

# PSYCHOLOGY'S OUTER LIMITS Debut Show



Professor Erick R. Williams



1  
00:00:54,830 --> 00:00:02,629  
you're locked into inception radio

2  
00:00:57,560 --> 00:00:54,840  
network superior Wisconsin get ready to

3  
00:01:01,040 --> 00:00:57,570  
expand your mind this is psychologies

4  
00:01:08,720 --> 00:01:01,050  
outer limits with your host professor of

5  
00:01:13,950 --> 00:01:11,340  
well hello there folks and welcome to

6  
00:01:16,890 --> 00:01:13,960  
the premier edition of psychology outer

7  
00:01:19,770 --> 00:01:16,900  
limits and i am your host professor eric

8  
00:01:22,650 --> 00:01:19,780  
williams professor of psychology as the

9  
00:01:24,420 --> 00:01:22,660  
title implies and good evening to you

10  
00:01:27,390 --> 00:01:24,430  
folks on the East Coast that's where I'm

11  
00:01:29,520 --> 00:01:27,400  
located in maryland good afternoon to

12  
00:01:32,000 --> 00:01:29,530  
those of you on the west coast and hello

13  
00:01:33,930 --> 00:01:32,010

to the rest of you wherever you are

14

00:01:36,210 --> 00:01:33,940

there's there's a lot of ways to

15

00:01:38,100 --> 00:01:36,220

interact with the show so before I

16

00:01:42,240 --> 00:01:38,110

explain the show a little bit let's do

17

00:01:45,719 --> 00:01:42,250

that first of all the show is live if

18

00:01:48,719 --> 00:01:45,729

it's seven o'clock eastern time or if

19

00:01:50,730 --> 00:01:48,729

it's seven before o'clock on the west

20

00:01:52,680 --> 00:01:50,740

coast and we're live so you can call in

21

00:01:58,080 --> 00:01:52,690

and if you want to call in the phone

22

00:02:02,219 --> 00:01:58,090

number is 8 8 8 9 192 355 you can

23

00:02:06,719 --> 00:02:02,229

twitter at eric psychology my name is

24

00:02:09,630 --> 00:02:06,729

spelled ER i ck a cna k that's that's a

25

00:02:12,890 --> 00:02:09,640

good french so that's Eric's I call at

26

00:02:15,570 --> 00:02:12,900

Eric psychology on Twitter or at

27

00:02:19,860 --> 00:02:15,580

inception radio network and they and

28

00:02:25,530 --> 00:02:19,870

they are at i underscore our underscore

29

00:02:29,190 --> 00:02:25,540

n i RN you can email live psych at nail

30

00:02:31,680 --> 00:02:29,200

calm so just the word live l.i.v.e the

31

00:02:35,370 --> 00:02:31,690

word psych psy see but it's all one word

32

00:02:37,830 --> 00:02:35,380

life psychic mail com you're probably

33

00:02:40,229 --> 00:02:37,840

listening to us on inception radio

34

00:02:43,830 --> 00:02:40,239

network but you can also download the

35

00:02:46,740 --> 00:02:43,840

android or the iOS apps if you want to

36

00:02:49,350 --> 00:02:46,750

listen and on the phone or on your on

37

00:02:51,390 --> 00:02:49,360

your tablet and also if you happen to be

38

00:02:54,810 --> 00:02:51,400

on the page you'll notice that there is

39

00:02:57,740 --> 00:02:54,820

a menu bar and if you click on the one

40

00:03:00,030 --> 00:02:57,750

that says chat you can join in the chat

41

00:03:02,160 --> 00:03:00,040

lots of great people I've been in that

42

00:03:03,930 --> 00:03:02,170

chat room a lot myself and I've listened

43

00:03:07,770 --> 00:03:03,940

to shows and what I've been guest on

44

00:03:10,680 --> 00:03:07,780

shows so by all means jump in I'll be

45

00:03:13,530 --> 00:03:10,690

monitoring it and our our exceptional

46

00:03:16,320 --> 00:03:13,540

producer NJ will also be monitoring it

47

00:03:18,090 --> 00:03:16,330

and on facebook you can search for

48

00:03:22,830 --> 00:03:18,100

psychologies outer limit

49

00:03:25,680 --> 00:03:22,840

it's psychology I don't know when i type

50

00:03:28,320 --> 00:03:25,690

too fast i misspelled it but it's it's

51

00:03:30,630 --> 00:03:28,330

not I es it's just just it's just

52

00:03:34,680 --> 00:03:30,640

psychology with an S than outer oh you

53

00:03:36,600 --> 00:03:34,690

ter and then limits okay and I think

54

00:03:40,080 --> 00:03:36,610

that's about every way to get a hold of

55

00:03:43,380 --> 00:03:40,090

us so by all means call in 88 89 19 to

56

00:03:45,060 --> 00:03:43,390

35 5 i'm so used to a classroom full of

57

00:03:48,350 --> 00:03:45,070

faces and instead I'm sitting here

58

00:03:51,480 --> 00:03:48,360

staring at three skip three screens so

59

00:03:55,530 --> 00:03:51,490

I'm hoping for a pumping for a very

60

00:03:57,060 --> 00:03:55,540

interactive show I am a professor of

61

00:04:00,720 --> 00:03:57,070

psychology I've been doing that for

62

00:04:02,280 --> 00:04:00,730

about nine years now and no I don't

63

00:04:04,890 --> 00:04:02,290

teach at Harvard or Yale or Stanford

64

00:04:07,080 --> 00:04:04,900

earning those really big giant places I

65

00:04:09,740 --> 00:04:07,090

actually have a strong preference for

66

00:04:12,240 --> 00:04:09,750

small colleges so I'm at hagerstown

67

00:04:15,740 --> 00:04:12,250

Community College it's a sprawling

68

00:04:18,810 --> 00:04:15,750

bucolic saturday evening post kind of

69

00:04:21,030 --> 00:04:18,820

college is rather big I really enjoy it

70

00:04:23,850 --> 00:04:21,040

there teach about seven classes a

71

00:04:26,970 --> 00:04:23,860

semester that's about a little over 200

72

00:04:30,570 --> 00:04:26,980

students and I teach everything I teach

73

00:04:32,730 --> 00:04:30,580

general psych and I teach abnormal psych

74

00:04:35,400 --> 00:04:32,740

which is a lot of fun it's a hard course

75

00:04:38,520 --> 00:04:35,410

though it's pretty much for psych majors

76  
00:04:40,560 --> 00:04:38,530  
of human growth and development social

77  
00:04:44,070 --> 00:04:40,570  
psych which is a lot of fun lots of

78  
00:04:46,290 --> 00:04:44,080  
discussion I teach a counseling course

79  
00:04:48,570 --> 00:04:46,300  
for that's actually for a different

80  
00:04:50,490 --> 00:04:48,580  
group but it has to be taught by someone

81  
00:04:52,410 --> 00:04:50,500  
I guess with a counseling background I

82  
00:04:54,090 --> 00:04:52,420  
actually have taught at one of those

83  
00:04:56,190 --> 00:04:54,100  
bigger colleges but that was a while ago

84  
00:05:01,110 --> 00:04:56,200  
I was teaching graduate students how to

85  
00:05:03,240 --> 00:05:01,120  
do how to do group counseling and that

86  
00:05:06,720 --> 00:05:03,250  
was fun I did that for about four years

87  
00:05:09,960 --> 00:05:06,730  
but I that was an adjunct no I'm a I'm a

88  
00:05:12,330 --> 00:05:09,970

full-time professor and that's a little

89

00:05:15,570 --> 00:05:12,340

bit about me now let's talk about the

90

00:05:18,750 --> 00:05:15,580

show a little bit if you go to the to

91

00:05:23,070 --> 00:05:18,760

the main page to inception radio network

92

00:05:25,490 --> 00:05:23,080

and you'll count including me 29 hosts

93

00:05:28,230 --> 00:05:25,500

though one of them says coming soon and

94

00:05:32,529 --> 00:05:28,240

you'll notice especially the regulars

95

00:05:36,170 --> 00:05:32,539

that the the network is primarily about

96

00:05:38,540 --> 00:05:36,180

paranormal things and this show is not

97

00:05:39,680 --> 00:05:38,550

primarily about paranormal things but

98

00:05:41,300 --> 00:05:39,690

we're going to go there we're going to

99

00:05:43,960 --> 00:05:41,310

go to that end of the pool and dip our

100

00:05:46,879 --> 00:05:43,970

toes and every once in a while but

101  
00:05:50,540 --> 00:05:46,889  
psychology has its its own weirdness so

102  
00:05:54,830 --> 00:05:50,550  
I promise you weirdness weirdness is

103  
00:05:56,600 --> 00:05:54,840  
cool so when we I father was Babu came

104  
00:05:58,719 --> 00:05:56,610  
up with the name psychologies outer

105  
00:06:02,570 --> 00:05:58,729  
limit because I'm not quite that clever

106  
00:06:04,670 --> 00:06:02,580  
I do want to talk about some of the the

107  
00:06:07,430 --> 00:06:04,680  
outer limits the odd things in

108  
00:06:10,760 --> 00:06:07,440  
psychology I want to talk about

109  
00:06:14,290 --> 00:06:10,770  
psychology and the news and i want to

110  
00:06:16,939 --> 00:06:14,300  
have sort of a topic of the day and

111  
00:06:18,740 --> 00:06:16,949  
we're starting out as an hour show and

112  
00:06:22,399 --> 00:06:18,750  
we'll see how that goes and if it goes

113  
00:06:25,909 --> 00:06:22,409

well it may morph into an hour and a

114

00:06:27,559 --> 00:06:25,919

half show this show is live on sunday

115

00:06:29,270 --> 00:06:27,569

nights from seven to eight and maybe

116

00:06:32,390 --> 00:06:29,280

eventually 830 but then at nine o'clock

117

00:06:35,990 --> 00:06:32,400

we have pang PA ng and that's actually

118

00:06:37,999 --> 00:06:36,000

hosted by angela our producer I didn't

119

00:06:41,029 --> 00:06:38,009

even know that i love it show I listened

120

00:06:42,589 --> 00:06:41,039

to inception radio a lot matter of fact

121

00:06:47,180 --> 00:06:42,599

when I was trying to decide where to

122

00:06:48,409 --> 00:06:47,190

have a show i sent sort of uh i don't

123

00:06:51,649 --> 00:06:48,419

know what they call it a letter of

124

00:06:55,459 --> 00:06:51,659

introduction I guess it's two three

125

00:07:00,170 --> 00:06:55,469

networks and irn was the friendliest and

126  
00:07:02,360 --> 00:07:00,180  
and the the most outgoing and took lots

127  
00:07:05,899 --> 00:07:02,370  
of time to explain how it would work so

128  
00:07:07,939 --> 00:07:05,909  
I ended up here so that's kind of the

129  
00:07:09,830 --> 00:07:07,949  
format of the show but what I really

130  
00:07:12,860 --> 00:07:09,840  
enjoy is the same thing I enjoying the

131  
00:07:14,719 --> 00:07:12,870  
classroom I enjoy people you know

132  
00:07:17,059 --> 00:07:14,729  
talking you don't want to just listen to

133  
00:07:19,129 --> 00:07:17,069  
me for an hour if you're my one of my

134  
00:07:21,200 --> 00:07:19,139  
students you know you might have to list

135  
00:07:24,230 --> 00:07:21,210  
our summer classes or four hours can you

136  
00:07:25,939 --> 00:07:24,240  
imagine that I have to talk for four

137  
00:07:28,430 --> 00:07:25,949  
hours and they have to listen but it's a

138  
00:07:30,200 --> 00:07:28,440

great deal more fun when people ask

139

00:07:33,080 --> 00:07:30,210

questions and students come up with

140

00:07:35,300 --> 00:07:33,090

questions that I mean my gosh next year

141

00:07:38,839 --> 00:07:35,310

will make 40 years since i started since

142

00:07:41,300 --> 00:07:38,849

i was a freshman at maryland so i know a

143

00:07:43,730 --> 00:07:41,310

lot about psychology but students come

144

00:07:44,640 --> 00:07:43,740

up with questions that are incredible

145

00:07:47,040 --> 00:07:44,650

and I

146

00:07:49,140 --> 00:07:47,050

I would have thought of them and i hope

147

00:07:50,790 --> 00:07:49,150

you call in with questions you can call

148

00:07:53,550 --> 00:07:50,800

in a questions you can call in with your

149

00:07:57,270 --> 00:07:53,560

thoughts your experience you can call in

150

00:07:59,219 --> 00:07:57,280

to say hi you can call them to say well

151

00:08:02,969 --> 00:07:59,229

so far you suck but I think with time

152

00:08:05,450 --> 00:08:02,979

you'll get better or you could call them

153

00:08:08,040 --> 00:08:05,460

with an exception you know every time I

154

00:08:10,379 --> 00:08:08,050

