



1
00:00:08,990 --> 00:00:07,460
the planet of the Masters almost surely

2
00:00:11,270 --> 00:00:09,000
have a plan

3
00:00:19,500 --> 00:00:11,280
this clearly may be something there

4
00:00:19,510 --> 00:00:43,310
yes you really do that's true dr. Zaius

5
00:00:47,340 --> 00:00:45,720
all right higher side chatters we've

6
00:00:49,620 --> 00:00:47,350
seen the pattern of powerful people

7
00:00:51,630 --> 00:00:49,630
belonging to various groups that utilize

8
00:00:54,390 --> 00:00:51,640
the magical arts and we've done several

9
00:00:56,490 --> 00:00:54,400
shows on various magical practices in an

10
00:00:58,530 --> 00:00:56,500
attempt to even the scales and add these

11
00:01:00,870 --> 00:00:58,540
esoteric arts to the repertoire of the

12
00:01:02,790 --> 00:01:00,880
common man but contrary to popular

13
00:01:04,590 --> 00:01:02,800

beliefs you don't need to spend here

14

00:01:06,480 --> 00:01:04,600

studying Tantra in the Himalayas or

15

00:01:08,219 --> 00:01:06,490

working through the ranks of the OTO in

16

00:01:10,320 --> 00:01:08,229

a dingy basement to learn what they

17

00:01:12,120 --> 00:01:10,330

don't want you to know in fact today's

18

00:01:13,800 --> 00:01:12,130

guest Mike's intention has been working

19

00:01:15,600 --> 00:01:13,810

on one of the most straightforward and

20

00:01:18,090 --> 00:01:15,610

practical brands of magic I've come

21

00:01:20,219 --> 00:01:18,100

across appropriately dubbed direct magic

22

00:01:23,010 --> 00:01:20,229

which he lays out on his popular website

23

00:01:24,719 --> 00:01:23,020

magic of thought calm so throw off the

24

00:01:26,280 --> 00:01:24,729

silly robes and stop brushing up on

25

00:01:28,290 --> 00:01:26,290

Latin because we're diving right into

26

00:01:30,180 --> 00:01:28,300

the belly of this beast it's always a

27

00:01:31,590 --> 00:01:30,190

fun ride looking at the hidden potential

28

00:01:33,870 --> 00:01:31,600

of our own mind and I'm psyched to get

29

00:01:36,630 --> 00:01:33,880

down to it Magic Mike my man welcome to

30

00:01:38,580 --> 00:01:36,640

the higher side hey Greg I'm really

31

00:01:42,359 --> 00:01:38,590

excited to be here and yeah that's

32

00:01:44,700 --> 00:01:42,369

exactly what I'm about is let's step

33

00:01:46,830 --> 00:01:44,710

outside of all of the robes and the

34

00:01:48,600 --> 00:01:46,840

rituals and all of the the trappings

35

00:01:51,570 --> 00:01:48,610

that traditionally go with magic and

36

00:01:53,460 --> 00:01:51,580

let's just explore what's the underlying

37

00:01:55,740 --> 00:01:53,470

phenomenon what are the moving pieces

38

00:01:58,020 --> 00:01:55,750

and how can we work with them directly

39

00:02:00,749 --> 00:01:58,030

to produce the results that we're

40

00:02:02,580 --> 00:02:00,759

looking for heck yeah I love it that's

41

00:02:03,809 --> 00:02:02,590

basically how I found you I was looking

42

00:02:06,180 --> 00:02:03,819

for a good guest they could talk about

43

00:02:08,430 --> 00:02:06,190

the science or the mechanisms behind

44

00:02:10,529 --> 00:02:08,440

magic and that really does seem to be at

45

00:02:12,059 --> 00:02:10,539

the heart of your approach you know

46

00:02:15,000 --> 00:02:12,069

because sometimes this stuff can be very

47

00:02:16,530 --> 00:02:15,010

vague and hard to pin down and that's a

48

00:02:18,840 --> 00:02:16,540

problem for people but to kick this off

49

00:02:21,090 --> 00:02:18,850

tell us a bit about direct magic and

50

00:02:25,170 --> 00:02:21,100

what separates it from other modalities

51
00:02:27,680 --> 00:02:25,180
out there so most modalities what you're

52
00:02:30,150 --> 00:02:27,690
doing is you're doing a ritual or a

53
00:02:32,580 --> 00:02:30,160
visualization or some other symbolic

54
00:02:34,380 --> 00:02:32,590
action and the point of that symbolic

55
00:02:37,559 --> 00:02:34,390
action is to engage your unconscious

56
00:02:39,900 --> 00:02:37,569
mind communicate your intent true your

57
00:02:42,570 --> 00:02:39,910
unconscious and then your unconscious is

58
00:02:43,440 --> 00:02:42,580
going to go out and do something and I

59
00:02:44,970 --> 00:02:43,450
know you've talked with folks who do

60
00:02:47,280 --> 00:02:44,980
chaos magic that's another example

61
00:02:48,630 --> 00:02:47,290
they're using belief to communicate

62
00:02:51,540 --> 00:02:48,640
their intent to their unconscious mind

63
00:02:53,790 --> 00:02:51,550

which then goes out and does something

64

00:02:55,950 --> 00:02:53,800

and the focus of direct magic is saying

65

00:02:57,420 --> 00:02:55,960

great we got all these methods it's

66

00:02:59,360 --> 00:02:57,430

really important to have at least one

67

00:03:01,800 --> 00:02:59,370

way of communicated here unconscious but

68

00:03:04,410 --> 00:03:01,810

after you get your intent into your

69

00:03:07,350 --> 00:03:04,420

unconscious mind what does it do what's

70

00:03:10,950 --> 00:03:07,360

that something how does it reach out and

71

00:03:15,360 --> 00:03:10,960

cause this change and by understanding

72

00:03:17,660 --> 00:03:15,370

that process how can we refine it how

73

00:03:21,570 --> 00:03:17,670

can we guide the unconscious mind

74

00:03:24,600 --> 00:03:21,580

through a better process that has more

75

00:03:28,140 --> 00:03:24,610

effective more reliable results on and

76

00:03:30,120 --> 00:03:28,150

so indirect magic we talk about what I

77

00:03:31,650 --> 00:03:30,130

call ethereal muscles these are the

78

00:03:34,080 --> 00:03:31,660

parts of the mind that are normally

79

00:03:36,120 --> 00:03:34,090

unconscious that drive energy and drive

80

00:03:38,460 --> 00:03:36,130

magic and one of the first things that

81

00:03:40,590 --> 00:03:38,470

we do when we learn direct magic is to

82

00:03:43,620 --> 00:03:40,600

make those ethereal muscles conscious

83

00:03:45,480 --> 00:03:43,630

it's a similar idea as using biofeedback

84

00:03:47,280 --> 00:03:45,490

to make your heartbeat conscious right

85

00:03:50,460 --> 00:03:47,290

and by becoming consciously aware of

86

00:03:52,470 --> 00:03:50,470

these normally unconscious parts we can

87

00:03:54,960 --> 00:03:52,480

then engage them anytime we want

88

00:03:56,790 --> 00:03:54,970

whether were you know in a place where

89

00:04:00,630 --> 00:03:56,800

we can be fully focused into a ritual or

90

00:04:01,979 --> 00:04:00,640

whether we're on the train or in the

91

00:04:05,070 --> 00:04:01,989

waiting room getting ready for a job

92

00:04:06,780 --> 00:04:05,080

interview um we don't need to do all of

93

00:04:08,550 --> 00:04:06,790

the trappings because we know how to

94

00:04:12,720 --> 00:04:08,560

engage these parts of the mind at will

95

00:04:14,760 --> 00:04:12,730

and we could also watch them as they go

96

00:04:17,940 --> 00:04:14,770

through all the steps and say great how

97

00:04:21,000 --> 00:04:17,950

is this part of my mind connecting with

98

00:04:23,700 --> 00:04:21,010

this force that I'm channeling or what

99

00:04:26,520 --> 00:04:23,710

part of the the human energy field the

100

00:04:30,000 --> 00:04:26,530

bio field am i interacting with when I

101
00:04:32,340 --> 00:04:30,010
do this healing technique and what if I

102
00:04:34,350 --> 00:04:32,350
change it in this way how does that

103
00:04:36,630 --> 00:04:34,360
affect things by developing an

104
00:04:39,180 --> 00:04:36,640
understanding of the moving parts are

105
00:04:40,140 --> 00:04:39,190
the forces the the different structures

106
00:04:43,080 --> 00:04:40,150
of the biofield

107
00:04:45,900 --> 00:04:43,090
we can think about new ways of

108
00:04:48,390 --> 00:04:45,910
interacting with them and develop new

109
00:04:50,490 --> 00:04:48,400
techniques on let me give you an example

110
00:04:53,580 --> 00:04:50,500
sure well I like to make things concrete

111
00:04:55,560 --> 00:04:53,590
so a few years ago a friend came to me

112
00:04:58,080 --> 00:04:55,570
she had chronic hives she'd had hives

113
00:05:00,210 --> 00:04:58,090

for nine months ah she was on

114

00:05:01,590 --> 00:05:00,220

prescription antihistamines she was

115

00:05:03,570 --> 00:05:01,600

getting the best Western medical care

116

00:05:05,340 --> 00:05:03,580

she was a nurse so she was really

117

00:05:09,270 --> 00:05:05,350

getting the best care available Bob

118

00:05:11,610 --> 00:05:09,280

she was still getting worse and neither

119

00:05:13,680 --> 00:05:11,620

of us really knew if I could do anything

120

00:05:16,290 --> 00:05:13,690

there I've been doing a lot of healing

121

00:05:18,930 --> 00:05:16,300

around knee pain and things like that

122

00:05:20,910 --> 00:05:18,940

but hives is really complicated so I did

123

00:05:23,160 --> 00:05:20,920

a technique III first just started with

124

00:05:26,340 --> 00:05:23,170

kind of focusing on my intent to heal

125

00:05:27,750 --> 00:05:26,350

her I connected to the this skin that

126
00:05:28,140 --> 00:05:27,760
was inflamed which was really her whole

127
00:05:31,680 --> 00:05:28,150
body

128
00:05:34,740 --> 00:05:31,690
um I connected to the skin I set some

129
00:05:36,540 --> 00:05:34,750
healing energy and her itching went from

130
00:05:38,490 --> 00:05:36,550
an eight out of ten down to a seven out

131
00:05:41,070 --> 00:05:38,500
of ten which I really consider a failure

132
00:05:43,620 --> 00:05:41,080
like I want a more pronounced result I

133
00:05:45,450 --> 00:05:43,630
respect that so I went back and I said

134
00:05:48,960 --> 00:05:45,460
all right great when I just focus on my

135
00:05:51,270 --> 00:05:48,970
intent what what happens is my ethereal

136
00:05:54,780 --> 00:05:51,280
muscles connect to her skin and we do

137
00:05:56,790 --> 00:05:54,790
this well the itching signals are sent

138
00:05:59,670 --> 00:05:56,800

by all these nerves that go from her

139

00:06:03,150 --> 00:05:59,680

skin up her spine into her brain what if

140

00:06:06,000 --> 00:06:03,160

I make a conscious step of connecting to

141

00:06:07,380 --> 00:06:06,010

those nerves and you can think of that

142

00:06:10,050 --> 00:06:07,390

contra step is visualizing there's

143

00:06:11,370 --> 00:06:10,060

actually some concrete techniques

144

00:06:13,230 --> 00:06:11,380

involved that we might get into later

145

00:06:15,570 --> 00:06:13,240

but take this conscious tip of

146

00:06:19,080 --> 00:06:15,580

connecting to her nerves guide my mind

147

00:06:21,870 --> 00:06:19,090

through doing that and then feel the the

148

00:06:25,050 --> 00:06:21,880

energy signature of those nerves and act

149

00:06:26,850 --> 00:06:25,060

on that and when we did that her itch

150

00:06:29,130 --> 00:06:26,860

and dropped from an eight out of ten to

151
00:06:32,520 --> 00:06:29,140
a four out of ten and I consider that a

152
00:06:35,730 --> 00:06:32,530
pretty big success mm-hmm and in doing

153
00:06:38,910 --> 00:06:35,740
that it's about guiding the mind through

154
00:06:41,880 --> 00:06:38,920
a new process that's maybe not natural

155
00:06:43,470 --> 00:06:41,890
and automatic but that winds up being

156
00:06:46,620 --> 00:06:43,480
more effective it's a similar idea to

157
00:06:49,170 --> 00:06:46,630
how Olympic athletes will watch videos

158
00:06:50,910 --> 00:06:49,180
and consciously think about how they run

159
00:06:52,290 --> 00:06:50,920
and how they move and if you've ever

160
00:06:54,630 --> 00:06:52,300
tried to do this you know that you're

161
00:06:58,920 --> 00:06:54,640
clumsy at first that thinking about how

162
00:07:01,650 --> 00:06:58,930
you run makes you run much worse but the

163
00:07:05,030 --> 00:07:01,660

athletes were dedicated to this who put

164

00:07:09,030 --> 00:07:05,040

in the time to learn to do it eventually

165

00:07:10,890 --> 00:07:09,040

it becomes a smooth thing eventually

166

00:07:14,670 --> 00:07:10,900

they can train their body to move in a

167

00:07:17,130 --> 00:07:14,680

new more efficient way that then through

168

00:07:18,780 --> 00:07:17,140

practice becomes natural and unconscious

169

00:07:19,080 --> 00:07:18,790

and that's really what we're doing with

170

00:07:21,810 --> 00:07:19,090

Darrell

171

00:07:25,530 --> 00:07:21,820

magic is becoming conscious of how the

172

00:07:26,939 --> 00:07:25,540

mind responds to our intent to heal or

173

00:07:29,189 --> 00:07:26,949

create luck or whatever we're doing

174

00:07:30,719 --> 00:07:29,199

become conscious of that guide it

175

00:07:32,760 --> 00:07:30,729

through a new process even if that's

176

00:07:35,250 --> 00:07:32,770

gonna be clumsy at first and then

177

00:07:38,189 --> 00:07:35,260

through practice and experience make

178

00:07:40,950 --> 00:07:38,199

that new more effective process natural

179

00:07:43,620 --> 00:07:40,960

and automatic and really rewire how our

180

00:07:46,530 --> 00:07:43,630

mind responds to intent so that's what

181

00:07:48,659 --> 00:07:46,540

direct magic is about mmm well said then

182

00:07:50,670 --> 00:07:48,669

I'd like the approach I feel like if

183

00:07:52,590 --> 00:07:50,680

there are underlying mechanisms that

184

00:07:55,830 --> 00:07:52,600

make this stuff possible it must be

185

00:07:57,629 --> 00:07:55,840

doable without the rituals without the

186

00:07:58,920 --> 00:07:57,639

candles and without the robes I mean to

187

00:08:01,230 --> 00:07:58,930

some degree I know that's about getting

188

00:08:03,890 --> 00:08:01,240

into a mindset but I guess if you can

189

00:08:06,150 --> 00:08:03,900

get yourself into a mindset without the

190

00:08:08,700 --> 00:08:06,160

theatrics I mean that's just as good

191

00:08:09,960 --> 00:08:08,710

that's basically uh not to you know

192

00:08:13,080 --> 00:08:09,970

overuse the term but that's a more

193

00:08:15,779 --> 00:08:13,090

direct path to magic that that's where

194

00:08:18,719 --> 00:08:15,789

the name comes from in fact right on so

195

00:08:20,909 --> 00:08:18,729

how did you come to develop this over

196

00:08:23,490 --> 00:08:20,919

the years I mean how did magic go from

197

00:08:25,020 --> 00:08:23,500

what probably started as an abstract

198

00:08:27,120 --> 00:08:25,030

interest which I think is where a lot of

199

00:08:29,550 --> 00:08:27,130

the listeners might be to an actual

200

00:08:31,170 --> 00:08:29,560

reliable useful set of skills that you

201
00:08:34,230 --> 00:08:31,180
can call on talk to us a little bit

202
00:08:35,880 --> 00:08:34,240
about your path and developing magic so

203
00:08:38,790 --> 00:08:35,890
first I want to say that this is

204
00:08:40,199 --> 00:08:38,800
absolutely an indirect path and I'm not

205
00:08:41,969 --> 00:08:40,209
going to recommend that your listeners

206
00:08:45,870 --> 00:08:41,979
follow it but I would love to share that

207
00:08:49,260 --> 00:08:45,880
sure so when I was 11 this was in 1991

208
00:08:50,790 --> 00:08:49,270
one of my friends who honestly read a

209
00:08:53,340 --> 00:08:50,800
lot of fantasy novels in which he lived

210
00:08:56,310 --> 00:08:53,350
in one started talking about magic and

211
00:08:59,160 --> 00:08:56,320
energy and things like that and we were

212
00:09:01,620 --> 00:08:59,170
at an age where the line between things

213
00:09:03,540 --> 00:09:01,630

you actually believe and things you play

214

00:09:05,880 --> 00:09:03,550

with and things you pretend to believe

215

00:09:08,100 --> 00:09:05,890

at 11:00 those are all kind of the same

216

00:09:10,380 --> 00:09:08,110

thing and so we started playing around

217

00:09:14,269 --> 00:09:10,390

with this what we didn't realize though

218

00:09:16,920 --> 00:09:14,279

was that his books would draw from

219

00:09:20,190 --> 00:09:16,930

actual occultism like the golden dawn

220

00:09:22,230 --> 00:09:20,200

and cast magic would draw from energy

221

00:09:23,900 --> 00:09:22,240

healing like Reiki and therapeutic touch

222

00:09:26,760 --> 00:09:23,910

this was the 90s so there was already

223

00:09:28,770 --> 00:09:26,770

peer-reviewed research in energy healing

224

00:09:31,110 --> 00:09:28,780

going around we had no idea at 11 but

225

00:09:32,639 --> 00:09:31,120

now I can tell you this was already

226

00:09:35,220 --> 00:09:32,649

being you know Reese

227

00:09:39,420 --> 00:09:35,230

by a National Institute of Health so it

228

00:09:41,069 --> 00:09:39,430

was drawing from real stuff and so some

229

00:09:43,230 --> 00:09:41,079

of the things that we were trying out we

230

00:09:45,030 --> 00:09:43,240

were playing with were drawn from real

231

00:09:47,609 --> 00:09:45,040

legitimate ways of approaching this and

232

00:09:51,269 --> 00:09:47,619

some of it was just fantasy novel stuff

233

00:09:53,549 --> 00:09:51,279

and over probably a decade you know

234

00:09:55,949 --> 00:09:53,559

throughout my teens I would have these

235

00:09:58,019 --> 00:09:55,959

experiences and some of them would work

236

00:10:00,929 --> 00:09:58,029

really well I would connect to trees and

237

00:10:02,220 --> 00:10:00,939

feel the energy um and at the time I

238

00:10:03,889 --> 00:10:02,230

would think of it as talking to the

239

00:10:06,960 --> 00:10:03,899

trees nowadays I think of it as

240

00:10:08,879 --> 00:10:06,970

absorbing the energy and letting that

241

00:10:10,319 --> 00:10:08,889

influence your mind and a lot of the

242

00:10:12,119 --> 00:10:10,329

