



DR. JACOB LIBERMAN
THE POWER OF LIGHT, SIGHT, & THE SCIENCE OF LIFE
PRESENTED BY THE HIGHERSIDE CHATS



LISTEN TO THE EPISODE AT THEHIGHERSIDECHATS.COM

LISTEN TO THE EXTENDED SHOW AT THEHIGHERSIDECHATSPUS.COM

1
00:00:10,790 --> 00:00:08,350

[Music]

2
00:00:12,530 --> 00:00:10,800
embrace yourself because you're about to

3
00:00:14,720 --> 00:00:12,540
dive into another free first hour

4
00:00:15,919 --> 00:00:14,730
episode of the higher side chats and we

5
00:00:17,330 --> 00:00:15,929
just want to let you know that whether

6
00:00:19,370 --> 00:00:17,340
you're looking for a companion through

7
00:00:20,900 --> 00:00:19,380
your paranoid insomnia entertaining

8
00:00:22,910 --> 00:00:20,910
yourself through one of life's mundane

9
00:00:24,590 --> 00:00:22,920
activities we're trying to ward off the

10
00:00:27,230 --> 00:00:24,600
internal screams of all those sad

11
00:00:28,880 --> 00:00:27,240
smothered Souls around the office THC is

12
00:00:30,620 --> 00:00:28,890
here and you should know that every

13
00:00:32,659 --> 00:00:30,630

episode of the higher side chaps has an

14

00:00:35,030 --> 00:00:32,669

entire second hour four plus members

15

00:00:37,549 --> 00:00:35,040

sign up at the higher side chats plus

16

00:00:40,100 --> 00:00:37,559

calm and you get years of plus show

17

00:00:41,540 --> 00:00:40,110

archives lifetime forum access the

18

00:00:44,930 --> 00:00:41,550

special invite to Greg Carl woods

19

00:00:48,350 --> 00:00:44,940

monthly joint sessions mp3s of THC music

20

00:00:50,540 --> 00:00:48,360

and bonus episodes for videos and 10%

21

00:00:52,610 --> 00:00:50,550

off t-shirts grinders and whatever else

22

00:00:53,930 --> 00:00:52,620

ends up in the higher side store it's

23

00:00:56,299 --> 00:00:53,940

eight dollars a month that you won't

24

00:00:58,310 --> 00:00:56,309

miss so become a plus member and treat

25

00:01:00,619 --> 00:00:58,320

yourself in these troubled times always

26
00:01:02,420 --> 00:01:00,629
action-packed and commercial free which

27
00:01:09,170 --> 00:01:02,430
means you'll unfortunately never hear my

28
00:01:14,390 --> 00:01:12,290
in the 1930s President Franklin Delano

29
00:01:17,000 --> 00:01:14,400
Roosevelt addressed the nation through a

30
00:01:19,940 --> 00:01:17,010
series of radio broadcast known as the

31
00:01:21,920 --> 00:01:19,950
fireside chats his aim was to reassure

32
00:01:23,810 --> 00:01:21,930
the common man that our society would

33
00:01:26,420 --> 00:01:23,820
recover from its troubled times

34
00:01:29,030 --> 00:01:26,430
well we're far from 1930 and I deal with

35
00:01:30,590 --> 00:01:29,040
a different kind of fire new era of

36
00:01:33,590 --> 00:01:30,600
worldly frustration

37
00:01:39,500 --> 00:01:33,600
we offer a fresh conversation I'm Greg

38
00:01:41,690 --> 00:01:39,510

Harwood and surrender now dear listeners

39

00:01:43,280 --> 00:01:41,700

from sunny San Diego I'm Greg Carl wood

40

00:01:45,200 --> 00:01:43,290

and today we're gonna dive deeper into

41

00:01:46,969 --> 00:01:45,210

this weird reality and see if we can't

42

00:01:48,440 --> 00:01:46,979

make some sense out of it because we

43

00:01:50,300 --> 00:01:48,450

know our current cog in the wheel

44

00:01:52,100 --> 00:01:50,310

lifestyle is not what we were designed

45

00:01:53,870 --> 00:01:52,110

for but from the ground up we're taught

46

00:01:55,969 --> 00:01:53,880

to see the world in a very limiting way

47

00:01:57,890 --> 00:01:55,979

conditioned to worry injected with

48

00:02:00,200 --> 00:01:57,900

stress and sent off to make that green

49

00:02:02,930 --> 00:02:00,210

paper before we keel over into an early

50

00:02:04,969 --> 00:02:02,940

grave the scientists say spirituality is

51
00:02:06,830 --> 00:02:04,979
silly the medical system treats the body

52
00:02:09,050 --> 00:02:06,840
as a car mechanic treats an old Volvo

53
00:02:10,760 --> 00:02:09,060
and we lack the proper guidance to see

54
00:02:12,949 --> 00:02:10,770
reality as it really is

55
00:02:14,270 --> 00:02:12,959
meanwhile if you get off a main street

56
00:02:16,160 --> 00:02:14,280
you'll find many people who have

57
00:02:18,170 --> 00:02:16,170
unlocked mental abilities self-healing

58
00:02:19,640 --> 00:02:18,180
techniques and adopted a much more

59
00:02:21,650 --> 00:02:19,650
fulfilling way to live that just

60
00:02:24,199 --> 00:02:21,660
shouldn't be possible in the model were

61
00:02:26,270 --> 00:02:24,209
given well folks today's guest is just

62
00:02:28,490 --> 00:02:26,280
such a person his name is dr. Jacob

63
00:02:30,680 --> 00:02:28,500

Lieberman an optometrist and vision

64

00:02:32,710 --> 00:02:30,690

therapist who is a true pioneer in the

65

00:02:35,000 --> 00:02:32,720

fields of light sight and consciousness

66

00:02:38,270 --> 00:02:35,010

originally trained with conventional

67

00:02:40,190 --> 00:02:38,280

methods his life changed in 1976 after a

68

00:02:41,780 --> 00:02:40,200

miraculous healing of his own eyesight

69

00:02:43,970 --> 00:02:41,790

which sends him on a path of discovery

70

00:02:45,740 --> 00:02:43,980

and led him to uncover a deeper

71

00:02:48,140 --> 00:02:45,750

understanding of light and the science

72

00:02:50,300 --> 00:02:48,150

of life itself over the course of four

73

00:02:52,070 --> 00:02:50,310

decades treating others and cultivating

74

00:02:54,110 --> 00:02:52,080

this alternative knowledge he's authored

75

00:02:56,509 --> 00:02:54,120

several books on the subject with titles

76

00:02:58,550 --> 00:02:56,519

like light medicine of the future take

77

00:03:00,860 --> 00:02:58,560

off your glasses and see and most

78

00:03:02,780 --> 00:03:00,870

recently luminous life how the science

79

00:03:05,090 --> 00:03:02,790

of light unlocks the art of living

80

00:03:06,949 --> 00:03:05,100

he's also an award-winning inventor in

81

00:03:09,770 --> 00:03:06,959

the field of photo therapy having

82

00:03:12,050 --> 00:03:09,780

created useful tools like vis flex the

83

00:03:14,360 --> 00:03:12,060

color receptivity trainer and the eye

84

00:03:16,190 --> 00:03:14,370

port vision training system the first

85

00:03:18,199 --> 00:03:16,200

FDA cleared medical device that

86

00:03:20,390 --> 00:03:18,209

significantly improves overall visual

87

00:03:21,820 --> 00:03:20,400

performance I know I'm psyched to get

88

00:03:23,440 --> 00:03:21,830

into it a man who's been

89

00:03:26,080 --> 00:03:23,450

his craft longer than I've been alive

90

00:03:28,600 --> 00:03:26,090

the vision doctor the eye guy and the

91

00:03:31,450 --> 00:03:28,610

sensei of truesight dr. Lieberman my man

92

00:03:33,850 --> 00:03:31,460

welcome to the higher side oh it's great

93

00:03:35,980 --> 00:03:33,860

to be with you I love that introduction

94

00:03:38,470 --> 00:03:35,990

you're you're definitely a poet at heart

95

00:03:40,720 --> 00:03:38,480

I love it oh thank you thank you two

96

00:03:42,010 --> 00:03:40,730

kinds and I really appreciate you being

97

00:03:44,140 --> 00:03:42,020

here I think this is gonna be a lot of

98

00:03:46,750 --> 00:03:44,150

fun you've got a really impressive

99

00:03:48,430 --> 00:03:46,760

resume and that's what people need to

100

00:03:50,170 --> 00:03:48,440

hear to sit up and take notice because

101

00:03:52,840 --> 00:03:50,180

we're working against a very strong

102

00:03:54,730 --> 00:03:52,850

current of conditioning as you know yes

103

00:03:56,680 --> 00:03:54,740

I really loved your book luminous Life

104

00:03:59,140 --> 00:03:56,690

and after reading it it's obvious that

105

00:04:01,750 --> 00:03:59,150

we need to rethink our views on light to

106

00:04:04,060 --> 00:04:01,760

understand the larger reality model that

107

00:04:06,280 --> 00:04:04,070

you write about in it and to kick this

108

00:04:08,199 --> 00:04:06,290

off let's use a quote you say light is

109

00:04:10,540 --> 00:04:08,209

more than just waves and particles

110

00:04:12,580 --> 00:04:10,550

it's a purveyor of consciousness light

111

00:04:15,130 --> 00:04:12,590

is not just out there something we need

112

00:04:17,530 --> 00:04:15,140

to find in order to see light seeks us

113

00:04:19,830 --> 00:04:17,540

out and guides us the way it seeks out

114

00:04:22,930 --> 00:04:19,840

and directs a plant to grow towards it

115

00:04:24,400 --> 00:04:22,940

well man when I read that I knew I was

116

00:04:26,650 --> 00:04:24,410

going to be going on a ride maybe you

117

00:04:28,420 --> 00:04:26,660

can speak to some of the misconceptions

118

00:04:31,470 --> 00:04:28,430

about light and how you think about it

119

00:04:35,940 --> 00:04:31,480

so that people can get on the same page

120

00:04:38,670 --> 00:04:35,950

so let me begin you said how you think

121

00:04:42,900 --> 00:04:38,680

about it the first thing that I'd like

122

00:04:45,410 --> 00:04:42,910

to say is what we think has no

123

00:04:49,370 --> 00:04:45,420

relationship with truth hmm

124

00:04:53,820 --> 00:04:49,380

fair point everything we think is

125

00:04:57,600 --> 00:04:53,830

conceptual it's theoretical it's an idea

126

00:04:59,970 --> 00:04:57,610

it's a point of view but if you put that

127

00:05:03,150 --> 00:04:59,980

word belief for instance into a

128

00:05:05,220 --> 00:05:03,160

thesaurus you'll see it means the same

129

00:05:08,280 --> 00:05:05,230

as thought idea

130

00:05:11,390 --> 00:05:08,290

theory concept and so on but when you

131

00:05:15,150 --> 00:05:11,400

look at the antonyms of the word belief

132

00:05:17,100 --> 00:05:15,160

one of the words that pops up and really

133

00:05:21,870 --> 00:05:17,110

really just hits you right in the face

134

00:05:25,920 --> 00:05:21,880

is truth that truth is actually the

135

00:05:30,230 --> 00:05:25,930

opposite of belief and so it's not so

136

00:05:33,469 --> 00:05:30,240

much about thinking things differently

137

00:05:37,670 --> 00:05:33,479

it's about actually identifying what

138

00:05:40,990 --> 00:05:37,680

that aspect is of our humanity that sees

139

00:05:43,930 --> 00:05:41,000

from no point of view

140

00:05:48,640 --> 00:05:43,940

and can actually have an experience of

141

00:05:51,070 --> 00:05:48,650

life that is direct not through the

142

00:05:53,560 --> 00:05:51,080

filter of what I believe what I don't

143

00:05:57,880 --> 00:05:53,570

believe what's proven what's not proven

144

00:05:59,590 --> 00:05:57,890

but has a direct experience you know

145

00:06:02,680 --> 00:05:59,600

people spend so much of their lives

146

00:06:06,250 --> 00:06:02,690

trying to convince each other of what

147

00:06:09,280 --> 00:06:06,260

they think is true or is not true but

148

00:06:12,810 --> 00:06:09,290

when you've had a revelation you know

149

00:06:17,860 --> 00:06:12,820

when you've had an awakening experience

150

00:06:21,790 --> 00:06:17,870

such as like what I had in 1976 there's

151
00:06:25,720 --> 00:06:21,800
nothing to defend about that because you

152
00:06:28,750 --> 00:06:25,730
absolutely know that there is a knowing

153
00:06:31,780 --> 00:06:28,760
it's not I think there's just an

154
00:06:35,890 --> 00:06:31,790
absolute knowing about it it's a fact in

155
00:06:39,460 --> 00:06:35,900
your life and so that for me is what

156
00:06:41,470 --> 00:06:39,470
moves me and what has moved me for a

157
00:06:43,990 --> 00:06:41,480
long time so having laid that foundation

158
00:06:47,170 --> 00:06:44,000
now let's get into your question about

159
00:06:51,030 --> 00:06:47,180
what am I talking about light looking

160
00:06:55,120 --> 00:06:51,040
for us sure let's look at a plant

161
00:06:58,480 --> 00:06:55,130
everyone knows that a plant can't live

162
00:07:02,280 --> 00:06:58,490
without light and that a plant grows

163
00:07:05,880 --> 00:07:02,290

toward the light and if you evaluate

164

00:07:09,190 --> 00:07:05,890

every single function within a plant

165

00:07:13,780 --> 00:07:09,200

you'll see that every single function of

166

00:07:16,120 --> 00:07:13,790

the plant is light dependent when the

167

00:07:20,050 --> 00:07:16,130

light literally comes up in the morning

168

00:07:24,070 --> 00:07:20,060

a plant Orient's itself to be in the

169

00:07:28,060 --> 00:07:24,080

optimal position to receive the exact

170

00:07:33,400 --> 00:07:28,070

amount of photo therapeutic nutrition

171

00:07:36,830 --> 00:07:33,410

that it requires to essentially run all

172

00:07:39,890 --> 00:07:36,840

of its functions and a

173

00:07:42,580 --> 00:07:39,900

of course everyone knows that plants

174