provide a factoid to my students

155

00:08:12,960 --> 00:08:10,389

somebody raises their hand and there's

156

00:08:14,999 --> 00:08:12,970

always an exception so now we have what

157

00:08:17,400 --> 00:08:15,009

I call professor Eric seventy percent

158

00:08:19,560 --> 00:08:17,410

rule which I made up keep that in mind

159

00:08:22,080 --> 00:08:19,570

there's no research behind this you

160

00:08:24,080 --> 00:08:22,090

could you you can reasonably believe

161

00:08:27,240 --> 00:08:24,090

that about seventy percent of the time

162

00:08:29,909 --> 00:08:27,250

you know something psychological I tell

163

00:08:32,670 --> 00:08:29,919

you is true it's probably more than that

164

00:08:34,560 --> 00:08:32,680

but I want to be conservative so most of

165

00:08:36,510 --> 00:08:34,570

the things I tell you on here are true

166

00:08:39,449 --> 00:08:36,520

most a type of my gosh of course there's

167

00:08:46,050 --> 00:08:39,459

you know there's going to be plenty of

168

00:08:48,210 --> 00:08:46,060

plenty of exceptions and one of the

169

00:08:52,130 --> 00:08:48,220

things that's always interesting to me

170

00:08:58,410 --> 00:08:52,140

and I love talking about it in class is

171

00:09:00,420 --> 00:08:58,420

is basic research in basic research this

172

00:09:02,610 --> 00:09:00,430

is the stuff that makes you absolutely

173

00:09:05,910 --> 00:09:02,620

crazy when you read the paper for

174

00:09:08,340 --> 00:09:05,920

example you read a headline NIH

175

00:09:10,920 --> 00:09:08,350

scientists spin 2.6 million dollars

176

00:09:12,690 --> 00:09:10,930

proving that fruit flies like fruit and

177

00:09:14,519 --> 00:09:12,700

you smack yourself on the forehead and

178

00:09:15,870 --> 00:09:14,529

you say for God's sake of course it like

179

00:09:18,030 --> 00:09:15,880

fruit that's why they're called fruit

180

00:09:21,480 --> 00:09:18,040

flies well that's not really the point

181

00:09:23,610 --> 00:09:21,490

basic research helps us to generate more

182

00:09:26,370 --> 00:09:23,620

questions first of all but second of all

183

00:09:31,079 --> 00:09:26,380

everything and science has to be proven

184

00:09:33,510 --> 00:09:31,089

even if fruit flies like fruit another

185

00:09:35,490 --> 00:09:33,520

reason that we study basic things and we

186

00:09:38,610 --> 00:09:35,500

study obvious things as I sometimes

187

00:09:42,449 --> 00:09:38,620

we're just wrong you know there's a very

188

00:09:45,390 --> 00:09:42,459

common notion for example that opposites

189

00:09:47,670 --> 00:09:45,400

attract but it's been studied a lot in

190

00:09:51,300 --> 00:09:47,680

social psychology and it's not true

191

00:09:53,519 --> 00:09:51,310

opposites do not attract I remember the

192

00:09:56,790 --> 00:09:53,529

seventy percent rule once in a while

193

00:09:58,440 --> 00:09:56,800

they do but when they do the stats for

194

00:10:00,480 --> 00:09:58,450

the outcomes are pretty much

195

00:10:02,370 --> 00:10:00,490

we'll buy are largely like being with

196

00:10:07,110 --> 00:10:02,380

and around people or that are very very

197

00:10:09,510 --> 00:10:07,120

similar to us so speaking of things that

198

00:10:11,700 --> 00:10:09,520

we hear often that we believe I came

199

00:10:15,480 --> 00:10:11,710

across this article called divorce

200

00:10:18,270 --> 00:10:15,490

shocker most marriages do make it now as

201  
00:10:21,050 --> 00:10:18,280  
far back as I can remember I have heard

202  
00:10:23,340 --> 00:10:21,060  
that fifty percent of marriages fail

203  
00:10:24,810 --> 00:10:23,350  
that's a big number and if you're

204  
00:10:26,660 --> 00:10:24,820  
getting ready to get married that's a

205  
00:10:29,400 --> 00:10:26,670  
depressing number no wonder we have

206  
00:10:30,630 --> 00:10:29,410  
people signing agreements before they

207  
00:10:32,310 --> 00:10:30,640  
get married because they're for either

208  
00:10:36,110 --> 00:10:32,320  
going to lose half their stuff and you

209  
00:10:39,420 --> 00:10:36,120  
might anyway I don't know but anyway

210  
00:10:44,460 --> 00:10:39,430  
this uh I think they're a husband and

211  
00:10:47,400 --> 00:10:44,470  
wife research team Shantay felt hon I

212  
00:10:49,800 --> 00:10:47,410  
can't pronounce these names anyway she

213  
00:10:51,660 --> 00:10:49,810

uh she did go to one of the big college

214

00:10:55,310 --> 00:10:51,670

she did her research training at Harvard

215

00:10:57,660 --> 00:10:55,320

and she and her husband Jeff our

216

00:10:59,430 --> 00:10:57,670

marriage counselors but they were kind

217

00:11:01,980 --> 00:10:59,440

of curious about this fifty percent

218

00:11:03,900 --> 00:11:01,990

thing too you know and that this was on

219

00:11:05,640 --> 00:11:03,910

CNN by the way and one of the things

220

00:11:08,670 --> 00:11:05,650

that they found was that they couldn't

221

00:11:11,520 --> 00:11:08,680

find the source for this data you know

222

00:11:13,410 --> 00:11:11,530

like they couldn't find it usually you

223

00:11:15,810 --> 00:11:13,420

know when you're writing an academic a

224

00:11:20,220 --> 00:11:15,820

Deming paper you can't make a statement

225

00:11:22,230 --> 00:11:20,230

of fact without finding some piece of

226

00:11:24,120 --> 00:11:22,240

research where someone proved it

227

00:11:26,820 --> 00:11:24,130

remember when I said earlier everything

228

00:11:29,130 --> 00:11:26,830

and science has got to be proven so what

229

00:11:32,610 --> 00:11:29,140

they did was they very painstakingly

230

00:11:34,260 --> 00:11:32,620

went through real data you know i'm not

231

00:11:37,710 --> 00:11:34,270

sure what they did but i'm assuming they

232

00:11:41,220 --> 00:11:37,720

went through you know county databases

233

00:11:43,770 --> 00:11:41,230

for divorces and four marriages and what

234

00:11:47,220 --> 00:11:43,780

they found is that this is her first

235

00:11:49,380 --> 00:11:47,230

time marriages that that probably twenty

236

00:11:51,810 --> 00:11:49,390

to twenty-five percent have ended in

237

00:11:54,900 --> 00:11:51,820

divorce on average and we've never been

238

00:11:57,860 --> 00:11:54,910

anywhere near fifty percent so here's an

239

00:12:00,540 --> 00:11:57,870

example where you know basic research

240

00:12:04,170 --> 00:12:00,550

tells us that something that many of us

241

00:12:08,040 --> 00:12:04,180

have believed forever isn't true the

242

00:12:10,140 --> 00:12:08,050

divorce rate is not fifty percent but

243

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

I've certainly believe that and I am

244

00:12:12,210 --> 00:12:11,890

sure that even after what I just said

245

00:12:14,850 --> 00:12:12,220

there

246

00:12:17,840 --> 00:12:14,860

folks that will that will still believe

247

00:12:20,040 --> 00:12:17,850

it and the divorce rate has been

248

00:12:22,500 --> 00:12:20,050

dropping as a matter of fact in one of

249

00:12:25,770 --> 00:12:22,510

the courses I teach I was showing a

250

00:12:29,640 --> 00:12:25,780

graph that showed that the divorce rate

251  
00:12:31,350 --> 00:12:29,650  
the head dropped it had dropped twenty

252  
00:12:33,330 --> 00:12:31,360  
percent but not twenty percent of all

253  
00:12:36,030 --> 00:12:33,340  
marriages it had dropped from some

254  
00:12:37,530 --> 00:12:36,040  
number to a number or another number and

255  
00:12:39,450 --> 00:12:37,540  
the difference between those two numbers

256  
00:12:42,690 --> 00:12:39,460  
was twenty percent but the point is is

257  
00:12:45,000 --> 00:12:42,700  
that the divorce rate is dropping and I

258  
00:12:48,540 --> 00:12:45,010  
think that's good right as a counselor I

259  
00:12:52,050 --> 00:12:48,550  
think that's a great a great sign and

260  
00:12:55,380 --> 00:12:52,060  
some states even have these these new

261  
00:12:58,470 --> 00:12:55,390  
kind of marriages now where you agree

262  
00:13:01,140 --> 00:12:58,480  
that you will not you sort of waive your

263  
00:13:04,830 --> 00:13:01,150

right to a no-fault marriage it's very

264

00:13:06,630 --> 00:13:04,840

hard to get married and that sort of

265

00:13:10,080 --> 00:13:06,640

brings us back to this fifty percent

266

00:13:15,060 --> 00:13:10,090

that this this may have come about in

267

00:13:17,760 --> 00:13:15,070

the early 70s when when the no-fault

268

00:13:19,830 --> 00:13:17,770

divorce came out and psychologists

269

00:13:23,010 --> 00:13:19,840

predicted that it would lead to a

270

00:13:26,940 --> 00:13:23,020

50-percent divorce rate but apparently

271

00:13:29,760 --> 00:13:26,950

it never did but the number stuck so

272

00:13:33,210 --> 00:13:29,770

that explains a few things that explains

273

00:13:35,250 --> 00:13:33,220

why we do basic research and certainly

274

00:13:37,950 --> 00:13:35,260

in social psychology we spent a lot of

275

00:13:42,480 --> 00:13:37,960

time talking about you know things that

276  
00:13:46,620 --> 00:13:42,490  
are there i don't know folk wisdom urban

277  
00:13:51,600 --> 00:13:46,630  
myths I you snopes a lot for that you do

278  
00:13:53,370 --> 00:13:51,610  
you use soaps NS and snop es the

279  
00:13:55,860 --> 00:13:53,380  
husband-wife team that work out of their

280  
00:13:57,420 --> 00:13:55,870  
house and they look up everything if you

281  
00:13:59,730 --> 00:13:57,430  
hear something weird you go to snopes

282  
00:14:06,450 --> 00:13:59,740  
and you find out if it's if it's true or

283  
00:14:09,030 --> 00:14:06,460  
if it's not now under the topic just

284  
00:14:11,130 --> 00:14:09,040  
plain weird i found that this this week

285  
00:14:13,110 --> 00:14:11,140  
i have no idea what this has to do with

286  
00:14:15,510 --> 00:14:13,120  
psychology except i happen to believe

287  
00:14:18,210 --> 00:14:15,520  
everything is related to psychology but

288  
00:14:20,630 --> 00:14:18,220

this is this is just sort of a headline

289

00:14:23,970 --> 00:14:20,640

I have nothing else to go with it a

290

00:14:25,500 --> 00:14:23,980

german student mooned a group of Hell's

291

00:14:28,110 --> 00:14:25,510

Angels

292

00:14:31,440 --> 00:14:28,120

and hurled a puppy at them before

293

00:14:35,310 --> 00:14:31,450

escaping on a stolen bulldozer police

294

00:14:37,260 --> 00:14:35,320

said now first of all I think mooning

295

00:14:40,530 --> 00:14:37,270

Hells Angels that's that's pretty brave

296

00:14:42,570 --> 00:14:40,540

hurling a puppy's kind of mean but how

297

00:14:45,120 --> 00:14:42,580

do you escape on a stolen bulldozer

298

00:14:47,940 --> 00:14:45,130

don't Hells Angels have really really

299

00:14:50,280 --> 00:14:47,950

fast motorcycles and I'm just guessing

300

00:14:52,620 --> 00:14:50,290

that they could overtake a bulldozer

301  
00:14:55,170 --> 00:14:52,630  
fairly rapidly so I wish I had more to

302  
00:14:58,680 --> 00:14:55,180  
the story but I don't but that comes

303  
00:15:03,300 --> 00:14:58,690  
under the section of just just plain

304  
00:15:04,830 --> 00:15:03,310  
weird and if you have something that you

305  
00:15:07,580 --> 00:15:04,840  
want to contribute that's just plain

306  
00:15:13,200 --> 00:15:07,590  
where you know you can pop it into the

307  
00:15:16,470 --> 00:15:13,210  
into the chat room or you can send an

