

 Marie D. Jones | Archetypes, Reprogramming Your Subconscious, and The Power of The Mind



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1  
00:00:35,270 --> 00:00:19,540

[Music]

2  
00:00:39,600 --> 00:00:37,650

you're listening to paranormal now on

3  
00:00:41,910 --> 00:00:39,610

the inception radio network I'm Alan V

4  
00:00:44,130 --> 00:00:41,920

Smith and join us as we traverse the

5  
00:00:46,229 --> 00:00:44,140

cosmic highway of paranormal pit stops

6  
00:00:48,360 --> 00:00:46,239

and tantalizing turn-offs if you're a

7  
00:00:50,069 --> 00:00:48,370

regular listener to irn we have an iron

8  
00:00:52,799 --> 00:00:50,079

smartphone app where you can listen live

9  
00:00:54,750 --> 00:00:52,809

to the live stream from home on the road

10  
00:00:57,149 --> 00:00:54,760

from that greasy diner somewhere off a

11  
00:00:59,250 --> 00:00:57,159

dusty road the app also allows you to

12  
00:01:01,530 --> 00:00:59,260

chat with our listeners provides show

13  
00:01:04,889 --> 00:01:01,540

lineups and other information and tools

14

00:01:07,260 --> 00:01:04,899

if you're just finding us please like

15

00:01:10,529 --> 00:01:07,270

paranoia on Facebook at paranal now

16

00:01:14,190 --> 00:01:10,539

radio or on instagram at paranormal now

17

00:01:14,969 --> 00:01:14,200

as a brief reminder this is a podcast

18

00:01:18,810 --> 00:01:14,979

but

19

00:01:20,820 --> 00:01:18,820

irn is streaming 24/7 so you can tune in

20

00:01:23,359 --> 00:01:20,830

any time and the different ways that you

21

00:01:24,690 --> 00:01:23,369

can do that are through Live 365

22

00:01:28,010 --> 00:01:24,700

stitcher radio

23

00:01:30,930 --> 00:01:28,020

no Beck's radio tune in iTunes radio

24

00:01:33,870 --> 00:01:30,940

streamer shoutcast winamp wind Media

25

00:01:36,600 --> 00:01:33,880

Player QuickTime and irn is also

26

00:01:39,059 --> 00:01:36,610

available after broadcast on the roku

27

00:01:40,859 --> 00:01:39,069

channel and if you don't have access to

28

00:01:42,749 --> 00:01:40,869

a computer or a smartphone you can call

29

00:01:48,809 --> 00:01:42,759

from your landline or cell phone to

30

00:01:52,169 --> 00:01:48,819

listen for free at 4:01 283 6700 to

31

00:01:55,320 --> 00:01:52,179

night's guest is Marie D Jones she is

32

00:01:57,870 --> 00:01:55,330

the author of the power of archetypes

33

00:02:00,059 --> 00:01:57,880

how to use universal symbols to

34

00:02:02,309 --> 00:02:00,069

understand your behavior and reprogram

35

00:02:04,589 --> 00:02:02,319

your consciousness I could certainly use

36

00:02:06,330 --> 00:02:04,599

some reprogramming on occasion so I am

37

00:02:08,999 --> 00:02:06,340

certainly welcome happy that Marie D

38

00:02:11,760 --> 00:02:09,009

Jones is here today hopefully she can

39

00:02:14,280 --> 00:02:11,770

give us some insightful information to

40

00:02:16,229 --> 00:02:14,290

help better our lives and of course you

41

00:02:18,740 --> 00:02:16,239

can always get her book online at Amazon

42

00:02:21,330 --> 00:02:18,750

and a little bit about Marie

43

00:02:23,520 --> 00:02:21,340

Brady Jones is a prolific and

44

00:02:26,339 --> 00:02:23,530

best-selling author of nonfiction and

45

00:02:28,020 --> 00:02:26,349

fiction including 15 nonfiction books

46

00:02:29,940 --> 00:02:28,030

I'm cutting edge science the power

47

00:02:33,030 --> 00:02:29,950

normal conspiracies ancient knowledge

48

00:02:37,229 --> 00:02:33,040

and unknown mysteries her books include

49

00:02:39,420 --> 00:02:37,239

PS science PSI science how new

50

00:02:41,100 --> 00:02:39,430

discoveries in quantum physics and new

51  
00:02:43,740 --> 00:02:41,110  
science may explain the existence of

52  
00:02:45,210 --> 00:02:43,750  
paranormal phenomena supervolcano the

53  
00:02:45,790 --> 00:02:45,220  
catastrophic event that changed the

54  
00:02:48,190 --> 00:02:45,800  
course of human

55  
00:02:50,590 --> 00:02:48,200  
history destiny versus choice the

56  
00:02:53,350 --> 00:02:50,600  
scientific and spiritual evidence behind

57  
00:02:55,150 --> 00:02:53,360  
fate and free will the grid exploring

58  
00:02:55,900 --> 00:02:55,160  
the hidden infrastructure of reality and

59  
00:02:58,090 --> 00:02:55,910  
many more

60  
00:03:01,180 --> 00:02:58,100  
Ori is a regular contributor to new dawn

61  
00:03:04,810 --> 00:03:01,190  
magazine fate paranoia magazine Atlantis

62  
00:03:06,760 --> 00:03:04,820  
rising ancient origins net and phenomena

63  
00:03:09,250 --> 00:03:06,770

magazine she's a screenwriter producer

64

00:03:11,020 --> 00:03:09,260

of her own company where's Lucy

65

00:03:13,300 --> 00:03:11,030

productions she has appeared on

66

00:03:15,460 --> 00:03:13,310

television n radio all over the world

67

00:03:17,920 --> 00:03:15,470

and has hundreds of credits writing for

68

00:03:21,190 --> 00:03:17,930

magazines blogs reviews short stories

69

00:03:23,410 --> 00:03:21,200

online articles gift books and so on she

70

00:03:26,640 --> 00:03:23,420

has lectured widely on the paranormal

71

00:03:29,400 --> 00:03:26,650

unknown anomalies cutting-edge science

72

00:03:32,920 --> 00:03:29,410

metaphysics and human consciousness

73

00:03:34,900 --> 00:03:32,930

which is precisely what we talk about on

74

00:03:36,550 --> 00:03:34,910

this show the one thing that I feel like

75

00:03:39,820 --> 00:03:36,560

is a little bit left out here in the bio

76

00:03:41,470 --> 00:03:39,830

is um the topic of aliens and

77

00:03:43,600 --> 00:03:41,480

extraterrestrials which I know Marie has

78

00:03:47,230 --> 00:03:43,610

has certainly done her fair share of

79

00:03:54,310 --> 00:03:47,240

research into as well so Marie and

80

00:03:58,300 --> 00:03:54,320

welcome to paranormal now the pleasure

81

00:04:00,880 --> 00:03:58,310

is mine so I I am really excited the the

82

00:04:03,910 --> 00:04:00,890

last episode a paranormal now we

83

00:04:07,930 --> 00:04:03,920

discussed with Joseph Selby quite a bit

84

00:04:11,400 --> 00:04:07,940

about quantum physics and the the

85

00:04:14,110 --> 00:04:11,410

science and the new science that sort of

86

00:04:17,020 --> 00:04:14,120

supplements the idea that we are

87

00:04:19,360 --> 00:04:17,030

spiritual beings that were in a sort of

88

00:04:21,670 --> 00:04:19,370

holographic universe and we know we're

89

00:04:24,070 --> 00:04:21,680

questioning the reality of life in and

90

00:04:25,960 --> 00:04:24,080

of itself and I know these are topics

91

00:04:27,880 --> 00:04:25,970

that you've touched on as well so I'd

92

00:04:29,620 --> 00:04:27,890

love to hear your take on sort of the

93

00:04:31,120 --> 00:04:29,630

nature of the universe but but at the

94

00:04:34,720 --> 00:04:31,130

same time I think what you also offer

95

00:04:38,080 --> 00:04:34,730

here are some possible solutions to

96

00:04:39,730 --> 00:04:38,090

better your life so I'll let you take it

97

00:04:46,260 --> 00:04:39,740

from there what what was the sole

98

00:04:48,730 --> 00:04:46,270

purpose of the power of archetypes the

99

00:04:51,670 --> 00:04:48,740

paranormal and amusing that in a very

100

00:04:54,140 --> 00:04:51,680

general term to encompass as you said

101  
00:04:58,440 --> 00:04:54,150  
you have those

102  
00:05:02,960 --> 00:04:58,450  
ghosts but mainly my focus has always

103  
00:05:04,920 --> 00:05:02,970  
been how can we possibly use science

104  
00:05:07,590 --> 00:05:04,930  
especially things like quantum in

105  
00:05:10,020 --> 00:05:07,600  
theoretical physics tease certain of

106  
00:05:12,180 --> 00:05:10,030  
groundbreaking new worlds where there

107  
00:05:14,550 --> 00:05:12,190  
are so many different possibilities how

108  
00:05:18,000 --> 00:05:14,560  
can we use those to possibly help us

109  
00:05:20,400 --> 00:05:18,010  
explain the unexplainable one day so

110  
00:05:23,810 --> 00:05:20,410  
just after writing a lot of books and

111  
00:05:27,780 --> 00:05:23,820  
sort of exhausting the subject matter I

112  
00:05:30,510 --> 00:05:27,790  
you know as with any book it sort of

113  
00:05:33,270 --> 00:05:30,520

presents itself at the strangest times I

114

00:05:36,780 --> 00:05:33,280

was [h\_\_h] with a writer friend about

115

00:05:40,110 --> 00:05:36,790

what makes the Walking Dead or Game of

116

00:05:44,550 --> 00:05:40,120

Thrones or Breaking Bad or Star Wars you

117

00:05:48,840 --> 00:05:44,560

know what makes these energy television

118

00:05:50,909 --> 00:05:48,850

movies novels so popular and really what

119

00:05:53,870 --> 00:05:50,919

when it kind of came down to was an aha

120

00:05:57,120 --> 00:05:53,880

moment of realizing that it's these

121

00:06:00,000 --> 00:05:57,130

archetypal characters that are so

122

00:06:02,250 --> 00:06:00,010

universal and so relatable it doesn't

123

00:06:04,590 --> 00:06:02,260

matter where you come from what your

124

00:06:07,170 --> 00:06:04,600

religious background is what part of the

125

00:06:10,080 --> 00:06:07,180

world you live in you get these

126

00:06:13,350 --> 00:06:10,090

characters you relate to them you love

127

00:06:16,909 --> 00:06:13,360

them you hate them and then wondering if

128

00:06:20,190 --> 00:06:16,919

writers and creators and artists

129

00:06:22,529 --> 00:06:20,200

purposely you know types or if it was

130

00:06:25,170 --> 00:06:22,539

just something happened in the creative

131

00:06:26,129 --> 00:06:25,180

process almost even subconsciously so

132

00:06:30,300 --> 00:06:26,139

that's what kind of led to this

133

00:06:33,360 --> 00:06:30,310

particular book okay and and in the

134

00:06:37,230 --> 00:06:33,370

process of doing that did you find that

135

00:06:38,670 --> 00:06:37,240

it in of itself the process was healing

136

00:06:43,680 --> 00:06:38,680

or helpful to you

137

00:06:45,600 --> 00:06:43,690

oh absolutely in fact I think the timing

138

00:06:48,779 --> 00:06:45,610

of this book couldn't have been better

139

00:06:52,620 --> 00:06:48,789

because I was when they started the book

140

00:06:54,990 --> 00:06:52,630

which is you know probably oh gosh

141

00:06:56,610 --> 00:06:55,000

here in half ago you know the whole

142

00:06:58,290 --> 00:06:56,620

process of writing editing and then

143

00:07:02,100 --> 00:06:58,300

getting it finally released very

144

00:07:04,750 --> 00:07:02,110

recently was going through some very

145

00:07:06,580 --> 00:07:04,760

transformative it

146

00:07:09,610 --> 00:07:06,590

one of the reasons why I wanted to write

147

00:07:12,910 --> 00:07:09,620

this book is well I've written before it

148

00:07:15,070 --> 00:07:12,920

was very Chanel and this is really the

149

00:07:19,060 --> 00:07:15,080

first book I've ever written that I felt

150

00:07:21,060 --> 00:07:19,070

had a sort of a helpful aspect to the

151  
00:07:25,210 --> 00:07:21,070  
readers you know where I was actually

152  
00:07:27,190 --> 00:07:25,220  
offering ideas and tools to make their

153  
00:07:29,410 --> 00:07:27,200  
lives better and it was really great for

154  
00:07:31,990 --> 00:07:29,420  
me because I went through this entire

155  
00:07:34,780 --> 00:07:32,000  
process as I was writing the book and

156  
00:07:39,790 --> 00:07:34,790  
I'm used all these tools and I'm to

157  
00:07:42,910 --> 00:07:39,800  
really get down on paper why things work

158  
00:07:44,140 --> 00:07:42,920  
twice and things don't work and I'm

159  
00:07:45,730 --> 00:07:44,150  
still it's still a process I'm going

160  
00:07:47,110 --> 00:07:45,740  
through I don't think you ever just go

161  
00:07:51,160 --> 00:07:47,120  
through it once and everything is

162  
00:07:54,580 --> 00:07:51,170  
perfect but it was a very tiny book on a

163  
00:07:56,770 --> 00:07:54,590

personal level and I think real when an

164

00:08:00,930 --> 00:07:56,780

informative level - because the response

165

00:08:05,950 --> 00:08:03,280

what kind of responses do you get from

166

00:08:07,930 --> 00:08:05,960

people aside from you know reviews or

167

00:08:12,430 --> 00:08:07,940

that sort of thing I mean what are the

168

00:08:16,630 --> 00:08:12,440

personal responses it's funny because a

169

00:08:18,940 --> 00:08:16,640

lot of people didn't realize that one of

170

00:08:21,490 --> 00:08:18,950

the reasons why they can never change no

171

00:08:23,800 --> 00:08:21,500

matter how hard they try is because they

172

00:08:27,070 --> 00:08:23,810

were only trying to change on a very

173

00:08:29,080 --> 00:08:27,080

surface level didn't think about the

174

00:08:31,690 --> 00:08:29,090

fact that they themselves are walking

175

00:08:33,490 --> 00:08:31,700

talking archetypes that there are

176

00:08:36,040 --> 00:08:33,500

symbols embedded deep in their

177

00:08:37,990 --> 00:08:36,050

subconscious that again they didn't

178

00:08:41,560 --> 00:08:38,000

choose you know we're chosen for them

179

00:08:45,100 --> 00:08:41,570

and that they have this ability to go

180

00:08:48,340 --> 00:08:45,110

when and dig deep literally change not

181

00:08:50,380 --> 00:08:48,350

only them they view themselves but the

182

00:08:52,810 --> 00:08:50,390

authentic person that they can then

183

00:08:56,410 --> 00:08:52,820

express outward because I think one of

184

00:08:58,540 --> 00:08:56,420

the keys here is who are we out in the

185

00:09:00,460 --> 00:08:58,550

world you know what kind of masks do we

186

00:09:03,640 --> 00:09:00,470

wear and how do we present ourselves out

187

00:09:05,980 --> 00:09:03,650

in the world it may not be the way that

188

00:09:08,770 --> 00:09:05,990

we deserve or - I think sometimes we're

189

00:09:12,670 --> 00:09:08,780

totally clueless until somebody tells us

190

00:09:14,710 --> 00:09:12,680

you know boy you're awfully bossy or you

191

00:09:16,140 --> 00:09:14,720

know you're always irritated what's up

192

00:09:18,210 --> 00:09:16,150

with that

193

00:09:20,670 --> 00:09:18,220

