:07:28,550 --> 00:07:25,389
linguistic programming itself is the

187
00:07:31,439 --> 00:07:28,560
study of successful behaviors and

188
00:07:33,749 --> 00:07:31,449

whether it's successfully knowing how

189
00:07:35,399 --> 00:07:33,759
and when to relax or anything else in

190
00:07:37,409 --> 00:07:35,409
terms of most people having the vague

191
00:07:40,249 --> 00:07:37,419
understanding I would include a lot of

192
00:07:42,629 --> 00:07:40,259
people who teach NLP in that category

193
00:07:44,909 --> 00:07:42,639
that you know I've heard some people

194
00:07:46,740 --> 00:07:44,919
talk about NLP and I have no idea what

195
00:07:50,219 --> 00:07:46,750
they're saying the amount of jargon they

196
00:07:52,680 --> 00:07:50,229
use it's just very sophisticated to mean

197
00:07:56,330 --> 00:07:52,690
in your mind the simplest thing to

198
00:07:58,520 --> 00:07:56,340
understand is is like fear I teach class

199
00:08:00,500 --> 00:07:58,530
is a one day class about you know people

200
00:08:02,930 --> 00:08:00,510
who are scared of spiders and snakes and

201
00:08:05,360 --> 00:08:02,940
elevators and Heights and they all share

202
00:08:07,820 --> 00:08:05,370
in one common thing which is if I tell

203
00:08:09,890 --> 00:08:07,830
them I'm going to bring a 16-foot snake

204
00:08:12,620 --> 00:08:09,900
in the room they start freaking out and

205
00:08:14,210 --> 00:08:12,630
there's actually no snake sometimes I

206
00:08:16,400 --> 00:08:14,220
don't even have a snake to bring in the

207
00:08:19,100 --> 00:08:16,410
room I just talk about it and people

208
00:08:22,040 --> 00:08:19,110
become upset baser you know fretting and

209
00:08:24,860 --> 00:08:22,050
what happens is just a big picture in

210
00:08:27,469 --> 00:08:24,870
their mind of the big snake is enough to

211
00:08:30,140 --> 00:08:27,479
get their neurology set off and the

212
00:08:32,570 --> 00:08:30,150
mental neuro saps is firing in such a

213
00:08:34,100 --> 00:08:32,580

way that they feel fear which means

214
00:08:36,170 --> 00:08:34,110
they're not really afraid of the snake

215
00:08:38,899 --> 00:08:36,180
they're afraid of the idea of the snake

216
00:08:40,990 --> 00:08:38,909
and most of the time pictures whether

217
00:08:44,029 --> 00:08:41,000
it's post-traumatic stress syndrome or

218
00:08:46,040 --> 00:08:44,039
you know or a fear of all kinds of

219
00:08:47,960 --> 00:08:46,050
things most of the time people have

220
00:08:51,050 --> 00:08:47,970
larger-than-life pictures in their head

221
00:08:53,780 --> 00:08:51,060
and those pictures are so big they scare

222
00:08:55,610 --> 00:08:53,790
the crap out of them and I teach people

223
00:08:57,680 --> 00:08:55,620
to shrink them down to the size of a

224
00:08:59,990 --> 00:08:57,690
quarter and blink them black and white

225
00:09:02,240 --> 00:09:00,000
very fast and if you do that two or

226
00:09:04,240 --> 00:09:02,250
three times when you go to try and think

227
00:09:07,220 --> 00:09:04,250
about the big picture it just won't come

228
00:09:09,410 --> 00:09:07,230
our neural synapses are something we

229
00:09:12,410 --> 00:09:09,420
grow every night millions and billions

230
00:09:13,850 --> 00:09:12,420
of them and when you're a baby and you

231
00:09:15,920 --> 00:09:13,860
sleep you're growing probably five

232
00:09:18,829 --> 00:09:15,930
billion neural synapses tonight and they

233
00:09:20,660 --> 00:09:18,839
layer on top of each other but yet they

234
00:09:22,120 --> 00:09:20,670
can fire from the beginning of one's

235
00:09:24,199 --> 00:09:22,130
straight through to the end of another

236
00:09:26,000 --> 00:09:24,209
even though there are billions of them

237
00:09:28,760 --> 00:09:26,010
because chemically there's a difference

238
00:09:31,640 --> 00:09:28,770

in size and when we take memories of

239
00:09:33,199 --> 00:09:31,650
really unpleasant events and we take

240
00:09:35,329 --> 00:09:33,209
those memories and we shrink them down

241
00:09:37,910 --> 00:09:35,339
to a small size and we run them in

242
00:09:41,000 --> 00:09:37,920
Reverse so the events actually transpire

243
00:09:43,220 --> 00:09:41,010
backwards but very fast what happens is

244
00:09:44,420 --> 00:09:43,230
is it flattens the neurons out it

245
00:09:46,550 --> 00:09:44,430
doesn't have a psychological

246
00:09:49,280 --> 00:09:46,560
significance to it it has a

247
00:09:51,650 --> 00:09:49,290
physiological significance and most of

248
00:09:53,810 --> 00:09:51,660
the things in NLP are like 15 minute

249
00:09:56,090 --> 00:09:53,820
mental tricks that if you run through

250
00:09:58,490 --> 00:09:56,100
them they get rid of a fear they get rid

251
00:10:00,949 --> 00:09:58,500
of anxiety to get people over bad past

252
00:10:02,630 --> 00:10:00,959
memories and then some of them make it

253
00:10:04,280 --> 00:10:02,640
so that you can learn how to spell I

254
00:10:05,930 --> 00:10:04,290
went and found somebody who want a

255
00:10:07,699 --> 00:10:05,940
spelling bee and started asking them

256
00:10:09,480 --> 00:10:07,709
questions and it turned out they

257
00:10:12,210 --> 00:10:09,490
visualized all the letters about

258
00:10:14,460 --> 00:10:12,220
sixteen inches high in their mind and

259
00:10:16,860 --> 00:10:14,470
check them against the paper when they

260
00:10:18,750 --> 00:10:16,870
saw new word they'd expand it into mind

261
00:10:20,550 --> 00:10:18,760
and make a big sixteen inch picture of

262
00:10:22,740 --> 00:10:20,560
it make sure it matched the one on the

263
00:10:25,769 --> 00:10:22,750

page and in the future they'd memorize

264
00:10:27,480 --> 00:10:25,779
it and most good spellers do this but in

265
00:10:30,180 --> 00:10:27,490
schools we teach kids to spell

266
00:10:32,040 --> 00:10:30,190
phonetically which oddly enough can't be

267
00:10:37,050 --> 00:10:32,050
spelled phonetically it actually comes

268
00:10:38,970 --> 00:10:37,060
out phonics and NLP is really the study

269
00:10:41,730 --> 00:10:38,980
of the things that work versus the

270
00:10:43,560 --> 00:10:41,740
things that theoretically should work as

271
00:10:45,150 --> 00:10:43,570
modelers we're only interested in

272
00:10:49,740 --> 00:10:45,160
success we're not interested in

273
00:10:51,540 --> 00:10:49,750
explanations hmm yeah it's it's really

274
00:10:54,449 --> 00:10:51,550
interesting I've also heard you know a

275
00:10:56,519 --> 00:10:54,459
lot of Zen teachers they talk about the

276
00:10:58,050 --> 00:10:56,529
more in the moment you can be the less

277
00:10:59,940 --> 00:10:58,060
you freaked out about the big picture

278
00:11:02,760 --> 00:10:59,950
it's kind of what you were talking about

279
00:11:04,620 --> 00:11:02,770
if you can shrink that down and not

280
00:11:07,680 --> 00:11:04,630
focus on the future which is where most

281
00:11:09,180 --> 00:11:07,690
people's stress comes from you might

282
00:11:10,889 --> 00:11:09,190
think that stress comes from the future

283
00:11:12,630 --> 00:11:10,899
and some that comes from the past

284
00:11:14,819 --> 00:11:12,640
I know people would say yeah button over

285
00:11:17,069 --> 00:11:14,829
something that happened 25 years ago and

286
00:11:18,840 --> 00:11:17,079
everyday they think about it you know

287
00:11:21,690 --> 00:11:18,850
for two minutes here in a minute there

288
00:11:23,880 --> 00:11:21,700

and I always get people to total it up I

289
00:11:25,199 --> 00:11:23,890
go you know really in the course of the

290
00:11:27,329 --> 00:11:25,209
day how many times do you think you

291
00:11:29,190 --> 00:11:27,339
think about it and people will say fifty

292
00:11:31,019 --> 00:11:29,200
to a hundred times and I go for how long

293
00:11:33,329 --> 00:11:31,029
and they'll go you know for two minutes

294
00:11:36,150 --> 00:11:33,339
and you start adding it up and it's like

295
00:11:38,490 --> 00:11:36,160
an hour and a half a day and then I go

296
00:11:40,740 --> 00:11:38,500
you know if you multiply it by week and

297
00:11:43,230 --> 00:11:40,750
then by a year you start talking about

298
00:11:45,720 --> 00:11:43,240
five thousand ten thousand hours in ten

299
00:11:47,400 --> 00:11:45,730
years it's even more and when you start

300
00:11:49,230 --> 00:11:47,410
to look at people and go so your plan

301
00:11:52,380 --> 00:11:49,240
for the future is to worry about this

302
00:11:55,050 --> 00:11:52,390
one past event for 10,000 hours in the

303
00:11:56,940 --> 00:11:55,060
next 10 years and if they're 30 years

304
00:11:59,880 --> 00:11:56,950
old they're going to do this for maybe

305
00:12:02,069 --> 00:11:59,890
30 years so we're talking 30 thousand

306
00:12:04,290 --> 00:12:02,079
hours they're planning to feel bad and

307
00:12:06,930 --> 00:12:04,300
they don't think of it as planning but

308
00:12:09,030 --> 00:12:06,940
actually it is and when you get it in

309
00:12:11,160 --> 00:12:09,040
perspective it makes it easier for

310
00:12:12,960 --> 00:12:11,170
people to start to shrink that down and

311
00:12:14,490 --> 00:12:12,970
it's not enough to just stay in the

312
00:12:16,440 --> 00:12:14,500
moment because there you got to have

313
00:12:18,540 --> 00:12:16,450

plans for the future and you got to

314
00:12:20,790 --> 00:12:18,550
remember the past but you don't have to

315
00:12:22,260 --> 00:12:20,800
feel bad while you're doing it and if

316
00:12:22,850 --> 00:12:22,270
you're looking at something the size of

317
00:12:24,230 --> 00:12:22,860
a quarter

318
00:12:25,520 --> 00:12:24,240
you're not going to feel as bad as if

319
00:12:27,290 --> 00:12:25,530
you're sitting in the front row of the

320
00:12:31,340 --> 00:12:27,300
largest movie screen you've ever seen

321
00:12:34,040 --> 00:12:31,350
and you know it's simple technologies

322
00:12:36,140 --> 00:12:34,050
like this that that allow people to take

323
00:12:38,120 --> 00:12:36,150
control of their thoughts the same thing

324
00:12:40,940 --> 00:12:38,130
is true about the volume of voices and

325
00:12:43,250 --> 00:12:40,950
the location voices and and also our

326
00:12:45,020 --> 00:12:43,260
feelings most people act like their

327
00:12:47,270 --> 00:12:45,030
feelings are not something they can

328
00:12:49,580 --> 00:12:47,280
control when actually it's based on the

329
00:12:51,500 --> 00:12:49,590
entender vez system which is all the

330
00:12:53,660 --> 00:12:51,510
connections between hollow and solid

331
00:12:54,920 --> 00:12:53,670
organs and your intestines and they used

332
00:12:57,500 --> 00:12:54,930
to think that just had to do with

333
00:12:59,960 --> 00:12:57,510
digesting food but when a psychologist

334
00:13:01,610 --> 00:12:59,970
talks about your feeling angry really

335
00:13:03,770 --> 00:13:01,620
what's happening is your feelings are

336
00:13:05,750 --> 00:13:03,780
moving in a specific order inside your

337
00:13:08,270 --> 00:13:05,760
body which is different than when you're

338
00:13:10,100 --> 00:13:08,280

hungry and when you're feeling terrified

339
00:13:11,720 --> 00:13:10,110
or when you're feeling anxious or when

340
00:13:13,910 --> 00:13:11,730
you're feeling nervous or when you're

341
00:13:15,530 --> 00:13:13,920
feeling happy these are all particular

342
00:13:17,690 --> 00:13:15,540
orders of whether your feelings are

343
00:13:19,400 --> 00:13:17,700
spinning forward or tumbling back or

344
00:13:21,650 --> 00:13:19,410
going clockwise or counterclockwise

345
00:13:24,290 --> 00:13:21,660
because those are really the only four

346
00:13:25,940 --> 00:13:24,300
directions you can go in and when you

347
00:13:27,650 --> 00:13:25,950
take people and you have them when they

348
00:13:30,260 --> 00:13:27,660
start to feel anxious if you have them

349
00:13:32,600 --> 00:13:30,270
spin their feelings faster it gets worse

350
00:13:34,460 --> 00:13:32,610
and if you have them slow down it gets

351
00:13:36,130 --> 00:13:34,470
better and if you have them force it and

352
00:13:38,330 --> 00:13:36,140
spin it in the opposite direction

353
00:13:41,320 --> 00:13:38,340
typically they can't go back and feel

354
00:13:43,520 --> 00:13:41,330
bad about the same thing ever again and

355