308  
00:15:19,830 --> 00:15:16,480  
email I'm kinda new to this i'm trying

309  
00:15:23,700 --> 00:15:19,840  
to look at everything at once so i see

310  
00:15:25,770 --> 00:15:23,710  
Lisa's in the chat room hello Lisa and a

311  
00:15:31,350 --> 00:15:25,780  
few other folks nice to see all of you

312  
00:15:34,320 --> 00:15:31,360  
all of you there let's see here and

313  
00:15:39,900 --> 00:15:34,330

remember the number to call in is 888 91

314

00:15:41,850 --> 00:15:39,910

92 355 you don't you don't need any

315

00:15:44,990 --> 00:15:41,860

particular reason to call in you can

316

00:15:48,030 --> 00:15:45,000

just call in and say hi if you want I

317

00:15:50,370 --> 00:15:48,040

want to go through a few more just

318

00:15:53,660 --> 00:15:50,380

quickie little things and then I think

319

00:15:56,220 --> 00:15:53,670

our topic for today is going to be lost

320

00:15:57,960 --> 00:15:56,230

not just lost like when someone's dying

321

00:16:00,330 --> 00:15:57,970

and I'm kind of sorry to start the

322

00:16:03,690 --> 00:16:00,340

premiere show with a death grief and

323

00:16:05,790 --> 00:16:03,700

sorrow topic but i do want to talk about

324

00:16:12,630 --> 00:16:05,800

lost a little bit as our topic for it

325

00:16:16,620 --> 00:16:12,640

today this week in psychology i love

326

00:16:18,720 --> 00:16:16,630

looking up i love looking up new sort of

327

00:16:20,340 --> 00:16:18,730

research you know what's going on and

328

00:16:23,970 --> 00:16:20,350

out what's going on out there in the

329

00:16:26,430 --> 00:16:23,980

world here's one hallucinations are

330

00:16:27,990 --> 00:16:26,440

common hallucinations are like waking

331

00:16:30,650 --> 00:16:28,000

dreams and we tend to think of em as

332

00:16:33,120 --> 00:16:30,660

makers of serious mental illness in

333

00:16:34,590 --> 00:16:33,130

reality however they are more common

334

00:16:37,260 --> 00:16:34,600

amongst normal people than we might

335

00:16:39,180 --> 00:16:37,270

imagine one third of us report having

336

00:16:41,550 --> 00:16:39,190

experienced hallucination

337

00:16:44,400 --> 00:16:41,560

with twenty percent experiencing

338

00:16:47,760 --> 00:16:44,410

hallucinations hallucinations once a

339

00:16:49,710 --> 00:16:47,770

month and two percent once a week now I

340

00:16:52,670 --> 00:16:49,720

think when most people think of

341

00:16:55,560 --> 00:16:52,680

hallucinations they think of visual

342

00:16:58,710 --> 00:16:55,570

because in movies it's easier to show

343

00:17:00,300 --> 00:16:58,720

visual than anything else if you solve a

344

00:17:04,199 --> 00:17:00,310

really great movie A Beautiful Mind

345

00:17:09,390 --> 00:17:04,209

about the mathematician you know you saw

346

00:17:11,670 --> 00:17:09,400

hope you saw visual hallucinations but

347

00:17:14,670 --> 00:17:11,680

when he's interviewed he says he never

348

00:17:17,250 --> 00:17:14,680

actually had a visual hallucination all

349

00:17:19,949 --> 00:17:17,260

of his hallucinations were auditory and

350

00:17:22,710 --> 00:17:19,959

in schizophrenia that's common visual

351

00:17:25,020 --> 00:17:22,720

hallucinations are relatively rare but

352

00:17:27,900 --> 00:17:25,030

it wouldn't make for very good TV or a

353

00:17:31,560 --> 00:17:27,910

movie to have voices so they translated

354

00:17:34,770 --> 00:17:31,570

his hallucinations from auditory to

355

00:17:37,830 --> 00:17:34,780

visual but we have five senses so

356

00:17:40,260 --> 00:17:37,840

anytime one of your five senses is being

357

00:17:43,440 --> 00:17:40,270

misperceived by your brain we would call

358

00:17:46,350 --> 00:17:43,450

that a hallucination for example I had a

359

00:17:51,570 --> 00:17:46,360

student that was schizophrenic she had

360

00:17:54,450 --> 00:17:51,580

been to Afghanistan and I guess she was

361

00:17:57,840 --> 00:17:54,460

there too long and her mind snapped

362

00:18:01,080 --> 00:17:57,850

that's a technical term snapped and she

363

00:18:03,930 --> 00:18:01,090

believes she had a little electronic

364

00:18:05,490 --> 00:18:03,940

device buried under her neck and when

365

00:18:07,620 --> 00:18:05,500

she ran her finger up and down her neck

366

00:18:12,270 --> 00:18:07,630

her finger would go up across and down

367

00:18:14,450 --> 00:18:12,280

she felt a chip under her neck so that

368

00:18:17,040 --> 00:18:14,460

would be a somatic her bodily

369

00:18:18,600 --> 00:18:17,050

hallucination and it wouldn't matter how

370

00:18:20,460 --> 00:18:18,610

many times i would rub it and say

371

00:18:21,750 --> 00:18:20,470

there's nothing there you know she would

372

00:18:25,260 --> 00:18:21,760

she would feel it and then i would

373

00:18:27,270 --> 00:18:25,270

become you know part of the the scheme

374

00:18:31,230 --> 00:18:27,280

in her mind that that people are out to

375

00:18:33,000 --> 00:18:31,240

get her but that's that's pretty

376

00:18:38,930 --> 00:18:33,010

interesting i mean that's that's a big

377

00:18:42,030 --> 00:18:38,940

statistic 20 you know 20 20-some percent

378

00:18:45,570 --> 00:18:42,040

if you you know if you're a pot smoker

379

00:18:48,690 --> 00:18:45,580

and cheese burgers taste better that's

380

00:18:51,020 --> 00:18:48,700

actually technically a hallucination so

381

00:18:52,710 --> 00:18:51,030

i think they're taking all of that into

382

00:18:58,020 --> 00:18:52,720

it in

383

00:18:59,159 --> 00:18:58,030

to consider in the consideration this

384

00:19:01,350 --> 00:18:59,169

one I thought was really interesting

385

00:19:04,649 --> 00:19:01,360

because to me it's kind of

386

00:19:07,590 --> 00:19:04,659

counterintuitive fantasies reduce

387

00:19:09,779 --> 00:19:07,600

motivation isn't that interesting one

388

00:19:12,120 --> 00:19:09,789

way people commonly motivate themselves

389

00:19:14,940 --> 00:19:12,130

is by using fantasies about the future

390

00:19:16,320 --> 00:19:14,950

you've heard people say you know imagine

391

00:19:19,350 --> 00:19:16,330

that you've taken the test and you've

392

00:19:21,630 --> 00:19:19,360

gotten an A or imagine that you're

393

00:19:24,690 --> 00:19:21,640

finished bench pressing the you know the

394

00:19:28,049 --> 00:19:24,700

five thousand pounds or or whatever it

395

00:19:30,510 --> 00:19:28,059

is you know fantasize about it so the

396

00:19:34,200 --> 00:19:30,520

notion is that if you dream about a

397

00:19:35,850 --> 00:19:34,210

positive future you motivated but

398

00:19:37,710 --> 00:19:35,860

psychologists have found though they

399

00:19:39,720 --> 00:19:37,720

don't say which psychologists are where

400

00:19:42,779 --> 00:19:39,730

that's kind of a red flag but we'll go

401  
00:19:45,060 --> 00:19:42,789  
with it psychologists have found that

402  
00:19:47,580 --> 00:19:45,070  
fantasizing about future success is

403  
00:19:49,730 --> 00:19:47,590  
actually bad for motivation it seems

404  
00:19:53,880 --> 00:19:49,740  
that getting a taste of the future and

405  
00:19:56,490 --> 00:19:53,890  
the here and now reduces the drive to

406  
00:19:58,529 --> 00:19:56,500  
achieve it fantasies also failed to flag

407  
00:20:01,320 --> 00:19:58,539  
up the problems we're likely to face on

408  
00:20:03,510 --> 00:20:01,330  
the way to our goals and I think what

409  
00:20:05,490 --> 00:20:03,520  
they're saying is that if you over

410  
00:20:07,649 --> 00:20:05,500  
fantasize about the future and a way you

411  
00:20:12,840 --> 00:20:07,659  
feel like you've already done it so why

412  
00:20:15,990 --> 00:20:12,850  
do it you know on the other hand we tend

413  
00:20:21,090 --> 00:20:16,000

to think of anxiety is kind of a bad

414

00:20:27,060 --> 00:20:21,100

thing so and it can be but anxiety also

415

00:20:29,789 --> 00:20:27,070

makes us do things so well fantasizing

416

00:20:32,789 --> 00:20:29,799

that you've passed the test may make you

417

00:20:36,450 --> 00:20:32,799

study less a little anxiety is good

418

00:20:38,010 --> 00:20:36,460

because it makes you nervous it makes

419

00:20:41,190 --> 00:20:38,020

you get up and go over to the books and

420

00:20:45,149 --> 00:20:41,200

start you know start looking now a

421

00:20:49,980 --> 00:20:45,159

question here from lisa k would sense

422

00:20:52,320 --> 00:20:49,990

memory count as hallucinations thinks

423

00:20:54,120 --> 00:20:52,330

like thinking of chocolate and very

424

00:20:56,640 --> 00:20:54,130

clearly smelling it even though it's not

425

00:20:59,340 --> 00:20:56,650

there yes that would count as a

426  
00:21:02,399 --> 00:20:59,350  
hallucination that's a great example and

427  
00:21:04,200 --> 00:21:02,409  
I hadn't even thought of that you would

428  
00:21:05,640 --> 00:21:04,210  
just you just suddenly start smelling

429  
00:21:07,620 --> 00:21:05,650  
something

430  
00:21:10,860 --> 00:21:07,630  
what we have there is we have perception

431  
00:21:14,220 --> 00:21:10,870  
without sensation the sensation would be

432  
00:21:16,230 --> 00:21:14,230  
the the sensory molecules coming off the

433  
00:21:18,510 --> 00:21:16,240  
chocolate then your brain has to make

434  
00:21:24,090 --> 00:21:18,520  
sense of sensation and that's perception

435  
00:21:26,430 --> 00:21:24,100  
so yes that would definitely count never

436  
00:21:28,020 --> 00:21:26,440  
walk into a room and smell something and

437  
00:21:30,180 --> 00:21:28,030  
you feel like you're almost violently

438  
00:21:33,660 --> 00:21:30,190

yanked back into the past year suddenly

439

00:21:36,360 --> 00:21:33,670

in your second-grade classroom or you're

440

00:21:39,860 --> 00:21:36,370

in your your grandmother's house or

441

00:21:45,180 --> 00:21:39,870

something our sense of smell is

442

00:21:48,720 --> 00:21:45,190

literally physically close to the piece

443

00:21:53,220 --> 00:21:48,730

of our brain that takes care of

444

00:21:54,750 --> 00:21:53,230

long-term memories and it seemed and

445

00:21:56,610 --> 00:21:54,760

this probably goes back you know the

446

00:21:58,260 --> 00:21:56,620

four hundred and some I guess we've been

447

00:21:59,700 --> 00:21:58,270

around for about four hundred thousand

448

00:22:02,310 --> 00:21:59,710

years but we have this piece of memory

449

00:22:05,100 --> 00:22:02,320

called the hippocampus it's responsible

450

00:22:09,840 --> 00:22:05,110

for creating long-term memories and our

451  
00:22:11,760 --> 00:22:09,850  
our olfactory bulbs for smelling is the

452  
00:22:14,010 --> 00:22:11,770  
only sense that projects directly into

453  
00:22:16,620 --> 00:22:14,020  
the brain and it projects very closely

454  
00:22:18,300 --> 00:22:16,630  
to that and you know to me I think that

455  
00:22:19,770 --> 00:22:18,310  
would count as a hallucination to it

456  
00:22:21,660 --> 00:22:19,780  
because you're not in your grandmother's

457  
00:22:24,390 --> 00:22:21,670  
house and you're not back in your

458  
00:22:26,190 --> 00:22:24,400  
second-grade classroom so excellent

459  
00:22:29,340 --> 00:22:26,200  
question Lisa thank you I appreciate

460  
00:22:34,350 --> 00:22:29,350  
that let's say anything else that you're

461  
00:22:36,750 --> 00:22:34,360  
interesting we say let's see this is a

