

PSYCHOLOGY'S OUTER LIMITS Depression



Professor Erick R. Williams



1
00:00:54,500 --> 00:00:02,210
you're locked into inception radio

2
00:00:57,229 --> 00:00:54,510
network superior Wisconsin get ready to

3
00:01:00,709 --> 00:00:57,239
expand your mind this is psychologies

4
00:01:08,660 --> 00:01:00,719
outer limits with your host professor of

5
00:01:14,130 --> 00:01:11,330
good evening everyone and welcome to

6
00:01:17,820 --> 00:01:14,140
psychologies outer limits i am your host

7
00:01:20,700 --> 00:01:17,830
professor eric williams and we are live

8
00:01:23,700 --> 00:01:20,710
on inception radio network if it's

9
00:01:26,850 --> 00:01:23,710
Sunday night and it's 7pm or between

10
00:01:30,060 --> 00:01:26,860
seven and eight pm eastern time then you

11
00:01:32,730 --> 00:01:30,070
know that the show is alive if you want

12
00:01:40,080 --> 00:01:32,740
to call in and I hope you do the phone

13
00:01:42,570 --> 00:01:40,090

number is 8 8 8 9 192 355 and if you go

14

00:01:45,630 --> 00:01:42,580

to inception radio network com you can

15

00:01:49,230 --> 00:01:45,640

click on the on the banner therefore

16

00:01:51,000 --> 00:01:49,240

chat and join the chat room and the chat

17

00:01:53,420 --> 00:01:51,010

room is as always fun lots of really

18

00:01:56,010 --> 00:01:53,430

cool people in there and hello Rachel

19

00:01:59,040 --> 00:01:56,020

and the other people in there in rocket

20

00:02:02,219 --> 00:01:59,050

and poly and a few others in sky we have

21

00:02:05,030 --> 00:02:02,229

android and iOS apps another way to

22

00:02:08,790 --> 00:02:05,040

listen to us with your phones or tablets

23

00:02:10,919 --> 00:02:08,800

you can send me mail live psych l.i.v.e

24

00:02:15,150 --> 00:02:10,929

is the word live and the word well the

25

00:02:20,180 --> 00:02:15,160

shortcut psy see live psych @ mail.com

26

00:02:23,930 --> 00:02:20,190

on twitter we are at i underscore our

27

00:02:27,720 --> 00:02:23,940

underscore and so let's i underscore our

28

00:02:31,110 --> 00:02:27,730

underscore n and our trusty producer MJ

29

00:02:33,900 --> 00:02:31,120

is watching that at facebook you can

30

00:02:36,690 --> 00:02:33,910

find this show at psychologies outer

31

00:02:39,540 --> 00:02:36,700

limits so it's the word psychology with

32

00:02:41,910 --> 00:02:39,550

an S on the end and then our oh you ter

33

00:02:44,190 --> 00:02:41,920

then limits it's a long word anyway I

34

00:02:46,100 --> 00:02:44,200

only have six likes right now this is

35

00:02:48,600 --> 00:02:46,110

really not good for my self-esteem folks

36

00:02:50,520 --> 00:02:48,610

please go to the page and like it and

37

00:02:54,449 --> 00:02:50,530

then hopefully i will feel a lot better

38

00:02:56,340 --> 00:02:54,459

next week psychologically let's see and

39

00:02:59,990 --> 00:02:56,350

then right after this show somebody nice

40

00:03:04,910 --> 00:03:00,000

you get a bunch of live shows we have a

41

00:03:08,100 --> 00:03:04,920

pang radio with MJ and ken and they will

42

00:03:11,280 --> 00:03:08,110

be talking to Kevin Randall about the

43

00:03:13,860 --> 00:03:11,290

Roswell slides and let's see what else

44

00:03:16,840 --> 00:03:13,870

do we got going on here also check out

45

00:03:19,910 --> 00:03:16,850

the youtube channel 4

46

00:03:21,860 --> 00:03:19,920

inception radio network currently

47

00:03:24,380 --> 00:03:21,870

getting all of the shows on there I

48

00:03:28,520 --> 00:03:24,390

think there's about 500 people on there

49

00:03:30,140 --> 00:03:28,530

so far that are that are checking it out

50

00:03:33,830 --> 00:03:30,150

and they're slowly getting all the all

51
00:03:39,620 --> 00:03:33,840
the shows on there there is an archived

52
00:03:41,030 --> 00:03:39,630
on the regular on the regular site but

53
00:03:45,380 --> 00:03:41,040
it's nice to know you can go to youtube

54
00:03:48,350 --> 00:03:45,390
and do as well okay Oh to jameson on the

55
00:03:50,800 --> 00:03:48,360
chat room and that's my son let's see I

56
00:03:53,840 --> 00:03:50,810
think I've covered all the stuff here so

57
00:03:55,640 --> 00:03:53,850
I as usual we're going to go through you

58
00:03:58,490 --> 00:03:55,650
know what's new in psychology and the

59
00:04:00,350 --> 00:03:58,500
show is called the the outer limits so I

60
00:04:03,050 --> 00:04:00,360
do like to try to find some of the stuff

61
00:04:05,360 --> 00:04:03,060
that's way out there on the edge and

62
00:04:07,730 --> 00:04:05,370
with a little bit of pair of psychology

63
00:04:10,090 --> 00:04:07,740

just to keep it interesting I think this

64

00:04:12,740 --> 00:04:10,100

evening that I want to start with

65

00:04:16,789 --> 00:04:12,750

something I guess it's a little bit

66

00:04:19,539 --> 00:04:16,799

humorous I told people in the chat room

67

00:04:23,570 --> 00:04:19,549

about this before this for the show

68

00:04:25,880 --> 00:04:23,580

phrases that make me crazy I don't know

69

00:04:28,010 --> 00:04:25,890

I I this comes up once in a while on

70

00:04:31,220 --> 00:04:28,020

other shows but there are some phrases

71

00:04:34,610 --> 00:04:31,230

that make me absolutely nuts so I'm I

72

00:04:37,070 --> 00:04:34,620

have a short list and then you can jump

73

00:04:38,960 --> 00:04:37,080

into the chat room or Twitter and throw

74

00:04:43,070 --> 00:04:38,970

in some of yours if you don't hear it on

75

00:04:45,170 --> 00:04:43,080

this list but number one it is what it

76
00:04:47,000 --> 00:04:45,180
is I mean that really does make me nuts

77
00:04:50,240 --> 00:04:47,010
what does that mean it's like a

78
00:04:53,240 --> 00:04:50,250
tautology in phosphate it is what it is

79
00:04:55,760 --> 00:04:53,250
that's like saying one equals one you

80
00:04:57,680 --> 00:04:55,770
know I think it's what people say what

81
00:04:59,210 --> 00:04:57,690
they want you to shut up or when they're

82
00:05:01,730 --> 00:04:59,220
losing an argument they go well it is

83
00:05:04,670 --> 00:05:01,740
what it is and say okay I think I

84
00:05:07,850 --> 00:05:04,680
already knew that getting tired of the

85
00:05:10,760 --> 00:05:07,860
phrase reaching out we used to say I'm

86
00:05:14,840 --> 00:05:10,770
going to you know give a call or talk to

87
00:05:18,050 --> 00:05:14,850
or get a hold of that now we reach out

88
00:05:20,780 --> 00:05:18,060

to people we and you know we don't reach

89

00:05:22,490 --> 00:05:20,790

out to our customers anymore you reach

90

00:05:25,610 --> 00:05:22,500

out to our partners everyone's our

91

00:05:27,620 --> 00:05:25,620

partner and they've also pressed partner

92

00:05:28,730 --> 00:05:27,630

at the service as a verb we're going to

93

00:05:32,089 --> 00:05:28,740

partner with so

94

00:05:34,730 --> 00:05:32,099

so so that's so partnering makes me nuts

95

00:05:37,129 --> 00:05:34,740

at the end of the day I'm not sure what

96

00:05:38,719 --> 00:05:37,139

that means at the end of the day did

97

00:05:41,900 --> 00:05:38,729

that used to mean something else did

98

00:05:44,330 --> 00:05:41,910

that mean when if we could jump ahead to

99

00:05:47,150 --> 00:05:44,340

I think at the end of the day is

100

00:05:50,600 --> 00:05:47,160

supposed to mean when all is said and

101

00:05:53,270 --> 00:05:50,610

done why do we do these phrases anyway

102

00:05:58,100 --> 00:05:53,280

and drive me nuts at the end of the day

103

00:06:01,129 --> 00:05:58,110

I don't know what else do we have here

104

00:06:02,960 --> 00:06:01,139

oh yes to tell you the truth when people

105

00:06:04,640 --> 00:06:02,970

tell me that I honestly do sometimes say

106

00:06:06,260 --> 00:06:04,650

does that mean that in the future unless

107

00:06:08,839 --> 00:06:06,270

you tell me you're telling the truth I

108

00:06:10,279 --> 00:06:08,849

should worry that you're you're not

109

00:06:12,740 --> 00:06:10,289

telling me the truth why are you telling

110

00:06:14,899 --> 00:06:12,750

me the truth now why don't you just tell

111

00:06:16,700 --> 00:06:14,909

me the truth all the time what does have

112

00:06:18,710 --> 00:06:16,710

that agreement between you and I you'll

113

00:06:20,600 --> 00:06:18,720

always tell me true and then you don't

114

00:06:23,300 --> 00:06:20,610

have to preface your comment or with all

115

00:06:25,909 --> 00:06:23,310

due respect when someone starts out with

116

00:06:27,140 --> 00:06:25,919

with all due respect I have the feeling

117

00:06:30,100 --> 00:06:27,150

I'm about to get slapped in the face

118

00:06:34,100 --> 00:06:30,110

otherwise why would they say that a

119

00:06:36,320 --> 00:06:34,110

net-net I think that means the bottom

120

00:06:38,270 --> 00:06:36,330

line I'm not sure I one doesn't bother

121

00:06:41,120 --> 00:06:38,280

me too much I don't know a lot of these

122

00:06:44,209 --> 00:06:41,130

come from the world of business let's

123

00:06:48,469 --> 00:06:44,219

see oh how about 50 is the new 30 50 is

124

00:06:50,659 --> 00:06:48,479

not the new 30 I'm 57 I don't feel 37 I

125

00:06:54,709 --> 00:06:50,669

feel 57 I know what I felt like when I

126
00:06:57,320 --> 00:06:54,719
was 30 and i think you know I'm 65 190

127
00:06:58,999 --> 00:06:57,330
pounds i'm in good health I i think i'm

128
00:07:02,149 --> 00:06:59,009
doing well for a 50 year old but I'm not

129
00:07:06,020 --> 00:07:02,159
30 I mean it does that mean is like this

130
00:07:08,180 --> 00:07:06,030
is 100 the news 70 why do people say

131
00:07:10,279 --> 00:07:08,190
things like that I think I has to do

132
00:07:12,469 --> 00:07:10,289
with our culture of youth we're terribly

133
00:07:14,930 --> 00:07:12,479
afraid of growing old and terribly

134
00:07:17,240 --> 00:07:14,940
afraid of dying so we say things like 50

135
00:07:19,189 --> 00:07:17,250
is the new 30 when you're 30 you know

136
00:07:22,279 --> 00:07:19,199
that you have not lived half your life

137
00:07:23,990 --> 00:07:22,289
and when you're 50 you know that you

138
00:07:26,870 --> 00:07:24,000

know you can hear the clock ticking not

139

00:07:29,149 --> 00:07:26,880

loudly but it's clicking okay what's

140

00:07:33,559 --> 00:07:29,159

next failure is not an option but you

141

00:07:36,379 --> 00:07:33,569

know what it is 250 may not be the new

142

00:07:37,730 --> 00:07:36,389

30 but it's long enough to be alive to

143

00:07:40,700 --> 00:07:37,740

know that you will fail with things

144

00:07:42,740 --> 00:07:40,710

that's how we learn we fail and we try

145

00:07:45,080 --> 00:07:42,750

something else you know most scientific

146

00:07:47,000 --> 00:07:45,090

experiments and then failure but they

147

00:07:48,680 --> 00:07:47,010

point you in the direction to do you

148

00:07:50,510 --> 00:07:48,690

know to do it right I understand what

149

00:07:53,570 --> 00:07:50,520

they mean I you know I guess what they

150

00:07:55,970 --> 00:07:53,580

mean is try really hard but when you

151

00:07:57,920 --> 00:07:55,980

tell someone failure is not an option I

152

00:07:59,480 --> 00:07:57,930

wonder if the amount of pressure you put

153

00:08:02,090 --> 00:07:59,490

on them isn't going to hurt their

154

00:08:04,820 --> 00:08:02,100

performance how about everything happens

155

00:08:07,250 --> 00:08:04,830

for a reason I think we said that to

156

00:08:11,450 --> 00:08:07,260

make ourselves feel better I think some

157

00:08:13,040 --> 00:08:11,460

things are just you know random does

158

00:08:16,040 --> 00:08:13,050

everything have to have if everything

159

00:08:18,260 --> 00:08:16,050

happened for a reason I guess that would

160

00:08:21,770 --> 00:08:18,270

mean you believe in predestination that

161

00:08:24,740 --> 00:08:21,780

means you have no choice everything that

162

00:08:26,600 --> 00:08:24,750

ever happens to you was preordained at

163

00:08:30,110 --> 00:08:26,610

your birth or before your birth I don't

164

00:08:32,270 --> 00:08:30,120

know everything happens I mean there is

165

00:08:34,510 --> 00:08:32,280