00:13:45,620 --> 00:13:43,530
we've been developing these kind of

356
00:13:47,660 --> 00:13:45,630
techniques I've been doing this for

357
00:13:50,330 --> 00:13:47,670
forty five years and I've taken

358
00:13:52,400 --> 00:13:50,340
thousands of psychiatric clients over

359
00:13:54,560 --> 00:13:52,410
the years who you know have been through

360
00:13:56,840 --> 00:13:54,570
years of therapy and in matters of an

361
00:13:59,030 --> 00:13:56,850
hour or two hours got them to stop

362
00:14:00,320 --> 00:13:59,040
fretting over something now it doesn't

363
00:14:02,750 --> 00:14:00,330

necessarily mean they become the

364
00:14:04,610 --> 00:14:02,760
smartest candle on the cake but if

365
00:14:06,410 --> 00:14:04,620
somebody has been paranoid about the

366
00:14:09,230 --> 00:14:06,420
same thing for twenty years and you can

367
00:14:10,970 --> 00:14:09,240
get rid of it in 30 minutes typically it

368
00:14:12,830 --> 00:14:10,980
psychologists will turn and ask me what

369
00:14:15,770 --> 00:14:12,840
do you do if it comes back and I look at

370
00:14:17,600 --> 00:14:15,780
them and go do it again okay whereas to

371
00:14:19,370 --> 00:14:17,610
them they think this is covering up

372
00:14:21,950 --> 00:14:19,380
something and there's some deep buried

373
00:14:24,740 --> 00:14:21,960
thing that must be unraveled for you to

374
00:14:26,360 --> 00:14:24,750
have a happy life and in the four and a

375
00:14:28,370 --> 00:14:26,370
half decades I've been doing this I've

376
00:14:31,280 --> 00:14:28,380
had depresses that have become comics

377
00:14:33,440 --> 00:14:31,290
I've had all kinds of examples of things

378
00:14:36,710 --> 00:14:33,450
which improved to me that's just not the

379
00:14:38,660 --> 00:14:36,720
case there are probably people who need

380
00:14:42,140 --> 00:14:38,670
some kind of chemical treatment or very

381
00:14:43,880 --> 00:14:42,150
bipolar or something but 99% of the time

382
00:14:45,860 --> 00:14:43,890
where people need to do is to learn to

383
00:14:48,470 --> 00:14:45,870
control their thought patterns and their

384
00:14:50,540 --> 00:14:48,480
physiology enough that they can get rid

385
00:14:51,500 --> 00:14:50,550
of most of their bad feelings because

386
00:14:53,810 --> 00:14:51,510
they're never going to get rid of a

387
00:14:56,450 --> 00:14:53,820
whole and there are some things you

388
00:15:00,260 --> 00:14:56,460

should be terrified of especially when

389
00:15:02,150 --> 00:15:00,270
investing money and to me you know

390
00:15:04,580 --> 00:15:02,160
learning to pay attention to good

391
00:15:07,490 --> 00:15:04,590
intuitions and bad intuitions is how

392
00:15:10,090 --> 00:15:07,500
people get smarter I feel like my career

393
00:15:13,670 --> 00:15:10,100
has been a battle against stupidity for

394
00:15:15,740 --> 00:15:13,680
decades and decades and that if I can

395
00:15:17,630 --> 00:15:15,750
get people to be less stupid and to be

396
00:15:20,540 --> 00:15:17,640
smarter more of the time they'll have

397
00:15:22,370 --> 00:15:20,550
pretty good lives well that is what I

398
00:15:24,290 --> 00:15:22,380
would ask is if these techniques do have

399
00:15:27,860 --> 00:15:24,300
such a high success rate why are they

400
00:15:29,630 --> 00:15:27,870
still considered so friends well it

401
00:15:32,150 --> 00:15:29,640
depends upon what country you're in just

402
00:15:34,400 --> 00:15:32,160
a start with the United States is a huge

403
00:15:37,550 --> 00:15:34,410
country and it says very strong

404
00:15:39,530 --> 00:15:37,560
establishment they boot led a lot of

405
00:15:42,500 --> 00:15:39,540
what I do into what they call cognitive

406
00:15:44,420 --> 00:15:42,510
psychology over the years and a lot of

407
00:15:46,160 --> 00:15:44,430
the techniques you know I mean things

408
00:15:49,070 --> 00:15:46,170
like how to spell are taught in some

409
00:15:51,110 --> 00:15:49,080
places and not others I mean I lived in

410
00:15:53,300 --> 00:15:51,120
I lived over in England for about ten

411
00:15:55,640 --> 00:15:53,310
years I actually lived in Ireland for 12

412
00:15:57,320 --> 00:15:55,650
years and I taught in England and in

413
00:16:00,800 --> 00:15:57,330

Europe so you find in England it's

414
00:16:02,930 --> 00:16:00,810
becoming more prevalent they did study

415
00:16:04,760 --> 00:16:02,940
at some of their school systems and

416
00:16:07,040 --> 00:16:04,770
found out that the way we teach teachers

417
00:16:09,590 --> 00:16:07,050
works better that actually are the

418
00:16:11,120 --> 00:16:09,600
students improve about 30 percent so

419
00:16:12,950 --> 00:16:11,130
they started spreading it through the

420
00:16:14,360 --> 00:16:12,960
school system but again there's a

421
00:16:17,960 --> 00:16:14,370
shortage of people that know how to

422
00:16:20,420 --> 00:16:17,970
teach this i've certified over a hundred

423
00:16:22,700 --> 00:16:20,430
thousand people but most of them work as

424
00:16:25,340 --> 00:16:22,710
personal coaches or they work at big

425
00:16:27,050 --> 00:16:25,350
corporations there's a woman named Kate

426
00:16:29,690 --> 00:16:27,060
Benson who's working in two school

427
00:16:32,900 --> 00:16:29,700
systems in England and Turkey and

428
00:16:34,670 --> 00:16:32,910
Germany I think and slowly all this

429
00:16:37,040 --> 00:16:34,680
stuff is going to find its way into the

430
00:16:39,680 --> 00:16:37,050
school I mean for decades is not a lot

431
00:16:42,079 --> 00:16:39,690
of time you know to turn over a whole

432
00:16:45,050 --> 00:16:42,089
field like psychology and get people to

433
00:16:48,320 --> 00:16:45,060
start accepting things I mean the school

434
00:16:50,600 --> 00:16:48,330
systems are trained to teach what was

435
00:16:52,220 --> 00:16:50,610
they're still teaching Freud when he

436
00:16:55,640 --> 00:16:52,230
really never did very well with any of

437
00:16:58,580 --> 00:16:55,650
his clients you know the the emphasis on

438
00:17:00,230 --> 00:16:58,590

repeating past mistakes because that's

439
00:17:03,050 --> 00:17:00,240
what the people who are still doing it

440
00:17:05,510 --> 00:17:03,060
learned but yet in the United States

441
00:17:07,160 --> 00:17:05,520
I've had tens and thousands of people in

442
00:17:09,199 --> 00:17:07,170
seminars so there's a lot of people

443
00:17:12,470 --> 00:17:09,209
using it and a lot of people talking

444
00:17:14,410 --> 00:17:12,480
about it you know I even Tony Robbins

445
00:17:17,960 --> 00:17:14,420
who knows very little about NLP did

446
00:17:21,470 --> 00:17:17,970
extremely well he sold zillions of tapes

447
00:17:24,770 --> 00:17:21,480
and you know and almost everybody in the

448
00:17:26,690 --> 00:17:24,780
planet knows his name yeah my goal has

449
00:17:28,940 --> 00:17:26,700
been to teach a small group of people

450
00:17:32,180 --> 00:17:28,950
very well so that the information

451
00:17:34,340 --> 00:17:32,190
doesn't die and I've done a good job of

452
00:17:37,280 --> 00:17:34,350
that we have lots of certified trainers

453
00:17:39,470 --> 00:17:37,290
it's very very big in Japan the Japanese

454
00:17:42,950 --> 00:17:39,480
have probably more Institute's than

455
00:17:45,260 --> 00:17:42,960
America I think there's something in

456
00:17:48,410 --> 00:17:45,270
there must be 300 certified trainers in

457
00:17:50,210 --> 00:17:48,420
Japan alone yeah and you know there are

458
00:17:52,280 --> 00:17:50,220
different North Korea or not North Korea

459
00:17:54,800 --> 00:17:52,290
South Korea it's becoming very big at

460
00:17:56,660 --> 00:17:54,810
South Korea and there are trainers in

461
00:17:59,750 --> 00:17:56,670
Malaysia we have people doing training

462
00:18:01,880 --> 00:17:59,760
all over the world now in the United

463
00:18:05,120 --> 00:18:01,890

States is funny because it's such a huge

464
00:18:07,220 --> 00:18:05,130
huge market it's very hard to break in

465
00:18:10,250 --> 00:18:07,230
and make an impact that everybody knows

466
00:18:11,960 --> 00:18:10,260
about and you know I've been at this for

467
00:18:14,210 --> 00:18:11,970
four decades and there are lots of

468
00:18:15,800 --> 00:18:14,220
people in America do an NLP in various

469
00:18:17,720 --> 00:18:15,810
forms and some of them don't even know

470
00:18:19,490 --> 00:18:17,730
what it is I've worked with the

471
00:18:22,070 --> 00:18:19,500
government we redesigned training

472
00:18:25,720 --> 00:18:22,080
programs for the pistol shooting and for

473
00:18:28,160 --> 00:18:25,730
the m16 training about 25 years ago and

474
00:18:30,100 --> 00:18:28,170
most of those people left the government

475
00:18:32,930 --> 00:18:30,110
got jobs somewhere else

476
00:18:34,220 --> 00:18:32,940
that's kind of the way corporations are

477
00:18:36,170 --> 00:18:34,230
so maybe it's successful or the

478
00:18:38,450 --> 00:18:36,180
corporation they end up getting a job at

479
00:18:40,940 --> 00:18:38,460
some other place doing something else

480
00:18:43,060 --> 00:18:40,950
you know if you're a successful engineer

481
00:18:45,110 --> 00:18:43,070
you end up being middle management

482
00:18:48,320 --> 00:18:45,120
probably something you know nothing

483
00:18:50,960 --> 00:18:48,330
about it's just the way things are and

484
00:18:52,760 --> 00:18:50,970
the way information flows but now that

485
00:18:54,080 --> 00:18:52,770
there's all these ebooks and there are

486
00:18:56,660 --> 00:18:54,090
computer programs

487
00:18:59,390 --> 00:18:56,670
I expect that you'll find a lot more NLP

488
00:19:02,180 --> 00:18:59,400

it's on TV all the time the CSI guys

489
00:19:04,279 --> 00:19:02,190
talk about it you know I see it all

490
00:19:06,889 --> 00:19:04,289
the place in places I wouldn't expect it

491
00:19:08,930 --> 00:19:06,899
I mean especially coming for me you know

492
00:19:10,700 --> 00:19:08,940
having started in a room by myself with

493
00:19:13,190 --> 00:19:10,710
a bear light bulb typing away on a

494
00:19:15,049 --> 00:19:13,200
manual typewriter there's been an

495
00:19:18,740 --> 00:19:15,059
explosion of information in the past

496
00:19:20,960 --> 00:19:18,750
four decades right on well let's talk

497
00:19:24,169 --> 00:19:20,970
about some of these big stresses in

498
00:19:25,999 --> 00:19:24,179
people's lives probably money and career

499
00:19:27,769 --> 00:19:26,009
paths are obviously huge ones I mean

500
00:19:29,509 --> 00:19:27,779
most people I know are stuck on a

501
00:19:31,220 --> 00:19:29,519
hamster wheel at either a dead-end job

502
00:19:33,440 --> 00:19:31,230
or one that they aren't passionate about

503
00:19:35,629 --> 00:19:33,450
and there's a lot of fear built up

504
00:19:39,139 --> 00:19:35,639
around abandoning that for something

505
00:19:41,840 --> 00:19:39,149
more fulfilling how can these kind of

506
00:19:44,629 --> 00:19:41,850
mental techniques help someone to gain

507
00:19:47,269 --> 00:19:44,639
the life they want well to start with

508
00:19:49,700 --> 00:19:47,279
you know to change your life you need to

509
00:19:52,730 --> 00:19:49,710
reduce your worried because worry just

510
00:19:54,200 --> 00:19:52,740
takes a lot of time if you start saying

511
00:19:57,230 --> 00:19:54,210
to yourself well I should quit my job

512
00:19:59,360 --> 00:19:57,240
and find something I love doing to start

513
00:20:01,490 --> 00:19:59,370

with that's the wrong order just that

514
00:20:03,200 --> 00:20:01,500
right out of the cake think about yeah

515
00:20:05,269 --> 00:20:03,210
you know become unemployed with no

516
00:20:07,940 --> 00:20:05,279
resources and then try to build a life

517
00:20:09,680 --> 00:20:07,950
it's the wrong way to go about it what

518
00:20:12,379 --> 00:20:09,690
you need to do is to build something

519
00:20:13,759 --> 00:20:12,389
that has a transition model in it I mean

520
00:20:16,970 --> 00:20:13,769
a lot of people who have started doing

521
00:20:18,320 --> 00:20:16,980
NLP had jobs doing something else a door

522
00:20:20,749 --> 00:20:18,330
work the corporation's they were

523
00:20:23,330 --> 00:20:20,759
architects some were medical doctors and

524
00:20:27,200 --> 00:20:23,340