462  
00:22:39,270 --> 00:22:36,760  
thinking outside the box now see I

463  
00:22:41,340 --> 00:22:39,280

happen to think brainstorming is great

464

00:22:44,880 --> 00:22:41,350

and I do a brainstorming exercise with

465

00:22:47,250 --> 00:22:44,890

my class and what I do is that they have

466

00:22:49,890 --> 00:22:47,260

to think of as many ways as possible to

467

00:22:52,440 --> 00:22:49,900

come up with fifty dollars in cash in 24

468

00:22:55,650 --> 00:22:52,450

hours and the role of the game is you

469

00:22:57,630 --> 00:22:55,660

don't have fifty dollars and I don't

470

00:22:59,520 --> 00:22:57,640

actually make them do this by the way I

471

00:23:01,770 --> 00:22:59,530

like the idea especially if they had to

472

00:23:03,690 --> 00:23:01,780

give me the fifty dollars but we start

473

00:23:06,750 --> 00:23:03,700

out with all the easy stuff you know go

474

00:23:08,550 --> 00:23:06,760

pawn something borrow it but we usually

475

00:23:11,760 --> 00:23:08,560

end up with about a hundred ideas

476

00:23:13,830 --> 00:23:11,770

because one idea reminds someone of

477

00:23:16,650 --> 00:23:13,840

another idea so I have a fan of

478

00:23:19,410 --> 00:23:16,660

brainstorming but at least there's some

479

00:23:23,670 --> 00:23:19,420

research that says the brainstorming

480

00:23:25,710 --> 00:23:23,680

uh in groups people and groups tend to

481

00:23:28,050 --> 00:23:25,720

be lazy likely to forget their ideas

482

00:23:30,210 --> 00:23:28,060

while others talk well we always have

483

00:23:32,340 --> 00:23:30,220

that I really think what they're talking

484

00:23:35,550 --> 00:23:32,350

about there is something called social

485

00:23:38,910 --> 00:23:35,560

loafing when you when you when you have

486

00:23:42,480 --> 00:23:38,920

a group effort you know you have a

487

00:23:44,820 --> 00:23:42,490

handful or a large group of people that

488

00:23:46,620 --> 00:23:44,830

are assigned to work on a task and I am

489

00:23:48,870 --> 00:23:46,630

sure all of you have experienced this

490

00:23:50,490 --> 00:23:48,880

there's going to be one or two or more

491

00:23:53,880 --> 00:23:50,500

people that aren't going to help and

492

00:23:55,800 --> 00:23:53,890

that's called social loafing but I think

493

00:23:58,110 --> 00:23:55,810

that if you've got you know a good

494

00:24:01,050 --> 00:23:58,120

leader and you have a motivated group

495

00:24:02,880 --> 00:24:01,060

then brainstorming does work but I do

496

00:24:05,790 --> 00:24:02,890

get their points that you know you have

497

00:24:11,460 --> 00:24:05,800

to sort of keep your eye out for for

498

00:24:13,260 --> 00:24:11,470

social social loafing and then this well

499

00:24:15,510 --> 00:24:13,270

this one's not surprised and this is

500

00:24:17,970 --> 00:24:15,520

some basic research trying to suppress

501  
00:24:21,330 --> 00:24:17,980  
your thoughts is counterproductive if I

502  
00:24:24,140 --> 00:24:21,340  
tell you right now do not think about a

503  
00:24:27,240 --> 00:24:24,150  
white elephant under no circumstances

504  
00:24:28,550 --> 00:24:27,250  
may you think about a white elephant so

505  
00:24:30,660 --> 00:24:28,560  
what you're thinking about right now

506  
00:24:34,680 --> 00:24:30,670  
you're thinking about a white elephant

507  
00:24:36,720 --> 00:24:34,690  
that's just the way we're wired it's

508  
00:24:38,940 --> 00:24:36,730  
it's it's not good advice to suppress

509  
00:24:40,770 --> 00:24:38,950  
your thoughts because your brain seems

510  
00:24:43,650 --> 00:24:40,780  
to want to fight back and I don't know

511  
00:24:46,560 --> 00:24:43,660  
why if you're an anxious person what

512  
00:24:49,230 --> 00:24:46,570  
makes more sense as to let the anxious

513  
00:24:51,990 --> 00:24:49,240

thought or visual pass by you as if it

514

00:24:56,070 --> 00:24:52,000

were a movie and simply don't interact

515

00:24:58,380 --> 00:24:56,080

with it just just let it go by but if

516

00:25:03,090 --> 00:24:58,390

you tell yourself don't think this then

517

00:25:04,860 --> 00:25:03,100

it doesn't seem to work very well anyway

518

00:25:14,390 --> 00:25:04,870

that's that that's the news for this

519

00:25:17,430 --> 00:25:14,400

week from the world of psychology now I

520

00:25:21,450 --> 00:25:17,440

when I when I have been interviewed

521

00:25:27,050 --> 00:25:21,460

people have asked me you know what is

522

00:25:30,200 --> 00:25:27,060

going on in the world of academia for

523

00:25:32,180 --> 00:25:30,210

abnormal psychology or paranormal and

524

00:25:35,779 --> 00:25:32,190

not much

525

00:25:37,850 --> 00:25:35,789

much and the reason given most often is

526

00:25:41,299 --> 00:25:37,860

that you know nothing paranormal ever

527

00:25:44,299 --> 00:25:41,309

seems to happen in a lab does that mean

528

00:25:46,789 --> 00:25:44,309

that paranormal stuff and abnormal stuff

529

00:25:49,100 --> 00:25:46,799

doesn't happen no it doesn't mean that

530

00:25:52,460 --> 00:25:49,110

at all i think it means one of two

531

00:25:54,799 --> 00:25:52,470

things either the paranormal does not

532

00:25:57,710 --> 00:25:54,809

lend itself to the lab and that's

533

00:26:04,070 --> 00:25:57,720

certainly possible or the methodologies

534

00:26:06,680 --> 00:26:04,080

are wrong and we just got to do it

535

00:26:09,980 --> 00:26:06,690

differently I certainly wouldn't give up

536

00:26:11,869 --> 00:26:09,990

on it but I think I may have well I gave

537

00:26:15,529 --> 00:26:11,879

a right and wrong answer when I was

538

00:26:20,680 --> 00:26:15,539

interviewed I still don't believe that

539

00:26:23,799 --> 00:26:20,690

there are any current academic degrees

540

00:26:28,029 --> 00:26:23,809

at least in at any accredited

541

00:26:32,289 --> 00:26:28,039

universities for for paranormal

542

00:26:35,200 --> 00:26:32,299

psychology or the paranormal in general

543

00:26:39,759 --> 00:26:35,210

Stanford was doing stuff until the 80s

544

00:26:45,190 --> 00:26:39,769

Duke was doing stuff only until the 60s

545

00:26:51,799 --> 00:26:45,200

Princeton was working on paranormal toll

546

00:26:54,350 --> 00:26:51,809

2007 Harvard as late as 2008 let's see

547

00:26:56,779 --> 00:26:54,360

now but there is some good news the

548

00:27:00,310 --> 00:26:56,789

University of Virginia the vision of

549

00:27:03,680 --> 00:27:00,320

perceptual studies they're still doing

550

00:27:06,049 --> 00:27:03,690

research in paranormal with six years of

551  
00:27:09,139 --> 00:27:06,059  
research an area of past lives already

552  
00:27:12,019 --> 00:27:09,149  
under its belt uva's division of

553  
00:27:13,789 --> 00:27:12,029  
perceptual studies which is part which

554  
00:27:17,600 --> 00:27:13,799  
is part of the Department of psychiatric

555  
00:27:19,820 --> 00:27:17,610  
medicine is still up and running and

556  
00:27:22,999 --> 00:27:19,830  
then they are they're exploring

557  
00:27:25,490 --> 00:27:23,009  
phenomena such as reincarnation most

558  
00:27:27,440 --> 00:27:25,500  
specifically through its focus on

559  
00:27:31,220 --> 00:27:27,450  
children who claim to remember past

560  
00:27:34,700 --> 00:27:31,230  
lives and near-death experiences as well

561  
00:27:36,590 --> 00:27:34,710  
as appt apparitions after death

562  
00:27:38,960 --> 00:27:36,600  
communication altered state of

563  
00:27:41,090 --> 00:27:38,970

consciousness and other stuff I don't

564

00:27:42,919 --> 00:27:41,100

think you can get a degree in it but

565

00:27:46,190 --> 00:27:42,929

it's nice to see that they're still

566

00:27:49,860 --> 00:27:46,200

doing it the University of Arizona

567

00:27:53,670 --> 00:27:49,870

still has some programs they're doing

568

00:27:56,490 --> 00:27:53,680

and after death communication and discs

569

00:27:59,510 --> 00:27:56,500

Arnott entities which would include

570

00:28:01,860 --> 00:27:59,520

spirit guides angels divine higher power

571

00:28:06,270 --> 00:28:01,870

things like that all under a program

572

00:28:08,880 --> 00:28:06,280

called Sophia interesting name Oh what

573

00:28:12,510 --> 00:28:08,890

else do we got here cornell university

574

00:28:15,900 --> 00:28:12,520

was doing stuff until 2010 and then if

575

00:28:21,300 --> 00:28:15,910

we go across the pond the University of

576

00:28:22,920 --> 00:28:21,310

Edinburgh has a well they must have a

577

00:28:28,790 --> 00:28:22,930

program because they have a chair of

578

00:28:31,470 --> 00:28:28,800

parapsychology that started in 85 and

579

00:28:34,560 --> 00:28:31,480

they have an interdisciplinary approach

580

00:28:38,100 --> 00:28:34,570

to pair of psychology so they're looking

581

00:28:41,100 --> 00:28:38,110

at phenomena such as ESP psychokinesis

582

00:28:44,340 --> 00:28:41,110

and the nature and consequence of

583

00:28:46,140 --> 00:28:44,350

paranormal itself and let's see there's

584

00:28:48,660 --> 00:28:46,150

another thing here for London not

585

00:28:51,530 --> 00:28:48,670

interesting the University of Adelaide

586

00:28:55,730 --> 00:28:51,540

hope I said that right the animal

587

00:29:00,900 --> 00:28:55,740

animalistic not animal but as an anomaly

588

00:29:03,360 --> 00:29:00,910

psychology researching unit and the

589

00:29:05,220 --> 00:29:03,370

University of Amsterdam is also doing

590

00:29:07,230 --> 00:29:05,230

anomalous cognition so there's still

591

00:29:10,620 --> 00:29:07,240

research being out there there are still

592

00:29:12,930 --> 00:29:10,630

you know credentialed credible

593

00:29:17,610 --> 00:29:12,940

psychologist working on that I think

594

00:29:19,290 --> 00:29:17,620

that's because they're it there

595

00:29:22,980 --> 00:29:19,300

shouldn't be a belief that these things

596

00:29:25,400 --> 00:29:22,990

don't exist either it's just hard we're

597

00:29:31,200 --> 00:29:25,410

just not sure you know our brains have

598

00:29:33,750 --> 00:29:31,210

somewhere around 80 to 100 billion

599

00:29:36,720 --> 00:29:33,760

neurons who are not sure how they work

600

00:29:39,180 --> 00:29:36,730

but i'll leave that gigantic number in

601  
00:29:41,880 --> 00:29:39,190  
your head for a moment because we need

602  
00:30:08,960 --> 00:29:41,890  
to take a break and i will be back in

603  
00:30:14,520 --> 00:30:12,480  
hello Irene listeners this is MJ saying

604  
00:30:17,360 --> 00:30:14,530  
hello and sharing boss and secret I

605  
00:30:20,220 --> 00:30:17,370  
discovered it's called Green lodge calm

606  
00:30:22,620 --> 00:30:20,230  
fresh raw organic ingredients are used

607  
00:30:24,810 --> 00:30:22,630  
to create all their products they are

608  
00:30:27,540 --> 00:30:24,820  
made in very small batches to ensure

609  
00:30:30,570 --> 00:30:27,550  
quality and freshness and made in the

610  
00:30:32,210 --> 00:30:30,580  
USA each product is created with care

611  
00:30:34,710 --> 00:30:32,220  
and with the finest organic ingredients

612  
00:30:37,560 --> 00:30:34,720  
there are no preservatives dies or

613  
00:30:42,780 --> 00:30:37,570

chemicals in any product stop by dream

614

00:30:53,629 --> 00:30:42,790

lodge and relax that's dr.e am and you a

615

00:30:59,490 --> 00:30:57,060

hello everyone Laurieann fenton here

616