a reason you know if you fall down it's

166

00:08:36,589 --> 00:08:34,520

because you tripped over something but I

167

00:08:38,810 --> 00:08:36,599

don't know I think people say that when

168

00:08:42,020 --> 00:08:38,820

they wish they had had a different

169

00:08:43,670 --> 00:08:42,030

outcome oh here's another one the way

170

00:08:46,070 --> 00:08:43,680

people use the word literally I

171

00:08:47,270 --> 00:08:46,080

literally died laughing no you didn't

172

00:08:50,270 --> 00:08:47,280

because you're telling me that you

173

00:08:53,570 --> 00:08:50,280

laughed so you didn't die one time out

174

00:08:55,490 --> 00:08:53,580

of football forecast so that was in a

175

00:08:59,030 --> 00:08:55,500

forecast my gosh with a football show

176
00:09:01,190 --> 00:08:59,040
and the one of the announcer said that

177
00:09:02,660 --> 00:09:01,200
he literally ripped his head off when I

178
00:09:04,100 --> 00:09:02,670
would expect a player's head to be

179
00:09:06,110 --> 00:09:04,110
rolling around on the field literally

180
00:09:07,670 --> 00:09:06,120
means it actually happened so you can't

181
00:09:10,700 --> 00:09:07,680
literally die laughing you can build

182
00:09:12,850 --> 00:09:10,710
that you can laugh very very hard I'm

183
00:09:15,610 --> 00:09:12,860
being really anal aren't I I understand

184
00:09:18,350 --> 00:09:15,620
bear with me I'm allowed to be anal

185
00:09:20,000 --> 00:09:18,360
because I'm a psychologist tip them and

186
00:09:21,440 --> 00:09:20,010
we are a bit odd if you haven't if

187
00:09:23,420 --> 00:09:21,450
you've known as psychologists you know

188
00:09:26,300 --> 00:09:23,430

we're odd maybe that's why we go into

189

00:09:27,890 --> 00:09:26,310

psychology then the last one on my list

190

00:09:30,650 --> 00:09:27,900

is whatever doesn't kill you makes you

191

00:09:32,960 --> 00:09:30,660

stronger you really you ever seen

192

00:09:35,900 --> 00:09:32,970

anybody have a stroke or how about a

193

00:09:38,090 --> 00:09:35,910

persistent vegetative state I think

194

00:09:39,829 --> 00:09:38,100

there's a lot of things that don't kill

195

00:09:42,500 --> 00:09:39,839

you that don't make you stronger I

196

00:09:45,110 --> 00:09:42,510

understand the notion behind it and

197

00:09:49,220 --> 00:09:45,120

check out the chat room here let's see

198

00:09:51,440 --> 00:09:49,230

road warrior I like oh he likes the

199

00:09:55,100 --> 00:09:51,450

phrase I like it is what it is okay well

200

00:09:56,690 --> 00:09:55,110

it is what it is road where and let's

201
00:09:58,310 --> 00:09:56,700
see Rachel's

202
00:09:59,660 --> 00:09:58,320
is I don't believe everything happens

203
00:10:03,500 --> 00:09:59,670
for a reason that is believed that

204
00:10:08,030 --> 00:10:03,510
sometimes poop happens I cleaned that up

205
00:10:09,590 --> 00:10:08,040
a little bit okay now if you think of

206
00:10:13,730 --> 00:10:09,600
some more just go ahead and put them up

207
00:10:15,890 --> 00:10:13,740
on the chat room and I will I can keep

208
00:10:19,190 --> 00:10:15,900
it running as a theme through throughout

209
00:10:21,110 --> 00:10:19,200
the show now I've got some articles I

210
00:10:25,150 --> 00:10:21,120
want to go through I'm going to talk a

211
00:10:28,160 --> 00:10:25,160
little bit about why paranormal and

212
00:10:32,420 --> 00:10:28,170
psychology bangs heads why I think it

213
00:10:34,790 --> 00:10:32,430

shouldn't and let's see oh and then our

214

00:10:38,510 --> 00:10:34,800

topic today our real-life psychology

215

00:10:40,910 --> 00:10:38,520

topic will be depression because it is

216

00:10:45,290 --> 00:10:40,920

the most common disorder on the planet

217

00:10:48,100 --> 00:10:45,300

no matter where you go on the planet the

218

00:10:51,160 --> 00:10:48,110

most common emotional disorder will be

219

00:10:54,110 --> 00:10:51,170

there will be there will be depression

220

00:10:56,600 --> 00:10:54,120

so let's see here let's jump into what's

221

00:11:00,230 --> 00:10:56,610

a new found some really cool stuff this

222

00:11:02,030 --> 00:11:00,240

week oh by the way remember last week we

223

00:11:05,480 --> 00:11:02,040

were talking about the Charlie Charlie

224

00:11:07,490 --> 00:11:05,490

game I talked about I don't know that I

225

00:11:10,310 --> 00:11:07,500

started that but it popped up on a few

226

00:11:12,860 --> 00:11:10,320

other paranormal talk radio shows I'd

227

00:11:16,190 --> 00:11:12,870

like to think I started it because we'd

228

00:11:18,380 --> 00:11:16,200

make my ego even bigger but anyway I

229

00:11:20,210 --> 00:11:18,390

heard or maybe I'm just more sensitive

230

00:11:25,480 --> 00:11:20,220

to it since I you know since I read

231

00:11:28,070 --> 00:11:25,490

about it let's start with let's see

232

00:11:31,070 --> 00:11:28,080

young men okay here's an article young

233

00:11:34,490 --> 00:11:31,080

men are facing a crisis of masculinity

234

00:11:37,730 --> 00:11:34,500

and that's a pretty common thing these

235

00:11:39,680 --> 00:11:37,740

days the masculine of men but a leading

236

00:11:41,870 --> 00:11:39,690

psychologist has warned the young men

237

00:11:43,910 --> 00:11:41,880

are facing a crisis of masculinity due

238

00:11:48,160 --> 00:11:43,920

to excessive use of video games and

239

00:11:50,960 --> 00:11:48,170

pornography now online porn is a problem

240

00:11:52,490 --> 00:11:50,970

there's a therapist will tell you it's a

241

00:11:54,980 --> 00:11:52,500

problem it's a problem for men because

242

00:11:56,900 --> 00:11:54,990

they become addicted to it and then they

243

00:11:58,340 --> 00:11:56,910

find that and if you've got little kids

244

00:12:02,090 --> 00:11:58,350

in the family put your hands over their

245

00:12:04,670 --> 00:12:02,100

ears i guess i don't know it's it is

246

00:12:07,130 --> 00:12:04,680

hard for your female partner to compete

247

00:12:08,840 --> 00:12:07,140

with you know with what you're seeing on

248

00:12:09,929 --> 00:12:08,850

the screen okay anyway back to the

249

00:12:12,839 --> 00:12:09,939

article

250

00:12:15,719 --> 00:12:12,849

psychologist and professor emeritus at

251
00:12:17,579 --> 00:12:15,729
Stanford University Philip Zimbardo now

252
00:12:20,369 --> 00:12:17,589
he's like one of the top handful of

253
00:12:22,079 --> 00:12:20,379
names in psychology he's uh he's written

254
00:12:23,939 --> 00:12:22,089
like six million books and he's made

255
00:12:26,069 --> 00:12:23,949
several million videos and he's just you

256
00:12:27,929 --> 00:12:26,079
know if you've if you've had even one

257
00:12:30,179 --> 00:12:27,939
psychology class you've heard that ain't

258
00:12:34,229 --> 00:12:30,189
Philip Zimbardo you've actually got that

259
00:12:36,839 --> 00:12:34,239
little beard little chin kind of beard

260
00:12:41,369 --> 00:12:36,849
and black hair he looks evil but he's a

261
00:12:43,949 --> 00:12:41,379
really nice guy Oh anyway anyway he's

262
00:12:48,359 --> 00:12:43,959
been around a long time and this is part

263
00:12:50,899 --> 00:12:48,369

of his latest book man disconnected so

264

00:12:57,269 --> 00:12:50,909

anyway he spoke about the results of his

265

00:12:58,979 --> 00:12:57,279

study on on BBC and he said our focus is

266

00:13:01,379 --> 00:12:58,989

on young men who play video games to

267

00:13:04,979 --> 00:13:01,389

excess and do it in social isolation

268

00:13:06,960 --> 00:13:04,989

they are alone in their room now with

269

00:13:08,579 --> 00:13:06,970

freely available pornography which is

270

00:13:10,619 --> 00:13:08,589

unique in history because it used to

271

00:13:12,599 --> 00:13:10,629

have to pay for it they're combining

272

00:13:14,460 --> 00:13:12,609

playing video games and as a break

273

00:13:16,769 --> 00:13:14,470

watching on average two hours of

274

00:13:17,999 --> 00:13:16,779

pornography a week just a wild guess

275

00:13:21,569 --> 00:13:18,009

here but I'm thinking that's a

276

00:13:23,969 --> 00:13:21,579

conservative figure so Zimbardo says

277

00:13:25,619 --> 00:13:23,979

there was a crisis among young men here

278

00:13:27,929 --> 00:13:25,629

a number of whom were experiencing a new

279

00:13:30,869 --> 00:13:27,939

form of addiction to excessive use of

280

00:13:34,109 --> 00:13:30,879

pornography and video games and he also

281

00:13:36,089 --> 00:13:34,119

talked about this as a TED talk and he

282

00:13:38,369 --> 00:13:36,099

cited the example of a mother he met

283

00:13:40,739 --> 00:13:38,379

while conducting the study whose son

284

00:13:43,649 --> 00:13:40,749

does not see the problem in playing

285

00:13:48,179 --> 00:13:43,659

video games for up teen up to 15 hours a

286

00:13:50,159 --> 00:13:48,189

day that sounds pretty excessive so he

287

00:13:53,569 --> 00:13:50,169

said this is affecting the minds of

288

00:13:55,829 --> 00:13:53,579

young men and it actually functionally

289

00:13:58,409 --> 00:13:55,839

changes their their brain that changes

290

00:14:01,349 --> 00:13:58,419

the reward center of their brain which

291

00:14:03,960 --> 00:14:01,359

is where dopamine primarily is at work

292

00:14:06,359 --> 00:14:03,970

and their brain comes to need and want

293

00:14:09,239 --> 00:14:06,369

the video games and the porn in order to

294

00:14:12,059 --> 00:14:09,249

feel you know reasonably good so their

295

00:14:13,939 --> 00:14:12,069

brains are being digitally rewired and

296

00:14:16,710 --> 00:14:13,949

you can see how that could be a problem

297

00:14:19,609 --> 00:14:16,720

now this is complicated research because

298

00:14:23,610 --> 00:14:19,619

it also overlaps with a social

299

00:14:25,590 --> 00:14:23,620

psychology for example we don't really

300

00:14:28,530 --> 00:14:25,600

leave that watching violent video games

301

00:14:32,190 --> 00:14:28,540

makes children violent now that's a

302

00:14:35,670 --> 00:14:32,200

correlation a correlation is when two

303

00:14:37,890 --> 00:14:35,680

variables move predictably together so

304

00:14:41,340 --> 00:14:37,900

we know for example that has hours of

305

00:14:44,880 --> 00:14:41,350

violent TV for example a violent video

306

00:14:48,450 --> 00:14:44,890

games go up the number of violent acts

307

00:14:51,360 --> 00:14:48,460

go up but correlation just means that

308

00:14:54,570 --> 00:14:51,370

two things are related you can't make a

309

00:14:56,790 --> 00:14:54,580

causal statement because when we study

310

00:14:58,950 --> 00:14:56,800

it more deeply we find it's just simply

311

00:15:00,600 --> 00:14:58,960

more likely that violent kids play more

312

00:15:03,450 --> 00:15:00,610

violent games and they watch more

313

00:15:05,040 --> 00:15:03,460

violent TV so you have to be careful

314

00:15:06,720 --> 00:15:05,050

when you hear things like this because

315

00:15:10,380 --> 00:15:06,730

you have to ask yourself are they saying

316

00:15:14,220 --> 00:15:10,390

that a causes B your a is simply related

317

00:15:16,620 --> 00:15:14,230

to be but this damask you'll d

318

00:15:19,500 --> 00:15:16,630

masculinization boy try saying that when

319

00:15:22,200 --> 00:15:19,510

you got allergies is it's quite a topic

320

00:15:25,710 --> 00:15:22,210

we hear about it a lot men feel like

321

00:15:27,900 --> 00:15:25,720

they're put in the position of women

322

00:15:30,269 --> 00:15:27,910

still would like their males to be

323

00:15:32,490 --> 00:15:30,279

reasonably masculine but at the same

324

00:15:34,230 --> 00:15:32,500

time very sensitive and cry at movies

325

00:15:37,769 --> 00:15:34,240

and all that and it's a little hard to

326

00:15:40,410 --> 00:15:37,779

do both and we're not exactly hard wired

327

00:15:44,130 --> 00:15:40,420

that way you know men produce androgens

328

00:15:50,030 --> 00:15:44,140

primarily testosterone and women produce

329

00:15:53,579 --> 00:15:50,040

it produce estrogens primarily estrogen

330

00:15:58,740 --> 00:15:53,589

so it goes a little bit against our