similar way to how a drug might

243

00:10:15,239 --> 00:10:12,129

influence one's mind and then

244

00:10:17,160 --> 00:10:15,249

experiencing my own mind high on that

245

00:10:19,639 --> 00:10:17,170

energy from the tree and the same way

246

00:10:22,499 --> 00:10:19,649

that taking a trip on a drug is

247

00:10:25,949 --> 00:10:22,509

experiencing your own mind influenced by

248

00:10:28,499 --> 00:10:25,959

that drug um and I would connect with

249

00:10:29,579 --> 00:10:28,509

spirits and some of them were probably

250

00:10:32,579 --> 00:10:29,589

real spirits and some of them were

251
00:10:34,949 --> 00:10:32,589
probably aspects of my own mind and I

252
00:10:37,530 --> 00:10:34,959
would build energy in my body and see

253
00:10:40,819 --> 00:10:37,540
how that influenced physical stamina and

254
00:10:44,579 --> 00:10:40,829
healing and just created sensations and

255
00:10:46,799 --> 00:10:44,589
through all these experiences I really

256
00:10:48,960 --> 00:10:46,809
wanted to know what was happening what

257
00:10:52,169 --> 00:10:48,970
was going on under the hood my family

258
00:10:53,699 --> 00:10:52,179
were scientists and atheists and so I I

259
00:10:56,069 --> 00:10:53,709
wasn't able to share any of this with

260
00:11:00,059 --> 00:10:56,079
them but I was raised with this real

261
00:11:02,850 --> 00:11:00,069
love of science and when I say that a

262
00:11:05,369 --> 00:11:02,860
lot of people here love technology or

263
00:11:08,819 --> 00:11:05,379

love of standard scientific results and

264

00:11:12,059 --> 00:11:08,829

there is some of that but really science

265

00:11:14,400 --> 00:11:12,069

is about understanding the moving parts

266

00:11:17,669 --> 00:11:14,410

of a phenomenon when a scientist

267

00:11:20,480 --> 00:11:17,679

encounters you know a rainbow this is a

268

00:11:22,619 --> 00:11:20,490

classic example from Newton and Yates

269

00:11:26,220 --> 00:11:22,629

when design doesn't come as a rainbow he

270

00:11:27,299 --> 00:11:26,230

says what caused that and he has I just

271

00:11:29,249 --> 00:11:27,309

want to know the answer is refraction

272

00:11:31,079 --> 00:11:29,259

right I can tell your refraction and if

273

00:11:32,730 --> 00:11:31,089

you don't already know what that means

274

00:11:35,189 --> 00:11:32,740

I haven't actually told you anything

275

00:11:37,619 --> 00:11:35,199

giving you a password yeah what the

276

00:11:40,559 --> 00:11:37,629

scientist wants to say is well water

277

00:11:44,249 --> 00:11:40,569

droplets are really their little spheres

278

00:11:46,000 --> 00:11:44,259

and they behave like a prism and when

279

00:11:47,920 --> 00:11:46,010

sunlight hits this

280

00:11:51,130 --> 00:11:47,930

it and it reflects the different

281

00:11:52,950 --> 00:11:51,140

wavelengths reflect off the curved

282

00:11:56,350 --> 00:11:52,960

surface at slightly different angles and

283

00:11:58,540 --> 00:11:56,360

if you're standing at the right spot to

284

00:12:01,020 --> 00:11:58,550

see that sunlight reflected off of the

285

00:12:05,200 --> 00:12:01,030

water droplet that creates a rainbow and

286

00:12:06,880 --> 00:12:05,210

to me that is just as beautiful as the

287

00:12:10,060 --> 00:12:06,890

actual set of colors in front of my eyes

288

00:12:11,560 --> 00:12:10,070

and that's where I brought to all of

289

00:12:14,470 --> 00:12:11,570

these phenomena and all of these

290

00:12:18,010 --> 00:12:14,480

experiences that were happening to me

291

00:12:21,490 --> 00:12:18,020

that I didn't understand and that really

292

00:12:24,520 --> 00:12:21,500

nobody still nobody fully understands on

293

00:12:27,040 --> 00:12:24,530

and I said well all of these different

294

00:12:29,830 --> 00:12:27,050

ways of approaching this whether it's a

295

00:12:33,190 --> 00:12:29,840

ritual or a visualization or channeling

296

00:12:35,950 --> 00:12:33,200

or lighting a candle or whatever they're

297

00:12:39,640 --> 00:12:35,960

all one the results they get out are

298

00:12:41,230 --> 00:12:39,650

much more complicated than whatever the

299

00:12:42,460 --> 00:12:41,240

person's putting in right I could do a

300

00:12:45,850 --> 00:12:42,470

ritual and speak a hundred words of

301

00:12:48,040 --> 00:12:45,860

Latin but those hundred words are not

302

00:12:50,890 --> 00:12:48,050

enough to program a computer in how to

303

00:12:52,780 --> 00:12:50,900

understand the type of situation I'm

304

00:12:54,670 --> 00:12:52,790

looking to create and certainly not

305

00:12:56,590 --> 00:12:54,680

enough to explain to a computer how to

306

00:12:58,900 --> 00:12:56,600

bring about the type of situation I'm

307

00:13:02,200 --> 00:12:58,910

looking to create there's additional

308

00:13:03,910 --> 00:13:02,210

complexity in magic that isn't coming

309

00:13:05,800 --> 00:13:03,920

from the ritual and isn't coming from

310

00:13:09,370 --> 00:13:05,810

the visual and isn't coming from my mind

311

00:13:11,860 --> 00:13:09,380

because I'm not aware of how this thing

312

00:13:13,480 --> 00:13:11,870

is going to manifest I'm not constantly

313

00:13:15,910 --> 00:13:13,490

thinking about it I'm thinking about it

314

00:13:20,260 --> 00:13:15,920

for five minutes now and then it's often

315

00:13:23,380 --> 00:13:20,270

running well what's often running where

316

00:13:26,020 --> 00:13:23,390

is this thing running um and if all of

317

00:13:27,970 --> 00:13:26,030

these different systems the

318

00:13:30,070 --> 00:13:27,980

have different explanations different

319

00:13:33,520 --> 00:13:30,080

theories are all producing similar

320

00:13:35,170 --> 00:13:33,530

results well they're probably all acting

321

00:13:37,930 --> 00:13:35,180

by the same mechanism

322

00:13:39,010 --> 00:13:37,940

whenever out in the world we see a bunch

323

00:13:41,260 --> 00:13:39,020

of things that have different

324

00:13:42,930 --> 00:13:41,270

explanations and those explanations are

325

00:13:45,190 --> 00:13:42,940

accurate they produce different results

326

00:13:46,990 --> 00:13:45,200

when we see a bunch of a bunch of

327

00:13:50,140 --> 00:13:47,000

phenomena that all do the same thing

328

00:13:51,670 --> 00:13:50,150

they usually have the same mechanism so

329

00:13:54,010 --> 00:13:51,680

what is that mechanism and I started

330

00:13:57,760 --> 00:13:54,020

thinking about what I now call ethereal

331

00:14:00,610 --> 00:13:57,770

software right these forces that respond

332

00:14:04,000 --> 00:14:00,620

to a person's intent that provide

333

00:14:05,950 --> 00:14:04,010

healing energy or create luck or do

334

00:14:09,100 --> 00:14:05,960

whatever else the person's trying to do

335

00:14:11,380 --> 00:14:09,110

with magic or healing and that was kind

336

00:14:13,930 --> 00:14:11,390

of the the first breakthrough of really

337

00:14:15,760 --> 00:14:13,940

getting one piece of the puzzle and has

338

00:14:18,340 --> 00:14:15,770

happened in my late teens early 20s and

339

00:14:22,420 --> 00:14:18,350

then I started looking at what happens

340

00:14:26,500 --> 00:14:22,430

in the mind that what am i engaging when

341

00:14:28,420 --> 00:14:26,510

I'm engaging by magical facilities and

342

00:14:30,100 --> 00:14:28,430

through a set of techniques called

343

00:14:33,220 --> 00:14:30,110

sensory connections let me just explain

344

00:14:34,900 --> 00:14:33,230

this to you really quick so healers and

345

00:14:36,520 --> 00:14:34,910

magic workers and all these folks will

346

00:14:37,570 --> 00:14:36,530

often talk about sending energy and

347

00:14:39,310 --> 00:14:37,580

they'll talk about sending energy a

348

00:14:41,290 --> 00:14:39,320

longer connection so these connections

349

00:14:42,520 --> 00:14:41,300

think of them as like wires or pipes

350

00:14:45,070 --> 00:14:42,530

that carry energy

351

00:14:47,350 --> 00:14:45,080

well if instead of making a connection

352

00:14:49,390 --> 00:14:47,360

and sending energy we make a connection

353

00:14:51,220 --> 00:14:49,400

and just leave it quiet and let it

354

00:14:53,050 --> 00:14:51,230

absorb a tiny amount of the energy of

355

00:14:55,120 --> 00:14:53,060

whatever it's connected to in the same

356

00:14:57,430 --> 00:14:55,130

way that a thermometer absorbs a tiny

357

00:14:59,050 --> 00:14:57,440

amount of heat to measure temperature we

358

00:15:00,520 --> 00:14:59,060

can get a reading on the energy

359

00:15:03,070 --> 00:15:00,530

signature of whatever it's connected to

360

00:15:04,330 --> 00:15:03,080

and if we then make a whole network just

361

00:15:07,120 --> 00:15:04,340

a whole bunch of these sensory

362

00:15:09,550 --> 00:15:07,130

connections all throughout a structure

363

00:15:11,650 --> 00:15:09,560

working at a picture of what's going on

364

00:15:14,050 --> 00:15:11,660

there what parts are active what parts

365

00:15:17,040 --> 00:15:14,060

are inactive what state is all of this

366

00:15:21,220 --> 00:15:17,050

stuff in and that's what I brought to

367

00:15:22,990 --> 00:15:21,230

exploring my own mind and I would make a

368

00:15:25,750 --> 00:15:23,000

connection out and I make another

369

00:15:29,290 --> 00:15:25,760

connection to that first connection and

370

00:15:31,210 --> 00:15:29,300

follow it back into my mind and say what

371

00:15:32,470 --> 00:15:31,220

part of my mind is making this

372

00:15:36,880 --> 00:15:32,480

connection and that's how I found

373

00:15:37,600 --> 00:15:36,890

ethereal muscles and I spent much of my

374

00:15:39,430 --> 00:15:37,610

20s

375

00:15:41,560 --> 00:15:39,440

looking at those ethereal muscles

376

00:15:43,600 --> 00:15:41,570

looking at how they're powered looking

377

00:15:46,690 --> 00:15:43,610

at where they draw their power from I

378

00:15:48,400 --> 00:15:46,700

call it my core and my power source more

379

00:15:50,920 --> 00:15:48,410

religious listeners might call it their

380

00:15:53,140 --> 00:15:50,930

soul but actually tracing the pathways

381

00:15:55,690 --> 00:15:53,150

using these sensory connections and

382

00:15:59,110 --> 00:15:55,700

figuring out how to open up more power

383

00:16:02,470 --> 00:15:59,120

I'd open up power to dormant ethereal

384

00:16:04,630 --> 00:16:02,480

muscles and awaken them so that I could

385

00:16:06,940 --> 00:16:04,640

start using them for whatever they were

386

00:16:09,100 --> 00:16:06,950

best at in the same way that physical

387

00:16:10,570 --> 00:16:09,110

muscles you know I have an arm muscle

388

00:16:11,800 --> 00:16:10,580

that's used for contracting my arm I

389

00:16:13,780 --> 00:16:11,810

have an arm muscle that's used for

390

00:16:16,120 --> 00:16:13,790

extending my arm and I have other

391

00:16:17,680 --> 00:16:16,130

muscles that are used for moving my legs

392

00:16:20,170 --> 00:16:17,690

and balancing while I stand on all these

393

00:16:22,420 --> 00:16:20,180

different special purposes ethereal

394

00:16:24,070 --> 00:16:22,430

muscles have special purposes some are

395

00:16:26,410 --> 00:16:24,080

used for communicating with spirits and

396

00:16:27,910 --> 00:16:26,420

ethereal software others are used for

397

00:16:30,700 --> 00:16:27,920

working with energy in the body and so

398

00:16:32,470 --> 00:16:30,710

by awakening more of them it opened up a

399

00:16:34,900 --> 00:16:32,480

lot of new facilities that I was able to

400

00:16:37,140 --> 00:16:34,910

explore and so those are some of the

401
00:16:40,000 --> 00:16:37,150
foundational techniques of direct magick

402
00:16:40,300 --> 00:16:40,010
sensory connections awaking ethereal

403
00:16:42,189 --> 00:16:40,310
must

404
00:16:45,819 --> 00:16:42,199
and communicating with spirits and

405
00:16:50,410 --> 00:16:45,829
ethereal software right on man so for

406
00:16:53,199 --> 00:16:50,420
someone who might be wanting to begin

407
00:16:55,090 --> 00:16:53,209
flexing these ethereal muscles what are

408
00:16:57,489 --> 00:16:55,100
some of the first things they can look

409
00:16:59,650 --> 00:16:57,499
at doing - just to recognize that

410
00:17:02,379 --> 00:16:59,660
they're even there that's a great

411
00:17:04,630 --> 00:17:02,389
question so I wrestled with this for a

412
00:17:07,600 --> 00:17:04,640
long time when I first started blogging

413
00:17:10,029 --> 00:17:07,610

in 2010 I wrote some posts about energy

414

00:17:13,899 --> 00:17:10,039

meditations because that's just like the

415

00:17:16,090 --> 00:17:13,909

default way that most people learn or

416

00:17:18,100 --> 00:17:16,100

teach how to start engaging these things

417

00:17:20,199 --> 00:17:18,110

how to start working with energy and we

418

00:17:23,169 --> 00:17:20,209

ran into a problem there was a set of

419

00:17:25,659 --> 00:17:23,179

readers that already had some facility

420

00:17:27,579 --> 00:17:25,669

with energy and ethereal muscles that

421

00:17:30,070 --> 00:17:27,589

this worked great for and then there

422

00:17:31,870 --> 00:17:30,080

were other readers whose ethereal

423

00:17:34,299 --> 00:17:31,880

muscles were completely dormant they

424

00:17:35,740 --> 00:17:34,309

weren't able to engage them at all and

425

00:17:37,720 --> 00:17:35,750

so I could give them all the

426

00:17:39,399 --> 00:17:37,730

visualizations I wanted and it wouldn't

427

00:17:41,230 --> 00:17:39,409

do anything because there are the--

428

00:17:44,950 --> 00:17:41,240

riyals weren't listening in the first

429

00:17:46,630 --> 00:17:44,960

place hmm so a couple of years ago when

430

00:17:49,419 --> 00:17:46,640

I started writing this book and the book

431

00:17:51,460 --> 00:17:49,429

by the way it's the draft in progress is

432

00:17:52,840 --> 00:17:51,470

available for free on my website it's

433

00:17:54,700 --> 00:17:52,850

free because I want to get these ideas

434

00:17:56,500 --> 00:17:54,710

out there you'll see a banner along the

435

00:18:00,130 --> 00:17:56,510

top that says start here just click it

436

00:18:02,470 --> 00:18:00,140

you'll get the book um when I started

437

00:18:05,680 --> 00:18:02,480

writing that book what I said was hey I

438

00:18:07,870 --> 00:18:05,690

have all of this all these tools in

439

00:18:10,120 --> 00:18:07,880

ethereal software and I work with all

440

00:18:11,770 --> 00:18:10,130

these spirits who make ethereal software

441

00:18:14,799 --> 00:18:11,780

let me talk to them

442

00:18:15,370 --> 00:18:14,809

let me have them make me a special

443

00:18:18,419 --> 00:18:15,380

purpose

444

00:18:21,789 --> 00:18:18,429

ethereal software designed for beginners

445

00:18:23,740 --> 00:18:21,799

let's put a command in there that is

446

00:18:25,389 --> 00:18:23,750

really easy to use that will let a

447

00:18:28,389 --> 00:18:25,399

beginner connect to the ethereal

448

00:18:30,779 --> 00:18:28,399

software and ask it to help them start

449

00:18:34,299 --> 00:18:30,789

awakening their ethereal muscles and

450

00:18:36,399 --> 00:18:34,309

when the novice does this they look at a

451
00:18:39,100 --> 00:18:36,409
sigil that that's like a symbol that I

452
00:18:40,899 --> 00:18:39,110
have bound the ethereal software to have

453
00:18:43,240 --> 00:18:40,909
a story about that in a minute ah they

454
00:18:44,740 --> 00:18:43,250
look at the sigil and the software

455
00:18:46,120 --> 00:18:44,750
connects to them it connects to their

456
00:18:49,389 --> 00:18:46,130
mind and it starts reading their intent

457
00:18:50,830 --> 00:18:49,399
and then I give them a command to first

458
00:18:51,740 --> 00:18:50,840
just test it out and make sure that it's

459
00:18:55,190 --> 00:18:51,750
working

460
00:18:58,250 --> 00:18:55,200
and then to ask it to start awakening

461
00:19:00,590 --> 00:18:58,260
their ethereal muscles and it will start

462
00:19:03,140 --> 00:19:00,600
sending energy to those parts of their

463
00:19:06,680 --> 00:19:03,150

mind and help them start coming online

464

00:19:08,570 --> 00:19:06,690

and then after they've done that I give

465

00:19:10,340 --> 00:19:08,580

them an energy meditation so they can

466

00:19:12,740 --> 00:19:10,350

start using those newly awakened

467

00:19:14,630 --> 00:19:12,750

ethereal muscles and exercising them and

468

00:19:18,110 --> 00:19:14,640

strengthening them as they work with

469

00:19:20,960 --> 00:19:18,120

energy in their body after that it's a

470

00:19:23,300 --> 00:19:20,970

set of exercises to connect to that

471

00:19:25,420 --> 00:19:23,310

ethereal software better and to ask it

472

00:19:29,540 --> 00:19:25,430

to make lasting connections to your mind

473

00:19:31,460 --> 00:19:29,550

so that it can really read your intent a

474

00:19:33,680 --> 00:19:31,470

lot more clearly by the way that that's

475

00:19:35,630 --> 00:19:33,690

an incredibly common phenomenon most

476

00:19:38,000 --> 00:19:35,640

psychics they have this ethereal

477

00:19:40,010 --> 00:19:38,010

software that that's connected to their

478

00:19:41,330 --> 00:19:40,020

mind and is always listening on I've

479

00:19:43,460 --> 00:19:41,340

worked with a number of psychics and

480

00:19:46,480 --> 00:19:43,470

helped one change from one software to

481

00:19:49,820 --> 00:19:46,490

another she was getting intuitions about

482

00:19:52,070 --> 00:19:49,830

who would call on the phone and which

483

00:19:54,320 --> 00:19:52,080