00:31:02,820 --> 00:30:59,500

hosted the California MUFON radio show

617

00:31:05,850 --> 00:31:02,830

asking if you'd like special access to

618

00:31:09,119 --> 00:31:05,860

exclusive and amazing information about

619

00:31:12,450 --> 00:31:09,129

UFOs the paranormal and all things

620

00:31:16,080 --> 00:31:12,460

unexplained if you're nodding yes then

621

00:31:17,879 --> 00:31:16,090

join I rn's insider club as an insider

622

00:31:20,850 --> 00:31:17,889

club member you'll get an all-access

623

00:31:23,249 --> 00:31:20,860

pass to premier inception radio network

624

00:31:25,769 --> 00:31:23,259

content for only four dollars and

625

00:31:29,639 --> 00:31:25,779

ninety-nine cents a month this includes

626  
00:31:33,299 --> 00:31:29,649  
live UFO and paranormal conferences live

627  
00:31:35,909 --> 00:31:33,309  
streaming UFO sky watches exclusive irr

628  
00:31:39,720 --> 00:31:35,919  
radio and TV productions and of course

629  
00:31:41,999 --> 00:31:39,730  
paying radio with MJ and Ken starch so

630  
00:31:45,119 --> 00:31:42,009  
don't wait any longer visit inception

631  
00:31:48,419 --> 00:31:45,129  
radio network calm and click on member

632  
00:31:52,560 --> 00:31:48,429  
login to join I rn's insider club and

633  
00:31:54,930 --> 00:31:52,570  
get your VIP access today and you have a

634  
00:31:56,490 --> 00:31:54,940  
smartphone if so conception radio

635  
00:31:59,919 --> 00:31:56,500  
network is the best app for you

636  
00:32:02,109 --> 00:31:59,929  
available itunes android some

637  
00:32:04,539 --> 00:32:02,119  
and most of the rap storms just surged

638  
00:32:06,789 --> 00:32:04,549

inception radio network with the

639

00:32:09,430 --> 00:32:06,799

applicant listen live check out podcast

640

00:32:11,680 --> 00:32:09,440

recent and past showed you our videos

641

00:32:14,529 --> 00:32:11,690

see what shows are coming up who the

642

00:32:16,960 --> 00:32:14,539

guests are and via the chat room send

643

00:32:19,119 --> 00:32:16,970

live questions to those guests you know

644

00:32:22,060 --> 00:32:19,129

it makes sense check your App Store now

645

00:32:26,529 --> 00:32:22,070

inception radio network I'll see you

646

00:32:28,480 --> 00:32:26,539

there are you a fan of inception radio

647

00:32:30,369 --> 00:32:28,490

network do you reckon it's the best

648

00:32:32,560 --> 00:32:30,379

alternative talk radio station on the

649

00:32:35,230 --> 00:32:32,570

planet well if you do head to

650

00:32:38,109 --> 00:32:35,240

facebook.com forward slash conception

651  
00:32:39,940 --> 00:32:38,119  
radio network like the page tell your

652  
00:32:46,359 --> 00:32:39,950  
friends spread the word and keep

653  
00:32:47,889 --> 00:32:46,369  
listening to the best don't have a

654  
00:32:49,899 --> 00:32:47,899  
computer who's your internet connection

655  
00:32:51,639 --> 00:32:49,909  
down don't worry use your trusty

656  
00:32:55,389 --> 00:32:51,649  
cellphone or landline and call in to our

657  
00:32:57,580 --> 00:32:55,399  
listen line at 40 128 367 00 to listen

658  
00:33:00,759 --> 00:32:57,590  
to the inception radio network 24-7

659  
00:33:04,180 --> 00:33:00,769  
again that call in number is 40 1 2 a 3

660  
00:33:08,040 --> 00:33:04,190  
6 700 for the inception radio network i

661  
00:33:34,470 --> 00:33:10,860  
you're locked into inception radio

662  
00:33:36,510 --> 00:33:34,480  
network superior Wisconsin hey you still

663  
00:33:38,550 --> 00:33:36,520

got that 80 billion to one hundred

664

00:33:40,140 --> 00:33:38,560

billion number floating around your head

665

00:33:43,590 --> 00:33:40,150

I hope it did give you a headache during

666

00:33:46,350 --> 00:33:43,600

the break welcome back to psychologies

667

00:33:48,650 --> 00:33:46,360

outer limits i am professor eric

668

00:33:52,200 --> 00:33:48,660

williams and we were just talking about

669

00:33:56,040 --> 00:33:52,210

academic programs in paranormal stuff

670

00:33:58,800 --> 00:33:56,050

and that as far as i could tell i

671

00:34:02,940 --> 00:33:58,810

couldn't find a graduate program or you

672

00:34:06,000 --> 00:34:02,950

could get a degree and i don't know of

673

00:34:10,169 --> 00:34:06,010

any undergraduate programs but they're

674

00:34:15,060 --> 00:34:10,179

they're still research out there and you

675

00:34:16,470 --> 00:34:15,070

know we someone actually counted this is

676

00:34:18,690 --> 00:34:16,480

interesting this is like the fifty

677

00:34:19,890 --> 00:34:18,700

percent divorce rate in every textbook i

678

00:34:22,230 --> 00:34:19,900

have says we have a hundred billion

679

00:34:24,060 --> 00:34:22,240

neurons but somebody actually did a

680

00:34:25,919 --> 00:34:24,070

pretty good count that i might be closer

681

00:34:28,680 --> 00:34:25,929

to 80 billion but what's 20 billion

682

00:34:32,130 --> 00:34:28,690

among friends anyway you know so you

683

00:34:34,680 --> 00:34:32,140

have these 80 to 100 billion neurons and

684

00:34:38,190 --> 00:34:34,690

every bit every neuron is directly or

685

00:34:42,659 --> 00:34:38,200

indirectly talking to at least 50,000

686

00:34:47,730 --> 00:34:42,669

other neurons that that is unimaginable

687

00:34:50,040 --> 00:34:47,740

computing power now our neurons work

688

00:34:51,720 --> 00:34:50,050

like little tiny batteries and they're

689

00:34:54,300 --> 00:34:51,730

actually more like a pass udders if

690

00:34:58,230 --> 00:34:54,310

you're into electronics but they're

691

00:35:00,540 --> 00:34:58,240

they're they're on and off and and they

692

00:35:01,530 --> 00:35:00,550

they turn on and off by squirting out a

693

00:35:05,760 --> 00:35:01,540

little bit of a liquid a

694

00:35:07,770 --> 00:35:05,770

neurotransmitter and if you put sensors

695

00:35:10,050 --> 00:35:07,780

on your head if you've ever had an EEG

696

00:35:12,390 --> 00:35:10,060

you know you can see the activity

697

00:35:14,340 --> 00:35:12,400

different parts of the brain but there's

698

00:35:16,590 --> 00:35:14,350

an important point there you got to glue

699

00:35:20,070 --> 00:35:16,600

those things on really tight because

700

00:35:21,240 --> 00:35:20,080

we're not exactly transmitting a great

701  
00:35:23,970 --> 00:35:21,250  
distance

702  
00:35:26,070 --> 00:35:23,980  
but that doesn't mean that we couldn't

703  
00:35:28,440 --> 00:35:26,080  
and I of all the things in the

704  
00:35:31,800 --> 00:35:28,450  
paranormal that I i think is the most

705  
00:35:34,650 --> 00:35:31,810  
possible and keep in mind you you know

706  
00:35:36,690 --> 00:35:34,660  
you're listening to a hopeful skeptic I

707  
00:35:38,730 --> 00:35:36,700  
like the idea of all this stuff but I

708  
00:35:41,490 --> 00:35:38,740  
I'm a scientist at heart I want evidence

709  
00:35:44,700 --> 00:35:41,500  
and I want reliability meaning I want it

710  
00:35:47,190 --> 00:35:44,710  
to happen over and over again but I do

711  
00:35:49,230 --> 00:35:47,200  
believe that as we evolved at some point

712  
00:35:52,440 --> 00:35:49,240  
our brain will figure out how to

713  
00:35:55,500 --> 00:35:52,450

transfer information to another brain I

714

00:35:59,010 --> 00:35:55,510

mean my gosh you know we have so much

715

00:36:02,160 --> 00:35:59,020

computing power and there isn't really a

716

00:36:05,010 --> 00:36:02,170

machine yet that can do original

717

00:36:07,590 --> 00:36:05,020

thinking even though Stephen Hawking's

718

00:36:11,040 --> 00:36:07,600

the famous stuff astro physicist

719

00:36:14,400 --> 00:36:11,050

believes that within a not too long

720

00:36:16,410 --> 00:36:14,410

period of time that that some form of

721

00:36:19,830 --> 00:36:16,420

sentient meaning and that no that's

722

00:36:22,890 --> 00:36:19,840

alive machine life is going to take us

723

00:36:26,400 --> 00:36:22,900

over send us off to other planets I

724

00:36:28,860 --> 00:36:26,410

don't know I just don't know the blood

725

00:36:31,620 --> 00:36:28,870

the brain is so complicated and and it

726

00:36:33,930 --> 00:36:31,630

can do so much a computer can do what

727

00:36:36,690 --> 00:36:33,940

it's told to do it can run lines of code

728

00:36:38,160 --> 00:36:36,700

it's it's hard you know I don't know how

729

00:36:40,860 --> 00:36:38,170

to make a kebab of course I'm not a

730

00:36:42,750 --> 00:36:40,870

programmer but it for a computer to come

731

00:36:45,060 --> 00:36:42,760

up with something original it would need

732

00:36:48,330 --> 00:36:45,070

to do that without someone already

733

00:36:51,360 --> 00:36:48,340

telling it but you know we come up with

734

00:36:53,160 --> 00:36:51,370

original things all the time so I'm glad

735

00:36:57,560 --> 00:36:53,170

that there are programs out there that

736

00:37:00,090 --> 00:36:57,570

are still studying paranormal stuff and

737

00:37:02,640 --> 00:37:00,100

and I and I hope they figure out the

738

00:37:05,790 --> 00:37:02,650

methodology because you know it is

739

00:37:09,750 --> 00:37:05,800

possible one of the problems we haven't

740

00:37:11,340 --> 00:37:09,760

studying this is that you know there's

741

00:37:13,470 --> 00:37:11,350

three there's three things in science

742

00:37:15,840 --> 00:37:13,480

that are really important one is the

743

00:37:17,670 --> 00:37:15,850

experimental method if you hear that

744

00:37:20,220 --> 00:37:17,680

someone has used the experimental method

745

00:37:23,370 --> 00:37:20,230

what that means is that they can make a

746

00:37:26,460 --> 00:37:23,380

causal statement they can say a caused B

747

00:37:29,190 --> 00:37:26,470

and they can say that because they

748

00:37:32,160 --> 00:37:29,200

eliminated everything else that could

749

00:37:34,289 --> 00:37:32,170

have otherwise explained it so for

750

00:37:36,269 --> 00:37:34,299

example when I was doing my

751

00:37:39,959 --> 00:37:36,279

first Masters I was curious which

752

00:37:41,579 --> 00:37:39,969

neuro-pathways a naxx worked in so you

753

00:37:43,769 --> 00:37:41,589

know the experiment took a year but when

754

00:37:45,779 --> 00:37:43,779

I was done you know I was able to say

755

00:37:48,179 --> 00:37:45,789

something we probably already knew that

756

00:37:51,059 --> 00:37:48,189

it worked through the gabaergic pathway

757

00:37:54,509 --> 00:37:51,069

but I could say that Zane Dax causes a

758

00:37:59,189 --> 00:37:54,519

reduction in anxiety by being mediated

759

00:38:02,339 --> 00:37:59,199

through this particular pathway so we

760

00:38:05,359 --> 00:38:02,349

want strong connections between a and B

761

00:38:09,809 --> 00:38:05,369

and we want to eliminate other

762

00:38:13,439 --> 00:38:09,819

explanations the second is that we want

763

00:38:16,259 --> 00:38:13,449

a we want to test or anything we wanted

764

00:38:19,140 --> 00:38:16,269

to be valid and valid means it does what

765

00:38:21,359 --> 00:38:19,150

it says it's going to do I could write

766

00:38:23,160 --> 00:38:21,369

an IQ test and it could turn out that

767

00:38:25,559 --> 00:38:23,170

really all it measures how clever you

768

00:38:28,199 --> 00:38:25,569

are or how much you know that an IQ test

769

00:38:31,620 --> 00:38:28,209

should measure how much you can know

770

00:38:34,380 --> 00:38:31,630