331

00:16:00,120 --> 00:15:58,750

wiring I think it's not a bad thing for

332

00:16:03,449 --> 00:16:00,130

the two sexes to learn how to

333

00:16:05,220 --> 00:16:03,459

communicate better but there are there

334

00:16:06,870 --> 00:16:05,230

is a lot of research out there and a lot

335

00:16:09,690 --> 00:16:06,880

of men are complaining a little bit you

336

00:16:11,880 --> 00:16:09,700

know I can't I can't be both but I think

337

00:16:14,280 --> 00:16:11,890

women can relate to because that they

338

00:16:16,710 --> 00:16:14,290

feel like they have to fill so many

339

00:16:18,780 --> 00:16:16,720

roles during the day let's say analog

340

00:16:21,050 --> 00:16:18,790

hole a scan this also relate to the

341

00:16:23,670 --> 00:16:21,060

hours upon hours of TV that people watch

342

00:16:27,780 --> 00:16:23,680

or even reading books yeah but in a

343

00:16:30,090 --> 00:16:27,790

different way excuse me watching TV is a

344

00:16:32,490 --> 00:16:30,100

very passive activity doesn't do much

345

00:16:35,550 --> 00:16:32,500

for your brain and your brain really is

346

00:16:37,380 --> 00:16:35,560

a use it or lose a proposition I saw a

347

00:16:40,170 --> 00:16:37,390

piece of research is said if you play

348

00:16:42,240 --> 00:16:40,180

two games a scrabble a week or two gay

349

00:16:44,310 --> 00:16:42,250

or two sessions of games with friends

350

00:16:46,680 --> 00:16:44,320

you would greatly reduce the chance of

351

00:16:48,030 --> 00:16:46,690

ever developing Alzheimer's and that's

352

00:16:50,610 --> 00:16:48,040

because when you play games like that

353

00:16:53,910 --> 00:16:50,620

you make your brain do something novel

354

00:16:56,010 --> 00:16:53,920

but when you watch TV you simply watch

355

00:16:58,230 --> 00:16:56,020

it's not a whole lot going on in your

356

00:16:59,760 --> 00:16:58,240

brain I'm not sure that would count if

357

00:17:02,190 --> 00:16:59,770

you're watching stuff like the history

358

00:17:04,319 --> 00:17:02,200

channel on the other hand it's my

359

00:17:07,350 --> 00:17:04,329

opinion I don't have any research about

360

00:17:09,449 --> 00:17:07,360

this but it's my opinion that's surfing

361

00:17:12,060 --> 00:17:09,459

the net is good for your brain because

362

00:17:13,710 --> 00:17:12,070

you keep if you're truly surfing you're

363

00:17:15,360 --> 00:17:13,720

hopping around and you can't you keep

364

00:17:17,010 --> 00:17:15,370

ending up the places you weren't at

365

00:17:20,520 --> 00:17:17,020

before and you know you start out

366

00:17:22,439 --> 00:17:20,530

looking up you know how many gallons of

367

00:17:24,900 --> 00:17:22,449

gas your car holds and an hour later

368

00:17:27,000 --> 00:17:24,910

your wheat you're reading about the

369

00:17:29,010 --> 00:17:27,010

migration patterns of whales you know

370

00:17:32,820 --> 00:17:29,020

that's that's new stuff that's good for

371

00:17:34,860 --> 00:17:32,830

you playing games is good for you there

372

00:17:38,100 --> 00:17:34,870

was a really famous study called the nun

373

00:17:40,770 --> 00:17:38,110

study you know like nuns the other women

374

00:17:44,040 --> 00:17:40,780

with the hats on I went to Catholic

375

00:17:46,710 --> 00:17:44,050

school so I had nuns anyway I you know

376

00:17:50,670 --> 00:17:46,720

group of psychologists and psychologists

377

00:17:53,130 --> 00:17:50,680

sort of noticed that nuns tended not to

378

00:17:56,130 --> 00:17:53,140

develop dementia the most common form of

379

00:17:58,020 --> 00:17:56,140

dementia of courses Alzheimer's so they

380

00:17:59,400 --> 00:17:58,030

asked a group of nuns if at the end of

381

00:18:01,470 --> 00:17:59,410

their lives they would donate their

382

00:18:03,720 --> 00:18:01,480

brains to science I didn't even know you

383

00:18:06,510 --> 00:18:03,730

could do that I only recently found out

384

00:18:09,030 --> 00:18:06,520

that as Catholics can do that and we can

385

00:18:10,590 --> 00:18:09,040

be cremated and you know here I thought

386

00:18:12,240 --> 00:18:10,600

I was a good Catholic and you all the

387

00:18:15,900 --> 00:18:12,250

rules but let's get back to our nuns

388

00:18:17,640 --> 00:18:15,910

anyway so as they died and that they

389

00:18:20,520 --> 00:18:17,650

also tended to live you know quite a

390

00:18:22,680 --> 00:18:20,530

long life into their 80s what they found

391

00:18:25,830 --> 00:18:22,690

were these really healthy looking brains

392

00:18:27,510 --> 00:18:25,840

and you know the best connection they

393

00:18:29,970 --> 00:18:27,520

could make were that these nuns they

394

00:18:31,560 --> 00:18:29,980

were school sisters of Mildred um you

395

00:18:34,200 --> 00:18:31,570

know they taught their whole life they

396

00:18:35,790 --> 00:18:34,210

are always used in their brain and using

397

00:18:38,220 --> 00:18:35,800

their brain to help prevent the

398

00:18:41,100 --> 00:18:38,230

development of these I'm simplifying a

399

00:18:43,980 --> 00:18:41,110

little bit here but is amyloid protein

400

00:18:46,920 --> 00:18:43,990

plaques that sort of kill brain tissue

401
00:18:48,990 --> 00:18:46,930
so yeah if you use your brief you use

402
00:18:52,000 --> 00:18:49,000
your brain you're probably not going to

403
00:18:58,159 --> 00:18:55,159
dementia is it's rare for a person with

404
00:19:02,690 --> 00:18:58,169
a graduate degree to get dementia unless

405
00:19:04,580 --> 00:19:02,700
they are biologically predisposed oh you

406
00:19:06,950 --> 00:19:04,590
know predispose some people simply are

407
00:19:08,630 --> 00:19:06,960
going to get just like people who never

408
00:19:11,000 --> 00:19:08,640
smoked are going to get cancer I mean

409
00:19:13,399 --> 00:19:11,010
there are some things that that you know

410
00:19:14,840 --> 00:19:13,409
we have a genetic marker for and you

411
00:19:18,320 --> 00:19:14,850
know what are you going to do right

412
00:19:21,200 --> 00:19:18,330
otherwise you know I'll surfing the net

413
00:19:23,990 --> 00:19:21,210

playing games reading books on new

414

00:19:26,289 --> 00:19:24,000

things those things oh you know they all

415

00:19:31,669 --> 00:19:26,299

work your brain and I think they're good

416

00:19:34,250 --> 00:19:31,679

I think fiction is good because when you

417

00:19:35,600 --> 00:19:34,260

watch when you read fiction I think

418

00:19:38,210 --> 00:19:35,610

you're trying to make pictures in your

419

00:19:40,520 --> 00:19:38,220

brain and your and you're creating the

420

00:19:43,840 --> 00:19:40,530

characters to go along again I don't

421

00:19:46,810 --> 00:19:43,850

have any research to back that up but

422

00:19:48,980 --> 00:19:46,820

rachel says she watches mostly

423

00:19:51,560 --> 00:19:48,990

documentaries I think that would be good

424

00:19:55,520 --> 00:19:51,570

for your brain watching documentaries

425

00:19:56,870 --> 00:19:55,530

would be like surfing the net but I

426

00:19:59,000 --> 00:19:56,880

think a lot of people are kind of

427

00:20:00,799 --> 00:19:59,010

surprised to hear that surfing and that

428

00:20:02,600 --> 00:20:00,809

would be good for you but it is good for

429

00:20:04,730 --> 00:20:02,610

you and playing certain kinds of games

430

00:20:06,260 --> 00:20:04,740

are good for you especially you know

431

00:20:10,730 --> 00:20:06,270

games like Scrabble where you really

432

00:20:15,680 --> 00:20:10,740

have to work a bit now before we move on

433

00:20:17,930 --> 00:20:15,690

to our next topic tomorrow is the second

434

00:20:21,890 --> 00:20:17,940

five weeks of the summer session so at

435

00:20:24,890 --> 00:20:21,900

9am I got a brand new class of students

436

00:20:27,409 --> 00:20:24,900

ready to rock and roll we have we meet

437

00:20:29,810 --> 00:20:27,419

twice a week for hours each time it's

438

00:20:33,649 --> 00:20:29,820

brutal for them it's a little hard for

439

00:20:34,940 --> 00:20:33,659

me too it's a long time to talk but you

440

00:20:38,870 --> 00:20:34,950

know one of the very first things we

441

00:20:42,049 --> 00:20:38,880

cover and in psychology is who are these

442

00:20:45,200 --> 00:20:42,059

people because people are a little

443

00:20:47,419 --> 00:20:45,210

confused about you know what is a

444

00:20:52,460 --> 00:20:47,429

counselor what is a psychologist what is

445

00:20:54,350 --> 00:20:52,470

a psychiatrist and the the biggest

446

00:20:57,529 --> 00:20:54,360

distinction if you only took one thing

447

00:21:00,950 --> 00:20:57,539

away from this is that a psychiatrist is

448

00:21:03,580 --> 00:21:00,960

a medical doctor they get a medical

449

00:21:06,859 --> 00:21:03,590

degree and then they do

450

00:21:09,649 --> 00:21:06,869

study in psychology partly by doing it

451
00:21:11,409 --> 00:21:09,659
working in psychiatric wards there is a

452
00:21:13,729 --> 00:21:11,419
level of psychiatrist called a

453
00:21:16,549 --> 00:21:13,739
psychoanalyst and they go to a special

454
00:21:18,830 --> 00:21:16,559
school for two more years and then lots

455
00:21:21,139 --> 00:21:18,840
of more training by they're there

456
00:21:23,450 --> 00:21:21,149
they're pushing 40 by the time they're

457
00:21:25,129 --> 00:21:23,460
in private practice but now these are

458
00:21:26,659 --> 00:21:25,139
the folks that charge four or five

459
00:21:29,419 --> 00:21:26,669
hundred dollars a session and want to

460
00:21:31,299 --> 00:21:29,429
see you several times a week so I don't

461
00:21:34,489 --> 00:21:31,309
know how many of us can afford to see a

462
00:21:35,989 --> 00:21:34,499
psychoanalyst alright so psychiatrists

463
00:21:38,320 --> 00:21:35,999

are medical doctors and they are the

464

00:21:40,970 --> 00:21:38,330

only people that can prescribe

465

00:21:43,190 --> 00:21:40,980

medication okay there's a couple

466

00:21:46,070 --> 00:21:43,200

exceptions they're hardly worth going

467

00:21:48,619 --> 00:21:46,080

into but some psychologists and the army

468

00:21:50,509 --> 00:21:48,629

I believe can do it and there is one or

469

00:21:53,450 --> 00:21:50,519

two states that with additional training

470

00:21:56,299 --> 00:21:53,460

or allowing psychologists to prescribe a

471

00:21:58,669 --> 00:21:56,309

limited number of it but a psychiatrist

472

00:22:01,729 --> 00:21:58,679

is a medical doctor everybody else isn't

473

00:22:03,499 --> 00:22:01,739

okay the psychologist generally is a

474

00:22:05,720 --> 00:22:03,509

person who has a graduate degree in

475

00:22:08,269 --> 00:22:05,730

psychology and then we have all these

476

00:22:11,119 --> 00:22:08,279

other flavors we have social workers we

477

00:22:14,090 --> 00:22:11,129

have certified clinical social workers

478

00:22:16,789 --> 00:22:14,100

we have mental health counselors we have

479

00:22:18,919 --> 00:22:16,799

something that's relatively new 20 to 25

480

00:22:22,039 --> 00:22:18,929

years being relatively new called an LPC

481

00:22:25,430 --> 00:22:22,049

that's a licensed professional counselor

482

00:22:27,799 --> 00:22:25,440

get a masters degree in counseling as

483

00:22:29,830 --> 00:22:27,809

one of my degrees is and then you go sit

484

00:22:31,879 --> 00:22:29,840

and you get a license anybody and

485

00:22:34,789 --> 00:22:31,889

primarily that is so you can get

486

00:22:37,669 --> 00:22:34,799

reimbursed by you know by insurance

487

00:22:40,970 --> 00:22:37,679

companies and I tried that very briefly

488

00:22:45,109 --> 00:22:40,980

and some insurance companies in the late

489

00:22:47,019 --> 00:22:45,119

90s we're reimbursing at I guess ten

490

00:22:49,879 --> 00:22:47,029

dollars an hour and you believe that I

491

00:22:55,129 --> 00:22:49,889

think if you've worked hard enough you

492

00:22:56,149 --> 00:22:55,139

could make that McDonald's anyway so try

493

00:22:57,879 --> 00:22:56,159

to keep that part straight a

494

00:23:01,099 --> 00:22:57,889

psychiatrist is a medical doctor

495