we were other people will reflect back

194

00:09:23,190 --> 00:09:20,680

to us who we are and it may not be who

195

00:09:25,070 --> 00:09:23,200

we think we are well you know I was just

196

00:09:27,600 --> 00:09:25,080

having a an interesting conversation

197

00:09:31,380 --> 00:09:27,610

recently and we were talking about race

198

00:09:32,700 --> 00:09:31,390

and you know my work associate is is

199

00:09:34,500 --> 00:09:32,710

african-american and I'm Way and we're

200

00:09:37,080 --> 00:09:34,510

talking about all these different issues

201  
00:09:38,940 --> 00:09:37,090  
in America and you know we're talking

202  
00:09:42,240 --> 00:09:38,950  
about some other people and you know I

203  
00:09:45,690 --> 00:09:42,250  
said look you know even even if we we

204  
00:09:47,220 --> 00:09:45,700  
think we're open-minded or you know

205  
00:09:50,000 --> 00:09:47,230  
we're progressive in our thinking and

206  
00:09:52,860 --> 00:09:50,010  
things like that that does not mean that

207  
00:09:55,860 --> 00:09:52,870  
we are not subject to the subconscious

208  
00:09:57,930 --> 00:09:55,870  
pre-programming you know it's like there

209  
00:10:00,230 --> 00:09:57,940  
there might be some odd behavior or

210  
00:10:03,270 --> 00:10:00,240  
thought process that I'm completely

211  
00:10:06,090 --> 00:10:03,280  
unaware of unless I have a full-on

212  
00:10:08,520 --> 00:10:06,100  
conversation with somebody else and they

213  
00:10:10,980 --> 00:10:08,530

explain certain things to me then it's

214

00:10:13,170 --> 00:10:10,990

like oh I didn't even realize I was

215

00:10:15,720 --> 00:10:13,180

saying it that way or you know like

216

00:10:18,030 --> 00:10:15,730

they're little things to big things it's

217

00:10:21,800 --> 00:10:18,040

so powerful in the subconscious so

218

00:10:24,600 --> 00:10:21,810

powerful it is

219

00:10:28,650 --> 00:10:24,610

speaking of race what's interesting is

220

00:10:31,680 --> 00:10:28,660

sometimes we're just our ethnic identity

221

00:10:34,230 --> 00:10:31,690

because we feel like it might be taken

222

00:10:36,570 --> 00:10:34,240

negatively by someone else and I think

223

00:10:40,010 --> 00:10:36,580

we have to get to a point where you know

224

00:10:44,670 --> 00:10:40,020

it's okay for me to say I'm a white girl

225

00:10:46,920 --> 00:10:44,680

and that's okay you know for this you

226

00:10:49,830 --> 00:10:46,930

were that and but really at the core of

227

00:10:55,290 --> 00:10:49,840

it all were all human human beings and

228

00:10:57,810 --> 00:10:55,300

not always making who we are a bad thing

229

00:11:00,180 --> 00:10:57,820

or a negative thing and that's again

230

00:11:03,810 --> 00:11:00,190

that goes to we identify with ourselves

231

00:11:08,070 --> 00:11:03,820

in the world and it's and always in a

232

00:11:10,500 --> 00:11:08,080

way that brings people together but

233

00:11:13,290 --> 00:11:10,510

other people do reflect to us our best

234

00:11:15,630 --> 00:11:13,300

and our worst and we often only want to

235

00:11:17,670 --> 00:11:15,640

see the best so we kind of deny or just

236

00:11:19,260 --> 00:11:17,680

sort of you know brush the worst under

237

00:11:21,510 --> 00:11:19,270

the rug but it's a wonderful way to

238

00:11:24,450 --> 00:11:21,520

really get in what masques you're

239

00:11:27,030 --> 00:11:24,460

bearing you know what what you're

240

00:11:28,950 --> 00:11:27,040

projecting so that you can then say you

241

00:11:29,430 --> 00:11:28,960

know what that's not who I really am I

242

00:11:38,160 --> 00:11:29,440

need

243

00:11:40,020 --> 00:11:38,170

I was um it's funny you know you brought

244

00:11:43,890 --> 00:11:40,030

that up to was recently accused of

245

00:11:46,890 --> 00:11:43,900

having white guilt and I said I was like

246

00:11:49,310 --> 00:11:46,900

no no I actually don't have white guilt

247

00:11:51,840 --> 00:11:49,320

I have sympathy and I have compassion

248

00:11:55,080 --> 00:11:51,850

which you know just to make that

249

00:11:57,570 --> 00:11:55,090

equation was a little scary to me that a

250

00:12:00,030 --> 00:11:57,580

lot of people would take that leap so I

251

00:12:06,360 --> 00:12:00,040

think I think there's also just there's

252

00:12:09,330 --> 00:12:06,370

so much confusion as to what is in an

253

00:12:10,590 --> 00:12:09,340

amicable mind like I'm what is it you

254

00:12:12,660 --> 00:12:10,600

know people think that there are nice

255

00:12:14,250 --> 00:12:12,670

people or that they're good people

256

00:12:18,770 --> 00:12:14,260

but then we find ourselves behaving in

257

00:12:23,220 --> 00:12:18,780

these like sometimes atrocious ways yeah

258

00:12:26,850 --> 00:12:23,230

those are just darker sides of ourselves

259

00:12:28,980 --> 00:12:26,860

that we either have a dealt with or you

260

00:12:30,660 --> 00:12:28,990

know are now being reflected back to us

261

00:12:35,160 --> 00:12:30,670

but I also think we need to give each

262

00:12:45,300 --> 00:12:35,170

other it's okay it's okay for someone

263

00:12:51,410 --> 00:12:45,310

else to be also going deeper and width

264

00:12:54,390 --> 00:12:51,420

at the surface and express ourselves

265

00:12:56,700 --> 00:12:54,400

authentically into our nationality or

266

00:12:59,280 --> 00:12:56,710

our religion or whatever that's fine as

267

00:13:02,370 --> 00:12:59,290

long as you're also operating from that

268

00:13:04,790 --> 00:13:02,380

deeper level of understanding that we're

269

00:13:07,620 --> 00:13:04,800

all one we're all connected on on a

270

00:13:09,630 --> 00:13:07,630

collective level as human beings and I

271

00:13:15,810 --> 00:13:09,640

think that's what people have are

272

00:13:18,770 --> 00:13:15,820

forgetting mm-hmm and I guess like you

273

00:13:20,700 --> 00:13:18,780

said the sort of myth arc stories are

274

00:13:25,050 --> 00:13:20,710

universal and that's what kind of that

275

00:13:27,270 --> 00:13:25,060

connects us Marie hold on one second

276

00:13:29,970 --> 00:13:27,280

okay so we just cut out for a quick

277

00:13:31,980 --> 00:13:29,980

second so I can call Murray back and get

278

00:13:33,690 --> 00:13:31,990

a better connection so Murray let's

279

00:13:36,530 --> 00:13:33,700

let's pick it up where we were

280

00:13:45,360 --> 00:13:42,870

okay well we asked you a bit about

281

00:13:50,490 --> 00:13:45,370

Universal archetypes and how it connects

282

00:13:54,060 --> 00:13:50,500

people together yeah

283

00:13:56,310 --> 00:13:54,070

so I love social networking and I've

284

00:13:59,010 --> 00:13:56,320

spent a lot of time on Facebook and

285

00:14:02,420 --> 00:13:59,020

Twitter and recently it's been hard for

286

00:14:05,700 --> 00:14:02,430

me to go on because I've seen people

287

00:14:07,560 --> 00:14:05,710

attacking each other from various this

288

00:14:09,780 --> 00:14:07,570

level of their identity

289

00:14:11,910 --> 00:14:09,790

I'm a Christian I'm a new one that loves

290

00:14:15,000 --> 00:14:11,920

one month white and black I'm Mexican

291

00:14:17,130 --> 00:14:15,010

and not a whole lot of people really

292

00:14:21,900 --> 00:14:17,140

understanding that on that Y collective

293

00:14:23,910 --> 00:14:21,910

deeper level were human being and I

294

00:14:26,370 --> 00:14:23,920

think this is where archetypes come into

295

00:14:29,550 --> 00:14:26,380

play because we sometimes get so hung up

296

00:14:32,000 --> 00:14:29,560

on certain symbols is how we see

297

00:14:34,920 --> 00:14:32,010

ourselves or how we identify ourselves

298

00:14:37,350 --> 00:14:34,930

that even when they're harming us or

299

00:14:40,920 --> 00:14:37,360

harming other people we continue to hold

300

00:14:46,380 --> 00:14:40,930

on to them for dear life and I see this

301  
00:14:48,750 --> 00:14:46,390  
thing on so much and I still hope he'll

302  
00:14:51,720 --> 00:14:48,760  
open some people's eyes to the fact that

303  
00:14:55,350 --> 00:14:51,730  
we have a universal nature that we all

304  
00:14:58,170 --> 00:14:55,360  
share and you know until we really sort

305  
00:15:01,200 --> 00:14:58,180  
of excavate down deep enough to find

306  
00:15:02,940 --> 00:15:01,210  
those Universal commonalities things are

307  
00:15:04,830 --> 00:15:02,950  
going to get work for to continue to

308  
00:15:06,810 --> 00:15:04,840  
just be attacking each other's

309  
00:15:11,190 --> 00:15:06,820  
everything from hair color to eye color

310  
00:15:18,350 --> 00:15:11,200  
to how long the fingernails are and

311  
00:15:22,280 --> 00:15:18,360  
where did you get the the the mindset to

312  
00:15:24,360 --> 00:15:22,290  
even set course upon this road of

313  
00:15:25,730 --> 00:15:24,370

self-discovery I mean did you have did

314

00:15:28,980 --> 00:15:25,740

you have parents that were

315

00:15:32,190 --> 00:15:28,990

forward-thinking or spiritual or where

316

00:15:36,930 --> 00:15:32,200

does that come from not necessarily I

317

00:15:41,370 --> 00:15:36,940

think it came from years and years of my

318

00:15:44,520 --> 00:15:41,380

own living same patterns over and over

319

00:15:48,060 --> 00:15:44,530

again and turning hearts it's changed my

320

00:15:49,800 --> 00:15:48,070

life and succeeding at doing that only

321

00:15:51,750 --> 00:15:49,810

to have it go back to sort

322

00:15:53,610 --> 00:15:51,760

the default setting and wondering why

323

00:15:55,080 --> 00:15:53,620

you know and then talking to other

324

00:15:57,690 --> 00:15:55,090

people and finding out that they were

325

00:16:00,360 --> 00:15:57,700

experiencing the same thing why is it so

326

00:16:03,120 --> 00:16:00,370

hard for us to change even when we

327

00:16:05,100 --> 00:16:03,130

desperately want to and then doing

328

00:16:07,410 --> 00:16:05,110

research and coming to understand how

329

00:16:10,320 --> 00:16:07,420

important the subconscious is and how

330

00:16:12,420 --> 00:16:10,330

the vast majority of who we are comes

331

00:16:15,090 --> 00:16:12,430

from programming in the subconscious

332

00:16:18,180 --> 00:16:15,100

minds that we sometimes aren't even

333

00:16:19,950 --> 00:16:18,190

aware of so that kind of was the road

334

00:16:21,480 --> 00:16:19,960

that I was walking down it's like I

335

00:16:22,920 --> 00:16:21,490

didn't really want to change these

336

00:16:25,620 --> 00:16:22,930

patterns in my life

337

00:16:28,470 --> 00:16:25,630

I'm tired of the damage that they're

338

00:16:31,860 --> 00:16:28,480

doing to myself and others but how do I

339

00:16:34,829 --> 00:16:31,870

make permanent change not just surface

340

00:16:37,440 --> 00:16:34,839

oh it's gonna last a few months and then

341

00:16:38,670 --> 00:16:37,450

go right back to where it was well you

342

00:16:42,269 --> 00:16:38,680

know what yeah it's one of those

343

00:16:44,370 --> 00:16:42,279

arguments I hear often people speak in

344

00:16:46,170 --> 00:16:44,380

terms of addiction because this is you

345

00:16:49,290 --> 00:16:46,180

know at the fore of our conversation

346

00:16:51,300 --> 00:16:49,300

right now socially and um and people say

347

00:16:53,700 --> 00:16:51,310

you know well why don't they just get

348

00:16:57,900 --> 00:16:53,710

their act together or if they really

349

00:17:00,990 --> 00:16:57,910

wanted it they could beat it and and I'm

350

00:17:03,329 --> 00:17:01,000

thinking what you're telling someone to

351

00:17:05,790 --> 00:17:03,339

use their conscious mind which is

352

00:17:07,319 --> 00:17:05,800

thinking oh my god how how did I get

353

00:17:09,750 --> 00:17:07,329

myself in a situation oh my god I gotta

354

00:17:12,270 --> 00:17:09,760

get myself out there are millions of

355

00:17:14,460 --> 00:17:12,280

people that say that every day the

356

00:17:16,530 --> 00:17:14,470

question is they they're not fighting

357

00:17:19,620 --> 00:17:16,540

their own conscious they're fighting

358

00:17:21,840 --> 00:17:19,630

their subconscious and if it's something

359

00:17:24,540 --> 00:17:21,850

that you can't see something you can't

360

00:17:26,400 --> 00:17:24,550

feel or maybe you feel but you can't you

361

00:17:28,290 --> 00:17:26,410

can't grasp it you know slips through

362

00:17:51,840 --> 00:17:28,300

your fingers how and goodness name do

363

00:17:53,490 --> 00:17:51,850

you do battle that a woman have you ever

364

00:17:56,200 --> 00:17:53,500

heard of my Charlotte Charlotte cast a

365

00:18:01,520 --> 00:18:00,110

sounds a little familiar oh yes she um

366

00:18:05,060 --> 00:18:01,530

she created something that was called a

367

00:18:07,310 --> 00:18:05,070

16 set program it was her or take to

368

00:18:11,060 --> 00:18:07,320

modify it more for for women because she

369

00:18:12,740 --> 00:18:11,070

felt like the program of I won't say

370

00:18:14,900 --> 00:18:12,750

what her other program she was involved

371

00:18:16,760 --> 00:18:14,910

with was but 12-step program was sort of

372

00:18:19,250 --> 00:18:16,770

missing or miss stepping on a few things

373

00:18:20,659 --> 00:18:19,260

but you know doesn't say no it's not

374

00:18:22,520 --> 00:18:20,669

knocking that but she just thought she

375

00:18:24,500 --> 00:18:22,530

could you know make something a little

376

00:18:28,820 --> 00:18:24,510

bit more apical to women or people or

377

00:18:38,659 --> 00:18:34,340

recently called BPA awakening and it is

378

00:18:41,090 --> 00:18:38,669

a very intensive 12-step program that

379

00:18:43,970 --> 00:18:41,100

takes it to a whole nother level well I

380

00:18:44,810 --> 00:18:43,980

loved about it it's similar I think so

381

00:18:48,250 --> 00:18:44,820

what you're talking about but what I

382

00:18:53,870 --> 00:18:48,260

loved about it is that it did take down

383

00:18:55,700 --> 00:18:53,880

into the root causes over and over and

384

00:18:58,340 --> 00:18:55,710