kind of like a speedometer on a car you

771

00:38:35,969 --> 00:38:34,390

know your your car can you know if let's

772

00:38:38,279 --> 00:38:35,979

say your I mean let's say that your

773

00:38:40,410 --> 00:38:38,289

speedometer goes to 120 that's how fast

774

00:38:42,689 --> 00:38:40,420

your car can go so we'll say that's your

775

00:38:46,429 --> 00:38:42,699

IQ doesn't mean you'll ever use it all

776

00:38:48,900 --> 00:38:46,439

but that's how fast you could go so

777

00:38:51,359 --> 00:38:48,910

valid means it does what it says it's

778

00:38:53,910 --> 00:38:51,369

going to do and maybe the most important

779

00:38:58,469 --> 00:38:53,920

one is reliability so let's say I come

780

00:39:02,759 --> 00:38:58,479

up with this really cool test for IQ and

781

00:39:05,009 --> 00:39:02,769

it's valid it does test thank you now I

782

00:39:07,019 --> 00:39:05,019

have to prove reliability which means

783

00:39:08,939 --> 00:39:07,029

that if I keep giving people this test

784

00:39:10,650 --> 00:39:08,949

I'll keep getting roughly the same

785

00:39:13,289 --> 00:39:10,660

scores they'll be clustered close

786

00:39:15,029 --> 00:39:13,299

together and I think reliability is

787

00:39:18,419 --> 00:39:15,039

where we run into problems with the

788

00:39:21,509 --> 00:39:18,429

paranormal you know we someone will

789

00:39:23,489 --> 00:39:21,519

announce that you know they knew I i was

790

00:39:25,199 --> 00:39:23,499

listening to some guy on one of the

791

00:39:27,179 --> 00:39:25,209

radio shows the other night that said he

792

00:39:29,669 --> 00:39:27,189

knew two years ahead of time that the

793

00:39:32,640 --> 00:39:29,679

Twin Towers were going to be hit by um

794

00:39:34,589 --> 00:39:32,650

the airplanes but my first thought was

795

00:39:36,150 --> 00:39:34,599

well did you also predict a thousand

796

00:39:39,089 --> 00:39:36,160

other things that didn't happen and

797

00:39:41,370 --> 00:39:39,099

that's where reliability comes in you

798

00:39:43,499 --> 00:39:41,380

know if you can make me a list of you

799

00:39:45,870 --> 00:39:43,509

know a hundred things that are going to

800

00:39:46,970 --> 00:39:45,880

happen and you know in the next X years

801  
00:39:50,960 --> 00:39:46,980  
and

802  
00:39:53,930 --> 00:39:50,970  
happened I'd be impressed that would be

803  
00:39:56,150 --> 00:39:53,940  
reliability but what happens is that we

804  
00:39:58,160 --> 00:39:56,160  
don't have reliability you know we hear

805  
00:40:05,050 --> 00:39:58,170  
about the successes what we don't hear

806  
00:40:09,880 --> 00:40:05,060  
about is that is is the failures that

807  
00:40:13,370 --> 00:40:09,890  
you know something something didn't work

808  
00:40:15,020 --> 00:40:13,380  
so reliability is very very important

809  
00:40:17,120 --> 00:40:15,030  
and that's one of the methodologies that

810  
00:40:21,890 --> 00:40:17,130  
I think they struggle the most with and

811  
00:40:27,710 --> 00:40:21,900  
in in the labs is you know trying to

812  
00:40:32,090 --> 00:40:27,720  
catch on to a way of you know finding a

813  
00:40:35,390 --> 00:40:32,100

psychic that is reliable that that most

814

00:40:38,300 --> 00:40:35,400

of their stuff comes true we do get very

815

00:40:41,630 --> 00:40:38,310

excited when we find out I heard a story

816

00:40:44,570 --> 00:40:41,640

about a psychic who very precisely took

817

00:40:47,560 --> 00:40:44,580

police to wear a the body of a child was

818

00:40:49,940 --> 00:40:47,570

but again you know I'm a skeptic might

819

00:40:51,920 --> 00:40:49,950

my other thought was well how many times

820

00:40:54,710 --> 00:40:51,930

did she do that and they didn't find a

821

00:40:56,240 --> 00:40:54,720

body so you know yet but we're going to

822

00:40:59,390 --> 00:40:56,250

get there we're going to figure it out

823

00:41:02,030 --> 00:40:59,400

our brains are too cool too smart too

824

00:41:04,190 --> 00:41:02,040

fast I think there's a song in there I

825

00:41:05,930 --> 00:41:04,200

don't know one of you right it makes

826

00:41:08,180 --> 00:41:05,940

some money and then just send me just a

827

00:41:13,280 --> 00:41:08,190

little bit of it okay because I was my

828

00:41:15,410 --> 00:41:13,290

idea after a while that brings so so

829

00:41:17,540 --> 00:41:15,420

what that brings us to is that the

830

00:41:20,000 --> 00:41:17,550

notion of critical thinking and I really

831

00:41:22,810 --> 00:41:20,010

beat my students up on this you know

832

00:41:27,260 --> 00:41:22,820

critical thinking means first of all

833

00:41:29,599 --> 00:41:27,270

that we think critically it's kind of

834

00:41:32,330 --> 00:41:29,609

self-defining if someone gives you a

835

00:41:35,420 --> 00:41:32,340

fact oh who is that person are they in a

836

00:41:37,849 --> 00:41:35,430

position to give you that fact you know

837

00:41:40,460 --> 00:41:37,859

if if someone gives you a medical fact

838

00:41:42,320 --> 00:41:40,470

are they a doctor or they in the medical

839

00:41:47,870 --> 00:41:42,330

field I they trains to give you that

840

00:41:50,840 --> 00:41:47,880

fact what's their source you know what's

841

00:41:53,690 --> 00:41:50,850

the research behind it so first of all

842

00:41:58,980 --> 00:41:53,700

we want to know who the person is

843

00:42:07,750 --> 00:42:03,670

we want to know why it's true we want

844

00:42:12,880 --> 00:42:07,760

them to you want them to give us their

845

00:42:18,460 --> 00:42:12,890

that their source and oh caller what's

846

00:42:23,289 --> 00:42:18,470

your name and what's up I believe we

847

00:42:25,359 --> 00:42:23,299

have a caller okay well I think well

848

00:42:33,609 --> 00:42:25,369

we'll try one more time I'll caller

849

00:42:35,349 --> 00:42:33,619

you're on the air hello alright well

850

00:42:39,370 --> 00:42:35,359

we'll try again and maybe another or a

851  
00:42:45,549 --> 00:42:39,380  
moment or so maybe our our producer can

852  
00:42:53,170 --> 00:42:45,559  
help fix this out fix this up and we

853  
00:42:58,900 --> 00:42:53,180  
also we also we also have to we also

854  
00:43:00,640 --> 00:42:58,910  
have to we also we also have to okay

855  
00:43:04,120 --> 00:43:00,650  
let's see I lost my train of thought

856  
00:43:06,069 --> 00:43:04,130  
with the caller okay well anyway okay so

857  
00:43:08,019 --> 00:43:06,079  
who said it why did they say oh well you

858  
00:43:10,150 --> 00:43:08,029  
know what is what is their source and

859  
00:43:12,549 --> 00:43:10,160  
then the last thing is we have to have

860  
00:43:14,440 --> 00:43:12,559  
an open mind we have to be willing to be

861  
00:43:17,740 --> 00:43:14,450  
wrong you know there's nothing wrong in

862  
00:43:19,750 --> 00:43:17,750  
being wrong because once you learn

863  
00:43:21,609 --> 00:43:19,760

something now you own that fact and now

864

00:43:25,029 --> 00:43:21,619

you're right a good critical thinker is

865

00:43:27,700 --> 00:43:25,039

very curious about why somebody holds an

866

00:43:29,829 --> 00:43:27,710

opposing point of view and I also think

867

00:43:32,740 --> 00:43:29,839

good critical thinkers are not terribly

868

00:43:34,779 --> 00:43:32,750

interested in changing someone else's

869

00:43:38,380 --> 00:43:34,789

mind there's a lot of hot button topics

870

00:43:40,690 --> 00:43:38,390

out there my gosh there's uh there's so

871

00:43:43,599 --> 00:43:40,700

it's there there's gay marriage there's

872

00:43:48,730 --> 00:43:43,609

abortion there's all kinds of stuff out

873

00:43:51,400 --> 00:43:48,740

there though there is capital punishment

874

00:43:53,230 --> 00:43:51,410

and I tell my students you know before

875

00:43:54,339 --> 00:43:53,240

you argue against something I think you

876

00:43:56,410 --> 00:43:54,349

should be able to argue the other

877

00:43:58,750 --> 00:43:56,420

person's point of view as well as they

878

00:44:04,779 --> 00:43:58,760

can and then you might find that some of

879

00:44:06,700 --> 00:44:04,789

their arguments are compelling somewhat

880

00:44:09,220 --> 00:44:06,710

somewhat someone's pointing out here

881

00:44:11,319 --> 00:44:09,230

that they saw on the news where a rat

882

00:44:12,430 --> 00:44:11,329

was trained in front of a video flight

883

00:44:14,740 --> 00:44:12,440

oh yeah yeah

884

00:44:18,540 --> 00:44:14,750

about this this is what really sort of

885

00:44:24,370 --> 00:44:18,550

happened is they took about 25,000 20 or

886

00:44:27,480 --> 00:44:24,380

25,000 rat neurons from a rat brain and

887

00:44:31,839 --> 00:44:27,490

they connected it to the flight controls

888

00:44:34,059 --> 00:44:31,849

I forget it was a fighter jet and they

889

00:44:38,770 --> 00:44:34,069

provided feedback to these neurons in

890

00:44:41,620 --> 00:44:38,780

other words if the if the if the plane

891

00:44:43,690 --> 00:44:41,630

was tilting left then right it if it's

892

00:44:46,390 --> 00:44:43,700

tilting right then left it and if it

893

00:44:49,900 --> 00:44:46,400

snows up you know so actually what this

894

00:44:52,390 --> 00:44:49,910

rat does is it this release 25,000 rat

895

00:44:54,819 --> 00:44:52,400

brain started growing connections and it

896

00:44:58,930 --> 00:44:54,829

was able to keep a fighter jet doing

897

00:45:02,050 --> 00:44:58,940

straight and level flight and once again

898

00:45:04,660 --> 00:45:02,060

that's only 25,000 neurons that's not 80

899

00:45:05,800 --> 00:45:04,670

billion or 100 billion so yeah I did see

900

00:45:07,120 --> 00:45:05,810

that and I'm glad you brought that I

901  
00:45:08,920 --> 00:45:07,130  
think it's neutral and brought that up

902  
00:45:12,040 --> 00:45:08,930  
thanks for bringing that out that's a

903  
00:45:13,900 --> 00:45:12,050  
cool new thing and this is what students

904  
00:45:16,660 --> 00:45:13,910  
usually do they bring up stuff I wish I

905  
00:45:18,700 --> 00:45:16,670  
thought of I think that though this will

906  
00:45:20,230 --> 00:45:18,710  
become more and more sophisticated and

907  
00:45:24,010 --> 00:45:20,240  
someday you'll find yourself playing

908  
00:45:28,059 --> 00:45:24,020  
video games against clumps of neurons

909  
00:45:30,819 --> 00:45:28,069  
from from rats rats are great my son

910  
00:45:32,620 --> 00:45:30,829  
Jameson has a rat in his room I've got a

911  
00:45:36,370 --> 00:45:32,630  
rat in here they're very smart they're

912  
00:45:38,620 --> 00:45:36,380  
extremely social they're very clean and

913  
00:45:42,280 --> 00:45:38,630

as far as i can tell that they are

914

00:45:49,650 --> 00:45:42,290

omnivorous all right so anyway I wanted

915

00:45:55,150 --> 00:45:49,660

to spend a little bit of time here on I

916

00:45:57,730 --> 00:45:55,160

do have a a paranormal topic I wanted to

917

00:45:59,800 --> 00:45:57,740

bring up here now some of you probably

918

00:46:01,300 --> 00:45:59,810

or maybe a lot of you already know this

919

00:46:04,300 --> 00:46:01,310

because so you know a lot of you are

920

00:46:07,359 --> 00:46:04,310

really know a lot about the paranormal

921

00:46:09,309 --> 00:46:07,369

and and and you've devoted a lot of time

922

00:46:13,329 --> 00:46:09,319

and you're very passionate about it and

923