00:23:03,440 --> 00:23:01,109

everybody else isn't when people are you

496

00:23:05,419 --> 00:23:03,450

know our ailing psychologically I tell

497

00:23:08,330 --> 00:23:05,429

them if it's at all possible you know go

498

00:23:10,580 --> 00:23:08,340

see a psychiatrist first because that

499

00:23:12,680 --> 00:23:10,590

they this is what they do and they're

500

00:23:15,910 --> 00:23:12,690

comfortable prescribing the medications

501

00:23:19,240 --> 00:23:15,920

your GPA is a little less comfortable

502

00:23:22,180 --> 00:23:19,250

you know the EA is always watching how

503

00:23:24,310 --> 00:23:22,190

many controlled substances and they're

504

00:23:26,650 --> 00:23:24,320

not quite as happy writing out

505

00:23:29,350 --> 00:23:26,660

prescriptions for xanax or valium or

506

00:23:31,960 --> 00:23:29,360

whatever and they'll pretty much you

507

00:23:33,340 --> 00:23:31,970

know give you an antidepressant you know

508

00:23:36,090 --> 00:23:33,350

even if you are complaining about

509

00:23:38,650 --> 00:23:36,100

anxiety and you know these days

510

00:23:41,410 --> 00:23:38,660

insurance companies don't require you to

511

00:23:43,890 --> 00:23:41,420

get a pre-authorization psychiatrists

512

00:23:46,000 --> 00:23:43,900

are I don't think that they're not

513

00:23:49,330 --> 00:23:46,010

they're not that much more expensive

514

00:23:51,010 --> 00:23:49,340

than doctors and I imagine from what

515

00:23:53,050 --> 00:23:51,020

I've heard the deductibles are about the

516

00:23:54,790 --> 00:23:53,060

same but this is what they do all day

517

00:23:56,560 --> 00:23:54,800

long now what you're not going to get

518

00:23:59,340 --> 00:23:56,570

these days from a psychiatrist is

519

00:24:02,380 --> 00:23:59,350

therapy they're going to manage your

520

00:24:04,360 --> 00:24:02,390

medications so typically a person might

521

00:24:06,790 --> 00:24:04,370

see a therapist once a week and see a

522

00:24:09,040 --> 00:24:06,800

psychiatrist every maybe once every

523

00:24:12,910 --> 00:24:09,050

month or three months you know to treat

524

00:24:14,620 --> 00:24:12,920

their meds but if you can especially if

525

00:24:16,900 --> 00:24:14,630

you feel like your problem is severe I

526

00:24:19,240 --> 00:24:16,910

would try to see a psychiatrist first

527

00:24:21,850 --> 00:24:19,250

and believe me I'm not knocking your GP

528

00:24:24,190 --> 00:24:21,860

it's just this is you know that this is

529

00:24:25,750 --> 00:24:24,200

not what they do and they don't get a

530

00:24:28,600 --> 00:24:25,760

terrible amount of training in

531

00:24:30,520 --> 00:24:28,610

psychology they get some and some GPS

532

00:24:38,380 --> 00:24:30,530

are very good at this I don't want to

533

00:24:39,910 --> 00:24:38,390

upset GPS okay so let's see analog hole

534

00:24:41,500 --> 00:24:39,920

says I was reading a study that showed

535

00:24:43,570 --> 00:24:41,510

that meditation helps with things like

536

00:24:46,330 --> 00:24:43,580

dementia and helps increase your mental

537

00:24:50,620 --> 00:24:46,340

activity it supposedly creates more gray

538

00:24:52,510 --> 00:24:50,630

matter it does it does actually now you

539

00:24:55,630 --> 00:24:52,520

have gray matter and white matter and

540

00:24:57,730 --> 00:24:55,640

your brain gray matter are essentially

541

00:25:00,580 --> 00:24:57,740

and again I'm simplifying the neurons

542

00:25:03,970 --> 00:25:00,590

and white matter is the fatty coating

543

00:25:08,170 --> 00:25:03,980

called myelin it covers the transmitting

544

00:25:11,730 --> 00:25:08,180

part the axon of the neuron and I know

545

00:25:14,380 --> 00:25:11,740

and I just read a study about this and

546

00:25:17,770 --> 00:25:14,390

part of the part of the reason it seems

547

00:25:20,200 --> 00:25:17,780

to do this is that meditation tends to

548

00:25:23,590 --> 00:25:20,210

shut down a lot of your emotions and it

549

00:25:26,200 --> 00:25:23,600

just lets your brain rest but in a

550

00:25:28,720 --> 00:25:26,210

really good study where they did MRIs

551
00:25:29,760 --> 00:25:28,730
they found that even people that started

552
00:25:32,820 --> 00:25:29,770
late in life in bed

553
00:25:34,410 --> 00:25:32,830
tation an MRI showed more in grey matter

554
00:25:39,420 --> 00:25:34,420
so yeah you're right you're absolutely

555
00:25:41,880 --> 00:25:39,430
right alrighty so I was a good point I'm

556
00:25:44,430 --> 00:25:41,890
glad you brought that up analog Oh an

557
00:25:46,650 --> 00:25:44,440
American and roll road warrior it's very

558
00:25:48,840 --> 00:25:46,660
seldom I've gotten the feeling a doctor

559
00:25:52,590 --> 00:25:48,850
or psychiatrist really cares why I am

560
00:25:55,260 --> 00:25:52,600
sorry to hear that I've known a lot of

561
00:25:56,220 --> 00:25:55,270
psychiatrists in my time and there there

562
00:25:57,960 --> 00:25:56,230
there were there were one or two

563
00:26:00,150 --> 00:25:57,970

stinkers in there but I thought they

564

00:26:02,310 --> 00:26:00,160

cared your general practitioner is too

565

00:26:04,230 --> 00:26:02,320

busy there you know and and they are

566

00:26:06,900 --> 00:26:04,240

this is going to sound odd but they're

567

00:26:10,170 --> 00:26:06,910

not paid well they need the cram in as

568

00:26:12,780 --> 00:26:10,180

many patients a day as they can so you

569

00:26:14,850 --> 00:26:12,790

know they're not they don't have an hour

570

00:26:17,040 --> 00:26:14,860

to talk to you about your feelings of

571

00:26:19,800 --> 00:26:17,050

depression or to figure out if you have

572

00:26:22,410 --> 00:26:19,810

something else but you know said you

573

00:26:24,920 --> 00:26:22,420

going to see a psychiatrist they do have

574

00:26:29,430 --> 00:26:24,930

you no time to talk to you about that

575

00:26:33,980 --> 00:26:29,440

okay let's move on to our our next topic

576

00:26:38,580 --> 00:26:33,990

here this is uh this is another study

577

00:26:42,390 --> 00:26:38,590

ten things happy people don't know I

578

00:26:45,480 --> 00:26:42,400

don't care for okay ten things happy

579

00:26:47,070 --> 00:26:45,490

people don't care for age doesn't mean

580

00:26:49,860 --> 00:26:47,080

they don't care about aging it means

581

00:26:52,770 --> 00:26:49,870

that to a happy person age is just a

582

00:26:56,130 --> 00:26:52,780

number okay they're they're not obsessed

583

00:26:59,130 --> 00:26:56,140

with it they're not spending their you

584

00:27:01,650 --> 00:26:59,140

know time worrying about aging happy

585

00:27:03,720 --> 00:27:01,660

people are not overly concerned about

586

00:27:05,280 --> 00:27:03,730

what other people's think people think

587

00:27:09,000 --> 00:27:05,290

or say and then that tells me that

588

00:27:12,210 --> 00:27:09,010

person has good self-esteem and good

589

00:27:13,890 --> 00:27:12,220

self concept because when we do get too

590

00:27:16,110 --> 00:27:13,900

wrapped up and what other people think

591

00:27:18,480 --> 00:27:16,120

of us we're giving them an awful lot of

592

00:27:20,250 --> 00:27:18,490

power over us and then you know this

593

00:27:22,590 --> 00:27:20,260

could be your parents it could be your

594

00:27:24,690 --> 00:27:22,600

partner could be anybody I mean these

595

00:27:26,340 --> 00:27:24,700

are people you love and care about but

596

00:27:28,440 --> 00:27:26,350

they don't get to be in charge of your

597

00:27:30,960 --> 00:27:28,450

brain and don't put them in charge your

598

00:27:33,150 --> 00:27:30,970

brain when you get good feedback that

599

00:27:36,120 --> 00:27:33,160

make sense that yes of course use that

600

00:27:37,710 --> 00:27:36,130

but if you like something somebody else

601
00:27:39,300 --> 00:27:37,720
doesn't like something but I'm the hell

602
00:27:41,310 --> 00:27:39,310
with them I mean you like it that's good

603
00:27:43,680 --> 00:27:41,320
enough it's kind of like you know when

604
00:27:45,389 --> 00:27:43,690
someone comes up to you and says here

605
00:27:46,950 --> 00:27:45,399
try this like my girlfriend likes

606
00:27:50,039 --> 00:27:46,960
chicken livers now she hasn't done this

607
00:27:51,960 --> 00:27:50,049
to me and it's using example I I cannot

608
00:27:53,369 --> 00:27:51,970
eat chicken livers but other people

609
00:27:55,529 --> 00:27:53,379
think because they like them you will

610
00:27:57,869 --> 00:27:55,539
like them too it's the same kind of

611
00:27:59,909 --> 00:27:57,879
thing we're not all wired the same her

612
00:28:02,759 --> 00:27:59,919
tongue is wired to like fried chicken

613
00:28:05,310 --> 00:28:02,769

livers my tongue is wired to gag if a

614

00:28:06,990 --> 00:28:05,320

chicken liver touches it anyway I think

615

00:28:08,899 --> 00:28:07,000

I think that's a really important one

616

00:28:11,820 --> 00:28:08,909

and I think we really have to learn to

617

00:28:14,639 --> 00:28:11,830

you know to give ourselves credit to

618

00:28:16,619 --> 00:28:14,649

take care of ourselves number three jobs

619

00:28:19,529 --> 00:28:16,629

that's not to say happy people are

620

00:28:21,149 --> 00:28:19,539

unemployed the key to our the key idea

621

00:28:23,820 --> 00:28:21,159

and again this is a really good one is

622

00:28:25,980 --> 00:28:23,830

that you're not your job your job is

623

00:28:28,440 --> 00:28:25,990

part of your life and it's an important

624

00:28:30,720 --> 00:28:28,450

part of your life it puts a roof over

625

00:28:34,740 --> 00:28:30,730

your head it provides some socialization

626

00:28:37,230 --> 00:28:34,750

but so much more of you is not your job

627

00:28:40,289 --> 00:28:37,240

your your relationships your hobbies so

628

00:28:45,029 --> 00:28:40,299

maybe you are very active in a church or

629

00:28:47,190 --> 00:28:45,039

an organization we know this is a

630

00:28:48,960 --> 00:28:47,200

problem especially for males and we'll

631

00:28:52,049 --> 00:28:48,970

talk about this on a different show but

632

00:28:56,039 --> 00:28:52,059

when males lose their jobs they take a

633

00:28:58,139 --> 00:28:56,049

big self-esteem hit and to the point

634

00:28:59,580 --> 00:28:58,149

that sometimes they won't even tell

635

00:29:03,539 --> 00:28:59,590

people for a while that they've lost

636

00:29:05,940 --> 00:29:03,549

their jobs fear that's an interesting

637

00:29:08,070 --> 00:29:05,950

one fear is not real well I don't know

638

00:29:09,720 --> 00:29:08,080

if I agree with that but too much fear

639

00:29:11,909 --> 00:29:09,730

is not real and happy people will know

640

00:29:13,889 --> 00:29:11,919

that they know that nervousness and

641

00:29:16,499 --> 00:29:13,899

anxiety to supposedly comes with fear

642

00:29:19,499 --> 00:29:16,509

are not real they block it out they get

643

00:29:21,090 --> 00:29:19,509

out of their comfort zone feel a little

644

00:29:22,769 --> 00:29:21,100

crazy and just deal what they want

645

00:29:24,779 --> 00:29:22,779

anyway I think what they're saying there

646

00:29:27,990 --> 00:29:24,789

is that happy people do not allow

647

00:29:31,019 --> 00:29:28,000

themselves to be controlled by fear you

648

00:29:34,169 --> 00:29:31,029

know it what fear becomes a disorder

649

00:29:35,850 --> 00:29:34,179

when a person has an inordinate amount

650

00:29:38,220 --> 00:29:35,860

of it one of these shows will cover

651
00:29:42,029 --> 00:29:38,230
generalized anxiety disorder and in that

652
00:29:46,919 --> 00:29:42,039
that disorder a person has an unusual

653
00:29:49,200 --> 00:29:46,929
amount of fear the negative state of the

654
00:29:50,580 --> 00:29:49,210
world that's a lot of disturbing their

655
00:29:53,220 --> 00:29:50,590
know there's a lot of disturbing stuff

656
00:29:54,869 --> 00:29:53,230
going out on the world happy people

657
00:29:56,609 --> 00:29:54,879
don't deny any of these but they do a

658
00:29:57,190 --> 00:29:56,619
good job in making sure it doesn't

659
00:29:59,649 --> 00:29:57,200
affect how

660