just hated it or Obamacare was on the

525
00:20:30,019 --> 00:20:27,210
horizon my dermatologist just quit he's

526
00:20:31,999 --> 00:20:30,029
55 years old and figured out he couldn't

527
00:20:34,580 --> 00:20:32,009
be a doctor by himself anymore he had to

528
00:20:35,960 --> 00:20:34,590
join some big organization Marie had to

529
00:20:38,419 --> 00:20:35,970
go out and spend a hundred thousand on

530
00:20:40,310 --> 00:20:38,429
computers and hire new people just to

531
00:20:42,590 --> 00:20:40,320
keep track of the stuff to do Obamacare

532
00:20:44,810 --> 00:20:42,600
when all he normally does is walk in

533
00:20:46,940 --> 00:20:44,820
look at your skin freeze a few things

534
00:20:48,889 --> 00:20:46,950
and you know if you have some kind of

535
00:20:51,680 --> 00:20:48,899
skin disorder he knows them all because

536
00:20:55,279 --> 00:20:51,690
he's done a long time and he just quit

537
00:20:56,990 --> 00:20:55,289
it just said this is not for me and you

538
00:20:59,149 --> 00:20:57,000

know instead he wants to go and get

539
00:21:00,860 --> 00:20:59,159
trained to do something else now he's

540
00:21:02,600 --> 00:21:00,870
lucky because he's got a pile of money

541
00:21:06,259 --> 00:21:02,610
to fall back on he could learn to be

542
00:21:08,210 --> 00:21:06,269
anything you go be an airline pilot but

543
00:21:10,490 --> 00:21:08,220
not most people aren't in that position

544
00:21:12,139 --> 00:21:10,500
so the first thing you have to do is get

545
00:21:13,850 --> 00:21:12,149
rid of all the scary pictures because

546
00:21:15,710 --> 00:21:13,860
they're nothing more than scary pictures

547
00:21:15,980 --> 00:21:15,720
and then you have to figure out where

548
00:21:26,960 --> 00:21:15,990
you

549
00:21:29,840 --> 00:21:26,970
from one place to another and the name

550
00:21:32,360 --> 00:21:29,850
of that is called thinking most people

551
00:21:34,820 --> 00:21:32,370
spend most of their time remembering and

552
00:21:36,830 --> 00:21:34,830
calling it thinking that you know they

553
00:21:38,780 --> 00:21:36,840
they remember seeing people there they

554
00:21:40,580 --> 00:21:38,790
remember not having money they remember

555
00:21:42,919 --> 00:21:40,590
being unemployed you know for three

556
00:21:44,780 --> 00:21:42,929
months and how horrible it was and they

557
00:21:46,910 --> 00:21:44,790
go if I quit I'm going to be that bad

558
00:21:49,310 --> 00:21:46,920
off well that's not really thinking

559
00:21:51,440 --> 00:21:49,320
that's just really remembering and if

560
00:21:53,030 --> 00:21:51,450
you make a wild fantasy of horrible

561
00:21:54,980 --> 00:21:53,040
things happening and your wife leaving

562
00:21:57,320 --> 00:21:54,990
you and you're losing your house and

563
00:22:00,230 --> 00:21:57,330

then you remember it that's not thinking

564
00:22:02,570 --> 00:22:00,240
either that's remembering but if you

565
00:22:04,250 --> 00:22:02,580
really do adequate planning and you lay

566
00:22:06,350 --> 00:22:04,260
out in your mind what it would take to

567
00:22:08,299 --> 00:22:06,360
successfully move from one career to

568
00:22:10,160 --> 00:22:08,309
another and it doesn't mean it will be

569
00:22:13,430 --> 00:22:10,170
easy you may have to go to school at

570
00:22:15,470 --> 00:22:13,440
night one of my relatives is stuck in a

571
00:22:17,210 --> 00:22:15,480
very dead-end job it couldn't be more of

572
00:22:20,600 --> 00:22:17,220
a dead-end job he works on the docks

573
00:22:22,790 --> 00:22:20,610
loading boxes and now that he's 35 it's

574
00:22:26,240 --> 00:22:22,800
crossed his mind he can't dig his

575
00:22:28,820 --> 00:22:26,250
forever he's got three kids and I said

576
00:22:31,220 --> 00:22:28,830
you know there are jobs entry-level jobs

577
00:22:33,410 --> 00:22:31,230
where people make you know they do x-ray

578
00:22:36,680 --> 00:22:33,420
technicians there are people who you

579
00:22:39,049 --> 00:22:36,690
know build prosthetic limbs for people

580
00:22:41,180 --> 00:22:39,059
and you know it's our two-year programs

581
00:22:43,010 --> 00:22:41,190
and if he you know buckled down and went

582
00:22:45,590 --> 00:22:43,020
to school at night it would be very

583
00:22:46,970 --> 00:22:45,600
difficult but two years later he's going

584
00:22:48,620 --> 00:22:46,980
to be able to get a job where he's

585
00:22:52,700 --> 00:22:48,630
making three times as much money as he

586
00:22:55,370 --> 00:22:52,710
is now just to start with you know and

587
00:22:56,960 --> 00:22:55,380
you know it would be more satisfying you

588
00:22:59,060 --> 00:22:56,970

know I think of all the people coming

589
00:23:01,130 --> 00:22:59,070
back from all these crazy-ass wars with

590
00:23:02,450 --> 00:23:01,140
limbs ripped off right dimension the

591
00:23:07,160 --> 00:23:02,460
amount of people that do it naturally

592
00:23:09,680 --> 00:23:07,170
without being in the only yeah I mean

593
00:23:11,390 --> 00:23:09,690
well if someone has a lot of doubt in

594
00:23:13,760 --> 00:23:11,400
these techniques is there are there any

595
00:23:15,680 --> 00:23:13,770
small things you would suggest people

596
00:23:18,410 --> 00:23:15,690
start out with so they could test these

597
00:23:20,900 --> 00:23:18,420
methods personally well the first thing

598
00:23:22,820 --> 00:23:20,910
to do is you know is to think of

599
00:23:25,310 --> 00:23:22,830
something that you think about way too

600
00:23:27,320 --> 00:23:25,320
often and it makes you feel bad and

601
00:23:28,640 --> 00:23:27,330
typically for most people it's something

602
00:23:29,720 --> 00:23:28,650
that happened in the past they either

603
00:23:31,370 --> 00:23:29,730
made a mistake

604
00:23:33,649 --> 00:23:31,380
or somebody else screwed them over and

605
00:23:36,110 --> 00:23:33,659
they think about it and they think about

606
00:23:39,019 --> 00:23:36,120
it five times a week or 30 times a week

607
00:23:41,060 --> 00:23:39,029
and it drives them nuts now if you take

608
00:23:43,519 --> 00:23:41,070
that memory and you look at it exactly

609
00:23:45,889 --> 00:23:43,529
the same way it will make you feel just

610
00:23:47,470 --> 00:23:45,899
as bad you can look at it and a bad

611
00:23:50,600 --> 00:23:47,480
feeling will come it's like clockwork

612
00:23:52,789 --> 00:23:50,610
now if you take the same thing and you

613
00:23:54,680 --> 00:23:52,799

have to do this real quick you have to

614
00:23:57,500 --> 00:23:54,690
make it suddenly shrink it down to the

615
00:24:00,139 --> 00:23:57,510
size of a quarter and go don't get black

616
00:24:02,120 --> 00:24:00,149
and white then open it up at the end and

617
00:24:04,370 --> 00:24:02,130
run it backwards so it's like a Charlie

618
00:24:07,279 --> 00:24:04,380
Chaplin movie everybody walks real fast

619
00:24:09,289 --> 00:24:07,289
you mean talks backwards and run it back

620
00:24:12,320 --> 00:24:09,299
to the beginning then you wait five

621
00:24:14,779 --> 00:24:12,330
seconds take a deep breath and go back

622
00:24:16,460 --> 00:24:14,789
and look at it again nine out of ten

623
00:24:19,009 --> 00:24:16,470
times it will make you feel bad anymore

624
00:24:22,610 --> 00:24:19,019
because you've interrupted the normal

625
00:24:25,970 --> 00:24:22,620
neurological processing now if you can

626
00:24:27,440 --> 00:24:25,980
do that in 30 seconds or a minute what

627
00:24:28,970 --> 00:24:27,450
it means is there are all kinds of

628
00:24:31,310 --> 00:24:28,980
things about your brain that you don't

629
00:24:33,769 --> 00:24:31,320
know that will stop your bad feelings

630
00:24:36,049 --> 00:24:33,779
and a whole lot that will give you good

631
00:24:38,840 --> 00:24:36,059
feelings most of my books are like

632
00:24:41,240 --> 00:24:38,850
cookbooks you you know get the life you

633
00:24:42,889 --> 00:24:41,250
want you look up something take you 15

634
00:24:43,460 --> 00:24:42,899
minutes you do it and it makes you

635
00:24:45,980 --> 00:24:43,470
smarter

636
00:24:47,990 --> 00:24:45,990
it makes you stop worrying about this or

637
00:24:50,029 --> 00:24:48,000
it makes you it's broken into three

638
00:24:52,389 --> 00:24:50,039

pieces how to get over things how to get

639
00:24:55,220 --> 00:24:52,399
through things and how to get to things

640
00:24:57,820 --> 00:24:55,230
the new book that I just came out is

641
00:25:00,649 --> 00:24:57,830
called the ultimate introduction to NLP

642
00:25:02,450 --> 00:25:00,659
and it's actually a story of somebody

643
00:25:04,399 --> 00:25:02,460
going to a seminar and learning these

644
00:25:07,460 --> 00:25:04,409
techniques so it really is like watching

645
00:25:09,230 --> 00:25:07,470
an hour TV program you identify with the

646
00:25:11,659 --> 00:25:09,240
main character and you walk away with

647
00:25:13,730 --> 00:25:11,669
skills that you can use this isn't

648
00:25:15,320 --> 00:25:13,740
complicated stuff it's not like learning

649
00:25:17,840 --> 00:25:15,330
to meditate or play a musical instrument

650
00:25:19,870 --> 00:25:17,850
this is actually something you're doing

651
00:25:22,789 --> 00:25:19,880
every day but you're not controlling

652
00:25:23,750 --> 00:25:22,799
most people think about things but they

653
00:25:24,919 --> 00:25:23,760
don't think about how they're thinking

654
00:25:26,539 --> 00:25:24,929
about them they don't think about

655
00:25:29,450 --> 00:25:26,549
whether the picture is on the right or

656
00:25:31,039 --> 00:25:29,460
the left how big it is I mean if you

657
00:25:32,779 --> 00:25:31,049
think about whether if you ask yourself

658
00:25:35,930 --> 00:25:32,789
the question do you believe the Sun is

659
00:25:37,669 --> 00:25:35,940
coming up tomorrow you know most people

660
00:25:39,799 --> 00:25:37,679
have a great big picture of the Sun

661
00:25:41,070 --> 00:25:39,809
coming up it's in a particular place in

662
00:25:43,020 --> 00:25:41,080
their mind

663
00:25:44,880 --> 00:25:43,030

and you know when you start to think

664
00:25:46,260 --> 00:25:44,890
about the things you believe like you

665
00:25:49,290 --> 00:25:46,270
can't be successful

666
00:25:51,300 --> 00:25:49,300
well those all of those doubtful bad

667
00:25:53,580 --> 00:25:51,310
deep beliefs that give you strong

668
00:25:56,610 --> 00:25:53,590
feelings are all in the same place in

669
00:25:58,590 --> 00:25:56,620
your mind and if you learn that they're

670
00:26:00,690 --> 00:25:58,600
there then what happens is you can take

671
00:26:02,220 --> 00:26:00,700
them and move them somewhere else you

672
00:26:04,800 --> 00:26:02,230
know there are some things that you just

673
00:26:06,360 --> 00:26:04,810
don't hardly believe at all and when you

674
00:26:08,280 --> 00:26:06,370
look at it in your mind pictures will be

675
00:26:09,810 --> 00:26:08,290
in one place as opposed to another the

676
00:26:11,640 --> 00:26:09,820
voice will either be on the right of the

677
00:26:14,010 --> 00:26:11,650
left the front at the back when you

678
00:26:16,710 --> 00:26:14,020
start cataloging how you think then you

679
00:26:18,780 --> 00:26:16,720
start being able to adjust it so that

680
00:26:21,170 --> 00:26:18,790
you can start to believe what you want

681
00:26:25,350 --> 00:26:21,180
to believe and it affects your neurology

682
00:26:28,170 --> 00:26:25,360
your ability to have motivation is based

683
00:26:29,940 --> 00:26:28,180
on what you believe is possible and if

684
00:26:33,210 --> 00:26:29,950
you have if you have certainty about

685
00:26:35,580 --> 00:26:33,220
your doubt that's kind of paradoxical in

686
00:26:37,050 --> 00:26:35,590
and of itself I mean people who come in

687
00:26:39,000 --> 00:26:37,060
to me and say I'm racked with

688
00:26:41,820 --> 00:26:39,010

uncertainty I always look at them ago

689
00:26:44,700 --> 00:26:41,830
are you sure and most of the time they

690
00:26:48,330 --> 00:26:44,710
say yes and when I go how can you be so

691
00:26:49,860 --> 00:26:48,340
certain about your uncertainty and when

692
00:26:51,630 --> 00:26:49,870
they start to think about it you know

693
00:26:53,790 --> 00:26:51,640
there is a place in their mind where