over again and so you know you did not

385

00:19:02,150 --> 00:18:58,350

progress in your steps until you've got

386

00:19:04,460 --> 00:19:02,160

to the rock bottom and there's a much

387

00:19:07,280 --> 00:19:04,470

greater rate of recovery with VBA

388

00:19:09,169 --> 00:19:07,290

because it's so intensive and you know

389

00:19:11,780 --> 00:19:09,179

the fourth and fifth steps all those

390

00:19:14,590 --> 00:19:11,790

steps that are really about evading the

391

00:19:18,409 --> 00:19:14,600

getting the junk out and looking at it

392

00:19:20,030 --> 00:19:18,419

you go way deep and that really was

393

00:19:22,100 --> 00:19:20,040

instrumental and I'm wanting to write

394

00:19:23,299 --> 00:19:22,110

this book because I thought one of the

395

00:19:25,970 --> 00:19:23,309

things that always bothered me about

396

00:19:28,700 --> 00:19:25,980

12-step programs is having to get up and

397

00:19:30,820 --> 00:19:28,710

say I am an alcoholic or a drug addict

398

00:19:33,610 --> 00:19:30,830

because what the thing is reinforcing

399

00:19:36,830 --> 00:19:33,620

that particular symbol or that

400

00:19:40,100 --> 00:19:36,840

archetypal symbol I'm a drunk I'm an

401  
00:19:44,060 --> 00:19:40,110  
addict is there a better way can we say

402  
00:19:46,400 --> 00:19:44,070  
I'm a thriver I'm a warrior unrecovered

403  
00:19:48,500 --> 00:19:46,410  
you know whatever his words have

404  
00:19:53,150 --> 00:19:48,510  
incredible power to influence this

405  
00:19:56,840 --> 00:19:53,160  
concert maybe when the 12-step book was

406  
00:19:58,760 --> 00:19:56,850  
written that wasn't that knowledge

407  
00:20:01,640 --> 00:19:58,770  
wasn't is readily available but now we

408  
00:20:03,830 --> 00:20:01,650  
know how powerful the subconscious is

409  
00:20:07,910 --> 00:20:03,840  
and you have to be careful of every word

410  
00:20:09,410 --> 00:20:07,920  
that you identify yourself

411  
00:20:13,930 --> 00:20:09,420  
because all you're doing is reinforcing

412  
00:20:16,970 --> 00:20:13,940  
that for better or worse right and

413  
00:20:21,290 --> 00:20:16,980

applying what you know all that you just

414

00:20:24,830 --> 00:20:21,300

said to the path of an addict in

415

00:20:28,550 --> 00:20:24,840

recovery is just as applicable to anyone

416

00:20:30,230 --> 00:20:28,560

else who is trying to overcome these new

417

00:20:33,470 --> 00:20:30,240

walls within themselves

418

00:20:35,630 --> 00:20:33,480

oh absolutely we're all addicts well

419

00:20:38,420 --> 00:20:35,640

recovering from some addiction whether

420

00:20:43,010 --> 00:20:38,430

it's to drama you know suffering

421

00:20:48,040 --> 00:20:43,020

martyrdom victimization beef video or

422

00:20:51,590 --> 00:20:48,050

not going for all kids coffee we're all

423

00:20:54,830 --> 00:20:51,600

we're all addicted to some pattern of

424

00:20:57,020 --> 00:20:54,840

behavior that doesn't serve us they were

425

00:20:59,570 --> 00:20:57,030

all holding on to aspects of our

426  
00:21:02,980 --> 00:20:59,580  
identity that were handed to us and not

427  
00:21:06,380 --> 00:21:02,990  
chosen freely so really doesn't matter

428  
00:21:08,300 --> 00:21:06,390  
organic or you know a woman or a man

429  
00:21:10,250 --> 00:21:08,310  
who's tired of not meeting the right

430  
00:21:12,020 --> 00:21:10,260  
person and always repeating the same

431  
00:21:14,240 --> 00:21:12,030  
sort of abusive patterns and

432  
00:21:16,790 --> 00:21:14,250  
relationships or you're someone who

433  
00:21:19,700 --> 00:21:16,800  
always ends up with the same pay level

434  
00:21:22,010 --> 00:21:19,710  
no matter how hard you work no matter

435  
00:21:25,250 --> 00:21:22,020  
how you change your career you know

436  
00:21:27,800 --> 00:21:25,260  
you're trapped this particular identity

437  
00:21:33,640 --> 00:21:27,810  
of these women only makes this amount of

438  
00:21:39,230 --> 00:21:37,160

here yes and that's why there's such a

439

00:21:42,560 --> 00:21:39,240

huge market for self-help books because

440

00:21:43,670 --> 00:21:42,570

you know you pick up a book and as much

441

00:21:46,430 --> 00:21:43,680

as some of the things in there really

442

00:21:48,560 --> 00:21:46,440

make sense and and can sort of give you

443

00:21:52,700 --> 00:21:48,570

like a spurt of inspiration for a month

444

00:21:54,050 --> 00:21:52,710

a few months sort of it wears off right

445

00:21:56,930 --> 00:21:54,060

and then you go buy another one where

446

00:21:58,550 --> 00:21:56,940

you reread it you know and this is all

447

00:22:00,290 --> 00:21:58,560

like some some form of maintenance which

448

00:22:03,680 --> 00:22:00,300

is which is good because if you you know

449

00:22:12,530 --> 00:22:03,690

you're making an effort but it really is

450

00:22:15,110 --> 00:22:12,540

hard to crack that she'll and get the

451  
00:22:18,410 --> 00:22:15,120  
password oh my god I tried every program

452  
00:22:20,930 --> 00:22:18,420  
buy every book in and that's when I

453  
00:22:23,480 --> 00:22:20,940  
began feeling you know what there's

454  
00:22:25,070 --> 00:22:23,490  
this than meets the eye but it's funny

455  
00:22:28,310 --> 00:22:25,080  
because every now and then I would read

456  
00:22:32,420 --> 00:22:28,320  
something that just totally kicked me up

457  
00:22:37,430 --> 00:22:32,430  
to the next level and often it would be

458  
00:22:41,080 --> 00:22:37,440  
a book like The Alchemist Paulo coil

459  
00:22:43,940 --> 00:22:41,090  
hose bug pronouncing his name correctly

460  
00:22:45,560 --> 00:22:43,950  
or dr. Wayne Dyer I've read all his

461  
00:22:49,430 --> 00:22:45,570  
books but there was one in particular

462  
00:22:51,830 --> 00:22:49,440  
where I must have just been ready the

463  
00:22:53,150 --> 00:22:51,840

power of intention and some of the

464

00:22:57,350 --> 00:22:53,160

things that he was saying it was like

465

00:22:59,180 --> 00:22:57,360

I've read this before but boom it it got

466

00:23:01,490 --> 00:22:59,190

in it got through the gatekeeper of

467

00:23:03,710 --> 00:23:01,500

conscious awareness down into the

468

00:23:05,360 --> 00:23:03,720

subconscious and I think that that's

469

00:23:07,450 --> 00:23:05,370

what we're all searching for when we

470

00:23:09,800 --> 00:23:07,460

read books and you know go to

471

00:23:13,040 --> 00:23:09,810

motivational speakers and what not are

472

00:23:15,650 --> 00:23:13,050

those few times that I mean come on this

473

00:23:18,290 --> 00:23:15,660

is all common sense and we know this but

474

00:23:22,750 --> 00:23:18,300

every now and then somebody finds avoid

475

00:23:25,640 --> 00:23:22,760

a sort of juice story or symbolism that

476

00:23:28,460 --> 00:23:25,650

breaks through the conscious barriers

477

00:23:30,580 --> 00:23:28,470

into the subconscious and even deeper

478

00:23:33,200 --> 00:23:30,590

the collective unconscious of Carl Jung

479

00:23:35,180 --> 00:23:33,210

where again we're all living these

480

00:23:44,300 --> 00:23:35,190

archetypes that would not been aware of

481

00:23:48,020 --> 00:23:44,310

and is there an archetype that you know

482

00:23:51,460 --> 00:23:48,030

you can easily apply to did the

483

00:23:53,840 --> 00:23:51,470

addictive mind is there something a

484

00:23:57,260 --> 00:23:53,850

story or something that that is

485

00:24:00,890 --> 00:23:57,270

applicable specifically to that well I

486

00:24:03,410 --> 00:24:00,900

think I think addict has become a modern

487

00:24:05,810 --> 00:24:03,420

architect you know we talked about the

488

00:24:08,000 --> 00:24:05,820

archetypes that Carl Jung can you know

489

00:24:11,480 --> 00:24:08,010

wrote about and worked with in his

490

00:24:13,610 --> 00:24:11,490

psychoanalysis but over time as we

491

00:24:16,610 --> 00:24:13,620

evolved as human beings and we until

492

00:24:18,200 --> 00:24:16,620

this new environmental issues and if I'm

493

00:24:20,870 --> 00:24:18,210

talking about the environment but just

494

00:24:25,190 --> 00:24:20,880

external issues social and cultural

495

00:24:29,150 --> 00:24:25,200

issues that come up there are new

496

00:24:31,880 --> 00:24:29,160

archetypes that we deal with and I think

497

00:24:34,610 --> 00:24:31,890

addict and I think the victim is those

498

00:24:38,180 --> 00:24:34,620

are the two Biggie's that we in our

499

00:24:39,980 --> 00:24:38,190

xiety everybody feels like a victim

500

00:24:42,890 --> 00:24:39,990

everybody's pointing fingers and blaming

501

00:24:45,980 --> 00:24:42,900

other people for their lack and

502

00:24:48,080 --> 00:24:45,990

inability to stand up for themselves to

503

00:24:52,940 --> 00:24:48,090

make the life better to do the hard work

504

00:24:54,890 --> 00:24:52,950

it's being the victim is easier and I

505

00:24:57,230 --> 00:24:54,900

think addict is one that we all don't

506

00:24:59,930 --> 00:24:57,240

want to own up to and admit that we're

507

00:25:02,210 --> 00:24:59,940

all addicted to something that is not

508

00:25:05,840 --> 00:25:02,220

good for us whether it's food

509

00:25:08,240 --> 00:25:05,850

you know shopping gambling drugs alcohol

510

00:25:11,330 --> 00:25:08,250

watching too much TV being on Facebook

511

00:25:13,400 --> 00:25:11,340

too much and not pursuing our grander

512

00:25:20,090 --> 00:25:13,410

goals or spending time with family I

513

00:25:29,690 --> 00:25:20,100

love it yeah and I think one common

514

00:25:32,990 --> 00:25:29,700

addict is the workaholic and because

515

00:25:35,450 --> 00:25:33,000

well in the sense of you know you go to

516

00:25:39,880 --> 00:25:35,460

the office or whatever ever social

517

00:25:44,690 --> 00:25:39,890

situation and you start not gloating

518

00:25:47,120 --> 00:25:44,700

exactly but emphatically sharing how

519

00:25:49,190 --> 00:25:47,130

hard you work and you slave away and I

520

00:25:51,290 --> 00:25:49,200

didn't take this many vacations and and

521

00:25:52,880 --> 00:25:51,300

then the other person's like wow oh man

522

00:25:55,280 --> 00:25:52,890

that's amazing you're a great worker

523

00:25:56,860 --> 00:25:55,290

blah blah blah because they're saying

524

00:26:00,440 --> 00:25:56,870

that because they want to hear that

525

00:26:03,410 --> 00:26:00,450

because they need to feel have some sort

526  
00:26:13,490 --> 00:26:03,420  
of you know positive affirmation or what

527  
00:26:16,549 --> 00:26:13,500  
they're doing yeah but at least you can

528  
00:26:21,200 --> 00:26:16,559  
admit yeah yeah yeah I mean you know in

529  
00:26:24,500 --> 00:26:21,210  
my career I you know I'm very you know

530  
00:26:29,060 --> 00:26:24,510  
I'm only 38 but I'm old enough now or I

531  
00:26:31,180 --> 00:26:29,070  
temper I temper my time much better my

532  
00:26:34,820 --> 00:26:31,190  
use of time better than I used to

533  
00:26:36,980 --> 00:26:34,830  
you know and I've also found that that

534  
00:26:38,450 --> 00:26:36,990  
you know getting over the addiction of

535  
00:26:39,500 --> 00:26:38,460  
like Oh working hard working hard it's

536  
00:26:42,380 --> 00:26:39,510  
gonna get me there it's gonna get me

537  
00:26:44,990 --> 00:26:42,390  
there right as I say it freed me to get

538  
00:26:48,150 --> 00:26:45,000

to wherever I want to faster that's like

539

00:26:50,780 --> 00:26:48,160

my right there's like yeah there's like

540

00:26:53,250 --> 00:26:50,790

a threshold that you cross and you stop

541

00:26:55,490 --> 00:26:53,260

progressing you're actually regret

542

00:26:57,330 --> 00:26:55,500

you're slowing your your process down

543

00:26:59,790 --> 00:26:57,340

right and I think you're prioritizing

544

00:27:05,310 --> 00:26:59,800

more because I know for me workaholism

545

00:27:08,580 --> 00:27:05,320

has been I kind of you know tracked it

546

00:27:10,770 --> 00:27:08,590

to addiction to achievement and and I

547

00:27:13,350 --> 00:27:10,780

won I remember saying to someone I love

548

00:27:16,590 --> 00:27:13,360

the deal making the deal I'm addicted to

549

00:27:19,080 --> 00:27:16,600

it but very recently with them last year

550

00:27:21,960 --> 00:27:19,090

and a half realizing that you know I'm

551

00:27:24,360 --> 00:27:21,970

getting sicker monofin and I'm not a

552

00:27:28,170 --> 00:27:24,370

telephone used to be and I'm burn out

553

00:27:31,710 --> 00:27:28,180

and I'm interval maybe I'm working too

554

00:27:35,580 --> 00:27:31,720

much and I'm still working a lot but I

555

00:27:39,510 --> 00:27:35,590

just like you I'm taking you take a step

556

00:27:41,610 --> 00:27:39,520

back and you detach from that need and

557

00:27:43,010 --> 00:27:41,620

you start to realize wow I'm really this

558

00:27:46,200 --> 00:27:43,020

isn't making me happy

559

00:27:48,330 --> 00:27:46,210

maybe if I pull back a little and work

560

00:27:50,580 --> 00:27:48,340

on the things that are really important

561

00:27:53,160 --> 00:27:50,590

I don't have to do all this other stuff

562

00:27:55,530 --> 00:27:53,170

to fill the time and not feeling guilty

563

00:27:59,430 --> 00:27:55,540

about taking a Saturday off I used to

564

00:28:01,680 --> 00:27:59,440

not take any days off yeah now I take

565

00:28:04,560 --> 00:28:01,690

one day a week and I don't do anything

566

00:28:07,350 --> 00:28:04,570

and I'm and I'm you know the ultimately

567

00:28:08,670 --> 00:28:07,360

they hit it over time well I'm not going

568

00:28:11,760 --> 00:28:08,680

to feel guilty we're gonna take a break

569

00:28:13,920 --> 00:28:11,770

right now and right back

570

00:28:15,570 --> 00:28:13,930

this is Alan B Smith for paranormal now

571

00:28:18,690 --> 00:28:15,580

on the inception radio network I'm

572

00:28:20,790 --> 00:28:18,700

speaking with Marie Jones author of the

573

00:28:23,860 --> 00:28:20,800

power of archetypes and we will be right

574

00:28:23,870 --> 00:28:27,399

[Music]