00:30:01,149 --> 00:29:59,659
feel again you know it's good to know

661
00:30:04,419 --> 00:30:01,159
what's going on in the world but we

662
00:30:07,539 --> 00:30:04,429
don't have to you know put the world in

663
00:30:09,519 --> 00:30:07,549

charge of our brain we can take in the

664

00:30:14,310 --> 00:30:09,529

news and decide you know what we think

665

00:30:17,019 --> 00:30:14,320

of it and then move on from there and

666

00:30:21,100 --> 00:30:17,029

let's see I tell you what I'll save the

667

00:30:23,950 --> 00:30:21,110

next couple for after our break hello

668

00:30:26,169 --> 00:30:23,960

Irene listeners this is MJ saying hello

669

00:30:29,799 --> 00:30:26,179

and sharing awesome secret i discovered

670

00:30:31,720 --> 00:30:29,809

it's called Green lodge calm fresh raw

671

00:30:34,600 --> 00:30:31,730

organic ingredients are used to create

672

00:30:36,610 --> 00:30:34,610

all their products they are made in very

673

00:30:39,940 --> 00:30:36,620

small batches to ensure quality and

674

00:30:42,039 --> 00:30:39,950

freshness and made in the USA each

675

00:30:44,470 --> 00:30:42,049

product is created with care and with

676
00:30:46,539 --> 00:30:44,480
the finest organic ingredients there are

677
00:30:49,570 --> 00:30:46,549
no preservatives dyes or chemicals in

678
00:30:55,529 --> 00:30:49,580
any product stop by dream lodge and

679
00:30:57,360 --> 00:30:55,539
laughs that's dr e am when you a GE com

680
00:31:04,700 --> 00:30:57,370
simple

681
00:31:10,560 --> 00:31:08,129
hello everyone Laurieann fenton here

682
00:31:13,889 --> 00:31:10,570
hosted the California MUFON radio show

683
00:31:16,919 --> 00:31:13,899
asking if you'd like special access to

684
00:31:20,190 --> 00:31:16,929
exclusive and amazing information about

685
00:31:23,519 --> 00:31:20,200
UFOs the paranormal and all things

686
00:31:27,149 --> 00:31:23,529
unexplained if you're nodding yes then

687
00:31:28,950 --> 00:31:27,159
join I rn's insider club as an insider

688
00:31:31,919 --> 00:31:28,960

club member you'll get an all-access

689

00:31:34,320 --> 00:31:31,929

pass to premier inception radio network

690

00:31:36,870 --> 00:31:34,330

content for only four dollars and

691

00:31:40,710 --> 00:31:36,880

ninety-nine cents a month this includes

692

00:31:44,370 --> 00:31:40,720

live UFO and paranormal conferences live

693

00:31:46,759 --> 00:31:44,380

streaming UFO sky watches exclusive irr

694

00:31:50,789 --> 00:31:46,769

radio and TV productions and of course

695

00:31:53,070 --> 00:31:50,799

paying radio with MJ and Ken starch so

696

00:31:56,220 --> 00:31:53,080

don't wait any longer visit inception

697

00:31:59,490 --> 00:31:56,230

radio network calm and click on member

698

00:32:03,570 --> 00:31:59,500

login to join I rn's insider club and

699

00:32:06,000 --> 00:32:03,580

get your VIP access today and you have a

700

00:32:07,560 --> 00:32:06,010

smartphone if so conception radio

701
00:32:11,100 --> 00:32:07,570
network is the best out for you

702
00:32:13,169 --> 00:32:11,110
available on itunes android samsung and

703
00:32:15,629 --> 00:32:13,179
most of the rap stores just search

704
00:32:17,879 --> 00:32:15,639
inception radio network with the

705
00:32:21,149 --> 00:32:17,889
applicant listen live check out podcast

706
00:32:23,129 --> 00:32:21,159
recent amp our show you our videos see

707
00:32:24,130 --> 00:32:23,139
what shows are coming up who the guests

708
00:32:26,470 --> 00:32:24,140
are and

709
00:32:28,510 --> 00:32:26,480
via the chat room send live questions to

710
00:32:31,690 --> 00:32:28,520
those guests you know it makes sense

711
00:32:36,700 --> 00:32:31,700
check your App Store now inception radio

712
00:32:39,130 --> 00:32:36,710
network I'll see you there are you a fan

713
00:32:40,810 --> 00:32:39,140

of inception radio network do you reckon

714

00:32:42,970 --> 00:32:40,820

it's the best alternative talk radio

715

00:32:45,330 --> 00:32:42,980

station on the planet well if you do

716

00:32:48,090 --> 00:32:45,340

head to facebook.com forward slash

717

00:32:50,770 --> 00:32:48,100

inception radio network like the page

718

00:32:57,370 --> 00:32:50,780

tell your friends spread the word and

719

00:32:58,900 --> 00:32:57,380

keep listening to the best don't have a

720

00:33:00,910 --> 00:32:58,910

computer is your internet connection

721

00:33:02,650 --> 00:33:00,920

down don't worry use your trusty

722

00:33:06,430 --> 00:33:02,660

cellphone or landline and call in to our

723

00:33:08,590 --> 00:33:06,440

listen line at 40 128 367 00 to listen

724

00:33:12,550 --> 00:33:08,600

to the inception radio network 24-7

725

00:33:15,340 --> 00:33:12,560

again that Colin number is 401 to a 360

726

00:33:19,030 --> 00:33:15,350

700 for the inception radio network I am

727

00:33:51,220 --> 00:33:21,850

you're locked into inception radio

728

00:33:54,490 --> 00:33:51,230

network superior Wisconsin hey folks

729

00:33:57,130 --> 00:33:54,500

were back I hope you got something good

730

00:34:00,160 --> 00:33:57,140

to drink or eat or snacker went to the

731

00:34:01,810 --> 00:34:00,170

bathroom during our break the chat room

732

00:34:05,770 --> 00:34:01,820

is really neat tonight I'm enjoying

733

00:34:07,750 --> 00:34:05,780

watching the the chat as I'm going

734

00:34:11,409 --> 00:34:07,760

through some of the subjects almost

735

00:34:13,030 --> 00:34:11,419

can't keep up with everything Rachel

736

00:34:17,230 --> 00:34:13,040

you're making lots of really good points

737

00:34:19,030 --> 00:34:17,240

analog hole as well good stuff okay back

738

00:34:21,880 --> 00:34:19,040

to our happy people because we all want

739

00:34:25,300 --> 00:34:21,890

to be happy people right now at some

740

00:34:30,100 --> 00:34:25,310

point or life let's say okay number six

741

00:34:35,260 --> 00:34:30,110

toxic people so happy people don't like

742

00:34:38,950 --> 00:34:35,270

toxic people and what that really means

743

00:34:44,500 --> 00:34:38,960

is that they don't put up with it for

744

00:34:46,750 --> 00:34:44,510

very long toxic people can really bring

745

00:34:49,180 --> 00:34:46,760

your own boot down and they can damage

746

00:34:51,070 --> 00:34:49,190

you now that doesn't mean you should

747

00:34:52,780 --> 00:34:51,080

dump your friend if your friends being a

748

00:34:54,730 --> 00:34:52,790

little bit annoying that's not a toxic

749

00:34:56,590 --> 00:34:54,740

person but you know that there's people

750

00:34:58,210 --> 00:34:56,600

that you hate to ask them how they're

751
00:35:02,560 --> 00:34:58,220
doing because they're never doing well

752
00:35:05,410 --> 00:35:02,570
and I'm sure I've done that myself toxic

753
00:35:07,600 --> 00:35:05,420
people seem to feel better when they've

754
00:35:09,100 --> 00:35:07,610
got something to complain about and they

755
00:35:12,220 --> 00:35:09,110
kind of want to drag you back into the

756
00:35:14,140 --> 00:35:12,230
pot with them number seven the past or

757
00:35:16,120 --> 00:35:14,150
the future the past does not exist

758
00:35:18,100 --> 00:35:16,130
neither does the future this is the

759
00:35:20,230 --> 00:35:18,110
foundation of a lot of psychology that

760
00:35:22,240 --> 00:35:20,240
you have to live in the here and now the

761
00:35:25,330 --> 00:35:22,250
past is over the future hasn't happened

762
00:35:27,400 --> 00:35:25,340
yet living in the past isn't going to

763
00:35:28,660 --> 00:35:27,410

get you anywhere and living in the

764

00:35:30,400 --> 00:35:28,670

future is going to prevent you from

765

00:35:31,990 --> 00:35:30,410

building that future because you can

766

00:35:32,860 --> 00:35:32,000

only build a future from what you're

767

00:35:35,200 --> 00:35:32,870

doing now

768

00:35:37,660 --> 00:35:35,210

number eight expecting anything in

769

00:35:39,640 --> 00:35:37,670

return start doing things for the sake

770

00:35:41,770 --> 00:35:39,650

of doing things I guess here we're

771

00:35:43,350 --> 00:35:41,780

talking about altruism helping others

772

00:35:46,150 --> 00:35:43,360

for the sake of being compassionate

773

00:35:48,690 --> 00:35:46,160

happy people like to do things for other

774

00:35:50,860 --> 00:35:48,700

people and not expect anything in return

775

00:35:54,670 --> 00:35:50,870

whereas there are other people that very

776

00:35:57,010 --> 00:35:54,680

to keep you know a very close count on

777

00:35:59,440 --> 00:35:57,020

social psychology we call those mutual

778

00:36:02,680 --> 00:35:59,450

exchange or equal exchange relationships

779

00:36:05,080 --> 00:36:02,690

that each person relationship keeps

780

00:36:08,110 --> 00:36:05,090

pretty close track that they're getting

781

00:36:11,650 --> 00:36:08,120

and giving at a somewhat equal rate but

782

00:36:14,530 --> 00:36:11,660

happy people apparently particularly

783

00:36:19,270 --> 00:36:14,540

enjoy helping and not expecting anything

784

00:36:22,270 --> 00:36:19,280

in return complaining complaining as

785

00:36:24,850 --> 00:36:22,280

useless happy people know that nothing

786

00:36:27,070 --> 00:36:24,860

to add to that conforming to society

787

00:36:28,150 --> 00:36:27,080

standards well to a certain extent you

788

00:36:31,540 --> 00:36:28,160

have to because you don't want to land

789

00:36:33,490 --> 00:36:31,550

in jail but sometimes society gets a

790

00:36:35,470 --> 00:36:33,500

little out of whack and asks people to

791

00:36:37,990 --> 00:36:35,480

dress a certain way or behave a certain

792

00:36:39,490 --> 00:36:38,000

way or be politically correct and you

793

00:36:41,740 --> 00:36:39,500

know it's up to you you don't have to do

794

00:36:43,210 --> 00:36:41,750

that you can you know you can be who you

795

00:36:46,600 --> 00:36:43,220

are that's why we have the word

796

00:36:48,610 --> 00:36:46,610

individual and and you know what you

797

00:36:51,040 --> 00:36:48,620

find is that people that are that are

798

00:36:53,560 --> 00:36:51,050

upbeat that are happy that don't

799

00:36:56,730 --> 00:36:53,570

complain these are attractive people and

800

00:36:59,800 --> 00:36:56,740

other people want to be around them

801
00:37:04,330 --> 00:36:59,810
whereas people told some people at a

802
00:37:06,160 --> 00:37:04,340
young age developed a notion that people

803
00:37:08,320 --> 00:37:06,170
are only going to pay attention to you

804
00:37:09,940 --> 00:37:08,330
if you're having a problem and you could

805
00:37:11,800 --> 00:37:09,950
see how that could happen I mean let's

806
00:37:14,410 --> 00:37:11,810
say that you grew up in a big family you

807
00:37:16,000 --> 00:37:14,420
know seven eight nine ten kids and the

808
00:37:17,530 --> 00:37:16,010
only time your parents pay attention to

809
00:37:19,630 --> 00:37:17,540
you is when something bad has happened

810
00:37:22,540 --> 00:37:19,640
because they're busy they got ten kids

811
00:37:25,030 --> 00:37:22,550
so you know some kids learn that they

812
00:37:28,240 --> 00:37:25,040
learn okay I get attention when things

813
00:37:31,870 --> 00:37:28,250

are going badly and it's you know it

814

00:37:34,300 --> 00:37:31,880

becomes a habit and when they lose sight

815

00:37:36,820 --> 00:37:34,310

of that and they automatically fall into

816

00:37:38,740 --> 00:37:36,830

complaining because that's what worked

817

00:37:40,660 --> 00:37:38,750

you know that's I would come from

818

00:37:42,670 --> 00:37:40,670

operant conditioning in psychology

819

00:37:46,000 --> 00:37:42,680

that's what worked when I was little

820

00:37:47,230 --> 00:37:46,010

complaining up me attention and I forgot

821

00:37:49,630 --> 00:37:47,240

that I'm not little wedding

822

00:37:51,640 --> 00:37:49,640

or I'm big I still complain because

823

00:37:53,200 --> 00:37:51,650

that's what I mean they have a real fear

824

00:37:55,330 --> 00:37:53,210

that if someone says how you're doing

825

00:37:56,740 --> 00:37:55,340

and they said oh I'm doing great person

826

00:37:58,720 --> 00:37:56,750