694
00:26:56,340 --> 00:26:53,800
certainty is they just got all the wrong

695
00:26:58,110 --> 00:26:56,350
crap there and when you start moving

696
00:27:00,180 --> 00:26:58,120
[\h__\h] around in your mind the same way

697
00:27:02,100 --> 00:27:00,190
you wouldn't a filing cabinet the only

698
00:27:04,320 --> 00:27:02,110
difference is is that it affects the way

699
00:27:06,720 --> 00:27:04,330
you feel and if you change the way you

700
00:27:10,140 --> 00:27:06,730
think it changes the way you feel and

701
00:27:12,630 --> 00:27:10,150
therefore it changes what you can do now

702
00:27:16,260 --> 00:27:12,640
that's a great point Oh another thing I

703
00:27:17,880 --> 00:27:16,270
was curious about is have you or have

704
00:27:20,700 --> 00:27:17,890
you heard of anyone or known of anyone

705
00:27:22,110 --> 00:27:20,710
doing research in these mental

706
00:27:27,660 --> 00:27:22,120
techniques in conjunction with

707
00:27:29,750 --> 00:27:27,670
psychedelics those not on purpose the

708
00:27:32,940 --> 00:27:29,760
reason I ask is because uh

709
00:27:34,950 --> 00:27:32,950
dimethyltryptamine in ayahuasca a big

710
00:27:37,440 --> 00:27:34,960
part of that people feel like they gain

711
00:27:39,650 --> 00:27:37,450
serious insights from those specific

712
00:27:42,270 --> 00:27:39,660
compounds and they always talk about

713
00:27:45,120 --> 00:27:42,280

nasty drug actually I know a lot of

714
00:27:47,370 --> 00:27:45,130
people that have been taking it and but

715
00:27:49,080 --> 00:27:47,380
you know it to me if you can do it with

716
00:27:51,510 --> 00:27:49,090
ayahuasca you can probably do it without

717
00:27:52,960 --> 00:27:51,520
it you just read what people went

718
00:27:55,330 --> 00:27:52,970
through mentally

719
00:27:57,130 --> 00:27:55,340
yeah if some people are so hard-headed

720
00:27:59,410 --> 00:27:57,140
it probably took the ayahuasca to get

721
00:28:01,090 --> 00:27:59,420
them to have an insight I mean most of

722
00:28:02,950 --> 00:28:01,100
the people I met that flew down there

723
00:28:04,780 --> 00:28:02,960
and traipse through the jungles you know

724
00:28:07,000 --> 00:28:04,790
I love it they take a machete and got a

725
00:28:08,920 --> 00:28:07,010
place for the blamed around and they go

726
00:28:10,450 --> 00:28:08,930
in and some shaman who they don't even

727
00:28:12,760 --> 00:28:10,460
understand what they're saying they have

728
00:28:15,520 --> 00:28:12,770
a translator translating how there's

729
00:28:17,200 --> 00:28:15,530
entities and plants and and they learn

730
00:28:19,930 --> 00:28:17,210
to see these things and use them for

731
00:28:21,820 --> 00:28:19,940
healing and all kinds of stuff that most

732
00:28:23,800 --> 00:28:21,830
of the people I've met what you know are

733
00:28:25,600 --> 00:28:23,810
the ones that take a lot of convincing

734
00:28:27,760 --> 00:28:25,610
because they have a tendency to doubt

735
00:28:30,460 --> 00:28:27,770
everything and you know if you're

736
00:28:32,890 --> 00:28:30,470
rapping with LSD or ayahuasca or one of

737
00:28:34,750 --> 00:28:32,900
these things they have a tendency to to

738
00:28:37,000 --> 00:28:34,760

what these drugs do is they make the

739
00:28:39,880 --> 00:28:37,010
part that keeps your senses closed down

740
00:28:42,790 --> 00:28:39,890
if we didn't have things in our brain

741
00:28:45,430 --> 00:28:42,800
because like LSD lysergic acid actually

742
00:28:47,050 --> 00:28:45,440
is what opens up the senses like if

743
00:28:49,900 --> 00:28:47,060
there's danger and you get adrenaline

744
00:28:53,530 --> 00:28:49,910
the amount of LSD in your mind increases

745
00:28:55,300 --> 00:28:53,540
therefore you see more and hear more but

746
00:28:57,610 --> 00:28:55,310
if there wasn't something that dampened

747
00:29:01,330 --> 00:28:57,620
our senses we would become overwhelmed

748
00:29:03,370 --> 00:29:01,340
and and it's the interplay of the

749
00:29:05,560 --> 00:29:03,380
homeostatic system in the brain that

750
00:29:07,810 --> 00:29:05,570
allows us to find the balance the

751
00:29:10,300 --> 00:29:07,820
problem is is people become too fixed

752
00:29:11,740 --> 00:29:10,310
they only see what they believe and

753
00:29:15,310 --> 00:29:11,750
therefore they don't ever learn anything

754
00:29:17,140 --> 00:29:15,320
new and sometimes these drugs

755
00:29:19,630 --> 00:29:17,150
open the door wait long enough for

756
00:29:21,850 --> 00:29:19,640
people to peek out and discover you know

757
00:29:24,220 --> 00:29:21,860
that they've been overwhelmingly stupid

758
00:29:26,170 --> 00:29:24,230
for a long time that right you know

759
00:29:28,720 --> 00:29:26,180
nobody knows the limits of possibility

760
00:29:31,660 --> 00:29:28,730
good lord my grandfather believed that

761
00:29:33,160 --> 00:29:31,670
no one would ever fly you know and and

762
00:29:34,900 --> 00:29:33,170
my father was one of those people that

763
00:29:36,670 --> 00:29:34,910

walked around going you know that's as

764
00:29:39,520 --> 00:29:36,680
impossible as put the man on the moon

765
00:29:42,040 --> 00:29:39,530
and every time we set the limits of

766
00:29:43,890 --> 00:29:42,050
what's impossible we find out it really

767
00:29:46,990 --> 00:29:43,900
isn't you know with a concerted effort

768
00:29:49,690 --> 00:29:47,000
impossible but we managed to do it and

769
00:29:51,700 --> 00:29:49,700
get it less than 10 years we need to put

770
00:29:53,050 --> 00:29:51,710
our minds into making our populations

771
00:29:55,330 --> 00:29:53,060
smart enough to keep up with our

772
00:30:01,360 --> 00:29:55,340
smartphones I notice they'll call them

773
00:30:03,010 --> 00:30:01,370
smart phones not smart schools that's

774
00:30:04,780 --> 00:30:03,020
funny I mean yeah maybe the psychedelics

775
00:30:06,730 --> 00:30:04,790
are a crutch or maybe they're just a way

776
00:30:08,889 --> 00:30:06,740
of diving in and maybe it is

777
00:30:11,440 --> 00:30:08,899
there one way that you know I mean

778
00:30:13,720 --> 00:30:11,450
psychedelics are way to open up your

779
00:30:17,590 --> 00:30:13,730
senses so you perceive more and have new

780
00:30:19,090 --> 00:30:17,600
ideas right but it's not the only way

781
00:30:21,760 --> 00:30:19,100
there are certainly you know I do it

782
00:30:23,440 --> 00:30:21,770
with hypnosis all the time I do it with

783
00:30:25,600 --> 00:30:23,450
neural linguistic programming I do it

784
00:30:28,720 --> 00:30:25,610
with design human engineering all of

785
00:30:29,500 --> 00:30:28,730
these tools because remember it's not

786
00:30:34,090 --> 00:30:29,510
the drug

787
00:30:36,340 --> 00:30:34,100
when you take LSD

788
00:30:38,529 --> 00:30:36,350

there's LSD in your brain already but

789
00:30:41,080 --> 00:30:38,539
it's not producing as much and by

790
00:30:43,269 --> 00:30:41,090
increasing that level the body responds

791
00:30:45,789 --> 00:30:43,279
and therefore your synapses start

792
00:30:48,220 --> 00:30:45,799
synapse in a in a new direction and your

793
00:30:49,960 --> 00:30:48,230
eyes start perceiving new things and you

794
00:30:52,990 --> 00:30:49,970
start to get ideas that you wouldn't

795
00:30:55,480 --> 00:30:53,000
have otherwise and you know it

796
00:30:58,240 --> 00:30:55,490
oddly enough when somebody has taken one

797
00:31:01,570 --> 00:30:58,250
of these drugs it's very easy to reduce

798
00:31:04,360 --> 00:31:01,580
the drug state even right even rings

799
00:31:06,430 --> 00:31:04,370
like sodium pentathol if somebody has

800
00:31:09,159 --> 00:31:06,440
ever taken sodium pentathol in a matter

801
00:31:11,500 --> 00:31:09,169
of probably 15 minutes it would take me

802
00:31:15,190 --> 00:31:11,510
to reduce the state and put them back in

803
00:31:17,380 --> 00:31:15,200
it because my body's already memorized

804
00:31:19,450 --> 00:31:17,390
it so you know their ability to

805
00:31:19,840 --> 00:31:19,460
reproduce it chemically it's not that

806
00:31:23,470 --> 00:31:19,850
hard

807
00:31:26,110 --> 00:31:23,480
we are strange machines but on its we

808
00:31:28,810 --> 00:31:26,120
are let's talk about these techniques as

809
00:31:30,490 --> 00:31:28,820
far as applications for learning new

810
00:31:32,620 --> 00:31:30,500
skills I hear that's kind of a big thing

811
00:31:34,450 --> 00:31:32,630
that you can use them for are there any

812
00:31:36,370 --> 00:31:34,460
real limitations to what they can do I

813
00:31:37,990 --> 00:31:36,380

mean can a clumsy person mentally

814
00:31:39,820 --> 00:31:38,000
transform themselves into a great

815
00:31:42,580 --> 00:31:39,830
athlete or a tone-deaf shower singer

816
00:31:44,950 --> 00:31:42,590
manifest a perfect pitch well it's

817
00:31:46,600 --> 00:31:44,960
certainly not overnight you know this is

818
00:31:49,690 --> 00:31:46,610
what I hear people come over time then

819
00:31:51,669 --> 00:31:49,700
they tell me to go I heard NLP could you

820
00:31:53,889 --> 00:31:51,679
know make you hit every ball that comes

821
00:31:56,200 --> 00:31:53,899
across the plate well I've worked with

822
00:31:59,889 --> 00:31:56,210
great baseball players and so far we

823
00:32:02,080 --> 00:31:59,899
haven't figured out a way to do that see

824
00:32:04,510 --> 00:32:02,090
what we can do is we can get the same

825
00:32:06,220 --> 00:32:04,520
mental state that somebody's in when

826
00:32:08,289 --> 00:32:06,230
they're doing well to be taught to

827
00:32:11,190 --> 00:32:08,299
people who are learning so they're more

828
00:32:13,990 --> 00:32:11,200
likely to do better than they would and

829
00:32:16,659 --> 00:32:14,000
this is true for musicians this is true

830
00:32:18,549 --> 00:32:16,669
for artists I do a class where I

831
00:32:20,289 --> 00:32:18,559
actually bring people in who claim they

832
00:32:22,389 --> 00:32:20,299
have no artistic ability

833
00:32:24,099 --> 00:32:22,399
I put them into a trance and I'd give

834
00:32:26,440 --> 00:32:24,109
them different strategies that I've

835
00:32:29,589 --> 00:32:26,450
gotten from good artists and oddly

836
00:32:32,109 --> 00:32:29,599
enough they can paint immediately why

837
00:32:33,489 --> 00:32:32,119
and and you know I have a video with

838
00:32:36,249 --> 00:32:33,499

that on there called the class of the

839
00:32:38,320 --> 00:32:36,259
master I've probably done this now for

840
00:32:40,839 --> 00:32:38,330
20 years probably two or three times a

841
00:32:44,349 --> 00:32:40,849
year and I'm always shocked by how well

842
00:32:47,440 --> 00:32:44,359
people do that that you know our

843
00:32:50,139 --> 00:32:47,450
inhibitions stop us from trying and if

844
00:32:52,479 --> 00:32:50,149
we don't have any mental capacity and

845
00:32:54,190 --> 00:32:52,489
one of those strategies I got from a guy

846
00:32:56,169 --> 00:32:54,200
who's just walking down the Thames in

847
00:32:57,940 --> 00:32:56,179
London and there was a guy drawing a

848
00:33:01,209 --> 00:32:57,950
tree on the other side of the river and

849
00:33:03,940 --> 00:33:01,219
the drawing was identical to the tree I

850
00:33:07,269 --> 00:33:03,950
mean it was colored pencils and he was

851
00:33:08,709 --> 00:33:07,279
drawing it perfectly and and I walked up

852
00:33:11,199 --> 00:33:08,719
and asked him I said how do you get the

853
00:33:13,449 --> 00:33:11,209
tree on the paper and the guy goes well

854
00:33:15,249 --> 00:33:13,459
he does I just draw it I said yeah but I

855
00:33:17,499 --> 00:33:15,259
said how does your hand know what to do

856
00:33:19,479 --> 00:33:17,509
and he looked at me and he said well

857
00:33:22,690 --> 00:33:19,489
this is going to sound crazy and I hear

858
00:33:24,909 --> 00:33:22,700
that a lot in my business but what he

859
00:33:27,909 --> 00:33:24,919
did is he imagined his hand across the

860
00:33:30,039 --> 00:33:27,919
river great big hand tracing the tree

861
00:33:32,769 --> 00:33:30,049
and he saw a wire come from his hand

862
00:33:34,930 --> 00:33:32,779
attached to his real hand so when the

863
00:33:37,569 --> 00:33:34,940

hand mix of the tree moved his hand

864
00:33:39,699 --> 00:33:37,579