00:07:45,320 --> 00:07:42,590

have a unique relationship with light

175

00:07:49,670 --> 00:07:45,330

what I am attempting to share in the

176

00:07:53,689 --> 00:07:49,680

book which is scientific fact is that

177

00:07:58,240 --> 00:07:53,699

human beings respond to light and so do

178

00:08:03,080 --> 00:07:58,250

animals in the same way as plants do

179

00:08:06,590 --> 00:08:03,090

every cell of our body has photo sensors

180

00:08:09,920 --> 00:08:06,600

another word for that are our eyes every

181

00:08:14,920 --> 00:08:09,930

cell of the body has eyes that are

182

00:08:17,540 --> 00:08:14,930

designed to detect and respond to light

183

00:08:19,820 --> 00:08:17,550

so now let's talk about what light is

184

00:08:22,790 --> 00:08:19,830

because everyone thinks oh I know what

185

00:08:27,830 --> 00:08:22,800

light is I wake up in the morning I look

186

00:08:32,060 --> 00:08:27,840

out my window there's light actually not

187

00:08:35,149 --> 00:08:32,070

what we think is light is a perceptual

188

00:08:40,149 --> 00:08:35,159

experience we have that's actually

189

00:08:45,860 --> 00:08:40,159

called brightness or that we call color

190

00:08:50,180 --> 00:08:45,870

light itself is formless it is totally

191

00:08:54,930 --> 00:08:50,190

invisible you cannot magnify enough of

192

00:08:58,280 --> 00:08:54,940

whatever light is to actually see it

193

00:09:00,390 --> 00:08:58,290

you cannot really describe it very

194

00:09:03,570 --> 00:09:00,400

accurately

195

00:09:07,200 --> 00:09:03,580

however when you attempt to describe the

196

00:09:11,970 --> 00:09:07,210

behavior of light you find something

197

00:09:16,079 --> 00:09:11,980

really really fascinating it acts as if

198

00:09:18,780 --> 00:09:16,089

it is everywhere at the same time it

199

00:09:22,079 --> 00:09:18,790

acts as if it is aware of everything

200

00:09:24,300 --> 00:09:22,089

that's going on everywhere else at the

201
00:09:28,499 --> 00:09:24,310
same time

202
00:09:32,129 --> 00:09:28,509
in other words it acts in the same way

203
00:09:36,030 --> 00:09:32,139
as the biblical description of what we

204
00:09:38,220 --> 00:09:36,040
call God when we say oh this creative

205
00:09:41,730 --> 00:09:38,230
force in the universe that religious

206
00:09:44,329 --> 00:09:41,740
people call God the Bible says is

207
00:09:47,040 --> 00:09:44,339
omnipotent omniscient and omnipresent

208
00:09:50,369 --> 00:09:47,050
all-powerful all-knowing everywhere at

209
00:09:54,569 --> 00:09:50,379
the same time and then the Bible goes on

210
00:09:57,989 --> 00:09:54,579
to say God is light I don't know why

211
00:10:01,619 --> 00:09:57,999
they say that but when you look at light

212
00:10:05,160 --> 00:10:01,629
and you speak to a physicist that has

213
00:10:09,679 --> 00:10:05,170

studied light they will all tell you

214

00:10:13,220 --> 00:10:09,689

that what we call light is actually the

215

00:10:16,410 --> 00:10:13,230

foundational energy from where

216

00:10:19,829 --> 00:10:16,420

everything arises and this is why the

217

00:10:22,769 --> 00:10:19,839

renowned theoretical quantum physicist

218

00:10:26,119 --> 00:10:22,779

David Bohm while he was alive made a

219

00:10:30,420 --> 00:10:26,129

profound statement he said all matter is

220

00:10:36,440 --> 00:10:30,430

frozen light in other words

221

00:10:39,690 --> 00:10:36,450

everything that is solid is actually

222

00:10:44,340 --> 00:10:39,700

created from an energy called light and

223

00:10:47,690 --> 00:10:44,350

that includes our bodies and so what we

224

00:10:52,980 --> 00:10:47,700

know about the human body is that it is

225

00:10:57,510 --> 00:10:52,990

continually receiving information if you

226

00:11:00,930 --> 00:10:57,520

will in the form of light that tells it

227

00:11:03,560 --> 00:11:00,940

what to do when to do it and to what

228

00:11:07,470 --> 00:11:03,570

degree let me give you an example

229

00:11:09,770 --> 00:11:07,480

everyone knows that when the light rises

230

00:11:13,470 --> 00:11:09,780

in the morning when the Sun comes up

231

00:11:17,040 --> 00:11:13,480

everyone wakes up creatures animals

232

00:11:20,100 --> 00:11:17,050

human beings plants everyone awakens and

233

00:11:23,490 --> 00:11:20,110

as the light begins to recede at the end

234

00:11:27,000 --> 00:11:23,500

of the day people start feeling sleepy

235

00:11:30,210 --> 00:11:27,010

and fall asleep what the average person

236

00:11:33,240 --> 00:11:30,220

doesn't realize is that your blood

237

00:11:35,550 --> 00:11:33,250

pressure your insulin production and

238

00:11:39,330 --> 00:11:35,560

secretion the production and secretion

239

00:11:43,380 --> 00:11:39,340
of all of your hormones all of the

240

00:11:48,390 --> 00:11:43,390
energy that your body has comes from

241

00:11:52,530 --> 00:11:48,400
light throughout the day as the sunlight

242

00:11:56,450 --> 00:11:52,540
is changing our body is continually

243

00:11:59,970 --> 00:11:56,460
adjusting itself to remain in harmony

244

00:12:03,600 --> 00:11:59,980
with Mother Nature so that we are always

245

00:12:06,009 --> 00:12:03,610
at one with Mother Nature when you're

246

00:12:09,040 --> 00:12:06,019
out of Harmony

247

00:12:11,530 --> 00:12:09,050
example of that would be jet lag you

248

00:12:13,720 --> 00:12:11,540
live in San Diego you want to fly to New

249

00:12:16,840 --> 00:12:13,730
York or to London you get on a plane

250

00:12:19,600 --> 00:12:16,850
you're there in New York five hours

251

00:12:22,720 --> 00:12:19,610

later and then you start feeling out of

252

00:12:24,939 --> 00:12:22,730

sorts sometimes you might even feel like

253

00:12:26,769 --> 00:12:24,949

you're coming down with something you

254

00:12:28,960 --> 00:12:26,779

begin to wake up in the middle of the

255

00:12:31,210 --> 00:12:28,970

night when you would be sleeping you

256

00:12:33,429 --> 00:12:31,220

start getting sleepy mid-afternoon when

257

00:12:35,559 --> 00:12:33,439

you normally would be awake you find

258

00:12:38,109 --> 00:12:35,569

yourself wanting to eat at times you

259

00:12:41,470 --> 00:12:38,119

normally wouldn't or needing to use the

260

00:12:44,109 --> 00:12:41,480

restroom at times you never would the

261

00:12:46,809 --> 00:12:44,119

reason that occurs not only to humans

262

00:12:48,759 --> 00:12:46,819

and animals but also to plants if you

263

00:12:51,920 --> 00:12:48,769

put a plant on a plane the same thing

264

00:12:55,750 --> 00:12:51,930

would happen is that

265

00:13:00,440 --> 00:12:55,760

every physiological function is light

266

00:13:03,950 --> 00:13:00,450

dependent and so even though we have

267

00:13:06,740 --> 00:13:03,960

this idea we all share that we are

268

00:13:09,770 --> 00:13:06,750

controlling our life through our

269

00:13:12,050 --> 00:13:09,780

thoughts and our ideas and what we want

270

00:13:15,350 --> 00:13:12,060

to do and what we don't want to do if

271

00:13:17,870 --> 00:13:15,360

you really look deeply into the

272

00:13:20,870 --> 00:13:17,880

functioning of the body with the most

273

00:13:25,820 --> 00:13:20,880

sophisticated technology science has to

274

00:13:29,570 --> 00:13:25,830

offer you consistently will notice that

275

00:13:32,930 --> 00:13:29,580

the body is moving in the direction that

276

00:13:36,290 --> 00:13:32,940

you become aware of later and think was

277

00:13:38,660 --> 00:13:36,300

your own directive so people spend all

278

00:13:41,180 --> 00:13:38,670

day well I make this choice I make that

279

00:13:44,090 --> 00:13:41,190

choice if you look at the brain with the

280

00:13:47,090 --> 00:13:44,100

most sophisticated MRIs that are

281

00:13:50,330 --> 00:13:47,100

currently available you see that seven

282

00:13:53,690 --> 00:13:50,340

to ten seconds before a person believes

283

00:13:56,840 --> 00:13:53,700

that they've made a decision the body

284

00:14:01,520 --> 00:13:56,850

has already decided in its intelligence

285

00:14:05,070 --> 00:14:01,530

and is moving in that direction so light

286

00:14:08,519 --> 00:14:05,080

is something incredibly profound

287

00:14:12,690 --> 00:14:08,529

it is that which is continually evolving

288

00:14:15,870 --> 00:14:12,700

us toward a state of oneness with all

289

00:14:18,840 --> 00:14:15,880

that is in mother nature and when we are

290

00:14:22,050 --> 00:14:18,850

in that state of oneness that's usually

291

00:14:26,220 --> 00:14:22,060

when we experience optimal health and

292

00:14:29,310 --> 00:14:26,230

wellness and probably one of the main

293

00:14:32,970 --> 00:14:29,320

reasons you know if you look at what we

294

00:14:36,540 --> 00:14:32,980

call disease sciences will tell you that

295

00:14:40,829 --> 00:14:36,550

90 to 92 percent of what we call disease

296

00:14:44,240 --> 00:14:40,839

is directly caused by or significantly

297

00:14:47,790 --> 00:14:44,250

attributable to what we call stress

298

00:14:51,210 --> 00:14:47,800

mm-hmm seven or eight percent is what we

299

00:14:54,870 --> 00:14:51,220

call chronic illness chronic illness is

300

00:14:59,280 --> 00:14:54,880

usually the result of living in a way

301
00:15:03,509 --> 00:14:59,290
that is normal but not natural so when

302
00:15:06,780 --> 00:15:03,519
we look at the fact that a huge amount

303
00:15:10,889 --> 00:15:06,790
of what we call disease is caused or

304
00:15:12,690 --> 00:15:10,899
very significantly related to stress we

305
00:15:15,780 --> 00:15:12,700
have to take a look at what what is

306
00:15:18,510 --> 00:15:15,790
stress most of us think we know stress

307
00:15:22,230 --> 00:15:18,520
is but when I look at what we call

308
00:15:23,970 --> 00:15:22,240
stress to me stress is when a human

309
00:15:27,569 --> 00:15:23,980
being let's say we're talking about a

310
00:15:31,699 --> 00:15:27,579
person has an allergic reaction to some

311
00:15:36,580 --> 00:15:31,709
aspect of their life whether it be a

312
00:15:40,600 --> 00:15:36,590
reaction to food or to the environment

313
00:15:43,950 --> 00:15:40,610

or a reaction to another human being

314

00:15:46,620 --> 00:15:43,960

to a former husband or wife

315

00:15:49,740 --> 00:15:46,630

to someone that for whatever reason gets

316

00:15:53,130 --> 00:15:49,750

under our skin and when I say an

317

00:15:56,550 --> 00:15:53,140

allergic reaction we have physiological

318

00:15:59,519 --> 00:15:56,560

and psycho a motional reactivity to this

319

00:16:02,820 --> 00:15:59,529

and so for me stress is when we have

320

00:16:04,980 --> 00:16:02,830

such an allergic reaction and so the way

321

00:16:07,300 --> 00:16:04,990

that I look at health and wellness is

322

00:16:10,449 --> 00:16:07,310

very simple

323

00:16:15,160 --> 00:16:10,459

what is the person continually reacting

324

00:16:19,150 --> 00:16:15,170

to that is catalyzing dis-ease

325

00:16:21,579 --> 00:16:19,160

a lack of ease which is what we call the

326

00:16:25,720 --> 00:16:21,589

beginnings of disease stress and so on

327

00:16:29,259 --> 00:16:25,730

and what can we do

328

00:16:33,460 --> 00:16:29,269

to help them come to a place where they

329

00:16:37,179 --> 00:16:33,470

are able to embrace or at least have a

330

00:16:41,949 --> 00:16:37,189

neutral response to that which they used

331

00:16:45,099 --> 00:16:41,959

to recoil from so for instance if we all

332

00:16:48,340 --> 00:16:45,109

became comfortable with what used to

333

00:16:49,740 --> 00:16:48,350

feel uncomfortable our whole life would

334

00:16:54,060 --> 00:16:49,750

be different

335

00:16:57,300 --> 00:16:54,070

and so all of my work over the last 45

336

00:17:00,090 --> 00:16:57,310

years has been related to that and

337

00:17:02,580 --> 00:17:00,100

because we and the functioning of our

338

00:17:07,230 --> 00:17:02,590

bodies are inseparable from the light

339

00:17:09,420 --> 00:17:07,240

spectrum what I do with people is I take

340

00:17:12,030 --> 00:17:09,430

them through a very simple visualization

341

00:17:15,240 --> 00:17:12,040

because most of my clients I never see I

342

00:17:18,020 --> 00:17:15,250

work with via Skype and so on and I do a

343

00:17:22,380 --> 00:17:18,030

color analysis which is essentially I

344

00:17:24,510 --> 00:17:22,390

see how they respond to what they

345

00:17:27,510 --> 00:17:24,520

perceive as the different colors of the

346

00:17:31,020 --> 00:17:27,520

spectrum and what I routinely find is

347

00:17:34,410 --> 00:17:31,030

that people seem to be very comfortable

348

00:17:36,740 --> 00:17:34,420

