



GARY LACHMAN

PRECOGNITIVE DREAMS, THE HYPNAGOGIC STATE, & SYNCHRONICITY



JOIN PLUS FOR FULL 2HR EPISODES:
THEHIGHERSIDECHATS.COM

1
00:00:05,910 --> 00:00:03,510
the higher side chats doesn't start with

2
00:00:07,749 --> 00:00:05,920
underwear ads or guilt-tripping donation

3
00:00:09,990 --> 00:00:07,759
please nor would i ever commit the

4
00:00:11,910 --> 00:00:10,000
cardinal sin of podcasting and interrupt

5
00:00:14,549 --> 00:00:11,920
the flow mid-show to show you an

6
00:00:16,550 --> 00:00:14,559
unrelated sponsor but the free first

7
00:00:18,950 --> 00:00:16,560
hour episodes do have to start with a

8
00:00:21,269 --> 00:00:18,960
little psa before we get into it to ever

9
00:00:23,830 --> 00:00:21,279
so quickly remind slash informed

10
00:00:25,670 --> 00:00:23,840
listeners both old slash new that you're

11
00:00:27,589 --> 00:00:25,680
about to get into what i'm sure is a

12
00:00:29,429 --> 00:00:27,599
great first hour of a high level

13
00:00:31,750 --> 00:00:29,439

interview but that means you're missing

14

00:00:34,069 --> 00:00:31,760

half the show if you like what we do

15

00:00:35,910 --> 00:00:34,079

around here get yourself a thc plus

16

00:00:37,510 --> 00:00:35,920

membership and listen to the full two

17

00:00:39,270 --> 00:00:37,520

hour interviews as they were really

18

00:00:41,350 --> 00:00:39,280

designed to be and as i know you would

19

00:00:43,350 --> 00:00:41,360

enjoy them most give a little and

20

00:00:45,750 --> 00:00:43,360

actually get a little more in return of

21

00:00:47,990 --> 00:00:45,760

the thing you're actually engaging with

22

00:00:50,549 --> 00:00:48,000

five episodes every month plus forum

23

00:00:53,189 --> 00:00:50,559

access community comments downloads to

24

00:00:56,310 --> 00:00:53,199

all the closing cover songs a plus show

25

00:00:58,869 --> 00:00:56,320

rss feed to use with any private rss

26
00:01:01,029 --> 00:00:58,879
feed supported app and the occasional

27
00:01:02,790 --> 00:01:01,039
joint session bonus shows which include

28
00:01:04,630 --> 00:01:02,800
the messages you might leave me about

29
00:01:06,830 --> 00:01:04,640
your own theories experiences or

30
00:01:09,429 --> 00:01:06,840
otherworldly encounters at

31
00:01:11,190 --> 00:01:09,439
thehiresidechats.com voicemail

32
00:01:13,030 --> 00:01:11,200
if you're not quite sure if you just

33
00:01:15,429 --> 00:01:13,040
want to feel us out or if you're only

34
00:01:17,990 --> 00:01:15,439
here for this particular episode no

35
00:01:20,070 --> 00:01:18,000
worries new first time subscribers get a

36
00:01:21,749 --> 00:01:20,080
7 day free trial when you sign up at

37
00:01:24,149 --> 00:01:21,759
thehiresidechats.com

38
00:01:26,070 --> 00:01:24,159

cancel anytime try it out because it's

39

00:01:27,670 --> 00:01:26,080

so important to feed the things you want

40

00:01:30,149 --> 00:01:27,680

to grow and starve the things that gotta

41

00:01:37,590 --> 00:01:30,159

go and with that said let's get on with

42

00:01:42,149 --> 00:01:40,310

in the 1930s president franklin delano

43

00:01:44,789 --> 00:01:42,159

roosevelt addressed the nation through a

44

00:01:47,830 --> 00:01:44,799

series of radio broadcasts known as the

45

00:01:49,670 --> 00:01:47,840

fireside chats his aim was to reassure

46

00:01:51,749 --> 00:01:49,680

the common man that our society would

47

00:01:54,310 --> 00:01:51,759

recover from its troubled times well

48

00:01:56,950 --> 00:01:54,320

we're far from 1930 and i deal with a

49

00:01:59,429 --> 00:01:56,960

different kind of fire for a new era of

50

00:02:03,350 --> 00:01:59,439

worldly frustration we offer a fresh

51
00:02:06,230 --> 00:02:03,360
conversation i'm greg carlwood and these

52
00:02:08,070 --> 00:02:06,240
are the higher side chats

53
00:02:10,309 --> 00:02:08,080
here we go again higher side chatters

54
00:02:12,630 --> 00:02:10,319
doing the thing from sunny san diego i'm

55
00:02:14,869 --> 00:02:12,640
greg carlwood and as weird as the waking

56
00:02:17,270 --> 00:02:14,879
world can be it doesn't come close to

57
00:02:18,470 --> 00:02:17,280
the serious strangeness of sleep and

58
00:02:20,309 --> 00:02:18,480
dreaming

59
00:02:22,309 --> 00:02:20,319
upon a little reflection i'm sure many

60
00:02:24,309 --> 00:02:22,319
of us have had dreams that felt more

61
00:02:27,190 --> 00:02:24,319
vibrant and more real than our normal

62
00:02:29,350 --> 00:02:27,200
day-to-day or have had dream time events

63
00:02:31,430 --> 00:02:29,360

burned into our brains years later with

64

00:02:33,430 --> 00:02:31,440

an impact that the stuff we're told is

65

00:02:35,670 --> 00:02:33,440

real just can't match

66

00:02:37,750 --> 00:02:35,680

it's as if the grand architect had the

67

00:02:39,830 --> 00:02:37,760

wisdom to know our daily lives would

68

00:02:41,910 --> 00:02:39,840

eventually coalesce around boring

69

00:02:44,309 --> 00:02:41,920

routines dull jobs and mundane

70

00:02:46,470 --> 00:02:44,319

experiences and the dream state is a

71

00:02:48,229 --> 00:02:46,480

nightly reminder of a deeper mystery to

72

00:02:50,869 --> 00:02:48,239

life than the fastest route to the

73

00:02:53,110 --> 00:02:50,879

office or why instagram is down

74

00:02:55,110 --> 00:02:53,120

it calls us to wonder yet we have been

75

00:02:57,830 --> 00:02:55,120

trained to dismiss it all as some kind

76

00:03:00,229 --> 00:02:57,840

of sleep time screensaver and it gets

77

00:03:02,229 --> 00:03:00,239

even weirder still when examples of

78

00:03:04,710 --> 00:03:02,239

precognitive dreams are in no short

79

00:03:07,030 --> 00:03:04,720

supply and whether it's cataclysmic

80

00:03:08,710 --> 00:03:07,040

tragedy or simply taking out the trash

81

00:03:11,030 --> 00:03:08,720

the knowing that you have seen or

82

00:03:13,110 --> 00:03:11,040

experienced something before exactly as

83

00:03:15,589 --> 00:03:13,120

it's playing out has happened to pretty

84

00:03:17,750 --> 00:03:15,599

much all of us as if reality itself

85

00:03:19,670 --> 00:03:17,760

knocks on our mental door and calls us

86

00:03:21,509 --> 00:03:19,680

to explore deeper

87

00:03:23,190 --> 00:03:21,519

but we don't pull on that thread because

88

00:03:24,630 --> 00:03:23,200

we just ordered a bucket of chicken

89

00:03:27,110 --> 00:03:24,640

we're scrolling our phones and we're

90

00:03:29,190 --> 00:03:27,120

gonna binge a new season of ozark

91

00:03:31,430 --> 00:03:29,200

well here to rekindle the fire of

92

00:03:34,390 --> 00:03:31,440

intrigue behind precognitive dreams the

93

00:03:37,509 --> 00:03:34,400

hypnagogic state consciousness deja vu and

94

00:03:39,430 --> 00:03:37,519

synchronicity is the great gary lachman

95

00:03:41,350 --> 00:03:39,440

he's a card-carrying member of the rock

96

00:03:44,070 --> 00:03:41,360

and roll hall of fame and the author of

97

00:03:46,229 --> 00:03:44,080

over 20 books on subjects ranging from

98

00:03:47,750 --> 00:03:46,239

the western esoteric tradition the

99

00:03:50,550 --> 00:03:47,760

evolution of consciousness the

100

00:03:53,270 --> 00:03:50,560

crossroads between esotericism society

101
00:03:55,509 --> 00:03:53,280
and culture to biographies of intriguing

102
00:03:57,910 --> 00:03:55,519
characters like aleister crowley rudolph

103
00:04:00,309 --> 00:03:57,920
steiner carl young madame blavatsky

104
00:04:01,270 --> 00:04:00,319
emmanuel swedenborg colin wilson and

105
00:04:03,589 --> 00:04:01,280
more

106
00:04:05,509 --> 00:04:03,599
we did this once before discussing his

107
00:04:08,070 --> 00:04:05,519
book the return of holy russia

108
00:04:09,509 --> 00:04:08,080
apocalyptic history mystical awakening

109
00:04:11,429 --> 00:04:09,519
and the struggle for the soul of the

110
00:04:13,270 --> 00:04:11,439
world and we're doing the dance once

111
00:04:16,150 --> 00:04:13,280
again to talk about his latest book

112
00:04:18,550 --> 00:04:16,160
dreaming ahead of time experiences with

113
00:04:19,909 --> 00:04:18,560

pre-cognitive dreams synchronicity and

114

00:04:21,830 --> 00:04:19,919

coincidence

115

00:04:24,710 --> 00:04:21,840

back in the saddle and ready to ride the

116

00:04:26,710 --> 00:04:24,720

dream diary die hard esoteric culture

117

00:04:29,270 --> 00:04:26,720

author and explorer of intriguing

118

00:04:31,350 --> 00:04:29,280

curiosities gary lachman welcome back to

119

00:04:33,990 --> 00:04:31,360

the higher side

120

00:04:36,469 --> 00:04:34,000

well i have to say that has to be one of

121

00:04:38,150 --> 00:04:36,479

the most amazing introductions i've ever

122

00:04:40,390 --> 00:04:38,160

i've ever had to live up to

123

00:04:42,550 --> 00:04:40,400

so thank you so much greg for that

124

00:04:44,070 --> 00:04:42,560

you've set the bar a few inches higher

125

00:04:45,590 --> 00:04:44,080

and that's made us stretch so we're

126

00:04:47,749 --> 00:04:45,600

gonna go for it but yes thank you very

127

00:04:50,310 --> 00:04:47,759

much i'm very very happy to be back here

128

00:04:52,629 --> 00:04:50,320

uh having another higher side shot

129

00:04:54,550 --> 00:04:52,639

yes man attention spans are short these

130

00:04:56,390 --> 00:04:54,560

days so you gotta grab them and i am

131

00:04:58,070 --> 00:04:56,400

psyched to talk to you again thank you

132

00:05:00,629 --> 00:04:58,080

for your time i really enjoyed the last

133

00:05:03,670 --> 00:05:00,639

one and this book was also jam-packed

134

00:05:06,310 --> 00:05:03,680

with interesting ideas and fun stories

135

00:05:08,629 --> 00:05:06,320

and the conclusions of history's great

136

00:05:10,710 --> 00:05:08,639

thinkers who have tackled the issues of

137

00:05:12,550 --> 00:05:10,720

pre-cognitive dreams synchronicity

138

00:05:15,189 --> 00:05:12,560

consciousness and time

139

00:05:16,870 --> 00:05:15,199

really good stuff this has clearly been

140

00:05:18,150 --> 00:05:16,880

an interest of yours for a long time

141

00:05:20,710 --> 00:05:18,160

because you've been recording your

142

00:05:22,629 --> 00:05:20,720

dreams on and off for the last 40 years

143

00:05:25,830 --> 00:05:22,639

let's kick it off with the age-old

144

00:05:26,710 --> 00:05:25,840

question of why this book and why now

145

00:05:28,629 --> 00:05:26,720

well

146

00:05:31,029 --> 00:05:28,639

my now is

147

00:05:33,189 --> 00:05:31,039

i say the beginning of the book is

148

00:05:35,270 --> 00:05:33,199

i gave a talk here in london

149

00:05:37,830 --> 00:05:35,280

in 2019

150

00:05:38,950 --> 00:05:37,840

back in the old days before covid came

151
00:05:39,909 --> 00:05:38,960
to town

152
00:05:41,990 --> 00:05:39,919
and

153
00:05:44,150 --> 00:05:42,000
it was part of a series of events going

154
00:05:45,270 --> 00:05:44,160
on in london called the borderlands of

155
00:05:46,870 --> 00:05:45,280
sleep

156
00:05:49,430 --> 00:05:46,880
and it was at a

157
00:05:52,230 --> 00:05:49,440
wonderfully old victorian cemetery here

158
00:05:54,790 --> 00:05:52,240
um brompton cemetery over in west london

159
00:05:57,029 --> 00:05:54,800
and i gave a talk on hypnagogia and

160
00:05:59,029 --> 00:05:57,039
hypnagogia i'm sure your listeners know

161
00:06:00,790 --> 00:05:59,039
but it's that in-between state that

162
00:06:02,710 --> 00:06:00,800
liminal state between sleeping and

163
00:06:04,469 --> 00:06:02,720

waking which we pass through at least

164

00:06:06,150 --> 00:06:04,479

you know twice a day

165

00:06:08,230 --> 00:06:06,160

once we're falling asleep and waking up

166

00:06:09,670 --> 00:06:08,240

there's some people who split hairs

167

00:06:11,350 --> 00:06:09,680

between hypnagogic is when you're

168

00:06:12,950 --> 00:06:11,360

falling asleep hitting the pump because

169

00:06:14,710 --> 00:06:12,960

when you're waking up

170

00:06:16,629 --> 00:06:14,720

but just for all intents and purposes

171

00:06:18,629 --> 00:06:16,639

it's you know pretty much the same

172

00:06:20,870 --> 00:06:18,639

kind of thing and it's the very very

173

00:06:22,230 --> 00:06:20,880

strange state of mind and among other

174

00:06:24,629 --> 00:06:22,240

things that happen

175

00:06:26,870 --> 00:06:24,639

in that hypnagogic state are some

176

00:06:28,629 --> 00:06:26,880

paranormal experiences or they've been

177

00:06:30,870 --> 00:06:28,639

known to happen in that state one of

178

00:06:32,309 --> 00:06:30,880

which is a form precognition where you

179

00:06:34,950 --> 00:06:32,319

sort of know something in advance of it

180

00:06:36,870 --> 00:06:34,960

actually taking place and

181

00:06:38,469 --> 00:06:36,880

as that was the case

182

00:06:39,670 --> 00:06:38,479

towards the end of the talk i tagged on

183

00:06:41,830 --> 00:06:39,680

a few

184

00:06:43,110 --> 00:06:41,840

references and examples of preconcentric

185

00:06:45,270 --> 00:06:43,120

dreams

186

00:06:47,270 --> 00:06:45,280

and the most famous one is his famous

187

00:06:49,589 --> 00:06:47,280

book well used to be famous it came out

188

00:06:51,029 --> 00:06:49,599

almost 100 years ago now amazing how old

189

00:06:53,350 --> 00:06:51,039

this stuff is now

190

00:06:55,350 --> 00:06:53,360

called an experiment with time

191

00:06:57,350 --> 00:06:55,360

and this was written by j.w don who was

192

00:06:58,629 --> 00:06:57,360

an aeronautics engineer he had no

193

00:07:00,150 --> 00:06:58,639

interest in the occult really or at

194

00:07:02,070 --> 00:07:00,160

least he said so in that book it later

195

00:07:03,589 --> 00:07:02,080

subsequently came out that he did but at

196

00:07:05,589 --> 00:07:03,599

that time when he first published the

197

00:07:08,309 --> 00:07:05,599

book and just by chance he discovered

198

00:07:10,150 --> 00:07:08,319

that he dreamed the future and he gives

199

00:07:11,430 --> 00:07:10,160

an account of you know several dreams

200

00:07:13,029 --> 00:07:11,440

that he had

201
00:07:15,110 --> 00:07:13,039
in which he dreamed events that were

202
00:07:17,430 --> 00:07:15,120
going to happen to him particularly it's

203
00:07:19,670 --> 00:07:17,440
not like you're raised up above some

204
00:07:22,070 --> 00:07:19,680
vast temporal landscape and you can see

205
00:07:24,309 --> 00:07:22,080
the future like criswell predicts it's

206
00:07:26,309 --> 00:07:24,319
not like that it's specifically your own

207
00:07:27,909 --> 00:07:26,319
future what is going to happen to you as

208
00:07:30,070 --> 00:07:27,919
if it's a film

209
00:07:31,589 --> 00:07:30,080
a couple scenes from the film have

210
00:07:33,749 --> 00:07:31,599
jumped ahead of the queue

211
00:07:35,029 --> 00:07:33,759
jumped ahead of line sequence and you're

212
00:07:36,870 --> 00:07:35,039
seeing them in advance when they really

213
00:07:38,950 --> 00:07:36,880

should take place

214

00:07:41,749 --> 00:07:38,960

so i tagged those things on and i also

215

00:07:42,710 --> 00:07:41,759

tagged on some of my own

216

00:07:44,869 --> 00:07:42,720

because

217

00:07:47,029 --> 00:07:44,879

i have been recording these sorts of

218

00:07:49,029 --> 00:07:47,039

precognitive or what they call done-type

219

00:07:51,189 --> 00:07:49,039

dreams in the literature

220

00:07:51,990 --> 00:07:51,199

for the last 40 years

221

00:07:53,670 --> 00:07:52,000

and

222

00:07:56,230 --> 00:07:53,680

funnily enough

223

00:07:58,550 --> 00:07:56,240

the next day after the talk

224

00:08:00,469 --> 00:07:58,560

i went on to twitter as one does and one

225

00:08:03,189 --> 00:08:00,479

of the first things i saw was a tweet

226
00:08:05,830 --> 00:08:03,199
from someone who had been at the talk

227
00:08:07,909 --> 00:08:05,840
and it was a woman and she wrote omg

228
00:08:09,350 --> 00:08:07,919
with you know a few exclamation points

229
00:08:11,110 --> 00:08:09,360
it's true

230
00:08:13,350 --> 00:08:11,120
and blah blah blah i went to talk about

231
00:08:16,469 --> 00:08:13,360
future dreams and she said that she

232
00:08:18,550 --> 00:08:16,479
dreamt that she had picked a hedgehog up

233
00:08:19,830 --> 00:08:18,560
off the road hedgehogs are these strange

234
00:08:22,390 --> 00:08:19,840
creatures that are you know very

235
00:08:24,230 --> 00:08:22,400
prominent here in great britain

236
00:08:25,909 --> 00:08:24,240
and picked it up off the road and put it

237
00:08:28,550 --> 00:08:25,919
on on the pavement the sidewalk so it

238
00:08:30,150 --> 00:08:28,560

wouldn't get run over you know by a car

239

00:08:32,790 --> 00:08:30,160

and she said the first thing she saw in

240

00:08:36,230 --> 00:08:32,800

her twitter feed that morning was a post

241

00:08:39,190 --> 00:08:36,240

about how to protect the hedgehogs

242

00:08:41,509 --> 00:08:39,200

so i said okay well there you go you

243

00:08:43,909 --> 00:08:41,519

know it wasn't exactly

244

00:08:45,269 --> 00:08:43,919

the future but it was very close because

245

00:08:47,590 --> 00:08:45,279

often these dreams are subject to

246

00:08:48,949 --> 00:08:47,600

something i call symbolic distortion

247

00:08:50,710 --> 00:08:48,959

and that's because dreams speak in a

248

00:08:53,269 --> 00:08:50,720

symbolic language anyway

249

00:08:55,990 --> 00:08:53,279

so that happening you know getting that

250

00:08:56,949 --> 00:08:56,000

tweet after the talk made me think um

251
00:08:57,750 --> 00:08:56,959
okay

252
00:08:59,670 --> 00:08:57,760
and

253
00:09:01,430 --> 00:08:59,680
as it was

254
00:09:03,430 --> 00:09:01,440
when was that it was sort of okay that's

255
00:09:05,910 --> 00:09:03,440
the end of 2019

256
00:09:07,190 --> 00:09:05,920
i spent the first lockdown here

257
00:09:08,710 --> 00:09:07,200
in the uk

258
00:09:11,509 --> 00:09:08,720
so i guess it's sort of the spring to

259
00:09:12,710 --> 00:09:11,519
the summer of 2020 now so two years ago

260
00:09:14,310 --> 00:09:12,720
more or less

261
00:09:16,550 --> 00:09:14,320
writing this book

262
00:09:18,710 --> 00:09:16,560
and as i said i've been recording these

263
00:09:21,430 --> 00:09:18,720

dreams for the last 40 years and i start

264

00:09:22,790 --> 00:09:21,440

off going back to about 1980 that's why

265

00:09:24,550 --> 00:09:22,800

i start recording the first of these

266

00:09:26,630 --> 00:09:24,560

dreams after i read

267

00:09:27,829 --> 00:09:26,640

dunn's book and i did exactly what he

268

00:09:29,590 --> 00:09:27,839

said to do

269

00:09:31,590 --> 00:09:29,600

he said if you want to know whether this

270

00:09:32,870 --> 00:09:31,600

is true because he first starts off

271

00:09:34,389 --> 00:09:32,880

thinking that it's some strange thing

272

00:09:36,470 --> 00:09:34,399

that happened to him

273

00:09:38,470 --> 00:09:36,480

then he finds out that this happens to

274

00:09:39,350 --> 00:09:38,480

other people as well

275

00:09:41,509 --> 00:09:39,360

so

276

00:09:42,949 --> 00:09:41,519

for him it's a kind of common human

277

00:09:44,230 --> 00:09:42,959

experience that we're just not aware of

278

00:09:45,670 --> 00:09:44,240

because we don't pay attention to our

279

00:09:47,590 --> 00:09:45,680

dreams and all that

280

00:09:48,790 --> 00:09:47,600

he said if you want to corroborate what

281

00:09:50,710 --> 00:09:48,800

i'm saying

282

00:09:53,430 --> 00:09:50,720

just start writing your dreams down and

283

00:09:55,670 --> 00:09:53,440

so i did and he was right

284

00:09:58,310 --> 00:09:55,680

that's a really good summary and last

285

00:09:59,829 --> 00:09:58,320

time we spoke the coveted lockdowns were

286

00:10:01,269 --> 00:09:59,839

really just starting to happen and you

287

00:10:03,030 --> 00:10:01,279

mentioned an old dream that you had

288

00:10:04,870 --> 00:10:03,040

written down where you were told just

289

00:10:07,190 --> 00:10:04,880

stay inside where it's safe which is

290

00:10:09,509 --> 00:10:07,200

pretty synchronistic but do you have any

291

00:10:11,590 --> 00:10:09,519

other examples of impressive

292

00:10:13,430 --> 00:10:11,600

precognitive dreams that you would share

293

00:10:15,590 --> 00:10:13,440

with people

294

00:10:19,670 --> 00:10:15,600

well the one i highlight in the book or

295

00:10:22,550 --> 00:10:19,680

say for me seems the most conclusive

296

00:10:24,150 --> 00:10:22,560

is that in 1990

297

00:10:26,310 --> 00:10:24,160

i had a dream

298

00:10:29,670 --> 00:10:26,320

about the film

299

00:10:33,350 --> 00:10:29,680

about the shadow which is the old 1930s

300

00:10:35,509 --> 00:10:33,360

pope magazine character lamont cranston

301
00:10:37,190 --> 00:10:35,519
you know who had gone to tibet and

302
00:10:38,949 --> 00:10:37,200
learned the secrets of having to cloud

303
00:10:40,470 --> 00:10:38,959
men's minds and all this sort of thing

304
00:10:42,230 --> 00:10:40,480
and then he comes back and he fights

305
00:10:44,310 --> 00:10:42,240
crime and he's kind of a proto batman

306
00:10:45,430 --> 00:10:44,320
sort of thing but this was an old pulp

307
00:10:46,389 --> 00:10:45,440
magazine

308
00:10:47,990 --> 00:10:46,399
character

309
00:10:49,750 --> 00:10:48,000
and i read these stories when i was a

310
00:10:51,350 --> 00:10:49,760
kid growing up you know they were out in

311
00:10:53,350 --> 00:10:51,360
paperback and all that i mean they

312
00:10:55,269 --> 00:10:53,360
started out in the 30s and 40s but they

313
00:10:56,389 --> 00:10:55,279

came out in paperback when i was growing

314

00:10:57,350 --> 00:10:56,399

up and all that

315

00:11:00,710 --> 00:10:57,360

so

316

00:11:02,150 --> 00:11:00,720

i had this dream in 1990 okay

317

00:11:04,870 --> 00:11:02,160

about this film

318

00:11:06,790 --> 00:11:04,880

a film being made about this character

319

00:11:08,790 --> 00:11:06,800

and in the dream

320

00:11:11,269 --> 00:11:08,800

there was a scene in which

321

00:11:13,990 --> 00:11:11,279

the shadow is two-dimensional

322

00:11:15,590 --> 00:11:14,000

and he's walking along a wall but he's

323

00:11:17,750 --> 00:11:15,600

two-dimensional so it's as if he's

324

00:11:19,829 --> 00:11:17,760

projected flat and then he steps out of

325

00:11:21,509 --> 00:11:19,839

it and becomes three-dimensional

326

00:11:23,590 --> 00:11:21,519

and there's another scene

327

00:11:27,430 --> 00:11:23,600

this was in the dream where his

328

00:11:29,430 --> 00:11:27,440

trademark 45 is a 45 you know automatic

329

00:11:31,670 --> 00:11:29,440

there's two of them actually

330

00:11:34,230 --> 00:11:31,680

and this is way before the matrix so

331

00:11:36,069 --> 00:11:34,240

they they may have picked it up from him

332

00:11:38,550 --> 00:11:36,079

and there's a scene in which

333

00:11:41,269 --> 00:11:38,560

in my dream again this is 1990 in this

334

00:11:43,750 --> 00:11:41,279

dream i've had where all i saw was his

335

00:11:45,269 --> 00:11:43,760

gun and it's like against the whole of

336

00:11:47,509 --> 00:11:45,279

mirrors so it's being reflected in many

337

00:11:49,030 --> 00:11:47,519

many different sort of surfaces

338

00:11:51,030 --> 00:11:49,040

and then something in the dream it was

339

00:11:52,710 --> 00:11:51,040

about a sphere

340

00:11:55,030 --> 00:11:52,720

the film had to do with some kind of

341

00:11:57,269 --> 00:11:55,040

sphere and that was some central kind of

342

00:12:00,629 --> 00:11:57,279

thing okay so that's 1990.