575

00:28:32,119 --> 00:28:29,840

welcome back to paranormal now taking us

576

00:28:33,499 --> 00:28:32,129

out of the break was summertime by DJ

577

00:28:37,399 --> 00:28:33,509

Jazzy Jeff and The Fresh Prince

578

00:28:41,180 --> 00:28:37,409

aka Will Smith I had to play that song

579

00:28:43,759 --> 00:28:41,190

because it is burning hot in New York

580

00:28:47,749 --> 00:28:43,769

area right now this is September and

581

00:28:52,249 --> 00:28:47,759

late September Oh hot it feels like

582

00:28:54,289 --> 00:28:52,259

summertime okay but the AC blasting and

583

00:28:56,269 --> 00:28:54,299

a great conversation with Marie Dee

584

00:28:58,789 --> 00:28:56,279

Jones we're gonna cruise through the

585

00:29:01,039 --> 00:28:58,799

episode speaking of the power of

586

00:29:02,379 --> 00:29:01,049

archetypes how to use universal symbols

587

00:29:05,960 --> 00:29:02,389

to understand your behavior and

588

00:29:09,430 --> 00:29:05,970

reprogram your subconscious so Marie if

589

00:29:11,960 --> 00:29:09,440

we could start maybe with one example of

590

00:29:17,060 --> 00:29:11,970

maybe a methodology or something that

591

00:29:18,680 --> 00:29:17,070

can really people can really apply well

592

00:29:22,369 --> 00:29:18,690

I think the most important thing is that

593

00:29:25,190 --> 00:29:22,379

you have to step back from the noise and

594

00:29:29,599 --> 00:29:25,200

chaos of life and sit down with yourself

595

00:29:32,599 --> 00:29:29,609

and that really honest probably for most

596

00:29:34,190 --> 00:29:32,609

people the best way to do that is to

597

00:29:36,940 --> 00:29:34,200

look at what you're always complaining

598

00:29:40,340 --> 00:29:36,950

about this is my absolute favorite tool

599

00:29:43,070 --> 00:29:40,350

in the book what are you always

600

00:29:47,720 --> 00:29:43,080

complaining about because that is

601  
00:29:49,609 --> 00:29:47,730  
indicative of you know the misery of the

602  
00:29:51,639 --> 00:29:49,619  
patterns that you're stuck and if you're

603  
00:29:54,889 --> 00:29:51,649  
always complaining that you're tired

604  
00:29:57,470 --> 00:29:54,899  
okay are you doing too much or are you

605  
00:29:59,330 --> 00:29:57,480  
not happy at what you're doing are you

606  
00:30:00,349 --> 00:29:59,340  
not eating right blah blah blah if

607  
00:30:03,499 --> 00:30:00,359  
you're always complaining that you're

608  
00:30:05,779 --> 00:30:03,509  
broke well you know you have this sort

609  
00:30:08,509 --> 00:30:05,789  
of lacks antenna that you're working

610  
00:30:10,369 --> 00:30:08,519  
from have you been told by people all

611  
00:30:13,129 --> 00:30:10,379  
your life that you'll never be

612  
00:30:15,349 --> 00:30:13,139  
successful in wealthy so what do you

613  
00:30:17,599 --> 00:30:15,359

complain about and when you actually

614

00:30:19,549 --> 00:30:17,609

start to write that down or ask really

615

00:30:21,619 --> 00:30:19,559

close trusted friends you know what am I

616

00:30:24,979 --> 00:30:21,629

always whining about they'll tell you

617

00:30:29,989 --> 00:30:24,989

they throw it all the time it's a great

618

00:30:32,629 --> 00:30:29,999

way to take a look at where you are not

619

00:30:34,700 --> 00:30:32,639

being authentic because when we're being

620

00:30:35,690 --> 00:30:34,710

authentic and expressing who we really

621

00:30:37,700 --> 00:30:35,700

are

622

00:30:39,260 --> 00:30:37,710

we feel good we don't I mean I'm not

623

00:30:41,720 --> 00:30:39,270

saying we feel great and happy all the

624

00:30:43,700 --> 00:30:41,730

time is bad things happen but we're

625

00:30:46,820 --> 00:30:43,710

operating from all different levels of

626

00:30:49,820 --> 00:30:46,830

being and constantly whining and

627

00:30:52,430 --> 00:30:49,830

complaining and feeling miserable means

628

00:30:55,160 --> 00:30:52,440

that you're off track you know you're

629

00:30:58,430 --> 00:30:55,170

off that right proper frequency that you

630

00:31:03,020 --> 00:30:58,440

need to be operating on but it can also

631

00:31:05,600 --> 00:31:03,030

be looking at the story of your life and

632

00:31:07,190 --> 00:31:05,610

not necessarily reviewing every single

633

00:31:09,650 --> 00:31:07,200

thing that ever happened to you

634

00:31:12,740 --> 00:31:09,660

but the defining moments or the

635

00:31:16,539 --> 00:31:12,750

repeating patterns the most impactful

636

00:31:19,760 --> 00:31:16,549

events in your life do they indicate a

637

00:31:22,000 --> 00:31:19,770

repeated issue that you have dealt with

638

00:31:24,710 --> 00:31:22,010

I can adder

639

00:31:27,200 --> 00:31:24,720

really tell us more about who we are

640

00:31:29,570 --> 00:31:27,210

than anything else you can look in the

641

00:31:33,350 --> 00:31:29,580

mirror at yourself you're not going to

642

00:31:36,049 --> 00:31:33,360

understand who you are as much as

643

00:31:40,159 --> 00:31:36,059

identifying the patterns that operate in

644

00:31:42,880 --> 00:31:40,169

your conscience and so you know it's

645

00:31:48,289 --> 00:31:42,890

embedded hate and oh go ahead I'm sorry

646

00:31:51,440 --> 00:31:48,299

well do you think that someone can write

647

00:31:56,419 --> 00:31:51,450

down those things and without guidance

648

00:31:58,220 --> 00:31:56,429

and be able to step back and see other

649

00:32:00,080 --> 00:31:58,230

patterns or their problems or do you

650

00:32:02,240 --> 00:32:00,090

think most people could use a helping

651  
00:32:05,900 --> 00:32:02,250  
hand to sort of you know see what they

652  
00:32:08,120 --> 00:32:05,910  
don't see I interr you know I think it

653  
00:32:10,700 --> 00:32:08,130  
depends on the person and how honest you

654  
00:32:13,850 --> 00:32:10,710  
can be with yourself I think I think

655  
00:32:18,010 --> 00:32:13,860  
someone who really really has reached

656  
00:32:20,720 --> 00:32:18,020  
their breaking point and once the change

657  
00:32:26,090 --> 00:32:20,730  
probably be willing to do the work on

658  
00:32:27,980 --> 00:32:26,100  
their own and be brutally honest because

659  
00:32:30,289 --> 00:32:27,990  
you get to a certain point in life where

660  
00:32:32,780 --> 00:32:30,299  
it's well what do I have to lose you

661  
00:32:34,120 --> 00:32:32,790  
know I've already lost everything and I

662  
00:32:36,860 --> 00:32:34,130  
think sometimes you have to reach that

663  
00:32:38,990 --> 00:32:36,870

rock-bottom or that breaking point in

664

00:32:44,000 --> 00:32:39,000

order to do this kind of work because

665

00:32:46,540 --> 00:32:44,010

it's not easy but certainly you know

666

00:32:49,630 --> 00:32:46,550

getting some assistance from from

667

00:32:53,930 --> 00:32:49,640

hypnotists or I did visually

668

00:32:57,910 --> 00:32:53,940

visualization or meditation going to a

669

00:33:00,080 --> 00:32:57,920

counselor or you know a therapist or

670

00:33:02,920 --> 00:33:00,090

psychotherapist or whatever a big

671

00:33:06,170 --> 00:33:02,930

behavioral psychologist who really

672

00:33:08,660 --> 00:33:06,180

understands how deeply entrenched our

673

00:33:11,140 --> 00:33:08,670

behavioral patterns are and how to get

674

00:33:13,940 --> 00:33:11,150

them to the surface and work with them

675

00:33:19,460 --> 00:33:13,950

that you need to do or reading these

676

00:33:22,100 --> 00:33:19,470

books with but most except sad to say

677

00:33:24,500 --> 00:33:22,110

that most people will look at the amount

678

00:33:27,440 --> 00:33:24,510

of hard work and the pain that they

679

00:33:30,020 --> 00:33:27,450

might be exposed to and say no I'm okay

680

00:33:32,990 --> 00:33:30,030

the way I am I'll just keep coasting

681

00:33:36,170 --> 00:33:33,000

along the way I am I think that's tragic

682

00:33:36,890 --> 00:33:36,180

I think yeah I think I think it sort of

683

00:33:40,310 --> 00:33:36,900

is

684

00:33:42,440 --> 00:33:40,320

you know I'm an ex-smoker so I you know

685

00:33:44,360 --> 00:33:42,450

I remember that the feeling of like you

686

00:33:49,670 --> 00:33:44,370

know lighting up a cigarette and kind of

687

00:33:51,650 --> 00:33:49,680

just like sort of embracing my um my you

688

00:33:54,230 --> 00:33:51,660

know dystopian state at that point in

689

00:33:55,910 --> 00:33:54,240

time and you know but that but that that

690

00:33:58,400 --> 00:33:55,920

sort of meditative state of smoking was

691

00:34:00,470 --> 00:33:58,410

sort of like reaffirm it but in somehow

692

00:34:02,330 --> 00:34:00,480

in that reaffirm affirmation there was

693

00:34:06,410 --> 00:34:02,340

like a form of comfort at the same time

694

00:34:07,850 --> 00:34:06,420

so is this odd-odd addictive cycle and

695

00:34:09,680 --> 00:34:07,860

that's what makes it so hard to quit

696

00:34:11,000 --> 00:34:09,690

smoking because the psychological is

697

00:34:13,670 --> 00:34:11,010

because you can you can get through the

698

00:34:16,460 --> 00:34:13,680

withdrawal of a cigarette you can you

699

00:34:19,160 --> 00:34:16,470

can force yourself to make it three days

700

00:34:22,160 --> 00:34:19,170

seven days so many people do it's the

701  
00:34:24,290 --> 00:34:22,170  
mind that gets you back there yeah yeah

702  
00:34:28,130 --> 00:34:24,300  
cuz it feels good on some level it's

703  
00:34:31,070 --> 00:34:28,140  
serving you it's numbing verses it's

704  
00:34:33,770 --> 00:34:31,080  
distracting from other things and it you

705  
00:34:37,820 --> 00:34:33,780  
know it's on some level it is serving a

706  
00:34:41,390 --> 00:34:37,830  
purpose that it's hard for you to go

707  
00:34:44,330 --> 00:34:41,400  
cold turkey a break away from yeah and

708  
00:34:46,280 --> 00:34:44,340  
it's not unlike someone in the

709  
00:34:48,830 --> 00:34:46,290  
relationship where they're addicted to

710  
00:34:51,320 --> 00:34:48,840  
that relationship and they can't they

711  
00:34:54,200 --> 00:34:51,330  
can't get out of it that's that's what

712  
00:34:57,830 --> 00:34:54,210  
you know the physical addiction of is it

713  
00:35:01,490 --> 00:34:57,840

feels like a relationship that you can't

714

00:35:03,530 --> 00:35:01,500

live without right right and it's one

715

00:35:06,890 --> 00:35:03,540

where the relationship

716

00:35:08,470 --> 00:35:06,900

both abusive and pleasurable you're

717

00:35:13,660 --> 00:35:08,480

caught between these two aquariums

718

00:35:16,640 --> 00:35:13,670

swings of emotion you know the sort of

719

00:35:19,100 --> 00:35:16,650

intermittent you know pleasure that's

720

00:35:22,550 --> 00:35:19,110

mixed in with oh this is you know maybe

721

00:35:25,370 --> 00:35:22,560

giving me cancer so but our minds will

722

00:35:29,750 --> 00:35:25,380

grab on to the good stuff and can

723

00:35:32,480 --> 00:35:29,760

consign or ignore so that and domestic

724

00:35:35,120 --> 00:35:32,490

violence abusive relationships that's

725

00:35:38,870 --> 00:35:35,130

really what's going on dynamically is

726

00:35:43,010 --> 00:35:38,880

that it's very hard to break away from a

727

00:35:45,740 --> 00:35:43,020

negative situation when there is

728

00:35:49,520 --> 00:35:45,750

occasional positive reinforcement

729

00:35:52,640 --> 00:35:49,530

because automatically react chemically

730

00:35:55,400 --> 00:35:52,650

to that positive reinforcement and hold

731

00:35:56,990 --> 00:35:55,410

on to it for dear lives and until you

732

00:36:00,080 --> 00:35:57,000

get to the point where you've had enough

733

00:36:02,810 --> 00:36:00,090

or the fear overwhelms that positive

734

00:36:04,340 --> 00:36:02,820

reinforcement but they don't like which

735

00:36:07,340 --> 00:36:04,350

will get lost it's a very difficult

736

00:36:09,710 --> 00:36:07,350

thing to do because we become entrenched

737

00:36:12,200 --> 00:36:09,720

in patterns so we may not even

738

00:36:13,880 --> 00:36:12,210

understand why we put on weight and we

739

00:36:16,070 --> 00:36:13,890

think oh because i overate and stopped

740

00:36:18,050 --> 00:36:16,080

exercising but there's a reason why you

741

00:36:20,180 --> 00:36:18,060

did that you know where you supplement

742

00:36:24,020 --> 00:36:20,190

for my depression did you go through

743

00:36:26,540 --> 00:36:24,030

something tragic a lot of cases that

744

00:36:30,110 --> 00:36:26,550

I've seen a woman who were sexually

745

00:36:32,600 --> 00:36:30,120

abused or raped who later put on a lot

746

00:36:37,210 --> 00:36:32,610

of weight as a way to not have to be

747

00:36:40,700 --> 00:36:37,220

attractive to men and risk being hurt

748

00:36:42,950 --> 00:36:40,710

physically or mentally or emotionally so

749

00:36:45,940 --> 00:36:42,960

when you really start to dig deep and

750

00:36:48,770 --> 00:36:45,950

find out what's really going on here

751  
00:36:51,140 --> 00:36:48,780  
then you can then you can start changing

752  
00:36:52,820 --> 00:36:51,150  
but until you do that you might lose 20

753  
00:36:55,850 --> 00:36:52,830  
pounds or you might quit smoking for a

754  
00:36:57,950 --> 00:36:55,860  
year but boom you know the trigger

755  
00:37:00,530 --> 00:36:57,960  
happens again and you're right back

756  
00:37:03,290 --> 00:37:00,540  
where you started right I mean we can

757  
00:37:05,120 --> 00:37:03,300  
all be very judgmental even even on

758  
00:37:06,590 --> 00:37:05,130  
ourselves or even be hypocritical you

759  
00:37:10,480 --> 00:37:06,600  
know I should have judged somebody from

760  
00:37:14,980 --> 00:37:10,490  
for some other habit problem they have

761  
00:37:22,360 --> 00:37:14,990  
yeah and you know you have your own

762  
00:37:29,880 --> 00:37:22,370  
it was amazing um what's the Powerball

763  
00:37:33,070 --> 00:37:29,890

bite by Jesus before you put the remote

764

00:37:37,990 --> 00:37:33,080

right yeah and someone else's I remove

765

00:37:40,330 --> 00:37:38,000

it from you you know you have love or

766

00:37:42,190 --> 00:37:40,340

compassion and empathy for people you

767

00:37:43,960 --> 00:37:42,200

realize oh my gosh

768

00:37:46,150 --> 00:37:43,970

okay now I understand why it's so hard

769

00:37:49,440 --> 00:37:46,160

for so-and-so to stop doing this or that

770

00:37:51,910 --> 00:37:49,450

because I can't stop doing this for that

771

00:37:53,560 --> 00:37:51,920

yeah yeah I mean as you know as I'm

772

00:37:57,100 --> 00:37:53,570

getting older my body is starting to

773

00:38:00,310 --> 00:37:57,110

change just a little bit and and it's

774

00:38:04,510 --> 00:38:00,320

like Oh mm waistline is a little bit

775

00:38:08,350 --> 00:38:04,520

bigger than these to me you know and I'm

776

00:38:10,780 --> 00:38:08,360

okay I'm gonna do it more I'm gonna be

777

00:38:14,890 --> 00:38:10,790