path to take with driving to avoid

484

00:19:56,390 --> 00:19:54,330

traffic and where to find parking and

485

00:20:00,470 --> 00:19:56,400

and useful things but kind of trivial

486

00:20:01,940 --> 00:20:00,480

things and she was a nurse and wanted to

487

00:20:05,090 --> 00:20:01,950

start getting medical intuitions you

488

00:20:07,640 --> 00:20:05,100

know which of my six patients is going

489

00:20:09,260 --> 00:20:07,650

to crash is going to need emergency care

490

00:20:11,990 --> 00:20:09,270

to stay alive on my shift

491

00:20:15,230 --> 00:20:12,000

which of these dozen studies or dozen

492

00:20:16,520 --> 00:20:15,240

are lab results is the most useful for

493

00:20:18,260 --> 00:20:16,530

figuring out the right care to give this

494

00:20:19,730 --> 00:20:18,270

patient and she wasn't getting that

495

00:20:21,980 --> 00:20:19,740

those intuitions and she really wanted

496

00:20:23,860 --> 00:20:21,990

them so we actually I talked with the

497

00:20:25,880 --> 00:20:23,870

spirits I work with I asked them for

498

00:20:27,800 --> 00:20:25,890

what ethereal software would you

499

00:20:29,630 --> 00:20:27,810

recommend for this and we switched her

500

00:20:31,370 --> 00:20:29,640

over and it took a few months for that

501
00:20:34,070 --> 00:20:31,380
new ethereal software to network fully

502
00:20:35,630 --> 00:20:34,080
with her brain but once it did she

503
00:20:37,490 --> 00:20:35,640
started getting all of these really

504
00:20:39,700 --> 00:20:37,500
useful intuitions and knowing which of

505
00:20:42,740 --> 00:20:39,710
her patients was going to crash and

506
00:20:45,320 --> 00:20:42,750
having no idea where it came from in a

507
00:20:47,480 --> 00:20:45,330
mundane way she didn't like see that

508
00:20:50,150 --> 00:20:47,490
that patient looked extra sickly she

509
00:20:51,770 --> 00:20:50,160
just knew through the ethereal software

510
00:20:53,480 --> 00:20:51,780
what was going to happen I might up

511
00:20:55,760 --> 00:20:53,490
being really useful to her and then I

512
00:20:57,890 --> 00:20:55,770
used similar techniques to activate

513
00:20:59,270 --> 00:20:57,900

psych intuitions for myself so what I

514

00:21:00,980 --> 00:20:59,280

want to communicate with that is when I

515

00:21:03,140 --> 00:21:00,990

talk about hey this is how it works a

516

00:21:04,340 --> 00:21:03,150

lot of people I get the feeling when

517

00:21:04,990 --> 00:21:04,350

they say this is how it works they have

518

00:21:07,330 --> 00:21:05,000

some

519

00:21:09,190 --> 00:21:07,340

tuition they think that's a great story

520

00:21:11,529 --> 00:21:09,200

or it just makes sense to them and I

521

00:21:13,750 --> 00:21:11,539

love that I love hearing people's

522

00:21:15,250 --> 00:21:13,760

explanations for how a thing works but

523

00:21:18,880 --> 00:21:15,260

what I want to communicate is that I

524

00:21:22,390 --> 00:21:18,890

then take the next step of trying to use

525

00:21:23,710 --> 00:21:22,400

that model to solve a problem and to

526

00:21:26,320 --> 00:21:23,720

solve a problem in a way that would

527

00:21:28,029 --> 00:21:26,330

never have occurred to me if I didn't

528

00:21:31,060 --> 00:21:28,039

have that model if I didn't have an idea

529

00:21:32,560 --> 00:21:31,070

of ethereal software and of different

530

00:21:34,180 --> 00:21:32,570

ethereal software's having different

531

00:21:36,909 --> 00:21:34,190

capabilities it never would have

532

00:21:39,970 --> 00:21:36,919

occurred to me to switch my friend from

533

00:21:42,190 --> 00:21:39,980

one software to another and so the model

534

00:21:44,230 --> 00:21:42,200

gave me a useful what scientist would

535

00:21:47,380 --> 00:21:44,240

call a prediction that turned out to be

536

00:21:49,810 --> 00:21:47,390

accurate and that's why I have

537

00:21:52,630 --> 00:21:49,820

confidence in what I'm doing and where

538

00:21:54,880 --> 00:21:52,640

I'm saying about how this all works hmm

539

00:21:57,669 --> 00:21:54,890

yeah man I mean you make it sound good

540

00:22:00,430 --> 00:21:57,679

so ethereal software obviously that's a

541

00:22:03,700 --> 00:22:00,440

new term to a lot of people that would

542

00:22:05,430 --> 00:22:03,710

be the mechanism that the spirits use to

543

00:22:08,110 --> 00:22:05,440

help us with our requests in a sense

544

00:22:10,899 --> 00:22:08,120

that's a great way to put it yeah so

545

00:22:14,370 --> 00:22:10,909

it's a new term but it's actually an old

546

00:22:17,289 --> 00:22:14,380

concept ah Chaos magic talks about

547

00:22:21,399 --> 00:22:17,299

egregores and servitors right these are

548

00:22:23,279 --> 00:22:21,409

these external forces that mages channel

549

00:22:26,169 --> 00:22:23,289

and ask for help

550

00:22:29,110 --> 00:22:26,179

Reiki practitioners talk about

551
00:22:31,750 --> 00:22:29,120
channeling energy from the universe and

552
00:22:33,010 --> 00:22:31,760
if you talk to them they clearly

553
00:22:34,750 --> 00:22:33,020
understand that they're not channeling

554
00:22:37,810 --> 00:22:34,760
energy from Jupiter or Alpha Centauri

555
00:22:39,520 --> 00:22:37,820
they're channeling energy from something

556
00:22:42,760 --> 00:22:39,530
that's all around us

557
00:22:44,890 --> 00:22:42,770
that some force that they don't fully

558
00:22:47,980 --> 00:22:44,900
understand and they've chosen to call

559
00:22:49,779 --> 00:22:47,990
that force the universe if you talk to

560
00:22:51,940 --> 00:22:49,789
psychics though they'll say a similar

561
00:22:54,399 --> 00:22:51,950
thing about receiving information from a

562
00:22:57,730 --> 00:22:54,409
universal field and what was happening

563
00:23:00,610 --> 00:22:57,740

and what I saw happening is with all of

564

00:23:03,190 --> 00:23:00,620

these grand terms right this this is an

565

00:23:05,470 --> 00:23:03,200

egregore it is the the sum of all of the

566

00:23:08,440 --> 00:23:05,480

intents of every human in the world or

567

00:23:10,810 --> 00:23:08,450

I'm channeling an energy from the

568

00:23:12,640 --> 00:23:10,820

universe if we want to then talk about

569

00:23:15,520 --> 00:23:12,650

well how does that thing we're operate

570

00:23:18,430 --> 00:23:15,530

what algorithm does it use how can we

571

00:23:19,990 --> 00:23:18,440

reprogram it to work better

572

00:23:22,300 --> 00:23:20,000

if I ask how can we reprogram the

573

00:23:24,370 --> 00:23:22,310

universe to work better that's a crazy

574

00:23:27,130 --> 00:23:24,380

idea that's just

575

00:23:29,770 --> 00:23:27,140

I would reflexively flinch away from

576

00:23:32,470 --> 00:23:29,780

even asking that but if we choose to

577

00:23:34,960 --> 00:23:32,480

call it ethereal software and we then

578

00:23:37,090 --> 00:23:34,970

ask how can we reprogram this ethereal

579

00:23:39,250 --> 00:23:37,100

software to work better how can we add a

580

00:23:42,610 --> 00:23:39,260

new capability to this ethereal software

581

00:23:43,210 --> 00:23:42,620

to do healing energy for this new

582

00:23:45,430 --> 00:23:43,220

condition

583

00:23:47,410 --> 00:23:45,440

well that just sounds like a software

584

00:23:49,470 --> 00:23:47,420

upgrade that's a really natural question

585

00:23:51,820 --> 00:23:49,480

and I actually picked the name

586

00:23:53,800 --> 00:23:51,830

consciously I used to call them systems

587

00:23:55,450 --> 00:23:53,810

like computer system and it was really

588

00:23:57,160 --> 00:23:55,460

confusing for my readers because there

589

00:23:58,870 --> 00:23:57,170

are also these different systems of

590

00:24:00,910 --> 00:23:58,880

magic right like chaos magic is a sister

591

00:24:02,020 --> 00:24:00,920

of magic and Golden Dawn is a sister of

592

00:24:04,720 --> 00:24:02,030

magic and so when I talk about

593

00:24:06,850 --> 00:24:04,730

channeling systems it's a word that

594

00:24:08,050 --> 00:24:06,860

already has a lot of meanings and my

595

00:24:09,490 --> 00:24:08,060

readers were finding it confusing and

596

00:24:12,280 --> 00:24:09,500

actually have a series of posts where I

597

00:24:14,890 --> 00:24:12,290

said hey guys help me come up with a

598

00:24:18,130 --> 00:24:14,900

good metaphor and we wound up at

599

00:24:19,690 --> 00:24:18,140

ethereal software so this meaning that

600

00:24:22,210 --> 00:24:19,700

what would I just explained to you was

601
00:24:25,480 --> 00:24:22,220
actually very consciously chosen right

602
00:24:28,140 --> 00:24:25,490
nice so right servitors we typically

603
00:24:30,700 --> 00:24:28,150
would think of them as conscious

604
00:24:32,290 --> 00:24:30,710
temporary entities or something to that

605
00:24:34,870 --> 00:24:32,300
degree but your term implies you think

606
00:24:38,050 --> 00:24:34,880
of these mechanisms closer to scripts of

607
00:24:40,840 --> 00:24:38,060
code rather than a conscious slave beam

608
00:24:45,310 --> 00:24:40,850
type of thing the way I think about it

609
00:24:46,480 --> 00:24:45,320
is consciousness has to run on something

610
00:24:49,510 --> 00:24:46,490
right mm-hmm

611
00:24:52,510 --> 00:24:49,520
my consciousness runs on my neurons I

612
00:24:54,940 --> 00:24:52,520
can imagine a computer that's conscious

613
00:24:58,720 --> 00:24:54,950

and its consciousness would run on its

614

00:25:00,720 --> 00:24:58,730

transistors okay and the consciousness

615

00:25:05,050 --> 00:25:00,730

and the intent and all of the the

616

00:25:07,990 --> 00:25:05,060

details of how that servitor behaves it

617

00:25:10,180 --> 00:25:08,000

has to run somewhere and I want to

618

00:25:13,600 --> 00:25:10,190

mention it's easy as a human to kind of

619

00:25:16,660 --> 00:25:13,610

imagine a mind that's free-floating

620

00:25:20,410 --> 00:25:16,670

out in the world and that's because when

621

00:25:22,870 --> 00:25:20,420

we humans interact with other humans

622

00:25:25,300 --> 00:25:22,880

it's really important to simulate their

623

00:25:28,900 --> 00:25:25,310

mind so we have a lot of special-purpose

624

00:25:31,420 --> 00:25:28,910

circuitry in our mind for simulating

625

00:25:32,230 --> 00:25:31,430

other minds and you can see this in a

626

00:25:34,420 --> 00:25:32,240

lot of the worlds

627

00:25:37,360 --> 00:25:34,430

that's why it's so easy to imagine a

628

00:25:38,410 --> 00:25:37,370

rock or a tree having consciousness

629

00:25:42,130 --> 00:25:38,420

mm-hmm

630

00:25:45,250 --> 00:25:42,140

when we dig down into what actually

631

00:25:48,720 --> 00:25:45,260

happens what I find is that that

632

00:25:51,310 --> 00:25:48,730

consciousness needs something to run on

633

00:25:54,070 --> 00:25:51,320

when I connect to spirit so I work with

634

00:25:56,140 --> 00:25:54,080

spirits I will sometimes connect to

635

00:25:57,400 --> 00:25:56,150

their mind using these sensory

636

00:25:59,830 --> 00:25:57,410

connections that I talked about with the

637

00:26:01,390 --> 00:25:59,840

the healing example earlier and see what

638

00:26:03,400 --> 00:26:01,400

the structures are that are involved and

639

00:26:05,740 --> 00:26:03,410

it's a lot of really dense structures

640

00:26:10,450 --> 00:26:05,750

that look a lot like my ethereal muscles

641

00:26:13,660 --> 00:26:10,460

and when I send out my intent it's

642

00:26:16,210 --> 00:26:13,670

tempting to use that human facility to

643

00:26:19,210 --> 00:26:16,220

simulate human minds to just imagine

644

00:26:20,620 --> 00:26:19,220

intent as a free-floating unitary object

645

00:26:23,050 --> 00:26:20,630

that can kind of go out into the world

646

00:26:25,360 --> 00:26:23,060

and reach out its feelers and you know

647

00:26:28,150 --> 00:26:25,370

reach over with its noodly appendage to

648

00:26:30,400 --> 00:26:28,160

to cause a change but if we really think

649

00:26:35,830 --> 00:26:30,410

about the complexity of what's happening

650

00:26:38,050 --> 00:26:35,840

and really grasp that that thought is my

651
00:26:41,200 --> 00:26:38,060
nerves firing in my brain or some

652
00:26:44,140 --> 00:26:41,210
similar physical phenomenon we say wow

653
00:26:47,230 --> 00:26:44,150
what actually has to happen under the

654
00:26:49,270 --> 00:26:47,240
hood to send out my thought where does

655
00:26:52,300 --> 00:26:49,280
that program where does that intent have

656
00:26:54,430 --> 00:26:52,310
to run hmm my answer to that is ethereal

657
00:26:57,730 --> 00:26:54,440
software so what I would say is the de

658
00:27:00,480 --> 00:26:57,740
servitor sounds like a program that

659
00:27:03,430 --> 00:27:00,490
somebody has created an ongoing request

660
00:27:05,770 --> 00:27:03,440
that is running in so a serial software

661
00:27:10,090 --> 00:27:05,780
that they have access to hmm and an

662
00:27:12,250 --> 00:27:10,100
egregore is the much larger and more

663
00:27:16,150 --> 00:27:12,260

full-bodied and able to accept these

664

00:27:19,390 --> 00:27:16,160

requests so an egregore maps to ethereal

665

00:27:21,210 --> 00:27:19,400

software right on that makes a lot of

666

00:27:23,800 --> 00:27:21,220

sense I think that's a pretty practical

667

00:27:28,240 --> 00:27:23,810

way of explaining some things that

668

00:27:30,430 --> 00:27:28,250

seemed very mysterious and uh kind of

669

00:27:33,460 --> 00:27:30,440

creepy to some degree but you know

670

00:27:35,380 --> 00:27:33,470

entities they really are of interest to

671

00:27:37,750 --> 00:27:35,390

me and most magical guests I've had have

672

00:27:39,880 --> 00:27:37,760

emphasized how important it is to study

673

00:27:41,830 --> 00:27:39,890

these particular beings and call on the

674

00:27:43,930 --> 00:27:41,840

right ones for the right purposes but I

675

00:27:46,169 --> 00:27:43,940

don't see that as much in your writing

676

00:27:48,060 --> 00:27:46,179

I guess you see that as less important

677

00:27:51,180 --> 00:27:48,070

because you can kind of program your own

678

00:27:53,430 --> 00:27:51,190

ethereal software as opposed to going to

679

00:27:55,919 --> 00:27:53,440

an entity who specializes in a

680

00:27:57,509 --> 00:27:55,929

particular area you know that's a really

681

00:27:59,850 --> 00:27:57,519

interesting question this is something

682

00:28:03,019 --> 00:27:59,860

that I've been wrestling with in how do

683

00:28:05,999 --> 00:28:03,029

I teach this a lot of my own work

684

00:28:09,480 --> 00:28:06,009

actually involves working with spirits

685

00:28:12,989 --> 00:28:09,490

or entities and the reason why I haven't

686

00:28:15,239 --> 00:28:12,999

shared them as much is I don't

687

00:28:19,080 --> 00:28:15,249

assignment to a particular Pantheon I

688

00:28:21,960 --> 00:28:19,090

don't say let's work with Zeus or let's

689

00:28:25,080 --> 00:28:21,970

work with this fire elemental or let's

690

00:28:27,720 --> 00:28:25,090

work with this named spirit hmm the way

691

00:28:30,299 --> 00:28:27,730

this happened for me is I was doing my

692

00:28:33,690 --> 00:28:30,309

own work and I was tracing some

693

00:28:36,810 --> 00:28:33,700

connections in my mind looking at how my

694

00:28:38,159 --> 00:28:36,820

mind was powered and I found some

695

00:28:39,570 --> 00:28:38,169

spirits on the other end of those

696

00:28:41,119 --> 00:28:39,580

connections and I started talking with

697

00:28:44,749 --> 00:28:41,129

them I started working with them and

698

00:28:46,889 --> 00:28:44,759

they would teach me some techniques and

699

00:28:48,989 --> 00:28:46,899

then as I started learning more

700

00:28:50,700 --> 00:28:48,999

techniques I had some other spirits come

701
00:28:52,109 --> 00:28:50,710
and connect to me and want to see what I

702
00:28:53,580 --> 00:28:52,119
was doing because they thought that that

703
00:28:54,239 --> 00:28:53,590
looked really neat and they wanted to

704
00:28:56,220 --> 00:28:54,249
learn it too

705
00:28:57,480 --> 00:28:56,230
and so I started working with them and I

706
00:29:00,299 --> 00:28:57,490
would show them what I knew and they

707
00:29:02,759 --> 00:29:00,309
would show me what they knew and through

708
00:29:05,580 --> 00:29:02,769
just kind of networking with a lot of

709
00:29:08,730 --> 00:29:05,590
different spirits I wound up with a

710
00:29:11,070 --> 00:29:08,740
group that I work with almost daily and

711
00:29:13,799 --> 00:29:11,080
whenever I want to learn a new technique

712
00:29:16,889 --> 00:29:13,809
I'll call them up and I'll ask them how

713
00:29:18,239 --> 00:29:16,899

to do this thing and sometimes they know

714

00:29:21,350 --> 00:29:18,249

and they just show me and sometimes they

715

00:29:24,250 --> 00:29:21,360

don't and we work together to develop it

716

00:29:26,710 --> 00:29:24,260

the thing is

717

00:29:28,630 --> 00:29:26,720

it's hard for me to say hey it's really

718

00:29:30,880 --> 00:29:28,640

important to work with the right spirit

719

00:29:33,760 --> 00:29:30,890

because I have this group that I work

720

00:29:35,470 --> 00:29:33,770

with it's similar to how if you worked

721

00:29:37,960 --> 00:29:35,480

at a company you'd say you know what's

722

00:29:40,480 --> 00:29:37,970

really important to collaborate with a

723

00:29:42,190 --> 00:29:40,490

great marketing person and a great

724

00:29:45,250 --> 00:29:42,200

business development person and a great

725

00:29:48,150 --> 00:29:45,260

sales person but you wouldn't say