moved on the paper when you think about

865
00:33:42,669 --> 00:33:39,709
it that way suddenly drawing something

866
00:33:45,159 --> 00:33:42,679
on the outside becomes easier that one

867
00:33:47,319 --> 00:33:45,169
little mental trick you know and if I

868
00:33:47,829 --> 00:33:47,329
teach somebody who's never drawn to do

869
00:33:50,169 --> 00:33:47,839
that

870
00:33:52,959 --> 00:33:50,179
the hallucinate this hand tracing the

871
00:33:54,849 --> 00:33:52,969
tree and doing the colors and color by

872
00:33:57,009 --> 00:33:54,859
color and switching from the color that

873
00:33:59,289 --> 00:33:57,019
they see across the river to that color

874
00:34:01,479 --> 00:33:59,299
of pencil and then just tracing or

875
00:34:03,969 --> 00:34:01,489
shading that part of the tree suddenly

876
00:34:06,219 --> 00:34:03,979
the tree they draw may not be as good as

877
00:34:08,680 --> 00:34:06,229
the artist who is on the Thames but it

878
00:34:11,440 --> 00:34:08,690
certainly is 15 minutes later better

879
00:34:13,269 --> 00:34:11,450
than they could have done and if they

880
00:34:15,490 --> 00:34:13,279
keep doing that they keep getting better

881
00:34:18,339 --> 00:34:15,500
and as you keep adding those techniques

882
00:34:20,409 --> 00:34:18,349
so that you have a whole repertoire not

883
00:34:22,690 --> 00:34:20,419
just the one with the wire but once

884
00:34:26,260 --> 00:34:22,700
about color and one's about shading and

885
00:34:28,569 --> 00:34:26,270
all the details some artists are able to

886
00:34:30,430 --> 00:34:28,579
look at very small things and magnify

887
00:34:33,290 --> 00:34:30,440
them as if they have a magnifying glass

888
00:34:34,880 --> 00:34:33,300

most people who do carving do that

889
00:34:36,710 --> 00:34:34,890
they were teaching this in art school

890
00:34:39,010 --> 00:34:36,720
when I went to school they just handed

891
00:34:41,480 --> 00:34:39,020
us big giant crayons and said draw this

892
00:34:43,159 --> 00:34:41,490
you know and that's the same way they

893
00:34:45,710 --> 00:34:43,169
used to do training in baseball games

894
00:34:48,409 --> 00:34:45,720
they would hand you baseball on the bat

895
00:34:51,020 --> 00:34:48,419
and they'd go out and say hits up they

896
00:34:53,600 --> 00:34:51,030
wouldn't tell you how to slow down time

897
00:34:54,889 --> 00:34:53,610
so the ball isn't moving is fast they

898
00:34:57,139 --> 00:34:54,899
wouldn't tell you how to make the ball

899
00:34:58,910 --> 00:34:57,149
appear bigger how to see which way the

900
00:35:01,610 --> 00:34:58,920
ball is spinning so that you knew which

901
00:35:03,380 --> 00:35:01,620
side of the ball to hit it on that many

902
00:35:05,930 --> 00:35:03,390
sports have become much more of a

903
00:35:08,030 --> 00:35:05,940
science than they ever were and a big

904
00:35:10,700 --> 00:35:08,040
part of that is what NLP has done for

905
00:35:12,950 --> 00:35:10,710
them teaching them to repeat positive

906
00:35:14,810 --> 00:35:12,960
states of consciousness so that people

907
00:35:17,300 --> 00:35:14,820
have a sense of time distortion when

908
00:35:18,740 --> 00:35:17,310
they need it and you know most of these

909
00:35:20,330 --> 00:35:18,750
baseball players go out and they hit

910
00:35:22,400 --> 00:35:20,340
their foot with the bat and they step

911
00:35:25,280 --> 00:35:22,410
into the batter's box and then they step

912
00:35:27,230 --> 00:35:25,290
back out and step back in even golfers

913
00:35:29,510 --> 00:35:27,240

when they look down the fairway and they

914
00:35:31,730 --> 00:35:29,520
make a fake stroke and they look down

915
00:35:33,680 --> 00:35:31,740
the fairway when you start asking what

916
00:35:36,140 --> 00:35:33,690
are you looking for how do you know when

917
00:35:38,480 --> 00:35:36,150
D at the ball most of them will tell you

918
00:35:40,250 --> 00:35:38,490
the fairway starts to shrink and when it

919
00:35:42,200 --> 00:35:40,260
gets to a certain size they know they're

920
00:35:43,400 --> 00:35:42,210
going to hit it well and if they hit it

921
00:35:46,310 --> 00:35:43,410
any other time

922
00:35:47,840 --> 00:35:46,320
they slice it or do poorly man where do

923
00:35:50,930 --> 00:35:47,850
you think that comes from are they doing

924
00:35:52,990 --> 00:35:50,940
that mentally it's an altered state like

925
00:35:55,940 --> 00:35:53,000
I say a third states are really

926
00:35:59,270 --> 00:35:55,950
concentration I think most drugs help

927
00:36:00,620 --> 00:35:59,280
people to concentrate and that it

928
00:36:03,620 --> 00:36:00,630
doesn't mean it's the only way to

929
00:36:07,220 --> 00:36:03,630
concentrate but these are that most

930
00:36:09,590 --> 00:36:07,230
athletic feats are done by going into a

931
00:36:11,360 --> 00:36:09,600
profound altered state a prizefighter

932
00:36:13,400 --> 00:36:11,370
doesn't walk out in the same state of

933
00:36:15,650 --> 00:36:13,410
consciousness he's he's having lunch in

934
00:36:17,420 --> 00:36:15,660
he learns to focus when you look at them

935
00:36:19,670 --> 00:36:17,430
coming out of the ring their pupils are

936
00:36:21,680 --> 00:36:19,680
dilated they have to go into a state

937
00:36:23,480 --> 00:36:21,690
where they can maintain things like and

938
00:36:25,640 --> 00:36:23,490

they're all hypnotic phenomenon they

939
00:36:27,920 --> 00:36:25,650
have to distort time so that everything

940
00:36:29,840 --> 00:36:27,930
is going in slow motion they have to do

941
00:36:32,420 --> 00:36:29,850
pain control much like you do in

942
00:36:36,370 --> 00:36:32,430
hypnosis all of these things that people

943
00:36:38,930 --> 00:36:36,380
do as athletes are hypnotic phenomenon

944
00:36:40,460 --> 00:36:38,940
man what do you think is some of the

945
00:36:42,200 --> 00:36:40,470
best ways to increase our concentration

946
00:36:45,020 --> 00:36:42,210
to work up to some of those higher

947
00:36:46,520 --> 00:36:45,030
levels well I I'm a great proponent of

948
00:36:49,040 --> 00:36:46,530
learning hypnosis

949
00:36:52,010 --> 00:36:49,050
I you know meditation to me it takes a

950
00:36:53,810 --> 00:36:52,020
long time but we gain if you get

951
00:36:56,060 --> 00:36:53,820
somebody to hypnotize you into a deep

952
00:36:58,010 --> 00:36:56,070
trance and give you the post if not a

953
00:37:00,290 --> 00:36:58,020
suggestion you can go back when you want

954
00:37:02,570 --> 00:37:00,300
to learn to count yourself in and out

955
00:37:05,240 --> 00:37:02,580
you learn what hypnotic phenomena are

956
00:37:07,370 --> 00:37:05,250
there and we've gone a step further and

957
00:37:09,320 --> 00:37:07,380
define human engineering we actually

958
00:37:11,510 --> 00:37:09,330
build a control panel in the mind so you

959
00:37:12,830 --> 00:37:11,520
can look down and you have a lever in

960
00:37:15,500 --> 00:37:12,840
your mind and you can just pull it and

961
00:37:18,080 --> 00:37:15,510
change your state so you go deep and one

962
00:37:20,930 --> 00:37:18,090
that increases serotonin and one that

963
00:37:22,370 --> 00:37:20,940

increases your level of adrenaline so

964
00:37:24,650 --> 00:37:22,380
that you can go into heightened states

965
00:37:26,780 --> 00:37:24,660
of awareness or deep states of awareness

966
00:37:29,390 --> 00:37:26,790
and you can actually get an application

967
00:37:31,970 --> 00:37:29,400
for your iPhone and a little headset now

968
00:37:34,370 --> 00:37:31,980
called an X wave and you can measure

969
00:37:36,260 --> 00:37:34,380
your brainwave patterns when we

970
00:37:37,880 --> 00:37:36,270
hypnotize people we don't just do it

971
00:37:40,339 --> 00:37:37,890
like you know the old days where they

972
00:37:42,710 --> 00:37:40,349
took a watch and spin it in a circle we

973
00:37:44,960 --> 00:37:42,720
put on Brita machines and we read

974
00:37:46,940 --> 00:37:44,970
people's brainwave patterns so we know

975
00:37:48,560 --> 00:37:46,950
exactly what state they're in we know

976
00:37:50,180 --> 00:37:48,570
whether they're going into alpha and

977
00:37:53,120 --> 00:37:50,190
when they get to alpha whether there are

978
00:37:56,839 --> 00:37:53,130
fated spikes and we know which states

979
00:37:58,579 --> 00:37:56,849
are better for what activities and you

980
00:38:01,160 --> 00:37:58,589
know to me you know I've worked

981
00:38:02,900 --> 00:38:01,170
diligently for years to tie in the

982
00:38:06,349 --> 00:38:02,910
relationship between information

983
00:38:08,210 --> 00:38:06,359
gathering machines and giving people the

984
00:38:10,490 --> 00:38:08,220
ability to gather the same information

985
00:38:13,849 --> 00:38:10,500
with their eyes and their ears so that

986
00:38:16,010 --> 00:38:13,859
we become better communicators yeah you

987
00:38:19,040 --> 00:38:16,020
know every once in a while on this show

988
00:38:20,630 --> 00:38:19,050

we'll have some guests from the New Age

989
00:38:23,000 --> 00:38:20,640
movement and that's not really my

990
00:38:24,859 --> 00:38:23,010
favorite area but when they're talking

991
00:38:25,970 --> 00:38:24,869
about manifesting reality and that kind

992
00:38:29,060 --> 00:38:25,980
of thing do you think this is really

993
00:38:31,250 --> 00:38:29,070
what they're trying to describe um I

994
00:38:33,410 --> 00:38:31,260
have trouble understanding a lot of what

995
00:38:35,960 --> 00:38:33,420
they say because they use verbs as if

996
00:38:38,329 --> 00:38:35,970
they're nouns you know when you start

997
00:38:41,750 --> 00:38:38,339
talking about reality as if it's a thing

998
00:38:43,520 --> 00:38:41,760
as a physicist I know better I mean you

999
00:38:45,140 --> 00:38:43,530
start looking inside things and there's

1000
00:38:47,570 --> 00:38:45,150
nothing but smoke and mirrors and no

1001
00:38:50,570 --> 00:38:47,580
mirrors and no smoke but there are rules

1002
00:38:52,490 --> 00:38:50,580
by which things operate gold melts at

1003
00:38:56,120 --> 00:38:52,500
the same temperature every single time

1004
00:38:58,550 --> 00:38:56,130
and those rules change by the way

1005
00:38:58,910 --> 00:38:58,560
depending upon what's going on that's

1006
00:38:59,900 --> 00:38:58,920
what

1007
00:39:02,059 --> 00:38:59,910
you know when you reach a certain

1008
00:39:05,240 --> 00:39:02,069
temperature the laws of ohms and amps

1009
00:39:08,000 --> 00:39:05,250
simply ceases to exist it changes and

1010
00:39:10,160 --> 00:39:08,010
the more you study physics the more you

1011
00:39:12,859 --> 00:39:10,170
learn that there are rules in reality

1012
00:39:13,849 --> 00:39:12,869
but when the New Age people talk about

1013
00:39:16,700 --> 00:39:13,859

it when they start talking about

1014
00:39:18,710 --> 00:39:16,710
manifesting a reality they don't get

1015
00:39:20,720 --> 00:39:18,720
into the details of how you do it how do

1016
00:39:22,279 --> 00:39:20,730
you handle the strong belief I have a

1017
00:39:24,710 --> 00:39:22,289
whole book that tells you how to go in

1018
00:39:26,299 --> 00:39:24,720
and build better beliefs and it's

1019
00:39:29,870 --> 00:39:26,309
probably using your brain for a change

1020
00:39:31,609 --> 00:39:29,880
and that book is dedicated to the idea

1021
00:39:33,650 --> 00:39:31,619
that you can decide what you're going to

1022
00:39:35,450 --> 00:39:33,660
believe and make it as strong a belief

1023
00:39:38,299 --> 00:39:35,460
as anything else that you believe

1024
00:39:40,609 --> 00:39:38,309
strongly and it tells you exactly how to

1025
00:39:42,589 --> 00:39:40,619
do it and there's our exercises by which

1026
00:39:44,359 --> 00:39:42,599
you practice it and the more you

1027
00:39:46,220 --> 00:39:44,369
practice it it's like anything else the

1028
00:39:49,190 --> 00:39:46,230
better you get at it and if people

1029
00:39:51,529 --> 00:39:49,200
decide this and to me what manifests

1030
00:39:53,329 --> 00:39:51,539
things with most of my clients who have

1031
00:39:56,509 --> 00:39:53,339
failed at most of the things in life

1032
00:39:58,160 --> 00:39:56,519
except going to therapy when they get to

1033
00:39:59,450 --> 00:39:58,170
the point where they realize if you