343

00:12:02,790 --> 00:12:00,639

four years later in 1994

344

00:12:04,389 --> 00:12:02,800

with my ex-wife well my future ex-wife

345

00:12:07,030 --> 00:12:04,399

we were married at the time but that's

346

00:12:09,350 --> 00:12:07,040

how i affectionately refer to her now

347

00:12:11,910 --> 00:12:09,360

we went to see the shadow

348

00:12:13,509 --> 00:12:11,920

starring alec baldwin

349

00:12:15,350 --> 00:12:13,519

it's actually not a bad you know i mean

350

00:12:16,710 --> 00:12:15,360

by today's standards the special effects

351
00:12:17,590 --> 00:12:16,720
seem creaky but it's actually not a bad

352
00:12:18,949 --> 00:12:17,600
film

353
00:12:20,790 --> 00:12:18,959
and i've

354
00:12:22,949 --> 00:12:20,800
said to her on the way

355
00:12:25,030 --> 00:12:22,959
oh you know i had to dream about this

356
00:12:26,790 --> 00:12:25,040
you know and strange this kind of scene

357
00:12:29,190 --> 00:12:26,800
happens and this scene happens and it's

358
00:12:31,190 --> 00:12:29,200
about a sphere and all that and lo and

359
00:12:33,190 --> 00:12:31,200
behold in the film

360
00:12:35,190 --> 00:12:33,200
the two scenes that i just described are

361
00:12:38,230 --> 00:12:35,200
there to a t

362
00:12:40,550 --> 00:12:38,240
and the plot of the film surrounds these

363
00:12:41,910 --> 00:12:40,560

mad evil characters wanting to blow up

364

00:12:43,670 --> 00:12:41,920

new york

365

00:12:45,829 --> 00:12:43,680

using something called the beryllium

366

00:12:47,910 --> 00:12:45,839

sphere

367

00:12:49,829 --> 00:12:47,920

so as far as i'm concerned four years in

368

00:12:52,790 --> 00:12:49,839

advance i dream

369

00:12:54,790 --> 00:12:52,800

the plot and two scenes from that film

370

00:12:56,710 --> 00:12:54,800

and that wasn't the only film that i i

371

00:12:58,949 --> 00:12:56,720

dreamt in advance

372

00:13:00,870 --> 00:12:58,959

much less of a time lag you know much

373

00:13:02,470 --> 00:13:00,880

closer to actually

374

00:13:04,150 --> 00:13:02,480

happening

375

00:13:05,990 --> 00:13:04,160

again my ex-wife at the time she was

376

00:13:07,670 --> 00:13:06,000

working for sony studios and one of the

377

00:13:09,430 --> 00:13:07,680

films they were working on was coppola's

378

00:13:10,389 --> 00:13:09,440

dracula

379

00:13:12,470 --> 00:13:10,399

and

380

00:13:14,069 --> 00:13:12,480

there was a special screening of it that

381

00:13:16,069 --> 00:13:14,079

we were invited to before it was you

382

00:13:18,230 --> 00:13:16,079

know released in public

383

00:13:19,829 --> 00:13:18,240

and before that before she even

384

00:13:20,710 --> 00:13:19,839

mentioned that that was happening i had

385

00:13:21,670 --> 00:13:20,720

this

386

00:13:23,509 --> 00:13:21,680

dream

387

00:13:25,750 --> 00:13:23,519

in which it's like this horrible

388

00:13:28,870 --> 00:13:25,760

hieronymus bosch you know

389

00:13:30,710 --> 00:13:28,880

dantesque or william sparrow's s kind of

390

00:13:33,910 --> 00:13:30,720

hell scene with you know

391

00:13:37,509 --> 00:13:33,920

burning bodies and wolves kind of

392

00:13:39,509 --> 00:13:37,519

crucified and limbs and people wading

393

00:13:41,110 --> 00:13:39,519

through limbs and stuff of this sort and

394

00:13:42,949 --> 00:13:41,120

i describe it in more detail in the book

395

00:13:44,230 --> 00:13:42,959

but it's the general kind of thing and

396

00:13:45,829 --> 00:13:44,240

then we were invited to the special

397

00:13:47,030 --> 00:13:45,839

screening and it was all hush-hush this

398

00:13:49,030 --> 00:13:47,040

is you know we weren't supposed to say

399

00:13:50,470 --> 00:13:49,040

anything so even though my wife at the

400

00:13:52,790 --> 00:13:50,480

time was working on the film she didn't

401
00:13:54,389 --> 00:13:52,800
mention a word to me about it

402
00:13:56,629 --> 00:13:54,399
and the opening of the film was exactly

403
00:13:57,750 --> 00:13:56,639
that dream that i had had

404
00:13:59,430 --> 00:13:57,760
so

405
00:14:01,670 --> 00:13:59,440
i mean there's quite a few in the book i

406
00:14:02,949 --> 00:14:01,680
mean in a way yes some of it's the

407
00:14:05,269 --> 00:14:02,959
laundry list because he said there's

408
00:14:06,710 --> 00:14:05,279
this one this one and it was just like

409
00:14:08,069 --> 00:14:06,720
as you said i

410
00:14:11,030 --> 00:14:08,079
went back

411
00:14:13,750 --> 00:14:11,040
into these dream journals i've been

412
00:14:16,150 --> 00:14:13,760
keeping since about the 80s

413
00:14:18,389 --> 00:14:16,160

and in them you know i pulled out

414

00:14:19,590 --> 00:14:18,399

basically the best ones that seemed to

415

00:14:22,069 --> 00:14:19,600

me

416

00:14:25,189 --> 00:14:22,079

yeah there's no shortage of examples

417

00:14:27,189 --> 00:14:25,199

from you personally and examples from

418

00:14:30,230 --> 00:14:27,199

other people throughout history there's

419

00:14:33,430 --> 00:14:30,240

a really interesting example from london

420

00:14:35,670 --> 00:14:33,440

artist david mandel where on september

421

00:14:37,750 --> 00:14:35,680

11 1996

422

00:14:39,910 --> 00:14:37,760

he woke from a nightmare in which he saw

423

00:14:42,629 --> 00:14:39,920

two towers collapsing from the impact of

424

00:14:44,790 --> 00:14:42,639

an earthquake he had the same dream six

425

00:14:46,710 --> 00:14:44,800

months later this time he painted it

426

00:14:49,269 --> 00:14:46,720

producing a watercolor in which the

427

00:14:51,910 --> 00:14:49,279

towers appeared with a small pyramidal

428

00:14:53,990 --> 00:14:51,920

building nine months later from then he

429

00:14:55,910 --> 00:14:54,000

had a similar dream in which two

430

00:14:57,269 --> 00:14:55,920

airplanes hit two buildings from

431

00:14:58,389 --> 00:14:57,279

opposite directions and you know where

432

00:15:01,590 --> 00:14:58,399

this is going

433

00:15:03,509 --> 00:15:01,600

in 2001 when he saw the attacks in the

434

00:15:06,150 --> 00:15:03,519

world trade center on television five

435

00:15:08,870 --> 00:15:06,160

years to the day of his initial dream

436

00:15:10,949 --> 00:15:08,880

mandel was shaken you write he realized

437

00:15:13,110 --> 00:15:10,959

that his watercolor exactly matched the

438

00:15:15,269 --> 00:15:13,120

new york skyline with the burning towers

439

00:15:18,150 --> 00:15:15,279

flanked by the pyramid-topped american

440

00:15:20,710 --> 00:15:18,160

express building and he also is someone

441

00:15:22,310 --> 00:15:20,720

who's had recurring pre-cognitive dreams

442

00:15:24,629 --> 00:15:22,320

apparently there's a documentary about

443

00:15:26,790 --> 00:15:24,639

him but i was also going to quote you

444

00:15:28,790 --> 00:15:26,800

here when you talk about the hypnogenic

445

00:15:31,749 --> 00:15:28,800

state and you say

446

00:15:34,230 --> 00:15:31,759

while on the hypnogenic threshold we can

447

00:15:37,110 --> 00:15:34,240

have some unusual experiences we can

448

00:15:39,749 --> 00:15:37,120

watch dreams form and see them with a

449

00:15:41,030 --> 00:15:39,759

startling vividness while yet still

450

00:15:42,710 --> 00:15:41,040

being awake and aware of our

451

00:15:44,949 --> 00:15:42,720

surroundings and

452

00:15:47,509 --> 00:15:44,959

that's strange i can't recall having the

453

00:15:49,590 --> 00:15:47,519

experience of watching dreams form while

454

00:15:51,670 --> 00:15:49,600

still kind of awake but i also haven't

455

00:15:53,829 --> 00:15:51,680

practiced it it seems like maybe you

456

00:15:56,389 --> 00:15:53,839

have what insights have you gotten into

457

00:15:58,150 --> 00:15:56,399

dreaming overall by hanging out in that

458

00:15:59,990 --> 00:15:58,160

hypnogenic state

459

00:16:01,030 --> 00:16:00,000

well i mean it's something that has to

460

00:16:03,269 --> 00:16:01,040

say

461

00:16:06,389 --> 00:16:03,279

you can acquire the habit of being able

462

00:16:08,150 --> 00:16:06,399

to remain in that state

463

00:16:09,829 --> 00:16:08,160

or you can just sort of learn how to pay

464

00:16:12,550 --> 00:16:09,839

attention as you're falling asleep i

465

00:16:14,310 --> 00:16:12,560

mean it's best actually to do it if you

466

00:16:16,629 --> 00:16:14,320

can get up early in the morning a bit

467

00:16:19,430 --> 00:16:16,639

earlier than you usually do

468

00:16:21,189 --> 00:16:19,440

and drift out of sleep rather than sink

469

00:16:23,590 --> 00:16:21,199

into sleep the reason it's better is

470

00:16:25,350 --> 00:16:23,600

that oftentimes before you get the hang

471

00:16:27,350 --> 00:16:25,360

of it you just get a bad night's sleep

472

00:16:29,030 --> 00:16:27,360

if you're trying to stay awake as you're

473

00:16:30,790 --> 00:16:29,040

falling asleep right which is the exact

474

00:16:32,550 --> 00:16:30,800

opposite of what you want to do

475

00:16:34,550 --> 00:16:32,560

but if you can linger a bit in the

476
00:16:36,870 --> 00:16:34,560
morning you're waking up but you can say

477
00:16:38,310 --> 00:16:36,880
okay i'm going to stay in this state for

478
00:16:40,710 --> 00:16:38,320
a while i don't need to wake up

479
00:16:42,230 --> 00:16:40,720
immediately just yet

480
00:16:45,030 --> 00:16:42,240
i mean one of the things

481
00:16:47,509 --> 00:16:45,040
there's a long history of

482
00:16:49,189 --> 00:16:47,519
that itself going back to aristotle the

483
00:16:51,110 --> 00:16:49,199
ancient greeks they were aware of this

484
00:16:53,189 --> 00:16:51,120
in between state

485
00:16:55,110 --> 00:16:53,199
there's a very very long history of it

486
00:16:57,990 --> 00:16:55,120
more recently

487
00:16:59,670 --> 00:16:58,000
the surrealists in paris well like i

488
00:17:01,590 --> 00:16:59,680

said more recently 100 years ago almost

489

00:17:02,949 --> 00:17:01,600

now

490

00:17:04,470 --> 00:17:02,959

they're the moderns but they're a long

491

00:17:07,029 --> 00:17:04,480

time ago now

492

00:17:09,829 --> 00:17:07,039

they used to hold kind of sleep offs you

493

00:17:11,750 --> 00:17:09,839

might call them in the cafes

494

00:17:14,230 --> 00:17:11,760

where different poets

495

00:17:16,230 --> 00:17:14,240

robert desnos was one who was able

496

00:17:17,909 --> 00:17:16,240

apparently to send himself off into this

497

00:17:19,429 --> 00:17:17,919

kind of state you know pretty quickly

498

00:17:21,669 --> 00:17:19,439

and then he would just sort of this

499

00:17:23,270 --> 00:17:21,679

automatic speech or automatic writing

500

00:17:25,510 --> 00:17:23,280

but he would just kind of

501
00:17:27,510 --> 00:17:25,520
give forth this kind of poetic

502
00:17:29,430 --> 00:17:27,520
word salad as it were

503
00:17:31,110 --> 00:17:29,440
and andre breton would be there and you

504
00:17:32,710 --> 00:17:31,120
know some other people would copy it

505
00:17:34,710 --> 00:17:32,720
down and that kind of thing

506
00:17:36,630 --> 00:17:34,720
but you know people like jung

507
00:17:39,270 --> 00:17:36,640
people like swedenborg

508
00:17:40,710 --> 00:17:39,280
the um swedish savant whose

509
00:17:41,830 --> 00:17:40,720
first half of his life was as a

510
00:17:43,669 --> 00:17:41,840
scientist

511
00:17:46,630 --> 00:17:43,679
and then he had a series of

512
00:17:49,510 --> 00:17:46,640
strange experiences in his 50s

513
00:17:51,190 --> 00:17:49,520

he was visited by angels and jesus and

514

00:17:53,110 --> 00:17:51,200

you know a variety of other rather

515

00:17:54,470 --> 00:17:53,120

luminous characters and telling him that

516

00:17:57,430 --> 00:17:54,480

he had to give up science and how to

517

00:18:00,230 --> 00:17:57,440

pursue the inner worlds rudolf steiner

518

00:18:02,150 --> 00:18:00,240

there's reason to believe that when he

519

00:18:03,990 --> 00:18:02,160

said he you know he visited the akashic

520

00:18:05,350 --> 00:18:04,000

records or you know saw the akashic plan

521

00:18:07,750 --> 00:18:05,360

and that kind of thing that he put

522

00:18:09,190 --> 00:18:07,760

himself into a kind of hypnotic state so

523

00:18:11,270 --> 00:18:09,200

it's something that you can't actually

524

00:18:12,390 --> 00:18:11,280

work at to learn how to do just like

525

00:18:14,230 --> 00:18:12,400

anything else you know if you want to

526

00:18:15,430 --> 00:18:14,240

learn how to play a clarinet it doesn't

527

00:18:16,549 --> 00:18:15,440

you know the first time you try it

528

00:18:18,789 --> 00:18:16,559

doesn't work

529

00:18:21,990 --> 00:18:18,799

most times right so you know you have to

530

00:18:23,830 --> 00:18:22,000

learn it i mean myself personally

531

00:18:25,270 --> 00:18:23,840

one of the examples i gave when i first

532

00:18:26,789 --> 00:18:25,280

became interested in this sort of thing

533

00:18:29,270 --> 00:18:26,799

was that

534

00:18:30,549 --> 00:18:29,280

i was reading a book about

535

00:18:32,549 --> 00:18:30,559

i forget the name of the book now but it

536

00:18:33,990 --> 00:18:32,559

was a book about how both jung

537

00:18:36,549 --> 00:18:34,000

freud and young were both very

538

00:18:38,310 --> 00:18:36,559

influenced by greek mythology

539

00:18:40,310 --> 00:18:38,320

in the way that they

540

00:18:42,230 --> 00:18:40,320

spoke or expressed their ideas about the

541

00:18:43,669 --> 00:18:42,240

unconscious and the psyche and so on and

542

00:18:44,549 --> 00:18:43,679

so on

543

00:18:46,870 --> 00:18:44,559

and

544

00:18:48,470 --> 00:18:46,880

this is some years ago i sort of took a

545

00:18:51,190 --> 00:18:48,480

nap or you know dozed off in the

546

00:18:53,750 --> 00:18:51,200

afternoon after reading this book a bit

547

00:18:55,270 --> 00:18:53,760

and as i was falling asleep i had an

548

00:18:57,830 --> 00:18:55,280

image of

549

00:18:59,750 --> 00:18:57,840

old cellar doors you know if you know

550

00:19:01,110 --> 00:18:59,760

like i guess in the midwest you know

551
00:19:02,950 --> 00:19:01,120
like behind the house there's the old

552
00:19:04,870 --> 00:19:02,960
solar doors you get into the cellar that

553
00:19:06,870 --> 00:19:04,880
way the storm seller

554
00:19:08,549 --> 00:19:06,880
and they were kind of

555
00:19:10,710 --> 00:19:08,559
something was pushing behind them you

556
00:19:12,230 --> 00:19:10,720
know trying to open up trying to get out

557
00:19:14,390 --> 00:19:12,240
and it was like opening

558
00:19:15,590 --> 00:19:14,400
and then suddenly it burst open

559
00:19:17,510 --> 00:19:15,600
and then all these mythological

560
00:19:19,350 --> 00:19:17,520
characters came out

561
00:19:21,190 --> 00:19:19,360
and that was a symbolic representation

562
00:19:23,669 --> 00:19:21,200
of what actually was happening to me as

563
00:19:25,110 --> 00:19:23,679

i drifted into sleep dozing off you know

564

00:19:26,470 --> 00:19:25,120

the cellar is the underworld the

565

00:19:27,430 --> 00:19:26,480

underground

566

00:19:29,350 --> 00:19:27,440

i'm

567

00:19:30,230 --> 00:19:29,360

slowly moving into it the doors are

568

00:19:31,590 --> 00:19:30,240

opening

569

00:19:33,669 --> 00:19:31,600

suddenly open and then i had been

570

00:19:35,750 --> 00:19:33,679

reading about all these mythological

571

00:19:38,549 --> 00:19:35,760

characters that both freud and young

572

00:19:40,470 --> 00:19:38,559

were referring to in order to talk about

573

00:19:41,750 --> 00:19:40,480

their versions of the unconscious

574

00:19:43,270 --> 00:19:41,760

and the reason i'm saying this is there

575

00:19:45,350 --> 00:19:43,280

was an early um

576

00:19:47,350 --> 00:19:45,360

freudian a fellow named herbert silber

577

00:19:49,029 --> 00:19:47,360

who most people don't know about

578

00:19:51,510 --> 00:19:49,039

and he wrote about

579

00:19:53,510 --> 00:19:51,520

the unconscious and alchemy even before

580

00:19:55,270 --> 00:19:53,520

jung did he wrote a book called hidden

581

00:19:57,830 --> 00:19:55,280

symbolism of alchemy in the hermetic

582

00:20:00,470 --> 00:19:57,840

arts or something along those lines

583

00:20:02,870 --> 00:20:00,480

sadly he was excommunicated from freud's

584

00:20:05,110 --> 00:20:02,880

circle and freud had such a

585

00:20:07,669 --> 00:20:05,120

fantastic power over some of his

586

00:20:09,750 --> 00:20:07,679

acolytes that he drove into suicide and

587

00:20:12,310 --> 00:20:09,760

her sibling found it hanging himself

588

00:20:14,549 --> 00:20:12,320

because freud excommunicated him but

589

00:20:16,470 --> 00:20:14,559

luckily before that he wrote this paper

590

00:20:20,149 --> 00:20:16,480

about hypnagogic phenomena and said they

591

00:20:22,230 --> 00:20:20,159

are auto symbolic self-symbolic so the

592

00:20:25,029 --> 00:20:22,240

images

593

00:20:26,870 --> 00:20:25,039

the voices you hear voices sometimes you

594

00:20:29,990 --> 00:20:26,880

know actually in the beginning of the

595

00:20:32,070 --> 00:20:30,000

book sort of the dedication as it were

596

00:20:33,669 --> 00:20:32,080

i quote something i heard is i was

597

00:20:35,830 --> 00:20:33,679

drifting in the hypnagogic state and it

598

00:20:38,470 --> 00:20:35,840

says lord help me believe in the primary

599

00:20:40,950 --> 00:20:38,480

dreams of which my life is made

600

00:20:43,029 --> 00:20:40,960

i didn't think that it just i heard i

601
00:20:44,789 --> 00:20:43,039
heard some voice saying that

602
00:20:46,789 --> 00:20:44,799
so as you drift off into sleep you can

603
00:20:49,430 --> 00:20:46,799
hear voices say something to you you

604
00:20:51,350 --> 00:20:49,440
have different images happen

605
00:20:52,789 --> 00:20:51,360
but they're not random we tend to think

606
00:20:54,470 --> 00:20:52,799
they're random because we don't pay

607
00:20:56,630 --> 00:20:54,480
attention to this stuff and we're told

608
00:20:58,149 --> 00:20:56,640
not to pay attention to it but if you do

609
00:20:59,510 --> 00:20:58,159
pay attention to you see that it isn't

610
00:21:01,510 --> 00:20:59,520
random that actually there's an

611
00:21:03,590 --> 00:21:01,520
intelligence behind it the symbols are

612
00:21:05,510 --> 00:21:03,600
symbolic of either what you were just

613
00:21:08,630 --> 00:21:05,520

thinking about or your emotional state

614

00:21:10,549 --> 00:21:08,640

or even your physical state so nowadays

615

00:21:13,110 --> 00:21:10,559

often as i'm falling asleep i see little

616

00:21:14,710 --> 00:21:13,120

men like hopping down stairs

617

00:21:16,149 --> 00:21:14,720

if you remember slinkies i don't know if

618

00:21:17,590 --> 00:21:16,159

anybody remembers that

619

00:21:19,669 --> 00:21:17,600

i grew up with slinkys remember the

620

00:21:20,470 --> 00:21:19,679

slinky's going down the stairs

621

00:21:23,830 --> 00:21:20,480

so

622

00:21:25,750 --> 00:21:23,840

of little men kind of hopping down the

623

00:21:27,110 --> 00:21:25,760

stairs and going down

624

00:21:30,149 --> 00:21:27,120

that's what's happening you're going

625

00:21:33,510 --> 00:21:30,159

down you're falling asleep you're going