726

00:29:51,460 --> 00:29:48,160

and so you should channel the spirit of

727

00:29:54,520 --> 00:29:51,470

this famous marketing person right you'd

728

00:29:56,919 --> 00:29:54,530

say you should you know put out an ad on

729

00:30:02,409 --> 00:29:56,929

on monster.com you should hire someone

730

00:30:04,360 --> 00:30:02,419

and we're I'm winding up is the ethereal

731

00:30:06,720 --> 00:30:04,370

software that I'm distributing with my

732

00:30:09,640 --> 00:30:06,730

book that that's tied to that sigil

733

00:30:11,289 --> 00:30:09,650

that's made by these spirits that I work

734

00:30:15,039 --> 00:30:11,299

with and so one of the things that we're

735

00:30:17,169 --> 00:30:15,049

programming in is a facility to ask that

736

00:30:18,990 --> 00:30:17,179

software for advice and if it has the

737

00:30:22,450 --> 00:30:19,000

intelligence in itself it will present

738

00:30:25,240 --> 00:30:22,460

essentially a vision of an avatar a

739

00:30:27,460 --> 00:30:25,250

vision of an angel or a spirit or

740

00:30:29,080 --> 00:30:27,470

whatever you can talk with and if it

741

00:30:31,240 --> 00:30:29,090

doesn't know enough to answer that

742

00:30:33,990 --> 00:30:31,250

question it will connect you to one of

743

00:30:36,400 --> 00:30:34,000

the actual spirits that I work with and

744

00:30:38,470 --> 00:30:36,410

they'll be able to help you out and the

745

00:30:40,750 --> 00:30:38,480

intent there is that as people learn

746

00:30:42,640 --> 00:30:40,760

more and start asking more advanced and

747

00:30:45,549 --> 00:30:42,650

more intricate questions they slowly

748

00:30:49,409 --> 00:30:45,559

transition from essentially reading the

749

00:30:51,700 --> 00:30:49,419

the help files in the software to

750

00:30:53,500 --> 00:30:51,710

actually talking with the spirits and

751

00:30:56,010 --> 00:30:53,510

getting that training so one thing on my

752

00:30:59,110 --> 00:30:56,020

mind is definitely how do we get people

753

00:31:00,400 --> 00:30:59,120

the right kind of guidance from spirits

754

00:31:02,680 --> 00:31:00,410

because I've benefitted that from this

755

00:31:04,930 --> 00:31:02,690

so tremendously ah but I think it's a

756

00:31:07,950 --> 00:31:04,940

different approach than most people take

757

00:31:10,900 --> 00:31:07,960

and I'm still working out the details

758

00:31:12,520 --> 00:31:10,910

right on yes spirit contact it seems to

759

00:31:14,350 --> 00:31:12,530

be just one of those things the

760

00:31:16,630 --> 00:31:14,360

floodgates are either wide open or

761

00:31:19,720 --> 00:31:16,640

nobody's home and communicating with

762

00:31:21,490 --> 00:31:19,730

entities it's probably the most abstract

763

00:31:23,049 --> 00:31:21,500

and provocative idea for a lot of

764

00:31:24,940 --> 00:31:23,059

listeners and it's something I've been

765

00:31:26,830 --> 00:31:24,950

able to do on psychedelics a time or two

766

00:31:29,200 --> 00:31:26,840

but I'd love the validation that it can

767

00:31:31,330 --> 00:31:29,210

be done reliably with the sober mind and

768

00:31:33,580 --> 00:31:31,340

you know long forming relationships can

769

00:31:35,680 --> 00:31:33,590

happen but how can we strengthen our

770

00:31:37,030 --> 00:31:35,690

ability to make contact how do we go

771

00:31:38,920 --> 00:31:37,040

about it

772

00:31:40,690 --> 00:31:38,930

so there's actually a whole series of

773

00:31:43,090 --> 00:31:40,700

techniques that I've learned and that

774

00:31:46,120 --> 00:31:43,100

I'm gonna be writing about the first

775

00:31:48,760 --> 00:31:46,130

step is simply learning to quiet one's

776

00:31:51,700 --> 00:31:48,770

mind right think of the spirit is kind

777

00:31:54,100 --> 00:31:51,710

of whispering into your mind and if you

778

00:31:55,720 --> 00:31:54,110

have a lot of thoughts going on it's

779

00:31:56,890 --> 00:31:55,730

gonna be hard to hear those whispers

780

00:31:59,650 --> 00:31:56,900

okay

781

00:32:01,720 --> 00:31:59,660

and that's a good first attempt and

782

00:32:04,120 --> 00:32:01,730

that's actually where I started but then

783

00:32:05,800 --> 00:32:04,130

after that we take these sensory

784

00:32:09,070 --> 00:32:05,810

connections which is another set of

785

00:32:13,000 --> 00:32:09,080

techniques that I teach and we use that

786

00:32:14,170 --> 00:32:13,010

to feel in our mind where is the spirit

787

00:32:16,120 --> 00:32:14,180

connecting and stewards will generally

788

00:32:20,080 --> 00:32:16,130

connect to the same place over and over

789

00:32:22,350 --> 00:32:20,090

and we learn to engage that part of the

790

00:32:24,610 --> 00:32:22,360

mind though that set of ethereal muscles

791

00:32:26,460 --> 00:32:24,620

when we're talking with the spirit and

792

00:32:29,620 --> 00:32:26,470

it's like I think of it as almost

793

00:32:32,050 --> 00:32:29,630

thinking with that part of the mind I

794

00:32:34,750 --> 00:32:32,060

don't know if this is a metaphor that

795

00:32:38,230 --> 00:32:34,760

will translate if you a person hasn't

796

00:32:41,140 --> 00:32:38,240

done it but it's like engaging a part of

797

00:32:43,300 --> 00:32:41,150

the mind and then thinking my idea and

798

00:32:47,710 --> 00:32:43,310

by keeping that part engaged it's like

799

00:32:49,060 --> 00:32:47,720

the thoughts echo in that part and the

800

00:32:52,750 --> 00:32:49,070

mechanism for it's actually happening

801
00:32:55,390 --> 00:32:52,760
under the hood is as a person thinks as

802
00:32:57,160 --> 00:32:55,400
thoughts and words and concepts pass

803
00:32:59,560 --> 00:32:57,170
through the brain there's all of this

804
00:33:03,130 --> 00:32:59,570
activity in the brain and if we put a

805
00:33:04,540 --> 00:33:03,140
person in an fMRI and look at how their

806
00:33:07,240 --> 00:33:04,550
brain is firing we find out that there's

807
00:33:09,790 --> 00:33:07,250
actually a lot of similarities from one

808
00:33:11,380 --> 00:33:09,800
brain to the next so it's not like you

809
00:33:13,240 --> 00:33:11,390
have one pattern and I have some

810
00:33:14,890 --> 00:33:13,250
completely different pattern when we

811
00:33:17,560 --> 00:33:14,900
think about a concept like spirits or

812
00:33:19,180 --> 00:33:17,570
justice or success or whatever we

813
00:33:22,210 --> 00:33:19,190

actually have very similar patterns and

814

00:33:25,270 --> 00:33:22,220

it turns out that we also have very

815

00:33:27,190 --> 00:33:25,280

similar energy patterns the signature

816

00:33:30,670 --> 00:33:27,200

the energy signature that our brains

817

00:33:33,010 --> 00:33:30,680

enter when we think these concepts seems

818

00:33:35,350 --> 00:33:33,020

to be pretty similar and so when I

819

00:33:38,650 --> 00:33:35,360

communicate with a spirit what I'm doing

820

00:33:40,570 --> 00:33:38,660

is taking all the energy signatures that

821

00:33:43,540 --> 00:33:40,580

my brain enters as I think that message

822

00:33:45,850 --> 00:33:43,550

I gather them up i package them up and i

823

00:33:49,120 --> 00:33:45,860

send them in a similar way to how you

824

00:33:51,160 --> 00:33:49,130

might send healing energy and the spirit

825

00:33:53,080 --> 00:33:51,170

then unpackage 'as them and puts

826
00:33:56,320 --> 00:33:53,090
puts it in there whatever the equivalent

827
00:33:58,960 --> 00:33:56,330
of their brain is and here's my thoughts

828
00:34:01,570 --> 00:33:58,970
echoed in their mind as their mind

829
00:34:03,370 --> 00:34:01,580
enters the same energy signatures that

830
00:34:06,040 --> 00:34:03,380
my mind was in when I thought that

831
00:34:07,480 --> 00:34:06,050
message and then they package up their

832
00:34:11,500 --> 00:34:07,490
message in a similar way and send it to

833
00:34:13,750 --> 00:34:11,510
me and I unpackage it and one concept at

834
00:34:15,940 --> 00:34:13,760
a time place that concept into my brain

835
00:34:19,270 --> 00:34:15,950
and let my brain enter that energy

836
00:34:22,659 --> 00:34:19,280
signature and feel what that concept is

837
00:34:25,840 --> 00:34:22,669
and as you might imagine at first this

838
00:34:28,630 --> 00:34:25,850

was really really slow and really really

839

00:34:31,720 --> 00:34:28,640

hard but after doing it for a few years

840

00:34:36,460 --> 00:34:31,730

it's kind of like having a conversation

841

00:34:37,899 --> 00:34:36,470

it's roughly as fast as talking on one

842

00:34:39,760 --> 00:34:37,909

of the really interesting things is

843

00:34:41,560 --> 00:34:39,770

occasionally the spirit will use a

844

00:34:44,020 --> 00:34:41,570

concept that I'm not familiar with and

845

00:34:47,020 --> 00:34:44,030

when that happens it's like my brain

846

00:34:50,250 --> 00:34:47,030

stops my brain like can't get into that

847

00:34:52,810 --> 00:34:50,260

state and I have to say hold on hold on

848

00:34:55,570 --> 00:34:52,820

break that down into smaller concepts

849

00:34:57,850 --> 00:34:55,580

break that down into you know bits that

850

00:34:59,830 --> 00:34:57,860

I'm familiar with and then they do and

851
00:35:02,170 --> 00:34:59,840
then I get the concept and then once I

852
00:35:05,770 --> 00:35:02,180
have that concept in my mind if they

853
00:35:09,040 --> 00:35:05,780
then use the the large concept again the

854
00:35:10,720 --> 00:35:09,050
one that I wasn't able to handle if they

855
00:35:13,930 --> 00:35:10,730
then use it again a few minutes later I

856
00:35:16,290 --> 00:35:13,940
can hear it and I recognize it as that

857
00:35:18,880 --> 00:35:16,300
thing they just explained Kenny huh so

858
00:35:20,320 --> 00:35:18,890
when we're talking with spirits there's

859
00:35:21,670 --> 00:35:20,330
actually a whole set of techniques in

860
00:35:24,010 --> 00:35:21,680
the set of techniques is also useful for

861
00:35:26,290 --> 00:35:24,020
talking with ethereal software it takes

862
00:35:28,240 --> 00:35:26,300
months for a serial software to connect

863
00:35:29,590 --> 00:35:28,250

to a person's brain and if you only want

864

00:35:32,500 --> 00:35:29,600

to use one if you just want to turn on

865

00:35:36,460 --> 00:35:32,510

psychic intuitions then awesome do that

866

00:35:38,650 --> 00:35:36,470

the W well spent few months but I don't

867

00:35:40,690 --> 00:35:38,660

want to use just one software I want to

868

00:35:43,810 --> 00:35:40,700

use a dozen or more

869

00:35:46,150 --> 00:35:43,820

I actually just last week switched from

870

00:35:48,040 --> 00:35:46,160

one ethereal software for second

871

00:35:50,740 --> 00:35:48,050

intuitions to another that seems to be

872

00:35:53,740 --> 00:35:50,750

better for some human events around

873

00:35:56,110 --> 00:35:53,750

business and I was able to do that in

874

00:35:58,900 --> 00:35:56,120

about a day because I have all these

875

00:36:00,820 --> 00:35:58,910

other techniques with how to do the

876

00:36:03,400 --> 00:36:00,830

communication so it's a combination of

877

00:36:05,690 --> 00:36:03,410

making it faster make it more reliable

878

00:36:08,570 --> 00:36:05,700

and also making it more

879

00:36:10,220 --> 00:36:08,580

what I found happened as I was first

880

00:36:12,770 --> 00:36:10,230

learning these techniques as I was first

881

00:36:15,350 --> 00:36:12,780

learning to package up my thoughts and

882

00:36:17,870 --> 00:36:15,360

then unpackage the spirits message I

883

00:36:20,480 --> 00:36:17,880

would have a spirit send me a message

884

00:36:22,190 --> 00:36:20,490

the old way the way where it's just kind

885

00:36:24,770 --> 00:36:22,200

of dropping the signatures into my brain

886

00:36:27,790 --> 00:36:24,780

and then the new way or it was sending

887

00:36:30,050 --> 00:36:27,800

me this package and I would read and I

888

00:36:31,400 --> 00:36:30,060

thought that what was going to happen

889

00:36:35,420 --> 00:36:31,410

was the old way was gonna be really

890

00:36:37,160 --> 00:36:35,430

accurate and the new way was going to be

891

00:36:39,770 --> 00:36:37,170

inaccurate and eventually through

892

00:36:41,480 --> 00:36:39,780

practice become as accurate as the old

893

00:36:43,280 --> 00:36:41,490

way and just be a little easier for the

894

00:36:45,080 --> 00:36:43,290

spirit to work with and let me talk with

895

00:36:47,060 --> 00:36:45,090

more spirits who maybe didn't know as

896

00:36:49,370 --> 00:36:47,070

much about talking with humans but what

897

00:36:52,160 --> 00:36:49,380

actually happened is I found that the

898

00:36:53,840 --> 00:36:52,170

old way where I was kind of having the

899

00:36:57,440 --> 00:36:53,850

thoughts dropped into my brain and then

900

00:37:00,410 --> 00:36:57,450

feeling into them I would get one or two

901
00:37:03,800 --> 00:37:00,420
words of each sentence along with an

902
00:37:05,570 --> 00:37:03,810
emotional feel of like hopeful or sad or

903
00:37:08,840 --> 00:37:05,580
whatever and then my unconscious mind

904
00:37:11,900 --> 00:37:08,850
would fill in the gaps in the same way

905
00:37:14,690 --> 00:37:11,910
that if I told you you know new job

906
00:37:16,310 --> 00:37:14,700
along with a feeling of hope you could

907
00:37:18,620 --> 00:37:16,320
probably and we're talking about your

908
00:37:21,110 --> 00:37:18,630
career you could probably fill in the

909
00:37:23,300 --> 00:37:21,120
gaps of what my sentence was more or

910
00:37:26,600 --> 00:37:23,310
less that's what my unconscious mind was

911
00:37:28,640 --> 00:37:26,610
doing and as I learned to package and

912
00:37:31,580 --> 00:37:28,650
unpackage these messages I started

913
00:37:34,490 --> 00:37:31,590

getting more and more words and more and

914

00:37:36,620 --> 00:37:34,500

more accuracy and what I was sending and

915

00:37:38,780 --> 00:37:36,630

receiving and that was actually a really

916

00:37:41,180 --> 00:37:38,790

great surprising result I love getting

917

00:37:42,650 --> 00:37:41,190

surprising results because I always have

918

00:37:45,980 --> 00:37:42,660

this fear in the back of my mind that

919

00:37:48,530 --> 00:37:45,990

what if all of this is just placebo it's

920

00:37:51,440 --> 00:37:48,540

just my expectations yeah manifesting in

921

00:37:54,680 --> 00:37:51,450

front of me and at least once a month I

922

00:37:57,230 --> 00:37:54,690

get some result that I completely did

923

00:38:00,850 --> 00:37:57,240

not expect I actually feel the surprise

924

00:38:04,010 --> 00:38:00,860

in my body and in my chest and I say wow

925

00:38:04,730 --> 00:38:04,020

okay I'm getting the opposite of what I

926
00:38:08,840 --> 00:38:04,740
expected

927
00:38:10,490 --> 00:38:08,850
you know yeah I want more concrete

928
00:38:11,660 --> 00:38:10,500
testing eventually and I'd love to tell

929
00:38:15,890 --> 00:38:11,670
you about healing lab where I'm doing

930
00:38:17,810 --> 00:38:15,900
that but it's a great just a personal

931
00:38:19,910 --> 00:38:17,820
confirmation that I'm really were

932
00:38:21,980 --> 00:38:19,920
with something so yeah that's how I do

933
00:38:23,900 --> 00:38:21,990
communication is I package up the

934
00:38:25,700 --> 00:38:23,910
message and I send it to the spirit and

935
00:38:29,090 --> 00:38:25,710
I receive their message and I unpackage

936
00:38:31,220 --> 00:38:29,100
it and that's a series of exercises that

937
00:38:33,350 --> 00:38:31,230
I'm gonna be digging into in the book as

938
00:38:36,050 --> 00:38:33,360

I return to it later this year all right

939

00:38:38,810 --> 00:38:36,060

man yeah that is so interesting I mean

940

00:38:40,550 --> 00:38:38,820

so many people probably have a hard time

941

00:38:43,250 --> 00:38:40,560

thinking these things are even possible

942

00:38:45,650 --> 00:38:43,260

to go a little bit further with this in

943

00:38:48,650 --> 00:38:45,660

the more advanced stages can you

944

00:38:50,840 --> 00:38:48,660

elaborate on how a relationship with a

945

00:38:55,520 --> 00:38:50,850

reoccurring entity evolves and develops

946

00:38:58,220 --> 00:38:55,530

over months or years even sure so

947

00:39:01,220 --> 00:38:58,230

there's one group of spirits that I've

948

00:39:05,120 --> 00:39:01,230

been working with for four or five years

949

00:39:08,060 --> 00:39:05,130

probably and at first I would just

950

00:39:10,670 --> 00:39:08,070

contact whatever spirit happened to be

951
00:39:12,440 --> 00:39:10,680
available I'd contacts of ethereal

952
00:39:14,660 --> 00:39:12,450
software and say hey I want to know

953
00:39:15,950 --> 00:39:14,670
about sensory connections or I want to

954
00:39:18,230 --> 00:39:15,960
know about shielding or I want to know

955
00:39:20,120 --> 00:39:18,240
about manifesting connect me to someone

956
00:39:21,830 --> 00:39:20,130
who can talk about that and I would get

957
00:39:24,020 --> 00:39:21,840
whatever random spirit happened to be

958
00:39:26,030 --> 00:39:24,030
around and it was great they all really

959
00:39:27,260 --> 00:39:26,040
knew what they were talking about and it

960
00:39:29,960 --> 00:39:27,270
would be like if you know you went to

961
00:39:31,760 --> 00:39:29,970
office hours for a professor and you got

962
00:39:33,170 --> 00:39:31,770
whatever TA happened to be available

963
00:39:34,880 --> 00:39:33,180

right and they're gonna answer your

964

00:39:38,330 --> 00:39:34,890

question and it's gonna be super helpful

965