when they think or envision or look at

349

00:17:38,870 --> 00:17:36,750

certain colors

350

00:17:40,970 --> 00:17:38,880

and they're not as comfortable when they

351

00:17:43,790 --> 00:17:40,980

look at others

352

00:17:48,410 --> 00:17:43,800

what's interesting is that on a cellular

353

00:17:52,400 --> 00:17:48,420

level when a cell is in optimal state of

354

00:17:54,680 --> 00:17:52,410

health it responds to all colors in

355

00:17:57,920 --> 00:17:54,690

other words all of the different

356

00:18:01,010 --> 00:17:57,930

segments of the light spectrum in the

357

00:18:05,090 --> 00:18:01,020

same way but when a cell is out of

358

00:18:07,310 --> 00:18:05,100

balance it responds selectively it

359

00:18:10,340 --> 00:18:07,320

basically says I like this one but I

360

00:18:15,200 --> 00:18:10,350

don't like this one well I noticed the

361

00:18:19,280 --> 00:18:15,210

same phenomenon almost 40-plus years ago

362

00:18:24,470 --> 00:18:19,290

and so what I do is I have developed a

363

00:18:29,600 --> 00:18:24,480

way of using color to very gently help

364

00:18:33,490 --> 00:18:29,610

someone to desensitize themselves from

365

00:18:36,730 --> 00:18:33,500

perhaps unresolved emotional

366

00:18:40,450 --> 00:18:36,740

triggers that we don't know where they

367

00:18:43,810 --> 00:18:40,460

originated from some may come from early

368

00:18:47,470 --> 00:18:43,820

childhood experiences but I think most

369

00:18:51,999 --> 00:18:47,480

of them are in the matrix of our DNA and

370

00:18:55,310 --> 00:18:52,009

have been passed on generationally for

371

00:18:59,000 --> 00:18:55,320

millions of generations

372

00:19:01,970 --> 00:18:59,010

and so I utilize color which slips

373

00:19:04,910 --> 00:19:01,980

beneath conscious awareness as a way of

374

00:19:07,310 --> 00:19:04,920

allowing them to notice wow isn't that

375

00:19:10,330 --> 00:19:07,320

interesting I'm so comfortable with

376

00:19:13,600 --> 00:19:10,340

green and blue but I'm so uncomfortable

377

00:19:18,440 --> 00:19:13,610

with red and orange what's fascinating

378

00:19:21,800 --> 00:19:18,450

then is that I notice a very significant

379

00:19:25,100 --> 00:19:21,810

relationship between the colors someone

380

00:19:28,760 --> 00:19:25,110

is uncomfortable with and the areas of

381

00:19:31,910 --> 00:19:28,770

their body where they develop problems

382

00:19:34,060 --> 00:19:31,920

or where they hold stress or where they

383

00:19:35,980 --> 00:19:34,070

have some sort of physiological

384

00:19:38,500 --> 00:19:35,990

malfunction

385

00:19:42,010 --> 00:19:38,510

people over the years have heard of the

386

00:19:44,500 --> 00:19:42,020

chakra system which is the fact that the

387

00:19:47,830 --> 00:19:44,510

body has different energy centers this

388

00:19:50,050 --> 00:19:47,840

is an old idea that people came to

389

00:19:52,720 --> 00:19:50,060

thousands of years ago when I was first

390

00:19:54,310 --> 00:19:52,730

introduced to this

391

00:19:56,289 --> 00:19:54,320

I didn't know what to make of it because

392

00:20:01,110 --> 00:19:56,299

I couldn't find any science to back it

393

00:20:04,200 --> 00:20:01,120

up but I noticed that the chakras

394

00:20:07,379 --> 00:20:04,210

all had different colors attributed to

395

00:20:10,080 --> 00:20:07,389

it I didn't understand why but when I

396

00:20:13,980 --> 00:20:10,090

began doing this color analysis many

397

00:20:16,340 --> 00:20:13,990

many years ago I discovered that the

398

00:20:20,460 --> 00:20:16,350

colors that people were seemingly

399

00:20:22,830 --> 00:20:20,470

uncomfortable with related to the areas

400

00:20:26,999 --> 00:20:22,840

of the body the chakras of the body

401
00:20:30,930 --> 00:20:27,009
associated with those colors and so I've

402
00:20:34,769 --> 00:20:30,940
developed a very simple approach that

403
00:20:38,119 --> 00:20:34,779
helps a person to understand something

404
00:20:42,899 --> 00:20:38,129
about their makeup not in terms of

405
00:20:45,060 --> 00:20:42,909
disease or fixing but in terms of what

406
00:20:47,909 --> 00:20:45,070
parts of life are they open and

407
00:20:50,820 --> 00:20:47,919
receptive to and what parts of life

408
00:20:53,850 --> 00:20:50,830
create tension for them and then the

409
00:20:57,450 --> 00:20:53,860
whole process is to expand their

410
00:21:01,230 --> 00:20:57,460
receptivity to all of the energies that

411
00:21:04,710 --> 00:21:01,240
make up the experience we call life so

412
00:21:07,249 --> 00:21:04,720
that we are less reactive and more at

413
00:21:10,279 --> 00:21:07,259

ease with our environment with our

414

00:21:12,029 --> 00:21:10,289

experiences with other people and so on

415

00:21:13,889 --> 00:21:12,039

mmm

416

00:21:17,700 --> 00:21:13,899

that's a long answer to your short

417

00:21:20,310 --> 00:21:17,710

question but I think it deserves sort of

418

00:21:22,769 --> 00:21:20,320

a global view so your listeners will

419

00:21:24,779 --> 00:21:22,779

have some sense of what I'm speaking

420

00:21:26,879 --> 00:21:24,789

about as a whole rather than just

421

00:21:29,609 --> 00:21:26,889

piecemeal absolutely I couldn't agree

422

00:21:31,409 --> 00:21:29,619

more and it is just so fascinating you

423

00:21:33,570 --> 00:21:31,419

touched on a lot of things that are

424

00:21:35,820 --> 00:21:33,580

probably pretty paradigm busting for

425

00:21:37,980 --> 00:21:35,830

people especially this understanding

426

00:21:40,259 --> 00:21:37,990

that disease for the most part isn't

427

00:21:42,389 --> 00:21:40,269

just random selection it's not Russian

428

00:21:44,940 --> 00:21:42,399

roulette with the universe it's actually

429

00:21:47,100 --> 00:21:44,950

based on our behaviors and us not

430

00:21:49,200 --> 00:21:47,110

getting what we might need from the

431

00:21:51,060 --> 00:21:49,210

natural environment and you framed up

432

00:21:52,980 --> 00:21:51,070

light in a really interesting way I mean

433

00:21:55,080 --> 00:21:52,990

it's probably way different from the way

434

00:21:57,029 --> 00:21:55,090

people are used to hearing about it and

435

00:21:58,889 --> 00:21:57,039

let me ask you a little more about the

436

00:22:00,899 --> 00:21:58,899

Sun conventionally of course we're told

437

00:22:02,999 --> 00:22:00,909

the Sun is going to give us cancer if we

438

00:22:05,879 --> 00:22:03,009

don't load up our skin with chemicals

439

00:22:08,009 --> 00:22:05,889

but clearly that can't be accurate how

440

00:22:10,320 --> 00:22:08,019

should we best interact with the Sun or

441

00:22:12,240 --> 00:22:10,330

or what is a better way to think about

442

00:22:16,890 --> 00:22:12,250

our interaction with

443

00:22:19,980 --> 00:22:16,900

well again let's take it out of the idea

444

00:22:23,610 --> 00:22:19,990

of thinking about it most people in

445

00:22:28,260 --> 00:22:23,620

today's world work indoors or work in

446

00:22:31,919 --> 00:22:28,270

buildings prior to 1900 over 90% of the

447

00:22:34,590 --> 00:22:31,929

population worked outdoors everyone got

448

00:22:37,130 --> 00:22:34,600

their minimal daily requirement of

449

00:22:41,490 --> 00:22:37,140

sunlight which is the most powerful

450

00:22:45,510 --> 00:22:41,500

nutritional aspect of mother nature

451
00:22:49,080 --> 00:22:45,520
most of us over 90% work indoors we're

452
00:22:53,039 --> 00:22:49,090
light deprived and this is why every

453
00:22:55,669 --> 00:22:53,049
major disease today is significantly

454
00:22:59,299 --> 00:22:55,679
related to a vitamin D deficiency

455
00:23:03,080 --> 00:22:59,309
because vitamin D is something we derive

456
00:23:08,070 --> 00:23:03,090
from interaction directly with sunlight

457
00:23:10,130 --> 00:23:08,080
so let's talk about what you said the

458
00:23:13,160 --> 00:23:10,140
healthiest people

459
00:23:17,210 --> 00:23:13,170
are the people that spend a great deal

460
00:23:20,840 --> 00:23:17,220
of time outdoors most of the significant

461
00:23:23,450 --> 00:23:20,850
skin cancers like melanoma occur in

462
00:23:26,150 --> 00:23:23,460
places that usually never get sunshine

463
00:23:28,610 --> 00:23:26,160

and it's more prevalent in people

464

00:23:31,430 --> 00:23:28,620

working indoors under fluorescent

465

00:23:34,520 --> 00:23:31,440

lighting than it is with people that are

466

00:23:39,410 --> 00:23:34,530

spending time outdoors the other thing

467

00:23:41,660 --> 00:23:39,420

is that even though melanoma has some

468

00:23:44,659 --> 00:23:41,670

relationship with burning your skin

469

00:23:46,900 --> 00:23:44,669

early in life so it is somewhat related

470

00:23:48,910 --> 00:23:46,910

to sunlight

471

00:23:53,380 --> 00:23:48,920

the people that spend a lot of time

472

00:23:57,630 --> 00:23:53,390

outdoors are eight times is less likely

473

00:23:59,890 --> 00:23:57,640

even if they get melanoma to die from it

474

00:24:02,280 --> 00:23:59,900

then people that spend their life

475

00:24:04,560 --> 00:24:02,290

indoors because

476
00:24:07,650 --> 00:24:04,570
you know when you step outside your

477
00:24:09,840 --> 00:24:07,660
house or if you stood outside of an

478
00:24:12,990 --> 00:24:09,850
office building

479
00:24:15,539 --> 00:24:13,000
and you recorded the sounds that came

480
00:24:18,960 --> 00:24:15,549
from people the moment they stepped

481
00:24:25,279 --> 00:24:18,970
outside you've noticed something they

482
00:24:28,909 --> 00:24:25,289
all do this ah and the reason is because

483
00:24:34,370 --> 00:24:28,919
living indoors with conditioned air

484
00:24:37,279 --> 00:24:34,380
totally unnatural light sounds that are

485
00:24:42,299 --> 00:24:37,289
continually repeating themselves

486
00:24:45,510 --> 00:24:42,309
computers and so on is so unnatural that

487
00:24:49,289 --> 00:24:45,520
it produces a dramatic amount of disease

488
00:24:52,860 --> 00:24:49,299

so in terms of your question a person

489

00:24:55,210 --> 00:24:52,870

should have at least 30 minutes a day of

490

00:24:57,970 --> 00:24:55,220

natural light

491

00:25:01,890 --> 00:24:57,980

now if you're someone that spends most

492

00:25:06,190 --> 00:25:01,900

of their time indoors like most people

493

00:25:07,980 --> 00:25:06,200

stand outside for one minute a day the

494

00:25:10,440 --> 00:25:07,990

first day

495

00:25:14,790 --> 00:25:10,450

increase it to two minutes the next day

496

00:25:18,810 --> 00:25:14,800

if you have a place where you can remove

497

00:25:22,950 --> 00:25:18,820

your clothing or at least clothing that

498

00:25:28,320 --> 00:25:22,960

covers large areas of the body like your

499

00:25:32,430 --> 00:25:28,330

chest or back or your entire legs if you

500

00:25:34,740 --> 00:25:32,440

can just lay out in the Sun for a minute

501
00:25:38,530 --> 00:25:34,750
the first day with your shirt off maybe

502
00:25:42,340 --> 00:25:38,540
your trousers off or shorts on

503
00:25:44,860 --> 00:25:42,350
maybe a minute on your chest a minute on

504
00:25:48,430 --> 00:25:44,870
your belly maybe the next day you

505
00:25:51,789 --> 00:25:48,440
increase it by a minute what will happen

506
00:25:55,690 --> 00:25:51,799
is your skin will adjust to that light

507
00:25:58,870 --> 00:25:55,700
and actually develop melanin in your

508
00:26:02,680 --> 00:25:58,880
skin that will protect you from burning

509
00:26:05,830 --> 00:26:02,690
yourself see if you can work that up to

510
00:26:09,850 --> 00:26:05,840
about 30 minutes a day so for instance I

511
00:26:12,340 --> 00:26:09,860
walk every day about three miles if it's

512
00:26:15,970 --> 00:26:12,350
warm and it usually is out in Maui where

513
00:26:18,460 --> 00:26:15,980

I live I walk without a shirt on and I

514

00:26:22,120 --> 00:26:18,470

walk with shorts on

515

00:26:26,980 --> 00:26:22,130

and so I'm getting that Sun through my

516

00:26:31,779 --> 00:26:26,990

eyes and into my skin and that is

517

00:26:35,200 --> 00:26:31,789

something that is more powerful than

518

00:26:37,919 --> 00:26:35,210

anything else a human being can do to

519

00:26:41,560 --> 00:26:37,929

support their health and wellness

520

00:26:44,680 --> 00:26:41,570

another aspect is not only are we told

521

00:26:46,930 --> 00:26:44,690

not to be out in the Sun and to totally

522

00:26:49,779 --> 00:26:46,940

cover our skin with all kinds of

523

00:26:53,169 --> 00:26:49,789

sunscreen but we're told to wear

524

00:26:55,419 --> 00:26:53,179

sunglasses all the time there's nothing

525

00:26:59,529 --> 00:26:55,429