1034
00:40:01,940 --> 00:39:59,460
believe you're going to do something

1035
00:40:04,940 --> 00:40:01,950
then you try with every fiber of your

1036
00:40:07,220 --> 00:40:04,950
soul and every fiber of your imagination

1037
00:40:09,559 --> 00:40:07,230
so that you make plans and you carry

1038
00:40:11,779 --> 00:40:09,569

them out I don't think it's enough to

1039
00:40:14,240 --> 00:40:11,789
just believe I think you have to do as

1040
00:40:15,589 --> 00:40:14,250
well I think this is what makes me pop

1041
00:40:17,990 --> 00:40:15,599
out of the side of the New Age movement

1042
00:40:21,049 --> 00:40:18,000
they don't put my books in the New Age

1043
00:40:23,240 --> 00:40:21,059
department you know sometimes they call

1044
00:40:25,160 --> 00:40:23,250
themselves out books but really they're

1045
00:40:27,559 --> 00:40:25,170
not about helping yourself they're about

1046
00:40:29,990 --> 00:40:27,569
transforming yourself I'm in the

1047
00:40:32,839 --> 00:40:30,000
business of optimizing people not

1048
00:40:35,420 --> 00:40:32,849
repairing them a lot of what you look at

1049
00:40:37,099 --> 00:40:35,430
in the New Age book are all about how do

1050
00:40:39,589 --> 00:40:37,109
you fix yourself how do you overcome

1051
00:40:42,109 --> 00:40:39,599
what's wrong with you and I happen to

1052
00:40:44,599 --> 00:40:42,119
think people work perfectly the paranoid

1053
00:40:46,910 --> 00:40:44,609
is paranoid everyday person with an

1054
00:40:50,900 --> 00:40:46,920
elevator phobia never forgets to be

1055
00:40:53,299 --> 00:40:50,910
phobic of an elevator yeah that's

1056
00:40:55,490 --> 00:40:53,309
actually a great point and so anyway

1057
00:40:58,730 --> 00:40:55,500
what I try to do all the time is to just

1058
00:41:00,859 --> 00:40:58,740
get people to it took to optimize what

1059
00:41:03,109 --> 00:41:00,869
they have take their assets and amplify

1060
00:41:05,809 --> 00:41:03,119
them take their deficits and shrink them

1061
00:41:08,120 --> 00:41:05,819
down and add other things so that they

1062
00:41:10,249 --> 00:41:08,130
start to build better beliefs so they

1063
00:41:12,920 --> 00:41:10,259

have a better attitude and to learn to

1064
00:41:14,630 --> 00:41:12,930
control their feelings and

1065
00:41:16,970 --> 00:41:14,640
a lot of the New Age movement acts as if

1066
00:41:18,799 --> 00:41:16,980
your feelings are real and they are real

1067
00:41:21,500 --> 00:41:18,809
while you're having them but they're not

1068
00:41:23,510 --> 00:41:21,510
there they're not real like gold melting

1069
00:41:25,579 --> 00:41:23,520
at the same temperature you could look

1070
00:41:28,250 --> 00:41:25,589
at them here exactly the same things and

1071
00:41:30,829 --> 00:41:28,260
feel entirely different it happens all

1072
00:41:33,620 --> 00:41:30,839
the time we change our taste for foods

1073
00:41:36,049 --> 00:41:33,630
we change what we like we change who we

1074
00:41:39,230 --> 00:41:36,059
like all of these things change and they

1075
00:41:42,500 --> 00:41:39,240
change over time being able to do it on

1076
00:41:45,140 --> 00:41:42,510
purpose is called thinking and when you

1077
00:41:46,760 --> 00:41:45,150
know how to think on purpose then you

1078
00:41:49,960 --> 00:41:46,770
can change the way you feel and

1079
00:41:53,000 --> 00:41:49,970
therefore it changes what you can do

1080
00:41:55,099 --> 00:41:53,010
yeah I mean one of my biggest problems

1081
00:41:57,140 --> 00:41:55,109
is probably procrastination it's a

1082
00:41:59,750 --> 00:41:57,150
widespread problem but you never wait to

1083
00:42:01,910 --> 00:41:59,760
pre-crash been right that's a good point

1084
00:42:03,470 --> 00:42:01,920
I mean it's just what is it it's it's so

1085
00:42:05,150 --> 00:42:03,480
easy for me to bust my ass for eight

1086
00:42:06,650 --> 00:42:05,160
hours a day when my boss is telling me

1087
00:42:08,359 --> 00:42:06,660
what to do but when it comes to working

1088
00:42:10,609 --> 00:42:08,369

on things I'm passionate about that I'd

1089
00:42:13,460 --> 00:42:10,619
rather be doing apparently it's a huge

1090
00:42:15,890 --> 00:42:13,470
undertaking to get started what's going

1091
00:42:17,780 --> 00:42:15,900
on there well I don't know what's going

1092
00:42:19,609 --> 00:42:17,790
on a psychologist would be interested in

1093
00:42:21,770 --> 00:42:19,619
that question I'm only interested in how

1094
00:42:24,049 --> 00:42:21,780
you start doing things Kenneth's watch

1095
00:42:26,240 --> 00:42:24,059
tells you to do something how do you

1096
00:42:29,720 --> 00:42:26,250
think about where how do you start doing

1097
00:42:32,410 --> 00:42:29,730
it yes yes clear picture in your mind of

1098
00:42:37,460 --> 00:42:32,420
what you need to do most likely yeah

1099
00:42:39,680 --> 00:42:37,470
okay if it on the right the left well me

1100
00:42:41,630 --> 00:42:39,690
personally is just uh it's some on such

1101
00:42:44,839 --> 00:42:41,640
autopilot there that I just kind of go

1102
00:42:47,240 --> 00:42:44,849
for it well I bet you can say that but

1103
00:42:49,099 --> 00:42:47,250
it's not true know you think there's

1104
00:42:50,870 --> 00:42:49,109
more of a process involved well I know

1105
00:42:53,210 --> 00:42:50,880
there is I've been doing this for a long

1106
00:42:54,980 --> 00:42:53,220
time and in other words for you to carry

1107
00:42:59,150 --> 00:42:54,990
out a task you have to know what the

1108
00:43:01,910 --> 00:42:59,160
task is and you have to yeah you have to

1109
00:43:03,559 --> 00:43:01,920
just make the plan somehow you either

1110
00:43:05,000 --> 00:43:03,569
have to visualize what you need to do

1111
00:43:06,589 --> 00:43:05,010
you probably have a voice it tells you

1112
00:43:08,839 --> 00:43:06,599
to you'd better get started then you

1113
00:43:12,260 --> 00:43:08,849

have a certain set of feelings but that

1114
00:43:14,089 --> 00:43:12,270
propels you into the active action right

1115
00:43:16,069 --> 00:43:14,099
and I guess the goal is to harness that

1116
00:43:17,569 --> 00:43:16,079
just and one in a pick an example in

1117
00:43:20,150 --> 00:43:17,579
your mind what's something that you

1118
00:43:21,260 --> 00:43:20,160
actually do when you're supposed to when

1119
00:43:24,740 --> 00:43:21,270
it's morning do you procrastinate

1120
00:43:26,880 --> 00:43:24,750
getting out of bed I depends on the day

1121
00:43:30,490 --> 00:43:26,890
of the week but usually yes

1122
00:43:32,589 --> 00:43:30,500
okay so as a big procrastination problem

1123
00:43:35,230 --> 00:43:32,599
it starts from the moment estimation

1124
00:43:36,970 --> 00:43:35,240
problem okay so well no matter how long

1125
00:43:39,670 --> 00:43:36,980
you procrastinate there's a point at

1126
00:43:42,819 --> 00:43:39,680
which you actually get up right correct

1127
00:43:44,680 --> 00:43:42,829
yes okay so let's just back up a little

1128
00:43:46,089 --> 00:43:44,690
bit how do you know when it's time to

1129
00:43:48,120 --> 00:43:46,099
get up as opposed to time to

1130
00:43:50,620 --> 00:43:48,130
procrastinate you got up this morning

1131
00:43:51,940 --> 00:43:50,630
and when you got up this morning what

1132
00:43:54,039 --> 00:43:51,950
did it take to get you out of bed

1133
00:43:55,749 --> 00:43:54,049
because if the picture isn't big enough

1134
00:43:57,880 --> 00:43:55,759
if it isn't close enough if the voice

1135
00:43:59,559 --> 00:43:57,890
isn't loud enough then you don't have

1136
00:44:00,130 --> 00:43:59,569
strong enough feelings that you get out

1137
00:44:01,990 --> 00:44:00,140
of the bed

1138
00:44:05,200 --> 00:44:02,000

some people just see themselves getting

1139
00:44:06,789 --> 00:44:05,210
out of bed and they get up those people

1140
00:44:07,269 --> 00:44:06,799
have a tendency by the way to be afraid

1141
00:44:10,539 --> 00:44:07,279
of heights

1142
00:44:12,190 --> 00:44:10,549
really yeah because if all it takes for

1143
00:44:13,720 --> 00:44:12,200
you to do something is seeing yourself

1144
00:44:15,009 --> 00:44:13,730
do it if you see yourself jumping off

1145
00:44:18,880 --> 00:44:15,019
the edge of a building you're in deep

1146
00:44:20,049 --> 00:44:18,890
trouble ah good point well I find it all

1147
00:44:21,670 --> 00:44:20,059
the time when people tell me they're

1148
00:44:23,319 --> 00:44:21,680
afraid of heights I always look back at

1149
00:44:25,269 --> 00:44:23,329
them and say so in the morning when you

1150
00:44:27,819 --> 00:44:25,279
wake up you get run out of bed don't you

1151
00:44:29,829 --> 00:44:27,829
and they typically say yes and that's

1152
00:44:32,019 --> 00:44:29,839
because it makes sense it's a logical

1153
00:44:34,359 --> 00:44:32,029
thing if your motivation is too easy

1154
00:44:36,460 --> 00:44:34,369
then you get scared in certain

1155
00:44:38,079 --> 00:44:36,470
situations just because your mind can

1156
00:44:40,269 --> 00:44:38,089
run because instead of seeing yourself

1157
00:44:42,220 --> 00:44:40,279
stand commonly by the side of the

1158
00:44:44,499 --> 00:44:42,230
building you see yourself flying off and

1159
00:44:47,319 --> 00:44:44,509
that would be frightening if you do

1160
00:44:51,009 --> 00:44:47,329
everything visualize that can be a scary

1161
00:44:53,890 --> 00:44:51,019
thing and but in your case it takes a

1162
00:44:56,049 --> 00:44:53,900
lot to do it so once you know how big

1163
00:44:58,690 --> 00:44:56,059

that picture is and how close it has to

1164
00:45:00,910 --> 00:44:58,700
be tomorrow when you wake up make the

1165
00:45:02,920 --> 00:45:00,920
picture bigger and closer faster and

1166
00:45:05,170 --> 00:45:02,930
whatever side of your head the voice is

1167
00:45:07,990 --> 00:45:05,180
on make it louder and closer and you'll

1168
00:45:10,809 --> 00:45:08,000
find yourself getting up quicker yeah

1169
00:45:12,099 --> 00:45:10,819
that it's starting to make more sense to

1170
00:45:13,779 --> 00:45:12,109
me it seems like it's a little bit

1171
00:45:17,079 --> 00:45:13,789
you're either going to wait till it

1172
00:45:19,120 --> 00:45:17,089
happens by itself you know or you're

1173
00:45:20,920 --> 00:45:19,130
going to make it happen yourself it it

1174
00:45:23,829 --> 00:45:20,930
would be like having a remote control

1175
00:45:26,829 --> 00:45:23,839
and not using it just hoping the TV

1176
00:45:28,390 --> 00:45:26,839
would change channels yeah and I mean I

1177
00:45:30,339 --> 00:45:28,400
have heard you say that a big part of

1178
00:45:31,960 --> 00:45:30,349
Pete why people don't get what they want

1179
00:45:34,809 --> 00:45:31,970
is because they're not determined enough

1180
00:45:36,940 --> 00:45:34,819
I mean well determination is like

1181
00:45:39,700 --> 00:45:36,950
anything else you can turn it up and

1182
00:45:40,420 --> 00:45:39,710
turn it down all of our feelings are

1183
00:45:42,040 --> 00:45:40,430
something that

1184
00:45:44,650 --> 00:45:42,050
by themselves because we have a feeling

1185
00:45:47,230 --> 00:45:44,660
that you really want something well it's

1186
00:45:49,480 --> 00:45:47,240
been that feeling fast enough in your

1187
00:45:52,540 --> 00:45:49,490
body there's a threshold point at which

1188
00:45:54,400 --> 00:45:52,550

you just go do it and if it goes on at a

1189
00:45:56,950 --> 00:45:54,410
low rate then you don't get enough juice

1190
00:45:58,750 --> 00:45:56,960
to actually get going I mean I've had

1191
00:46:01,060 --> 00:45:58,760
people walk in my office and go for

1192
00:46:03,550 --> 00:46:01,070
years I wanted to learn to play a

1193
00:46:06,130 --> 00:46:03,560
musical instrument now here's the odd

1194
00:46:08,470 --> 00:46:06,140
thing for ten years they can keep track

1195
00:46:10,300 --> 00:46:08,480
of what they want to do they imagine

1196
00:46:13,120 --> 00:46:10,310
themselves doing it but yet they never

1197
00:46:15,010 --> 00:46:13,130
pick it up and try let alone try hard

1198
00:46:18,340 --> 00:46:15,020
enough every day because there are a lot

1199
00:46:20,620 --> 00:46:18,350
of really intelligent people who don't

1200
00:46:22,240 --> 00:46:20,630
learn to play and don't learn to do