would say okay and then they would walk

827

00:38:01,240 --> 00:37:58,730

away but actually we like to be around

828

00:38:03,070 --> 00:38:01,250

people you know that are doing great for

829

00:38:05,470 --> 00:38:03,080

one thing they're not toxic you know

830

00:38:09,430 --> 00:38:05,480

going back to the going back to the

831

00:38:14,050 --> 00:38:09,440

other one some let's dip our toes into

832

00:38:18,180 --> 00:38:14,060

the paranormal here for a moment this is

833

00:38:20,920 --> 00:38:18,190

a you know this show is somewhat unique

834

00:38:22,630 --> 00:38:20,930

that somewhat unique doesn't make any

835

00:38:25,690 --> 00:38:22,640

sense at all I'm almost sorry I said

836

00:38:28,330 --> 00:38:25,700

that this show varies a bit from I think

837

00:38:32,410 --> 00:38:28,340

we have 29 shows on inception radio

838

00:38:36,700 --> 00:38:32,420

network but the the focus of the show is

839

00:38:38,560 --> 00:38:36,710

not paranormal but we still dip into it

840

00:38:40,330 --> 00:38:38,570

a little bit each week partly because

841

00:38:42,250 --> 00:38:40,340

that's what the network's about and

842

00:38:47,320 --> 00:38:42,260

partly because I am interested in it I'm

843

00:38:50,109 --> 00:38:47,330

just very skeptical but I call myself a

844

00:38:51,609 --> 00:38:50,119

hopeful skeptic and I do think that

845

00:38:56,500 --> 00:38:51,619

we'll figure out some of these things

846

00:38:59,170 --> 00:38:56,510

and I certainly believe in life outside

847

00:39:02,140 --> 00:38:59,180

of the earth you know I cannot believe

848

00:39:05,260 --> 00:39:02,150

that that the universe just has this one

849

00:39:07,090 --> 00:39:05,270

little speck on a speck on a speck of a

850

00:39:09,010 --> 00:39:07,100

grain of sand and that's the only place

851

00:39:11,590 --> 00:39:09,020

you're going to find life I'm not sure

852

00:39:13,359 --> 00:39:11,600

that we've got you know a thousand UFOs

853

00:39:15,820 --> 00:39:13,369

add a landing in the Midwest and

854

00:39:18,609 --> 00:39:15,830

abducting people that's that's harder

855

00:39:20,620 --> 00:39:18,619

for me I have no evidence that they

856

00:39:23,680 --> 00:39:20,630

aren't but I don't have any evidence

857

00:39:27,820 --> 00:39:23,690

that they are and you know that brings

858

00:39:30,640 --> 00:39:27,830

me to why I think psychologists in

859

00:39:32,590 --> 00:39:30,650

particular and people interested in the

860

00:39:35,650 --> 00:39:32,600

paranormal why there's there's

861

00:39:37,180 --> 00:39:35,660

discomfort there Lori and Fenton I

862

00:39:39,910 --> 00:39:37,190

listened to her earlier and she was

863

00:39:41,740 --> 00:39:39,920

talking to her guests had a degree in

864

00:39:44,410 --> 00:39:41,750

psychology and she was talking about you

865

00:39:46,630 --> 00:39:44,420

know but psychologists don't seem to

866

00:39:49,060 --> 00:39:46,640

want to talk about the paranormal stuff

867

00:39:50,530 --> 00:39:49,070

and part of it is it's hard to get

868

00:39:53,920 --> 00:39:50,540

through an undergrad and a graduate

869

00:39:56,410 --> 00:39:53,930

education in psychology or any science

870

00:40:00,200 --> 00:39:56,420

without you know buying really hard into

871

00:40:03,380 --> 00:40:00,210

the the scientific method model you know

872

00:40:06,040 --> 00:40:03,390

says that we want to know exactly why

873

00:40:09,290 --> 00:40:06,050

something happens and we want to be able

874

00:40:11,390 --> 00:40:09,300

to prove it then we want to be able to

875

00:40:13,780 --> 00:40:11,400

replicate it okay so let me give you an

876

00:40:16,460 --> 00:40:13,790

example a portation you know just

877

00:40:19,040 --> 00:40:16,470

something kind of moving on its own so

878

00:40:21,230 --> 00:40:19,050

let's say I have a subject who says I

879

00:40:23,870 --> 00:40:21,240

can move things with my mind I'd say

880

00:40:26,660 --> 00:40:23,880

that's cool let's let's let's set you up

881

00:40:28,849 --> 00:40:26,670

in a lab let's make sure that nothing

882

00:40:31,099 --> 00:40:28,859

else in the room could cause it you know

883

00:40:33,140 --> 00:40:31,109

that there's no air moving around and

884

00:40:35,510 --> 00:40:33,150

you know that's called controlling for

885

00:40:37,430 --> 00:40:35,520

extraneous variables so the only thing

886

00:40:39,579 --> 00:40:37,440

left would be your mind and let and

887

00:40:42,920 --> 00:40:39,589

let's say for the sake of argument that

888

00:40:45,349 --> 00:40:42,930

i put a little you know one inch cube of

889

00:40:47,500 --> 00:40:45,359

wood on a desk and I say okay just make

890

00:40:50,329 --> 00:40:47,510

it move even a few inches you know oh

891

00:40:54,680 --> 00:40:50,339

you know just to be safe I'll duct tape

892

00:40:57,800 --> 00:40:54,690

them to their chair oh and then you know

893

00:41:01,460 --> 00:40:57,810

that the block moves but I got a real

894

00:41:03,099 --> 00:41:01,470

problem here I'd be excited but you know

895

00:41:06,230 --> 00:41:03,109

I just broke one of the rules of physics

896

00:41:08,450 --> 00:41:06,240

yeah and an object at rest will stay at

897

00:41:10,609 --> 00:41:08,460

rest unless a force acts upon it we

898

00:41:13,550 --> 00:41:10,619

don't want Newton rolling over in his

899

00:41:15,950 --> 00:41:13,560

grave do we maybe we do I don't know

900

00:41:20,210 --> 00:41:15,960

about we wouldn't know and it wouldn't

901
00:41:23,089 --> 00:41:20,220
do any harm he's dead so you know what

902
00:41:25,370 --> 00:41:23,099
made it move we would have to figure

903
00:41:27,920 --> 00:41:25,380
that out and I think a lot of scientists

904
00:41:30,470 --> 00:41:27,930
simply say look it's hard enough to read

905
00:41:34,190 --> 00:41:30,480
to read brain waves as it is you know

906
00:41:36,380 --> 00:41:34,200
you have to put electrodes right on the

907
00:41:39,050 --> 00:41:36,390
skull and you've got to use you know you

908
00:41:42,320 --> 00:41:39,060
got to use this goopy stuff to help make

909
00:41:44,150 --> 00:41:42,330
sure that the transducers work and you

910
00:41:45,980 --> 00:41:44,160
know if it's that hard to even read

911
00:41:48,050 --> 00:41:45,990
those brain waves how are you going to

912
00:41:50,359 --> 00:41:48,060
move a block of wood you know two feet

913
00:41:52,970 --> 00:41:50,369

away and I think that's where the

914

00:41:56,270 --> 00:41:52,980

incredulity comes out is that you know

915

00:42:00,349 --> 00:41:56,280

if people can do these things that you

916

00:42:02,420 --> 00:42:00,359

know do we rewrite physics or do we come

917

00:42:05,180 --> 00:42:02,430

back and say boy we sure have a whole

918

00:42:08,240 --> 00:42:05,190

lot of new things to figure out and I

919

00:42:10,190 --> 00:42:08,250

think that's what I think I I think that

920

00:42:12,650 --> 00:42:10,200

we would have a whole lot of new things

921

00:42:13,790 --> 00:42:12,660

to figure out I did I think we are I was

922

00:42:15,590 --> 00:42:13,800

talking to a colleague

923

00:42:18,320 --> 00:42:15,600

the other day and I don't talk about

924

00:42:19,700 --> 00:42:18,330

this stuff much at the college it does

925

00:42:22,340 --> 00:42:19,710

tend to make people roll their eyes

926

00:42:25,150 --> 00:42:22,350

which is a shame but she's a little more

927

00:42:29,570 --> 00:42:25,160

open-minded and we were talking about

928

00:42:30,920 --> 00:42:29,580

thought transfer or ESP and it should

929

00:42:32,780 --> 00:42:30,930

agrees that we ought to be able to do

930

00:42:34,670 --> 00:42:32,790

that and that at some point we will

931

00:42:36,620 --> 00:42:34,680

figure it out our brains will figure it

932

00:42:38,360 --> 00:42:36,630

out because we have you know a hundred

933

00:42:40,790 --> 00:42:38,370

you know the generally accepted numbers

934

00:42:43,850 --> 00:42:40,800

a hundred billion neurons I know and we

935

00:42:45,560 --> 00:42:43,860

don't use an awful lot of them part of

936

00:42:49,010 --> 00:42:45,570

it is that we need a lot of backup

937

00:42:52,460 --> 00:42:49,020

because we don't keep making new ones or

938

00:42:55,370 --> 00:42:52,470

not very many but the thought transfer

939

00:42:59,390 --> 00:42:55,380

to me just seems so probable and so

940

00:43:01,880 --> 00:42:59,400

plausible but maybe that's just a matter

941

00:43:05,480 --> 00:43:01,890

of evolution it will take time but

942

00:43:07,040 --> 00:43:05,490

moving a block of wood with your brain

943

00:43:09,500 --> 00:43:07,050

that's going to be really hard to

944

00:43:13,100 --> 00:43:09,510

explain so a lot of scientists are going

945

00:43:15,170 --> 00:43:13,110

to say you know so I can't even start to

946

00:43:17,450 --> 00:43:15,180

do this because then I'm going to have a

947

00:43:20,000 --> 00:43:17,460

fight with physics but I think we should

948

00:43:22,610 --> 00:43:20,010

still do it I think the fact that

949

00:43:25,130 --> 00:43:22,620

paranormal psychology doesn't seem to

950

00:43:27,530 --> 00:43:25,140

lend itself to the lab doesn't mean we

951
00:43:29,840 --> 00:43:27,540
shouldn't do it it means that we should

952
00:43:32,360 --> 00:43:29,850
do it differently or come at it from a

953
00:43:35,990 --> 00:43:32,370
different point of view even though as

954
00:43:38,570 --> 00:43:36,000
far as I know nothing paranormal has

955
00:43:41,300 --> 00:43:38,580
ever happened in the lab does it mean we

956
00:43:44,270 --> 00:43:41,310
should stop trying we should keep trying

957
00:43:46,370 --> 00:43:44,280
and i'm trying i'm dying i'm working on

958
00:43:51,560 --> 00:43:46,380
an ESP project and this will give me a

959
00:43:54,830 --> 00:43:51,570
chance to talk about that and give a

960
00:43:57,650 --> 00:43:54,840
shot out to another show inception radio

961
00:43:59,630 --> 00:43:57,660
network also hosts truth funders calm

962
00:44:02,900 --> 00:43:59,640
and they're a front there they are a

963
00:44:05,380 --> 00:44:02,910

fundraising platform for people who are

964

00:44:09,770 --> 00:44:05,390

doing things in the paranormal world and

965

00:44:12,530 --> 00:44:09,780

i am trying to do a study on ESP using

966

00:44:14,900 --> 00:44:12,540

Zener cards and those are the five cards

967

00:44:17,150 --> 00:44:14,910

that have like a circle or a square or a

968

00:44:20,120 --> 00:44:17,160

little squiggly line it looks like bacon

969

00:44:22,250 --> 00:44:20,130

and I'm trying to raise money doing that

970

00:44:23,690 --> 00:44:22,260

and I've raised a little bit and you are

971

00:44:25,760 --> 00:44:23,700

more than welcome to go there and make a

972

00:44:27,050 --> 00:44:25,770

donation to my project or any of the

973

00:44:29,510 --> 00:44:27,060

other projects

974

00:44:32,150 --> 00:44:29,520

are really good projects there but you

975

00:44:35,110 --> 00:44:32,160

know this is Mark shorts and it's just

976

00:44:38,210 --> 00:44:35,120

it's really cool MJ just put a link up

977

00:44:40,490 --> 00:44:38,220

you know if conventional science and

978

00:44:42,620 --> 00:44:40,500

that the conventional funding mechanisms

979

00:44:44,030 --> 00:44:42,630

aren't going to work then the mark

980

00:44:46,130 --> 00:44:44,040

Schwartz's of the world are going to

981

00:44:49,310 --> 00:44:46,140

figure out a way to make it work so I

982

00:44:53,360 --> 00:44:49,320

love truth funders I've raised a hundred

983

00:44:57,650 --> 00:44:53,370

and ninety dollars and i bought some of

984

00:45:02,540 --> 00:44:57,660

the stuff i need part of the part of the

985

00:45:05,210 --> 00:45:02,550

stuff is my project is on ESPN i want to

986

00:45:07,040 --> 00:45:05,220

buy a rather expensive high-speed camera

987

00:45:14,080 --> 00:45:07,050

because one of the variables i want to

988

00:45:18,080 --> 00:45:16,550

Doug I'm sorry I'm looking to tell you I

989

00:45:19,970 --> 00:45:18,090

just got caught up looking at the chat

990