00:39:40,400 --> 00:39:38,340

but over time I started working more and

966

00:39:44,720 --> 00:39:40,410

more with this one spirit who

967

00:39:48,290 --> 00:39:44,730

specializes in communication and in part

968

00:39:50,390 --> 00:39:48,300

that was because most spirits have at

969

00:39:52,730 --> 00:39:50,400

least most spirits I work with are kind

970

00:39:56,390 --> 00:39:52,740

of androgynous but this one has a really

971

00:39:59,120 --> 00:39:56,400

feminine energy and at the time I was

972

00:40:02,540 --> 00:39:59,130

getting involved in erotic energy and I

973

00:40:04,310 --> 00:40:02,550

started doing that with her and it felt

974

00:40:07,580 --> 00:40:04,320

really good and so I would regularly

975

00:40:11,150 --> 00:40:07,590

connect to her to explore that

976

00:40:13,790 --> 00:40:11,160

hey now and if you think about how human

977

00:40:15,980 --> 00:40:13,800

relationships form a lot of times that's

978

00:40:18,410 --> 00:40:15,990

what they form around right yeah that's

979

00:40:21,950 --> 00:40:18,420

true and so I started calling her a lot

980

00:40:24,350 --> 00:40:21,960

for that and then I would ask for advice

981

00:40:25,670 --> 00:40:24,360

about things I'd say hey I'm trying to

982

00:40:27,560 --> 00:40:25,680

figure out this thing with manifesting

983

00:40:29,030 --> 00:40:27,570

what do you think right instead of

984

00:40:30,470 --> 00:40:29,040

calling and asking for whatever

985

00:40:31,549 --> 00:40:30,480

manifesting expert happened to be

986

00:40:33,319 --> 00:40:31,559

available

987

00:40:35,749 --> 00:40:33,329

I'd ask her and sometimes she'd have an

988

00:40:39,170 --> 00:40:35,759

answer and sometimes she'd say oh I know

989

00:40:41,660 --> 00:40:39,180

a spirit who is an expert at that let me

990

00:40:44,179 --> 00:40:41,670

connect you guys and then sometimes I'd

991

00:40:45,529 --> 00:40:44,189

be talking with that spirit and maybe he

992

00:40:48,380 --> 00:40:45,539

wasn't as experienced working with

993

00:40:50,630 --> 00:40:48,390

humans and so he wasn't as good at

994

00:40:52,400 --> 00:40:50,640

communicating with me or maybe I was

995

00:40:54,410 --> 00:40:52,410

just getting exhausted because I was

996

00:40:57,109 --> 00:40:54,420

doing a you know half hour to an hour

997

00:41:00,679 --> 00:40:57,119

session instead of a 15-minute session

998

00:41:03,499 --> 00:41:00,689

and I would say hey can you to the

999

00:41:06,859 --> 00:41:03,509

spirit that I knew that I now call Laura

1000

00:41:08,689 --> 00:41:06,869

can you handle this communication for me

1001
00:41:13,160 --> 00:41:08,699
can you have him communicate with you

1002
00:41:15,920 --> 00:41:13,170
and then you make it really easy for me

1003
00:41:18,699 --> 00:41:15,930
to read the message by doing more of the

1004
00:41:21,380 --> 00:41:18,709
the work of dropping it into my mind and

1005
00:41:23,839 --> 00:41:21,390
this became part of a pattern where I

1006
00:41:25,519 --> 00:41:23,849
would just call her up and say hey this

1007
00:41:27,620 --> 00:41:25,529
is what I want to learn about would you

1008
00:41:30,289 --> 00:41:27,630
be up for helping me figure out how to

1009
00:41:33,199 --> 00:41:30,299
go about it and helping manage the

1010
00:41:35,509 --> 00:41:33,209
communication with the other spirits if

1011
00:41:37,309 --> 00:41:35,519
we have a team of like five guys who are

1012
00:41:40,130 --> 00:41:37,319
all collaborating on a project that's

1013
00:41:42,499 --> 00:41:40,140

really more than I can handle for

1014

00:41:44,029 --> 00:41:42,509

communication but it's no big deal for

1015

00:41:47,929 --> 00:41:44,039

her because that's what she specializes

1016

00:41:50,150 --> 00:41:47,939

it and she I've asked her hey what do

1017

00:41:52,849 --> 00:41:50,160

you get out of this what are what do you

1018

00:41:55,099 --> 00:41:52,859

benefit from and so the things she tells

1019

00:41:57,019 --> 00:41:55,109

me are I ask really interesting

1020

00:41:59,380 --> 00:41:57,029

questions and if you go to any scientist

1021

00:42:02,359 --> 00:41:59,390

they'll tell you that at least half of

1022

00:42:05,390 --> 00:42:02,369

doing useful work is having an

1023

00:42:08,929 --> 00:42:05,400

interesting question and because I draw

1024

00:42:12,199 --> 00:42:08,939

from medicine and from computer science

1025

00:42:13,579 --> 00:42:12,209

my background is computer science and so

1026
00:42:15,859 --> 00:42:13,589
whenever we're talking about messaging

1027
00:42:17,660 --> 00:42:15,869
I'll say hey why are we preparing a

1028
00:42:19,999 --> 00:42:17,670
message and then sending it why aren't

1029
00:42:21,709 --> 00:42:20,009
we streaming messages and that actually

1030
00:42:26,070 --> 00:42:21,719
led to some really cool research that

1031
00:42:31,590 --> 00:42:29,340
I will ask good questions and very

1032
00:42:33,950 --> 00:42:31,600
occasionally have good answers but I

1033
00:42:36,990 --> 00:42:33,960
think that a lot of what I contribute is

1034
00:42:38,520 --> 00:42:37,000
asking interesting questions and she

1035
00:42:41,630 --> 00:42:38,530
enjoys being part of that conversation

1036
00:42:44,460 --> 00:42:41,640
and so she's always happy to help me

1037
00:42:46,740 --> 00:42:44,470
facilitate these these training sessions

1038
00:42:48,510 --> 00:42:46,750

and winds up being this really

1039

00:42:50,190 --> 00:42:48,520

comfortable relationship and she'll tell

1040

00:42:53,160 --> 00:42:50,200

me about what she's working on and also

1041

00:42:54,690 --> 00:42:53,170

names have so ideas about how to what

1042

00:42:59,070 --> 00:42:54,700

questions to ask as she's learning

1043

00:43:00,600 --> 00:42:59,080

healing work how to organize this group

1044

00:43:03,360 --> 00:43:00,610

that she's working with and how to get

1045

00:43:06,180 --> 00:43:03,370

them excited and invigorated about the

1046

00:43:08,460 --> 00:43:06,190

project how to speak from her goals

1047

00:43:11,130 --> 00:43:08,470

rather than just the technical question

1048

00:43:13,470 --> 00:43:11,140

that she's asking so I try to bring

1049

00:43:15,900 --> 00:43:13,480

whatever my skills are to that

1050

00:43:19,320 --> 00:43:15,910

relationship in the same way that if you

1051
00:43:21,230 --> 00:43:19,330
had you know a technical expert that you

1052
00:43:23,130 --> 00:43:21,240
worked with a lot you know if you

1053
00:43:26,430 --> 00:43:23,140
collaborated with somebody who did all

1054
00:43:28,440 --> 00:43:26,440
your marketing you know you would

1055
00:43:30,210 --> 00:43:28,450
help them out with whatever you knew and

1056
00:43:32,339 --> 00:43:30,220
they'd help you out with whatever they

1057
00:43:34,940 --> 00:43:32,349
know there's no concept of money there

1058
00:43:37,530 --> 00:43:34,950
but if you think about a community that

1059
00:43:40,770 --> 00:43:37,540
everyone helps each other that's really

1060
00:43:44,760 --> 00:43:40,780
what's going on hmm all right oh man you

1061
00:43:47,640 --> 00:43:44,770
make it seem so normal and much of the

1062
00:43:49,890 --> 00:43:47,650
conversation or the the communication

1063
00:43:52,410 --> 00:43:49,900

with entities seems to be about people

1064

00:43:54,450 --> 00:43:52,420

in the physical world human beings

1065

00:43:56,579 --> 00:43:54,460

asking for things are asking for

1066

00:43:58,319 --> 00:43:56,589

understanding but through this

1067

00:44:00,180 --> 00:43:58,329

communication have you gotten any any

1068

00:44:01,859 --> 00:44:00,190

indications of what life is like for

1069

00:44:03,150 --> 00:44:01,869

them or what their reality is like

1070

00:44:06,599 --> 00:44:03,160

because you mentioned coming from a

1071

00:44:08,849 --> 00:44:06,609

scientific a theistic background I had

1072

00:44:10,710 --> 00:44:08,859

an atheistic period as well and there

1073

00:44:12,900 --> 00:44:10,720

are spiritual implications for thinking

1074

00:44:14,700 --> 00:44:12,910

about conscious beings that aren't in

1075

00:44:19,069 --> 00:44:14,710

bodies it's weird have you gotten any

1076

00:44:21,300 --> 00:44:19,079

any clues to what their reality is like

1077

00:44:23,670 --> 00:44:21,310

absolutely so that was actually one of

1078

00:44:25,800 --> 00:44:23,680

the first questions that I asked as I

1079

00:44:28,400 --> 00:44:25,810

started to get to know these spirits as

1080

00:44:31,950 --> 00:44:28,410

people rather than just as you know uh

1081

00:44:36,780 --> 00:44:31,960

online Oracle that I can ask questions I

1082

00:44:38,760 --> 00:44:36,790

think um and they really enjoy exploring

1083

00:44:41,460 --> 00:44:38,770

how all this stuff works at least the

1084

00:44:44,880 --> 00:44:41,470

spirits that I work with uh they have at

1085

00:44:45,660 --> 00:44:44,890

least as much passion as I do for asking

1086

00:44:48,089 --> 00:44:45,670

Wow

1087

00:44:50,069 --> 00:44:48,099

when I do this thing what's really

1088

00:44:53,130 --> 00:44:50,079

happening what's going on under the hood

1089

00:44:57,030 --> 00:44:53,140

and what it seems like is a lot of

1090

00:44:59,609 --> 00:44:57,040

status among spirits in this group is

1091

00:45:02,400 --> 00:44:59,619

about who's coming up with really

1092

00:45:03,960 --> 00:45:02,410

interesting new ideas that are working

1093

00:45:07,140 --> 00:45:03,970

for everyone and getting everyone better

1094

00:45:10,050 --> 00:45:07,150

results they also enjoy connecting with

1095

00:45:13,260 --> 00:45:10,060

each other and when I was doing erotic

1096

00:45:15,780 --> 00:45:13,270

energy with Laura she would also do that

1097

00:45:17,609 --> 00:45:15,790

with other spirits and they seemed to

1098

00:45:20,690 --> 00:45:17,619

enjoy doing that with each other which i

1099

00:45:25,650 --> 00:45:20,700

think is awesome and kind of humanizing

1100

00:45:29,280 --> 00:45:25,660

hmm in terms of how do I conceptualize

1101

00:45:32,400 --> 00:45:29,290

this as from an atheistic scientific

1102

00:45:35,040 --> 00:45:32,410

perspective what I say is just as I

1103

00:45:37,500 --> 00:45:35,050

could imagine a mind running on

1104

00:45:39,540 --> 00:45:37,510

transistors and artificial intelligence

1105

00:45:43,470 --> 00:45:39,550

I can imagine a mind

1106

00:45:46,440 --> 00:45:43,480

running on energetic connections where

1107

00:45:48,420 --> 00:45:46,450

the thoughts are bits of energy that

1108

00:45:50,970 --> 00:45:48,430

pass along these connections and

1109

00:45:54,540 --> 00:45:50,980

activate or deactivate connections I can

1110

00:45:57,300 --> 00:45:54,550

imagine essentially building a brain out

1111

00:46:00,950 --> 00:45:57,310

of energy pathways and energies and

1112

00:46:03,780 --> 00:46:00,960

that's how I conceptualize these spirits

1113

00:46:05,850 --> 00:46:03,790

that's interesting min and I guess one

1114

00:46:07,170 --> 00:46:05,860

thought I had when preparing for the

1115

00:46:09,630 --> 00:46:07,180

show is if you wanted to keep this

1116

00:46:12,630 --> 00:46:09,640

within a materialist scientific paradigm

1117

00:46:14,760 --> 00:46:12,640

could you say that these beans that

1118

00:46:17,100 --> 00:46:14,770

you're in contact with are just people

1119

00:46:20,040 --> 00:46:17,110

on other planets doing exactly what

1120

00:46:21,780 --> 00:46:20,050

you're doing so the way I think of this

1121

00:46:25,890 --> 00:46:21,790

first I want to address the word

1122

00:46:28,820 --> 00:46:25,900

materialist because people often hear

1123

00:46:32,070 --> 00:46:28,830

when I say materialist what they hear is

1124

00:46:33,980 --> 00:46:32,080

concrete physical stuff right only stuff

1125

00:46:37,460 --> 00:46:33,990

that you can reach out and touch and

1126
00:46:40,260 --> 00:46:37,470
that's not at all what materials means

1127
00:46:43,680 --> 00:46:40,270
materialists believed in dark matter

1128
00:46:46,640 --> 00:46:43,690
which only interacts with gravity and

1129
00:46:49,590 --> 00:46:46,650
doesn't you can't reach out and touch it

1130
00:46:52,290 --> 00:46:49,600
materialists believe in photons which

1131
00:46:54,620 --> 00:46:52,300
interact with matter in certain limited

1132
00:46:58,800 --> 00:46:54,630
ways but passing right through glass and

1133
00:46:59,700 --> 00:46:58,810
do all sort of not ordinary matter

1134
00:47:03,210 --> 00:46:59,710
things

1135
00:47:05,400 --> 00:47:03,220
what materialism means is that anything

1136
00:47:09,870 --> 00:47:05,410
that I have can be broken down into

1137
00:47:11,520 --> 00:47:09,880
smaller parts so if we have a car we can

1138
00:47:14,070 --> 00:47:11,530

break it down into the engine and the

1139

00:47:16,050 --> 00:47:14,080

Pistons and down into molecules and

1140

00:47:20,130 --> 00:47:16,060

atoms and protons and electrons and

1141

00:47:22,100 --> 00:47:20,140

quarks if we have a mind that there's no

1142

00:47:26,420 --> 00:47:22,110

such thing as just a free-floating

1143

00:47:29,250 --> 00:47:26,430

inherently mental object that a mind

1144

00:47:32,220 --> 00:47:29,260

sits on top of or is implemented in

1145

00:47:35,480 --> 00:47:32,230

nerves which we can then drill down into

1146

00:47:39,060 --> 00:47:35,490

molecules and atoms and so on that a

1147

00:47:40,980 --> 00:47:39,070

mind is implemented in transistors which

1148

00:47:45,860 --> 00:47:40,990

we can drill down into silicon and so on

1149

00:47:49,680 --> 00:47:45,870

and so what materialism means is we can

1150

00:47:51,870 --> 00:47:49,690

understand how the world works and I

1151
00:47:52,750 --> 00:47:51,880
want to mention science wasn't always

1152
00:47:55,300 --> 00:47:52,760
material

1153
00:48:00,250 --> 00:47:55,310
when science first started out in the

1154
00:48:03,760 --> 00:48:00,260
age of Galileo and Newton everyone was

1155
00:48:07,930 --> 00:48:03,770
very religious and they went looking for

1156
00:48:10,510 --> 00:48:07,940
a soul and they went looking for angels

1157
00:48:13,780 --> 00:48:10,520
and they tried to find all of these

1158
00:48:16,950 --> 00:48:13,790
inherently mental things and they failed

1159
00:48:19,210 --> 00:48:16,960
and they tried again and they failed and

1160
00:48:22,980 --> 00:48:19,220
one of the wonderful things about

1161
00:48:25,660 --> 00:48:22,990
science is it learns from failures and

1162
00:48:27,730 --> 00:48:25,670
eventually scientists came to say wow

1163
00:48:30,579 --> 00:48:27,740

when I look for things that are

1164

00:48:32,770 --> 00:48:30,589

inherently mental that don't break down

1165

00:48:35,650 --> 00:48:32,780

into smaller pieces I never find

1166

00:48:37,990 --> 00:48:35,660

anything and everything that I actually

1167

00:48:40,329 --> 00:48:38,000

do find I can break down into smaller

1168

00:48:43,780 --> 00:48:40,339

pieces and that's where we got this idea

1169

00:48:45,280 --> 00:48:43,790

that probably everything in the world we

1170

00:48:47,970 --> 00:48:45,290

can break down into smaller pieces and

1171

00:48:51,400 --> 00:48:47,980

what I'll say as someone who works with

1172

00:48:53,280 --> 00:48:51,410

ethereal stuff connections and energy

1173

00:48:56,140 --> 00:48:53,290

and ethereal software and spirits

1174

00:48:58,450 --> 00:48:56,150

everything that I've found I can break

1175

00:49:01,230 --> 00:48:58,460

down into smaller pieces and by doing

1176
00:49:03,970 --> 00:49:01,240
that I can develop useful techniques for

1177
00:49:05,980 --> 00:49:03,980
doing things that I never would have

1178
00:49:07,930 --> 00:49:05,990
thought to do or never been able to do

1179
00:49:10,030 --> 00:49:07,940
if I hadn't tried to break them down

1180
00:49:11,740 --> 00:49:10,040
into smaller pieces so that's what

1181
00:49:14,740 --> 00:49:11,750
materialism means and that's why I would

1182
00:49:19,720 --> 00:49:14,750
say I'm with I am a materialist right on

1183
00:49:22,120 --> 00:49:19,730
I mean it makes sense so you mentioned

1184
00:49:24,280 --> 00:49:22,130
the hive scenario and let's get into

1185
00:49:26,260 --> 00:49:24,290
healing a little deeper you have pages

1186
00:49:29,079 --> 00:49:26,270
of case studies on your site you seem to

1187
00:49:31,500 --> 00:49:29,089
be very methodical about documenting

1188
00:49:34,150 --> 00:49:31,510

these cases and instances of healing and

1189

00:49:36,970 --> 00:49:34,160

personally Healing feels like the most

1190

00:49:38,530 --> 00:49:36,980

hokey to me of most of the things that

1191

00:49:41,020 --> 00:49:38,540

people talk about with magic but it also

1192

00:49:43,750 --> 00:49:41,030

seems to be the most cut and dry

1193

00:49:45,460 --> 00:49:43,760

what should be provable effect from

1194

00:49:47,470 --> 00:49:45,470

magic can you talk to us about your

1195

00:49:51,220 --> 00:49:47,480

successes in healing and this healing

1196

00:49:54,849 --> 00:49:51,230

lab that you mentioned absolutely so

1197

00:49:57,250 --> 00:49:54,859

healing lab its mission is to develop a

1198

00:50:00,280 --> 00:49:57,260

scientific understanding of energy

1199

00:50:02,800 --> 00:50:00,290

healing and the reason is that science

1200

00:50:05,180 --> 00:50:02,810

advances scientific revolutions happen

1201
00:50:07,520 --> 00:50:05,190
by exploring

1202
00:50:10,849 --> 00:50:07,530
phenomena that can't be explained in

1203
00:50:12,710 --> 00:50:10,859
today's science and we could find