1201
00:46:24,220 --> 00:46:22,250
things they want to and a lot of

1202
00:46:26,440 --> 00:46:24,230
complete idiots that learn to do them

1203
00:46:29,620 --> 00:46:26,450
because they're very determined right

1204
00:46:31,150 --> 00:46:29,630
and being very determined is not

1205
00:46:33,280 --> 00:46:31,160
something that's genetic it's there

1206
00:46:35,590 --> 00:46:33,290
isn't a determination gene it's a

1207
00:46:37,750 --> 00:46:35,600
thought process and if you learn to

1208
00:46:39,580 --> 00:46:37,760
engage in the process on purpose and run

1209
00:46:41,580 --> 00:46:39,590
your mind on purpose then you'll book

1210
00:46:44,350 --> 00:46:41,590
the feelings and you'll do the activity

1211
00:46:47,590 --> 00:46:44,360
I've heard you describe kind of a

1212
00:46:49,240 --> 00:46:47,600
learning state you know for someone who

1213
00:46:50,980 --> 00:46:49,250

wants to learn that instrument how do

1214
00:46:53,020 --> 00:46:50,990
you get yourself into the learning state

1215
00:46:55,420 --> 00:46:53,030
and outside of just visualizing it and

1216
00:46:57,850 --> 00:46:55,430
never sitting down to do well to start

1217
00:46:59,410 --> 00:46:57,860
with if you're going to learn depending

1218
00:47:01,240 --> 00:46:59,420
upon what instrument it is but like a

1219
00:47:03,880 --> 00:47:01,250
stringed instrument most people learn to

1220
00:47:05,320 --> 00:47:03,890
not visualize seeing themselves do it

1221
00:47:08,290 --> 00:47:05,330
because then you don't feel like you are

1222
00:47:10,180 --> 00:47:08,300
they instead see somebody playing the

1223
00:47:12,190 --> 00:47:10,190
chord turn the picture around and step

1224
00:47:13,960 --> 00:47:12,200
inside it so that they concede the

1225
00:47:17,110 --> 00:47:13,970
fretboard so they know exactly where to

1226
00:47:18,670 --> 00:47:17,120
put their hand and as the notes change

1227
00:47:20,050 --> 00:47:18,680
they see the fingers moving on the

1228
00:47:22,390 --> 00:47:20,060
fretboard and they keep their hand

1229
00:47:23,710 --> 00:47:22,400
inside it so that they make short movies

1230
00:47:26,080 --> 00:47:23,720
so they learn little pieces and

1231
00:47:28,120 --> 00:47:26,090
eventually make long movies people like

1232
00:47:30,700 --> 00:47:28,130
Mozart would listen to somebody played

1233
00:47:32,470 --> 00:47:30,710
the piano and visualize his own hands on

1234
00:47:34,690 --> 00:47:32,480
the keyboard and he'd memorize it he

1235
00:47:37,810 --> 00:47:34,700
could go up and play it he had a very

1236
00:47:39,910 --> 00:47:37,820
good eidetic memory for such things but

1237
00:47:42,580 --> 00:47:39,920
for the most of us we have to start with

1238
00:47:44,200 --> 00:47:42,590

small pieces and learn those pieces but

1239
00:47:45,730 --> 00:47:44,210
you know most people who have learned to

1240
00:47:48,400 --> 00:47:45,740
play the guitar they never tell you to

1241
00:47:50,800 --> 00:47:48,410
visualize and imagine a keyboard or a

1242
00:47:52,660 --> 00:47:50,810
fretboard and to put your hands on it

1243
00:47:53,730 --> 00:47:52,670
and to see what your hands would look

1244
00:47:55,650 --> 00:47:53,740
like in your mind

1245
00:47:58,349 --> 00:47:55,660
have put your hand inside with your own

1246
00:48:01,020 --> 00:47:58,359
imagination and move it along because

1247
00:48:05,310 --> 00:48:01,030
it's real life pictures that get you to

1248
00:48:07,200 --> 00:48:05,320
do real-life things yeah I mean I don't

1249
00:48:08,640 --> 00:48:07,210
know if it's a programmed subtext of

1250
00:48:10,770 --> 00:48:08,650
society or something

1251
00:48:12,240 --> 00:48:10,780
subtly embedded in our school system but

1252
00:48:14,160 --> 00:48:12,250
a lot of people seem to be plagued with

1253
00:48:18,240 --> 00:48:14,170
negative thoughts and that seems to be a

1254
00:48:21,089 --> 00:48:18,250
big roadblock well yeah but if you think

1255
00:48:23,640 --> 00:48:21,099
about how much time it takes to have all

1256
00:48:25,410 --> 00:48:23,650
these negative thoughts that's the point

1257
00:48:28,589 --> 00:48:25,420
at which if you start adding them up

1258
00:48:32,339 --> 00:48:28,599
minute by minute day by day year by year

1259
00:48:34,740 --> 00:48:32,349
and you realize that you you spent more

1260
00:48:36,329 --> 00:48:34,750
time thinking that you couldn't do

1261
00:48:38,790 --> 00:48:36,339
something than it actually takes to

1262
00:48:40,650 --> 00:48:38,800
learn it and I encounter this a lot I

1263
00:48:42,450 --> 00:48:40,660

did it with athletes oh I get it with

1264
00:48:44,430 --> 00:48:42,460
musicians some of the musicians I meet

1265
00:48:46,770 --> 00:48:44,440
are making buckets of money and they

1266
00:48:48,240 --> 00:48:46,780
still don't feel talented they still

1267
00:48:49,770 --> 00:48:48,250
don't feel and they always look at me

1268
00:48:52,320 --> 00:48:49,780
and they go that's because I never

1269
00:48:55,500 --> 00:48:52,330
practice but yet they spend three hours

1270
00:48:57,030 --> 00:48:55,510
a day worrying about not practicing when

1271
00:49:00,510 --> 00:48:57,040
if they practiced for an hour a day

1272
00:49:03,060 --> 00:49:00,520
they'd be better off but you know the

1273
00:49:05,400 --> 00:49:03,070
fact that people do stupid things isn't

1274
00:49:07,620 --> 00:49:05,410
the important issue the important issue

1275
00:49:09,960 --> 00:49:07,630
is starting to do what you want to do

1276
00:49:12,329 --> 00:49:09,970
minute by minute going well tomorrow

1277
00:49:14,849 --> 00:49:12,339
I'll spend two and a half hours worrying

1278
00:49:16,260 --> 00:49:14,859
about it now half hour practice it as

1279
00:49:19,349 --> 00:49:16,270
soon as you start to think of it as a

1280
00:49:21,359 --> 00:49:19,359
practical decision and you think about

1281
00:49:23,579 --> 00:49:21,369
the things that you actually do think

1282
00:49:25,109 --> 00:49:23,589
about how you do them in your mind where

1283
00:49:27,210 --> 00:49:25,119
are the pictures what's the voice that

1284
00:49:29,070 --> 00:49:27,220
gets you to do things most people don't

1285
00:49:30,680 --> 00:49:29,080
really spend a lot of time thinking but

1286
00:49:33,599 --> 00:49:30,690
they do brush their teeth in the morning

1287
00:49:34,980 --> 00:49:33,609
regularly and if they stop and think

1288
00:49:37,290 --> 00:49:34,990

about brushing their teeth they have a

1289
00:49:39,210 --> 00:49:37,300
mental program they run there's no

1290
00:49:41,849 --> 00:49:39,220
reason why you can't replace that with a

1291
00:49:44,250 --> 00:49:41,859
guitar and practice for half an hour you

1292
00:49:46,650 --> 00:49:44,260
know or clean your closet or anything

1293
00:49:49,079 --> 00:49:46,660
else you can make it a matter-of-fact

1294
00:49:51,750 --> 00:49:49,089
thing if you just take the thought

1295
00:49:53,609 --> 00:49:51,760
process that works and put what you want

1296
00:49:55,260 --> 00:49:53,619
in it as opposed to using a thought

1297
00:49:58,940 --> 00:49:55,270
process that doesn't work and

1298
00:50:02,700 --> 00:49:58,950
continually using it over and over again

1299
00:50:04,140 --> 00:50:02,710
huh and it's seeming to make more sense

1300
00:50:06,570 --> 00:50:04,150
but let's talk a little bit about

1301
00:50:07,350 --> 00:50:06,580
hypnosis before we have to get out of

1302
00:50:08,490 --> 00:50:07,360
here

1303
00:50:10,320 --> 00:50:08,500
because that's the most visually

1304
00:50:11,610 --> 00:50:10,330
impressive thing you do and the only

1305
00:50:15,240 --> 00:50:11,620
times we've ever talked about on the

1306
00:50:17,220 --> 00:50:15,250
show is for Fringe things like past life

1307
00:50:19,940 --> 00:50:17,230
regression or recalling some alien

1308
00:50:22,080 --> 00:50:19,950
abduction not really in any type of

1309
00:50:24,180 --> 00:50:22,090
practical use for your life but do you

1310
00:50:25,620 --> 00:50:24,190
think hypnosis can be used for those

1311
00:50:28,590 --> 00:50:25,630
more French things do what are they

1312
00:50:30,330 --> 00:50:28,600
recalling if not a real past life or an

1313
00:50:33,060 --> 00:50:30,340

alien abduction well let me be honest

1314
00:50:35,880 --> 00:50:33,070
with you I saw some of the films on

1315
00:50:38,040 --> 00:50:35,890
alien abductions and when they

1316
00:50:40,230 --> 00:50:38,050
hypnotized the people they literally

1317
00:50:42,960 --> 00:50:40,240
said you know at four o'clock how many

1318
00:50:43,590 --> 00:50:42,970
aliens came through the wall William in

1319
00:50:46,290 --> 00:50:43,600
a trance

1320
00:50:48,660 --> 00:50:46,300
most people will accept any suggestion

1321
00:50:51,480 --> 00:50:48,670
if you tell them to disappear a hot

1322
00:50:53,100 --> 00:50:51,490
stove in the middle of a room and bring

1323
00:50:54,630 --> 00:50:53,110
them out of trance and ask them to get

1324
00:50:57,060 --> 00:50:54,640
you a book on the other side of the room

1325
00:50:58,890 --> 00:50:57,070
they will walk around the stove and when

1326
00:51:01,200 --> 00:50:58,900
you ask from why they walked around the

1327
00:51:04,080 --> 00:51:01,210
side of the room they'll say one leg is

1328
00:51:06,240 --> 00:51:04,090
shorter than the others people just make

1329
00:51:09,330 --> 00:51:06,250
stuff up in trance that's what they do

1330
00:51:12,330 --> 00:51:09,340
and when you ask them about anything

1331
00:51:14,280 --> 00:51:12,340
it's very hard to use hypnosis to get

1332
00:51:16,770 --> 00:51:14,290
accurate information unless you're

1333
00:51:19,140 --> 00:51:16,780
highly skilled when you're highly

1334
00:51:21,510 --> 00:51:19,150
skilled you can set up ways so that the

1335
00:51:25,050 --> 00:51:21,520
unconscious is like I'm sodium pentathol

1336
00:51:26,880 --> 00:51:25,060
it just will only tell the truth and if

1337
00:51:28,800 --> 00:51:26,890
you set it up like that in the beginning

1338
00:51:30,930 --> 00:51:28,810

then you'll get accurate information but

1339
00:51:32,610 --> 00:51:30,940
if you just add your dressed people back

1340
00:51:34,620 --> 00:51:32,620
to something which may or may not happen

1341
00:51:37,170 --> 00:51:34,630
then ask them to recall it don't make

1342
00:51:39,090 --> 00:51:37,180
[\h__\h] up like crazy and I don't know if

1343
00:51:41,040 --> 00:51:39,100
there are alien abductions or not but

1344
00:51:43,350 --> 00:51:41,050
given the hypnotist that I've seen do it

1345
00:51:46,220 --> 00:51:43,360
we have no way of knowing for sure right

1346
00:51:48,840 --> 00:51:46,230
you know it's just one of those things

1347
00:51:50,430 --> 00:51:48,850
to me if somebody was abducted

1348
00:51:53,190 --> 00:51:50,440
repeatedly I would teach them to

1349
00:51:54,750 --> 00:51:53,200
hypnotically and involuntarily reach up

1350
00:51:56,310 --> 00:51:54,760
and whip their masks off because they

1351
00:51:59,130 --> 00:51:56,320
always seem to have a mask offer OOP

1352
00:52:01,560 --> 00:51:59,140
somebody in the eye you know you can get

1353
00:52:04,200 --> 00:52:01,570
people posted notic suggestions and they

1354
00:52:05,910 --> 00:52:04,210
will carry them out in fact most of the

1355
00:52:08,360 --> 00:52:05,920
stupid things that people are doing are

1356
00:52:11,280 --> 00:52:08,370
kind of like post hypnotic suggestions

1357
00:52:13,290 --> 00:52:11,290
think about this most people can set

1358
00:52:16,140 --> 00:52:13,300
their alarm clock at night and will wake

1359
00:52:18,720 --> 00:52:16,150
up just before it goes off yes and now

1360
00:52:20,250 --> 00:52:18,730
and when I ask an audience about 80% of

1361
00:52:22,620 --> 00:52:20,260
the people will raise their hand when

1362
00:52:24,750 --> 00:52:22,630
you know many of you set an alarm clock

1363
00:52:26,970 --> 00:52:24,760

and wake up before it goes off or don't

1364
00:52:30,750 --> 00:52:26,980
set one at all and wake up at the time

1365
00:52:32,870 --> 00:52:30,760
you imagine now if 80% of the population

1366
00:52:36,800 --> 00:52:32,880
can give themselves a suggestion and

1367
00:52:39,960 --> 00:52:36,810
wake up from a dead sleep at a

1368
00:52:41,910 --> 00:52:39,970