more steady and yeah I'm a little bit

778

00:38:16,300 --> 00:38:14,900

better than I used to be but not as much

779

00:38:19,180 --> 00:38:16,310

as I want to be right so then I kind of

780

00:38:23,260 --> 00:38:19,190

beat myself up like okay next week we're

781

00:38:25,060 --> 00:38:23,270

gonna do extra or you know next week and

782

00:38:27,190 --> 00:38:25,070

I'm seeing myself struggle like this

783

00:38:29,370 --> 00:38:27,200

right and then you have people who are

784

00:38:32,440 --> 00:38:29,380

so harsh and people who are overweight

785

00:38:35,680 --> 00:38:32,450

and I'm thinking oh yeah I if I'm a

786

00:38:37,390 --> 00:38:35,690

skinny person and I'm struggling to get

787

00:38:39,220 --> 00:38:37,400

to the gym to get off a little bit of

788

00:38:42,460 --> 00:38:39,230

weight imagine someone who is right

789

00:38:46,180 --> 00:38:42,470

really you know the metabolism is off or

790

00:38:56,710 --> 00:38:46,190

whatever the cause is you know yeah yeah

791

00:38:58,960 --> 00:38:56,720

we laugh it's yeah you know you bring up

792

00:39:00,700 --> 00:38:58,970

a little good point though is we have to

793

00:39:02,890 --> 00:39:00,710

be really careful to not identify with

794

00:39:05,310 --> 00:39:02,900

our problems and make them an archetype

795

00:39:08,820 --> 00:39:05,320

that we're operating from so if I'm

796

00:39:12,160 --> 00:39:08,830

overweight you know if I buy it if I

797

00:39:15,580 --> 00:39:12,170

accept myself as a fatty

798

00:39:17,980 --> 00:39:15,590

you know or plumpy or whatever any names

799

00:39:21,730 --> 00:39:17,990

that we call other people if I start

800

00:39:23,830 --> 00:39:21,740

buying into that symbol of who I am

801

00:39:25,390 --> 00:39:23,840

it's going to be really hard for me to

802

00:39:27,880 --> 00:39:25,400

ever lose weight because that's going

803

00:39:31,240 --> 00:39:27,890

straight into the subconscious that

804

00:39:33,970 --> 00:39:31,250

getting embedded as a view that I had

805

00:39:37,210 --> 00:39:33,980

with myself and Andy that I have of

806

00:39:40,150 --> 00:39:37,220

myself out in the world those kinds of

807

00:39:41,829 --> 00:39:40,160

things are very difficult to change so

808

00:39:43,450 --> 00:39:41,839

we have to be really careful how we

809

00:39:46,809 --> 00:39:43,460

treat ourselves and how we talk to

810

00:39:50,109 --> 00:39:46,819

ourselves and you know I'm not going to

811

00:39:53,190 --> 00:39:50,119

say oh I'm a skinny person but I can

812

00:39:56,950 --> 00:39:53,200

save it on the coming health I'm a

813

00:39:59,519 --> 00:39:56,960

healthy person or whatever if I am

814

00:40:02,019 --> 00:39:59,529

eating better and I'm going to the gym I

815

00:40:03,460 --> 00:40:02,029

need to stop identifying with what I

816

00:40:07,720 --> 00:40:03,470

don't want to be anymore

817

00:40:14,410 --> 00:40:07,730

and start to transform the way that I

818

00:40:17,710 --> 00:40:14,420

look at myself so it's so it's like

819

00:40:19,359 --> 00:40:17,720

instead of leading with the negative you

820

00:40:24,339 --> 00:40:19,369

know as your motivation you lead with

821

00:40:26,289 --> 00:40:24,349

the positive yeah yeah because even

822

00:40:27,700 --> 00:40:26,299

though the end result is positive that's

823

00:40:29,349 --> 00:40:27,710

it yeah that's what we often do we think

824

00:40:31,269 --> 00:40:29,359

okay like I don't want to be like this

825

00:40:34,420 --> 00:40:31,279

anymore I've got it so I'm gonna do this

826

00:40:36,940 --> 00:40:34,430

that makes sense I yeah but it's funny

827

00:40:40,240 --> 00:40:36,950

cuz see the subconscious hears you say I

828

00:40:42,279 --> 00:40:40,250

don't want in it you know what we've

829

00:40:45,849 --> 00:40:42,289

always been taught us that the

830

00:40:49,990 --> 00:40:45,859

subconscious doesn't listen to the don't

831

00:40:52,329 --> 00:40:50,000

it just says I want it here's that need

832

00:40:55,690 --> 00:40:52,339

that sort of desperation that you have

833

00:40:58,390 --> 00:40:55,700

and it holds on to that and it gives you

834

00:41:02,380 --> 00:40:58,400

more of that to be desperate and not

835

00:41:05,980 --> 00:41:02,390

want and that was a huge aha moment for

836

00:41:08,980 --> 00:41:05,990

me working with affirmations I remember

837

00:41:12,039 --> 00:41:08,990

you know years ago people would say

838

00:41:14,470 --> 00:41:12,049

things like no longer wish to be poor I

839

00:41:17,589 --> 00:41:14,480

know long you know I don't want to be

840

00:41:20,019 --> 00:41:17,599

poor I don't want to be overweight and

841

00:41:20,289 --> 00:41:20,029

then all of this new research bla bla

842

00:41:23,259 --> 00:41:20,299

bla

843

00:41:25,599 --> 00:41:23,269

the subconscious does not recognize than

844

00:41:28,420 --> 00:41:25,609

that's a negative it takes everything

845

00:41:31,599 --> 00:41:28,430

quite literally but in sort of proactive

846

00:41:35,620 --> 00:41:31,609

sense so if you're saying I don't want

847

00:41:38,470 --> 00:41:35,630

to be poor your subconscious is hearing

848

00:41:41,680 --> 00:41:38,480

I want to be poor I or I want more

849

00:41:45,730 --> 00:41:41,690

experiences in my life

850

00:41:49,840 --> 00:41:45,740

that are going to reflect my desire to

851  
00:41:51,430 --> 00:41:49,850  
not be poor and that was huge queue to

852  
00:41:57,250 --> 00:41:51,440  
shoot for me and I know for a lot of

853  
00:42:03,520 --> 00:41:57,260  
other people here's the trick that I am

854  
00:42:05,800 --> 00:42:03,530  
gonna ask you so yeah I you know we'll

855  
00:42:08,650 --> 00:42:05,810  
do the meditations or exercise whatever

856  
00:42:10,840 --> 00:42:08,660  
it is and it'll feel good and I'll feel

857  
00:42:13,360 --> 00:42:10,850  
better and I'll get better but how do

858  
00:42:14,920 --> 00:42:13,370  
you get to that point I don't even know

859  
00:42:16,530 --> 00:42:14,930  
how I get to that point the word I've

860  
00:42:19,030 --> 00:42:16,540  
gotten to that point we're a more

861  
00:42:21,160 --> 00:42:19,040  
regular in my meditation in my exercise

862  
00:42:23,110 --> 00:42:21,170  
I couldn't I can't explain it to you I

863  
00:42:25,600 --> 00:42:23,120

can't verbalize how I got there other

864

00:42:29,620 --> 00:42:25,610

than just you know trying and trying and

865

00:42:32,290 --> 00:42:29,630

trying so how does somebody get to the

866

00:42:34,870 --> 00:42:32,300

point where they can even try in the

867

00:42:37,030 --> 00:42:34,880

first place do you know well you know

868

00:42:44,530 --> 00:42:37,040

they say what does it take 21 days to

869

00:42:51,250 --> 00:42:44,540

make a habit a new habit I'm gonna say

870

00:42:53,740 --> 00:42:51,260

ninety oh yeah yeah it does for me too

871

00:42:55,330 --> 00:42:53,750

but you know what I think knowing that

872

00:42:57,220 --> 00:42:55,340

it's not going to happen the first day

873

00:43:01,300 --> 00:42:57,230

or even the first week or maybe even the

874

00:43:04,480 --> 00:43:01,310

first month there again you have to

875

00:43:07,420 --> 00:43:04,490

really be committed to doing this

876

00:43:11,320 --> 00:43:07,430

because if you make something a habit

877

00:43:13,180 --> 00:43:11,330

then that sort of you know overtakes the

878

00:43:15,850 --> 00:43:13,190

current habit that you want to get rid

879

00:43:19,630 --> 00:43:15,860

of and in order to make something have a

880

00:43:24,040 --> 00:43:19,640

habit you have to repeat that positive

881

00:43:27,460 --> 00:43:24,050

behavior until it becomes ingrained in

882

00:43:30,610 --> 00:43:27,470

your it's like it's like deprogramming

883

00:43:33,400 --> 00:43:30,620

somebody who was an occult so that they

884

00:43:36,930 --> 00:43:33,410

can then reprogram back their old

885

00:43:40,180 --> 00:43:36,940

authentic identity and in a way you're

886

00:43:42,130 --> 00:43:40,190

reprogramming your subconscious that is

887

00:43:45,100 --> 00:43:42,140

[h\_\_\h] nothing overnight for who you

888

00:43:47,740 --> 00:43:45,110

are you could be the yogi sitting up on

889

00:43:49,990 --> 00:43:47,750

top the mountain I guarantee but they

890

00:43:52,090 --> 00:43:50,000

have to do a whole lot of hard work to

891

00:43:55,540 --> 00:43:52,100

get to the point where they can change

892

00:43:57,820 --> 00:43:55,550

instantaneously so yeah you bring

893

00:44:01,960 --> 00:43:57,830

for a really good point it's hard and

894

00:44:04,600 --> 00:44:01,970

it's gonna take a while but will it be

895

00:44:08,050 --> 00:44:04,610

worth it I think so I mean if you have a

896

00:44:11,800 --> 00:44:08,060

pattern that is destructive and it's

897

00:44:13,990 --> 00:44:11,810

costing you you know the life that you

898

00:44:17,530 --> 00:44:14,000

really want to be leading then I think

899

00:44:22,000 --> 00:44:17,540

even 90 days is worth doing some hard

900

00:44:26,190 --> 00:44:22,010

work murder you've seen the film have

901  
00:44:29,500 --> 00:44:26,200  
you ever seen the film waking life no

902  
00:44:34,030 --> 00:44:29,510  
okay I'll just send you a link it is a

903  
00:44:36,880 --> 00:44:34,040  
beautiful thing I think it was 2001 when

904  
00:44:39,520 --> 00:44:36,890  
it came out Richard Linklater that was

905  
00:44:43,810 --> 00:44:39,530  
the director and I just I remember this

906  
00:44:46,890 --> 00:44:43,820  
one scene where basically what this film

907  
00:44:49,960 --> 00:44:46,900  
is it's a it was filmed as a documentary

908  
00:44:53,830 --> 00:44:49,970  
essentially the mixed with the this

909  
00:44:55,090 --> 00:44:53,840  
story of of an actor who is going

910  
00:44:57,400 --> 00:44:55,100  
through this process I won't give it

911  
00:44:59,350 --> 00:44:57,410  
away but so it's a mix between a story

912  
00:45:00,940 --> 00:44:59,360  
and actual documentary it's really

913  
00:45:03,280 --> 00:45:00,950

interesting and then it's animated and

914

00:45:06,490 --> 00:45:03,290

painted over top but there was one

915

00:45:09,520 --> 00:45:06,500

there's this one scene where this

916

00:45:11,440 --> 00:45:09,530

philosopher poses you know you know

917

00:45:12,730 --> 00:45:11,450

what's more powerful you know fear or

918

00:45:15,880 --> 00:45:12,740

laziness or something like that and then

919

00:45:18,640 --> 00:45:15,890

and then it's like well you know which

920

00:45:20,410 --> 00:45:18,650

one came first is it you know are you

921

00:45:23,370 --> 00:45:20,420

just lazy or sphere the cause of

922

00:45:26,050 --> 00:45:23,380

laziness you know from your experience

923

00:45:27,520 --> 00:45:26,060

you know why is it you know sometimes we

924

00:45:28,720 --> 00:45:27,530

just go we come home from work and I

925

00:45:31,780 --> 00:45:28,730

like forget it I'm just gonna turn the

926

00:45:37,120 --> 00:45:31,790

TV on is there is there fear related in

927

00:45:40,780 --> 00:45:37,130

that laziness or you just don't write

928

00:45:43,000 --> 00:45:40,790

well I think laziness comes for Peter

929

00:45:46,150 --> 00:45:43,010

you know just physically feeling awful

930

00:45:49,450 --> 00:45:46,160

which probably comes from a lot of years

931

00:45:52,090 --> 00:45:49,460

of not living the life that motivates

932

00:45:54,610 --> 00:45:52,100

and inspires you I mean have some bad

933

00:45:56,680 --> 00:45:54,620

days but you're always come home feeling

934

00:45:59,530 --> 00:45:56,690

that way turn on the TV as a way to

935

00:46:02,860 --> 00:45:59,540

escape you got to ask yourself why do I

936

00:46:05,860 --> 00:46:02,870

feel so compelled to escape this life so

937

00:46:07,250 --> 00:46:05,870

I think some of that is just the habit

938

00:46:09,920 --> 00:46:07,260

that you've got into

939

00:46:13,550 --> 00:46:09,930

I'm not facing your problem and I think

940

00:46:16,640 --> 00:46:13,560

that comes from Serafino because people

941

00:46:18,920 --> 00:46:16,650

fear to eat even more chains can be so

942

00:46:23,300 --> 00:46:18,930

much better than what they have it's

943

00:46:25,460 --> 00:46:23,310

still a no-no they would rather say you

944

00:46:30,170 --> 00:46:25,470

know with the crap that they are

945

00:46:33,290 --> 00:46:30,180

familiar with then risk possibly you

946

00:46:35,800 --> 00:46:33,300

know failing or worse like they're worse

947

00:46:40,970 --> 00:46:35,810

in the beginning where they get better

948

00:46:44,690 --> 00:46:40,980

so how much is it to just keep on with

949

00:46:51,200 --> 00:46:44,700

the status quo and I'm not dead I'll

950

00:46:53,120 --> 00:46:51,210

okay okay I just many know the next

951  
00:47:05,810 --> 00:46:53,130  
burning wanted to kill yourself because

952  
00:47:08,110 --> 00:47:05,820  
you hate your motivation right so I

953  
00:47:10,250 --> 00:47:08,120  
think it is fair absolutely

954  
00:47:12,560 --> 00:47:10,260  
well you know what about the person who

955  
00:47:14,210 --> 00:47:12,570  
you know hates their job they're

956  
00:47:17,720 --> 00:47:14,220  
miserable then they finally change their

957  
00:47:21,470 --> 00:47:17,730  
job and they feel good again now had

958  
00:47:23,540 --> 00:47:21,480  
they stayed in the job not by choice

959  
00:47:27,950 --> 00:47:23,550  
perhaps that they were miserable and for

960  
00:47:31,820 --> 00:47:27,960  
a longer period of time you know is it

961  
00:47:34,070 --> 00:47:31,830  
possible to find peace of mind if you

962  
00:47:36,710 --> 00:47:34,080  
were stuck in a situation right I mean

963  
00:47:38,420 --> 00:47:36,720

because I I've been through that

964

00:47:40,790 --> 00:47:38,430

experience where like a change comes

965

00:47:42,260 --> 00:47:40,800

near like oh my god I all I need to do

966

00:47:44,480 --> 00:47:42,270

is change this one thing and I feel so

967

00:47:46,610 --> 00:47:44,490

much better than I think should I have

968

00:47:49,160 --> 00:47:46,620

been cooler and let you know Ben's end

969

00:47:55,520 --> 00:47:49,170

you know during that period when I was

970

00:47:57,260 --> 00:47:55,530

unhappy you know you know where we're

971

00:48:00,590 --> 00:47:57,270

trying to achieve like this great

972

00:48:02,660 --> 00:48:00,600

spiritual you know central centered

973

00:48:04,850 --> 00:48:02,670

place in ourselves but then sometimes I

974

00:48:07,960 --> 00:48:04,860

kind of feel like not everyone needs to

975

00:48:10,670 --> 00:48:07,970

be you know a Gotama or something so

976  
00:48:14,660 --> 00:48:10,680  
well yeah I remember reading something

977  
00:48:17,780 --> 00:48:14,670  
that said you're not going to ever be

978  
00:48:19,930 --> 00:48:17,790  
happy with what you want until you can

979  