1204
00:50:16,180 --> 00:50:12,720
histories in the past what we could find

1205
00:50:19,190 --> 00:50:16,190
examples in history 400 years ago

1206
00:50:20,599 --> 00:50:19,200
Weaver's in Venice got the first lenses

1207
00:50:21,920 --> 00:50:20,609
they used them to look at their threads

1208
00:50:23,930 --> 00:50:21,930
they could make better cloth and then

1209
00:50:27,140 --> 00:50:23,940
they turned around and looked at water

1210
00:50:30,339 --> 00:50:27,150
and found discovered bacteria and they

1211
00:50:33,260 --> 00:50:30,349
called them animal fuels and this led to

1212
00:50:35,329 --> 00:50:33,270
the germ theory of disease and modern

1213
00:50:37,940 --> 00:50:35,339

medicine and I'm sure that at the time

1214

00:50:41,390 --> 00:50:37,950

that seemed incredibly hokey there's

1215

00:50:44,540 --> 00:50:41,400

actually examples from the 1800s of a

1216

00:50:48,020 --> 00:50:44,550

doctor who said hey I've noticed that

1217

00:50:50,230 --> 00:50:48,030

when doctors work on cadavers and then

1218

00:50:53,300 --> 00:50:50,240

turn around and do surgeries people die

1219

00:50:56,500 --> 00:50:53,310

we should wash our hands all right

1220

00:50:59,150 --> 00:50:56,510

and he was drummed out of medicine he

1221

00:51:01,700 --> 00:50:59,160

became a pariah for having the audacity

1222

00:51:03,740 --> 00:51:01,710

to suggest that doctors hands might be

1223

00:51:05,599 --> 00:51:03,750

unclean and that we should wash them

1224

00:51:07,609 --> 00:51:05,609

because the germ theory of medicine was

1225

00:51:10,490 --> 00:51:07,619

not yet cemented as a reality

1226

00:51:13,040 --> 00:51:10,500

it just seemed bizarre everybody knew

1227

00:51:15,470 --> 00:51:13,050

that disease was caused by bad humors

1228

00:51:17,059 --> 00:51:15,480

and malicious spirits how dare you

1229

00:51:19,880 --> 00:51:17,069

suggest that these are on the hands of

1230

00:51:23,089 --> 00:51:19,890

doctors another example

1231

00:51:25,069 --> 00:51:23,099

quantum physics it started by looking at

1232

00:51:26,990 --> 00:51:25,079

photons and discovering all these really

1233

00:51:29,599 --> 00:51:27,000

weird behaviors that we now recognize as

1234

00:51:33,079 --> 00:51:29,609

wave particle duality and the observer

1235

00:51:35,120 --> 00:51:33,089

effect quantum physics came from finding

1236

00:51:37,670 --> 00:51:35,130

aberrations and most people don't know

1237

00:51:40,430 --> 00:51:37,680

this but transistors are based on the

1238

00:51:41,930 --> 00:51:40,440

quantum behavior of silicon atoms if we

1239

00:51:43,609 --> 00:51:41,940

don't have quite if we don't have

1240

00:51:45,589 --> 00:51:43,619

quantum physics we don't have

1241

00:51:49,069 --> 00:51:45,599

transistors and we don't have the modern

1242

00:51:53,059 --> 00:51:49,079

world everything that we have today is

1243

00:51:55,309 --> 00:51:53,069

built on finding aberrations finding

1244

00:51:57,859 --> 00:51:55,319

phenomena that can't be explained in the

1245

00:52:00,109 --> 00:51:57,869

science of the time and hunting it down

1246

00:52:03,290 --> 00:52:00,119

and figuring it out until we understand

1247

00:52:06,380 --> 00:52:03,300

it and when we understand energy healing

1248

00:52:08,540 --> 00:52:06,390

and magic it's gonna impact everything

1249

00:52:11,030 --> 00:52:08,550

from medicine to biology to physics and

1250

00:52:11,750 --> 00:52:11,040

a lot more and I have no idea where that

1251
00:52:14,000 --> 00:52:11,760
leads

1252
00:52:17,900 --> 00:52:14,010
just like those 17th century Weaver's

1253
00:52:19,040 --> 00:52:17,910
had no concept of antibiotics but I have

1254
00:52:21,980 --> 00:52:19,050
a faith that it leads

1255
00:52:25,810 --> 00:52:21,990
we're amazing there are a few reasons

1256
00:52:28,670 --> 00:52:25,820
why I'm focused on healing the first is

1257
00:52:31,540 --> 00:52:28,680
it provides really concrete results and

1258
00:52:35,120 --> 00:52:31,550
I really love helping people

1259
00:52:37,490 --> 00:52:35,130
the second is there's actually a lot of

1260
00:52:40,420 --> 00:52:37,500
great research going on in energy

1261
00:52:44,750 --> 00:52:40,430
healing right now the term to Google is

1262
00:52:46,220 --> 00:52:44,760
biofield healing bi o fi eld that's the

1263
00:52:48,320 --> 00:52:46,230

term that the National Institute of

1264

00:52:50,270 --> 00:52:48,330

Health uses to refer to energy healing

1265

00:52:52,070 --> 00:52:50,280

there are placebo controlled studies in

1266

00:52:54,590 --> 00:52:52,080

peer-reviewed journals that show

1267

00:52:56,330 --> 00:52:54,600

statistically significant results there

1268

00:52:58,010 --> 00:52:56,340

are cell culture studies in

1269

00:53:01,220 --> 00:52:58,020

peer-reviewed journals that show that

1270

00:53:05,360 --> 00:53:01,230

when you apply whatever this healing

1271

00:53:07,730 --> 00:53:05,370

energy is to cell cultures like MRSA it

1272

00:53:09,500 --> 00:53:07,740

does something to them and it does

1273

00:53:13,010 --> 00:53:09,510

things that can be detected with

1274

00:53:14,630 --> 00:53:13,020

traditional chemistry there are studies

1275

00:53:17,540 --> 00:53:14,640

that show that when you apply healing

1276

00:53:18,380 --> 00:53:17,550

energy to plants and animals that it

1277

00:53:20,900 --> 00:53:18,390

affects them too

1278

00:53:22,910 --> 00:53:20,910

and notice that plants and animals and

1279

00:53:25,520 --> 00:53:22,920

cell cultures don't get affected by

1280

00:53:27,590 --> 00:53:25,530

placebo so all of these studies really

1281

00:53:28,670 --> 00:53:27,600

strongly suggest that there's something

1282

00:53:33,710 --> 00:53:28,680

going on here

1283

00:53:35,590 --> 00:53:33,720

and because there's a culture of doing

1284

00:53:38,300 --> 00:53:35,600

scientific studies and doing

1285

00:53:42,080 --> 00:53:38,310

peer-reviewed publications around

1286

00:53:44,750 --> 00:53:42,090

healing and because it is in the culture

1287

00:53:46,550 --> 00:53:44,760

more respectable to say I'm doing

1288

00:53:48,830 --> 00:53:46,560

research around healing that the say I'm

1289

00:53:52,550 --> 00:53:48,840

doing research around magic I think that

1290

00:53:55,640 --> 00:53:52,560

this is a great way to get started with

1291

00:53:59,240 --> 00:53:55,650

making this part of a publicly

1292

00:54:02,840 --> 00:53:59,250

acceptable scientifically studied domain

1293

00:54:04,790 --> 00:54:02,850

and then we all get to see what amazing

1294

00:54:07,460 --> 00:54:04,800

things come out the other end of that

1295

00:54:09,440 --> 00:54:07,470

research man it would be a beautiful

1296

00:54:11,990 --> 00:54:09,450

world indeed and I've had other guests

1297

00:54:14,630 --> 00:54:12,000

cite these same studies that are going

1298

00:54:17,180 --> 00:54:14,640

on but why can't it break into the

1299

00:54:19,460 --> 00:54:17,190

mainstream you know what's keeping this

1300

00:54:23,540 --> 00:54:19,470

still at bay is it just not repeatable

1301

00:54:24,800 --> 00:54:23,550

enough so I have two answers for you and

1302

00:54:27,380 --> 00:54:24,810

I want to say that I spend out six

1303

00:54:29,450 --> 00:54:27,390

months this year writing and rewriting

1304

00:54:31,220 --> 00:54:29,460

and thinking about exactly that question

1305

00:54:32,390 --> 00:54:31,230

because that's what healing lab wants to

1306

00:54:34,059 --> 00:54:32,400

solve a nervous

1307

00:54:37,760 --> 00:54:34,069

all of it we need to understand it

1308

00:54:39,470 --> 00:54:37,770

what's going on is really two things the

1309

00:54:42,769 --> 00:54:39,480

first is that these studies are

1310

00:54:44,150 --> 00:54:42,779

primarily single blind so blind means

1311

00:54:45,680 --> 00:54:44,160

that the person doesn't know whether

1312

00:54:48,170 --> 00:54:45,690

they're getting the real treatment or

1313

00:54:50,930 --> 00:54:48,180

the placebo and single blind means that

1314

00:54:52,880 --> 00:54:50,940

the subject doesn't know but the

1315

00:54:54,829 --> 00:54:52,890

practitioner knows so if you've read

1316

00:54:56,779 --> 00:54:54,839

studies where the practitioner does

1317

00:54:58,460 --> 00:54:56,789

acupuncture and sometimes they put the

1318

00:55:01,099 --> 00:54:58,470

needle in the wrong spot intentionally

1319

00:55:03,260 --> 00:55:01,109

and they do fake acupuncture obviously

1320

00:55:04,640 --> 00:55:03,270

the practitioner has to know if they're

1321

00:55:08,510 --> 00:55:04,650

doing real acupuncture or fake

1322

00:55:11,150 --> 00:55:08,520

acupuncture well what if they're really

1323

00:55:12,529 --> 00:55:11,160

confident when they meet the person when

1324

00:55:15,109 --> 00:55:12,539

they're doing the real acupuncture and

1325

00:55:16,309 --> 00:55:15,119

they're less confident when they meet

1326

00:55:18,260 --> 00:55:16,319

the person and they're doing the fake

1327

00:55:19,700 --> 00:55:18,270

acupuncture they're not intentionally

1328

00:55:22,849 --> 00:55:19,710

doing this it's just an unconscious

1329

00:55:25,670 --> 00:55:22,859

thing what if what we're detecting is

1330

00:55:28,400 --> 00:55:25,680

really that people have a strong sasebo

1331

00:55:31,849 --> 00:55:28,410

response to confident acupuncturists and

1332

00:55:34,190 --> 00:55:31,859

a weak Lucido response to not confident

1333

00:55:37,549 --> 00:55:34,200

acupuncturists I don't think that's

1334

00:55:40,010 --> 00:55:37,559

what's going on but the reason why all

1335

00:55:41,960 --> 00:55:40,020

modern medical studies the gold standard

1336

00:55:43,609 --> 00:55:41,970

is double blind is because of exactly

1337

00:55:46,220 --> 00:55:43,619

that problem because that problem does

1338

00:55:48,230 --> 00:55:46,230

come up in medical research so double

1339

00:55:50,120 --> 00:55:48,240

blind means that not only does the

1340

00:55:53,269 --> 00:55:50,130

subject not know if they're getting real

1341

00:55:55,839 --> 00:55:53,279

or placebo but the practitioner doesn't

1342

00:55:59,299 --> 00:55:55,849

know either and that's a problem for

1343

00:56:02,089 --> 00:55:59,309

anything hands-on so what I've developed

1344

00:56:04,160 --> 00:56:02,099

is a set of healing techniques where I

1345

00:56:05,839 --> 00:56:04,170

meet with the person I don't know

1346

00:56:07,460 --> 00:56:05,849

whether I'm gonna do a real healing or

1347

00:56:09,769 --> 00:56:07,470

not I meet with them I answer all their

1348

00:56:11,180 --> 00:56:09,779

questions I touch their head or wherever

1349

00:56:13,880 --> 00:56:11,190

I'm doing their the healing technique

1350

00:56:16,370 --> 00:56:13,890

and I establish a connection then I go

1351
00:56:19,250 --> 00:56:16,380
into the other room and at that point I

1352
00:56:24,170 --> 00:56:19,260
find out if they're real or placebo and

1353
00:56:25,220 --> 00:56:24,180
I either do the the energy work or I sit

1354
00:56:27,559 --> 00:56:25,230
there and read the paper and don't do

1355
00:56:29,960 --> 00:56:27,569
anything I never talk with that person

1356
00:56:32,150 --> 00:56:29,970
again an assistant who has it talked

1357
00:56:35,029 --> 00:56:32,160
with me goes thanks them and shows them

1358
00:56:37,309 --> 00:56:35,039
out and we then collect data online and

1359
00:56:39,049 --> 00:56:37,319
then after collecting the data a month

1360
00:56:41,240 --> 00:56:39,059
later we let them know whether they were

1361
00:56:42,620 --> 00:56:41,250
real or placebo and if their placebo we

1362
00:56:45,060 --> 00:56:42,630
invite them back for their free healing

1363
00:56:47,730 --> 00:56:45,070

session um

1364

00:56:50,880 --> 00:56:47,740

the first reason why this isn't taken

1365

00:56:52,710 --> 00:56:50,890

more seriously is because we haven't met

1366

00:56:55,170 --> 00:56:52,720

the gold standard for medical research

1367

00:56:57,270 --> 00:56:55,180

we haven't done a lot of double-blind

1368

00:56:59,790 --> 00:56:57,280

studies and that's one of the things I'm

1369

00:57:04,280 --> 00:56:59,800

looking to change but there's a bigger

1370

00:57:07,350 --> 00:57:04,290

reason and that's because Hills

1371

00:57:09,660 --> 00:57:07,360

Pharmaceuticals surgeries all of the

1372

00:57:10,740 --> 00:57:09,670

widely accepted treatments we can

1373

00:57:12,630 --> 00:57:10,750

explain how they work in terms of

1374

00:57:13,710 --> 00:57:12,640

medicine and then we could drill down

1375

00:57:17,010 --> 00:57:13,720

into how they work in terms of biology

1376

00:57:20,580 --> 00:57:17,020

and chemistry and physics and they're

1377

00:57:22,860 --> 00:57:20,590

all built on accepted physics and we've

1378

00:57:25,050 --> 00:57:22,870

been studying physics for over 2,000

1379

00:57:28,410 --> 00:57:25,060

years and we're pretty good at it by now

1380

00:57:30,960 --> 00:57:28,420

and to suggest that there's a part of

1381

00:57:33,480 --> 00:57:30,970

physics that we haven't found I mean

1382

00:57:35,250 --> 00:57:33,490

there certainly is and we certainly are

1383

00:57:38,550 --> 00:57:35,260

finding new aspects of physics all the

1384

00:57:42,530 --> 00:57:38,560

time but we need extraordinary evidence

1385

00:57:45,000 --> 00:57:42,540

before we believe that any one model is

1386

00:57:47,400 --> 00:57:45,010

really part of the physical universe and

1387

00:57:50,340 --> 00:57:47,410

to tell you how strong that is in

1388

00:57:53,010 --> 00:57:50,350

medicine we look for 95 to 99 percent

1389

00:57:56,220 --> 00:57:53,020

certainty that a treatment is effective

1390

00:57:58,170 --> 00:57:56,230

and if it's 1% to 5% chance that it was

1391

00:57:59,340 --> 00:57:58,180

just a coincidence maybe everybody in

1392

00:58:01,950 --> 00:57:59,350

the treatment group would have gotten

1393

00:58:03,960 --> 00:58:01,960

better anyway and everybody in the

1394

00:58:06,240 --> 00:58:03,970

placebo group would have stayed sick

1395

00:58:08,130 --> 00:58:06,250

anyway maybe it just you know you could

1396

00:58:11,310 --> 00:58:08,140

flip a coin 20 times and get 10 heads

1397

00:58:13,350 --> 00:58:11,320

and then 10 tails it happens ah and if

1398

00:58:15,210 --> 00:58:13,360

we have a 1% to 5% chance that that's

1399

00:58:18,810 --> 00:58:15,220

what happened that's okay we will use

1400

00:58:21,290 --> 00:58:18,820

that treatment in physics we aim for 5

1401

00:58:25,010 --> 00:58:21,300

Sigma's of certainty that means a 1 in

1402

00:58:27,960 --> 00:58:25,020

3.5 million chance of error that's

1403

00:58:29,220 --> 00:58:27,970

200,000 times as accurate we're not

1404

00:58:31,500 --> 00:58:29,230

going to get that by running

1405

00:58:33,570 --> 00:58:31,510

placebo-controlled studies we can't do a

1406

00:58:36,840 --> 00:58:33,580

placebo controlled study that's 200,000

1407

00:58:39,650 --> 00:58:36,850

times as large so the answer there

1408

00:58:41,760 --> 00:58:39,660

my answer is hey in addition to

1409

00:58:44,010 --> 00:58:41,770

double-blind placebo-controlled studies

1410

00:58:45,540 --> 00:58:44,020

for healing techniques let's also

1411

00:58:48,360 --> 00:58:45,550

develop some techniques that are maybe

1412

00:58:49,860 --> 00:58:48,370

useless for healing but are great for

1413

00:58:51,480 --> 00:58:49,870

demonstrating to a high level of

1414

00:58:54,090 --> 00:58:51,490

accuracy and this is where my computer

1415

00:58:55,560 --> 00:58:54,100

science background comes in so computer

1416

00:58:57,420 --> 00:58:55,570

science does a lot with messaging

1417

00:58:58,680 --> 00:58:57,430

algorithms how can I send a message from

1418

00:59:01,470 --> 00:58:58,690

one place to another

1419

00:59:03,240 --> 00:59:01,480

and so I said well hey energy workers

1420

00:59:05,460 --> 00:59:03,250

talk about feeling energy all the time

1421

00:59:05,940 --> 00:59:05,470

and they talk about sending energy all

1422

00:59:07,829 --> 00:59:05,950

the time

1423

00:59:10,740 --> 00:59:07,839

let's get two people to different rooms

1424

00:59:14,069 --> 00:59:10,750

they're not talking in any way the

1425

00:59:15,930 --> 00:59:14,079

sender flips a coin if it's heads they

1426

00:59:17,160 --> 00:59:15,940

send energy if its tail's they don't do

1427

00:59:20,009 --> 00:59:17,170

anything they just read the paper for a

1428

00:59:22,799 --> 00:59:20,019

minute the receiver says when they feel

1429

00:59:24,539 --> 00:59:22,809

energy and we look at the correlation so

1430

00:59:26,819 --> 00:59:24,549

we have a random stream of data that's

1431

00:59:29,640 --> 00:59:26,829

coming in and we're seeing if that same

1432

00:59:32,549 --> 00:59:29,650

stream is reproduced by the receiver and

1433

00:59:35,130 --> 00:59:32,559

I said right if we want one in 3.5

1434

00:59:37,410 --> 00:59:35,140

million chance of error how many trials

1435

00:59:40,140 --> 00:59:37,420

is this gonna take is gonna take 3.5

1436

00:59:42,089 --> 00:59:40,150

million trials no if it was a hundred

1437

00:59:43,829 --> 00:59:42,099

percent accurate nothing's 100% let's

1438

00:59:46,049 --> 00:59:43,839

just make the math easy if it's a

1439

00:59:49,319 --> 00:59:46,059

hundred percent accurate we got one in

1440

00:59:52,710 --> 00:59:49,329

3.5 million chance of error in 22 trials

1441

00:59:55,410 --> 00:59:52,720