wrong with sunglasses if you're driving

526

00:27:01,899 --> 00:26:59,539

into the Sun if you're skiing if you're

527

00:27:04,700 --> 00:27:01,909

out on the water or for it's an

528

00:27:06,980 --> 00:27:04,710

exceptionally bright day

529

00:27:11,180 --> 00:27:06,990

but most people who believe themselves

530

00:27:13,880 --> 00:27:11,190

to be sensitive to light hypersensitive

531

00:27:16,010 --> 00:27:13,890

have become that way because they're

532

00:27:18,880 --> 00:27:16,020

constantly covering their eyes from the

533

00:27:23,210 --> 00:27:18,890

Sun with sunglasses its artificially

534

00:27:26,560 --> 00:27:23,220

self-created it's very important to

535

00:27:29,950 --> 00:27:26,570

allow natural light to enter your eyes

536

00:27:32,900 --> 00:27:29,960

it's what your eyes are married to

537

00:27:38,109 --> 00:27:32,910

ninety-eight percent of the light that

538

00:27:41,219 --> 00:27:38,119

enters the body enters via the eyes

539

00:27:44,979 --> 00:27:41,229

and every function of the body is

540

00:27:48,789 --> 00:27:44,989

regulated by light so when you limit or

541

00:27:51,759 --> 00:27:48,799

change the spectrum of light that comes

542

00:27:54,969 --> 00:27:51,769

into the eyes you're creating tremendous

543

00:27:58,959 --> 00:27:54,979

stress now we hear something today about

544

00:28:02,760 --> 00:27:58,969

the fact that computer screens give off

545

00:28:06,299 --> 00:28:02,770

an excessive amount of blue light

546

00:28:09,000 --> 00:28:06,309

blue light in the solar spectrum from

547

00:28:11,940 --> 00:28:09,010

the Sun is not problematic

548

00:28:15,210 --> 00:28:11,950

cuz it's in total balance with the

549

00:28:18,799 --> 00:28:15,220

amount of red light that comes from the

550

00:28:22,860 --> 00:28:18,809

solar spectrum so it works beautifully

551

00:28:26,370 --> 00:28:22,870

but our technology our computers our

552

00:28:28,919 --> 00:28:26,380

cell phones and so on which are using

553

00:28:31,950 --> 00:28:28,929

light sources that primarily are in the

554

00:28:35,880 --> 00:28:31,960

blue end of the spectrum what that does

555

00:28:39,810 --> 00:28:35,890

is it feeds our eyes more blue than is

556

00:28:42,570 --> 00:28:39,820

actually healthy so if you have an

557

00:28:46,290 --> 00:28:42,580

iPhone they have a program that can

558

00:28:48,060 --> 00:28:46,300

change the spectrum automatically of the

559

00:28:51,090 --> 00:28:48,070

light so you're not getting too much

560

00:28:55,370 --> 00:28:51,100

blue light at night you can get those

561

00:28:58,340 --> 00:28:55,380

same applications for computers

562

00:29:02,150 --> 00:28:58,350

they have very simple glasses that have

563

00:29:05,150 --> 00:29:02,160

a slight yellow or amber slight orange

564

00:29:08,570 --> 00:29:05,160

tint some of them have no tint at all

565

00:29:12,169 --> 00:29:08,580

but are able to block the blue light you

566

00:29:14,690 --> 00:29:12,179

can use those especially in the evening

567

00:29:18,799 --> 00:29:14,700

or if you're spending an inordinate

568

00:29:21,890 --> 00:29:18,809

amount of time in front of a computer my

569

00:29:26,720 --> 00:29:21,900

computer for instance my desk backs up

570

00:29:29,000 --> 00:29:26,730

to a large window a 4x8 foot window so

571

00:29:32,270 --> 00:29:29,010

I'm continually getting natural light

572

00:29:34,970 --> 00:29:32,280

and looking outdoors so my eyes have a

573

00:29:37,190 --> 00:29:34,980

break because when your eyes are

574

00:29:38,779 --> 00:29:37,200

continually looking at something up

575

00:29:41,569 --> 00:29:38,789

close

576

00:29:44,239 --> 00:29:41,579

what ends up happening is usually become

577

00:29:47,239 --> 00:29:44,249

nearsighted because they adjust

578

00:29:49,879 --> 00:29:47,249

themselves to that distance but if you

579

00:29:53,689 --> 00:29:49,889

can work on the computer and then look

580

00:29:56,930 --> 00:29:53,699

outside at infinity and continually

581

00:30:00,049 --> 00:29:56,940

allow that to just look off to the

582

00:30:02,149 --> 00:30:00,059

distance throughout the day you can

583

00:30:04,789 --> 00:30:02,159

probably preserve your eyesight and

584

00:30:07,669 --> 00:30:04,799

still work at the computer so a few

585

00:30:11,269 --> 00:30:07,679

helpful hints all of which I mentioned

586

00:30:15,019 --> 00:30:11,279

in my newest book and all of which take

587

00:30:19,369 --> 00:30:15,029

really no time no energy and don't

588

00:30:22,249 --> 00:30:19,379

require any cost right yeah the book is

589

00:30:25,639 --> 00:30:22,259

just chock full of great advice and

590

00:30:27,859 --> 00:30:25,649

techniques for bettering your sight or

591

00:30:29,959 --> 00:30:27,869

keeping it healthy and of course after

592

00:30:31,789 --> 00:30:29,969

40 years I'm sure it's a bit tiring to

593

00:30:33,889 --> 00:30:31,799

keep going over your own experience with

594

00:30:36,829 --> 00:30:33,899

sight healing but obviously this is

595

00:30:38,659 --> 00:30:36,839

still quite new to some people I try to

596

00:30:41,809 --> 00:30:38,669

give the cliff notes in the intro but

597

00:30:45,049 --> 00:30:41,819

maybe you could elaborate on your own

598

00:30:46,939 --> 00:30:45,059

story or at least the decades of helping

599

00:30:49,849 --> 00:30:46,949

thousands of people to see better

600

00:30:52,519 --> 00:30:49,859

because I guess the trick to it or the

601
00:30:54,559 --> 00:30:52,529
underlying knowledge is that it's not so

602
00:30:56,509 --> 00:30:54,569
much about the ocular nerve as much as

603
00:31:00,199 --> 00:30:56,519
it is an alignment with the mind's eye

604
00:31:03,529 --> 00:31:00,209
and the ocular nerve is that right well

605
00:31:09,819 --> 00:31:03,539
let's talk about that first of all I'll

606
00:31:14,239 --> 00:31:09,829
share with you that between 1967 and

607
00:31:17,359 --> 00:31:14,249
1976 I wore glasses I was nearsighted

608
00:31:20,499 --> 00:31:17,369
and I had a significant amount of

609
00:31:23,329 --> 00:31:20,509
astigmatism which many people have

610
00:31:26,119 --> 00:31:23,339
essentially what that meant is that if I

611
00:31:28,759 --> 00:31:26,129
looked off into the distance things were

612
00:31:32,689 --> 00:31:28,769
blurry so I couldn't see the blackboard

613
00:31:36,469 --> 00:31:32,699

if I was in a class I couldn't see well

614

00:31:38,839 --> 00:31:36,479

to drive when I was in my early years of

615

00:31:41,239 --> 00:31:38,849

practice and I don't practice any longer

616

00:31:44,059 --> 00:31:41,249

in the fields of optometry you know I

617

00:31:46,669 --> 00:31:44,069

couldn't see the letters in the distance

618

00:31:49,639 --> 00:31:46,679

to know whether my patients were giving

619

00:31:51,210 --> 00:31:49,649

me the right answers or not so I had

620

00:31:55,680 --> 00:31:51,220

worn glasses

621

00:31:58,200 --> 00:31:55,690

up until 1976 and then I had a very

622

00:32:02,130 --> 00:31:58,210

profound experience while I was

623

00:32:03,720 --> 00:32:02,140

meditating today if I tried to describe

624

00:32:07,200 --> 00:32:03,730

that experience people would say oh

625

00:32:10,860 --> 00:32:07,210

that's an out-of-body experience my eyes

626
00:32:13,790 --> 00:32:10,870
were closed my glasses obviously were

627
00:32:16,620 --> 00:32:13,800
off and I was just doing my daily

628
00:32:20,200 --> 00:32:16,630
meditation practice which I had been

629
00:32:23,220 --> 00:32:20,210
doing since 1971

630
00:32:28,139 --> 00:32:23,230
but something unusual occurred

631
00:32:31,460 --> 00:32:28,149
all of a sudden there was a sense that I

632
00:32:33,630 --> 00:32:31,470
was observing myself sitting in the room

633
00:32:37,200 --> 00:32:33,640
meditating

634
00:32:40,799 --> 00:32:37,210
there was a feeling as if I was fully

635
00:32:44,039 --> 00:32:40,809
aware of everything in the room at the

636
00:32:48,560 --> 00:32:44,049
same time I don't know how to describe

637
00:32:52,140 --> 00:32:48,570
it to you but it was almost like

638
00:32:56,030 --> 00:32:52,150

I was fully aware of everything

639

00:32:59,940 --> 00:32:56,040

and everything was clear not just

640

00:33:01,940 --> 00:32:59,950

optically clear but clear in every way

641

00:33:05,570 --> 00:33:01,950

in that

642

00:33:08,390 --> 00:33:05,580

the mine was totally quiet there were no

643

00:33:10,540 --> 00:33:08,400

questions about anything everything was

644

00:33:13,240 --> 00:33:10,550

clear

645

00:33:16,060 --> 00:33:13,250

again I can't tell you what precipitated

646

00:33:19,630 --> 00:33:16,070

this state there wasn't anything I was

647

00:33:24,100 --> 00:33:19,640

doing all I can share with you is 20

648

00:33:28,780 --> 00:33:24,110

minutes later when I came out of my

649

00:33:31,840 --> 00:33:28,790

meditation to my surprise I was able to

650

00:33:34,930 --> 00:33:31,850

see everything with a level of clarity

651
00:33:38,830 --> 00:33:34,940
that I quite frankly did not remember

652
00:33:42,280 --> 00:33:38,840
for a very very very long period of time

653
00:33:46,900 --> 00:33:42,290
I didn't know what to do it was a Sunday

654
00:33:50,170 --> 00:33:46,910
I got in my car my license said I needed

655
00:33:52,480 --> 00:33:50,180
to wear my glasses to drive but I could

656
00:33:55,120 --> 00:33:52,490
see so perfectly that I put my glasses

657
00:33:58,499 --> 00:33:55,130
on the seat next to me

658
00:34:00,669 --> 00:33:58,509
I drove a half-an-hour to my office

659
00:34:04,240 --> 00:34:00,679
noticing that I could see all the

660
00:34:07,100 --> 00:34:04,250
license plates the street signs and the

661
00:34:10,490 --> 00:34:07,110
billboards with no problem

662
00:34:15,349 --> 00:34:10,500
I got to my office I sat in my

663
00:34:18,260 --> 00:34:15,359

examination chair 20 feet away from my

664

00:34:18,829 --> 00:34:18,270

eye chart which is very different than

665

00:34:21,879 --> 00:34:18,839

today

666

00:34:25,220 --> 00:34:21,889

hardly any eye doctors that you go to

667

00:34:26,919 --> 00:34:25,230

will actually allow you to read a twenty

668

00:34:31,639 --> 00:34:26,929

feet away which is called optical

669

00:34:34,720 --> 00:34:31,649

infinity because rental spaces expensive

670

00:34:38,200 --> 00:34:34,730

they have you look into a mirror at a

671

00:34:41,240 --> 00:34:38,210

reflection that's behind you and so

672

00:34:45,770 --> 00:34:41,250

you're not actually seeing in the same

673

00:34:49,129 --> 00:34:45,780

way as you would see outdoors but in 73

674

00:34:51,169 --> 00:34:49,139

and 76 my office was set up where

675

00:34:54,349 --> 00:34:51,179

everything was 20 feet away at optical

676
00:34:57,440 --> 00:34:54,359
infinity well when I started projecting

677
00:35:01,750 --> 00:34:57,450
a variety of different eye charts I was

678
00:35:05,150 --> 00:35:01,760
consistently seeing 300 percent better

679
00:35:07,250 --> 00:35:05,160
then I a naturally normally saw without

680
00:35:09,680 --> 00:35:07,260
my glasses on

681
00:35:11,960 --> 00:35:09,690
and I thought this was rather astounding

682
00:35:16,900 --> 00:35:11,970
and I couldn't understand what was going

683
00:35:19,640 --> 00:35:16,910
on so I decided to examine my own eyes

684
00:35:23,270 --> 00:35:19,650
something that's not easy to do because

685
00:35:26,570 --> 00:35:23,280
I have an instrument in front of my face

686
00:35:28,400 --> 00:35:26,580
and I'm playing with the knobs on the

687
00:35:31,280 --> 00:35:28,410
instrument but I can't see what I'm

688
00:35:35,210 --> 00:35:31,290

doing so you could say it was like a

689

00:35:39,710 --> 00:35:35,220

double-blind experiment I was just doing

690

00:35:43,720 --> 00:35:39,720

on myself and so I examine my eyes and

691

00:35:47,480 --> 00:35:43,730

when I came to the prescription that

692

00:35:50,200 --> 00:35:47,490

looked optimal to me that felt optimal I

693

00:35:54,410 --> 00:35:50,210

came out from behind my instrument

694

00:35:57,280 --> 00:35:54,420

thinking that my prescription might be

695

00:36:01,330 --> 00:35:57,290

weaker or maybe the instrument would

696

00:36:05,330 --> 00:36:01,340

essentially show no prescription at all

697

00:36:09,050 --> 00:36:05,340

because I was trained to believe that as

698

00:36:13,250 --> 00:36:09,060

your eyes worsen your ability to see

699

00:36:17,110 --> 00:36:13,260

your visual acuity also diminishes so if

700

00:36:20,870 --> 00:36:17,120

my visual acuity improved dramatically

701
00:36:23,360 --> 00:36:20,880
logic would say to me maybe my

702
00:36:26,180 --> 00:36:23,370