626
00:21:34,630 --> 00:21:33,520
down into the dark unconscious and so

627
00:21:36,549 --> 00:21:34,640
it's

628
00:21:38,870 --> 00:21:36,559
what i've discovered over the years is

629
00:21:40,630 --> 00:21:38,880
that whatever it is is responsible for

630
00:21:43,190 --> 00:21:40,640
these things dreams

631
00:21:44,630 --> 00:21:43,200
synchronicities whatever they may be

632
00:21:46,310 --> 00:21:44,640
it's intelligent

633
00:21:49,270 --> 00:21:46,320
and i shouldn't even say it because i

634
00:21:51,110 --> 00:21:49,280
think it's more of a who than a what

635
00:21:53,270 --> 00:21:51,120
yes

636
00:21:55,830 --> 00:21:53,280
i had that line written down from your

637
00:21:57,750 --> 00:21:55,840
book often it seems that the agency

638
00:22:00,630 --> 00:21:57,760

responsible for our dreams is more of a

639

00:22:03,430 --> 00:22:00,640

who than a what and it does feel like

640

00:22:06,789 --> 00:22:03,440

there can be some kind of director being

641

00:22:09,430 --> 00:22:06,799

shepherding our dreams but it's hard to

642

00:22:12,230 --> 00:22:09,440

put a face on or a name

643

00:22:14,310 --> 00:22:12,240

well yes i agree and it's like jung

644

00:22:16,549 --> 00:22:14,320

talked about this

645

00:22:19,270 --> 00:22:16,559

he didn't feel that

646

00:22:20,789 --> 00:22:19,280

they we say the unconscious because

647

00:22:22,870 --> 00:22:20,799

immediately that sets up a lot of

648

00:22:24,789 --> 00:22:22,880

problems because we posit a particular

649

00:22:27,510 --> 00:22:24,799

concrete thing or entity that's the

650

00:22:29,190 --> 00:22:27,520

unconscious when you know

651
00:22:31,270 --> 00:22:29,200
i don't know what's happening in china

652
00:22:33,590 --> 00:22:31,280
right now so i'm not conscious of that

653
00:22:35,190 --> 00:22:33,600
so that's part of the unconscious in

654
00:22:37,110 --> 00:22:35,200
some you know broad kind of way but

655
00:22:38,950 --> 00:22:37,120
still he said there seems to be an

656
00:22:41,909 --> 00:22:38,960
intelligence but somebody doesn't seem

657
00:22:43,990 --> 00:22:41,919
to have a focal point like we have it we

658
00:22:45,750 --> 00:22:44,000
you and i talking now you know

659
00:22:48,470 --> 00:22:45,760
our egos

660
00:22:51,350 --> 00:22:48,480
our eye our sense of eye it's a kind of

661
00:22:53,029 --> 00:22:51,360
bright magnetic center focal point that

662
00:22:54,470 --> 00:22:53,039
you know draws the elements of

663
00:22:56,630 --> 00:22:54,480

consciousness together

664

00:22:58,950 --> 00:22:56,640

and you know we feel that sense but the

665

00:23:01,430 --> 00:22:58,960

unconscious doesn't seem to have that

666

00:23:02,870 --> 00:23:01,440

kind of as far as we can tell although

667

00:23:04,870 --> 00:23:02,880

at the same time there does seem to be

668

00:23:06,870 --> 00:23:04,880

an intelligence

669

00:23:08,149 --> 00:23:06,880

the commentary

670

00:23:08,870 --> 00:23:08,159

well this is what young said you know

671

00:23:11,909 --> 00:23:08,880

that

672

00:23:14,070 --> 00:23:11,919

dreams are a commentary and they serve a

673

00:23:15,750 --> 00:23:14,080

compensating function

674

00:23:17,270 --> 00:23:15,760

for our

675

00:23:20,390 --> 00:23:17,280

biased

676

00:23:24,390 --> 00:23:22,470

precisely in order to enjoy the

677

00:23:28,230 --> 00:23:24,400

advantages of having that tight focal

678

00:23:30,789 --> 00:23:28,240

point that we call the ego i me and you

679

00:23:32,549 --> 00:23:30,799

in order to have that we have to sort of

680

00:23:33,510 --> 00:23:32,559

edit out quite a bit

681

00:23:35,029 --> 00:23:33,520

so

682

00:23:37,990 --> 00:23:35,039

that's not part of

683

00:23:39,350 --> 00:23:38,000

what we see and what we use in order to

684

00:23:40,470 --> 00:23:39,360

make our decisions and so the

685

00:23:42,950 --> 00:23:40,480

unconscious

686

00:23:44,549 --> 00:23:42,960

brings in that element that we've

687

00:23:45,990 --> 00:23:44,559

excluded from our conscious attitude

688

00:23:47,909 --> 00:23:46,000

that's one way to look at it that's kind

689

00:23:49,669 --> 00:23:47,919

of its function or it's teleology it's

690

00:23:51,430 --> 00:23:49,679

purpose significant do that so to

691

00:23:52,950 --> 00:23:51,440

compensate

692

00:23:54,710 --> 00:23:52,960

but then you know it does sort of more

693

00:23:57,269 --> 00:23:54,720

than that because that might just seem

694

00:23:58,789 --> 00:23:57,279

kind of like a mechanical balancing out

695

00:24:00,390 --> 00:23:58,799

thing but it does often seem what jung

696

00:24:03,190 --> 00:24:00,400

said that what he calls the perspective

697

00:24:05,669 --> 00:24:03,200

tendencies and it was precisely that

698

00:24:07,269 --> 00:24:05,679

that notion that the unconscious had a

699

00:24:09,269 --> 00:24:07,279

perspective tendency in the sense that

700

00:24:10,710 --> 00:24:09,279

it was future oriented

701

00:24:13,029 --> 00:24:10,720

freud just looked at it as cause and

702

00:24:14,710 --> 00:24:13,039

effect you had that dream that's because

703

00:24:16,789 --> 00:24:14,720

that happened to you when you were six

704

00:24:18,630 --> 00:24:16,799

years old or whatever you know where's

705

00:24:20,630 --> 00:24:18,640

young said oh you had that dream that

706

00:24:21,909 --> 00:24:20,640

means this is pointing towards something

707

00:24:23,909 --> 00:24:21,919

in the future

708

00:24:25,909 --> 00:24:23,919

it's pointing towards something that

709

00:24:28,710 --> 00:24:25,919

wants to express itself the unconscious

710

00:24:31,430 --> 00:24:28,720

wants to become conscious it wants to

711

00:24:33,190 --> 00:24:31,440

complement or make whole the conscious

712

00:24:35,110 --> 00:24:33,200

attitude so it has a teleology it's

713

00:24:38,789 --> 00:24:35,120

pushing towards the future not just

714

00:24:40,950 --> 00:24:38,799

being pushed by the past which is

715

00:24:43,830 --> 00:24:40,960

freud's fundamentally mechanical kind of

716

00:24:45,269 --> 00:24:43,840

thing so i mean i just came to see that

717

00:24:48,070 --> 00:24:45,279

sort of thing

718

00:24:49,669 --> 00:24:48,080

and it's also over time if you do write

719

00:24:50,870 --> 00:24:49,679

down your dreams

720

00:24:53,029 --> 00:24:50,880

and

721

00:24:54,710 --> 00:24:53,039

don't look at them for a while

722

00:24:56,950 --> 00:24:54,720

and then go back

723

00:24:58,870 --> 00:24:56,960

say three months later go back and look

724

00:25:01,269 --> 00:24:58,880

at go back you know dreams from that

725

00:25:02,310 --> 00:25:01,279

period you'll see patterns emerging

726

00:25:04,630 --> 00:25:02,320

you'll see

727

00:25:06,230 --> 00:25:04,640

you know symbols coming out

728

00:25:08,870 --> 00:25:06,240

and you don't have to go archetype

729

00:25:11,269 --> 00:25:08,880

hunting which i think that happens some

730

00:25:13,190 --> 00:25:11,279

people get into that aspect of young

731

00:25:14,950 --> 00:25:13,200

young thing which really

732

00:25:16,710 --> 00:25:14,960

that just takes off you can go with that

733

00:25:19,110 --> 00:25:16,720

forever you know what he called the

734

00:25:22,630 --> 00:25:19,120

amplification you can keep finding

735

00:25:24,149 --> 00:25:22,640

resonances and echoes with mythology and

736

00:25:25,510 --> 00:25:24,159

things of that sort but if you just kind

737

00:25:28,310 --> 00:25:25,520

of think okay

738

00:25:31,909 --> 00:25:28,320

dreams they speak in a symbolic language

739

00:25:34,230 --> 00:25:31,919

they tell stories they tell jokes

740

00:25:35,830 --> 00:25:34,240

they really often tell jokes and plays

741

00:25:38,149 --> 00:25:35,840

on words and puns

742

00:25:39,990 --> 00:25:38,159

and it's almost like you can be too

743

00:25:41,510 --> 00:25:40,000

clever by half and miss what's happening

744

00:25:43,190 --> 00:25:41,520

because sometimes it's so obvious it's

745

00:25:45,590 --> 00:25:43,200

like a really bad joke you know it's

746

00:25:48,149 --> 00:25:45,600

like it's very very obvious and then

747

00:25:49,990 --> 00:25:48,159

when you see that it's like oh man

748

00:25:51,909 --> 00:25:50,000

one thing if you know the transformer

749

00:25:53,510 --> 00:25:51,919

films yeah the only reason i know them

750

00:25:55,029 --> 00:25:53,520

is when my sons are young they love them

751
00:25:57,110 --> 00:25:55,039
so we watch them

752
00:25:59,909 --> 00:25:57,120
but the little guy bumblebee

753
00:26:01,990 --> 00:25:59,919
right he can't talk

754
00:26:04,230 --> 00:26:02,000
he can't speak like the other ones do

755
00:26:06,149 --> 00:26:04,240
but what he does is that he picks up

756
00:26:07,590 --> 00:26:06,159
bits and pieces from the radio or

757
00:26:08,950 --> 00:26:07,600
whatever guys hits the radio because

758
00:26:10,789 --> 00:26:08,960
he's in the car

759
00:26:13,190 --> 00:26:10,799
and he uses that

760
00:26:14,870 --> 00:26:13,200
that song a line from that song or some

761
00:26:16,549 --> 00:26:14,880
news report or something in order to say

762
00:26:18,230 --> 00:26:16,559
what he has to say

763
00:26:21,029 --> 00:26:18,240

so he can't communicate but he doesn't

764

00:26:23,350 --> 00:26:21,039

speak in sequential logical language

765

00:26:25,029 --> 00:26:23,360

like you know the other ones do and

766

00:26:27,430 --> 00:26:25,039

that's sort of how

767

00:26:29,590 --> 00:26:27,440

whoever is responsible for dreams speaks

768

00:26:32,149 --> 00:26:29,600

in that way it communicates but not in a

769

00:26:34,789 --> 00:26:32,159

direct way

770

00:26:38,390 --> 00:26:34,799

yeah i was going to ask you about

771

00:26:41,590 --> 00:26:38,400

what you would say we could do to dial

772

00:26:43,909 --> 00:26:41,600

up or achieve better dream value

773

00:26:46,149 --> 00:26:43,919

discernment or even dial down the

774

00:26:48,070 --> 00:26:46,159

symbolic distortion that you mentioned

775

00:26:50,470 --> 00:26:48,080

because it seems like there might be

776

00:26:52,470 --> 00:26:50,480

something we can do to increase the

777

00:26:54,149 --> 00:26:52,480

meaningful or insightful dreams and

778

00:26:55,510 --> 00:26:54,159

decrease the random ones or maybe

779

00:26:57,350 --> 00:26:55,520

there's none that are random we just

780

00:26:59,029 --> 00:26:57,360

haven't found the meaning but

781

00:27:01,590 --> 00:26:59,039

how would you say

782

00:27:04,390 --> 00:27:01,600

people could get better at interpreting

783

00:27:06,310 --> 00:27:04,400

the language or finding the meaning in a

784

00:27:08,070 --> 00:27:06,320

greater number of their dreams rather

785

00:27:09,750 --> 00:27:08,080

than i'd say for a lot of people it's

786

00:27:11,909 --> 00:27:09,760

probably maybe one in ten feel

787

00:27:15,190 --> 00:27:11,919

meaningful when maybe they all are if we

788

00:27:16,950 --> 00:27:15,200

had better eyes to see as they say

789

00:27:19,750 --> 00:27:16,960

well what i'm going to say please don't

790

00:27:22,630 --> 00:27:19,760

take this as a plug of advertisement for

791

00:27:26,230 --> 00:27:25,430

psychologists but

792

00:27:27,350 --> 00:27:26,240

it's

793

00:27:33,750 --> 00:27:27,360

often

794

00:27:35,350 --> 00:27:33,760

what the language of the dream is saying

795

00:27:37,110 --> 00:27:35,360

your particular dream

796

00:27:39,830 --> 00:27:37,120

better than you can

797

00:27:42,870 --> 00:27:39,840

i mean each of us individually are very

798

00:27:44,870 --> 00:27:42,880

often the worst person

799

00:27:47,110 --> 00:27:44,880

to try to understand what the dream is

800

00:27:50,149 --> 00:27:47,120

saying precisely because it's our

801
00:27:51,990 --> 00:27:50,159
unconscious we are unconscious of that

802
00:27:54,230 --> 00:27:52,000
right i mean that's you have to remember

803
00:27:55,990 --> 00:27:54,240
i was like what jung says in that famous

804
00:27:58,950 --> 00:27:56,000
interview

805
00:27:59,990 --> 00:27:58,960
the unconscious it's really unconscious

806
00:28:02,230 --> 00:28:00,000
you know

807
00:28:03,830 --> 00:28:02,240
so we are unconscious of that so this is

808
00:28:05,990 --> 00:28:03,840
stuff that we don't know about ourselves

809
00:28:09,110 --> 00:28:06,000
i mean we can do our best

810
00:28:12,070 --> 00:28:09,120
and as i say over time sometimes you can

811
00:28:14,070 --> 00:28:12,080
so a dream i'm having now right whatever

812
00:28:15,830 --> 00:28:14,080
i write it down i do and i okay what was

813
00:28:17,430 --> 00:28:15,840

that and again i'd look for everything

814

00:28:20,149 --> 00:28:17,440

you know i'm a writer so i'm aware of

815

00:28:22,230 --> 00:28:20,159

metaphor and you know plays on words and

816

00:28:23,990 --> 00:28:22,240

you know kind of thing but then if i go

817

00:28:26,470 --> 00:28:24,000

back and read from you know dreams from

818

00:28:27,909 --> 00:28:26,480

october maybe or september

819

00:28:30,870 --> 00:28:27,919

i'll see stuff now that i wouldn't have

820

00:28:33,510 --> 00:28:30,880

seen then because i'm not myself

821

00:28:35,590 --> 00:28:33,520

in that psychic new year

822

00:28:37,430 --> 00:28:35,600

that those dreams took place in but you

823

00:28:38,710 --> 00:28:37,440

know someone outside

824

00:28:41,029 --> 00:28:38,720

can see it because they have an

825

00:28:42,310 --> 00:28:41,039

objective position and all that so it's

826

00:28:44,230 --> 00:28:42,320

not guaranteed but you have a better

827

00:28:46,070 --> 00:28:44,240

chance of doing that but i mean i think

828

00:28:48,070 --> 00:28:46,080

the thing is is like a royal dream is

829

00:28:50,630 --> 00:28:48,080

meaningful i think the best thing is not

830

00:28:52,470 --> 00:28:50,640

to get too anxious about it but write

831

00:28:54,630 --> 00:28:52,480

them down

832

00:28:56,149 --> 00:28:54,640

in my experience i go through different

833

00:28:58,630 --> 00:28:56,159

there's times when there's too many of

834

00:29:00,470 --> 00:28:58,640

them there's too much

835

00:29:02,149 --> 00:29:00,480

other times it's like oh how boring and

836

00:29:03,990 --> 00:29:02,159

i do i want to write another boring

837

00:29:06,310 --> 00:29:04,000

dream damn like i do it because that's

838

00:29:08,230 --> 00:29:06,320

my meditation or whatever i'm committed

839

00:29:10,149 --> 00:29:08,240

to doing that so i do it but you develop

840

00:29:11,510 --> 00:29:10,159

it's kind of i don't want to say channel

841

00:29:13,669 --> 00:29:11,520

because that's like a loaded word but

842

00:29:15,430 --> 00:29:13,679

you you develop

843

00:29:17,190 --> 00:29:15,440

you develop a relationship in a way i

844

00:29:19,590 --> 00:29:17,200

mean if you think of it that

845

00:29:21,909 --> 00:29:19,600

who or whatever is responsible for

846

00:29:24,070 --> 00:29:21,919

creating the dreams is somebody you like

847

00:29:26,870 --> 00:29:24,080

to get to know but they're a bit shy you

848

00:29:28,950 --> 00:29:26,880

have to remember they're not direct

849

00:29:31,669 --> 00:29:28,960

i mean what they say may be direct what

850

00:29:33,590 --> 00:29:31,679

they say may be oh my god yeah bang this

851

00:29:35,990 --> 00:29:33,600

is something i need to know but they

852

00:29:38,070 --> 00:29:36,000

don't say it in a direct way

853

00:29:39,590 --> 00:29:38,080

you know and in some ways

854

00:29:42,230 --> 00:29:39,600

as you say they're counting on our

855

00:29:43,830 --> 00:29:42,240

intelligence to figure it out right and

856

00:29:45,269 --> 00:29:43,840

they're infinitely patient and they keep

857

00:29:48,149 --> 00:29:45,279

sending up

858

00:29:52,149 --> 00:29:48,159

he'll get it at some point

859

00:29:54,310 --> 00:29:52,159

that's what it is and it's us as jung

860

00:29:55,990 --> 00:29:54,320

said it's a part of us sending postcards

861

00:29:57,750 --> 00:29:56,000

to another part

862

00:30:00,950 --> 00:29:57,760

yeah and i've also heard people talk

863

00:30:03,110 --> 00:30:00,960

about if you pose a question or

864

00:30:05,590 --> 00:30:03,120

something like some

865

00:30:07,430 --> 00:30:05,600

dreamland eight ball like you will get a

866

00:30:08,870 --> 00:30:07,440

better response so maybe this thing on

867

00:30:10,710 --> 00:30:08,880

the other end of the line is like oh

868

00:30:12,870 --> 00:30:10,720

they're actually paying attention this

869

00:30:14,549 --> 00:30:12,880

time maybe they get more excited about

870

00:30:17,590 --> 00:30:14,559

delivering something

871

00:30:18,549 --> 00:30:17,600

well absolutely if you pay attention

872

00:30:20,549 --> 00:30:18,559

again

873

00:30:23,750 --> 00:30:20,559

he or she or whom or whatever is

874

00:30:24,950 --> 00:30:23,760

responsible will respond

875

00:30:27,110 --> 00:30:24,960

and

876

00:30:29,029 --> 00:30:27,120

rudolf steiner

877

00:30:30,870 --> 00:30:29,039

in a different context but

878

00:30:32,870 --> 00:30:30,880

well more or less in the same world

879

00:30:34,870 --> 00:30:32,880

we're talking about but in his own kind

880

00:30:36,070 --> 00:30:34,880

of you know way of talking about it he

881

00:30:37,750 --> 00:30:36,080

said that if you wanted to speak with

882

00:30:39,830 --> 00:30:37,760

the dead

883

00:30:40,870 --> 00:30:39,840

what you did is that

884

00:30:47,750 --> 00:30:40,880

you

885

00:30:48,630 --> 00:30:47,760

so we're back in the hypnagogic state

886

00:30:49,590 --> 00:30:48,640

again

887

00:30:53,029 --> 00:30:49,600

right

888

00:30:55,669 --> 00:30:53,039

and in jung he kind of says it is the

889

00:30:58,470 --> 00:30:55,679

dead but he doesn't quite say it

890

00:30:59,990 --> 00:30:58,480

he's had octopus

891

00:31:02,470 --> 00:31:00,000

you know he's a scientist

892

00:31:04,389 --> 00:31:02,480

you know it's this is you know he's not

893

00:31:05,750 --> 00:31:04,399

a mystic but he does more or less say

894

00:31:07,509 --> 00:31:05,760

that you know if you become aware of the

895

00:31:08,789 --> 00:31:07,519

collective unconscious if you become

896

00:31:11,590 --> 00:31:08,799

aware

897

00:31:13,509 --> 00:31:11,600

of the archetypes then you are connected

898

00:31:15,669 --> 00:31:13,519

with your ancestors and you're connected

899

00:31:17,750 --> 00:31:15,679

with and he he had his own you know just

900

00:31:19,110 --> 00:31:17,760

like steiner and swedenborg

901
00:31:20,789 --> 00:31:19,120
all of these guys had a deep

902
00:31:22,549 --> 00:31:20,799
relationship with the dead

903
00:31:24,630 --> 00:31:22,559
and not necessarily morbid but in the

904
00:31:26,710 --> 00:31:24,640
sense that they felt they had a contact

905
00:31:28,710 --> 00:31:26,720
with that world and that world connects

906
00:31:31,110 --> 00:31:28,720
with the dream world and

907
00:31:33,190 --> 00:31:31,120
time and all the mysteries in which we

908
00:31:35,350 --> 00:31:33,200
find ourselves as you know as we slowly

909
00:31:36,950 --> 00:31:35,360
wake up in this world we find ourselves