you can do that in afternoon hmm if it's

1442

00:59:57,240 --> 00:59:55,420

90% accurate maybe we need 200 or so

1443

00:59:58,980 --> 00:59:57,250

trials I'd have to run some statistics

1444

01:00:01,289 --> 00:59:58,990

once I find out the exact level of

1445

01:00:03,900 --> 01:00:01,299

accuracy we're getting but this is a

1446

01:00:06,289 --> 01:00:03,910

solvable problem and the next question

1447

01:00:09,779 --> 01:00:06,299

then is how do we get that accuracy up

1448

01:00:12,660 --> 01:00:09,789

all human senses are susceptible to our

1449

01:00:16,019 --> 01:00:12,670

expectations there are great experiments

1450

01:00:18,089 --> 01:00:16,029

with using vision and sound these senses

1451

01:00:20,999 --> 01:00:18,099

that we really really rely on and

1452

01:00:23,279 --> 01:00:21,009

showing how if somebody's primed to

1453

01:00:25,380 --> 01:00:23,289

expect something it will affect their

1454

01:00:27,690 --> 01:00:25,390

sight or their hearing and everybody

1455

01:00:30,180 --> 01:00:27,700

knows about how wine tasters if you take

1456

01:00:32,190 --> 01:00:30,190

great wine and you put in a cheap bottle

1457

01:00:33,539 --> 01:00:32,200

wine tasters will think it's cheap and

1458

01:00:35,009 --> 01:00:33,549

if you take cheap wine and put it in a

1459

01:00:36,299 --> 01:00:35,019

great bottle wine tasters will think

1460

01:00:39,059 --> 01:00:36,309

it's great now that doesn't mean that

1461

01:00:41,490 --> 01:00:39,069

wine is imaginary or taste it doesn't

1462

01:00:43,440 --> 01:00:41,500

exist it's just a matter of how the

1463

01:00:46,170 --> 01:00:43,450

human mind works there's always

1464

01:00:48,900 --> 01:00:46,180

influenced by expectations so one of my

1465

01:00:52,620 --> 01:00:48,910

active areas of research is how can we

1466

01:00:55,140 --> 01:00:52,630

more accurately send and sense energy

1467

01:00:56,519 --> 01:00:55,150

when we genuinely don't know what to

1468

01:00:59,130 --> 01:00:56,529

expect how can we remove the

1469

01:01:01,349 --> 01:00:59,140

expectations and still get really

1470

01:01:03,960 --> 01:01:01,359

accurate results so that we can do that

1471

01:01:05,539 --> 01:01:03,970

physics level of proof and I think that

1472

01:01:08,009 --> 01:01:05,549

the combination of the two of those

1473

01:01:09,660 --> 01:01:08,019

demonstrating to physicists that there's

1474

01:01:11,789 --> 01:01:09,670

something worth studying here so that

1475

01:01:12,610 --> 01:01:11,799

the physics community starts to try to

1476

01:01:15,290 --> 01:01:12,620

unravel

1477

01:01:17,530 --> 01:01:15,300

ethereal structures and the biofield and

1478

01:01:20,690 --> 01:01:17,540

all of the rest of this and also

1479

01:01:23,540 --> 01:01:20,700

demonstrating really useful techniques

1480

01:01:26,450 --> 01:01:23,550

to the medical community so that more

1481

01:01:28,100 --> 01:01:26,460

and more people start wanting energy

1482

01:01:30,170 --> 01:01:28,110

healing and start seeking it out and

1483

01:01:31,610 --> 01:01:30,180

start asking for it I think that the

1484

01:01:33,830 --> 01:01:31,620

combination of those two things can

1485

01:01:35,780 --> 01:01:33,840

really help this go mainstream and that

1486

01:01:40,160 --> 01:01:35,790

everything else is going to follow along

1487

01:01:41,600 --> 01:01:40,170

after we get healing accepted hmmm well

1488

01:01:44,270 --> 01:01:41,610

said and kind of like we talked about

1489

01:01:46,880 --> 01:01:44,280

earlier with the theatrics it seems to

1490

01:01:48,800 --> 01:01:46,890

be about heightening the possibility of

1491

01:01:51,560 --> 01:01:48,810

the expectations that these things would

1492

01:01:53,660 --> 01:01:51,570

work and in your experience since you've

1493

01:01:55,520 --> 01:01:53,670

done this quite a bit what have you

1494

01:01:57,890 --> 01:01:55,530

found to be the limitations of healing

1495

01:02:00,920 --> 01:01:57,900

or can you not say until we really raise

1496

01:02:03,380 --> 01:02:00,930

though the wider expectations maybe it

1497

01:02:05,180 --> 01:02:03,390

doesn't have limits so when we talk

1498

01:02:08,360 --> 01:02:05,190

about limits I want to distinguish

1499

01:02:10,640 --> 01:02:08,370

between limits given roughly today's

1500

01:02:13,010 --> 01:02:10,650

level of Technology and fundamental

1501
01:02:16,730 --> 01:02:13,020
ultimate limits they're a hundred years

1502
01:02:21,020 --> 01:02:16,740
ago the best engineers of the time the

1503
01:02:22,670 --> 01:02:21,030
the smartest people said that escaping

1504
01:02:26,150 --> 01:02:22,680
Earth's gravity well and getting into

1505
01:02:29,570 --> 01:02:26,160
space was impossible not just really

1506
01:02:31,640 --> 01:02:29,580
difficult but there's no way we will

1507
01:02:33,710 --> 01:02:31,650
ever do that and 50 years later they

1508
01:02:35,990 --> 01:02:33,720
were observing Lee and obviously wrong

1509
01:02:38,240 --> 01:02:36,000
so I want to avoid saying actual

1510
01:02:39,860 --> 01:02:38,250
absolute limits but given the current

1511
01:02:43,220 --> 01:02:39,870
technology given what I'm working with

1512
01:02:46,360 --> 01:02:43,230
it seems to me the way I think about

1513
01:02:50,540 --> 01:02:46,370

energy healing is that it either

1514

01:02:54,440 --> 01:02:50,550

accelerates or slows cellular processes

1515

01:02:57,380 --> 01:02:54,450

and when I design new healing techniques

1516

01:03:00,650 --> 01:02:57,390

I say hey what type of energy do I want

1517

01:03:03,220 --> 01:03:00,660

to apply to what tissue in the body I

1518

01:03:05,810 --> 01:03:03,230

think about it in that way I think about

1519

01:03:08,780 --> 01:03:05,820

upregulating or down-regulating cellular

1520

01:03:10,790 --> 01:03:08,790

processes and that gives us a good

1521

01:03:12,860 --> 01:03:10,800

guideline for what things will be

1522

01:03:15,260 --> 01:03:12,870

amenable to energy healing and what

1523

01:03:19,730 --> 01:03:15,270

things won't be so if we have a chronic

1524

01:03:21,740 --> 01:03:19,740

condition like hives where there are

1525

01:03:24,140 --> 01:03:21,750

some processes making it better and some

1526

01:03:25,790 --> 01:03:24,150

processes making it worse if we can

1527

01:03:27,920 --> 01:03:25,800

accelerate the ones making it better and

1528

01:03:30,800 --> 01:03:27,930

slow the ones making it worse and let

1529

01:03:33,200 --> 01:03:30,810

that run for one hour or eight hours or

1530

01:03:35,990 --> 01:03:33,210

a couple of weeks and we're gonna see

1531

01:03:40,190 --> 01:03:36,000

good results if we have somebody who has

1532

01:03:43,430 --> 01:03:40,200

a cut a laceration or a heart attack or

1533

01:03:46,790 --> 01:03:43,440

a burst appendix these are not the kind

1534

01:03:48,980 --> 01:03:46,800

of things that need subtle nudges to

1535

01:03:50,000 --> 01:03:48,990

cellular processes these are the kind of

1536

01:03:53,120 --> 01:03:50,010

things that need surgery

1537

01:03:56,089 --> 01:03:53,130

so I would expect the energy healing

1538

01:03:57,950 --> 01:03:56,099

will probably never do or never solve

1539

01:04:00,920 --> 01:03:57,960

the kind of problems that we solved with

1540

01:04:03,770 --> 01:04:00,930

surgery and I'm expecting that energy

1541

01:04:06,170 --> 01:04:03,780

healing can have some great results for

1542

01:04:08,540 --> 01:04:06,180

the kind of things that we address with

1543

01:04:09,950 --> 01:04:08,550

pharmaceuticals that said I should make

1544

01:04:11,510 --> 01:04:09,960

a disclaimer one none of this is

1545

01:04:13,160 --> 01:04:11,520

accepted science this is my current

1546

01:04:16,760 --> 01:04:13,170

hypothesis that will probably change

1547

01:04:18,710 --> 01:04:16,770

over the next decade and two I'm not a

1548

01:04:22,099 --> 01:04:18,720

physician and I'm definitely not saying

1549

01:04:24,970 --> 01:04:22,109

to replace your meds with energy healing

1550

01:04:27,290 --> 01:04:24,980

today I'm saying where will we someday

1551

01:04:30,680 --> 01:04:27,300

after research with the scientific and

1552

01:04:33,650 --> 01:04:30,690

medical community eventually get right

1553

01:04:35,630 --> 01:04:33,660

right man Wow well this has been

1554

01:04:37,400 --> 01:04:35,640

fascinating man before we go please

1555

01:04:40,040 --> 01:04:37,410

remind the listeners where they can

1556

01:04:42,760 --> 01:04:40,050

follow up on your website and with your

1557

01:04:46,010 --> 01:04:42,770

free ebook in progress

1558

01:04:48,560 --> 01:04:46,020

awesome so if you like what I've been

1559

01:04:53,510 --> 01:04:48,570

talking about go to magic of thought com

1560

01:04:56,780 --> 01:04:53,520

that's ma GIC ke o f th o ug HT dot-com

1561

01:04:58,730 --> 01:04:56,790

so magic with the CK um that's where I

1562

01:05:01,010 --> 01:04:58,740

blog I have every week a new blog post

1563

01:05:03,320 --> 01:05:01,020

and if you look at the banner at the top

1564

01:05:05,450 --> 01:05:03,330

it says you know are you new here start

1565

01:05:07,790 --> 01:05:05,460

here and that link takes you to the book

1566

01:05:09,620 --> 01:05:07,800

in progress it's free because I want to

1567

01:05:11,120 --> 01:05:09,630

get as many people exploring this stuff

1568

01:05:13,730 --> 01:05:11,130

as possible I want to get the ideas out

1569

01:05:15,650 --> 01:05:13,740

there if you're interested in the energy

1570

01:05:17,450 --> 01:05:15,660

healing research that I'm doing go to

1571

01:05:22,940 --> 01:05:17,460

healing lab org

1572

01:05:25,010 --> 01:05:22,950

that's HEA Li ng la B dot o-r-g that's

1573

01:05:26,000 --> 01:05:25,020

where I'm doing the healing research

1574

01:05:28,609 --> 01:05:26,010

that's where I'm going to be publishing

1575

01:05:31,609 --> 01:05:28,619

the studies and starting very soon we're

1576

01:05:32,940 --> 01:05:31,619

going to have case studies in a healing

1577

01:05:34,650 --> 01:05:32,950

for better sleep

1578

01:05:36,480 --> 01:05:34,660

I'm still deciding if I'm gonna do only

1579

01:05:39,120 --> 01:05:36,490

in person or if I'm gonna also allow

1580

01:05:41,130 --> 01:05:39,130

virtual but definitely if you live in

1581

01:05:43,530 --> 01:05:41,140

the San Francisco Bay Area check that

1582

01:05:47,940 --> 01:05:43,540

out the deal is you get free healings I

1583

01:05:50,609 --> 01:05:47,950

get free data everybody wins right on

1584

01:05:52,800 --> 01:05:50,619

mic well very much appreciate the time a

1585

01:05:54,440 --> 01:05:52,810

fresh approach to these ideas no doubt

1586

01:05:57,290 --> 01:05:54,450

take care out there and best of luck

1587

01:06:00,030 --> 01:05:57,300

thanks so much for having me you got it

1588

01:06:01,950 --> 01:06:00,040

all right how is that one higher side

1589

01:06:03,780 --> 01:06:01,960

chatters I actually expect this to be an

1590

01:06:06,450 --> 01:06:03,790

episode that a lot of people like I

1591

01:06:08,700 --> 01:06:06,460

really enjoy the magic topic and Mike's

1592

01:06:11,490 --> 01:06:08,710

approach is pretty different and pardon

1593

01:06:13,410 --> 01:06:11,500

the pun very direct he wants to get in

1594

01:06:15,810 --> 01:06:13,420

there not be shy about it and see how

1595

01:06:18,240 --> 01:06:15,820

these things actually work I respect

1596

01:06:21,690 --> 01:06:18,250

that a lot and he didn't say this but I

1597

01:06:23,579 --> 01:06:21,700

find Mike to be in such a unique camp

1598

01:06:25,829 --> 01:06:23,589

almost as if he was wired to be

1599

01:06:29,880 --> 01:06:25,839

scientifically minded but at the same

1600

01:06:32,130 --> 01:06:29,890

time has some seemingly strong natural

1601

01:06:34,170 --> 01:06:32,140

ability and magic so he's walking

1602

01:06:36,690 --> 01:06:34,180

between these two worlds that normally

1603

01:06:37,829 --> 01:06:36,700

mix like oil and water and over the

1604

01:06:39,809 --> 01:06:37,839

course of the show I think you get a

1605

01:06:41,720 --> 01:06:39,819

good sense of how science should be

1606

01:06:44,160 --> 01:06:41,730

approaching magic and its testability

1607

01:06:46,770 --> 01:06:44,170

another thing I would say is that it's

1608

01:06:50,069 --> 01:06:46,780

normally a bit of a pet peeve of mine

1609

01:06:52,680 --> 01:06:50,079

that so many magic researchers end up

1610

01:06:54,420 --> 01:06:52,690

using their own glossary of terms if you

1611

01:06:56,370 --> 01:06:54,430

start looking into a lot of the authors

1612

01:06:58,260 --> 01:06:56,380

and adventurers in this realm it's

1613

01:07:00,390 --> 01:06:58,270

something you'll realize pretty quick

1614

01:07:02,670 --> 01:07:00,400

and it always makes me think that their

1615

01:07:05,819 --> 01:07:02,680

ego is so out of control that they need

1616

01:07:07,559 --> 01:07:05,829

their own brand of magic but I do think

1617

01:07:09,210 --> 01:07:07,569

Mike's case is different I don't think

1618

01:07:11,190 --> 01:07:09,220

he's doing this out of ego but sort of

1619

01:07:13,650 --> 01:07:11,200

modernizing some of the language and

1620

01:07:15,839 --> 01:07:13,660

putting it in terms that science will

1621

01:07:18,180 --> 01:07:15,849

probably have an easier time adopting

1622

01:07:20,520 --> 01:07:18,190

even I think some of his terms help me

1623

01:07:23,099 --> 01:07:20,530

to conceptualize these things a bit

1624

01:07:25,290 --> 01:07:23,109

better than I did just a week ago for

1625

01:07:27,120 --> 01:07:25,300

some people though probably a lot of

1626

01:07:29,910 --> 01:07:27,130

those science minded folks how a

1627

01:07:33,000 --> 01:07:29,920

particular thing is framed is really

1628

01:07:34,770 --> 01:07:33,010

important so for some to not feel goofy

1629

01:07:37,050 --> 01:07:34,780

getting into this stuff I think terms

1630

01:07:39,870 --> 01:07:37,060

like ethereal muscles and ethereal

1631

01:07:42,030 --> 01:07:39,880

software are going to be more useful to

1632

01:07:43,650 --> 01:07:42,040

some people then terms like spell

1633

01:07:45,630 --> 01:07:43,660

casting and servitors

1634

01:07:46,870 --> 01:07:45,640

it's an interesting thing that if you

1635

01:07:49,120 --> 01:07:46,880

tweak

1636

01:07:52,060 --> 01:07:49,130

enough you can talk about the very same

1637

01:07:54,120 --> 01:07:52,070

thing and sort of circumvent the decades

1638

01:07:57,160 --> 01:07:54,130

of stigma that's been attached to it

1639

01:07:59,920 --> 01:07:57,170

humans are weird but I've been trying to

1640

01:08:01,960 --> 01:07:59,930

practice more energy meditations and I

1641

01:08:04,180 --> 01:08:01,970

got a pretty serious ancestor altar

1642

01:08:06,400 --> 01:08:04,190

going here I went down to the local

1643

01:08:09,340 --> 01:08:06,410

Botanica picked up some specific

1644

01:08:11,530 --> 01:08:09,350

regional oils and incense got some kara

1645

01:08:13,930 --> 01:08:11,540

dad del cobre on Gordon White's

1646

01:08:16,000 --> 01:08:13,940

recommendation had the nice lady mixed

1647

01:08:18,760 --> 01:08:16,010

me up some road opener and I've been

1648

01:08:20,980 --> 01:08:18,770

giving it a shot I know there will be

1649

01:08:22,960 --> 01:08:20,990

comment after comment about how people

1650

01:08:25,990 --> 01:08:22,970

shouldn't get into these things magic is

1651

01:08:28,210 --> 01:08:26,000

the devil's toolbox and I'll get called

1652

01:08:30,970 --> 01:08:28,220

a disinfo plant because I encourage

1653

01:08:33,910 --> 01:08:30,980

psychedelics and magic but these people

1654

01:08:36,420 --> 01:08:33,920

that think they know the best and only

1655

01:08:39,130 --> 01:08:36,430

way to live they can right off

1656

01:08:39,700 --> 01:08:39,140

puritanical moral judgments are just not

1657

01:08:42,160 --> 01:08:39,710

for me

1658

01:08:43,750 --> 01:08:42,170

and I'm not really encouraging anyone to

1659

01:08:46,480 --> 01:08:43,760

do anything I'm just telling you that

1660

01:08:48,520 --> 01:08:46,490

I'm doing it I find it interesting and

1661

01:08:49,840 --> 01:08:48,530

at least in terms of psychedelics I've

1662

01:08:52,780 --> 01:08:49,850

had some profound and life-changing

1663

01:08:54,820 --> 01:08:52,790

results other people have turned

1664

01:08:57,610 --> 01:08:54,830

themselves into vegetables so there's a

1665

01:09:00,730 --> 01:08:57,620

spectrum but I want to experience things

1666

01:09:02,349 --> 01:09:00,740

I want to try things responsibly and if

1667

01:09:04,300 --> 01:09:02,359

I don't hurt anyone else then who really

1668

01:09:06,520 --> 01:09:04,310

cares of course I don't need to murder

1669

01:09:08,640 --> 01:09:06,530

someone to see if I feel guilty are

1670

01:09:11,740 --> 01:09:08,650

wrong but how are you gonna say that

1671

01:09:14,680 --> 01:09:11,750

thoughtful meditation and flipping tarot

1672

01:09:16,950 --> 01:09:14,690

cards is bad to me it's as morally

1673

01:09:19,450 --> 01:09:16,960

neutral as exercise as going to the gym

1674

01:09:22,540 --> 01:09:19,460

it very much might be a tool of the

1675

01:09:24,340 --> 01:09:22,550

elite but it could also be our tool but

1676

01:09:25,750 --> 01:09:24,350

see this is Satan's mouthpiece you're

1677

01:09:27,700 --> 01:09:25,760

hearing this from so of course I'm gonna

1678

01:09:29,170 --> 01:09:27,710