00:48:25,509 --> 00:48:19,940  
learn to be happy with what you have

980  
00:48:27,910 --> 00:48:25,519  
and I said oh brother you know and I

981  
00:48:30,009 --> 00:48:27,920  
thought that was a good person but

982  
00:48:32,859 --> 00:48:30,019  
here's the thing you know when you still

983  
00:48:34,920 --> 00:48:32,869  
think that the external is responsible

984  
00:48:37,599 --> 00:48:34,930  
for your happiness that's how you think

985  
00:48:39,759 --> 00:48:37,609  
well if I have this boy sign or if I

986  
00:48:42,039 --> 00:48:39,769  
have this relationship or if I have that

987  
00:48:44,019 --> 00:48:42,049  
stuff and then you might be happy just

988  
00:48:47,079 --> 00:48:44,029

because you made a change and you feel

989

00:48:50,289 --> 00:48:47,089

proactive but before long the feeling

990

00:48:52,390 --> 00:48:50,299

miserable again okay yeah I think that

991

00:48:55,089 --> 00:48:52,400

there needs to be something within us

992

00:48:58,630 --> 00:48:55,099

that stays the course and can find

993

00:49:01,420 --> 00:48:58,640

happiness in any situation or make the

994

00:49:05,700 --> 00:49:01,430

best of any situation but still you

995

00:49:08,650 --> 00:49:05,710

could still desire something better and

996

00:49:11,470 --> 00:49:08,660

that has really hurt for me to do I'm

997

00:49:13,359 --> 00:49:11,480

really impatient and I want what I want

998

00:49:16,210 --> 00:49:13,369

I want it now

999

00:49:18,400 --> 00:49:16,220

so but I do remember reading that at

1000

00:49:21,220 --> 00:49:18,410

first thinking it was the safest thing I

1001

00:49:23,980 --> 00:49:21,230

ever read until I thought it until I

1002

00:49:29,650 --> 00:49:23,990

realized I'm miserable

1003

00:49:32,950 --> 00:49:29,660

in job a then I if I'm just changing the

1004

00:49:35,019 --> 00:49:32,960

external I'm gonna take with me all of

1005

00:49:37,059 --> 00:49:35,029

the things that made me miserable in the

1006

00:49:39,519 --> 00:49:37,069

first place I'm gonna go I'm gonna find

1007

00:49:43,960 --> 00:49:39,529

new ones I'm gonna find new things and a

1008

00:49:47,559 --> 00:49:43,970

job be miserable is there some way of

1009

00:49:50,349 --> 00:49:47,569

just learning how to be you know at

1010

00:49:52,569 --> 00:49:50,359

peace and always trying to err on the

1011

00:49:54,640 --> 00:49:52,579

side of happiness no matter what job

1012

00:49:57,599 --> 00:49:54,650

you're in I mean there are people that

1013

00:50:00,400 --> 00:49:57,609

work in slaughterhouses that are happy

1014

00:50:02,950 --> 00:50:00,410

in it and they maybe they have separated

1015

00:50:05,740 --> 00:50:02,960

us up on what they do they're not so

1016

00:50:09,460 --> 00:50:05,750

tied into the identity of what they do

1017

00:50:11,200 --> 00:50:09,470

for a living they can see it as I'm you

1018

00:50:12,970 --> 00:50:11,210

know I go to this job to make a living

1019

00:50:15,299 --> 00:50:12,980

or to make the money pay my bills but

1020

00:50:18,789 --> 00:50:15,309

that's not who I am

1021

00:50:20,769 --> 00:50:18,799

again adapter identity have you ever

1022

00:50:22,900 --> 00:50:20,779

been through an experience where you're

1023

00:50:25,150 --> 00:50:22,910

in a career that the career itself you

1024

00:50:30,430 --> 00:50:25,160

generally don't like but just by

1025

00:50:32,920 --> 00:50:30,440

changing jobs you felt better for a

1026  
00:50:33,700 --> 00:50:32,930  
while because you were grateful for the

1027  
00:50:35,710 --> 00:50:33,710  
change because

1028  
00:50:37,089 --> 00:50:35,720  
this job whatever reason was better but

1029  
00:50:39,400 --> 00:50:37,099  
then eventually it kind of wears off

1030  
00:50:42,640 --> 00:50:39,410  
because the gratitude kind of fades away

1031  
00:50:46,359 --> 00:50:42,650  
and you realize I'm still a career that

1032  
00:50:48,820 --> 00:50:46,369  
I don't like well yeah maybe you moved

1033  
00:50:50,349 --> 00:50:48,830  
up a little bit yes exactly you know

1034  
00:50:52,150 --> 00:50:50,359  
maybe you've gone from doing something

1035  
00:50:54,700 --> 00:50:52,160  
you absolutely hate to something that

1036  
00:50:56,140 --> 00:50:54,710  
you don't like but you can tolerate and

1037  
00:50:59,829 --> 00:50:56,150  
I think that as long as you're moving

1038  
00:51:01,990 --> 00:50:59,839

forward or upward that's good that's

1039

00:51:04,000 --> 00:51:02,000

good you're learning how to accept

1040

00:51:06,339 --> 00:51:04,010

change maybe doing it incrementally

1041

00:51:09,280 --> 00:51:06,349

instead of huge leaps of change that

1042

00:51:12,339 --> 00:51:09,290

would terrify you otherwise and at some

1043

00:51:17,260 --> 00:51:12,349

point you might get into a job that you

1044

00:51:21,220 --> 00:51:17,270

absolutely love I think it was recently

1045

00:51:21,490 --> 00:51:21,230

I heard I think it was president of you

1046

00:51:25,599 --> 00:51:21,500

know

1047

00:51:30,040 --> 00:51:25,609

retired president Obama had said better

1048

00:51:31,630 --> 00:51:30,050

is better and I thought I don't know how

1049

00:51:34,859 --> 00:51:31,640

about that applies to politics exactly

1050

00:51:37,780 --> 00:51:34,869

but applying to making incremental

1051  
00:51:40,420 --> 00:51:37,790  
changes in your life better is better

1052  
00:51:42,670 --> 00:51:40,430  
and I think I think that you know it

1053  
00:51:44,470 --> 00:51:42,680  
implies that as long as you're making an

1054  
00:51:46,440 --> 00:51:44,480  
effort don't discount what you've done

1055  
00:51:50,140 --> 00:51:46,450  
just because you haven't mastered

1056  
00:51:53,440 --> 00:51:50,150  
whatever or perfected you know your end

1057  
00:51:55,150 --> 00:51:53,450  
goal you know be be grateful and be

1058  
00:51:58,599 --> 00:51:55,160  
happy that you you've made a little bit

1059  
00:52:01,329 --> 00:51:58,609  
of a step in in a positive direction I

1060  
00:52:03,160 --> 00:52:01,339  
like that yeah better is better because

1061  
00:52:05,109 --> 00:52:03,170  
you're better off than you were

1062  
00:52:06,190 --> 00:52:05,119  
yesterday and they did tomorrow you'll

1063  
00:52:09,730 --> 00:52:06,200

be a little bit better off and

1064

00:52:14,320 --> 00:52:09,740

eventually you know I always like to say

1065

00:52:17,230 --> 00:52:14,330

to myself one day I'll be done with work

1066

00:52:19,420 --> 00:52:17,240

and struggle we're never gonna be done

1067

00:52:22,510 --> 00:52:19,430

until we're dead as long as we're alive

1068

00:52:25,030 --> 00:52:22,520

there's gonna be things to do and things

1069

00:52:28,480 --> 00:52:25,040

to deal with and issues and problems but

1070

00:52:30,760 --> 00:52:28,490

also you know enjoyable experiences so

1071

00:52:34,630 --> 00:52:30,770

we're never going to be done so at the

1072

00:52:37,690 --> 00:52:34,640

very least can be make each Jim for each

1073

00:52:39,790 --> 00:52:37,700

leap a better one rather than keep going

1074

00:52:41,740 --> 00:52:39,800

backwards and keep repeating those

1075

00:52:45,370 --> 00:52:41,750

default patterns that are making us

1076  
00:52:46,870 --> 00:52:45,380  
miserable and feel stuck stuck doing the

1077  
00:52:47,589 --> 00:52:46,880  
same thing over and over that's the

1078  
00:52:49,900 --> 00:52:47,599  
definition

1079  
00:52:52,509 --> 00:52:49,910  
sanity isn't it you know things same

1080  
00:52:56,739 --> 00:52:52,519  
year over and over and over again and

1081  
00:53:00,599 --> 00:52:56,749  
calling it alone yeah no that makes

1082  
00:53:04,539 --> 00:53:00,609  
sense yeah I mean not accepting reality

1083  
00:53:06,969 --> 00:53:04,549  
you know on its own terms you know and

1084  
00:53:09,549 --> 00:53:06,979  
fighting tooth and nail against it I

1085  
00:53:11,829 --> 00:53:09,559  
wanted to ask you Marie because they

1086  
00:53:17,969 --> 00:53:11,839  
have a chapter specifically about the

1087  
00:53:22,539 --> 00:53:17,979  
language of symbols so for us you know

1088  
00:53:23,920 --> 00:53:22,549

when we're thinking in terms of symbols

1089

00:53:32,079 --> 00:53:23,930

and

1090

00:53:36,269 --> 00:53:32,089

what do we look for in our own life well

1091

00:53:39,309 --> 00:53:36,279

I think the symbols of our lives are

1092

00:53:43,599 --> 00:53:39,319

again the patterns of behavior the ways

1093

00:53:45,249 --> 00:53:43,609

that we identify ourselves the ways that

1094

00:53:48,729 --> 00:53:45,259

we talk about ourselves and the maze

1095

00:53:51,640 --> 00:53:48,739

that other people see us and let's take

1096

00:53:56,699 --> 00:53:51,650

a very powerful and very prevalent

1097

00:53:59,349 --> 00:53:56,709

symbol and that is victim okay everybody

1098

00:54:04,329 --> 00:53:59,359

whether you're talking politics or

1099

00:54:07,870 --> 00:54:04,339

religion or relationships or awesome

1100

00:54:09,999 --> 00:54:07,880

glory you know job situation we don't

1101  
00:54:12,160 --> 00:54:10,009  
know what it means to play the victim we

1102  
00:54:16,289 --> 00:54:12,170  
all know what it means to feel the

1103  
00:54:19,359 --> 00:54:16,299  
victim and if that is a symbol that we

1104  
00:54:21,219 --> 00:54:19,369  
buy as part of our personality and who

1105  
00:54:25,479 --> 00:54:21,229  
we are we're never going to get over

1106  
00:54:30,459 --> 00:54:25,489  
being victimized until the we swapped

1107  
00:54:33,279 --> 00:54:30,469  
out for something more empowering martyr

1108  
00:54:36,099 --> 00:54:33,289  
you know that's another one dictator my

1109  
00:54:38,259 --> 00:54:36,109  
gosh we're seeing this everywhere not

1110  
00:54:40,390 --> 00:54:38,269  
just in politics but people who bully

1111  
00:54:44,529 --> 00:54:40,400  
each other on social networking people

1112  
00:54:46,989 --> 00:54:44,539  
who control each other and who sat

1113  
00:54:51,870 --> 00:54:46,999

seeing each other and you know thank God

1114

00:54:54,489 --> 00:54:51,880

we become a world full of bullies so I

1115

00:54:56,969 --> 00:54:54,499

think that that's how you identify you

1116

00:55:00,309 --> 00:54:56,979

look at the way that you see yourself

1117

00:55:01,420 --> 00:55:00,319

but also how others see you you look at

1118

00:55:03,520 --> 00:55:01,430

also

1119

00:55:06,190 --> 00:55:03,530

that make you angry about someone else

1120

00:55:09,160 --> 00:55:06,200

because it can be reflection of that

1121

00:55:12,520 --> 00:55:09,170

part of you that you never owned up to I

1122

00:55:14,890 --> 00:55:12,530

can be angry at bullies but have I ever

1123

00:55:15,809 --> 00:55:14,900

looked at how I bullied people probably

1124

00:55:18,490 --> 00:55:15,819

not

1125

00:55:21,579 --> 00:55:18,500

so maybe my anger at them is a

1126

00:55:31,510 --> 00:55:21,589

reflection of my inability to own up to

1127

00:55:33,880 --> 00:55:31,520

how I can be a bully I think that we all

1128

00:55:36,510 --> 00:55:33,890

are do that I think we all do that we're

1129

00:55:41,370 --> 00:55:36,520

capable of that I think there are just

1130

00:55:45,839 --> 00:55:41,380

certain blockades that we have developed

1131

00:55:48,450 --> 00:55:45,849

so it you know it's like we're able to

1132

00:55:52,299 --> 00:55:48,460

okay let's say like I'm you disagree on

1133

00:55:58,750 --> 00:55:52,309

on politics with a close family member

1134

00:55:59,859 --> 00:55:58,760

severely and and most people when

1135

00:56:01,569 --> 00:55:59,869

they're in person they might get a

1136

00:56:03,309 --> 00:56:01,579

little worked up Oh God

1137

00:56:05,650 --> 00:56:03,319

you know what they're not gonna be like

1138

00:56:08,950 --> 00:56:05,660

you're a bleep bleep bleep bleep bleep

1139

00:56:10,690 --> 00:56:08,960

bleep and so forth you know the way we

1140

00:56:12,220 --> 00:56:10,700

speak to each other face-to-face is

1141

00:56:16,420 --> 00:56:12,230

often different than what actually

1142

00:56:20,579 --> 00:56:16,430

happens on social media and and on the

1143

00:56:25,380 --> 00:56:20,589

so I have one I think it's cowardice but

1144

00:56:29,109 --> 00:56:25,390

it's like we edit who we respect more

1145

00:56:31,150 --> 00:56:29,119

than others so it's like yeah that might

1146

00:56:35,230 --> 00:56:31,160

be or that might be your mom or your

1147

00:56:37,000 --> 00:56:35,240

brother but why is there opinion you

1148

00:56:38,530 --> 00:56:37,010

know any less valid than someone else's

1149

00:56:40,210 --> 00:56:38,540

so some of us that you don't know with a

1150

00:56:42,730 --> 00:56:40,220

different opinion you're gonna rip to

1151

00:56:46,390 --> 00:56:42,740

shreds but you're willing to listen to

1152

00:56:48,400 --> 00:56:46,400

them and then tolerate them right you

1153

00:56:55,120 --> 00:56:48,410

know so we can very easily

1154

00:56:57,400 --> 00:56:55,130

compartmentalize and I think again also

1155

00:57:00,579 --> 00:56:57,410

though what we do in the situation this

1156

00:57:04,660 --> 00:57:00,589

were makes our identities who we are our

1157

00:57:07,539 --> 00:57:04,670

opinions and they're not our opinions

1158

00:57:10,089 --> 00:57:07,549

our you know things that we believe

1159

00:57:13,960 --> 00:57:10,099

about ourselves and other people in the

1160

00:57:15,690 --> 00:57:13,970

world based on our experiences but they

1161

00:57:18,609 --> 00:57:15,700

may not be

1162

00:57:20,739 --> 00:57:18,619

associated with our authentic rooms that

1163

00:57:23,410 --> 00:57:20,749

was probably as separate from we don't

1164

00:57:25,449 --> 00:57:23,420

even recognize them anymore and I'll

1165

00:57:28,900 --> 00:57:25,459

hear people were voicing their opinions

1166

00:57:31,660 --> 00:57:28,910

and I'll think wow you know your your

1167

00:57:33,309 --> 00:57:31,670

opinion you think is fast you think is

1168

00:57:40,269 --> 00:57:33,319

truth and that's how you're presenting

1169

00:57:42,160 --> 00:57:40,279

it to me but it's not well we're gonna

1170

00:57:43,870 --> 00:57:42,170

take a quick break Murray um and well

1171

00:57:46,539 --> 00:57:43,880

I'll ask you when we get back you know

1172

00:57:49,900 --> 00:57:46,549

about sacred objects and you know what

1173

00:57:52,539 --> 00:57:49,910

things out there can help break down our

1174

00:57:54,009 --> 00:57:52,549

psychological barriers this is Alan B

1175

00:57:55,900 --> 00:57:54,019

Smith for a paranormal now on the

1176  
00:57:57,849 --> 00:57:55,910  
inception radio network my guest is

1177  
00:57:59,920 --> 00:57:57,859  
Murray D Jones the author of the power

1178  
00:58:00,680 --> 00:57:59,930  
of archetypes and we will be your right

1179  
00:58:07,810 --> 00:58:00,690  
back

1180  
00:58:15,089 --> 00:58:12,380  
[Music]