prescription has changed now I was told

703
00:36:28,390 --> 00:36:26,190
that was impossible in my training but

704
00:36:32,630 --> 00:36:28,400
that was the only thing I could imagine

705
00:36:36,720 --> 00:36:32,640
when I came out behind my device and

706
00:36:41,039 --> 00:36:36,730
looked at the readings on the instrument

707
00:36:44,359 --> 00:36:41,049
I was totally blown away because here I

708
00:36:46,579 --> 00:36:44,369
was seeing 300% better

709
00:36:49,969 --> 00:36:46,589
but the prescription the optical

710
00:36:54,410 --> 00:36:49,979
measurements of my eyes had not changed

711
00:36:59,099 --> 00:36:54,420
at all hmm and then all of a sudden it

712
00:37:01,680 --> 00:36:59,109
was like the only way this could occur

713
00:37:05,029 --> 00:37:01,690

is if we are not seeing from the eyes

714

00:37:08,150 --> 00:37:05,039

alone that there are other mechanisms

715

00:37:12,839 --> 00:37:08,160

involved in the process of seeing and

716

00:37:15,989 --> 00:37:12,849

that led me to an experiment on myself

717

00:37:18,779 --> 00:37:15,999

the next four or five years which I

718

00:37:21,450 --> 00:37:18,789

called an experiment on the workings of

719

00:37:24,440 --> 00:37:21,460

the mind

720

00:37:27,930 --> 00:37:24,450

and what I was trying to figure out is

721

00:37:30,810 --> 00:37:27,940

what is the relationship between what we

722

00:37:35,220 --> 00:37:30,820

call the mind's eye our point of view

723

00:37:38,310 --> 00:37:35,230

our ideas our beliefs and so on to our

724

00:37:41,460 --> 00:37:38,320

eyes and is there a way that I can

725

00:37:45,359 --> 00:37:41,470

access a state of mind

726

00:37:48,660 --> 00:37:45,369

shift something that can allow me to

727

00:37:52,370 --> 00:37:48,670

replicate this profound experience

728

00:37:56,329 --> 00:37:52,380

well I couldn't find such a place even

729

00:37:59,599 --> 00:37:56,339

with all of my searching

730

00:38:05,539 --> 00:37:59,609

I should tell you that it's been 42

731

00:38:08,749 --> 00:38:05,549

years since that day in 1976 I'm over 71

732

00:38:12,410 --> 00:38:08,759

years old right now and I have never

733

00:38:17,329 --> 00:38:12,420

worn a pair of glasses to see a distance

734

00:38:19,309 --> 00:38:17,339

or for reading since that day and none

735

00:38:23,630 --> 00:38:19,319

of my eye doctors and I see my eye

736

00:38:26,690 --> 00:38:23,640

doctors every year can understand how it

737

00:38:29,269 --> 00:38:26,700

is that I have a significant

738

00:38:32,120 --> 00:38:29,279

prescription but I still see clearly

739

00:38:34,370 --> 00:38:32,130

that's the first thing

740

00:38:37,310 --> 00:38:34,380

second thing I want to share with you is

741

00:38:40,690 --> 00:38:37,320

in response to your question what is it

742

00:38:43,130 --> 00:38:40,700

that I discovered that I sense is

743

00:38:45,440 --> 00:38:43,140

related to what you're asking for

744

00:38:49,579 --> 00:38:45,450

in other words

745

00:38:56,500 --> 00:38:49,589

what is the source of our seeing when we

746

00:39:00,620 --> 00:38:56,510

talk about me or I Who am I

747

00:39:03,070 --> 00:39:00,630

because if we can determine our essence

748

00:39:05,680 --> 00:39:03,080

our essential self

749

00:39:08,920 --> 00:39:05,690

that is the part that's actually seeing

750

00:39:10,960 --> 00:39:08,930

so here we've been led to believe we see

751
00:39:14,680 --> 00:39:10,970
with our eyes

752
00:39:15,780 --> 00:39:14,690
if our eyes are closed or there is no

753
00:39:17,980 --> 00:39:15,790
light

754
00:39:20,790 --> 00:39:17,990
obviously we shouldn't be able to see

755
00:39:22,490 --> 00:39:20,800
based on that

756
00:39:26,430 --> 00:39:22,500
but all of us go to sleep at night

757
00:39:30,320 --> 00:39:26,440
there's no light outside we close our

758
00:39:34,620 --> 00:39:30,330
eyes and very frequently almost nightly

759
00:39:38,870 --> 00:39:34,630
we have dreams some are incredibly vivid

760
00:39:43,140 --> 00:39:38,880
they are filled with light and color and

761
00:39:45,829 --> 00:39:43,150
yet there is no light and color they are

762
00:39:48,759 --> 00:39:45,839
filled with

763
00:39:51,709 --> 00:39:48,769

something that looks like life and

764

00:39:54,679 --> 00:39:51,719

certain abilities that are beyond

765

00:39:57,229 --> 00:39:54,689

anything we can imagine in life like

766

00:39:59,900 --> 00:39:57,239

people have dreams of flying and so on

767

00:40:01,550 --> 00:39:59,910

or being in different locations very

768

00:40:05,630 --> 00:40:01,560

quickly

769

00:40:08,030 --> 00:40:05,640

so we know that the seeing mechanism is

770

00:40:10,880 --> 00:40:08,040

a lot more than the eyes

771

00:40:14,180 --> 00:40:10,890

and then of course you would then come

772

00:40:16,550 --> 00:40:14,190

to the common sensical idea that well

773

00:40:18,230 --> 00:40:16,560

it's the mind then

774

00:40:22,430 --> 00:40:18,240

and of course that would make sense

775

00:40:25,610 --> 00:40:22,440

because you know the mind is aware and

776

00:40:27,860 --> 00:40:25,620

awake and so on to certain degrees when

777

00:40:31,820 --> 00:40:27,870

you're sleeping

778

00:40:35,540 --> 00:40:31,830

but if you look carefully every human

779

00:40:39,260 --> 00:40:35,550

being has a very profound experience so

780

00:40:43,160 --> 00:40:39,270

for instance you like all of our

781

00:40:46,420 --> 00:40:43,170

listeners like every human being has

782

00:40:51,170 --> 00:40:46,430

this phenomenon that we call thinking or

783

00:40:56,390 --> 00:40:51,180

thoughts which essentially means that we

784

00:41:01,130 --> 00:40:56,400

are aware of some mind chatter would you

785

00:41:04,970 --> 00:41:01,140

agree I would definitely okay so when

786

00:41:09,390 --> 00:41:04,980

you are aware that there's chatter going

787

00:41:14,670 --> 00:41:09,400

on who is it that is aware of that

788

00:41:19,440 --> 00:41:14,680

hmm only myself really right well who is

789

00:41:22,740 --> 00:41:19,450

yourself because you say myself so

790

00:41:29,190 --> 00:41:22,750

you're saying that myself is aware of

791

00:41:32,280 --> 00:41:29,200

this thing that we call my mind because

792

00:41:35,849 --> 00:41:32,290

the chatter is coming from what we call

793

00:41:38,190 --> 00:41:35,859

the ego or the conscious mind

794

00:41:43,010 --> 00:41:38,200

and we've been led to believe that's us

795

00:41:46,609 --> 00:41:43,020

and that we are doing the thinking

796

00:41:50,030 --> 00:41:46,619

but most of the time what we call the

797

00:41:53,150 --> 00:41:50,040

thought arises by itself we don't know

798

00:41:56,210 --> 00:41:53,160

from where it comes and then we become

799

00:41:59,960 --> 00:41:56,220

aware of it but we're so used to saying

800

00:42:02,530 --> 00:41:59,970

it's my mind that we believe that we're

801
00:42:05,780 --> 00:42:02,540
either thinking it or not thinking it

802
00:42:09,250 --> 00:42:05,790
what I came to discover many years ago

803
00:42:15,280 --> 00:42:09,260
is that we are not the thinker of the

804
00:42:19,650 --> 00:42:15,290
thoughts we are that which is aware of

805
00:42:24,210 --> 00:42:19,660
the thinking when it is occurring

806
00:42:27,810 --> 00:42:24,220
the difference between the mind

807
00:42:32,220 --> 00:42:27,820
and this something that is aware of the

808
00:42:34,710 --> 00:42:32,230
mind thinking is that you always know

809
00:42:39,120 --> 00:42:34,720
when the thinking is going on because

810
00:42:43,380 --> 00:42:39,130
you're aware of talking of a voice the

811
00:42:46,830 --> 00:42:43,390
observer or this field of awareness that

812
00:42:50,940 --> 00:42:46,840
notices it never talks

813
00:42:53,430 --> 00:42:50,950

it has no point of view you see the mind

814

00:42:56,480 --> 00:42:53,440

sees things is good or bad and right and

815

00:43:01,730 --> 00:42:56,490

wrong I like it I don't like it

816

00:43:04,760 --> 00:43:01,740

it resides in what we call duality this

817

00:43:09,680 --> 00:43:04,770

field of awareness let's call it an

818

00:43:12,740 --> 00:43:09,690

observer has no point of view

819

00:43:16,220 --> 00:43:12,750

doesn't speak so if you hear a voice it

820

00:43:19,460 --> 00:43:16,230

is not your essence it is not yourself

821

00:43:21,260 --> 00:43:19,470

that you were speaking about it is the

822

00:43:25,040 --> 00:43:21,270

mind

823

00:43:30,350 --> 00:43:25,050

what is noticing that is our essence and

824

00:43:32,100 --> 00:43:30,360

because that place sees from no point of

825

00:43:36,610 --> 00:43:32,110

view

826

00:43:39,650 --> 00:43:36,620

it sees with absolute clarity

827

00:43:43,190 --> 00:43:39,660

it is our point of view

828

00:43:46,490 --> 00:43:43,200

that causes us to see more of one thing

829

00:43:50,900 --> 00:43:46,500

unless of another it reduces our ability

830

00:43:52,450 --> 00:43:50,910

to see clearly when there is no point of

831

00:43:55,000 --> 00:43:52,460

view

832

00:44:02,350 --> 00:43:55,010

everything is perfect just the way that

833

00:44:05,650 --> 00:44:02,360

it is so in terms of my sense of how my

834

00:44:09,910 --> 00:44:05,660

vision shifted it wasn't because I

835

00:44:14,410 --> 00:44:09,920

exercised my eyes or because I did any

836

00:44:17,410 --> 00:44:14,420

sort of mind games it is because I

837

00:44:21,190 --> 00:44:17,420

discovered who I was

838

00:44:24,820 --> 00:44:21,200

hmm I discovered that I wasn't all that

839

00:44:27,940 --> 00:44:24,830

chatter you know in this psychology

840

00:44:32,260 --> 00:44:27,950

field there are famous experiments that

841

00:44:34,770 --> 00:44:32,270

were done on dogs where every time they

842

00:44:38,350 --> 00:44:34,780

gave the dog food they would ring a bell

843

00:44:41,290 --> 00:44:38,360

so the dogs were conditioned to

844

00:44:44,710 --> 00:44:41,300

associate the ringing of a bell with the

845

00:44:47,050 --> 00:44:44,720

food coming mm-hmm after doing that for

846

00:44:50,080 --> 00:44:47,060

a while and these were called Pavlov's

847

00:44:55,140 --> 00:44:50,090

dogs because Pavlov was the person that

848

00:44:58,270 --> 00:44:55,150

did the experiment after a while Pavlov

849

00:45:02,350 --> 00:44:58,280

stopped ringing food but just rung the

850

00:45:03,720 --> 00:45:02,360

bell every time he rung the bell all the

851
00:45:06,960 --> 00:45:03,730
dogs salivated

852
00:45:12,880 --> 00:45:06,970
mm-hmm in other words they were

853
00:45:15,160 --> 00:45:12,890
conditioned to react a certain way even

854
00:45:20,110 --> 00:45:15,170
though there was no food

855
00:45:21,850 --> 00:45:20,120
every human being is conditioned the

856
00:45:25,990 --> 00:45:21,860
term they used to use for that years ago

857
00:45:30,700 --> 00:45:26,000
was brainwashing so let's talk about one

858
00:45:34,120 --> 00:45:30,710
simple example of conditioning when an

859
00:45:37,780 --> 00:45:34,130
infant comes into the world an infant

860
00:45:41,200 --> 00:45:37,790
does not know it is an infant

861
00:45:45,820 --> 00:45:41,210
it has no sense of gender

862
00:45:48,610 --> 00:45:45,830
it has no sense of skin coloration

863
00:45:51,140 --> 00:45:48,620

it has no awareness of religious

864

00:45:54,530 --> 00:45:51,150

differences

865

00:45:58,270 --> 00:45:54,540

it doesn't come in liking chicken and

866

00:46:01,720 --> 00:45:58,280

disliking broccoli

867

00:46:06,550 --> 00:46:01,730

it has no preferences

868

00:46:11,030 --> 00:46:06,560

this is why it was said that an infant

869

00:46:14,740 --> 00:46:11,040

lives in oceanic bliss

870

00:46:17,620 --> 00:46:14,750

because the infant is in a state of

871

00:46:20,500 --> 00:46:17,630

unconditionality

872

00:46:25,570 --> 00:46:20,510

the infant doesn't even know that it

873

00:46:29,980 --> 00:46:25,580

exists separate from the other person

874

00:46:33,280 --> 00:46:29,990

that we call its mother it has no sense

875

00:46:34,360 --> 00:46:33,290

of self as something separate from

876

00:46:38,620 --> 00:46:34,370

anything else

877

00:46:42,430 --> 00:46:38,630

it lives in unity now you know all

878

00:46:46,300 --> 00:46:42,440

infants when they have to urinate for

879

00:46:47,780 --> 00:46:46,310

instance they just urinate into their

880

00:46:49,940 --> 00:46:47,790

diaper

881

00:46:53,060 --> 00:46:49,950

or they defecate if that's what's

882

00:46:56,320 --> 00:46:53,070

required but when an infant gets to a

883

00:47:00,270 --> 00:46:56,330

certain stage that time when we say oh

884

00:47:03,630 --> 00:47:00,280