910
00:31:38,870 --> 00:31:36,960
in we realize that you know the

911
00:31:41,190 --> 00:31:38,880
fundamental things are absolutely as

912
00:31:44,470 --> 00:31:41,200
mysterious as the first time we first

913
00:31:47,029 --> 00:31:44,480

became aware of the mystery

914

00:31:49,590 --> 00:31:47,039

yeah and another strange fact from your

915

00:31:52,310 --> 00:31:49,600

book is that you mention

916

00:31:55,430 --> 00:31:52,320

all mammals seem to dream but reptiles

917

00:31:57,190 --> 00:31:55,440

and amphibians seem not to so i guess

918

00:31:59,430 --> 00:31:57,200

queen elizabeth and klaus schwab would

919

00:32:01,590 --> 00:31:59,440

be pretty lost in this conversation

920

00:32:03,509 --> 00:32:01,600

uh you must have lost me there oh you

921

00:32:05,029 --> 00:32:03,519

mean because david ike yeah yeah yeah

922

00:32:05,909 --> 00:32:05,039

reptilian thing there's a low hanging

923

00:32:07,909 --> 00:32:05,919

freak

924

00:32:09,830 --> 00:32:07,919

yeah well i mean yeah yeah i know i i

925

00:32:10,630 --> 00:32:09,840

understand no no i got i got it well i

926
00:32:13,430 --> 00:32:10,640
mean

927
00:32:15,909 --> 00:32:13,440
as far as we can tell according to sort

928
00:32:18,310 --> 00:32:15,919
of the scientific research into it yeah

929
00:32:19,830 --> 00:32:18,320
dreaming starts up with mammals with

930
00:32:22,230 --> 00:32:19,840
warm-blooded

931
00:32:23,190 --> 00:32:22,240
animals and it goes back very very very

932
00:32:26,149 --> 00:32:23,200
far

933
00:32:28,870 --> 00:32:26,159
and the strange thing about that

934
00:32:30,389 --> 00:32:28,880
is that how should we say it

935
00:32:31,830 --> 00:32:30,399
well

936
00:32:33,990 --> 00:32:31,840
one of the things i write about in the

937
00:32:36,310 --> 00:32:34,000
book and i've experienced

938
00:32:37,750 --> 00:32:36,320

a great deal of and i actually wrote

939

00:32:39,190 --> 00:32:37,760

quite a bit about it but i had to take

940

00:32:39,990 --> 00:32:39,200

it out of the book it didn't quite fit

941

00:32:41,830 --> 00:32:40,000

in

942

00:32:43,750 --> 00:32:41,840

it's a strange phenomenon known as sleep

943

00:32:45,750 --> 00:32:43,760

paralysis

944

00:32:46,549 --> 00:32:45,760

and if you've ever experienced this it's

945

00:32:48,310 --> 00:32:46,559

like

946

00:32:50,389 --> 00:32:48,320

when we fall asleep right and then we

947

00:32:53,909 --> 00:32:50,399

fall into a dream state

948

00:32:56,630 --> 00:32:53,919

in order so that we do not act out

949

00:32:58,710 --> 00:32:56,640

what's actually happening in the dream

950

00:33:00,710 --> 00:32:58,720

our brain shuts down

951
00:33:02,710 --> 00:33:00,720
the centers that you know allow us to

952
00:33:04,230 --> 00:33:02,720
move whatever parts of the brain that

953
00:33:07,029 --> 00:33:04,240
may be

954
00:33:09,190 --> 00:33:07,039
and this goes back to our

955
00:33:10,950 --> 00:33:09,200
earlier you know pre-human

956
00:33:12,710 --> 00:33:10,960
mammalian

957
00:33:14,789 --> 00:33:12,720
ancestry

958
00:33:16,789 --> 00:33:14,799
you know so the earliest mammals when

959
00:33:18,630 --> 00:33:16,799
they fell asleep and they dreamed they

960
00:33:21,669 --> 00:33:18,640
developed this

961
00:33:25,110 --> 00:33:21,679
sleep paralysis it was an evolutionarily

962
00:33:28,389 --> 00:33:25,120
adaptive strategy

963
00:33:29,990 --> 00:33:28,399

but strategy to do what to preserve

964

00:33:31,909 --> 00:33:30,000

dreaming

965

00:33:33,430 --> 00:33:31,919

you have to think about that evolution

966

00:33:34,789 --> 00:33:33,440

went out of its way

967

00:33:36,549 --> 00:33:34,799

to develop

968

00:33:38,389 --> 00:33:36,559

methods by which we could preserve

969

00:33:40,310 --> 00:33:38,399

dreaming

970

00:33:41,830 --> 00:33:40,320

because you know if

971

00:33:43,029 --> 00:33:41,840

if dreaming wasn't considered that

972

00:33:44,789 --> 00:33:43,039

important

973

00:33:47,190 --> 00:33:44,799

evolution whatever you know wouldn't

974

00:33:49,190 --> 00:33:47,200

have bothered to invent sleep paralysis

975

00:33:50,710 --> 00:33:49,200

it would have got rid of dreaming

976
00:33:52,310 --> 00:33:50,720
because you know what happened the thing

977
00:33:54,070 --> 00:33:52,320
was that if you're sleeping and you're

978
00:33:55,669 --> 00:33:54,080
able to move around and all that then

979
00:33:57,909 --> 00:33:55,679
your predators will hear that and

980
00:34:00,789 --> 00:33:57,919
they'll come and eat you

981
00:34:02,389 --> 00:34:00,799
but if you're sleeping and you're not

982
00:34:04,389 --> 00:34:02,399
able to move around

983
00:34:06,149 --> 00:34:04,399
you can have the dream and your

984
00:34:09,589 --> 00:34:06,159
predators won't know about it and even

985
00:34:11,190 --> 00:34:09,599
today you know dog owners you know

986
00:34:12,790 --> 00:34:11,200
watch their dogs when they're sleeping

987
00:34:14,710 --> 00:34:12,800
they can see that the dogs are dreaming

988
00:34:16,310 --> 00:34:14,720

yeah and they even have rem they have

989

00:34:17,990 --> 00:34:16,320

rapid eye movement

990

00:34:20,950 --> 00:34:18,000

and stuff like that but they're in sleep

991

00:34:22,389 --> 00:34:20,960

paralysis and as i said i wasn't able to

992

00:34:25,190 --> 00:34:22,399

put it into the book but one of the

993

00:34:27,750 --> 00:34:25,200

strangest experiences of my life was

994

00:34:29,510 --> 00:34:27,760

during a state of sleep paralysis

995

00:34:31,109 --> 00:34:29,520

and i seemed to be in about three

996

00:34:33,270 --> 00:34:31,119

different states of consciousness at the

997

00:34:35,030 --> 00:34:33,280

same time

998

00:34:36,470 --> 00:34:35,040

i wrote about it at length but i had to

999

00:34:37,430 --> 00:34:36,480

take it out because it just didn't fit

1000

00:34:41,750 --> 00:34:37,440

in

1001
00:34:43,829 --> 00:34:41,760
it now but i was sleep paralysis is when

1002
00:34:45,829 --> 00:34:43,839
you say your body is your muscles are

1003
00:34:46,950 --> 00:34:45,839
torpid as the word is you know they're

1004
00:34:48,470 --> 00:34:46,960
slack

1005
00:34:51,430 --> 00:34:48,480
they don't respond

1006
00:34:54,230 --> 00:34:51,440
to any messages to move

1007
00:34:56,149 --> 00:34:54,240
and that's said that's an evolutionary

1008
00:34:57,349 --> 00:34:56,159
strategy that we've inherited by

1009
00:34:59,750 --> 00:34:57,359
mammalian

1010
00:35:02,470 --> 00:34:59,760
ancestors so that we don't act out what

1011
00:35:05,030 --> 00:35:02,480
we're dreaming and attract predators but

1012
00:35:06,710 --> 00:35:05,040
what happens to some people

1013
00:35:09,190 --> 00:35:06,720

it certainly happened to me quite a bit

1014

00:35:11,270 --> 00:35:09,200

especially if i fell asleep on my back

1015

00:35:13,030 --> 00:35:11,280

at night not during this all this weird

1016

00:35:14,230 --> 00:35:13,040

it wouldn't happen during the day if i

1017

00:35:15,190 --> 00:35:14,240

took a nap during the day it wouldn't

1018

00:35:16,950 --> 00:35:15,200

happen

1019

00:35:19,510 --> 00:35:16,960

if i still sleep at night on my back

1020

00:35:22,230 --> 00:35:19,520

this is when it would happen

1021

00:35:24,230 --> 00:35:22,240

i would fall asleep then i'd wake up

1022

00:35:25,910 --> 00:35:24,240

but my mind would be awake but my body

1023

00:35:27,910 --> 00:35:25,920

would be slack

1024

00:35:30,950 --> 00:35:27,920

i wasn't able to move

1025

00:35:33,270 --> 00:35:30,960

i could barely move my little finger

1026

00:35:35,910 --> 00:35:33,280

the slightest bit with an enormous

1027

00:35:37,829 --> 00:35:35,920

amount of effort of will

1028

00:35:40,069 --> 00:35:37,839

and then bang it would kick in and i

1029

00:35:41,589 --> 00:35:40,079

would jump

1030

00:35:43,430 --> 00:35:41,599

you know out of bed

1031

00:35:45,030 --> 00:35:43,440

and this is something that goes back to

1032

00:35:47,510 --> 00:35:45,040

um well

1033

00:35:49,910 --> 00:35:47,520

nowadays people use it as an explanation

1034

00:35:52,069 --> 00:35:49,920

for you know alien abduction experiences

1035

00:35:53,109 --> 00:35:52,079

or out of the body experiences or so on

1036

00:35:54,550 --> 00:35:53,119

and so on

1037

00:35:56,390 --> 00:35:54,560

if you haven't experienced it it's one

1038

00:35:58,790 --> 00:35:56,400

of the strangest kinds of things and

1039

00:36:01,030 --> 00:35:58,800

there was one time when

1040

00:36:03,030 --> 00:36:01,040

i was in the sleep paralysis state i was

1041

00:36:06,150 --> 00:36:03,040

in a dream

1042

00:36:08,150 --> 00:36:06,160

and i was also aware of the outer world

1043

00:36:09,990 --> 00:36:08,160

that i was in i was aware of my ex-wife

1044

00:36:12,390 --> 00:36:10,000

trying to wake me up out of the dream

1045

00:36:14,069 --> 00:36:12,400

she was also in the dream trying to wake

1046

00:36:15,990 --> 00:36:14,079

me up huh

1047

00:36:19,270 --> 00:36:16,000

and then i was in some other third state

1048

00:36:20,950 --> 00:36:19,280

when i was aware of those two things

1049

00:36:23,670 --> 00:36:20,960

the dream and the

1050

00:36:27,190 --> 00:36:23,680

quotation mark real life right

1051
00:36:29,030 --> 00:36:27,200
wife trying to wake me up so i mean

1052
00:36:31,190 --> 00:36:29,040
once you start going down these strange

1053
00:36:33,430 --> 00:36:31,200
tunnels you realize consciousness and

1054
00:36:35,430 --> 00:36:33,440
our experiences is a much stranger thing

1055
00:36:37,670 --> 00:36:35,440
than anybody thinks they know about

1056
00:36:39,349 --> 00:36:37,680
right right and when people talk about

1057
00:36:41,829 --> 00:36:39,359
sleep paralysis that's often when they

1058
00:36:44,470 --> 00:36:41,839
have the incubus succubus experiences

1059
00:36:46,950 --> 00:36:44,480
and hack attacks and these beans that

1060
00:36:48,470 --> 00:36:46,960
seem to be in the room and only move

1061
00:36:50,790 --> 00:36:48,480
forward when you're in a heightened

1062
00:36:53,750 --> 00:36:50,800
state of fear as if they feed on it it

1063
00:36:55,349 --> 00:36:53,760

gets quite weird and we cannot function

1064

00:36:57,670 --> 00:36:55,359

without sleep i mean as long as our

1065

00:37:00,310 --> 00:36:57,680

lives are you might be able to go two

1066

00:37:02,550 --> 00:37:00,320

days three if you really uh put the

1067

00:37:04,150 --> 00:37:02,560

energy and effort into it i guess but

1068

00:37:06,710 --> 00:37:04,160

beyond that i mean you will drive

1069

00:37:08,710 --> 00:37:06,720

yourself crazy you cannot live without

1070

00:37:11,589 --> 00:37:08,720

sleep and that's a really odd

1071

00:37:12,790 --> 00:37:11,599

mechanism for life and

1072

00:37:14,390 --> 00:37:12,800

i was going to ask you a little bit more

1073

00:37:15,510 --> 00:37:14,400

about synchronicity because when it

1074

00:37:17,349 --> 00:37:15,520

comes to

1075

00:37:19,270 --> 00:37:17,359

call it meaningful coincidence you write

1076

00:37:21,190 --> 00:37:19,280

about young's take on synchronicity

1077

00:37:22,950 --> 00:37:21,200

which i think most people are familiar

1078

00:37:27,190 --> 00:37:22,960

with but then also

1079

00:37:31,109 --> 00:37:27,200

paul kamer's concept of seriality and

1080

00:37:33,990 --> 00:37:31,119

j.w dunn's surrealism idea how would you

1081

00:37:36,230 --> 00:37:34,000

compare and contrast these other models

1082

00:37:38,550 --> 00:37:36,240

for this phenomenon we could call

1083

00:37:39,910 --> 00:37:38,560

meaningful coincidence

1084

00:37:42,390 --> 00:37:39,920

all right well

1085

00:37:44,710 --> 00:37:42,400

young synchronicity is just as you said

1086

00:37:46,310 --> 00:37:44,720

meaningful coincidence

1087

00:37:47,750 --> 00:37:46,320

so there's something

1088

00:37:50,390 --> 00:37:47,760

you're thinking about something in your

1089

00:37:52,950 --> 00:37:50,400

head right some concern of yours

1090

00:37:53,910 --> 00:37:52,960

and then suddenly outside in the real

1091

00:37:59,910 --> 00:37:53,920

world

1092

00:38:01,190 --> 00:37:59,920

just resonates with that so remarkably

1093

00:38:03,589 --> 00:38:01,200

acute

1094

00:38:05,589 --> 00:38:03,599

that you can't help but think how did

1095

00:38:07,349 --> 00:38:05,599

that happen all right so i'll give you

1096

00:38:08,150 --> 00:38:07,359

an example of my own experience very

1097

00:38:09,829 --> 00:38:08,160

quick

1098

00:38:12,790 --> 00:38:09,839

i write about in the book

1099

00:38:13,910 --> 00:38:12,800

again back before covid hit i was on my

1100

00:38:16,710 --> 00:38:13,920

way

1101

00:38:19,270 --> 00:38:16,720

to give a talk here in london

1102

00:38:21,349 --> 00:38:19,280

at the theosophical society on colin

1103

00:38:22,790 --> 00:38:21,359

wilson who's a writer who's written

1104

00:38:24,470 --> 00:38:22,800

about all this sort of stuff and he's

1105

00:38:26,870 --> 00:38:24,480

also been a major influence on my own

1106

00:38:29,589 --> 00:38:26,880

work and his most famous book was his

1107

00:38:31,910 --> 00:38:29,599

first book and it's called the outsider

1108

00:38:34,870 --> 00:38:31,920

and it's a study of you know existential

1109

00:38:36,390 --> 00:38:34,880

anxiety and madness and men of genius

1110

00:38:38,069 --> 00:38:36,400

and so on and so on

1111

00:38:39,270 --> 00:38:38,079

so it's on my way to give a talk about

1112

00:38:41,109 --> 00:38:39,280

this

1113

00:38:43,589 --> 00:38:41,119

and then on the way

1114

00:38:45,430 --> 00:38:43,599

i thought ah there's something i need i

1115

00:38:47,349 --> 00:38:45,440

have enough time i'll pop into this

1116

00:38:49,030 --> 00:38:47,359

market just to grab what i need on the

1117

00:38:52,470 --> 00:38:49,040

way to give the talk

1118

00:38:54,230 --> 00:38:52,480

and so i'm in the checkout line

1119

00:38:57,750 --> 00:38:54,240

and there's a magazine rack and the

1120

00:38:58,630 --> 00:38:57,760

magazines are so place that all i can

1121

00:39:00,630 --> 00:38:58,640

see

1122

00:39:03,190 --> 00:39:00,640

of vogue

1123

00:39:06,470 --> 00:39:03,200

is the title that it's vogue and then

1124

00:39:09,750 --> 00:39:06,480

the headline of a lead article

1125

00:39:11,190 --> 00:39:09,760

that's all i can see like a thin band

1126

00:39:12,470 --> 00:39:11,200

and everything else is blocked out by

1127

00:39:14,069 --> 00:39:12,480

the magazines

1128

00:39:16,710 --> 00:39:14,079

and what's the headline of the lead

1129

00:39:19,109 --> 00:39:16,720

article the outsider

1130

00:39:21,750 --> 00:39:19,119

so on my way to talk about the outsider

1131

00:39:23,990 --> 00:39:21,760

by chance i pop into a market and look

1132

00:39:26,230 --> 00:39:24,000

at the cover of vogue and all i see of

1133

00:39:28,630 --> 00:39:26,240

that cover all i can see is just the

1134

00:39:31,589 --> 00:39:28,640

words the outsider so i laugh

1135

00:39:33,349 --> 00:39:31,599

i take a photo of it

1136

00:39:34,630 --> 00:39:33,359

post it on twitter and then i talk about

1137

00:39:37,510 --> 00:39:34,640

it at the talk

1138

00:39:39,109 --> 00:39:37,520

and then on the way home

1139

00:39:40,470 --> 00:39:39,119

i stop in the same market because it's

1140

00:39:41,750 --> 00:39:40,480

on my way home because there's something

1141

00:39:43,270 --> 00:39:41,760

else i needed and i thought you know

1142

00:39:45,270 --> 00:39:43,280

what i'm gonna go look at that magazine

1143

00:39:46,790 --> 00:39:45,280

see what was that all about

1144

00:39:48,390 --> 00:39:46,800

it couldn't have been about the i

1145

00:39:50,390 --> 00:39:48,400

subsequently found out it was about a

1146

00:39:51,750 --> 00:39:50,400

singer named billy eilish who i i don't

1147

00:39:52,470 --> 00:39:51,760

know anything about

1148

00:39:53,829 --> 00:39:52,480

but

1149

00:39:55,990 --> 00:39:53,839

i thought i'll go check and see what

1150

00:39:57,750 --> 00:39:56,000

that was about but then when i got there

1151
00:39:59,750 --> 00:39:57,760
it wasn't there all the magazines had

1152
00:40:02,069 --> 00:39:59,760
been changed

1153
00:40:03,829 --> 00:40:02,079
the new issues had been put in place

1154
00:40:06,230 --> 00:40:03,839
so if i hadn't popped in

1155
00:40:07,910 --> 00:40:06,240
as they say here on my way to give the

1156
00:40:08,950 --> 00:40:07,920
talk about the outsider i wouldn't have

1157
00:40:11,190 --> 00:40:08,960
seen

1158
00:40:15,829 --> 00:40:11,200
that sliver of a cover of vogue for

1159
00:40:16,630 --> 00:40:15,839
march that year 2019 i think

1160
00:40:21,190 --> 00:40:16,640
the

1161
00:40:22,950 --> 00:40:21,200
it a synchronicity it's a coincidence

1162
00:40:24,710 --> 00:40:22,960
but it's a meaningful coincidence

1163
00:40:26,230 --> 00:40:24,720

because it was it's meaningful to me

1164

00:40:28,069 --> 00:40:26,240

that i was on my way to give a talk

1165

00:40:30,790 --> 00:40:28,079

about that so i i took it as like you

1166

00:40:32,710 --> 00:40:30,800

know a tap on the shoulder good show

1167

00:40:34,230 --> 00:40:32,720

or with you you know my guardian angel

1168

00:40:37,030 --> 00:40:34,240

whatever you might say

1169

00:40:39,430 --> 00:40:37,040

but paul camera is a very fascinating

1170

00:40:40,870 --> 00:40:39,440

character i was an austrian scientist a

1171

00:40:42,870 --> 00:40:40,880

biologist

1172

00:40:44,870 --> 00:40:42,880

and there's a wonderful book

1173

00:40:46,550 --> 00:40:44,880

by a writer arthur kessler was an

1174

00:40:47,349 --> 00:40:46,560

another writer from the 20th century who

1175

00:40:48,309 --> 00:40:47,359

most

1176

00:40:50,870 --> 00:40:48,319

he's not

1177

00:40:52,870 --> 00:40:50,880

read these days as much but he should be

1178

00:40:54,790 --> 00:40:52,880

and he wrote a book called the case of

1179

00:40:56,390 --> 00:40:54,800

the midwife toad and why it has that

1180

00:40:58,790 --> 00:40:56,400

strange title is

1181

00:41:00,230 --> 00:40:58,800

the midwife toad is a toad is a an

1182

00:41:03,510 --> 00:41:00,240

animal that

1183

00:41:05,109 --> 00:41:03,520

camera used in experiments to prove

1184

00:41:06,630 --> 00:41:05,119

what's known as

1185

00:41:08,150 --> 00:41:06,640

the inheritance of acquired

1186

00:41:10,470 --> 00:41:08,160

characteristics

1187

00:41:11,910 --> 00:41:10,480

which is a mouthful but basically that

1188

00:41:12,710 --> 00:41:11,920

means that

1189

00:41:14,790 --> 00:41:12,720

if

1190

00:41:17,670 --> 00:41:14,800

one generation works really hard to

1191

00:41:19,750 --> 00:41:17,680

develop and adapt to you know the

1192

00:41:20,870 --> 00:41:19,760

environment and successful adaptation

1193

00:41:23,589 --> 00:41:20,880

they can

1194

00:41:25,589 --> 00:41:23,599

pass that on to the next generation

1195

00:41:28,390 --> 00:41:25,599

through their genes and strict darwinian

1196

00:41:30,790 --> 00:41:28,400

neodarwinian says no no the gene pool is

1197

00:41:32,470 --> 00:41:30,800

in violation you just can't get to it the