1181  
00:58:17,009 --> 00:58:15,099  
this is paranormal now and taking us out

1182  
00:58:20,370 --> 00:58:17,019  
of the break was don't worry be happy by

1183  
00:58:21,269 --> 00:58:20,380  
Bobby McFerrin are speaking with Marie

1184  
00:58:24,179 --> 00:58:21,279  
de Jones

1185  
00:58:27,989 --> 00:58:24,189  
author of the power of archetypes and I

1186  
00:58:31,229 --> 00:58:27,999  
wanted to ask Marie you know what what

1187  
00:58:35,339 --> 00:58:31,239  
symbols or physical symbols or objects

1188  
00:58:36,829 --> 00:58:35,349

are actually effective and perhaps our

1189

00:58:40,620 --> 00:58:36,839

healing process of breaking down

1190

00:58:43,410 --> 00:58:40,630

psychological walls summary is there is

1191

00:58:45,599 --> 00:58:43,420

there anything out there that that is

1192

00:58:47,849 --> 00:58:45,609

actually effective I mean I know it we

1193

00:58:50,069 --> 00:58:47,859

have symbols that we use and we say we

1194

00:58:52,370 --> 00:58:50,079

believe in these things and so forth

1195

00:58:55,829 --> 00:58:52,380

but from your experience can you say

1196

00:58:58,979 --> 00:58:55,839

that such and such does actually have an

1197

00:59:03,620 --> 00:58:58,989

effect I'm sure I mean I think it all

1198

00:59:07,589 --> 00:59:03,630

influences the mind it can reinforce

1199

00:59:09,900 --> 00:59:07,599

positive feelings or negative but some

1200

00:59:12,299 --> 00:59:09,910

you know symbols really are the language

1201  
00:59:15,419 --> 00:59:12,309  
of the subconscious so they speak to us

1202  
00:59:17,789 --> 00:59:15,429  
and one is that the consciousness will

1203  
00:59:20,039 --> 00:59:17,799  
never understand and will never be able

1204  
00:59:22,859 --> 00:59:20,049  
to really express consciously how they

1205  
00:59:26,249 --> 00:59:22,869  
influence and affect us so if there's

1206  
00:59:29,939 --> 00:59:26,259  
something that is symbolically powerful

1207  
00:59:32,729 --> 00:59:29,949  
to you that represents your desire to

1208  
00:59:35,390 --> 00:59:32,739  
change or who you think that you are or

1209  
00:59:38,880 --> 00:59:35,400  
a dream or a goal that you have

1210  
00:59:42,150 --> 00:59:38,890  
absolutely use them because you can do

1211  
00:59:43,650 --> 00:59:42,160  
all the conscious work of saying I want

1212  
00:59:45,479 --> 00:59:43,660  
to change and here's what I'm going to

1213  
00:59:47,370 --> 00:59:45,489

do and here are my goals and I'm going

1214

00:59:50,539 --> 00:59:47,380

to lose 10 pounds and I'm going to be

1215

00:59:53,579 --> 00:59:50,549

this or that but it's something and

1216

00:59:56,880 --> 00:59:53,589

let's use losing weight as an example

1217

01:00:00,870 --> 00:59:56,890

saying to yourself I'm going to lose 15

1218

01:00:02,819 --> 01:00:00,880

pounds well big deal okay because most

1219

01:00:04,559 --> 01:00:02,829

people just can't do it just by saying

1220

01:00:07,589 --> 01:00:04,569

it to themselves but what if you were to

1221

01:00:11,339 --> 01:00:07,599

go by let's say woman who husband buys

1222

01:00:14,910 --> 01:00:11,349

this beautiful dress yeah she can look

1223

01:00:17,189 --> 01:00:14,920

at as a motivator to inspire her to

1224

01:00:19,890 --> 01:00:17,199

stick to her weight-loss plan because

1225

01:00:21,420 --> 01:00:19,900

she wants to wear that dress to an

1226

01:00:23,430 --> 01:00:21,430

upcoming event

1227

01:00:26,150 --> 01:00:23,440

or you know to go dancing with friends

1228

01:00:29,280 --> 01:00:26,160

or whatever the necklace becomes a

1229

01:00:32,069 --> 01:00:29,290

powerful symbol and a motivator that

1230

01:00:35,670 --> 01:00:32,079

goes right to her subconscious rather

1231

01:00:37,290 --> 01:00:35,680

than the conscious dialogue that you

1232

01:00:39,480 --> 01:00:37,300

might have of well I really should lose

1233

01:00:41,190 --> 01:00:39,490

15 pounds because it'll be healthier my

1234

01:00:46,049 --> 01:00:41,200

blood pressure would be better blah blah

1235

01:00:48,710 --> 01:00:46,059

blah doesn't have the same effect people

1236

01:00:51,720 --> 01:00:48,720

who smoke I never seen this commercial

1237

01:00:54,240 --> 01:00:51,730

with a little boy you know who drew a

1238

01:00:56,579 --> 01:00:54,250

picture of him and his dad his dad was a

1239

01:00:58,710 --> 01:00:56,589

smoker and he had emphysema or something

1240

01:01:00,540 --> 01:00:58,720

yeah you know in the little boy gave the

1241

01:01:02,730 --> 01:01:00,550

picture to the dad and said I want you

1242

01:01:05,460 --> 01:01:02,740

to be around so we can do this one day

1243

01:01:08,040 --> 01:01:05,470

you know I'm crying and that's symbolic

1244

01:01:10,530 --> 01:01:08,050

now we're saying yourself I want to do

1245

01:01:14,930 --> 01:01:10,540

something doesn't have the same impact

1246

01:01:18,299 --> 01:01:14,940

as coming up with an object or an image

1247

01:01:20,460 --> 01:01:18,309

that goes straight to the part of the

1248

01:01:26,099 --> 01:01:20,470

brain that really is responsible for the

1249

01:01:30,660 --> 01:01:26,109

change that you so desire yeah what is

1250

01:01:34,200 --> 01:01:30,670

there anything that is um more universal

1251  
01:01:36,720 --> 01:01:34,210  
as well maybe less subjective you know

1252  
01:01:46,680 --> 01:01:36,730  
things that like the cross or a Buddha

1253  
01:01:50,099 --> 01:01:46,690  
or actually absolutely I think they're

1254  
01:01:52,859 --> 01:01:50,109  
universal symbols that affect and

1255  
01:01:55,049 --> 01:01:52,869  
influence us subconsciously even if we

1256  
01:01:57,930 --> 01:01:55,059  
don't ascribe to that particular belief

1257  
01:02:01,500 --> 01:01:57,940  
system we know what they are they're so

1258  
01:02:04,410 --> 01:02:01,510  
Universal that we know we get it get the

1259  
01:02:09,510 --> 01:02:04,420  
cross we get the Jewish you know the

1260  
01:02:11,700 --> 01:02:09,520  
Star of David we get the flags

1261  
01:02:13,829 --> 01:02:11,710  
what's my slides have such simple

1262  
01:02:15,900 --> 01:02:13,839  
symbolism on them because it gets

1263  
01:02:18,240 --> 01:02:15,910

ingrained in your subconscious the more

1264

01:02:22,829 --> 01:02:18,250

simple assemble is the more memorable it

1265

01:02:26,400 --> 01:02:22,839

is we get the cybernaut cease-fire role

1266

01:02:29,160 --> 01:02:26,410

we get this we get that it it's

1267

01:02:31,410 --> 01:02:29,170

understood on that deep collective

1268

01:02:32,730 --> 01:02:31,420

unconscious level where it doesn't

1269

01:02:35,340 --> 01:02:32,740

matter what part of the world that

1270

01:02:39,930 --> 01:02:35,350

you're in oh I heard some perfect

1271

01:02:43,050 --> 01:02:39,940

sample a lightsaber okay I don't care if

1272

01:02:43,920 --> 01:02:43,060

you're a kid in China or an adult in

1273

01:02:48,510 --> 01:02:43,930

Iceland

1274

01:02:54,140 --> 01:02:48,520

you know what that lightsaber is if it's

1275

01:02:57,330 --> 01:02:54,150

blue and it is it's red it's the back

1276

01:03:01,410 --> 01:02:57,340

that's a perfect example of a universal

1277

01:03:03,960 --> 01:03:01,420

symbol back just looking at it you don't

1278

01:03:09,120 --> 01:03:03,970

need anything else to go with it you get

1279

01:03:12,150 --> 01:03:09,130

it you understand I think you know for

1280

01:03:15,630 --> 01:03:12,160

for the millions of Christians obviously

1281

01:03:19,280 --> 01:03:15,640

it would be the fraud yeah well you know

1282

01:03:24,240 --> 01:03:19,290

for myself I have a couple little

1283

01:03:26,820 --> 01:03:24,250

smiling Buddha statues and right you

1284

01:03:30,210 --> 01:03:26,830

know you know staring at them doesn't

1285

01:03:32,580 --> 01:03:30,220

make me a wonderful person but but it

1286

01:03:34,230 --> 01:03:32,590

does it make you know sometimes I see

1287

01:03:37,970 --> 01:03:34,240

the smiling and I see you know the

1288

01:03:40,230 --> 01:03:37,980

symbolism of him being full and and and

1289

01:03:40,590 --> 01:03:40,240

that it's like sometimes I'm like oh

1290

01:03:42,060 --> 01:03:40,600

yeah

1291

01:03:44,160 --> 01:03:42,070

okay and you just try for that a little

1292

01:03:45,960 --> 01:03:44,170

bit more you know and it's a nice

1293

01:03:49,500 --> 01:03:45,970

friendly reminder and for me it's a

1294

01:03:52,440 --> 01:03:49,510

joyful more joyful reminder you know I

1295

01:03:54,150 --> 01:03:52,450

was raised Catholic and I know a lot of

1296

01:03:55,950 --> 01:03:54,160

people are Christian so it I ask that

1297

01:03:58,830 --> 01:03:55,960

you don't take offense to this because I

1298

01:04:03,780 --> 01:03:58,840

mean them you know but you know seeing a

1299

01:04:05,790 --> 01:04:03,790

man suffering on the cross for all it's

1300

01:04:08,940 --> 01:04:05,800

worth and I understand that I really do

1301

01:04:12,960 --> 01:04:08,950

it as a symbol it doesn't have an

1302

01:04:16,350 --> 01:04:12,970

uplifting effect on me and everybody is

1303

01:04:18,240 --> 01:04:16,360

different so that that's just me I I see

1304

01:04:21,360 --> 01:04:18,250

a symbol you know that I have I keep

1305

01:04:26,750 --> 01:04:21,370

around me that reminds me of something

1306

01:04:31,650 --> 01:04:28,890

symbolize that but that's just not how I

1307

01:04:34,260 --> 01:04:31,660

feel it do you know no exactly and I

1308

01:04:37,920 --> 01:04:34,270

think you have to you have to have an

1309

01:04:40,680 --> 01:04:37,930

affinity with belief for some suppose to

1310

01:04:43,350 --> 01:04:40,690

work for you for you know a perfect

1311

01:04:47,010 --> 01:04:43,360

example of how powerful symbols are is

1312

01:04:49,080 --> 01:04:47,020

in logos and so the apple of you know

1313

01:04:50,760 --> 01:04:49,090

mask computers

1314

01:04:52,440 --> 01:04:50,770

you see that doesn't matter where you

1315

01:04:56,790 --> 01:04:52,450

are in the world if you're familiar with

1316

01:04:58,530 --> 01:04:56,800

computers and no one that means the Nike

1317

01:05:00,840 --> 01:04:58,540

is it just do it

1318

01:05:04,230 --> 01:05:00,850

you know the check mark that's why those

1319

01:05:06,840 --> 01:05:04,240

logos are so it's so important that

1320