00:46:16,680 --> 00:46:13,339

I admire that passion so anyway this is

924

00:46:19,660 --> 00:46:16,690

called creepy Charlie Charlie challenge

925

00:46:23,109 --> 00:46:19,670

spreads across trick spreads across

926

00:46:25,499 --> 00:46:23,119

Twitter as children urge each other to

927

00:46:27,749 --> 00:46:25,509

summon Mexican demon

928

00:46:30,870 --> 00:46:27,759

so basically how this works as players

929

00:46:33,809 --> 00:46:30,880

draw a cross on a piece of paper and

930

00:46:35,879 --> 00:46:33,819

write words such as yes or no and the

931

00:46:38,009 --> 00:46:35,889

divisions of the cross and then they

932

00:46:40,289 --> 00:46:38,019

place two pencils on it with one balance

933

00:46:43,859 --> 00:46:40,299

on the other the begin the game they

934

00:46:45,839 --> 00:46:43,869

must ask Mexican demon charlie seems

935

00:46:48,509 --> 00:46:45,849

like an odd name for a Mexican demon if

936

00:46:50,639 --> 00:46:48,519

they can play and if the pencil points

937

00:46:53,879 --> 00:46:50,649

to yes then charlie is given to go ahead

938

00:46:57,239 --> 00:46:53,889

and then they asked they asked questions

939

00:47:01,199 --> 00:46:57,249

I suppose this is a kind of a Ouija

940

00:47:02,879 --> 00:47:01,209

board sort of thing I don't know the

941

00:47:05,389 --> 00:47:02,889

challenge is a ritual that allegedly

942

00:47:08,219 --> 00:47:05,399

makes it possible to contact a ghost

943

00:47:10,709 --> 00:47:08,229

Charlie described as a Mexican demon

944

00:47:12,870 --> 00:47:10,719

will then answer questions children in

945

00:47:14,699 --> 00:47:12,880

the teens have begun playing the game

946

00:47:17,429 --> 00:47:14,709

which requires just a pencil and piece

947

00:47:20,549 --> 00:47:17,439

of paper and posting video of it on

948

00:47:22,829 --> 00:47:20,559

social media the newest fad for children

949

00:47:26,099 --> 00:47:22,839

and teenagers has tried to summon a

950

00:47:28,169 --> 00:47:26,109

Mexican demon the so-called Charlie

951

00:47:30,959 --> 00:47:28,179

Charlie challenge is described as a

952

00:47:34,099 --> 00:47:30,969

supernatural ritual that allegedly makes

953

00:47:36,029 --> 00:47:34,109

it possible to contact a ghost

954

00:47:37,259 --> 00:47:36,039

apparently we know when they interview

955

00:47:39,029 --> 00:47:37,269

some of these kids they're fairly

956

00:47:41,789 --> 00:47:39,039

freaked out by it they thought it would

957

00:47:44,939 --> 00:47:41,799

just be a laugh and they get results

958

00:47:45,989 --> 00:47:44,949

that some of them find frightening I

959

00:47:51,539 --> 00:47:45,999

don't know and what do you think about

960

00:47:53,339 --> 00:47:51,549

that is this just another sort of portal

961

00:47:56,849 --> 00:47:53,349

thing I'm you know here a lot of people

962

00:47:58,859 --> 00:47:56,859

describe the Ouija board as a portal I'd

963

00:48:03,499 --> 00:47:58,869

be curious what you think and I'm sure

964

00:48:06,299 --> 00:48:03,509

some of you have read about this as well

965

00:48:14,189 --> 00:48:06,309

certainly a lot cheaper than buying a

966

00:48:16,049 --> 00:48:14,199

Ouija board could a listener could an

967

00:48:17,999 --> 00:48:16,059

impending sense of doom before and

968

00:48:20,669 --> 00:48:18,009

during a panic attack be considered a

969

00:48:22,259 --> 00:48:20,679

hallucination boy that's a good one see

970

00:48:26,429 --> 00:48:22,269

I'd have to connect that to one of the

971

00:48:29,999 --> 00:48:26,439

five senses so it's not tasting or

972

00:48:31,709 --> 00:48:30,009

smelling or it's probably somatic is

973

00:48:35,969 --> 00:48:31,719

there any panic attacks people literally

974

00:48:39,000 --> 00:48:35,979

feel like they're going to die and it in

975

00:48:41,730 --> 00:48:39,010

a way that impending sense of doom

976

00:48:43,440 --> 00:48:41,740

could be a kind of precognition it's an

977

00:48:45,720 --> 00:48:43,450

excellent question I don't have an

978

00:48:49,710 --> 00:48:45,730

excellent answer but I'm glad you asked

979

00:48:51,930 --> 00:48:49,720

it's a good question and I am curious to

980

00:48:53,850 --> 00:48:51,940

hear what people know about the the

981

00:48:56,880 --> 00:48:53,860

Charlie Charlie game I think that's kind

982

00:49:03,150 --> 00:48:56,890

of neat I do want to remind people that

983

00:49:08,310 --> 00:49:03,160

you can call in on 88 89 192 355 that's

984

00:49:11,700 --> 00:49:08,320

8 8 8 9 19 2 3 5 5 or you can jump into

985

00:49:16,050 --> 00:49:11,710

the chat room or you can email live

986

00:49:18,180 --> 00:49:16,060

psych @ mail.com and if I get your

987

00:49:21,870 --> 00:49:18,190

emails after the show I will do my best

988

00:49:24,390 --> 00:49:21,880

to answer them for you and we've got

989

00:49:27,420 --> 00:49:24,400

about 10 minutes left so I want to try

990

00:49:31,290 --> 00:49:27,430

to get a little bit to the the topic of

991

00:49:34,260 --> 00:49:31,300

the day and that the topic is lost okay

992

00:49:36,600 --> 00:49:34,270

so and again i apologize for ending on a

993

00:49:38,160 --> 00:49:36,610

death death grief and sorrow no but i'll

994

00:49:40,470 --> 00:49:38,170

try to think of something fun at the end

995

00:49:42,900 --> 00:49:40,480

what loss is important then you know i

996

00:49:45,030 --> 00:49:42,910

said when i trained counselors I we

997

00:49:47,520 --> 00:49:45,040

spent a lot of time on this because we

998

00:49:49,230 --> 00:49:47,530

experienced so much loss now the first

999

00:49:52,230 --> 00:49:49,240

kind of loss that comes to mind is a

1000

00:49:55,500 --> 00:49:52,240

death but that might in some ways that

1001  
00:49:58,980 --> 00:49:55,510  
might be easier is not a fair word news

1002  
00:50:01,050 --> 00:49:58,990  
but that that might be a kind of loss we

1003  
00:50:04,470 --> 00:50:01,060  
can deal with better because it's it's

1004  
00:50:07,110 --> 00:50:04,480  
so permanent someone dies you don't see

1005  
00:50:10,440 --> 00:50:07,120  
them anymore the possibility of being

1006  
00:50:13,470 --> 00:50:10,450  
with them is is absolutely over and I

1007  
00:50:15,780 --> 00:50:13,480  
think that allows our psyche to to move

1008  
00:50:17,460 --> 00:50:15,790  
forward with with making peace with it

1009  
00:50:19,590 --> 00:50:17,470  
you know you don't get over someone

1010  
00:50:22,020 --> 00:50:19,600  
dying but both my parents died five

1011  
00:50:25,710 --> 00:50:22,030  
years ago i'm not over with over it but

1012  
00:50:27,990 --> 00:50:25,720  
I've made peace with it but there are

1013  
00:50:30,150 --> 00:50:28,000

other losses which are very very

1014

00:50:32,910 --> 00:50:30,160

difficult for people and two of them in

1015

00:50:35,220 --> 00:50:32,920

particular come to mind one is

1016

00:50:38,850 --> 00:50:35,230

particularly bad for males and that's

1017

00:50:42,240 --> 00:50:38,860

loss of a job a lot of the ego of a male

1018

00:50:45,620 --> 00:50:42,250

is wrapped up in his job because we're

1019

00:50:49,290 --> 00:50:45,630

still pretty old-fashioned we you know I

1020

00:50:51,660 --> 00:50:49,300

bet a majority of males still feel that

1021

00:50:52,650 --> 00:50:51,670

you know their job is to bring home the

1022

00:50:54,859 --> 00:50:52,660

bacon and if you're

1023

00:50:58,020 --> 00:50:54,869

suddenly not bringing home the bacon

1024

00:51:00,240 --> 00:50:58,030

there there can be quite I drop in

1025

00:51:02,099 --> 00:51:00,250

self-esteem you know self-esteem is a

1026

00:51:05,640 --> 00:51:02,109

sort of a if you could just give

1027

00:51:07,410 --> 00:51:05,650

yourself one grade you know for how good

1028

00:51:10,529 --> 00:51:07,420

you are doing it life that would be your

1029

00:51:13,109 --> 00:51:10,539

self-esteem I have known people that

1030

00:51:16,319 --> 00:51:13,119

have been unemployed for lengthy periods

1031

00:51:18,270 --> 00:51:16,329

of time and not told anybody and I had a

1032

00:51:21,779 --> 00:51:18,280

colleague once he left her I was working

1033

00:51:24,440 --> 00:51:21,789

and he went somewhere else to work and I

1034

00:51:27,120 --> 00:51:24,450

don't know if he got laid off or fired

1035

00:51:29,819 --> 00:51:27,130

fortunately for him he and his wife had

1036

00:51:32,130 --> 00:51:29,829

completely separate finances now we're

1037

00:51:34,109 --> 00:51:32,140

rolling our 30s back then he got up

1038

00:51:36,809 --> 00:51:34,119

every morning put on a suit and drove

1039

00:51:40,079 --> 00:51:36,819

off to nowhere and as soon as he thought

1040

00:51:41,970 --> 00:51:40,089

she was gone he drove back home since he

1041

00:51:44,010 --> 00:51:41,980

usually got home before her she wasn't

1042

00:51:45,599 --> 00:51:44,020

surprised now I don't know I lost track

1043

00:51:48,329 --> 00:51:45,609

I don't know how long that worked but

1044

00:51:51,809 --> 00:51:48,339

but the shame he felt over losing his

1045

00:51:53,520 --> 00:51:51,819

job was was so strong that he was

1046

00:51:57,269 --> 00:51:53,530

willing to go through this the charade

1047

00:51:59,430 --> 00:51:57,279

of pretending to go to work when you

1048

00:52:02,880 --> 00:51:59,440

know when we tell someone we've lost our

1049

00:52:06,420 --> 00:52:02,890

job we often feel shame and you know

1050

00:52:09,000 --> 00:52:06,430

that the some of that energy would be

1051  
00:52:11,760 --> 00:52:09,010  
better spent you know looking for

1052  
00:52:14,339 --> 00:52:11,770  
another job but we have to grieve there

1053  
00:52:16,620 --> 00:52:14,349  
is no shortcut there's no magic bullet

1054  
00:52:19,289 --> 00:52:16,630  
you have to grieve a loss and you have

1055  
00:52:21,779 --> 00:52:19,299  
to grieve the loss of a job if you lose

1056  
00:52:24,029 --> 00:52:21,789  
your job on Friday I don't think that

1057  
00:52:26,400 --> 00:52:24,039  
you should be you know hoping you're

1058  
00:52:28,769 --> 00:52:26,410  
employed on Monday I mean you you will

1059  
00:52:30,180 --> 00:52:28,779  
need a little bit of time but then the

1060  
00:52:32,279 --> 00:52:30,190  
best thing to do to distract yourself

1061  
00:52:35,370 --> 00:52:32,289  
from the loss of the old job is go out

1062  
00:52:37,549 --> 00:52:35,380  
and look for a new one then the other

1063  
00:52:43,589 --> 00:52:37,559

kind of loss is when we lose someone

1064

00:52:45,839 --> 00:52:43,599

that we love and then here I'm talking

1065

00:52:48,120 --> 00:52:45,849

about the end of a relationship or a

1066

00:52:50,099 --> 00:52:48,130

marriage and I'm talking about the

1067

00:52:53,069 --> 00:52:50,109

person that wished that the relationship

1068

00:52:54,569 --> 00:52:53,079

not had not ended and if we connect this

1069

00:52:58,740 --> 00:52:54,579

back that I was talking about earlier

1070

00:53:00,450 --> 00:52:58,750

people when someone dies you know you're

1071

00:53:05,190 --> 00:53:00,460

not going to see that person there's no

1072

00:53:06,210 --> 00:53:05,200

hope but when someone leaves you they're

1073

00:53:08,910 --> 00:53:06,220

still alive

1074

00:53:11,450 --> 00:53:08,920

so out there people have fantasies about

1075

00:53:13,320 --> 00:53:11,460

the person being with someone else or