1198

00:41:35,510 --> 00:41:32,480

only thing that can get to it is random

1199

00:41:37,190 --> 00:41:35,520

mutations it's like so the smithy in the

1200

00:41:39,190 --> 00:41:37,200

village who worked really hard in a

1201
00:41:41,990 --> 00:41:39,200
strong muscles he cannot pass those

1202
00:41:44,470 --> 00:41:42,000
muscles on to his children and what

1203
00:41:47,190 --> 00:41:44,480
lamarck who's a french

1204
00:41:49,349 --> 00:41:47,200
natural scientist before darwin said no

1205
00:41:51,349 --> 00:41:49,359
no this happens the giraffe got its long

1206
00:41:53,829 --> 00:41:51,359
neck because earlier giraffes reached up

1207
00:41:55,349 --> 00:41:53,839
to get not the low hanging fruit but the

1208
00:41:56,390 --> 00:41:55,359
nicer fruit that was a bit further up

1209
00:41:58,309 --> 00:41:56,400
the tree

1210
00:42:00,230 --> 00:41:58,319
so they made efforts to stretch and

1211
00:42:02,069 --> 00:42:00,240
stretch and reach and reach and they

1212
00:42:03,750 --> 00:42:02,079
pass that on and so on and so on in a

1213
00:42:06,150 --> 00:42:03,760

way it's kind of what

1214

00:42:07,990 --> 00:42:06,160

rupert sheldrick has talked about in his

1215

00:42:11,349 --> 00:42:08,000

idea of morphic resonance

1216

00:42:13,349 --> 00:42:11,359

it plays a part in that so in any case

1217

00:42:15,430 --> 00:42:13,359

that's why camera is interesting but in

1218

00:42:17,510 --> 00:42:15,440

this book kessler also talks about

1219

00:42:20,150 --> 00:42:17,520

another aspect of his work was that he

1220

00:42:22,470 --> 00:42:20,160

was very interested in what he called

1221

00:42:24,710 --> 00:42:22,480

seriality where he saw where similar

1222

00:42:28,069 --> 00:42:24,720

things happened in sequence

1223

00:42:29,829 --> 00:42:28,079

or many of them happened simultaneously

1224

00:42:31,190 --> 00:42:29,839

so it goes back to the old adage that

1225

00:42:33,030 --> 00:42:31,200

you know things happen in threes or

1226
00:42:33,990 --> 00:42:33,040
there's obviously if some celebrity dies

1227
00:42:35,910 --> 00:42:34,000
and we hear about it then we usually

1228
00:42:37,190 --> 00:42:35,920
hear about two other ones

1229
00:42:39,510 --> 00:42:37,200
at least when i was growing up that was

1230
00:42:40,790 --> 00:42:39,520
the thing so oh so-and-so died oh then

1231
00:42:42,870 --> 00:42:40,800
you waited a while and you would hear

1232
00:42:44,309 --> 00:42:42,880
about two other ones who died as well so

1233
00:42:46,710 --> 00:42:44,319
strange phenomena things happen in

1234
00:42:48,630 --> 00:42:46,720
threes and so camera collected

1235
00:42:50,630 --> 00:42:48,640
not necessarily they're coincidences

1236
00:42:52,309 --> 00:42:50,640
when they happen simultaneously so you

1237
00:42:54,150 --> 00:42:52,319
could have a cluster

1238
00:42:55,990 --> 00:42:54,160

lots of similar things all happening at

1239

00:42:58,950 --> 00:42:56,000

the same time in place

1240

00:43:01,190 --> 00:42:58,960

or you can have several similar things

1241

00:43:01,910 --> 00:43:01,200

happening in sequence

1242

00:43:07,270 --> 00:43:01,920

so

1243

00:43:09,190 --> 00:43:07,280

you might have a day where you lose

1244

00:43:11,030 --> 00:43:09,200

three or four things

1245

00:43:13,109 --> 00:43:11,040

and you know or this that's that may be

1246

00:43:14,390 --> 00:43:13,119

a lame example but i'm

1247

00:43:16,069 --> 00:43:14,400

trying to think of someone off top of my

1248

00:43:18,390 --> 00:43:16,079

head but he collected these kinds of

1249

00:43:20,069 --> 00:43:18,400

things and he believed there was

1250

00:43:21,990 --> 00:43:20,079

a law

1251
00:43:22,870 --> 00:43:22,000
you know just like gravity where similar

1252
00:43:26,550 --> 00:43:22,880
things

1253
00:43:27,829 --> 00:43:26,560
collected together

1254
00:43:29,829 --> 00:43:27,839
and then

1255
00:43:31,589 --> 00:43:29,839
dunn's serialism is different this is

1256
00:43:34,630 --> 00:43:31,599
how he tried to explain

1257
00:43:36,870 --> 00:43:34,640
the future dreams he was having

1258
00:43:38,470 --> 00:43:36,880
and what that meant was that

1259
00:43:41,109 --> 00:43:38,480
he developed

1260
00:43:41,990 --> 00:43:41,119
different levels of time

1261
00:43:44,390 --> 00:43:42,000
so

1262
00:43:47,270 --> 00:43:44,400
to explain the fact that in the dream

1263
00:43:49,670 --> 00:43:47,280

state he somehow had access to future

1264

00:43:50,470 --> 00:43:49,680

events

1265

00:43:52,710 --> 00:43:50,480

he

1266

00:43:56,470 --> 00:43:52,720

developed this notion of different

1267

00:43:58,230 --> 00:43:56,480

observers so observer one is you and i

1268

00:44:00,550 --> 00:43:58,240

in our everyday life

1269

00:44:03,349 --> 00:44:00,560

we're stuck glued to the present

1270

00:44:05,030 --> 00:44:03,359

the past is behind us it's dead

1271

00:44:07,030 --> 00:44:05,040

we have no access to it anymore the

1272

00:44:10,390 --> 00:44:07,040

future hasn't happened yet we have our

1273

00:44:12,550 --> 00:44:10,400

nose right down to the railway line of

1274

00:44:15,430 --> 00:44:12,560

sequential you know

1275

00:44:17,829 --> 00:44:15,440

time and events and our job is basically

1276

00:44:20,150 --> 00:44:17,839

to gather information about

1277

00:44:22,309 --> 00:44:20,160

all this sort of stuff and then he said

1278

00:44:23,910 --> 00:44:22,319

what we have is an observer too it's

1279

00:44:25,349 --> 00:44:23,920

another level of consciousness but this

1280

00:44:26,630 --> 00:44:25,359

is in the dream state when we fall

1281

00:44:28,390 --> 00:44:26,640

asleep and

1282

00:44:31,589 --> 00:44:28,400

when we go into the dream state our

1283

00:44:34,069 --> 00:44:31,599

consciousness is no longer anchored

1284

00:44:36,309 --> 00:44:34,079

in harness to the present moment

1285

00:44:38,309 --> 00:44:36,319

and in many ways his ideas he doesn't

1286

00:44:39,750 --> 00:44:38,319

refer to the philosopher andre bergson

1287

00:44:41,270 --> 00:44:39,760

but they're very similar along the same

1288

00:44:43,829 --> 00:44:41,280

lines as the french philosopher arne

1289

00:44:46,710 --> 00:44:43,839

bergsen who said that the brain is the

1290

00:44:48,550 --> 00:44:46,720

organ of attention to life

1291

00:44:51,030 --> 00:44:48,560

the brain is what we use to deal with

1292

00:44:53,030 --> 00:44:51,040

life so the brain deals with you know

1293

00:44:54,790 --> 00:44:53,040

how do we maneuver through things how do

1294

00:44:56,870 --> 00:44:54,800

we deal with things it has a practical

1295

00:44:59,430 --> 00:44:56,880

application and all that and in order to

1296

00:45:01,990 --> 00:44:59,440

do that it cuts out an enormous amount

1297

00:45:04,550 --> 00:45:02,000

of information that's there but it's not

1298

00:45:05,990 --> 00:45:04,560

necessary for us to survive it's

1299

00:45:07,990 --> 00:45:06,000

irrelevant

1300

00:45:10,309 --> 00:45:08,000

to what we need to do in order to get

1301
00:45:12,069 --> 00:45:10,319
through our life and all that so don

1302
00:45:14,870 --> 00:45:12,079
adobe doesn't mention bergson's this

1303
00:45:16,470 --> 00:45:14,880
notion of or every day you know waking

1304
00:45:18,470 --> 00:45:16,480
what the state we're in right now

1305
00:45:21,030 --> 00:45:18,480
hopefully

1306
00:45:23,670 --> 00:45:21,040
is you know one which we're fixed into

1307
00:45:26,069 --> 00:45:23,680
you know right now and dealing with life

1308
00:45:27,910 --> 00:45:26,079
but when we sleep

1309
00:45:30,550 --> 00:45:27,920
we're sort of that harness you know

1310
00:45:32,230 --> 00:45:30,560
falls off us and our consciousness rises

1311
00:45:33,750 --> 00:45:32,240
up a little bit and then we can see the

1312
00:45:35,990 --> 00:45:33,760
past because there's so many dreams in

1313
00:45:37,910 --> 00:45:36,000

which we have the past in a very vivid

1314

00:45:38,790 --> 00:45:37,920

way you know some past event comes back

1315

00:45:41,270 --> 00:45:38,800

to you

1316

00:45:43,430 --> 00:45:41,280

but we can see the future as well

1317

00:45:44,870 --> 00:45:43,440

but then dunn also said there's another

1318

00:45:47,510 --> 00:45:44,880

level

1319

00:45:48,309 --> 00:45:47,520

above that as well in which we can sort

1320

00:45:50,309 --> 00:45:48,319

of

1321

00:45:52,710 --> 00:45:50,319

so dream one

1322

00:45:55,349 --> 00:45:52,720

observer one fixed on the present waking

1323

00:45:57,670 --> 00:45:55,359

consciousness level two the dream state

1324

00:45:59,990 --> 00:45:57,680

future and past mixed together

1325

00:46:01,349 --> 00:46:00,000

level three is above that looking down

1326

00:46:03,109 --> 00:46:01,359

on that and

1327

00:46:05,190 --> 00:46:03,119

unfortunately

1328

00:46:07,030 --> 00:46:05,200

in the end i mean he falls into the trap

1329

00:46:08,790 --> 00:46:07,040

the metaphysical horror of what's known

1330

00:46:10,710 --> 00:46:08,800

as infinite regress

1331

00:46:13,030 --> 00:46:10,720

so he keeps having another time another

1332

00:46:14,950 --> 00:46:13,040

time another observant observer because

1333

00:46:16,950 --> 00:46:14,960

you know each

1334

00:46:18,950 --> 00:46:16,960

level of time requires somebody outside

1335

00:46:20,550 --> 00:46:18,960

of it in order to you know

1336

00:46:22,550 --> 00:46:20,560

so we start out with the mystery of

1337

00:46:24,470 --> 00:46:22,560

dreams this is one of the things i sort

1338

00:46:25,910 --> 00:46:24,480

of try to express in the book is like we

1339

00:46:28,230 --> 00:46:25,920

have the mystery of dreams but then you

1340

00:46:31,510 --> 00:46:28,240

use because the precognitive fit and all

1341

00:46:33,349 --> 00:46:31,520

that you slip into the mystery of time

1342

00:46:34,630 --> 00:46:33,359

which is even stranger

1343

00:46:36,870 --> 00:46:34,640

yes

1344

00:46:38,630 --> 00:46:36,880

then dreams because we know we have

1345

00:46:40,150 --> 00:46:38,640

dreams and we might not know exactly

1346

00:46:41,670 --> 00:46:40,160

what they're about but we know we have

1347

00:46:42,950 --> 00:46:41,680

them but as soon as you start thinking

1348

00:46:44,710 --> 00:46:42,960

about time

1349

00:46:47,109 --> 00:46:44,720

it's a horrible cliché but it slips

1350

00:46:49,910 --> 00:46:47,119

through your fingers yes yes you cannot

1351

00:46:51,670 --> 00:46:49,920

grab hold of it in any way whatsoever

1352

00:46:53,670 --> 00:46:51,680

it's true and i have some questions

1353

00:46:57,030 --> 00:46:53,680

about time but i also wanted to mention

1354

00:46:59,910 --> 00:46:57,040

this so you also say that kmer's

1355

00:47:02,230 --> 00:46:59,920

seriality is similar to what in

1356

00:47:04,230 --> 00:47:02,240

probability theory is known as the law

1357

00:47:06,230 --> 00:47:04,240

of large numbers and i love that you

1358

00:47:08,230 --> 00:47:06,240

touch on that because it's something

1359

00:47:10,470 --> 00:47:08,240

that really blows my mind and doesn't

1360

00:47:13,510 --> 00:47:10,480

get talked about nearly enough this idea

1361

00:47:16,230 --> 00:47:13,520

that if enough random events are

1362

00:47:17,990 --> 00:47:16,240

recorded they produce stable ordered

1363

00:47:20,390 --> 00:47:18,000

patterns as you say the insurance

1364

00:47:22,710 --> 00:47:20,400

industry is based on this fact and you

1365

00:47:25,589 --> 00:47:22,720

give examples like the number of people

1366

00:47:28,150 --> 00:47:25,599

bitten by dogs in a single day according

1367

00:47:30,230 --> 00:47:28,160

to statistics provided by the new york

1368

00:47:34,270 --> 00:47:30,240

department of health this proves to be a

1369

00:47:41,069 --> 00:47:34,280

remarkably stable number in 1955 it was

1370

00:47:44,390 --> 00:47:41,079

75.3 in 1956 it was 73.6 in 1957 it was

1371

00:47:46,549 --> 00:47:44,400

73.5 and so on you say no one can tell

1372

00:47:48,470 --> 00:47:46,559

which dog will bite which person that's

1373

00:47:50,150 --> 00:47:48,480

the random part and how the dogs

1374

00:47:52,630 --> 00:47:50,160

themselves know when enough people have

1375

00:47:53,670 --> 00:47:52,640

been bitten so that they can stop is

1376

00:47:56,150 --> 00:47:53,680

unclear

1377

00:47:58,790 --> 00:47:56,160

but the statistical average remains

1378

00:48:00,549 --> 00:47:58,800

constant i haven't seen statistics for

1379

00:48:02,470 --> 00:48:00,559

more recent years but i imagine they're

1380

00:48:05,030 --> 00:48:02,480

not radically different and i just

1381

00:48:06,710 --> 00:48:05,040

really love not only that example but

1382

00:48:08,710 --> 00:48:06,720

there's just so many you also talk about

1383

00:48:10,790 --> 00:48:08,720

the number of murders in a given year we

1384

00:48:12,470 --> 00:48:10,800

don't know who will be killed or by whom

1385

00:48:14,950 --> 00:48:12,480

suicides average remains the same

1386

00:48:17,829 --> 00:48:14,960

suicides it's very

1387

00:48:20,710 --> 00:48:17,839

weird what does the law of large numbers

1388

00:48:22,150 --> 00:48:20,720

say to you about reality

1389

00:48:25,670 --> 00:48:22,160

well i mean it's just one of these weird

1390

00:48:27,910 --> 00:48:25,680

things that if you fall into this

1391

00:48:28,950 --> 00:48:27,920

area of study it's something you come up

1392

00:48:30,630 --> 00:48:28,960

against

1393

00:48:32,710 --> 00:48:30,640

you discover and it just seems to be the

1394

00:48:34,790 --> 00:48:32,720

case as you say you know

1395

00:48:36,870 --> 00:48:34,800

what strikes us as random events if you

1396

00:48:38,790 --> 00:48:36,880

collect enough of them

1397

00:48:41,910 --> 00:48:38,800

they produce some kind of

1398

00:48:43,510 --> 00:48:41,920

statistical pattern and i guess this is

1399

00:48:45,510 --> 00:48:43,520

sort of the characteristic of the

1400

00:48:46,950 --> 00:48:45,520

quantum world in the elementary particle

1401

00:48:49,190 --> 00:48:46,960

world and all that right because you

1402

00:48:51,190 --> 00:48:49,200

know the actions of all these individual

1403

00:48:52,870 --> 00:48:51,200

particles appear random but there's a

1404

00:48:54,950 --> 00:48:52,880

statistical average about them that

1405

00:48:57,670 --> 00:48:54,960

enables us to

1406

00:48:59,670 --> 00:48:57,680

gives us a predictive you know power

1407

00:49:01,190 --> 00:48:59,680

with them in that kind of thing

1408

00:49:03,270 --> 00:49:01,200

yeah it's just one of those really

1409

00:49:04,549 --> 00:49:03,280

really strange things how do the dogs

1410

00:49:06,549 --> 00:49:04,559

know

1411

00:49:09,589 --> 00:49:06,559

when to stop biting

1412

00:49:12,230 --> 00:49:09,599

yeah how do the poor people who are

1413

00:49:14,470 --> 00:49:12,240

driven through horrible life experiences

1414

00:49:16,390 --> 00:49:14,480

to commit suicide know when there's

1415

00:49:18,309 --> 00:49:16,400

enough of them and

1416

00:49:19,829 --> 00:49:18,319

i'm sorry to make a morbid joke but can

1417

00:49:22,309 --> 00:49:19,839

you imagine the one who just like went

1418

00:49:23,910 --> 00:49:22,319

over the edge okay oh okay

1419

00:49:25,589 --> 00:49:23,920

well the other ones did it and we

1420

00:49:27,589 --> 00:49:25,599

reached the statistical number maybe he

1421

00:49:28,549 --> 00:49:27,599

was saved in some strange way he or she

1422

00:49:30,549 --> 00:49:28,559

was right

1423

00:49:32,870 --> 00:49:30,559

it seems to strike residences it must

1424

00:49:34,230 --> 00:49:32,880

strike resonances with sheldrick's idea

1425

00:49:35,910 --> 00:49:34,240

of morphing resonance and that kind of

1426

00:49:37,910 --> 00:49:35,920

thing where somehow

1427

00:49:41,910 --> 00:49:37,920

it's passed on

1428

00:49:45,190 --> 00:49:43,190

well how should i say i'm going to

1429

00:49:46,790 --> 00:49:45,200

resort to the cliché these days of like

1430

00:49:48,309 --> 00:49:46,800

quantum entanglement but it must be

1431

00:49:50,230 --> 00:49:48,319

something like that i mean how do the

1432

00:49:53,109 --> 00:49:50,240

elementary particles know what the other

1433

00:49:55,670 --> 00:49:53,119

elementary particles are doing right

1434

00:49:58,069 --> 00:49:55,680

how do the neurons in the brain that are

1435

00:50:00,870 --> 00:49:58,079

not contiguous they're not next to each

1436

00:50:03,430 --> 00:50:00,880

other so we can't imagine a neuron

1437

00:50:05,670 --> 00:50:03,440

elbow banging into the next one

1438

00:50:07,190 --> 00:50:05,680

and telling it to light up but they're

1439

00:50:10,150 --> 00:50:07,200

neurons in their brain that are

1440

00:50:12,710 --> 00:50:10,160

associated with certain you know

1441

00:50:14,069 --> 00:50:12,720

operations or actions taken they're not

1442

00:50:16,230 --> 00:50:14,079

contiguous they're not next to each

1443

00:50:17,910 --> 00:50:16,240

other but they fire

1444

00:50:19,190 --> 00:50:17,920

at the same time

1445

00:50:21,109 --> 00:50:19,200

how do they know

1446

00:50:24,309 --> 00:50:21,119

you know when to do that it's very

1447

00:50:27,349 --> 00:50:24,319

strange it makes me picture some grand

1448

00:50:29,270 --> 00:50:27,359

cosmic being playing like a giant pipe

1449

00:50:31,109 --> 00:50:29,280

organ but instead of music it creates

1450

00:50:33,430 --> 00:50:31,119

something like a symphony of events on

1451

00:50:35,030 --> 00:50:33,440

the physical plane but i like what you

1452

00:50:36,549 --> 00:50:35,040

said about how do we know when there's

1453

00:50:39,030 --> 00:50:36,559

enough because it's like makes me think

1454

00:50:41,589 --> 00:50:39,040

about how sometimes when people have car

1455

00:50:43,270 --> 00:50:41,599

accidents they're saved by an angel and

1456

00:50:45,670 --> 00:50:43,280

then other times they're not maybe the

1457

00:50:48,150 --> 00:50:45,680

angels know it's like hey we're at

1458

00:50:50,309 --> 00:50:48,160

capacity for today's deaths by car

1459

00:50:52,390 --> 00:50:50,319

accident so uh you're gonna get pulled

1460

00:50:54,470 --> 00:50:52,400

out of the wreckage buddy

1461

00:50:57,030 --> 00:50:54,480

yeah that's right we reached the quota

1462

00:50:59,589 --> 00:50:57,040

uh already yeah i mean it who knows i

1463

00:51:01,190 --> 00:50:59,599

mean i tell you it sounds banal but

1464

00:51:03,430 --> 00:51:01,200

in another conversation with somebody

1465

00:51:04,790 --> 00:51:03,440

else another podcast they asked me like

1466

00:51:06,230 --> 00:51:04,800

you know you've written all these books

1467

00:51:07,990 --> 00:51:06,240

and all this time is happening and

1468

00:51:10,150 --> 00:51:08,000

you've written this book and you you've

1469

00:51:11,829 --> 00:51:10,160

kind of opened up about experiences of

1470

00:51:13,270 --> 00:51:11,839

your own and all that so you know where

1471

00:51:14,870 --> 00:51:13,280

are you at now

1472

00:51:16,390 --> 00:51:14,880

and i just feel like i'm just beginning

1473

00:51:17,670 --> 00:51:16,400