they should be toilet trained

885

00:47:07,140 --> 00:47:03,640

when the child naturally urinates for

886

00:47:09,360 --> 00:47:07,150

instance or defecates the mother or

887

00:47:13,000 --> 00:47:09,370

father oh no you can't do that you have

888

00:47:18,280 --> 00:47:13,010

to hold it until we get to the bathroom

889

00:47:21,760 --> 00:47:18,290

so then what happens is normal meets up

890

00:47:24,700 --> 00:47:21,770

with natural the infant is responding in

891

00:47:28,290 --> 00:47:24,710

a way that's natural but the world is

892

00:47:31,950 --> 00:47:28,300

saying what's natural is not normal

893

00:47:33,780 --> 00:47:31,960

what's normal is that you hold your

894

00:47:35,710 --> 00:47:33,790

bowel movement

895

00:47:39,430 --> 00:47:35,720

and so

896

00:47:42,460 --> 00:47:39,440

the infant all of a sudden receives the

897

00:47:46,270 --> 00:47:42,470

message that they need to monitor

898

00:47:49,420 --> 00:47:46,280

themselves continually to say the right

899

00:47:51,700 --> 00:47:49,430

thing to do the right thing so that they

900

00:47:55,140 --> 00:47:51,710

are acceptable

901
00:48:00,010 --> 00:47:55,150
that monitoring system that is

902
00:48:04,059 --> 00:48:00,020
continually determining what the person

903
00:48:07,839 --> 00:48:04,069
should do to ensure safety security and

904
00:48:10,420 --> 00:48:07,849
predictability on a planet where safety

905
00:48:15,340 --> 00:48:10,430
security and predictability do not exist

906
00:48:18,620 --> 00:48:15,350
that monitor is what you call the mind

907
00:48:21,499 --> 00:48:18,630
that's what you call thinking

908
00:48:23,359 --> 00:48:21,509
but thinking isn't really thinking it's

909
00:48:26,059 --> 00:48:23,369
worrying

910
00:48:30,380 --> 00:48:26,069
it's what we go through most of the time

911
00:48:32,480 --> 00:48:30,390
in hopes that we can guarantee that we

912
00:48:34,460 --> 00:48:32,490
will come through the situation okay

913
00:48:37,970 --> 00:48:34,470

that we will get the job

914

00:48:43,099 --> 00:48:37,980

get the raise past the test be liked by

915

00:48:46,350 --> 00:48:43,109

the girl or boy and so on so one of the

916

00:48:49,430 --> 00:48:46,360

biggest issues that humanity has

917

00:48:53,370 --> 00:48:49,440

is we've all been conditioned to

918

00:48:56,280 --> 00:48:53,380

experience life through our ideas of

919

00:49:00,090 --> 00:48:56,290

what we were told was acceptable or not

920

00:49:05,160 --> 00:49:00,100

acceptable rather than to see life

921

00:49:08,880 --> 00:49:05,170

directly and they awakening that people

922

00:49:12,870 --> 00:49:08,890

speak about the enlightening is when one

923

00:49:15,900 --> 00:49:12,880

realizes that they are not the mind mhm

924

00:49:18,480 --> 00:49:15,910

and then you don't have to do anything

925

00:49:22,800 --> 00:49:18,490

to change your belief or to quiet the

926

00:49:26,670 --> 00:49:22,810

mind once you begin to identify with

927

00:49:29,580 --> 00:49:26,680

your essence then what occurs is over a

928

00:49:32,820 --> 00:49:29,590

while the mind begins to quiet by itself

929

00:49:36,780 --> 00:49:32,830

and it sits off in the background most

930

00:49:38,160 --> 00:49:36,790

of the time each of us have things that

931

00:49:41,220 --> 00:49:38,170

really trouble us

932

00:49:43,380 --> 00:49:41,230

so we'll experience the mind and

933

00:49:46,560 --> 00:49:43,390

interacting with it many times in our

934

00:49:49,710 --> 00:49:46,570

life but most of the time it'll be in

935

00:49:52,080 --> 00:49:49,720

the background I mean this is also

936

00:49:54,210 --> 00:49:52,090

interesting in I learned from your book

937

00:49:57,210 --> 00:49:54,220

there is some real science that shows

938

00:50:00,300 --> 00:49:57,220

that we sense photons before they

939

00:50:02,190 --> 00:50:00,310

actually take shape and form and we have

940

00:50:04,050 --> 00:50:02,200

a lot of processing in this regard

941

00:50:06,240 --> 00:50:04,060

that's going on before our conscious

942

00:50:08,610 --> 00:50:06,250

mind even realizes it this is writing

943

00:50:10,650 --> 00:50:08,620

the Nexus of what you're talking about

944

00:50:13,170 --> 00:50:10,660

but it's interesting that there is so

945

00:50:16,200 --> 00:50:13,180

much science behind it and it has huge

946

00:50:19,609 --> 00:50:16,210

implications for flow States as opposed

947

00:50:24,769 --> 00:50:19,619

to ego thinking right

948

00:50:28,569 --> 00:50:24,779

yeah a lot of the philosophy you hear

949

00:50:32,599 --> 00:50:28,579

today is about trying to make the

950

00:50:36,559 --> 00:50:32,609

unconscious conscious but there's a

951
00:50:38,710 --> 00:50:36,569
reason why almost everything that comes

952
00:50:41,140 --> 00:50:38,720
from us

953
00:50:43,600 --> 00:50:41,150
occurs at a level that were totally

954
00:50:47,500 --> 00:50:43,610
unconscious of

955
00:50:51,310 --> 00:50:47,510
and that is because we do not control

956
00:50:53,170 --> 00:50:51,320
any aspect of our physiology you don't

957
00:50:56,080 --> 00:50:53,180
control when you go to the bathroom or

958
00:50:58,510 --> 00:50:56,090
not you don't control when you wake up

959
00:51:01,270 --> 00:50:58,520
or you don't you don't control your

960
00:51:04,620 --> 00:51:01,280
heartrate your breathing rate your

961
00:51:08,470 --> 00:51:04,630
secretions you don't control anything

962
00:51:11,210 --> 00:51:08,480
inside the body you also don't control

963
00:51:14,720 --> 00:51:11,220

anything in Mother Nature

964

00:51:18,079 --> 00:51:14,730

and yet we say to each other while I

965

00:51:19,480 --> 00:51:18,089

create my own reality by the choices I

966

00:51:23,980 --> 00:51:19,490

make

967

00:51:26,090 --> 00:51:23,990

so I say to people okay how do you know

968

00:51:36,280 --> 00:51:26,100

that

969

00:51:39,460 --> 00:51:36,290

and

970

00:51:42,790 --> 00:51:39,470

if you don't know how you know that

971

00:51:46,120 --> 00:51:42,800

but you heard it from some author or

972

00:51:50,200 --> 00:51:46,130

someone else then I think it's important

973

00:51:53,730 --> 00:51:50,210

for each of us to begin to look at that

974

00:51:55,380 --> 00:51:53,740

is that true

975

00:51:57,900 --> 00:51:55,390

you know when we're trying to think

976
00:52:01,060 --> 00:51:57,910
about something we often say god it's on

977
00:52:07,420 --> 00:52:02,800
and it doesn't come off the tip of our

978
00:52:09,280 --> 00:52:07,430
tongue until we stop thinking and yet

979
00:52:12,600 --> 00:52:09,290
we've been led to believe that we have

980
00:52:15,400 --> 00:52:12,610
to think in order to get the answers

981
00:52:18,860 --> 00:52:15,410
what I have discovered

982
00:52:21,320 --> 00:52:18,870
is that what we call thinking

983
00:52:23,390 --> 00:52:21,330
actually obstructs us from getting the

984
00:52:27,670 --> 00:52:23,400
answer

985
00:52:32,890 --> 00:52:27,680
charge

986
00:52:38,059 --> 00:52:32,900
when the mind is still and quiet so I

987
00:52:42,589 --> 00:52:38,069
think it's really important that all of

988
00:52:45,230 --> 00:52:42,599

us begin to have a direct experience of

989

00:52:47,950 --> 00:52:45,240

life I always say to audiences when I'm

990

00:52:51,470 --> 00:52:47,960

speaking publicly

991

00:52:54,680 --> 00:52:51,480

don't believe anything I say

992

00:52:55,490 --> 00:52:54,690

if it resonates with you as oh yes I

993

00:52:58,550 --> 00:52:55,500

know that

994

00:53:00,740 --> 00:52:58,560

well you're not believing me

995

00:53:03,920 --> 00:53:00,750

you're just acknowledging your own

996

00:53:10,609 --> 00:53:07,240

but rather than believing the person or

997

00:53:13,760 --> 00:53:10,619

disbelieving the person trust your own

998

00:53:19,240 --> 00:53:13,770

guidance whatever is true for each

999

00:53:23,299 --> 00:53:19,250

person do an experiment in your own life

1000

00:53:26,599 --> 00:53:23,309

begin to see whether that's true is my

1001
00:53:29,240 --> 00:53:26,609
thinking really creative because we were

1002
00:53:33,230 --> 00:53:29,250
all told that thinking is what made us

1003
00:53:36,410 --> 00:53:33,240
more evolved than animals and so on but

1004
00:53:40,549 --> 00:53:36,420
science knows today that animals think

1005
00:53:43,280 --> 00:53:40,559
and so do plants consciousness exists

1006
00:53:46,309 --> 00:53:43,290
everywhere

1007
00:53:48,949 --> 00:53:46,319
to the smallest microbe

1008
00:53:53,290 --> 00:53:48,959
a plant knows the difference between a

1009
00:53:55,600 --> 00:53:53,300
drop of water touching its leaves

1010
00:53:58,050 --> 00:53:55,610
and the pitter-patter of a small

1011
00:54:00,820 --> 00:53:58,060
creature that's about to feast on it and

1012
00:54:06,600 --> 00:54:00,830
it develops stress hormones in response

1013
00:54:09,880 --> 00:54:06,610

to it so all these ideas that we are

1014

00:54:12,390 --> 00:54:09,890

highly evolved because we can think or

1015

00:54:15,730 --> 00:54:12,400

more evolved than other creatures I

1016

00:54:20,420 --> 00:54:15,740

think it's important for us to actually

1017

00:54:23,750 --> 00:54:20,430

notice is my thinking creative

1018

00:54:27,530 --> 00:54:23,760

or does it just surface when I'm scared

1019

00:54:30,440 --> 00:54:27,540

and I don't know what's coming up and I

1020

00:54:34,010 --> 00:54:30,450

start feverishly to try to orchestrate

1021

00:54:38,330 --> 00:54:34,020

things in my mind and rehearsing them

1022

00:54:42,200 --> 00:54:38,340

internally in hopes I get it right hmm

1023

00:54:45,620 --> 00:54:42,210

yes and what I am sharing with the

1024

00:54:51,200 --> 00:54:45,630

listener is the most exciting thing in

1025

00:54:53,870 --> 00:54:51,210

life is to live life without a net to

1026
00:54:56,930 --> 00:54:53,880
actually go into life empty-handed so

1027
00:54:58,910 --> 00:54:56,940
for instance I've been blessed to be

1028
00:55:03,270 --> 00:54:58,920
asked to speak in front of audiences

1029
00:55:06,220 --> 00:55:03,280
more than two thousand times as an adult

1030
00:55:08,650 --> 00:55:06,230
since 1977

1031
00:55:12,310 --> 00:55:08,660
I have not prepared anything for any

1032
00:55:15,880 --> 00:55:12,320
talk I've done I have no notes I've

1033
00:55:20,710 --> 00:55:15,890
never used the PowerPoint I do not give

1034
00:55:24,340 --> 00:55:20,720
it any thought whatsoever it all occurs

1035
00:55:26,830 --> 00:55:24,350
by itself just like this conversation

1036
00:55:30,010 --> 00:55:26,840
today and you and I have never spoken

1037
00:55:32,710 --> 00:55:30,020
before last herb and now we're in the

1038
00:55:35,200 --> 00:55:32,720

depths of something beautiful that seems

1039

00:55:38,200 --> 00:55:35,210

to have a life of its own it's flowing

1040

00:55:39,660 --> 00:55:38,210

by itself and none of us have given it

1041

00:55:42,340 --> 00:55:39,670

much of a thought

1042

00:55:45,820 --> 00:55:42,350

wouldn't it be interesting if we could

1043

00:55:48,310 --> 00:55:45,830

live our lives that way it would it

1044

00:55:49,960 --> 00:55:48,320

would and I like everything you're

1045

00:55:51,580 --> 00:55:49,970

saying I wanted to bring this up because

1046

00:55:54,310 --> 00:55:51,590

it kind of speaks to your point about

1047

00:55:57,400 --> 00:55:54,320

control but to step back to that first

1048

00:55:59,500 --> 00:55:57,410

quote where you say light guides us that

1049

00:56:01,030 --> 00:55:59,510

it directs us you write about a little

1050

00:56:02,560 --> 00:56:01,040

game that you played that I thought

1051
00:56:06,340 --> 00:56:02,570
people might find interesting but you

1052
00:56:08,800 --> 00:56:06,350
say I began around the clock practice of

1053
00:56:10,810 --> 00:56:08,810
anything that entered my awareness I was

1054
00:56:13,270 --> 00:56:10,820
responsible for anything that was my

1055
00:56:15,730 --> 00:56:13,280
responsibility I would attend to and

1056
00:56:18,250 --> 00:56:15,740
anything I attended to I would complete

1057
00:56:21,160 --> 00:56:18,260
I did this practice for a week and did

1058
00:56:22,930 --> 00:56:21,170
not let anything by me by Sunday I was

1059
00:56:25,540 --> 00:56:22,940
picking cigarette butts up off the

1060
00:56:28,210 --> 00:56:25,550
street and I really liked that because

1061
00:56:30,100 --> 00:56:28,220
how often do we see dishes in the sink

1062
00:56:32,980 --> 00:56:30,110
or any number of things that we ignore

1063
00:56:35,110 --> 00:56:32,990

and then they nag at us and maybe we

1064

00:56:39,340 --> 00:56:35,120

should take your approach of instant

1065