00:45:22,100 --> 00:45:19,980

room I can't run a show and read it to

991

00:45:24,800 --> 00:45:22,110

constantly but there's so much cool

992

00:45:29,060 --> 00:45:24,810

stuff in there I get Rachel I agree if

993

00:45:31,940 --> 00:45:29,070

you have your own issues going on and

994

00:45:33,980 --> 00:45:31,950

then you are around people who are

995

00:45:38,690 --> 00:45:33,990

negative that's going to do nothing but

996

00:45:40,790 --> 00:45:38,700

bad for you and I you know I I don't

997

00:45:42,530 --> 00:45:40,800

think it's mean to tell you the cut ties

998

00:45:45,530 --> 00:45:42,540

with people like that I would surround

999

00:45:49,630 --> 00:45:45,540

myself with happier people I would watch

1000

00:45:52,820 --> 00:45:49,640

comedies on TV I would read upbeat stuff

1001
00:45:55,670 --> 00:45:52,830
I'd go for long walks and I would try to

1002
00:45:57,500 --> 00:45:55,680
live outside of my head and we try to

1003
00:45:59,960 --> 00:45:57,510
let negative thoughts and anxious

1004
00:46:02,030 --> 00:45:59,970
thoughts be like a movie you know don't

1005
00:46:04,220 --> 00:46:02,040
interact with them just let them pass by

1006
00:46:06,260 --> 00:46:04,230
because thought suppression doesn't work

1007
00:46:07,700 --> 00:46:06,270
if you tell yourself don't think about a

1008
00:46:11,210 --> 00:46:07,710
white elephant and all you can think

1009
00:46:13,040 --> 00:46:11,220
about is the white elephant analog hole

1010
00:46:15,800 --> 00:46:13,050
asks what about the whole remote viewing

1011
00:46:18,470 --> 00:46:15,810
program done by the US and Russia the

1012
00:46:20,990 --> 00:46:18,480
u.s. supposedly has something like an

1013
00:46:24,470 --> 00:46:21,000

eight percent success rate well I'm

1014

00:46:27,110 --> 00:46:24,480

surprised it was that high it I don't I

1015

00:46:29,420 --> 00:46:27,120

couldn't begin to put together an

1016

00:46:33,890 --> 00:46:29,430

experiment for remote viewing there are

1017

00:46:36,590 --> 00:46:33,900

so many variables remote viewing would

1018

00:46:39,440 --> 00:46:36,600

mean that I could sit here in walkers on

1019

00:46:40,740 --> 00:46:39,450

Marilyn and then I could tell you what's

1020

00:46:43,920 --> 00:46:40,750

going on in

1021

00:46:45,840 --> 00:46:43,930

I don't know in Washington State or I

1022

00:46:49,530 --> 00:46:45,850

could tell you where a criminal is again

1023

00:46:52,860 --> 00:46:49,540

I'm skeptical skeptical of it but I

1024

00:46:56,400 --> 00:46:52,870

don't say it's impossible I think they

1025

00:47:01,290 --> 00:46:56,410

should keep studying it but the way I've

1026

00:47:03,660 --> 00:47:01,300

seen it studied oh my impression is that

1027

00:47:07,260 --> 00:47:03,670

the studies are very very poorly done

1028

00:47:10,770 --> 00:47:07,270

the methodologies are awful you know do

1029

00:47:12,990 --> 00:47:10,780

it on a tiny tiny scale and control for

1030

00:47:16,470 --> 00:47:13,000

everything you can so that when you get

1031

00:47:18,660 --> 00:47:16,480

a hit you know you can say that it's

1032

00:47:20,790 --> 00:47:18,670

meaningful you know when i'm doing the

1033

00:47:23,700 --> 00:47:20,800

Zener cards with my students there's

1034

00:47:26,340 --> 00:47:23,710

five Zener cards so i would randomly

1035

00:47:30,780 --> 00:47:26,350

expect a twenty percent success rate

1036

00:47:33,740 --> 00:47:30,790

okay if I reliably got a thirty percent

1037

00:47:36,390 --> 00:47:33,750

success rate that would be significant

1038

00:47:39,360 --> 00:47:36,400

that would mean that that same subject

1039

00:47:41,300 --> 00:47:39,370

and another subject could reliably beat

1040

00:47:43,890 --> 00:47:41,310

the odds over and over and over again

1041

00:47:46,650 --> 00:47:43,900

that stuff doesn't tend to happen in a

1042

00:47:51,030 --> 00:47:46,660

lab but all it means is that we need to

1043

00:47:52,800 --> 00:47:51,040

keep trying so anyway analog hole I

1044

00:47:57,570 --> 00:47:52,810

wasn't even aware that they had an eight

1045

00:48:00,570 --> 00:47:57,580

percent success rate and I don't you

1046

00:48:03,320 --> 00:48:00,580

know I don't that stuff's not published

1047

00:48:05,490 --> 00:48:03,330

in academia that CIA certainly doesn't

1048

00:48:07,310 --> 00:48:05,500

publish I tell you what I will do this

1049

00:48:10,770 --> 00:48:07,320

week i will i will do a literature

1050

00:48:13,440 --> 00:48:10,780

search on remote viewing and see if

1051

00:48:15,720 --> 00:48:13,450

there's anything at all out there but i

1052

00:48:17,730 --> 00:48:15,730

doubt it is going to be anything and you

1053

00:48:21,360 --> 00:48:17,740

know in academic journals but if I find

1054

00:48:24,690 --> 00:48:21,370

it I will bring it up bring it up next

1055

00:48:26,790 --> 00:48:24,700

week but by the way you can go on Amazon

1056

00:48:29,130 --> 00:48:26,800

and you can buy Zener cards very

1057

00:48:31,110 --> 00:48:29,140

inexpensively I mean five ten bucks for

1058

00:48:35,190 --> 00:48:31,120

a pack of them and you know try it

1059

00:48:38,160 --> 00:48:35,200

because we mean remember if it works

1060

00:48:40,410 --> 00:48:38,170

your first problem is going to be is it

1061

00:48:43,350 --> 00:48:40,420

because I have a good transmitter or is

1062

00:48:45,300 --> 00:48:43,360

it because I have a good receiver so if

1063

00:48:47,070 --> 00:48:45,310

you got two people want to work well

1064

00:48:48,750 --> 00:48:47,080

then you would want to bring you in

1065

00:48:52,380 --> 00:48:48,760

another person and see if it still works

1066

00:48:53,910 --> 00:48:52,390

you know is it the trend is that the

1067

00:48:54,420 --> 00:48:53,920

transmitter that's actually good at

1068

00:48:56,069 --> 00:48:54,430

sending

1069

00:48:58,440 --> 00:48:56,079

and anybody can be a receiver for that

1070

00:49:00,000 --> 00:48:58,450

person or is it the receiver that's good

1071

00:49:03,480 --> 00:49:00,010

at receiving anyone could be a good

1072

00:49:05,880 --> 00:49:03,490

transmitter but we need to always as

1073

00:49:09,900 --> 00:49:05,890

American Road royer just pointed out we

1074

00:49:13,730 --> 00:49:09,910

we need to always exceed coincidence you

1075

00:49:17,400 --> 00:49:13,740

know and what we more or less use five

1076

00:49:19,290 --> 00:49:17,410

percent you know we want the chance that

1077

00:49:22,020 --> 00:49:19,300

something happened by coincidence to be

1078

00:49:26,809 --> 00:49:22,030

less than five percent but in really

1079

00:49:30,540 --> 00:49:26,819

rigorous scientific studies we use P

1080

00:49:33,089 --> 00:49:30,550

point zero one we want the chance of

1081

00:49:34,890 --> 00:49:33,099

coincidence to be one percent or less

1082

00:49:37,200 --> 00:49:34,900

and that would mean that there's a

1083

00:49:39,870 --> 00:49:37,210

ninety-nine percent chance that are our

1084

00:49:43,160 --> 00:49:39,880

independent variable is responsible for

1085

00:49:46,440 --> 00:49:43,170

the results that we're getting and

1086

00:49:47,970 --> 00:49:46,450

analog hole I will check MIT the nice

1087

00:49:50,549 --> 00:49:47,980

thing about being a professor is I have

1088

00:49:53,430 --> 00:49:50,559

access to just about every journal on

1089

00:49:58,230 --> 00:49:53,440

the planet they're very expensive by the

1090

00:50:00,539 --> 00:49:58,240

way the college's spend I don't know one

1091

00:50:05,069 --> 00:50:00,549

college one of my grad school spent two

1092

00:50:09,000 --> 00:50:05,079

million dollars a year for online

1093

00:50:11,430 --> 00:50:09,010

databases of just journals so anyway

1094

00:50:13,770 --> 00:50:11,440

what we need to do is we need to keep

1095

00:50:16,109 --> 00:50:13,780

trying and we need to keep going after

1096

00:50:19,319 --> 00:50:16,119

this in truth funders is an alternative

1097

00:50:20,819 --> 00:50:19,329

way to raise funds and I think if we can

1098

00:50:23,099 --> 00:50:20,829

start getting some results through

1099

00:50:25,349 --> 00:50:23,109

places like truth funders which mark

1100

00:50:27,420 --> 00:50:25,359

shorts is just put whole heart and soul

1101
00:50:30,510 --> 00:50:27,430
in then maybe we'll start to get the

1102
00:50:33,599 --> 00:50:30,520
attention of you know of some some

1103
00:50:38,940 --> 00:50:33,609
academia and and get more of this back

1104
00:50:42,270 --> 00:50:38,950
into colleges the truth about cats and

1105
00:50:45,059 --> 00:50:42,280
dogs pets are good for mental health of

1106
00:50:47,730 --> 00:50:45,069
everyday people that's probably falls on

1107
00:50:49,559 --> 00:50:47,740
their common sense doesn't it but as I

1108
00:50:52,319 --> 00:50:49,569
tell my students everything has to be

1109
00:50:54,450 --> 00:50:52,329
proven you know you if you want to say

1110
00:50:55,890 --> 00:50:54,460
it's a fact you got to prove it and in

1111
00:50:59,400 --> 00:50:55,900
the journal of personality and social

1112
00:51:01,410 --> 00:50:59,410
psychology they did three experiments to

1113
00:51:03,900 --> 00:51:01,420

examine the potential benefits of pet

1114

00:51:07,289 --> 00:51:03,910

ownership of what they called everyday

1115

00:51:08,039 --> 00:51:07,299

people and we observed evidence that pet

1116

00:51:10,650 --> 00:51:08,049

owners

1117

00:51:13,199 --> 00:51:10,660

fared better both in terms of well-being

1118

00:51:15,589 --> 00:51:13,209

outcomes and individual differences than

1119

00:51:18,179 --> 00:51:15,599

non-owners on several dimensions

1120

00:51:21,269 --> 00:51:18,189

specifically pet owners had greater self

1121

00:51:23,429 --> 00:51:21,279

esteem we're more physically fit tended

1122

00:51:25,829 --> 00:51:23,439

to be less lonely we're more

1123

00:51:27,870 --> 00:51:25,839

conscientious were more extroverted

1124

00:51:31,319 --> 00:51:27,880

tended to be less fearful intended to be

1125

00:51:32,849 --> 00:51:31,329

less preoccupied than non-owners alright

1126

00:51:35,519 --> 00:51:32,859

so raise your hand if you got a pet I

1127

00:51:38,839 --> 00:51:35,529

think everybody raise our hand well you

1128

00:51:41,819 --> 00:51:38,849

know they were studying cats and dogs I

1129

00:51:45,419 --> 00:51:41,829

think it depends on pets some people

1130

00:51:47,910 --> 00:51:45,429

like odd pets like I have a rat I love

1131

00:51:50,579 --> 00:51:47,920

my rat but she's very social she

1132

00:51:53,429 --> 00:51:50,589

interacts with me other people like you

1133

00:51:55,019 --> 00:51:53,439

know spiders or snakes I don't know that

1134

00:51:57,870 --> 00:51:55,029

when you come home from work you know I

1135

00:52:00,630 --> 00:51:57,880

don't know does this snake jump all over

1136

00:52:03,299 --> 00:52:00,640

the cage and scream and wave and wag its

1137

00:52:05,489 --> 00:52:03,309

tail or I mean you know I think that's

1138

00:52:09,150 --> 00:52:05,499

probably why they stuck with cats and

1139

00:52:14,189 --> 00:52:09,160

dogs because they clearly bond with

1140

00:52:15,719 --> 00:52:14,199

their owners so and I don't know if

1141

00:52:18,179 --> 00:52:15,729

you're in the chat room and you think

1142

00:52:24,120 --> 00:52:18,189

that pets are good out there we go

1143

00:52:27,689 --> 00:52:24,130

rachel says i love my kitties and cats

1144

00:52:31,169 --> 00:52:27,699

her wonderful pets and then you know mhm

1145

00:52:33,269 --> 00:52:31,179

was five cats good for you boy that's a

1146

00:52:35,609 --> 00:52:33,279

lot of those that's a lot of scooping of

1147

00:52:38,370 --> 00:52:35,619

cat boxes we just have one and we just

1148

00:52:39,839 --> 00:52:38,380

got her my son wanted one so we got one

1149

00:52:42,179 --> 00:52:39,849

for my family was moving to a house

1150

00:52:45,329 --> 00:52:42,189

where they're not allowed to have cats

1151
00:52:47,789 --> 00:52:45,339
so we adopted Molly who's 15 months old

1152
00:52:51,929 --> 00:52:47,799
and is doing very well though our dog