i'm just starting to think

1474

00:51:19,190 --> 00:51:17,680

you know

1475

00:51:21,190 --> 00:51:19,200

all this stuff is real and what does

1476

00:51:23,349 --> 00:51:21,200

that mean what does it really mean that

1477

00:51:25,910 --> 00:51:23,359

it's all real you know

1478

00:51:27,750 --> 00:51:25,920

temporal displacements strange phenomena

1479

00:51:29,589 --> 00:51:27,760

like this

1480

00:51:31,109 --> 00:51:29,599

i'm saying rhetorically because i don't

1481

00:51:33,349 --> 00:51:31,119

really have an answer to that but it is

1482

00:51:35,030 --> 00:51:33,359

sort of a more um

1483

00:51:38,230 --> 00:51:35,040

emotive

1484

00:51:39,589 --> 00:51:38,240

feeling of its cogency and reality and

1485

00:51:40,630 --> 00:51:39,599

you know perhaps that's got something to

1486

00:51:42,549 --> 00:51:40,640

do with the fact that i'm you know i'm

1487

00:51:44,309 --> 00:51:42,559

getting on in years i'm you know i'm

1488

00:51:45,510 --> 00:51:44,319

desperately clawing on to late middle

1489

00:51:47,270 --> 00:51:45,520

age

1490

00:51:49,030 --> 00:51:47,280

so i'm i'm aware that i'm approaching

1491

00:51:51,190 --> 00:51:49,040

the infinite although it's around us at

1492

00:51:53,670 --> 00:51:51,200

all times anyway

1493

00:51:56,230 --> 00:51:53,680

so perhaps i'm shrugging off

1494

00:51:58,630 --> 00:51:56,240

concerns that are more parochial than

1495

00:51:59,829 --> 00:51:58,640

trying to focus on broader ones

1496

00:52:01,349 --> 00:51:59,839

right

1497

00:52:04,790 --> 00:52:01,359

very much possible

1498

00:52:06,790 --> 00:52:04,800

you also write a bit about dream history

1499

00:52:09,109 --> 00:52:06,800

let's say and how cultures like the

1500

00:52:11,030 --> 00:52:09,119

egyptians the greeks the chinese hindus

1501
00:52:12,549 --> 00:52:11,040
and babylonians all interpreted the

1502
00:52:14,390 --> 00:52:12,559
dream experience

1503
00:52:16,630 --> 00:52:14,400
egyptians thought they were warnings

1504
00:52:18,630 --> 00:52:16,640
from the gods babylonians thought they

1505
00:52:21,109 --> 00:52:18,640
came from spirits what more can you tell

1506
00:52:23,349 --> 00:52:21,119
us about some of the oldest thoughts on

1507
00:52:25,589 --> 00:52:23,359
dreams and who had the most interesting

1508
00:52:27,510 --> 00:52:25,599
ideas about them

1509
00:52:30,710 --> 00:52:27,520
well it's remarkable that

1510
00:52:32,790 --> 00:52:30,720
in the mid 19th century

1511
00:52:35,750 --> 00:52:32,800
when the library

1512
00:52:37,430 --> 00:52:35,760
of the babylonian king ashurbanipal

1513
00:52:38,470 --> 00:52:37,440

was unearthed

1514

00:52:40,470 --> 00:52:38,480

that

1515

00:52:43,829 --> 00:52:40,480

what they found in it

1516

00:52:47,270 --> 00:52:43,839

among other things was a collection of

1517

00:52:52,630 --> 00:52:47,280

records of dreams going back millennia

1518

00:52:55,030 --> 00:52:52,640

so ashurbanipal's in 600 bc thereabouts

1519

00:52:57,109 --> 00:52:55,040

and he had collected tablets this wasn't

1520

00:52:58,950 --> 00:52:57,119

papyrus this is tablets

1521

00:53:01,270 --> 00:52:58,960

and i don't mean you know

1522

00:53:04,230 --> 00:53:01,280

computer tablets

1523

00:53:05,829 --> 00:53:04,240

stone stone you know heavy stone tablets

1524

00:53:07,670 --> 00:53:05,839

of dream records

1525

00:53:09,750 --> 00:53:07,680

going back to you know

1526

00:53:12,390 --> 00:53:09,760

two thousand years before him

1527

00:53:13,910 --> 00:53:12,400

so ashley boundary paul is old for us

1528

00:53:16,069 --> 00:53:13,920

but he thought it important to hold on

1529

00:53:18,470 --> 00:53:16,079

to these dream records from two thousand

1530

00:53:20,710 --> 00:53:18,480

years earlier than himself

1531

00:53:23,510 --> 00:53:20,720

and another odd thing is that in that

1532

00:53:24,710 --> 00:53:23,520

cache of ashurbanipal's library was

1533

00:53:26,470 --> 00:53:24,720

discovered

1534

00:53:28,710 --> 00:53:26,480

gilgamesh

1535

00:53:31,430 --> 00:53:28,720

which is considered the first

1536

00:53:33,030 --> 00:53:31,440

extant work of great literature you know

1537

00:53:34,710 --> 00:53:33,040

rather than sort of

1538

00:53:36,870 --> 00:53:34,720

religious literature

1539

00:53:39,430 --> 00:53:36,880

in gilgamesh itself there's the earliest

1540

00:53:42,470 --> 00:53:39,440

account of a dream interpretation

1541

00:53:45,829 --> 00:53:42,480

so there's a strange kind of

1542

00:53:47,270 --> 00:53:45,839

link between literacy or literature

1543

00:53:49,670 --> 00:53:47,280

and the elements of literature and

1544

00:53:51,270 --> 00:53:49,680

dreams and that becomes apparent as i

1545

00:53:52,549 --> 00:53:51,280

mentioned earlier when people you know

1546

00:53:55,030 --> 00:53:52,559

if you start paying attention to dreams

1547

00:53:57,270 --> 00:53:55,040

dreams tell a story they use metaphor

1548

00:53:58,549 --> 00:53:57,280

they have dramatist personae and things

1549

00:54:00,630 --> 00:53:58,559

of that sort you know there's a

1550

00:54:02,790 --> 00:54:00,640

beginning middle and end they may not

1551
00:54:05,349 --> 00:54:02,800
happen all in that sequence

1552
00:54:06,470 --> 00:54:05,359
sometimes but that's that they have that

1553
00:54:08,390 --> 00:54:06,480
and

1554
00:54:09,670 --> 00:54:08,400
i mentioned earlier about dreams telling

1555
00:54:12,790 --> 00:54:09,680
jokes and that's one of the things that

1556
00:54:14,390 --> 00:54:12,800
the egyptians realized that their dreams

1557
00:54:16,790 --> 00:54:14,400
speak and it kind of

1558
00:54:18,069 --> 00:54:16,800
plays on words and puns although

1559
00:54:20,470 --> 00:54:18,079
what may have

1560
00:54:22,790 --> 00:54:20,480
got a smile or laugh out of an egyptian

1561
00:54:24,390 --> 00:54:22,800
it probably wouldn't raise too many

1562
00:54:26,230 --> 00:54:24,400
laughs today

1563
00:54:29,270 --> 00:54:26,240

so

1564

00:54:30,950 --> 00:54:29,280

early on i think people realize that

1565

00:54:32,950 --> 00:54:30,960

dreams are very much of the time and

1566

00:54:34,870 --> 00:54:32,960

place in which they happen

1567

00:54:37,589 --> 00:54:34,880

so that would say that

1568

00:54:39,510 --> 00:54:37,599

the kind of you know one size fits all

1569

00:54:41,430 --> 00:54:39,520

all-purpose kind of dream manuals that

1570

00:54:42,630 --> 00:54:41,440

says oh well if you dream about a cat or

1571

00:54:44,309 --> 00:54:42,640

if you're dreaming about losing your

1572

00:54:45,430 --> 00:54:44,319

teeth or something like that it means

1573

00:54:48,390 --> 00:54:45,440

that

1574

00:54:51,030 --> 00:54:48,400

time

1575

00:54:52,630 --> 00:54:51,040

for some people but not across the board

1576

00:54:54,069 --> 00:54:52,640

and of course there's all the jungian

1577

00:54:55,829 --> 00:54:54,079

archetypes and all that sort of stuff

1578

00:54:57,750 --> 00:54:55,839

but those are the big dreams which we

1579

00:54:59,349 --> 00:54:57,760

don't have that much

1580

00:55:01,670 --> 00:54:59,359

i think we have to admit that those big

1581

00:55:04,069 --> 00:55:01,680

dreams are few and far between

1582

00:55:05,109 --> 00:55:04,079

and that's what makes them big

1583

00:55:07,750 --> 00:55:05,119

you know if you have mystical

1584

00:55:09,829 --> 00:55:07,760

experiences every day what's the point

1585

00:55:11,109 --> 00:55:09,839

you know i have to say i i do often you

1586

00:55:12,549 --> 00:55:11,119

know because i'm in this world i do

1587

00:55:14,789 --> 00:55:12,559

often come across people who tell me

1588

00:55:16,630 --> 00:55:14,799

about the 49th mystical experience and

1589

00:55:19,109 --> 00:55:16,640

it's just wonderful but

1590

00:55:21,510 --> 00:55:19,119

didn't you get it on the 48th

1591

00:55:23,430 --> 00:55:21,520

right you know so i mean you have the

1592

00:55:25,589 --> 00:55:23,440

big dreams when you need them they're

1593

00:55:28,309 --> 00:55:25,599

not entertainment and this is

1594

00:55:30,549 --> 00:55:28,319

i have a little

1595

00:55:31,750 --> 00:55:30,559

dream to pick with the kind of lucid

1596

00:55:33,349 --> 00:55:31,760

dream

1597

00:55:34,950 --> 00:55:33,359

proponents

1598

00:55:36,630 --> 00:55:34,960

i'm not against it as a stupid way to

1599

00:55:38,630 --> 00:55:36,640

even talk about it but just in the sense

1600

00:55:41,910 --> 00:55:38,640

that kind of using the dream state in

1601
00:55:44,390 --> 00:55:41,920
order to achieve kind of ego based

1602
00:55:46,549 --> 00:55:44,400
needs and aims oh well if i use the

1603
00:55:48,470 --> 00:55:46,559
dream state i can develop my creativity

1604
00:55:50,470 --> 00:55:48,480
or i can develop my self-esteem or

1605
00:55:51,910 --> 00:55:50,480
whatever sort of thing like that whereas

1606
00:55:53,670 --> 00:55:51,920
young would say no we should keep our

1607
00:55:55,910 --> 00:55:53,680
hands up in a way it's the last little

1608
00:55:57,910 --> 00:55:55,920
bit of nature

1609
00:55:59,910 --> 00:55:57,920
that's allowed us

1610
00:56:01,510 --> 00:55:59,920
that's inside us

1611
00:56:02,390 --> 00:56:01,520
there's not nature we have to go out and

1612
00:56:04,069 --> 00:56:02,400
find

1613
00:56:05,589 --> 00:56:04,079

somewhere out in the woods it's inside

1614

00:56:09,670 --> 00:56:05,599

us

1615

00:56:12,390 --> 00:56:09,680

it complements the ego it's something

1616

00:56:15,430 --> 00:56:12,400

other than the ego so if you start

1617

00:56:16,950 --> 00:56:15,440

trying to think of how can i use this

1618

00:56:19,190 --> 00:56:16,960

and you start thinking of it in a

1619

00:56:20,630 --> 00:56:19,200

utilitarian way

1620

00:56:22,950 --> 00:56:20,640

it just gets problematic at the same

1621

00:56:24,630 --> 00:56:22,960

time you know fine go do it i mean i i

1622

00:56:26,390 --> 00:56:24,640

know people who pursue this and you know

1623

00:56:27,910 --> 00:56:26,400

there's you know lots of different books

1624

00:56:29,589 --> 00:56:27,920

about how you can develop

1625

00:56:31,349 --> 00:56:29,599

lucid dreaming and you know stay awake

1626
00:56:33,349 --> 00:56:31,359
and dreams and that's part of a variety

1627
00:56:34,150 --> 00:56:33,359
of different mystical techniques you

1628
00:56:36,150 --> 00:56:34,160
know

1629
00:56:37,829 --> 00:56:36,160
tibetan yoga

1630
00:56:39,910 --> 00:56:37,839
dream yoga is about that is like

1631
00:56:41,349 --> 00:56:39,920
maintaining wakefulness in the dream

1632
00:56:43,589 --> 00:56:41,359
state but that's in order to convince

1633
00:56:45,109 --> 00:56:43,599
you that okay well the dream state is an

1634
00:56:47,670 --> 00:56:45,119
illusion

1635
00:56:49,829 --> 00:56:47,680
if i'm not awake in the dream state

1636
00:56:51,750 --> 00:56:49,839
i'm immersed in the illusion

1637
00:56:54,390 --> 00:56:51,760
right but when i

1638
00:56:56,150 --> 00:56:54,400

gain lucidity within it i've raised

1639

00:56:57,829 --> 00:56:56,160

myself up out of the illusion i can

1640

00:56:59,589 --> 00:56:57,839

recognize that's an illusion and the

1641

00:57:01,829 --> 00:56:59,599

next step is to recognize that the

1642

00:57:04,069 --> 00:57:01,839

waking life is similarly

1643

00:57:05,430 --> 00:57:04,079

an illusion like that and so you know

1644

00:57:07,589 --> 00:57:05,440

that's kind of the

1645

00:57:09,910 --> 00:57:07,599

buddhist kind of aim

1646

00:57:11,910 --> 00:57:09,920

i understand that but

1647

00:57:14,549 --> 00:57:11,920

jung's point of view is like well the

1648

00:57:17,190 --> 00:57:14,559

dream is trying to say something to you

1649

00:57:18,390 --> 00:57:17,200

so there's a cleavage there between the

1650

00:57:20,069 --> 00:57:18,400

two different things just like anything

1651
00:57:21,750 --> 00:57:20,079
else you know there's arguments about

1652
00:57:24,470 --> 00:57:21,760
all different you know these arguments

1653
00:57:27,750 --> 00:57:24,480
about the waking state as well

1654
00:57:30,390 --> 00:57:27,760
right on well fascinating stuff you are

1655
00:57:32,630 --> 00:57:30,400
a living fountain of knowledge and

1656
00:57:35,430 --> 00:57:32,640
i really enjoyed the book dreaming ahead

1657
00:57:37,190 --> 00:57:35,440
of time is a great read and i appreciate

1658
00:57:40,069 --> 00:57:37,200
your willingness to come back and talk

1659
00:57:43,349 --> 00:57:40,079
to me when podcasts like this are in no

1660
00:57:45,349 --> 00:57:43,359
short supply no no always a pleasure it

1661
00:57:47,670 --> 00:57:45,359
takes a lot out of me to try to keep up

1662
00:57:50,470 --> 00:57:47,680
with you man but it is worth it before

1663
00:57:52,950 --> 00:57:50,480

we go remind the people of your body of

1664

00:57:54,789 --> 00:57:52,960

work the new book your website any

1665

00:57:56,470 --> 00:57:54,799

upcoming work worth of mention and all

1666

00:57:58,870 --> 00:57:56,480

that good stuff if they might want to

1667

00:58:00,309 --> 00:57:58,880

follow up after listening to this okay

1668

00:58:02,150 --> 00:58:00,319

well the new book is called dreaming

1669

00:58:04,710 --> 00:58:02,160

ahead of time experiences and

1670

00:58:05,990 --> 00:58:04,720

precognitive dreams synchronicities and

1671

00:58:08,390 --> 00:58:06,000

coincidence

1672

00:58:10,710 --> 00:58:08,400

it's published by flores books and uh

1673

00:58:13,349 --> 00:58:10,720

it's out available now on

1674

00:58:14,309 --> 00:58:13,359

kindle the digital edition and the hard

1675

00:58:16,230 --> 00:58:14,319

copy

1676

00:58:17,750 --> 00:58:16,240

in the states i think it's not until may

1677

00:58:19,829 --> 00:58:17,760

and in the uk

1678

00:58:22,309 --> 00:58:19,839

sometime later this month

1679

00:58:24,789 --> 00:58:22,319

i have a website just my name gary

1680

00:58:26,789 --> 00:58:24,799

lachman.co.uk

1681

00:58:28,870 --> 00:58:26,799

i post things there quite a bit on

1682

00:58:30,870 --> 00:58:28,880

twitter i'm on facebook

1683

00:58:32,470 --> 00:58:30,880

it's not hard to find these days so if

1684

00:58:33,670 --> 00:58:32,480

you're really interested i'm sure we can

1685

00:58:36,870 --> 00:58:33,680

meet up

1686

00:58:38,710 --> 00:58:36,880

right on great well you are the man and

1687

00:58:44,150 --> 00:58:38,720

it was a pleasure once again keep up the

1688

00:58:50,710 --> 00:58:47,109

exit light enter night people gary

1689

00:58:52,549 --> 00:58:50,720

lachman bringing it like only he can

1690

00:58:54,069 --> 00:58:52,559

you know i was really grateful when he

1691

00:58:56,150 --> 00:58:54,079

reached out to tell me about the new

1692

00:58:58,309 --> 00:58:56,160

book because he's such a great writer

1693

00:59:00,230 --> 00:58:58,319

and has really impressive recall for all

1694

00:59:01,510 --> 00:59:00,240

the bright minds and ideas that he's

1695

00:59:04,390 --> 00:59:01,520

researched

1696

00:59:06,789 --> 00:59:04,400

so if he thinks thc is worthy of his

1697

00:59:08,950 --> 00:59:06,799

time well i'm proud of that

1698

00:59:11,510 --> 00:59:08,960

but some of my previous episodes that

1699

00:59:13,910 --> 00:59:11,520

focused on dreams really

1700

00:59:16,470 --> 00:59:13,920

just ended up not being the best we have

1701

00:59:19,109 --> 00:59:16,480

done it a time or two over the years

1702

00:59:20,470 --> 00:59:19,119

so i had a little trepidation

1703

00:59:23,030 --> 00:59:20,480

but i don't know what i was so worried

1704

00:59:25,670 --> 00:59:23,040

about gary's book is deep and dense and

1705

00:59:28,549 --> 00:59:25,680

covers a vast amount of compelling ideas

1706

00:59:30,549 --> 00:59:28,559

related to pre-cognitive dreams and time

1707

00:59:32,549 --> 00:59:30,559

and the law of large numbers

1708

00:59:34,549 --> 00:59:32,559

and as soon as i got a little bit into

1709

00:59:35,829 --> 00:59:34,559

the book i knew we were gonna have a

1710

00:59:38,470 --> 00:59:35,839

great show

1711

00:59:40,390 --> 00:59:38,480

dreams are quite weird and it's also

1712

00:59:42,710 --> 00:59:40,400

strange that describing a dream to

1713

00:59:45,030 --> 00:59:42,720

someone never really translates the

1714

00:59:47,190 --> 00:59:45,040

meaning is always so personal

1715

00:59:49,270 --> 00:59:47,200

but the hypnagogic state itself is

1716

00:59:51,270 --> 00:59:49,280

pretty compelling knowing just how many

1717

00:59:53,990 --> 00:59:51,280

mystics and clairvoyance use that

1718

00:59:55,750 --> 00:59:54,000

half-awake half-dreaming state knowing

1719

00:59:58,789 --> 00:59:55,760

just how many abductions and bedroom

1720

01:00:01,670 --> 00:59:58,799

visitations happen in that state as well

1721

01:00:03,750 --> 01:00:01,680

it's all quite odd

1722

01:00:05,430 --> 01:00:03,760

another story i was reminded of from

1723

01:00:07,670 --> 01:00:05,440

gary's book that i don't think we

1724

01:00:09,510 --> 01:00:07,680

brought up was that edison used to fall

1725

01:00:10,950 --> 01:00:09,520

asleep in a chair with ball bearings in

1726
01:00:13,349 --> 01:00:10,960
his hand and when they dropped to the

1727
01:00:15,510 --> 01:00:13,359
floor he'd be awakened from that state

1728
01:00:16,950 --> 01:00:15,520
and if he concentrated on a problem as

1729
01:00:20,150 --> 01:00:16,960
he drifted off

1730
01:00:21,910 --> 01:00:20,160
he'd oftentimes get a solution that way

1731
01:00:24,069 --> 01:00:21,920
obviously we've all heard the phrase let

1732
01:00:26,230 --> 01:00:24,079
me sleep on it when making a decision

1733
01:00:29,030 --> 01:00:26,240
but how often do we actually think about

1734
01:00:30,789 --> 01:00:29,040
our problem or even goals

1735
01:00:33,190 --> 01:00:30,799
when we drift off

1736
01:00:35,349 --> 01:00:33,200
it's like you can't get the insight that

1737
01:00:36,950 --> 01:00:35,359
that state is designed to give you if

1738
01:00:39,670 --> 01:00:36,960

you don't

1739

01:00:41,030 --> 01:00:39,680

first concentrate on whatever issue it

1740

01:00:43,829 --> 01:00:41,040

is

1741

01:00:45,990 --> 01:00:43,839

so maybe do that more often

1742

01:00:48,230 --> 01:00:46,000

i would certainly say i've had dreams

1743

01:00:51,109 --> 01:00:48,240

where the details felt more real than

1744

01:00:53,910 --> 01:00:51,119

waking life it's as if my senses seemed

1745

01:00:55,910 --> 01:00:53,920

more heightened than waking life

1746

01:00:57,829 --> 01:00:55,920

years later i even remember a dream i

1747

01:00:59,829 --> 01:00:57,839

had where i had these epic adventures

1748

01:01:01,430 --> 01:00:59,839

with some warrior woman

1749

01:01:04,150 --> 01:01:01,440

like an action movie that went from

1750

01:01:06,309 --> 01:01:04,160

sci-fi to horror to medieval

1751

01:01:08,710 --> 01:01:06,319

but i remember the bond i had with this

1752

01:01:10,710 --> 01:01:08,720

character being stronger than so many

1753

01:01:13,190 --> 01:01:10,720

relationships i've had in real life and

1754

01:01:15,030 --> 01:01:13,200

this is from when i was like 12.