00:56:41,910 --> 00:56:39,350

action maybe light is like a universal

1066

00:56:44,170 --> 00:56:41,920

parent dangling keys ahead of our

1067

00:56:45,910 --> 00:56:44,180

toddler head saying hey look over here

1068

00:56:47,710 --> 00:56:45,920

you know you need to pay attention to

1069

00:56:51,940 --> 00:56:47,720

this I just think the whole idea is

1070

00:56:55,540 --> 00:56:51,950

pretty pretty cool well listen we know

1071

00:56:59,200 --> 00:56:55,550

for a fact that the eye does not on its

1072

00:57:03,490 --> 00:56:59,210

own initiate action there is no part of

1073

00:57:07,060 --> 00:57:03,500

our physiology that is designed to begin

1074

00:57:11,550 --> 00:57:07,070

to initiate the action our entire

1075

00:57:13,090 --> 00:57:11,560

physiology works as a response mechanism

1076

00:57:16,450 --> 00:57:13,100

what is it

1077

00:57:19,300 --> 00:57:16,460

responding to its responding to a

1078

00:57:23,720 --> 00:57:19,310

stimulus what is the mo

1079

00:57:26,350 --> 00:57:23,730

fundamental stimulus there is light it's

1080

00:57:30,140 --> 00:57:26,360

the vibration from which everything

1081

00:57:33,800 --> 00:57:30,150

emerges so literally literally now

1082

00:57:38,780 --> 00:57:33,810

what's catching our eye is catching our

1083

00:57:42,860 --> 00:57:38,790

I purposely guided by the intelligence

1084

00:57:46,970 --> 00:57:42,870

of life to move us in the direction we

1085

00:57:50,990 --> 00:57:46,980

need to go this is why a plant follows

1086

00:57:54,020 --> 00:57:51,000

the light that impinges upon it so when

1087

00:57:56,780 --> 00:57:54,030

something catches our eye be it the bed

1088

00:58:01,130 --> 00:57:56,790

needs making or there's a dish in the

1089

00:58:05,280 --> 00:58:01,140

sink or a text to return or an email or

1090

00:58:07,890 --> 00:58:05,290

phone call or a bill to be paid

1091

00:58:10,080 --> 00:58:07,900

the timing

1092

00:58:12,840 --> 00:58:10,090

that occurrence

1093

00:58:15,600 --> 00:58:12,850

coming from the same intelligence that

1094

00:58:20,520 --> 00:58:15,610

regulates the rising and setting of the

1095

00:58:23,930 --> 00:58:20,530

Sun the movement of planets the change

1096

00:58:27,900 --> 00:58:23,940

in the tides and seasons in other words

1097

00:58:30,690 --> 00:58:27,910

this is not occurring by accident this

1098

00:58:35,660 --> 00:58:30,700

is occurring at the precise instants of

1099

00:58:38,829 --> 00:58:35,670

time when you realize this

1100

00:58:43,150 --> 00:58:38,839

it's not about us needing to take action

1101
00:58:46,099 --> 00:58:43,160
when the light catches the eye the eye

1102
00:58:50,059 --> 00:58:46,109
reflexively and effortlessly moves

1103
00:58:53,539 --> 00:58:50,069
towards it the body then turns towards

1104
00:58:58,339 --> 00:58:53,549
it without any effort and we naturally

1105
00:59:02,839 --> 00:58:58,349
begin to respond to it effortlessly the

1106
00:59:07,370 --> 00:59:02,849
work that makes us fatigued is the work

1107
00:59:08,720 --> 00:59:07,380
that we engage in when we say I'll do it

1108
00:59:12,079 --> 00:59:08,730
later hmm

1109
00:59:14,460 --> 00:59:12,089
I'll prioritize it I'll take care of it

1110
00:59:20,739 --> 00:59:17,509
so much of our stress

1111
00:59:26,880 --> 00:59:20,749
is because the mines is at do it later

1112
00:59:30,180 --> 00:59:26,890
when I feel love for my partner

1113
00:59:32,430 --> 00:59:30,190

every time I feel that I share it

1114

00:59:36,090 --> 00:59:32,440

doesn't make a difference when it is and

1115

00:59:40,980 --> 00:59:36,100

it could come at any moment

1116

00:59:43,900 --> 00:59:40,990

you know and what I'm sharing with you

1117

00:59:46,740 --> 00:59:43,910

and our listeners today

1118

00:59:49,329 --> 00:59:46,750

is that life is continually guiding us

1119

00:59:53,079 --> 00:59:49,339

the plant doesn't have to think about

1120

00:59:56,680 --> 00:59:53,089

which way to grow how much to grow when

1121

01:00:00,609 --> 00:59:56,690

to grow when not to grow something is

1122

01:00:04,000 --> 01:00:00,619

guiding it animals move the same way you

1123

01:00:07,299 --> 01:00:04,010

know I live in Maui every year thousands

1124

01:00:11,109 --> 01:00:07,309

of whales migrate from Alaska to Maui

1125

01:00:16,480 --> 01:00:11,119

they make a ten thousand mile journey no

1126
01:00:19,630 --> 01:00:16,490
compasses no iPhones with navigational

1127
01:00:21,760 --> 01:00:19,640
systems yet they travel primarily in

1128
01:00:24,010 --> 01:00:21,770
straight lines and regardless of

1129
01:00:26,770 --> 01:00:24,020
environmental conditions and currents

1130
01:00:30,100 --> 01:00:26,780
their route from year to year doesn't

1131
01:00:32,380 --> 01:00:30,110
vary even one degree

1132
01:00:35,740 --> 01:00:32,390
what is it that's guiding them what is

1133
01:00:40,450 --> 01:00:35,750
it that's guiding migratory birds that

1134
01:00:43,530 --> 01:00:40,460
make thousands of Maui's without leaders

1135
01:00:45,940 --> 01:00:43,540
and without followers

1136
01:00:48,940 --> 01:00:45,950
what's guiding us

1137
01:00:54,200 --> 01:00:48,950
and I'm not talking about spiritual whoo

1138
01:00:59,620 --> 01:00:54,210

right now I'm talking about hard science

1139

01:01:03,680 --> 01:00:59,630

I'm talking about real hard science so

1140

01:01:06,680 --> 01:01:03,690

science and spirituality are both

1141

01:01:08,510 --> 01:01:06,690

looking for the same thing one looks

1142

01:01:11,060 --> 01:01:08,520

through it microscope and a telescope

1143

01:01:13,760 --> 01:01:11,070

and the other one looks through direct

1144

01:01:16,730 --> 01:01:13,770

experience but they're both searching

1145

01:01:20,510 --> 01:01:16,740

for something similar the truth that

1146

01:01:23,270 --> 01:01:20,520

ultimately can set us free well said

1147

01:01:26,440 --> 01:01:23,280

well said well man this has all been

1148

01:01:29,000 --> 01:01:26,450

just so insightful a real pleasure

1149

01:01:30,860 --> 01:01:29,010

thanks for taking the time with me I

1150

01:01:33,470 --> 01:01:30,870

mean we mentioned luminous life the

1151
01:01:35,870 --> 01:01:33,480
latest book we mentioned light medicine

1152
01:01:38,390 --> 01:01:35,880
of the future you also have take off

1153
01:01:40,280 --> 01:01:38,400
your glasses and see that's a great

1154
01:01:42,770 --> 01:01:40,290
title right there anything else to

1155
01:01:46,730 --> 01:01:42,780
remind people about your work or website

1156
01:01:49,250 --> 01:01:46,740
before we really let you go sure I have

1157
01:01:52,970 --> 01:01:49,260
a fourth book called wisdom from an

1158
01:01:54,680 --> 01:01:52,980
empty mind hmm and we don't sell books

1159
01:01:57,110 --> 01:01:54,690
on my website we don't really hardly

1160
01:02:00,710 --> 01:01:57,120
sell anything those things are available

1161
01:02:05,360 --> 01:02:00,720
through Amazon the website is Jacob

1162
01:02:12,120 --> 01:02:05,370
Lieberman dot-org o RG and Lieberman is

1163
01:02:16,110 --> 01:02:12,130

spelled Li B's and boy er ma n

1164

01:02:18,770 --> 01:02:16,120

or people can follow me on Facebook

1165

01:02:21,990 --> 01:02:18,780

but I think they'd find the website

1166

01:02:23,160 --> 01:02:22,000

beautiful it's a aesthetically beautiful

1167

01:02:26,160 --> 01:02:23,170

website

1168

01:02:27,900 --> 01:02:26,170

I designed it that way because I'm not

1169

01:02:30,480 --> 01:02:27,910

interested in selling stuff I'm

1170

01:02:33,360 --> 01:02:30,490

interested in sharing whatever wisdom

1171

01:02:36,620 --> 01:02:33,370

I've acquired that hopefully can help

1172

01:02:39,750 --> 01:02:36,630

humanity and I think people will find it

1173

01:02:42,600 --> 01:02:39,760

informative there are a lot of little

1174

01:02:45,420 --> 01:02:42,610

short videos that take three minutes or

1175

01:02:47,510 --> 01:02:45,430

little audio pieces of interviews that

1176

01:02:49,710 --> 01:02:47,520

I've done or interesting things

1177

01:02:53,130 --> 01:02:49,720

interviews that were written and so on

1178

01:02:58,050 --> 01:02:53,140

that people may find fascinating Google

1179

01:02:59,490 --> 01:02:58,060

has thousands of them or YouTube and on

1180

01:03:03,360 --> 01:02:59,500

our Facebook page

1181

01:03:05,280 --> 01:03:03,370

what's nice is all we do is share things

1182

01:03:08,040 --> 01:03:05,290

that we think are valuable for people

1183

01:03:12,240 --> 01:03:08,050

and so it becomes a nice place to visit

1184

01:03:14,310 --> 01:03:12,250

and to see a nice quote or a nice new

1185

01:03:16,890 --> 01:03:14,320

piece of research about something that

1186

01:03:19,770 --> 01:03:16,900

people are interested in so

1187

01:03:23,430 --> 01:03:19,780

people can contact us again through

1188

01:03:26,430 --> 01:03:23,440

jacob lieberman org and most of all live

1189

01:03:28,830 --> 01:03:26,440

I'm so grateful that you took the time

1190

01:03:31,500 --> 01:03:28,840

to reach out and that we had this

1191

01:03:32,970 --> 01:03:31,510

opportunity to share a couple of hours

1192

01:03:35,340 --> 01:03:32,980

together mm-hmm

1193

01:03:37,260 --> 01:03:35,350

too kind yes I definitely enjoyed it

1194

01:03:39,390 --> 01:03:37,270

definitely learned a lot I'm sure the

1195

01:03:42,150 --> 01:03:39,400

people would agree you're a true

1196

01:03:44,190 --> 01:03:42,160

advocate of light and sight thanks so

1197

01:03:45,570 --> 01:03:44,200

much for your time dr. Lieberman keep

1198

01:03:47,760 --> 01:03:45,580

doing what you do and take care out

1199

01:03:51,480 --> 01:03:47,770

there all right and you as well have a

1200

01:03:53,870 --> 01:03:51,490

marvelous day in a marvelous 2019 you as

1201

01:03:59,040 --> 01:03:53,880

well cheers Cheers

1202

01:04:04,350 --> 01:03:59,050

and let there be light dear people dr.

1203

01:04:07,170 --> 01:04:04,360

Jacob Lieberman a Titan in his field he

1204

01:04:09,780 --> 01:04:07,180

has been to the mountaintop I kid but I

1205

01:04:11,940 --> 01:04:09,790

really was happy with this because when

1206

01:04:15,030 --> 01:04:11,950

you fold it in with sure Mangia near and

1207

01:04:18,300 --> 01:04:15,040

the hollow fractal perspective I think

1208

01:04:20,790 --> 01:04:18,310

it's right there and honestly this

1209

01:04:23,850 --> 01:04:20,800

wasn't really supposed to be so

1210

01:04:26,430 --> 01:04:23,860

synergistic with those episodes it just

1211

01:04:29,580 --> 01:04:26,440

kind of happened in a sort of classic

1212

01:04:31,680 --> 01:04:29,590

sync fashion cuz I'd already set out to

1213

01:04:34,620 --> 01:04:31,690

find this guest specifically for light

1214

01:04:38,130 --> 01:04:34,630

therapy and there are some good options

1215

01:04:41,070 --> 01:04:38,140

out there but I had heard a Nadi Martell

1216

01:04:42,480 --> 01:04:41,080

on rune soup and I thought well let me

1217

01:04:45,120 --> 01:04:42,490

look around because I don't want to

1218

01:04:48,320 --> 01:04:45,130

poach another guest from Gordon it's a

1219

01:04:51,570 --> 01:04:48,330

big world out there and it's rude plus

1220

01:04:54,180 --> 01:04:51,580

annatee has a fairly thick accent which

1221

01:04:55,350 --> 01:04:54,190

is a small thing but I also factored in

1222

01:04:57,630 --> 01:04:55,360

that when Gordon asked him about

1223

01:05:00,660 --> 01:04:57,640

conspiratorial angles and medical

1224

01:05:03,170 --> 01:05:00,670

suppression and how much more widely

1225

01:05:06,300 --> 01:05:03,180

known this information used to be before

1226

01:05:08,670 --> 01:05:06,310

Rockefeller medicine even though it's in

1227

01:05:11,280 --> 01:05:08,680

his book it didn't seem to be his

1228

01:05:13,560 --> 01:05:11,290

favorite line of questioning and I

1229

01:05:15,120 --> 01:05:13,570

understand like let's get past it and

1230

01:05:18,270 --> 01:05:15,130

just get to the science and the

1231

01:05:20,550 --> 01:05:18,280

application and the positive stuff but

1232

01:05:23,430 --> 01:05:20,560

when I got a noddy's book not only is

1233

01:05:26,070 --> 01:05:23,440

dr. Lieberman's book light medicine of

1234

01:05:29,400 --> 01:05:26,080

the future featured prominently in the

1235

01:05:30,510 --> 01:05:29,410

light therapy history portion dr.

1236

01:05:32,760 --> 01:05:30,520

Lieberman actually

1237

01:05:35,220 --> 01:05:32,770

wrote the forward to the book overall so

1238

01:05:38,310 --> 01:05:35,230

I followed that thread thought hey let's

1239

01:05:41,250 --> 01:05:38,320

check this guy out and I saw a few dr.