1153
00:52:53,939 --> 00:52:51,939
Jules is extremely jealous but a cat's

1154
00:52:57,059 --> 00:52:53,949
you know you talk about paranormal cats

1155
00:52:59,309 --> 00:52:57,069
seem to be able to read your mind if I

1156
00:53:01,620 --> 00:52:59,319
don't know if it's just you know wishful

1157
00:53:04,169 --> 00:53:01,630
thinking but I grew up with cats well

1158
00:53:06,569 --> 00:53:04,179
that we had five cats growing up and it

1159
00:53:09,449 --> 00:53:06,579
seemed like if you were feeling sad or

1160
00:53:11,370 --> 00:53:09,459
down or ill your cat would come up and

1161
00:53:13,529 --> 00:53:11,380
curl up against you and try to comfort

1162
00:53:16,469 --> 00:53:13,539
you I think dogs kind of do the same

1163
00:53:19,199 --> 00:53:16,479

thing and that's that's another area of

1164

00:53:20,939 --> 00:53:19,209

you know when they're doing studies like

1165

00:53:21,300 --> 00:53:20,949

this I wonder if they realize that in a

1166

00:53:23,010 --> 00:53:21,310

way

1167

00:53:25,500 --> 00:53:23,020

they're studying stuff that's kind of

1168

00:53:29,280 --> 00:53:25,510

paranormal because we're talking about

1169

00:53:30,870 --> 00:53:29,290

communication between two species and we

1170

00:53:33,870 --> 00:53:30,880

don't know how to account for that

1171

00:53:36,530 --> 00:53:33,880

clearly we communicate with our pets but

1172

00:53:39,210 --> 00:53:36,540

I don't think that we know how or why

1173

00:53:43,650 --> 00:53:39,220

and and their brains are different than

1174

00:53:45,900 --> 00:53:43,660

ours Rachel used to volunteer at the

1175

00:53:48,090 --> 00:53:45,910

shelter okay that's how you ended up

1176
00:53:50,790 --> 00:53:48,100
with five well it's a good thing you

1177
00:53:52,920 --> 00:53:50,800
quit otherwise you'd grow up to be that

1178
00:53:57,780 --> 00:53:52,930
crazy cat lady that lives on down on the

1179
00:53:59,580 --> 00:53:57,790
corner but cats are good for you dogs

1180
00:54:02,250 --> 00:53:59,590
are just bigger and take up or a room

1181
00:54:04,530 --> 00:54:02,260
and some people are cat people and some

1182
00:54:08,280 --> 00:54:04,540
people are dog people our family well we

1183
00:54:12,920 --> 00:54:08,290
have two rats Jameson has a rat lily I

1184
00:54:16,350 --> 00:54:12,930
have a rat Annabelle we have a hamster

1185
00:54:18,510 --> 00:54:16,360
sandy a dog jewels in the cat Molly and

1186
00:54:22,470 --> 00:54:18,520
I'm sure you were just dying to know all

1187
00:54:24,270 --> 00:54:22,480
that anyway I thought that was you know

1188
00:54:26,190 --> 00:54:24,280

in a way that was yet another one of

1189

00:54:29,310 --> 00:54:26,200

those studies that points out the

1190

00:54:31,680 --> 00:54:29,320

obvious but it's not obvious until you

1191

00:54:34,560 --> 00:54:31,690

prove it you know and we have to prove

1192

00:54:40,790 --> 00:54:34,570

it by the way I wanted to point out

1193

00:54:44,220 --> 00:54:40,800

again that at nine o'clock live MJ and

1194

00:54:47,670 --> 00:54:44,230

will be on with pang radio and they'll

1195

00:54:50,220 --> 00:54:47,680

be talking to oh my gosh i lost my note

1196

00:54:52,980 --> 00:54:50,230

oh well it'll be about the Roswell

1197

00:54:55,380 --> 00:54:52,990

slides and our Eve are those on line

1198

00:54:58,820 --> 00:54:55,390

somewhere I keep hearing about the

1199

00:55:01,410 --> 00:54:58,830

Roswell slides but I've not seen them

1200

00:55:04,740 --> 00:55:01,420

microbe that friend Beth tells me that

1201
00:55:07,380 --> 00:55:04,750
they're online somewhere analog hole

1202
00:55:09,000 --> 00:55:07,390
says I think telepathy is real I've sort

1203
00:55:11,310 --> 00:55:09,010
of had a run-in with the other person in

1204
00:55:13,110 --> 00:55:11,320
that regards she pretty much said to me

1205
00:55:15,810 --> 00:55:13,120
what I was thinking a couple times it's

1206
00:55:18,510 --> 00:55:15,820
possible environmental yeah it does and

1207
00:55:21,180 --> 00:55:18,520
as we get closer to someone you know we

1208
00:55:23,160 --> 00:55:21,190
do get to where we can predict their

1209
00:55:24,900 --> 00:55:23,170
behavior so some of that could be

1210
00:55:29,870 --> 00:55:24,910
paranormal and some of that is that your

1211
00:55:33,000 --> 00:55:29,880
brain is an incredible statistical odds

1212
00:55:34,740 --> 00:55:33,010
probability generating machine so it's

1213
00:55:36,630 --> 00:55:34,750

you know it's not surprising

1214

00:55:38,070 --> 00:55:36,640

sometimes when your phone rings before

1215

00:55:40,220 --> 00:55:38,080

you look at it you know who it is

1216

00:55:45,870 --> 00:55:40,230

because your brain knows it's a

1217

00:55:48,000 --> 00:55:45,880

likelihood but oh you know that would be

1218

00:55:50,490 --> 00:55:48,010

an interesting way to come out studying

1219

00:55:53,190 --> 00:55:50,500

in telepathy and it's what i'm going to

1220

00:55:57,690 --> 00:55:53,200

do i'm right now what i'm doing is that

1221

00:55:59,940 --> 00:55:57,700

I am i'm assessing personality and i'm

1222

00:56:02,910 --> 00:55:59,950

putting people in groups of two that

1223

00:56:05,100 --> 00:56:02,920

have very very similar personalities i'm

1224

00:56:09,030 --> 00:56:05,110

using the myers-briggs test because i

1225

00:56:12,390 --> 00:56:09,040

think the more I the more similar

1226
00:56:15,120 --> 00:56:12,400
someone is to another person I believe

1227
00:56:17,490 --> 00:56:15,130
the more likely they are to be able to

1228
00:56:19,380 --> 00:56:17,500
do a thought transfer so that's what my

1229
00:56:21,300 --> 00:56:19,390
experiment is and it's up there on truth

1230
00:56:23,850 --> 00:56:21,310
funders and by the way truth finders is

1231
00:56:25,770 --> 00:56:23,860
on Wednesday nights if you're in the

1232
00:56:29,400 --> 00:56:25,780
chat room if you scroll down you'll see

1233
00:56:32,280 --> 00:56:29,410
the live shows okay so you'll see that

1234
00:56:37,190 --> 00:56:32,290
on Wednesday truth funders is on at nine

1235
00:56:39,750 --> 00:56:37,200
o'clock live nine o'clock eastern time

1236
00:56:42,420 --> 00:56:39,760
supernatural girls is on at seven-thirty

1237
00:56:46,400 --> 00:56:42,430
i haven't heard that one yet UFO

1238
00:56:49,050 --> 00:56:46,410

headline news and then let's see through

1239

00:56:51,600 --> 00:56:49,060

thursday friday so if you want to know

1240

00:56:53,910 --> 00:56:51,610

if you're listening to a show live or

1241

00:56:57,870 --> 00:56:53,920

not just go to the shower room to the

1242

00:57:01,920 --> 00:56:57,880

chat room and scroll down so for example

1243

00:57:03,630 --> 00:57:01,930

today is Sunday and you see psychology

1244

00:57:06,960 --> 00:57:03,640

outer limits and then you see paying

1245

00:57:09,000 --> 00:57:06,970

radio and they're on for an hour and a

1246

00:57:13,460 --> 00:57:09,010

half whether and that's a fast hour and

1247

00:57:16,380 --> 00:57:13,470

a half MJ show is really good I've

1248

00:57:18,540 --> 00:57:16,390

always enjoyed it I didn't know that NJ

1249

00:57:21,300 --> 00:57:18,550

was a producer in one of the principles

1250

00:57:27,480 --> 00:57:21,310

of the network those guys work really

1251

00:57:29,370 --> 00:57:27,490

really hard Rachel question why do you

1252

00:57:32,010 --> 00:57:29,380

think we only use two percent of our

1253

00:57:35,310 --> 00:57:32,020

brains you know we really don't know how

1254

00:57:38,370 --> 00:57:35,320

much of our brains will use we we I've

1255

00:57:40,110 --> 00:57:38,380

heard numbers from you know typically

1256

00:57:44,040 --> 00:57:40,120

hear numbers like eight nine or ten

1257

00:57:47,490 --> 00:57:44,050

percent first of all we do need some

1258

00:57:48,520 --> 00:57:47,500

backup because we don't make new brain

1259

00:57:51,640 --> 00:57:48,530

cells the same way

1260

00:57:54,010 --> 00:57:51,650

we make new skin cells but we don't we

1261

00:57:59,410 --> 00:57:54,020

understand very little about our brain

1262

00:58:00,820 --> 00:57:59,420

compared to what we do know if we have

1263

00:58:03,340 --> 00:58:00,830

brain damage something called

1264

00:58:05,980 --> 00:58:03,350

neuroplasticity kicks in in other parts

1265

00:58:10,270 --> 00:58:05,990

of our brain tries to help out you know

1266

00:58:13,750 --> 00:58:10,280

where we've lost brain matter but Rachel

1267

00:58:16,260 --> 00:58:13,760

let me let me do some research this week

1268

00:58:19,570 --> 00:58:16,270

and see if there are any actual good

1269

00:58:22,840 --> 00:58:19,580

answers to what percent will use because

1270

00:58:25,270 --> 00:58:22,850

my guess is that at any given time a you

1271

00:58:27,370 --> 00:58:25,280

know or over any given time we probably

1272

00:58:30,070 --> 00:58:27,380

use all of our brain cells I mean

1273

00:58:31,780 --> 00:58:30,080

they're all alive but they may not but

1274

00:58:33,970 --> 00:58:31,790

they may not all be fired that's a

1275

00:58:35,590 --> 00:58:33,980

really good question so I will do a

1276

00:58:38,230 --> 00:58:35,600

little digging into that but generally

1277

00:58:43,360 --> 00:58:38,240

the accepted number is between eight and

1278

00:58:45,580 --> 00:58:43,370

ten percent are used actively but my

1279

00:58:47,770 --> 00:58:45,590

belief is that at some point in our

1280

00:58:51,280 --> 00:58:47,780

lives will use them all as my son just

1281

00:58:54,580 --> 00:58:51,290

pointed out our computer brain is a

1282

00:58:56,470 --> 00:58:54,590

massively parallel computer you know

1283

00:58:59,680 --> 00:58:56,480

instead of having one or two processors

1284

00:59:01,120 --> 00:58:59,690

you have a hundred billion and and they

1285

00:59:03,400 --> 00:59:01,130

work like a computer and you're on

1286

00:59:06,420 --> 00:59:03,410

either fires or a doesn't it's on or

1287

00:59:09,300 --> 00:59:06,430

it's off it's just like a a bit on a

1288

00:59:12,640 --> 00:59:09,310

transistor it's either on or it's off

1289

00:59:15,070 --> 00:59:12,650

but it but it does absolutely amazing

1290

00:59:20,160 --> 00:59:15,080

things and we're nowhere close to close

1291

00:59:23,110 --> 00:59:20,170

to replicating it with a with a computer

1292

00:59:25,180 --> 00:59:23,120

let's see supposedly we actually use

1293

00:59:28,570 --> 00:59:25,190

quite a bit yeah I think so analog hole

1294

00:59:30,700 --> 00:59:28,580

and i will do a little bit of a little

1295

00:59:35,410 --> 00:59:30,710

bit of research here and we're getting

1296

00:59:40,390 --> 00:59:35,420

close to the end of the show i want to

1297

00:59:44,680 --> 00:59:40,400

remind people that you can grab the the

1298

00:59:48,970 --> 00:59:44,690

free apps we have an iOS app we have an

1299

00:59:54,880 --> 00:59:48,980

android app inception radio network is

1300

00:59:56,860 --> 00:59:54,890

on skype you can call in my gosh so many

1301

00:59:58,540 --> 00:59:56,870

ways to get a hole in the chat room i

1302

01:00:00,580 --> 00:59:58,550

think that's my favorite because we get

1303

01:00:02,560 --> 01:00:00,590

we get really smart funny people the

1304

01:00:06,370 --> 01:00:02,570

chat room and it helps produce

1305

01:00:10,570 --> 01:00:06,380

saw it helps produce material for the

1306

01:00:12,400 --> 01:00:10,580

show as as we go along so next sunday i

1307

01:00:15,220 --> 01:00:12,410

will have answers for those two

1308

01:00:16,990 --> 01:00:15,230

questions where i will try and will look

1309

01:00:19,210 --> 01:00:17,000

at some other interesting things in the

1310

01:00:22,690 --> 01:00:19,220

world of psychology and we will dip our

1311

01:00:24,490 --> 01:00:22,700

toes into the paranormal once again but

1312

01:00:25,870 --> 01:00:24,500

i hope you have a great week I hope you

1313

01:00:28,330 --> 01:00:25,880

remember some of the things I said about

1314

01:00:31,420 --> 01:00:28,340

happy people and I hope that means you

1315

01:00:33,700 --> 01:00:31,430

have a happier week so this is Professor