1755

01:01:16,630 --> 01:01:15,040

it was as if we formed a really deep

1756

01:01:19,430 --> 01:01:16,640

bond because we went through so many

1757

01:01:21,030 --> 01:01:19,440

traumatic dangerous events together

1758

01:01:23,030 --> 01:01:21,040

but then it's gone

1759

01:01:25,190 --> 01:01:23,040

i had another dream years ago that

1760

01:01:27,030 --> 01:01:25,200

explained the mechanics of spirit

1761

01:01:29,589 --> 01:01:27,040

interaction in a bunch of different

1762

01:01:32,230 --> 01:01:29,599

scenarios and many stories

1763

01:01:34,069 --> 01:01:32,240

and i woke up with the very aggressive

1764

01:01:37,510 --> 01:01:34,079

notion ringing in my head that it should

1765

01:01:39,349 --> 01:01:37,520

be turned into a movie called pledge

1766

01:01:41,910 --> 01:01:39,359

i still think that's a great name for a

1767

01:01:43,750 --> 01:01:41,920

movie about spirit interactions

1768

01:01:45,670 --> 01:01:43,760

even if i would get sued from the

1769

01:01:47,829 --> 01:01:45,680

cleaning spray company

1770

01:01:49,990 --> 01:01:47,839

plus we've all had those weird falling

1771

01:01:51,270 --> 01:01:50,000

sensation dreams what the hell is that

1772

01:01:53,670 --> 01:01:51,280

about

1773

01:01:56,309 --> 01:01:53,680

it seems as if just like the night sky

1774

01:02:00,069 --> 01:01:56,319

it's a baked in call to reflect on what

1775

01:02:02,390 --> 01:02:00,079

life even is but we just so often don't

1776

01:02:04,069 --> 01:02:02,400

i did strategically bring up the law of

1777

01:02:05,750 --> 01:02:04,079

large numbers at the end of the free

1778

01:02:07,349 --> 01:02:05,760

show because i think that's such a cool

1779

01:02:09,190 --> 01:02:07,359

phenomenon

1780

01:02:11,670 --> 01:02:09,200

it's like the world is a symphony of

1781

01:02:13,910 --> 01:02:11,680

events if you zoom out far enough

1782

01:02:16,069 --> 01:02:13,920

and it got me thinking about good and

1783

01:02:18,150 --> 01:02:16,079

bad luck in general you know it's

1784

01:02:20,230 --> 01:02:18,160

actually been a long time since i've had

1785

01:02:21,990 --> 01:02:20,240

a day where a bunch of things went wrong

1786

01:02:24,870 --> 01:02:22,000

all at once but i did have this day

1787

01:02:27,109 --> 01:02:24,880

recently that i'm just in awe of

1788

01:02:29,349 --> 01:02:27,119

it started with me prepped and ready for

1789

01:02:31,589 --> 01:02:29,359

an interview and we get on the call and

1790

01:02:33,990 --> 01:02:31,599

my guest says i only have time for one

1791

01:02:35,990 --> 01:02:34,000

hour and i say well it's a two-hour show

1792

01:02:38,870 --> 01:02:36,000

we agreed to this it was in my interview

1793

01:02:40,309 --> 01:02:38,880

request i can't just do an hour

1794

01:02:42,069 --> 01:02:40,319

and they said well i don't have two

1795

01:02:43,109 --> 01:02:42,079

hours in me and i don't think i ever

1796

01:02:45,349 --> 01:02:43,119

will

1797

01:02:47,109 --> 01:02:45,359

so i prepped for this show

1798

01:02:49,829 --> 01:02:47,119

that the guy said he would do and now

1799

01:02:52,630 --> 01:02:49,839

won't do and i said all right i guess

1800

01:02:54,390 --> 01:02:52,640

we're at an impasse and we hung up

1801
01:02:56,789 --> 01:02:54,400
so that's about the most frustrating

1802
01:02:58,390 --> 01:02:56,799
thing that can happen to me work wise

1803
01:03:00,150 --> 01:02:58,400
and i called my wife because she took

1804
01:03:03,510 --> 01:03:00,160
the baby to the zoo so i could have a

1805
01:03:05,029 --> 01:03:03,520
quiet place to record and i was so

1806
01:03:06,549 --> 01:03:05,039
frustrated i'm like let me go to the zoo

1807
01:03:08,630 --> 01:03:06,559
too and we hung out there for a while

1808
01:03:10,950 --> 01:03:08,640
and then we put theory in my car and not

1809
01:03:12,789 --> 01:03:10,960
even a mile out of balboa park i run

1810
01:03:14,470 --> 01:03:12,799
over a big rock in the road and i get a

1811
01:03:17,510 --> 01:03:14,480
flat tire

1812
01:03:19,109 --> 01:03:17,520
so baby's screaming i pulled over and

1813
01:03:21,190 --> 01:03:19,119

i'm up against a curb that makes it

1814

01:03:23,750 --> 01:03:21,200

really hard to change the tire

1815

01:03:25,270 --> 01:03:23,760

i call my wife she picks up the baby and

1816

01:03:27,670 --> 01:03:25,280

she goes home

1817

01:03:29,750 --> 01:03:27,680

i get the jack out of my car which i've

1818

01:03:32,549 --> 01:03:29,760

yet to use since i bought this car and

1819

01:03:35,589 --> 01:03:32,559

the center screw on it is bent so badly

1820

01:03:38,150 --> 01:03:35,599

and makes changing this tire even harder

1821

01:03:39,990 --> 01:03:38,160

but i get it done and i go to leave and

1822

01:03:42,230 --> 01:03:40,000

my car battery is dead because i had my

1823

01:03:44,230 --> 01:03:42,240

flashers on for so long

1824

01:03:45,910 --> 01:03:44,240

my wife has to come all the way back we

1825

01:03:48,549 --> 01:03:45,920

jump the car and then before she can

1826

01:03:50,789 --> 01:03:48,559

even get home a guy sideswipes her right

1827

01:03:52,309 --> 01:03:50,799

on the baby's car seat side and then

1828

01:03:55,910 --> 01:03:52,319

drives off

1829

01:03:57,750 --> 01:03:55,920

so nothing with any lasting consequences

1830

01:03:59,029 --> 01:03:57,760

everyone and everything is ultimately

1831

01:04:01,109 --> 01:03:59,039

fine

1832

01:04:03,349 --> 01:04:01,119

but what a day neither of us have ever

1833

01:04:06,150 --> 01:04:03,359

been in a hit and run i've changed

1834

01:04:08,069 --> 01:04:06,160

dozens of tires with no problems

1835

01:04:11,029 --> 01:04:08,079

and the chances of an interview being

1836

01:04:13,589 --> 01:04:11,039

cancelled in that way has only happened

1837

01:04:16,710 --> 01:04:13,599

like twice in 10 years so it was a

1838

01:04:18,549 --> 01:04:16,720

perfect storm of annoying events

1839

01:04:21,190 --> 01:04:18,559

when it rains it pours i guess but the

1840

01:04:23,510 --> 01:04:21,200

probability was so low that it just got

1841

01:04:26,309 --> 01:04:23,520

me thinking about some spirit riding me

1842

01:04:28,309 --> 01:04:26,319

or maybe someone cursed me or maybe the

1843

01:04:30,950 --> 01:04:28,319

astrology was always pointing to that

1844

01:04:33,349 --> 01:04:30,960

being a bad day and if i was more aware

1845

01:04:35,430 --> 01:04:33,359

of my chart and didn't plan an interview

1846

01:04:37,109 --> 01:04:35,440

for that day maybe it all would have

1847

01:04:39,589 --> 01:04:37,119

passed over me

1848

01:04:41,589 --> 01:04:39,599

but gary is great and when i was nervous

1849

01:04:43,349 --> 01:04:41,599

that we could fill a show at this book i

1850

01:04:45,109 --> 01:04:43,359

said how about we do dreaming ahead of

1851
01:04:46,789 --> 01:04:45,119
time for the first hour and rudolph

1852
01:04:47,750 --> 01:04:46,799
steiner in the second and he was cool

1853
01:04:49,430 --> 01:04:47,760
with that

1854
01:04:51,349 --> 01:04:49,440
but i went back to our last interview

1855
01:04:54,789 --> 01:04:51,359
and we actually talked about steiner

1856
01:04:56,950 --> 01:04:54,799
quite a lot so i pulled an audible and

1857
01:04:58,950 --> 01:04:56,960
switched it to hermes because he had a

1858
01:05:00,870 --> 01:04:58,960
great recent presentation on the hermes

1859
01:05:02,470 --> 01:05:00,880
figure and i thought that that was a

1860
01:05:03,670 --> 01:05:02,480
great decision and it all worked out

1861
01:05:05,349 --> 01:05:03,680
really well

1862
01:05:07,670 --> 01:05:05,359
some of the other plush show topics

1863
01:05:10,390 --> 01:05:07,680

would be ancient cultures thoughts on

1864

01:05:12,470 --> 01:05:10,400

dreams how to make more synchronicity

1865

01:05:14,870 --> 01:05:12,480

albertus magnus

1866

01:05:16,309 --> 01:05:14,880

heightened emotions and magic

1867

01:05:19,190 --> 01:05:16,319

synchronicity

1868

01:05:21,990 --> 01:05:19,200

ascended masters and astral hobos and a

1869

01:05:23,670 --> 01:05:22,000

little bit about alchemy and hermes it

1870

01:05:25,910 --> 01:05:23,680

was a great time he knows a lot about a

1871

01:05:27,750 --> 01:05:25,920

lot sign up for plus if you like what i

1872

01:05:29,190 --> 01:05:27,760

do and how i do it and you want a little

1873

01:05:31,109 --> 01:05:29,200

bit more

1874

01:05:33,349 --> 01:05:31,119

also pick up the book if you think this

1875

01:05:35,430 --> 01:05:33,359

is your bag because there are way more

1876

01:05:37,109 --> 01:05:35,440

details in it than we could ever cover

1877

01:05:38,150 --> 01:05:37,119

in a two-hour interview it's a very good

1878

01:05:40,789 --> 01:05:38,160

book

1879

01:05:42,950 --> 01:05:40,799

but in higher side news i finally got to

1880

01:05:44,470 --> 01:05:42,960

meet darren and graham of gramercia in

1881

01:05:47,190 --> 01:05:44,480

the flesh

1882

01:05:49,190 --> 01:05:47,200

i also met joe roop brandon powell owen

1883

01:05:51,750 --> 01:05:49,200

hunt one of the snake brothers and a lot

1884

01:05:53,829 --> 01:05:51,760

of cool people who surprisingly knew who

1885

01:05:55,349 --> 01:05:53,839

i was and were all very nice and

1886

01:05:58,309 --> 01:05:55,359

complimentary

1887

01:06:00,309 --> 01:05:58,319

this was an event in pinetop arizona the

1888

01:06:02,789 --> 01:06:00,319

gromerica guys do these things all the

1889

01:06:04,789 --> 01:06:02,799

time on their website contact

1890

01:06:06,309 --> 01:06:04,799

thecabin.com

1891

01:06:08,069 --> 01:06:06,319

this one was called magic on the

1892

01:06:11,029 --> 01:06:08,079

mountains there was some wim hof

1893

01:06:13,190 --> 01:06:11,039

breathing there were kiddie pools of

1894

01:06:14,789 --> 01:06:13,200

very cold water set up outside and

1895

01:06:16,390 --> 01:06:14,799

people did the wim hof breathing and

1896

01:06:19,190 --> 01:06:16,400

jumped in the water

1897

01:06:21,670 --> 01:06:19,200

it was quite a show for me sitting there

1898

01:06:23,430 --> 01:06:21,680

smoking a joint next to the fire

1899

01:06:26,789 --> 01:06:23,440

but it was a really good time

1900

01:06:28,630 --> 01:06:26,799

the fact that i was so recognizable and

1901

01:06:30,630 --> 01:06:28,640

well liked by the crowd was very

1902

01:06:31,349 --> 01:06:30,640

off-putting for my buddy who came with

1903

01:06:33,190 --> 01:06:31,359

me

1904

01:06:34,950 --> 01:06:33,200

he just had no idea that people would

1905

01:06:37,109 --> 01:06:34,960

want to take pictures with me or

1906

01:06:39,029 --> 01:06:37,119

anything like that which was

1907

01:06:40,470 --> 01:06:39,039

just quite funny

1908

01:06:43,910 --> 01:06:40,480

we've known each other

1909

01:06:46,069 --> 01:06:43,920

half my life probably 20 years so

1910

01:06:48,789 --> 01:06:46,079

i got a kick out of that but you never

1911

01:06:50,710 --> 01:06:48,799

know thc is just an audio show and

1912

01:06:52,390 --> 01:06:50,720

nobody was there for me so i wouldn't

1913

01:06:53,349 --> 01:06:52,400

have been surprised if nobody knew who i

1914

01:06:55,910 --> 01:06:53,359

was

1915

01:06:57,750 --> 01:06:55,920

i guess my voice is a little unique and

1916

01:06:59,829 --> 01:06:57,760

that maybe gave it away

1917

01:07:02,710 --> 01:06:59,839

but we had a good time we were cheering

1918

01:07:05,430 --> 01:07:02,720

to the mandates dropping across canada

1919

01:07:08,230 --> 01:07:05,440

and then just as i got home we have this

1920

01:07:09,990 --> 01:07:08,240

emergency order in canada and trudeau is

1921

01:07:11,910 --> 01:07:10,000

going after the bank accounts of the

1922

01:07:14,710 --> 01:07:11,920

truckers and that's a scary place that

1923

01:07:16,470 --> 01:07:14,720

nobody wants to be obviously we're still

1924

01:07:18,710 --> 01:07:16,480

in the middle of the story

1925

01:07:21,270 --> 01:07:18,720

but instead of just conceding and saying

1926

01:07:23,190 --> 01:07:21,280

fine truckers can go unvaccinated it's

1927

01:07:25,510 --> 01:07:23,200

only a small percentage anyway most

1928

01:07:28,390 --> 01:07:25,520

people already got the shot and we know

1929

01:07:30,069 --> 01:07:28,400

that the shot doesn't work so this makes

1930

01:07:31,910 --> 01:07:30,079

no sense

1931

01:07:34,150 --> 01:07:31,920

i thought they were just about to back

1932

01:07:36,150 --> 01:07:34,160

down but instead they escalated to an

1933

01:07:38,950 --> 01:07:36,160

unprecedented level

1934

01:07:40,789 --> 01:07:38,960

the fact that a psyop trucker protest is

1935

01:07:42,549 --> 01:07:40,799

one of the cards in the illuminati card

1936

01:07:45,270 --> 01:07:42,559

game that's very prophetic doesn't make

1937

01:07:47,510 --> 01:07:45,280

me feel any better about any of this

1938

01:07:49,670 --> 01:07:47,520

but we are at that turn off the money

1939

01:07:51,589 --> 01:07:49,680

faucet if you step out of line point in

1940

01:07:53,910 --> 01:07:51,599

the timeline that gordon laid out ever

1941