1240

01:05:43,290 --> 01:05:41,260

Lieberman presentations and was just

1241

01:05:46,290 --> 01:05:43,300

sold that he would be a great guest

1242

01:05:47,880 --> 01:05:46,300

he had a miraculous healing event while

1243

01:05:49,530 --> 01:05:47,890

meditating that's something pretty

1244

01:05:51,990 --> 01:05:49,540

interesting to a higher side crowd I

1245

01:05:54,480 --> 01:05:52,000

would think but he's also this huge

1246

01:05:56,940 --> 01:05:54,490

living legend in the world of light

1247

01:05:59,130 --> 01:05:56,950

therapy and his newest book luminous

1248

01:06:02,850 --> 01:05:59,140

life is more about the big picture the

1249

01:06:05,040 --> 01:06:02,860

philosophy and worldview behind it all I

1250

01:06:07,110 --> 01:06:05,050

mean it's right on the cover how the

1251

01:06:10,260 --> 01:06:07,120

science of light unlocks the art of

1252

01:06:13,620 --> 01:06:10,270

living and I thought yes let's fold this

1253

01:06:15,240 --> 01:06:13,630

in and I'm sure after 30 years having

1254

01:06:17,460 --> 01:06:15,250

written that book so long ago it's

1255

01:06:20,280 --> 01:06:17,470

probably a lot more exciting to talk

1256

01:06:23,010 --> 01:06:20,290

about these big picture ideas one could

1257

01:06:25,320 --> 01:06:23,020

argue it's even more important though I

1258

01:06:27,240 --> 01:06:25,330

was glad we were still able to fit in

1259

01:06:29,280 --> 01:06:27,250

some time for the down-to-earth

1260

01:06:30,990 --> 01:06:29,290

applications because I still think

1261

01:06:34,110 --> 01:06:31,000

they're pretty unknown in the wider

1262

01:06:36,720 --> 01:06:34,120

culture and that was what I initially

1263

01:06:38,220 --> 01:06:36,730

set out to do anyway but when I was

1264

01:06:40,140 --> 01:06:38,230

preparing for the actual interview it

1265

01:06:41,790 --> 01:06:40,150

was just like well we can do that later

1266

01:06:44,730 --> 01:06:41,800

too let's get into this big-picture

1267

01:06:47,460 --> 01:06:44,740

stuff and I don't know how I would have

1268

01:06:49,560 --> 01:06:47,470

felt about all this material maybe even

1269

01:06:52,560 --> 01:06:49,570

five years ago I might have thought it

1270

01:06:54,930 --> 01:06:52,570

was a bit cheesy but now I think it's

1271

01:06:57,810 --> 01:06:54,940

some of the most important stuff to be

1272

01:06:59,610 --> 01:06:57,820

hearing about to be thinking about and I

1273

01:07:03,240 --> 01:06:59,620

really love that idea that light is

1274

01:07:05,580 --> 01:07:03,250

directing us intelligently dr. Lieberman

1275

01:07:08,550 --> 01:07:05,590

would say it's not an idea it's the

1276

01:07:12,420 --> 01:07:08,560

reality I understand he has a real

1277

01:07:14,760 --> 01:07:12,430

knowing and it shows so I guess I mean

1278

01:07:17,250 --> 01:07:14,770

that I like that acknowledgement that

1279

01:07:19,890 --> 01:07:17,260

light is directing us intelligently I

1280

01:07:22,800 --> 01:07:19,900

mean now we have the false light of the

1281

01:07:26,340 --> 01:07:22,810

digital take over the dead pale glow of

1282

01:07:29,460 --> 01:07:26,350

the abyss and we cannot look away no but

1283

01:07:32,220 --> 01:07:29,470

it is like that signal from the Sun from

1284

01:07:34,950 --> 01:07:32,230

the photons of indras net perhaps it's

1285

01:07:36,790 --> 01:07:34,960

blocked because of this false light and

1286

01:07:39,640 --> 01:07:36,800

our obsession with it

1287

01:07:43,750 --> 01:07:39,650

it isn't good for us but we just can't

1288

01:07:46,420 --> 01:07:43,760

stop do not follow that false light see

1289

01:07:47,860 --> 01:07:46,430

now I'm getting into preacher talk but

1290

01:07:51,190 --> 01:07:47,870

it is interesting right I mean that

1291

01:07:54,160 --> 01:07:51,200

language and just the reality we're in

1292

01:07:56,890 --> 01:07:54,170

the situation the culture this point in

1293

01:08:00,250 --> 01:07:56,900

the timeline I think this stuff is

1294

01:08:02,440 --> 01:08:00,260

important and that approach to life that

1295

01:08:04,330 --> 01:08:02,450

if something enters your attention feel

1296

01:08:06,820 --> 01:08:04,340

then it's a call to action and you

1297

01:08:08,350 --> 01:08:06,830

should take care of it I've been trying

1298

01:08:10,480 --> 01:08:08,360

to incorporate that a bit because I do

1299

01:08:12,130 --> 01:08:10,490

have a tendency to put things off and

1300

01:08:14,230 --> 01:08:12,140

then I can't even enjoy the time that

1301

01:08:15,610 --> 01:08:14,240

I'm trying to use to relax because I

1302

01:08:19,620 --> 01:08:15,620

keep thinking about how I have to get up

1303

01:08:22,329 --> 01:08:19,630

and do that thing it's dumb and so to me

1304

01:08:24,990 --> 01:08:22,339

just that it's something that you could

1305

01:08:28,960 --> 01:08:25,000

take away from here and see real life

1306

01:08:29,800 --> 01:08:28,970

improvements right now or tomorrow

1307

01:08:31,809 --> 01:08:29,810

morning I mean

1308

01:08:33,700 --> 01:08:31,819

brace yourself you know give yourself

1309

01:08:36,640 --> 01:08:33,710

some time to mentally prepare for this

1310

01:08:38,950 --> 01:08:36,650

radical new life change but you could

1311

01:08:41,530 --> 01:08:38,960

incorporate it and see those real life

1312

01:08:43,210 --> 01:08:41,540

improvements treat it like a game if you

1313

01:08:44,740 --> 01:08:43,220

even look at that kettle bell well you

1314

01:08:47,110 --> 01:08:44,750

got to pick it up and swing it around a

1315

01:08:49,930 --> 01:08:47,120

couple times now if you see that trash

1316

01:08:51,910 --> 01:08:49,940

is full it's got to go out just do

1317

01:08:54,099 --> 01:08:51,920

what's in front of you and when you spot

1318

01:08:57,010 --> 01:08:54,109

those golden arches you got to get a

1319

01:09:00,220 --> 01:08:57,020

burger every time that's just the rule

1320

01:09:01,870 --> 01:09:00,230

now but I got to thank dr. Lieberman for

1321

01:09:03,880 --> 01:09:01,880

recording this with me over two

1322

01:09:06,460 --> 01:09:03,890

different days that would be why we

1323

01:09:08,860 --> 01:09:06,470

might have retreaded a little bit of the

1324

01:09:12,180 --> 01:09:08,870

same ground in the second hour because

1325

01:09:14,829 --> 01:09:12,190

it was recorded I think three days later

1326

01:09:17,170 --> 01:09:14,839

regardless it was very cool for him to

1327

01:09:18,670 --> 01:09:17,180

give me that extra time and I feel

1328

01:09:21,430 --> 01:09:18,680

really good about putting this one out

1329

01:09:24,519 --> 01:09:21,440

there overall I hope it's inspiring

1330

01:09:27,210 --> 01:09:24,529

check out his books and website he's got

1331

01:09:30,970 --> 01:09:27,220

audio and video for sale on there too as

1332

01:09:34,000 --> 01:09:30,980

well as that spectral receptivity system

1333

01:09:35,740 --> 01:09:34,010

and telling me liked it if you did of

1334

01:09:38,079 --> 01:09:35,750

course as I mentioned we do have a

1335

01:09:40,720 --> 01:09:38,089

second hour as always it's sort of the

1336

01:09:42,910 --> 01:09:40,730

thing around here it's how you double

1337

01:09:45,280 --> 01:09:42,920

the entertainment and educational value

1338

01:09:48,160 --> 01:09:45,290

of what this show can be

1339

01:09:50,650 --> 01:09:48,170

and it's why tens of thousands of people

1340

01:09:52,960 --> 01:09:50,660

here a free show that's still commercial

1341

01:09:55,870 --> 01:09:52,970

free except for this kind of thing right

1342

01:09:58,540 --> 01:09:55,880

here but in the second hour today we

1343

01:10:01,060 --> 01:09:58,550

talked about a little thing called light

1344

01:10:05,500 --> 01:10:01,070

therapy suppression and the history

1345

01:10:08,620 --> 01:10:05,510

they're light colors and the effects on

1346

01:10:11,800 --> 01:10:08,630

our physiology that spectral receptivity

1347

01:10:13,990 --> 01:10:11,810

system the element of fire

1348

01:10:16,390 --> 01:10:14,000

how sunlight affects us differently at

1349

01:10:19,180 --> 01:10:16,400

different points in the day tons of

1350

01:10:21,040 --> 01:10:19,190

great powerful stuff that we really

1351

01:10:25,210 --> 01:10:21,050

should have been taught a long time ago

1352

01:10:28,000 --> 01:10:25,220

I am curious about trying to use some of

1353

01:10:31,270 --> 01:10:28,010

those infrared healing techniques to

1354

01:10:32,950 --> 01:10:31,280

possibly restore my hearing even if not

1355

01:10:34,780 --> 01:10:32,960

the deafness from when I was a little

1356

01:10:37,300 --> 01:10:34,790

kid but if we could just restore the

1357

01:10:40,480 --> 01:10:37,310

damage I did at punk rock shows in high

1358

01:10:43,540 --> 01:10:40,490

school I wouldn't be mad no rush but I

1359

01:10:46,180 --> 01:10:43,550

do think it is part of this overall THC

1360

01:10:49,330 --> 01:10:46,190

journey I don't talk about it a lot but

1361

01:10:51,610 --> 01:10:49,340

it is like the last domino that maybe

1362

01:10:54,130 --> 01:10:51,620

needs to fall I've been able to explain

1363

01:10:57,210 --> 01:10:54,140

strange experiences in my past given

1364

01:11:00,130 --> 01:10:57,220

context to my psychedelic journeys

1365

01:11:02,940 --> 01:11:00,140

escaped the nine-to-five cog in the

1366

01:11:06,430 --> 01:11:02,950

wheel societal trap that I was just so

1367

01:11:08,530 --> 01:11:06,440

consumed and obsessed by and become much

1368

01:11:11,260 --> 01:11:08,540

more knowledgeable and a whole host of

1369

01:11:14,230 --> 01:11:11,270

subjects and have more than justified my

1370

01:11:16,870 --> 01:11:14,240

internal outrage at Authority so I've

1371

01:11:18,460 --> 01:11:16,880

reeled a lot of things back and although

1372

01:11:22,270 --> 01:11:18,470

I don't think I'm going to restore the

1373

01:11:25,510 --> 01:11:22,280

forskin situation the last real lasting

1374

01:11:28,900 --> 01:11:25,520

damage from the system would be this

1375

01:11:30,790 --> 01:11:28,910

hearing issue and not necessarily that

1376

01:11:33,640 --> 01:11:30,800

it was system caused but if there is a

1377

01:11:36,280 --> 01:11:33,650

healing technique out there that has

1378

01:11:39,480 --> 01:11:36,290

been suppressed from me in that regard I

1379

01:11:42,160 --> 01:11:39,490

can blame the system so you know

1380

01:11:44,290 --> 01:11:42,170

something just tells me that that might

1381

01:11:47,290 --> 01:11:44,300

have happened for a reason and might not

1382

01:11:50,080 --> 01:11:47,300

be as permanent as I've believed for 30

1383

01:11:52,810 --> 01:11:50,090

years we shall see still seems very

1384

01:11:55,130 --> 01:11:52,820

unlikely but my whole life has become

1385

01:11:56,990 --> 01:11:55,140

pretty unlikely

1386

01:11:59,390 --> 01:11:57,000

but I do love you guys thanks so much

1387

01:12:01,190 --> 01:11:59,400

for listening I hope the care and

1388

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

attention that I'm trying to put into

1389

01:12:06,800 --> 01:12:05,040

each episode shows that I obviously do

1390

01:12:08,960 --> 01:12:06,810

not take you guys or your time for

1391

01:12:12,890 --> 01:12:08,970

granted and I guess I'm getting out of

1392

01:12:15,070 --> 01:12:12,900

here your move you lovely lovely little

1393

01:12:20,450 --> 01:12:15,080

white beans soaking up your sunshine

1394

01:12:23,120 --> 01:12:20,460

your lucid dreams are so vivid cuz you

1395

01:12:26,510 --> 01:12:23,130

go to bed at 7 and your brain comes

1396

01:12:29,150 --> 01:12:26,520

alive cuz your H and 9 to 5 you wake up

1397

01:12:31,640 --> 01:12:29,160

with a dread and make sure your cats are

1398

01:12:33,950 --> 01:12:31,650

fed did your brain talk to a ghost who

1399

01:12:38,030 --> 01:12:33,960

moved your coffee and your toast as you

1400

01:12:40,640 --> 01:12:38,040

listen to the higher side chats you get

1401

01:12:43,310 --> 01:12:40,650

to your desk and your boss says it's a

1402

01:12:45,770 --> 01:12:43,320

mess and your soul slowly goes to a

1403

01:12:50,410 --> 01:12:45,780

place where nothing grows when you think

1404

01:12:53,540 --> 01:12:50,420

he's not around you insert a SETI sound

1405

01:12:57,890 --> 01:12:53,550

vom says turn it down and you say it's

1406

01:13:00,740 --> 01:12:57,900

just the higher side chats oh do you

1407

01:13:05,630 --> 01:13:00,750

think you're being invited to Bohemian

1408

01:13:09,290 --> 01:13:05,640

Grove to a Bilderberg Club oh do you

1409

01:13:15,100 --> 01:13:09,300

think you'd be invited by rust out to a

1410

01:13:17,530 --> 01:13:15,110

party on a submarine diving

1411

01:13:20,590 --> 01:13:17,540

to the center of the

1412

01:13:24,790 --> 01:13:20,600

to the Marianas Trench your teeth begin

1413

01:13:28,630 --> 01:13:24,800

to clench from the sulphureous stench the

1414

01:13:33,110 --> 01:13:28,640

mask you give in doesn't fit because

1415

01:13:38,670 --> 01:13:36,030

starting today you'll make plans to get

1416

01:13:41,370 --> 01:13:38,680

away there's no one to hold you down and

1417

01:13:44,220 --> 01:13:41,380

the what if start to drown then you wake

1418

01:13:47,070 --> 01:13:44,230

to the glare of a co fluorescent stare

1419

01:13:49,440 --> 01:13:47,080

and the light winks at you cuz its life

1420

01:13:53,280 --> 01:13:49,450

is almost through but it's holding gone