say that maybe I've been spending a

1679

01:09:30,820 --> 01:09:29,180

little too much time at the crossroads

1680

01:09:32,980 --> 01:09:30,830

people but I hope you listeners are

1681

01:09:35,080 --> 01:09:32,990

still as interested as I am to test the

1682

01:09:37,510 --> 01:09:35,090

waters of consciousness see if we can't

1683

01:09:39,010 --> 01:09:37,520

affect our reality for the better what

1684

01:09:41,110 --> 01:09:39,020

have you got to lose I mean you binge

1685

01:09:43,420 --> 01:09:41,120

watch stranger things and play for hours

1686

01:09:45,190 --> 01:09:43,430

of overwatch but focusing your conscious

1687

01:09:48,250 --> 01:09:45,200

attention on some sigils as a waste of

1688

01:09:49,930 --> 01:09:48,260

time not that I don't love both stranger

1689

01:09:52,180 --> 01:09:49,940

things and overwatch but let's call a

1690

01:09:53,830 --> 01:09:52,190

spade a spade it's self-imposed adult

1691

01:09:56,230 --> 01:09:53,840

babysitting when you get down to it

1692

01:09:58,450 --> 01:09:56,240

speaking of sigils though Mike does make

1693

01:10:00,250 --> 01:09:58,460

the public promise in the second hour

1694

01:10:03,250 --> 01:10:00,260

that he will have up a

1695

01:10:05,470 --> 01:10:03,260

double-blind sigil study on his website

1696

01:10:07,210 --> 01:10:05,480

and he would love the listeners to

1697

01:10:09,430 --> 01:10:07,220

partake in it so he can gather the

1698

01:10:11,200 --> 01:10:09,440

collective data and I think it would be

1699

01:10:13,960 --> 01:10:11,210

fun so definitely check out his website

1700

01:10:17,530 --> 01:10:13,970

magic of thought com

1701

01:10:20,410 --> 01:10:17,540

that's magic with a C and a K magic of

1702

01:10:22,960 --> 01:10:20,420

thought comm also in the + show we get a

1703

01:10:25,480 --> 01:10:22,970

little bit into Mike successes with sex

1704

01:10:28,270 --> 01:10:25,490

magic and willing his partner to orgasm

1705

01:10:30,400 --> 01:10:28,280

like the goddamn Merovingian again and

1706

01:10:32,380 --> 01:10:30,410

let's take off the puritanical kid

1707

01:10:34,990 --> 01:10:32,390

gloves for a second and accept the fact

1708

01:10:37,330 --> 01:10:35,000

that we all enjoy a nice orgasm from

1709

01:10:39,960 --> 01:10:37,340

time to time and giving them out to

1710

01:10:43,510 --> 01:10:39,970

willing partners ain't too shabby either

1711

01:10:45,970 --> 01:10:43,520

it's not bad it's not inappropriate it's

1712

01:10:48,220 --> 01:10:45,980

just a thing but we do talk about

1713

01:10:50,320 --> 01:10:48,230

beginner steps for walking down that

1714

01:10:52,720 --> 01:10:50,330

path we talk about choosing the right

1715

01:10:55,060 --> 01:10:52,730

language and thoughts for magic in

1716

01:10:57,520 --> 01:10:55,070

general how manifesting and

1717

01:10:59,050 --> 01:10:57,530

visualizations work and I know we've had

1718

01:11:01,360 --> 01:10:59,060

guests who've speculated that

1719

01:11:04,050 --> 01:11:01,370

Hollywood's role in the big conspiracy

1720

01:11:06,910 --> 01:11:04,060

is to influence and crowdsource

1721

01:11:09,130 --> 01:11:06,920

manifestation this idea that Hollywood

1722

01:11:12,280 --> 01:11:09,140

is violent to induce thoughts of a

1723

01:11:14,080 --> 01:11:12,290

violent world I think that's a concept a

1724

01:11:16,180 --> 01:11:14,090

lot of people have entertained but it

1725

01:11:19,000 --> 01:11:16,190

wouldn't be possible if thoughts didn't

1726

01:11:21,820 --> 01:11:19,010

influence reality so maybe we can

1727

01:11:25,240 --> 01:11:21,830

explore the mechanism and how we can use

1728

01:11:26,800 --> 01:11:25,250

it in our own lives for good reasons big

1729

01:11:28,540 --> 01:11:26,810

fan of this show though useful

1730

01:11:30,940 --> 01:11:28,550

information you can adopt into your own

1731

01:11:34,060 --> 01:11:30,950

life maybe we learned a little bit about

1732

01:11:35,790 --> 01:11:34,070

the mind material world interaction you

1733

01:11:38,800 --> 01:11:35,800

know I get a lot of mail from people

1734

01:11:41,230 --> 01:11:38,810

liking the show because they like my

1735

01:11:42,940 --> 01:11:41,240

style of hosting I do appreciate that I

1736

01:11:45,820 --> 01:11:42,950

also get a lot of emails wishing I

1737

01:11:48,070 --> 01:11:45,830

challenged guests more and it's true I

1738

01:11:49,720 --> 01:11:48,080

could do that but doing it wrong with

1739

01:11:53,530 --> 01:11:49,730

the wrong guests can cause people to

1740

01:11:55,450 --> 01:11:53,540

clam up which is an issue but I agree in

1741

01:11:57,670 --> 01:11:55,460

some cases I could challenge guests a

1742

01:12:01,180 --> 01:11:57,680

bit more but what I think I do well as a

1743

01:12:02,770 --> 01:12:01,190

host is I try to combat vagueness and

1744

01:12:06,070 --> 01:12:02,780

I've never really put it in those terms

1745

01:12:08,500 --> 01:12:06,080

before but when a guest has a broad wild

1746

01:12:10,270 --> 01:12:08,510

claim I might not challenge it per se

1747

01:12:12,940 --> 01:12:10,280

but I definitely think I try to get them

1748

01:12:14,080 --> 01:12:12,950

to elaborate and get into more detail or

1749

01:12:16,840 --> 01:12:14,090

explain house

1750

01:12:18,670 --> 01:12:16,850

they're suggesting would work but I do

1751

01:12:20,770 --> 01:12:18,680

think the two-hour uninterrupted

1752

01:12:22,330 --> 01:12:20,780

timeframe helps me combat the type of

1753

01:12:24,340 --> 01:12:22,340

vagueness that a person can get away

1754

01:12:26,560 --> 01:12:24,350

with on coast to coast with a commercial

1755

01:12:28,750 --> 01:12:26,570

break every eight minutes I think if you

1756

01:12:30,970 --> 01:12:28,760

look at my worst episodes it's the

1757

01:12:33,520 --> 01:12:30,980

guests who really can't elaborate beyond

1758

01:12:35,800 --> 01:12:33,530

their talking points they're used to

1759

01:12:37,960 --> 01:12:35,810

using these broad generalizations and

1760

01:12:41,200 --> 01:12:37,970

when I ask okay well how does that work

1761

01:12:43,540 --> 01:12:41,210

with X or Y they just do a lot of

1762

01:12:45,760 --> 01:12:43,550

waffling and hemming and hawing and I

1763

01:12:48,820 --> 01:12:45,770

think that's the greatest unifying

1764

01:12:50,920 --> 01:12:48,830

factor on the THD episodes that are the

1765

01:12:52,480 --> 01:12:50,930

weakest and I only bring that up because

1766

01:12:54,430 --> 01:12:52,490

it's a big part of what I like about

1767

01:12:56,710 --> 01:12:54,440

Mike's approach he doesn't seem to like

1768

01:12:59,380 --> 01:12:56,720

vagueness either and when I found his

1769

01:13:01,150 --> 01:12:59,390

site I was like okay here's a guy who

1770

01:13:04,390 --> 01:13:01,160

wants to get it all out in the open and

1771

01:13:05,530 --> 01:13:04,400

I like that fun stuff for sure but I'm

1772

01:13:07,390 --> 01:13:05,540

gonna have to get on with it

1773

01:13:09,400 --> 01:13:07,400

you guys got stuff to do anyway or if

1774

01:13:11,710 --> 01:13:09,410

you didn't before you do now so that's

1775

01:16:29,690 --> 01:13:11,720

it for me your move modern majors of the

1776

01:16:33,600 --> 01:16:32,040

hey guys thanks for listening to the

1777

01:16:35,940 --> 01:16:33,610

first hour of the higher side chats

1778

01:16:38,010 --> 01:16:35,950

podcast with me Greg Carl wood if you

1779

01:16:40,380 --> 01:16:38,020

don't know there is a second hour to all

1780

01:16:42,090 --> 01:16:40,390

the episodes we do around here generally

1781

01:16:43,830 --> 01:16:42,100

we're able to get a lot deeper into the

1782

01:16:45,810 --> 01:16:43,840

topics and ideas that a guest is about

1783

01:16:48,960 --> 01:16:45,820

so if you enjoyed what you've heard from

1784

01:16:51,150 --> 01:16:48,970

THC for free consider signing up at the

1785

01:16:53,130 --> 01:16:51,160

higher side chats plus com to get the

1786

01:16:55,440 --> 01:16:53,140

second hour of the 5 shows I put

1787

01:16:57,360 --> 01:16:55,450

together each month I never really

1788

01:16:59,070 --> 01:16:57,370

wanted to be a paid subscriber podcast

1789

01:17:01,050 --> 01:16:59,080

but I really hate the idea of spending

1790

01:17:03,150 --> 01:17:01,060

airtime promoting some product that's

1791

01:17:04,800 --> 01:17:03,160

completely unrelated and telling you the

1792

01:17:07,590 --> 01:17:04,810

best way to support the show is to buy

1793

01:17:09,480 --> 01:17:07,600

an audio book or new underwear by mail

1794

01:17:11,820 --> 01:17:09,490

or something crazy like that so instead

1795

01:17:13,290 --> 01:17:11,830

if you like the show double your time

1796

01:17:15,540 --> 01:17:13,300

with it for five bucks a month and let's

1797

01:17:17,160 --> 01:17:15,550

cut out all the other it's half the

1798

01:17:18,930 --> 01:17:17,170

price of a movie ticket and you get at

1799

01:17:21,540 --> 01:17:18,940

least an extra five hours of show a

1800

01:17:23,340 --> 01:17:21,550

month collectively it keeps us stable

1801
01:17:24,930 --> 01:17:23,350
and it frees me from wasting your time

1802
01:17:27,510 --> 01:17:24,940
with anything but the show you came to

1803
01:17:29,490 --> 01:17:27,520
listen to it's really the only way for

1804
01:17:31,290 --> 01:17:29,500
an independent one-man show to make it

1805
01:17:33,510 --> 01:17:31,300
and I do what I can so that it's worth

1806
01:17:35,490 --> 01:17:33,520
your while since we started this I've

1807
01:17:37,500 --> 01:17:35,500
always tried to use the subscriptions to

1808
01:17:40,080 --> 01:17:37,510
improve the podcast and make signups

1809
01:17:42,000 --> 01:17:40,090
more advantageous it started with just a

1810
01:17:43,650 --> 01:17:42,010
second hour for the main show but now

1811
01:17:45,720 --> 01:17:43,660
we've got a nice forum going where

1812
01:17:47,430 --> 01:17:45,730
people can get deeper in conversation

1813
01:17:50,340 --> 01:17:47,440

about the episodes with other listeners

1814

01:17:52,560 --> 01:17:50,350

submit a candidate in the guest request

1815

01:17:54,240 --> 01:17:52,570

thread or share their own personal

1816

01:17:56,340 --> 01:17:54,250

projects to get out of the soul-crushing

1817

01:17:58,920 --> 01:17:56,350

nine-to-five cog in the wheel life on

1818

01:18:00,600 --> 01:17:58,930

the entrepreneurs thread the forum in

1819

01:18:02,310 --> 01:18:00,610

the Plus comments are always the first

1820

01:18:04,530 --> 01:18:02,320

places I try to go for listener

1821

01:18:06,930 --> 01:18:04,540

engagement but it does get harder as the

1822

01:18:08,760 --> 01:18:06,940

show gets more popular because of that

1823

01:18:10,230 --> 01:18:08,770

there's also a direct messaging feature

1824

01:18:13,050 --> 01:18:10,240

that you can use to reach me through the

1825

01:18:14,670 --> 01:18:13,060

plus site also but beyond the forum if

1826

01:18:16,860 --> 01:18:14,680

you like any of the music I've used for

1827

01:18:18,630 --> 01:18:16,870

THC most of it I've hired artists to

1828

01:18:20,910 --> 01:18:18,640

make and I provided all its free

1829

01:18:22,350 --> 01:18:20,920

downloads to plus members too so if you

1830

01:18:24,540 --> 01:18:22,360

like a particular song you've heard

1831

01:18:26,880 --> 01:18:24,550

close the show out recently come get the

1832

01:18:28,920 --> 01:18:26,890

mp3 I should also mention that if you

1833

01:18:31,260 --> 01:18:28,930

don't like the idea of paying \$5

1834

01:18:33,420 --> 01:18:31,270

recurring every month I get that you can

1835

01:18:35,790 --> 01:18:33,430

buy three months six months or a year

1836

01:18:37,530 --> 01:18:35,800

upfront and just be done with it I have

1837

01:18:40,080 --> 01:18:37,540

plenty of listeners who send checks and

1838

01:18:41,129 --> 01:18:40,090

money orders to the PIO box too I try to

1839

01:18:43,139 --> 01:18:41,139

make it as easy for

1840

01:18:45,029 --> 01:18:43,149

as I can and you can read more about it

1841

01:18:47,729 --> 01:18:45,039

on the signup page also be sure to check

1842

01:18:49,439 --> 01:18:47,739

out the FAQ help page on the plus side

1843

01:18:50,429 --> 01:18:49,449

if you have any questions or concerns

1844

01:18:52,469 --> 01:18:50,439

about how to listen to a

1845

01:18:54,389 --> 01:18:52,479

password-protected show on your devices

1846

01:18:56,669 --> 01:18:54,399

I've highlighted a lot of great

1847

01:18:58,709 --> 01:18:56,679

solutions and one of those would be the

1848

01:19:01,259 --> 01:18:58,719

iPhone app that just recently hit the

1849

01:19:03,389 --> 01:19:01,269

Apple App Store a super kind and

1850

01:19:05,250 --> 01:19:03,399

talented listener made it for us and you

1851

01:19:07,409 --> 01:19:05,260

can use it to stream or download either

1852

01:19:10,379 --> 01:19:07,419

the free or the plus show if you're on

1853

01:19:11,939 --> 01:19:10,389

Android I'd use pocket casts or podcast

1854

01:19:14,549 --> 01:19:11,949

addict and subscribe to the feed

1855

01:19:17,250 --> 01:19:14,559

manually that way I also try to throw an

1856

01:19:19,229 --> 01:19:17,260

occasional bonus shows or QA shows and

1857

01:19:21,419 --> 01:19:19,239

I've got a few other weird ideas I might

1858

01:19:23,339 --> 01:19:21,429

get to try out soon but I give you all I

1859

01:19:25,020 --> 01:19:23,349

can for five bucks and I hope you'll at

1860

01:19:26,729 --> 01:19:25,030

least give it a shot if you've listened

1861

01:19:28,500 --> 01:19:26,739

to a few free shows and you find them

1862

01:19:30,299 --> 01:19:28,510

unique or valuable I know there's a lot

1863

01:19:32,429 --> 01:19:30,309

of podcasts out there and I'm just one

1864

01:19:34,259 --> 01:19:32,439

of them but if you have any questions

1865

01:19:35,790 --> 01:19:34,269

concerns or comments about any of this

1866

01:19:38,639 --> 01:19:35,800

please get in touch with us at the

1867

01:19:40,589 --> 01:19:38,649

higher side chats team @ gmail.com I

1868

01:19:42,000 --> 01:19:40,599

also wanted to plug the higher side

1869

01:19:43,829 --> 01:19:42,010

newsletter I'm gonna be putting out

1870

01:19:46,079 --> 01:19:43,839

totally free for anyone who wants to

1871

01:19:48,239 --> 01:19:46,089

sign up at the main Internet web site

1872

01:19:50,339 --> 01:19:48,249

for the show the higher side chats com

1873

01:19:52,139 --> 01:19:50,349

you can also get on that email list

1874

01:19:54,449 --> 01:19:52,149

through the higher side chats Facebook

1875

01:19:55,919 --> 01:19:54,459

page there's a button there as well but

1876

01:19:58,439 --> 01:19:55,929

the reason I'm doing this is because I

1877

01:20:00,540 --> 01:19:58,449

get tons and tons of emails after a show

1878

01:20:02,429 --> 01:20:00,550

goes up asking me about how I feel about

1879

01:20:03,989 --> 01:20:02,439

a particular guest or topic and the

1880

01:20:05,969 --> 01:20:03,999

wrap-up isn't always the best place to

1881

01:20:07,979 --> 01:20:05,979

do that especially if I have anything

1882

01:20:09,839 --> 01:20:07,989

negative to say sometimes the dust needs

1883

01:20:12,299 --> 01:20:09,849

to settle sometimes they need to hear

1884

01:20:13,889 --> 01:20:12,309

feedback from you guys first there are a

1885

01:20:15,479 --> 01:20:13,899

lot of factors but I usually have

1886

01:20:17,939 --> 01:20:15,489

something to communicate to you and I

1887

01:20:18,449 --> 01:20:17,949

just don't get to do it so on the first

1888

01:20:20,099 --> 01:20:18,459

of the month

1889

01:20:21,750 --> 01:20:20,109

I plan to send out a little newsletter

1890

01:20:23,819 --> 01:20:21,760

with my thoughts about the five shows

1891

01:20:25,859 --> 01:20:23,829

the previous month and talk to you about

1892

01:20:28,229 --> 01:20:25,869

anything else that's on my mind or

1893

01:20:30,149 --> 01:20:28,239

that's going on and what's probably most

1894

01:20:31,979 --> 01:20:30,159

enticing is that I'm gonna give you some

1895

01:20:34,109 --> 01:20:31,989

insight into at least one guest I have

1896

01:20:36,119 --> 01:20:34,119

coming up in the month which people have

1897

01:20:38,339 --> 01:20:36,129

been begging for some posted schedule

1898

01:20:40,290 --> 01:20:38,349

for a long time I personally think I'd

1899

01:20:42,119 --> 01:20:40,300

like the surprise but sign up for the

1900

01:20:43,649 --> 01:20:42,129

higher side newsletter it's free it

1901

01:20:45,239 --> 01:20:43,659

comes out on the first of the month and

1902

01:20:48,000 --> 01:20:45,249

I won't waste your time with any other

1903

01:20:49,679 --> 01:20:48,010

emails and that's it I appreciate you

1904

01:20:51,839 --> 01:20:49,689

listening I try to give alternative

1905

01:20:54,359 --> 01:20:51,849

ideas and guests a fair shake on a high

1906

01:20:54,990 --> 01:20:54,369

quality podcast exposed some deep-level

1907

01:20:57,300 --> 01:20:55,000

can spear

1908

01:20:59,010 --> 01:20:57,310

without the yelling and I hope to offer

1909

01:21:01,140 --> 01:20:59,020

some inspiration that even though the

1910

01:21:03,450 --> 01:21:01,150

system relentlessly suggests you should

1911

01:21:05,280 --> 01:21:03,460

follow their blueprint to mediocrity you

1912

01:21:07,590 --> 01:21:05,290

can do your own thing and live a much

1913

01:21:09,480 --> 01:21:07,600

happier life despite all the negativity