01:07:56,470 --> 01:07:53,920

so well in our last episode i think in

1942

01:07:58,390 --> 01:07:56,480

january or maybe december

1943

01:08:01,270 --> 01:07:58,400

and i'm not happy about it

1944

01:08:03,430 --> 01:08:01,280

it's probably worthy of an episode

1945

01:08:05,910 --> 01:08:03,440

at this point but let's see how far this

1946

01:08:07,750 --> 01:08:05,920

goes i would hate to cover something

1947

01:08:09,190 --> 01:08:07,760

right before the next big chapter in

1948

01:08:10,549 --> 01:08:09,200

that story

1949

01:08:12,309 --> 01:08:10,559

but it's something we should all be

1950

01:08:15,190 --> 01:08:12,319

keeping an eye on

1951

01:08:17,749 --> 01:08:15,200

also plus members now have a more robust

1952

01:08:20,070 --> 01:08:17,759

account management page my guys put that

1953

01:08:22,470 --> 01:08:20,080

together and it's quite nice it does

1954

01:08:24,229 --> 01:08:22,480

have all the information you'd want but

1955

01:08:26,789 --> 01:08:24,239

we're probably going to jazz it up a bit

1956

01:08:27,669 --> 01:08:26,799

more and make it a fuller dashboard that

1957

01:08:30,630 --> 01:08:27,679

shows

1958

01:08:32,470 --> 01:08:30,640

latest episodes latest forum posts and

1959

01:08:34,070 --> 01:08:32,480

all your account stuff right there when

1960

01:08:36,709 --> 01:08:34,080

you log in

1961

01:08:40,149 --> 01:08:36,719

but already it's a lot simpler to change

1962

01:08:43,189 --> 01:08:40,159

your password your username your card on

1963

01:08:44,709 --> 01:08:43,199

file cancel your account if you need to

1964

01:08:47,269 --> 01:08:44,719

all in an effort to make plus

1965

01:08:49,990 --> 01:08:47,279

memberships more self-managed and cut

1966

01:08:51,749 --> 01:08:50,000

down on the money that i pay for support

1967

01:08:54,870 --> 01:08:51,759

so it's a big step in the right

1968

01:08:57,229 --> 01:08:54,880

direction i am happy with it so far

1969

01:08:59,269 --> 01:08:57,239

as for the calendar of events at

1970

01:09:01,669 --> 01:08:59,279

highersidemeetups.com we have new york

1971

01:09:03,349 --> 01:09:01,679

city this weekend on february 18th at

1972

01:09:06,309 --> 01:09:03,359

cafe 28

1973

01:09:08,550 --> 01:09:06,319

and then on february 24th someone added

1974

01:09:09,829 --> 01:09:08,560

a combined meetup with no agenda

1975

01:09:12,149 --> 01:09:09,839

listeners

1976

01:09:14,470 --> 01:09:12,159

why not unite the tribes huh

1977

01:09:18,070 --> 01:09:14,480

so if you're a fan of both shows or

1978

01:09:20,870 --> 01:09:18,080

either head down to pikes peak brewing

1979

01:09:23,349 --> 01:09:20,880

on february 24th in colorado springs

1980

01:09:24,550 --> 01:09:23,359

colorado the very city i was born in

1981

01:09:26,309 --> 01:09:24,560

funny enough

1982

01:09:27,349 --> 01:09:26,319

and have some beers and meet some new

1983

01:09:28,870 --> 01:09:27,359

friends

1984

01:09:31,269 --> 01:09:28,880

and the rest of the events go on into

1985

01:09:34,630 --> 01:09:31,279

march so we'll wait on those but hop on

1986

01:09:36,709 --> 01:09:34,640

over to the calendar and rsvp for these

1987

01:09:38,709 --> 01:09:36,719

events if you're in the area and of

1988

01:09:40,470 --> 01:09:38,719

course feel free to make your own we're

1989

01:09:43,349 --> 01:09:40,480

supporting craft beer all over this

1990

01:09:45,749 --> 01:09:43,359

great nation and the world really

1991

01:09:47,669 --> 01:09:45,759

finally big thanks again to gary for

1992

01:09:48,870 --> 01:09:47,679

coming back on he is one of the good

1993

01:09:50,870 --> 01:09:48,880

ones

1994

01:09:53,349 --> 01:09:50,880

what the hell is up with precognitive

1995

01:09:54,790 --> 01:09:53,359

dreams time the hypnagogic state and

1996

01:09:56,790 --> 01:09:54,800

life itself

1997

01:09:58,790 --> 01:09:56,800

we may never really know but we can keep

1998

01:10:00,709 --> 01:09:58,800

pulling on the threads right

1999

01:10:03,590 --> 01:10:00,719

thanks for sticking with me the members

2000

01:10:05,590 --> 01:10:03,600

are so so much appreciated it's the only

2001

01:10:07,430 --> 01:10:05,600

way i can keep this up

2002

01:10:09,830 --> 01:10:07,440

and i'll see you next time i've done my

2003

01:10:11,590 --> 01:10:09,840

part your move dream strangeness

2004

01:10:13,270 --> 01:10:11,600

suppressors deeper consciousness

2005

01:10:15,030 --> 01:10:13,280

concealers and directors of the

2006

01:10:16,870 --> 01:10:15,040

day-to-day distractions that keep us

2007

01:10:17,830 --> 01:10:16,880

from the mysteries

2008

01:10:19,910 --> 01:10:17,840

your

2009

01:10:22,630 --> 01:10:19,920

[h__\h]

2010

01:10:25,110 --> 01:10:22,640

lucid dreams are so vivid cause you go

2011

01:10:27,750 --> 01:10:25,120

to bed at seven and your brain comes

2012

01:10:30,390 --> 01:10:27,760

alive cause you hate your nine to five

2013

01:10:32,790 --> 01:10:30,400

you wake up with a dread and make sure

2014

01:10:34,870 --> 01:10:32,800

your cats are fed did your brain talk to

2015

01:10:37,750 --> 01:10:34,880

a ghost who moved your coffee and your

2016

01:10:39,430 --> 01:10:37,760

toast as you listen to the higher side

2017

01:10:42,149 --> 01:10:39,440

chats

2018

01:10:45,030 --> 01:10:42,159

you get to your desk and your boss says

2019

01:10:47,430 --> 01:10:45,040

it's a mess and your soul slowly grows

2020

01:10:50,229 --> 01:10:47,440

to a place where nothing grows when you

2021

01:10:52,630 --> 01:10:50,239

think he's not around you insert a seti

2022

01:10:55,270 --> 01:10:52,640

sound

2023

01:10:58,870 --> 01:10:55,280

the om says turn it down and you say

2024

01:11:01,910 --> 01:10:58,880

it's just the higher side chats

2025

01:11:03,910 --> 01:11:01,920

oh do you think you'd be invited

2026

01:11:06,630 --> 01:11:03,920

to bohemia grove

2027

01:11:09,910 --> 01:11:06,640

to a bilderberg club

2028

01:11:12,390 --> 01:11:09,920

oh do you think you'd be invited

2029

01:11:15,270 --> 01:11:12,400

by a rothschild to a party on a

2030

01:11:17,750 --> 01:11:15,280

submarine

2031

01:11:19,990 --> 01:11:17,760

diving down

2032

01:11:22,630 --> 01:11:20,000

to the center of the earth through the

2033

01:11:26,470 --> 01:11:22,640

marianas trench your teeth begin to

2034

01:11:30,470 --> 01:11:26,480

clench from the sulfurius stench

2035

01:11:35,270 --> 01:11:30,480

the mask you're given doesn't fit

2036

01:11:40,790 --> 01:11:37,990

starting today you'll make plans to get

2037

01:11:43,510 --> 01:11:40,800

away there's no one to hold you down and

2038

01:11:46,390 --> 01:11:43,520

the what if start to drown then you wake

2039

01:11:48,790 --> 01:11:46,400

to the glare of a cold fluorescent stare

2040

01:11:51,189 --> 01:11:48,800

and the light winks at you cause its

2041

01:11:54,229 --> 01:11:51,199

life is almost through but it's holding

2042

01:12:09,440 --> 01:11:54,239

on to quit time just like you

2043

01:12:09,450 --> 01:12:16,709

[Music]

2044

01:12:21,350 --> 01:12:19,510

and that is another show complete

2045

01:12:23,669 --> 01:12:21,360

remember as much as you enjoyed this

2046

01:12:25,430 --> 01:12:23,679

which is just the free first hour i hope

2047

01:12:28,229 --> 01:12:25,440

you'll become a plus member to hear the

2048

01:12:30,149 --> 01:12:28,239

full two hour interviews you also can

2049

01:12:32,790 --> 01:12:30,159

engage with other plus members in the

2050

01:12:34,310 --> 01:12:32,800

comments and the forums and you'll find

2051

01:12:36,149 --> 01:12:34,320

your answer to one of the most common

2052

01:12:37,910 --> 01:12:36,159

questions i get which is where can i

2053

01:12:39,750 --> 01:12:37,920

find those cover songs that you use at

2054

01:12:41,990 --> 01:12:39,760

the end of the show well they are free

2055

01:12:44,070 --> 01:12:42,000

downloads for plus members too

2056

01:12:45,910 --> 01:12:44,080

and without plus members i can't hire

2057

01:12:48,950 --> 01:12:45,920

the occasional musician to bring these

2058

01:12:50,790 --> 01:12:48,960

odd cover song ideas to fruition plus

2059

01:12:52,790 --> 01:12:50,800

members are how i'm able to do what i do

2060

01:12:55,590 --> 01:12:52,800

without ads and without the big machine

2061

01:12:57,590 --> 01:12:55,600

being on my back we can fit so much more

2062

01:12:59,430 --> 01:12:57,600

into a two-hour interview and i do my

2063

01:13:00,310 --> 01:12:59,440

best to make it worth your time and

2064

01:13:02,470 --> 01:13:00,320

money

2065

01:13:04,390 --> 01:13:02,480

the conversation only gets deeper

2066

01:13:06,630 --> 01:13:04,400

weirder and more controversial

2067

01:13:08,229 --> 01:13:06,640

in that private hour how could it not

2068

01:13:10,430 --> 01:13:08,239

the way things are going

2069

01:13:12,790 --> 01:13:10,440

but the best way to sign up is at the

2070

01:13:15,430 --> 01:13:12,800

highersidechats.com where new first-time

2071

01:13:17,910 --> 01:13:15,440

subscribers always get a free seven-day

2072

01:13:19,990 --> 01:13:17,920

trial because i'm just that confident

2073

01:13:22,149 --> 01:13:20,000

there's no paypal on the website but if

2074

01:13:23,910 --> 01:13:22,159

you need to use paypal then sign up

2075

01:13:25,110 --> 01:13:23,920

through patreon and you get all the same

2076

01:13:27,189 --> 01:13:25,120

episodes

2077

01:13:28,870 --> 01:13:27,199

our website is a credit or debit system

2078

01:13:31,750 --> 01:13:28,880

but you can also scope out the other

2079

01:13:34,390 --> 01:13:31,760

options like a few various cryptos cash

2080

01:13:36,229 --> 01:13:34,400

or check mail to the p.o box and i'll

2081

01:13:38,070 --> 01:13:36,239

even barter with most people if you have

2082

01:13:40,709 --> 01:13:38,080

your own business and produce something

2083

01:13:42,709 --> 01:13:40,719

nice that my wife or kid or taste buds

2084

01:13:44,709 --> 01:13:42,719

might like but the architects of

2085

01:13:46,390 --> 01:13:44,719

consensus reality have made it clear

2086

01:13:48,870 --> 01:13:46,400

that these themes and topics aren't

2087

01:13:50,630 --> 01:13:48,880

really welcome on the main stage and so

2088

01:13:52,709 --> 01:13:50,640

this is how we secure a little

2089

01:13:54,950 --> 01:13:52,719

counterculture corner for ourselves and

2090

01:13:56,790 --> 01:13:54,960

i hope you'll join plus because that is

2091

01:13:59,350 --> 01:13:56,800

the only way it works

2092

01:14:01,750 --> 01:13:59,360

besides you can cancel any time right on

2093

01:14:03,830 --> 01:14:01,760

your profile page the most common

2094

01:14:06,310 --> 01:14:03,840

concern i hear is people just being

2095

01:14:08,709 --> 01:14:06,320

unsure if thc plus will work with their

2096

01:14:11,510 --> 01:14:08,719

podcast app and the answer is probably

2097

01:14:13,510 --> 01:14:11,520

yes but if not we have several high

2098

01:14:15,669 --> 01:14:13,520

level app recommendations for whatever

2099

01:14:17,030 --> 01:14:15,679

phone you use and the website is made

2100

01:14:18,709 --> 01:14:17,040

for mobile too

2101

01:14:20,390 --> 01:14:18,719

we're trained to tip a waitress for

2102

01:14:22,229 --> 01:14:20,400

bringing us a sandwich but that tip

2103

01:14:24,790 --> 01:14:22,239

doesn't give you access to a second

2104

01:14:26,310 --> 01:14:24,800

sandwich really i'm not asking for any

2105

01:14:28,310 --> 01:14:26,320

more than that and i think i offer a

2106

01:14:30,630 --> 01:14:28,320

better service come get your second

2107

01:14:32,630 --> 01:14:30,640

serving of tasty conspiracy goodness in

2108

01:14:35,270 --> 01:14:32,640

exchange for that small token of your

2109

01:14:37,189 --> 01:14:35,280

appreciation beyond that let it also be

2110

01:14:39,590 --> 01:14:37,199

known that we have grown and survived as

2111

01:14:41,590 --> 01:14:39,600

long as we have by word of mouth

2112

01:14:43,669 --> 01:14:41,600

i don't care so much about social media

2113

01:14:46,870 --> 01:14:43,679

likes or follows but tell the right

2114

01:14:48,550 --> 01:14:46,880

people about the and not just listeners

2115

01:14:50,550 --> 01:14:48,560

but the high level figures who are

2116

01:14:52,870 --> 01:14:50,560

better suited to sit down with me than

2117

01:14:54,790 --> 01:14:52,880

most other hosts and if you can help me

2118

01:14:56,790 --> 01:14:54,800

with any of these things i can work to

2119

01:14:58,550 --> 01:14:56,800

bring you better shows which is just a

2120

01:15:00,390 --> 01:14:58,560

win-win for both of us

2121

01:15:02,870 --> 01:15:00,400

informative entertaining and

2122

01:15:04,550 --> 01:15:02,880

action-packed it also never hurts to

2123

01:15:06,550 --> 01:15:04,560

thank a guest you liked if you have the

2124

01:15:07,990 --> 01:15:06,560

time either we want them to know people

2125

01:15:10,229 --> 01:15:08,000

are listening so they're willing to come

2126

01:15:12,470 --> 01:15:10,239

back down the road too thank you for