particular moment it means that you know

1369
00:52:43,500 --> 00:52:41,920
they should be giving themselves more

1370
00:52:45,630 --> 00:52:43,510
suggestions they shouldn't just be

1371
00:52:48,390 --> 00:52:45,640
saying wake up at 8 o'clock they should

1372
00:52:51,599 --> 00:52:48,400
say wake up happier more determined you

1373
00:52:53,400 --> 00:52:51,609
know wake up and clean your closet you

1374
00:52:56,160 --> 00:52:53,410
know the same machine that will wake

1375
00:52:58,500 --> 00:52:56,170
them up will do all kinds of things we

1376
00:53:01,680 --> 00:52:58,510
have all these wonderful machines in our

1377
00:53:04,050 --> 00:53:01,690
mind that are designed to tell time to

1378
00:53:06,720 --> 00:53:04,060
carry out tasks to remember things and

1379
00:53:10,380 --> 00:53:06,730
being able to organize them so that they

1380
00:53:13,140 --> 00:53:10,390
function efficiently in hypnosis we do

1381
00:53:15,930 --> 00:53:13,150
it because we're given the suggestions

1382
00:53:17,849 --> 00:53:15,940
and part of where NLP came from as I

1383
00:53:20,609 --> 00:53:17,859
started seeing people do things that I

1384
00:53:22,980 --> 00:53:20,619
couldn't do I mean how is it possible I

1385
00:53:24,870 --> 00:53:22,990
could hypnotize a girl you name off the

1386
00:53:26,580 --> 00:53:24,880
notes on a piano and then start hitting

1387
00:53:29,040 --> 00:53:26,590
notes until having her tell me the name

1388
00:53:31,410 --> 00:53:29,050

when she had no musical background it

1389
00:53:33,960 --> 00:53:31,420
means that you know and when I asked her

1390
00:53:37,470 --> 00:53:33,970
she told me that the sounds were as

1391
00:53:40,109 --> 00:53:37,480
different as colors I had Gregory

1392
00:53:43,230 --> 00:53:40,119
Bateson who is a English intellectual

1393
00:53:44,940 --> 00:53:43,240
who was one of my mentors years ago he

1394
00:53:46,710 --> 00:53:44,950
was married to Margaret Mead and he

1395
00:53:49,349 --> 00:53:46,720
popped over my house once when I was

1396
00:53:51,510 --> 00:53:49,359
doing an experimental hypnosis group and

1397
00:53:54,240 --> 00:53:51,520
there was a young chap in a deep trance

1398
00:53:57,450 --> 00:53:54,250
and Gregory says to me goes oh he goes

1399
00:53:59,730 --> 00:53:57,460
make him talk backwards I had done I

1400
00:54:02,130 --> 00:53:59,740
looked at what what he goes to know so

1401
00:54:03,870 --> 00:54:02,140
the sound comes out backwards so I

1402
00:54:05,609 --> 00:54:03,880
looked at this kid and I said you're in

1403
00:54:07,710 --> 00:54:05,619
a deep trance when you come out of this

1404
00:54:10,560 --> 00:54:07,720
trance you'll speak perfect backwards

1405
00:54:12,720 --> 00:54:10,570
and I woke him up and he looked at us

1406
00:54:15,210 --> 00:54:12,730
and he went movie meetings he Naughton

1407
00:54:17,160 --> 00:54:15,220
and Gregory spoke back to him

1408
00:54:19,020 --> 00:54:17,170
and they went back and forth for a few

1409
00:54:21,000 --> 00:54:19,030
minutes and then I put the kid back in a

1410
00:54:22,680 --> 00:54:21,010
trance and I said when you come out of

1411
00:54:25,620 --> 00:54:22,690
trance this time you're going to tell me

1412
00:54:27,540 --> 00:54:25,630
exactly how you did this and he eats

1413
00:54:30,840 --> 00:54:27,550

that up he looked at me because it was

1414
00:54:33,930 --> 00:54:30,850
so easy he said all I did was write the

1415
00:54:36,390 --> 00:54:33,940
sentence I wanted to say then I wrote it

1416
00:54:39,569 --> 00:54:36,400
quickly underneath and then I reversed

1417
00:54:42,180 --> 00:54:39,579
the letters and sounded it out now as

1418
00:54:46,079 --> 00:54:42,190
soon as you have that strategy anybody

1419
00:54:48,030 --> 00:54:46,089
can talk backwards huh so I mean it

1420
00:54:50,520 --> 00:54:48,040
seems like if the hypnotic state is just

1421
00:54:51,960 --> 00:54:50,530
a state of like hyper visualization

1422
00:54:53,670 --> 00:54:51,970
which is what we're trying to do with

1423
00:54:57,870 --> 00:54:53,680
neuro linguistic programming our waking

1424
00:55:00,390 --> 00:54:57,880
life this is about PS we try to find a

1425
00:55:02,190 --> 00:55:00,400
strategy a series of internal states

1426
00:55:04,140 --> 00:55:02,200
it's not just visual sometimes it's

1427
00:55:06,780 --> 00:55:04,150
auditory sometimes kinesthetic and

1428
00:55:09,089 --> 00:55:06,790
sometimes a series of these things that

1429
00:55:11,069 --> 00:55:09,099
allows us to reproduce a behavior

1430
00:55:12,960 --> 00:55:11,079
whether the behavior is talking

1431
00:55:16,829 --> 00:55:12,970
backwards or hitting a baseball better

1432
00:55:18,660 --> 00:55:16,839
or you know or memorizing a date all of

1433
00:55:21,300 --> 00:55:18,670
these things which were capable of doing

1434
00:55:23,760 --> 00:55:21,310
there are little mental strategies that

1435
00:55:26,220 --> 00:55:23,770
work better than other ones phonetics

1436
00:55:28,470 --> 00:55:26,230
isn't a good strategy to spell because

1437
00:55:30,660 --> 00:55:28,480
spelling by definition is where you

1438
00:55:33,900 --> 00:55:30,670

repeat letters which are visual to start

1439
00:55:36,000 --> 00:55:33,910
with you know every school system I've

1440
00:55:38,700 --> 00:55:36,010
ever been in every year hands kids a

1441
00:55:39,990 --> 00:55:38,710
phonetic speller and yet most if you're

1442
00:55:41,730 --> 00:55:40,000
in Germany you can almost smell

1443
00:55:43,530 --> 00:55:41,740
phonetically but in English

1444
00:55:47,430 --> 00:55:43,540
good god english is the language that

1445
00:55:49,910 --> 00:55:47,440
which is made up yeah not a lot of

1446
00:55:52,440 --> 00:55:49,920
things don't work phonetically but um

1447
00:55:54,150 --> 00:55:52,450
man you know it's what do you think

1448
00:55:55,530 --> 00:55:54,160
about self hypnosis is that's something

1449
00:55:59,010 --> 00:55:55,540
that's come up before on the show

1450
00:56:00,960 --> 00:55:59,020
well self hypnosis it you know get is

1451
00:56:04,800 --> 00:56:00,970
one of those things that people learn to

1452
00:56:09,690 --> 00:56:04,810
do uh you know I learned from Fitness

1453
00:56:12,569 --> 00:56:09,700
years ago oh [\h__\h] is it just as

1454
00:56:14,910 --> 00:56:12,579
effective well of course not because

1455
00:56:16,589 --> 00:56:14,920
it's very hard to it's very hard to

1456
00:56:18,569 --> 00:56:16,599
hypnotize yourself when you don't know

1457
00:56:21,290 --> 00:56:18,579
anything about hypnosis that's why I

1458
00:56:23,940 --> 00:56:21,300
think people should always start by

1459
00:56:26,339 --> 00:56:23,950
having somebody do hypnosis with them

1460
00:56:28,380 --> 00:56:26,349
and hopefully did it that this the more

1461
00:56:31,680 --> 00:56:28,390
experience you have doing it gnosis the

1462
00:56:33,120 --> 00:56:31,690
easier it is to be self hypnosis a lot

1463
00:56:35,069 --> 00:56:33,130

of people are worried about somebody

1464
00:56:37,440 --> 00:56:35,079
else controlling their mind is not

1465
00:56:38,970 --> 00:56:37,450
really what happens the job of a good

1466
00:56:42,390 --> 00:56:38,980
hypnotist is to be like the ultimate

1467
00:56:44,280 --> 00:56:42,400
biofeedback machine see the reason

1468
00:56:46,980 --> 00:56:44,290
people when they see me do hypnosis are

1469
00:56:47,710 --> 00:56:46,990
impressed is because I go first I look

1470
00:56:49,780 --> 00:56:47,720
people in the eye

1471
00:56:52,109 --> 00:56:49,790
breathes at the same rate and drop into

1472
00:56:54,790 --> 00:56:52,119
trance and typically they go with me and

1473
00:56:57,400 --> 00:56:54,800
when I do it then people have a tendency

1474
00:56:58,660 --> 00:56:57,410
to go down very quickly because they

1475
00:57:00,700 --> 00:56:58,670
know where they're going

1476
00:57:03,310 --> 00:57:00,710
unconsciously they see the changes in my

1477
00:57:05,170 --> 00:57:03,320
breathing my facial structure and as I

1478
00:57:07,240 --> 00:57:05,180
lower my brainwave pattern and if they

1479
00:57:09,510 --> 00:57:07,250
start to go up I come up and go down and

1480
00:57:12,160 --> 00:57:09,520
it's reflected in the tone of my voice

1481
00:57:13,720 --> 00:57:12,170
so once people have been in trance a

1482
00:57:15,940 --> 00:57:13,730
couple of times it's easier to do

1483
00:57:17,620 --> 00:57:15,950
self-hypnosis it's not impossible to

1484
00:57:20,620 --> 00:57:17,630
learn it on your own Lord there are

1485
00:57:23,020 --> 00:57:20,630
thousands of boats out about it and you

1486
00:57:24,849 --> 00:57:23,030
know it's always a question of how the

1487
00:57:27,160 --> 00:57:24,859
experience you have with altered states

1488
00:57:28,870 --> 00:57:27,170

you know if you're not a very relaxed

1489
00:57:30,970 --> 00:57:28,880
person and learning so if it goes this

1490
00:57:35,470 --> 00:57:30,980
is harder than if you're somebody that's

1491
00:57:38,710 --> 00:57:35,480
done a lot of meditation and maybe a lot

1492
00:57:40,359 --> 00:57:38,720
of drugs oh man well it's been a

1493
00:57:42,160 --> 00:57:40,369
fascinating talk I know you got to get

1494
00:57:44,260 --> 00:57:42,170
going I appreciate you taking the time

1495
00:57:46,150 --> 00:57:44,270
out to talk with us on my stupid stoner

1496
00:57:47,530 --> 00:57:46,160
show I mean are there any other bits of

1497
00:57:49,870 --> 00:57:47,540
empowering advice you'd like to share

1498
00:57:51,849 --> 00:57:49,880
before we go oh the only thing is is

1499
00:57:56,950 --> 00:57:51,859
that no matter what people tell you you

1500
00:57:58,300 --> 00:57:56,960
can nice well said well and where can

1501
00:58:00,190 --> 00:57:58,310
people go if they're hungry for more

1502
00:58:04,060 --> 00:58:00,200
Richard Bandler Richard Bandler calm

1503
00:58:07,000 --> 00:58:04,070
richard bandler calm and the MLP store

1504
00:58:09,460 --> 00:58:07,010
nice well thanks again sir it's been a

1505
00:58:10,210 --> 00:58:09,470
real blast inspiring stuff I feel a bit

1506
00:58:13,810 --> 00:58:10,220
better already

1507
00:58:16,720 --> 00:58:13,820
okay well it's been a pleasure enjoy

1508
00:58:18,550 --> 00:58:16,730
your day alright bye bye bye there you

1509
00:58:20,200 --> 00:58:18,560
have it people that was Richard Bandler

1510
00:58:22,480 --> 00:58:20,210
schooling me on the tricks of the mind

1511
00:58:24,370 --> 00:58:22,490
if you haven't seen videos of Richard

1512
00:58:26,589 --> 00:58:24,380
hypnotizing people you really should

1513
00:58:28,810 --> 00:58:26,599

YouTube it it's pretty unbelievable how

1514
00:58:30,880 --> 00:58:28,820
fast and easy does it but I hope you

1515
00:58:33,099 --> 00:58:30,890
learned something or got some ideas or

1516
00:58:34,720 --> 00:58:33,109
enjoyed the conversation and as always

1517
00:58:36,910 --> 00:58:34,730
the best way to support the higher side

1518
00:58:39,849 --> 00:58:36,920
chats by picking up one of my fringe and

1519
00:58:41,980 --> 00:58:39,859
fashionable t-shirts at conspiracies net

1520
00:58:43,750 --> 00:58:41,990
there are a lot of shows out there but

1521
00:58:44,829 --> 00:58:43,760
if you like the way THC does things

1522
00:58:46,900 --> 00:58:44,839
which I like to think is a little

1523
00:58:48,820 --> 00:58:46,910
different please share the show and help

1524
00:58:50,880 --> 00:58:48,830
it grow you're all amazing and again

1525
00:58:53,560 --> 00:58:50,890
thanks to Richard Bandler for being here

1526
00:58:55,030 --> 00:58:53,570
it's going to get real weird next week

1527
00:58:56,560 --> 00:58:55,040
when we're talking about the Montauk

1528
00:58:59,650 --> 00:58:56,570
Project and the hidden Hall of Records

1529
00:59:01,000 --> 00:58:59,660
recently discovered in Romania with

1530
00:59:02,980 --> 00:59:01,010
Peter moon

1531
00:59:05,560 --> 00:59:02,990
of course people one of the thing is you

1532
00:59:08,710 --> 00:59:05,570
can always leave me a voicemail on my

1533
00:59:10,390 --> 00:59:08,720
skype at higher side chats I'm looking

1534
00:59:12,520 --> 00:59:10,400
for things to play during transitions

1535
00:59:15,130 --> 00:59:12,530
and I'd love to have the audience be a