1076

00:53:16,589 --> 00:53:13,330

fantasies that they're going to come

1077

00:53:18,750 --> 00:53:16,599

back to them some of that's normal and

1078

00:53:20,220 --> 00:53:18,760

if it goes on too long then you know we

1079

00:53:23,180 --> 00:53:20,230

feel like maybe they could use a little

1080

00:53:26,160 --> 00:53:23,190

help perhaps some you know some

1081

00:53:29,280 --> 00:53:26,170

counseling right I always tell people

1082

00:53:31,950 --> 00:53:29,290

that to the extent it's possible you

1083

00:53:33,780 --> 00:53:31,960

know when someone leaves you or even

1084

00:53:36,660 --> 00:53:33,790

when you leave them to help them is to

1085

00:53:38,820 --> 00:53:36,670

have you know no contact with them at

1086

00:53:40,230 --> 00:53:38,830

all for for probably at least three

1087

00:53:41,820 --> 00:53:40,240

months other counselors would have other

1088

00:53:46,230 --> 00:53:41,830

numbers i think a year of even better

1089

00:53:48,030 --> 00:53:46,240

but you know you you you have to treat

1090

00:53:50,520 --> 00:53:48,040

it a little bit like a death it's not

1091

00:53:52,680 --> 00:53:50,530

fair to keep trying to bring that person

1092

00:53:54,690 --> 00:53:52,690

back because they deserve to find

1093

00:53:57,780 --> 00:53:54,700

someone that they love and you deserve

1094

00:54:00,450 --> 00:53:57,790

to find someone that loves you so losing

1095

00:54:02,820 --> 00:54:00,460

a job losing a relationship you know

1096

00:54:05,220 --> 00:54:02,830

those are important losses but there's

1097

00:54:06,839 --> 00:54:05,230

other losses the loss of a dream we may

1098

00:54:09,030 --> 00:54:06,849

decide that we've got to the point that

1099

00:54:15,480 --> 00:54:09,040

there's something we are not going to be

1100

00:54:17,370 --> 00:54:15,490

able to do you know when we've you know

1101  
00:54:19,200 --> 00:54:17,380  
we're not you know we've we're not going

1102  
00:54:21,660 --> 00:54:19,210  
to get into medical school because we

1103  
00:54:24,120 --> 00:54:21,670  
reach that magic age of 35 or 40 or

1104  
00:54:25,650 --> 00:54:24,130  
whatever it is or hard as we've tried

1105  
00:54:28,200 --> 00:54:25,660  
we're just not going to be a rock star

1106  
00:54:30,450 --> 00:54:28,210  
you know we we do well in our own

1107  
00:54:32,970 --> 00:54:30,460  
backyard or regional but where you know

1108  
00:54:34,920 --> 00:54:32,980  
it was a big dream so the loss of a

1109  
00:54:38,930 --> 00:54:34,930  
dream is another loss that has to be

1110  
00:54:42,480 --> 00:54:38,940  
grieved and and and we do have to grieve

1111  
00:54:45,089 --> 00:54:42,490  
you know for people going through the

1112  
00:54:47,970 --> 00:54:45,099  
loss of someone who died we consider

1113  
00:54:49,829 --> 00:54:47,980

normal grief to be about a year we

1114

00:54:52,380 --> 00:54:49,839

expect that after a year a person is

1115

00:54:54,839 --> 00:54:52,390

functionally functioning pretty normally

1116

00:54:57,240 --> 00:54:54,849

but if a year goes by and they're really

1117

00:55:01,040 --> 00:54:57,250

not doing much better than they were you

1118

00:55:03,390 --> 00:55:01,050

know a week or two or three after the

1119

00:55:06,060 --> 00:55:03,400

death of the person then we call that

1120

00:55:11,160 --> 00:55:06,070

complicated grief and and they and they

1121

00:55:14,250 --> 00:55:11,170

would benefit from from some help we

1122

00:55:16,500 --> 00:55:14,260

have a society that is very afraid of

1123

00:55:19,030 --> 00:55:16,510

death and goes to great lengths to avoid

1124

00:55:21,670 --> 00:55:19,040

it I mean look at coffins

1125

00:55:23,530 --> 00:55:21,680

like beds you know I hope I don't think

1126

00:55:27,460 --> 00:55:23,540

my bed is as comfortable some confidence

1127

00:55:29,740 --> 00:55:27,470

I've seen and we don't say die we say

1128

00:55:32,080 --> 00:55:29,750

passed away moved on went to heaven

1129

00:55:34,030 --> 00:55:32,090

they're in a better place I remember

1130

00:55:36,370 --> 00:55:34,040

someone it was a good friend so I could

1131

00:55:37,900 --> 00:55:36,380

kid around they said well your dad's in

1132

00:55:39,550 --> 00:55:37,910

a better place and they say well what

1133

00:55:42,670 --> 00:55:39,560

was wrong with right here I thought this

1134

00:55:45,250 --> 00:55:42,680

was a pretty good place it's okay to say

1135

00:55:48,700 --> 00:55:45,260

die and dead and death they understand

1136

00:55:50,470 --> 00:55:48,710

that their loved one has died when you

1137

00:55:51,940 --> 00:55:50,480

go up to someone and say I'm sorry your

1138

00:55:53,260 --> 00:55:51,950

father died they're not going to say

1139

00:55:56,440 --> 00:55:53,270

what do you mean died I thought he just

1140

00:55:58,840 --> 00:55:56,450

moved on and you know if I got my GPS

1141

00:56:01,360 --> 00:55:58,850

out I'd track him down you mean he's

1142

00:56:03,730 --> 00:56:01,370

dead you're never surprised anybody and

1143

00:56:05,920 --> 00:56:03,740

it also helps them with the finality of

1144

00:56:08,110 --> 00:56:05,930

it so you're not being mean when you say

1145

00:56:10,630 --> 00:56:08,120

died or dead death or whatever things

1146

00:56:14,080 --> 00:56:10,640

like that it's okay to say I'm sorry to

1147

00:56:17,770 --> 00:56:14,090

hear that your mom died because that is

1148

00:56:20,290 --> 00:56:17,780

exactly you know what happened ok now

1149

00:56:21,580 --> 00:56:20,300

I'm not going to end on that no because

1150

00:56:23,710 --> 00:56:21,590

that's death angry are you are you

1151

00:56:26,890 --> 00:56:23,720

dabbing at your eyes I'm sorry if I did

1152

00:56:30,970 --> 00:56:26,900

that to you let me end with some cool

1153

00:56:34,450 --> 00:56:30,980

psych factoids ok you ready for some

1154

00:56:36,370 --> 00:56:34,460

factoids a placebo effect can work even

1155

00:56:38,380 --> 00:56:36,380

when the individual is aware that the

1156

00:56:40,420 --> 00:56:38,390

substance they are taking is a placebo I

1157

00:56:41,980 --> 00:56:40,430

saw this done on a video it absolutely

1158

00:56:44,320 --> 00:56:41,990

amazed me they were using a pain

1159

00:56:46,060 --> 00:56:44,330

medication and the person was told we're

1160

00:56:48,820 --> 00:56:46,070

going to give you a fake pain medication

1161

00:56:50,740 --> 00:56:48,830

and their pain went down humans can live

1162

00:56:54,040 --> 00:56:50,750

longer without food and they can without

1163

00:56:55,390 --> 00:56:54,050

sleep well that's true most people you

1164

00:56:58,210 --> 00:56:55,400

hear about these guys that play these

1165

00:57:00,250 --> 00:56:58,220

video games for three and four days and

1166

00:57:01,750 --> 00:57:00,260

they stay awake and then they die I mean

1167

00:57:04,750 --> 00:57:01,760

we're not sure why we don't even know

1168

00:57:09,310 --> 00:57:04,760

why we sleep stay awake long enough and

1169

00:57:13,240 --> 00:57:09,320

you'll die let's see by age 60 you will

1170

00:57:15,070 --> 00:57:13,250

have lost half your taste buds if saliva

1171

00:57:16,930 --> 00:57:15,080

cannot dissolve something you cannot

1172

00:57:19,510 --> 00:57:16,940

taste it if it can't is all that it

1173

00:57:22,750 --> 00:57:19,520

can't create a sensation so then we're

1174

00:57:24,790 --> 00:57:22,760

not going to have a a perception and by

1175

00:57:26,980 --> 00:57:24,800

the way our mouths are not all wired the

1176  
00:57:28,450 --> 00:57:26,990  
same makes me crazy one that someone

1177  
00:57:30,310 --> 00:57:28,460  
says here try these check and leave our

1178  
00:57:32,410 --> 00:57:30,320  
livers they're great and I say no no I

1179  
00:57:32,740 --> 00:57:32,420  
don't like them no but I do you got to

1180  
00:57:34,420 --> 00:57:32,750  
try

1181  
00:57:37,030 --> 00:57:34,430  
and while your tongue is wired to like

1182  
00:57:38,980 --> 00:57:37,040  
chicken livers my tongue is wired to gag

1183  
00:57:42,970 --> 00:57:38,990  
at chicken livers I mean let people like

1184  
00:57:44,800 --> 00:57:42,980  
what they're like it's okay since the

1185  
00:57:48,100 --> 00:57:44,810  
existence of the internet fewer people

1186  
00:57:50,530 --> 00:57:48,110  
claim to be religious chewing gum helps

1187  
00:57:52,150 --> 00:57:50,540  
your memory to receive a higher test

1188  
00:57:53,920 --> 00:57:52,160

score you know what that's more

1189

00:57:55,570 --> 00:57:53,930

complicated than that that's that has

1190

00:57:57,790 --> 00:57:55,580

more to do with test dependent with

1191

00:57:59,950 --> 00:57:57,800

state dependent learning and we'll talk

1192

00:58:02,170 --> 00:57:59,960

about that in another show as a matter

1193

00:58:05,560 --> 00:58:02,180

of fact our next show will talk about

1194

00:58:08,020 --> 00:58:05,570

how to get better scores and grades on

1195

00:58:13,680 --> 00:58:08,030

almost anything using professor Eric's

1196

00:58:18,520 --> 00:58:16,690

it's the excessive stress can alter

1197

00:58:20,590 --> 00:58:18,530

brain cell structure and function yes

1198

00:58:22,510 --> 00:58:20,600

they can and it makes them produce

1199

00:58:25,570 --> 00:58:22,520

hormones that make you makes you feel

1200

00:58:27,730 --> 00:58:25,580

bad but it also motivates you to fix it

1201  
00:58:29,530 --> 00:58:27,740  
if you think a smile even when you're in

1202  
00:58:31,660 --> 00:58:29,540  
a bad mood that smile will help you feel

1203  
00:58:33,370 --> 00:58:31,670  
better and therefore make you happy you

1204  
00:58:34,930 --> 00:58:33,380  
know what at works I've done it I mean

1205  
00:58:36,810 --> 00:58:34,940  
it feels weird when you're doing it but

1206  
00:58:40,240 --> 00:58:36,820  
do it next time you're really unhappy

1207  
00:58:43,270 --> 00:58:40,250  
having a bad day snake a snake right

1208  
00:58:46,900 --> 00:58:43,280  
fake a smile fake a whole bunch of them

1209  
00:58:53,080 --> 00:58:46,910  
you will feel better it's part of our of

1210  
00:58:59,040 --> 00:58:53,090  
our wiring when we when we smile

1211  
00:59:01,720 --> 00:58:59,050  
something happens neurologically and

1212  
00:59:04,290 --> 00:59:01,730  
save the rest of factoids for next time

1213  
00:59:07,150 --> 00:59:04,300

there is a fixed a Facebook page called

1214

00:59:10,000 --> 00:59:07,160

psychologies outer limits it's

1215

00:59:13,420 --> 00:59:10,010

psychology with an S on the end outer is

1216

00:59:17,170 --> 00:59:13,430

0 UT ER and then limits with an S it's

1217

00:59:19,630 --> 00:59:17,180

all one word if you search for it you'll

1218

00:59:23,590 --> 00:59:19,640

find it if not just send an email to

1219

00:59:27,520 --> 00:59:23,600

live psych @ mail.com and i'll send you

1220

00:59:31,420 --> 00:59:27,530

a link that you can click on and you can

1221

00:59:35,380 --> 00:59:31,430

follow me there and i'll try to put some

1222

00:59:38,290 --> 00:59:35,390

cool stuff up weekly and i think that's

1223

00:59:39,550 --> 00:59:38,300

a that's it i have really enjoyed my

1224

00:59:41,980 --> 00:59:39,560

first meeting with you and i look

1225

00:59:44,560 --> 00:59:41,990

forward to seeing you again next week i

1226

00:59:46,510 --> 00:59:44,570

hope you have a fantastic week and smile