01:05:10,470 --> 01:05:06,850

these companies get the logo or the

1321

01:05:13,530 --> 01:05:10,480

symbol just so just perfectly right so

1322

01:05:14,940 --> 01:05:13,540

that it's purple no matter where you are

1323

01:05:17,310 --> 01:05:14,950

in the world and I know what that means

1324

01:05:20,220 --> 01:05:17,320

you're gonna know what the golden arches

1325

01:05:23,520 --> 01:05:20,230

stand for oh that's McDonald I can get a

1326

01:05:26,790 --> 01:05:23,530

burger I think we did that personally

1327

01:05:30,530 --> 01:05:26,800

with certain things little you know

1328

01:05:33,960 --> 01:05:30,540

knickknacks or or symbols or images or

1329

01:05:39,660 --> 01:05:33,970

whatever I mean it can be a painting it

1330

01:05:42,000 --> 01:05:39,670

can be a candle or anything that kind of

1331

01:05:45,420 --> 01:05:42,010

cuts through the conscious chatter and

1332

01:05:47,610 --> 01:05:45,430

affects you subconsciously and makes you

1333

01:05:51,150 --> 01:05:47,620

feel empowered it makes you feel good I

1334

01:05:53,880 --> 01:05:51,160

mean r- some too so there are personal

1335

01:05:56,160 --> 01:05:53,890

symbols Universal symbols sometimes

1336

01:06:00,570 --> 01:05:56,170

they're the same and sometimes they're

1337

01:06:03,090 --> 01:06:00,580

not you know and why is that when we sit

1338

01:06:05,910 --> 01:06:03,100

in front of a fire or you know have the

1339

01:06:08,400 --> 01:06:05,920

candle going in the dark what why does

1340

01:06:12,720 --> 01:06:08,410

it have such a universal effect on

1341

01:06:17,160 --> 01:06:12,730

nonhumans it's light it kind of takes us

1342

01:06:21,000 --> 01:06:17,170

back to primitive human when fire really

1343

01:06:25,440 --> 01:06:21,010

you know kind of saved us he kept us

1344

01:06:28,230 --> 01:06:25,450

alive and allowed us to thrive and you

1345

01:06:30,600 --> 01:06:28,240

know candle in the dark it's the symbol

1346

01:06:34,560 --> 01:06:30,610

of life breaking through the darkness

1347

01:06:38,310 --> 01:06:34,570

and illuminating the shadows and so we

1348

01:06:41,010 --> 01:06:38,320

might just think it's pretty I mean I

1349

01:06:42,810 --> 01:06:41,020

was a kid I grew up in New York and it

1350

01:06:45,390 --> 01:06:42,820

would snow and then people would put

1351

01:06:49,200 --> 01:06:45,400

their Christmas lights up and the Jeff

1352

01:06:51,660 --> 01:06:49,210

scene of the function like in snow would

1353

01:06:54,060 --> 01:06:51,670

I would just be dad and it was like a

1354

01:06:55,470 --> 01:06:54,070

religious experience listen to be

1355

01:06:58,290 --> 01:06:55,480

attentive method

1356

01:07:01,890 --> 01:06:58,300

yeah the reflection of this light in

1357

01:07:02,670 --> 01:07:01,900

this magical time and we thrust upon

1358

01:07:06,360 --> 01:07:02,680

this way

1359

01:07:09,450 --> 01:07:06,370

love this but don't feed this part of

1360

01:07:14,220 --> 01:07:09,460

ourselves meth because we're very

1361

01:07:16,200 --> 01:07:14,230

distracted by television TV and news and

1362

01:07:20,100 --> 01:07:16,210

social networking of the work we have to

1363

01:07:22,290 --> 01:07:20,110

do that we don't often slow down long

1364

01:07:24,150 --> 01:07:22,300

enough to smell that beautiful rose I

1365

01:07:26,900 --> 01:07:24,160

mean that's a great you know stop it's

1366

01:07:29,670 --> 01:07:26,910

not Elizabeth house in longest that

1367

01:07:32,760 --> 01:07:29,680

you're missing the finer points of life

1368

01:07:34,500 --> 01:07:32,770

that could actually be making you happy

1369

01:07:36,300 --> 01:07:34,510

and smile throughout the day because

1370

01:07:39,540 --> 01:07:36,310

you're so busy busy busy

1371

01:07:44,430 --> 01:07:39,550

so the symbols remind us to get grounded

1372

01:07:45,840 --> 01:07:44,440

in m8s but we really are sometimes well

1373

01:07:51,480 --> 01:07:45,850

the minute certainly explains the

1374

01:07:53,190 --> 01:07:51,490

attraction to having lights and most of

1375

01:08:07,040 --> 01:07:53,200

us you know we we get hooked by the

1376

01:08:12,720 --> 01:08:10,020

yes for a lot for love but I think a lot

1377

01:08:15,210 --> 01:08:12,730

of them they like to do it and some

1378

01:08:18,800 --> 01:08:15,220

actually get compared doing it and I

1379

01:08:21,810 --> 01:08:18,810

think that maybe what we're missing is

1380

01:08:26,100 --> 01:08:21,820

the intellectualizing or conceptualizing

1381

01:08:30,000 --> 01:08:26,110

of why we like it like you said because

1382

01:08:34,250 --> 01:08:30,010

I think we were attracted to it we have

1383

01:08:36,060 --> 01:08:34,260

a like a you know a visceral experience

1384

01:08:38,310 --> 01:08:36,070

yeah

1385

01:08:40,290 --> 01:08:38,320

but we don't understand why that is so I

1386

01:08:42,930 --> 01:08:40,300

mean you know you can have very angry

1387

01:08:45,210 --> 01:08:42,940

people putting up Christmas lights and

1388

01:08:46,920 --> 01:08:45,220

because there's a part of the peels to a

1389

01:08:49,410 --> 01:08:46,930

part of themselves with it but they're

1390

01:08:55,250 --> 01:08:49,420

not really recognizing that that's or

1391

01:09:00,890 --> 01:08:55,260

they're denying and I think we for all

1392

01:09:04,680 --> 01:09:00,900

didn't being which goes outside and

1393

01:09:08,180 --> 01:09:04,690

never look up at the sky full of stars

1394

01:09:10,890 --> 01:09:08,190

you know we're so tunnel vision with

1395

01:09:13,350 --> 01:09:10,900

distractions and I think people putting

1396

01:09:14,520 --> 01:09:13,360

up Christmas lights angry are totally

1397

01:09:16,499 --> 01:09:14,530

missing the point

1398

01:09:19,049 --> 01:09:16,509

that mad still all

1399

01:09:21,569 --> 01:09:19,059

they sell as a kid the first time they

1400

01:09:24,269 --> 01:09:21,579

saw the house lit up or drove around the

1401

01:09:27,059 --> 01:09:24,279

neighborhood and we don't have room for

1402

01:09:28,620 --> 01:09:27,069

off anymore because now we're grownups

1403

01:09:32,370 --> 01:09:28,630

and we have more important things to

1404

01:09:36,299 --> 01:09:32,380

focus on but we can talk about

1405

01:09:39,089 --> 01:09:36,309

archetypes week cutoff the child the

1406

01:09:41,549 --> 01:09:39,099

innocent you know that the magical

1407

01:09:44,819 --> 01:09:41,559

aspects of ourselves that made life so

1408

01:09:46,709 --> 01:09:44,829

fun and exciting as a kid sure we have

1409

01:09:48,629 --> 01:09:46,719

to grow up but there's no reason why we

1410

01:09:52,019 --> 01:09:48,639

can't see and feel that magic anymore

1411

01:09:59,560 --> 01:09:52,029

the world has not changed you know we

1412

01:10:08,830 --> 01:10:05,709

Oh Maria yeah I lost you there for a

1413

01:10:10,330 --> 01:10:08,840

moment can you can you just go back why

1414

01:10:14,319 --> 01:10:10,340

I was just saying you know when we grow

1415

01:10:16,839 --> 01:10:14,329

up we have a tendency to not stop when

1416

01:10:19,979 --> 01:10:16,849

I'm asked to to be awed by anything

1417

01:10:22,629 --> 01:10:19,989

we're so focused on the trivial

1418

01:10:25,569 --> 01:10:22,639

trivialities of life and how distracted

1419

01:10:27,819 --> 01:10:25,579

we are but the thing is is that those

1420

01:10:29,770 --> 01:10:27,829

are inspiring things are still there

1421

01:10:33,609 --> 01:10:29,780

we're the ones that are change the world

1422

01:10:37,510 --> 01:10:33,619

is so nature is still absolutely amazing

1423

01:10:39,879 --> 01:10:37,520

and mind-blowing but we have stopped

1424

01:10:42,089 --> 01:10:39,889

going out solid we stopped looking at

1425

01:10:44,740 --> 01:10:42,099

the sky we stopped looking at the stars

1426

01:10:47,859 --> 01:10:44,750

going to the beach and just gazing out

1427

01:10:49,629 --> 01:10:47,869

at the ocean some people do but most of

1428

01:10:52,629 --> 01:10:49,639

us think come on I have important things

1429

01:10:53,770 --> 01:10:52,639

did you nail well I grew up near the

1430

01:10:56,020 --> 01:10:53,780

shore and that is one thing I definitely

1431

01:10:58,419 --> 01:10:56,030

miss doing is no matter what kind of day

1432

01:10:59,979 --> 01:10:58,429

you had you can just go to the beach at

1433

01:11:02,260 --> 01:10:59,989

nighttime or at the end of the day and

1434

01:11:03,790 --> 01:11:02,270

just just be there by yourself for a

1435

01:11:08,770 --> 01:11:03,800

little bit and get the sound of the

1436

01:11:10,180 --> 01:11:08,780

ocean the breeze the stars you know even

1437

01:11:17,819 --> 01:11:10,190

if you're not a meditator that was a

1438

01:11:24,760 --> 01:11:21,819

remind you how big the universe was and

1439

01:11:26,919 --> 01:11:24,770

how small your problems were you know

1440

01:11:33,910 --> 01:11:26,929

you look at the mighty sky or the ocean

1441

01:11:38,979 --> 01:11:33,920

I think really well I mean that and that

1442

01:11:41,370 --> 01:11:38,989

brings one to a place of humility and

1443

01:11:45,520 --> 01:11:41,380

gratitude and I think those two things

1444

01:11:49,000 --> 01:11:45,530

when you when you feel them deeply in

1445

01:11:52,780 --> 01:11:49,010

your heart it has quite the profound

1446

01:11:59,290 --> 01:11:52,790

effect on how you see the world and how

1447

01:12:02,050 --> 01:11:59,300

you see it and I think what we're seeing

1448

01:12:04,930 --> 01:12:02,060

a lot of nowadays is that there's a

1449

01:12:08,140 --> 01:12:04,940

divide between the people that are

1450

01:12:09,930 --> 01:12:08,150

capable and being grateful and people

1451

01:12:11,979 --> 01:12:09,940

that are so miserable they're just

1452

01:12:13,180 --> 01:12:11,989

complaining about anything and

1453

01:12:16,360 --> 01:12:13,190

everything

1454

01:12:18,760 --> 01:12:16,370

and not see all that there is to be

1455

01:12:22,420 --> 01:12:18,770

grateful for it I see that divide

1456

01:12:24,760 --> 01:12:22,430

growing and sometimes you know you have

1457

01:12:27,790 --> 01:12:24,770

to you have to really make effort to

1458

01:12:30,040 --> 01:12:27,800

step away from the negative side and say

1459

01:12:33,520 --> 01:12:30,050

okay you know what my life is pretty

1460

01:12:36,100 --> 01:12:33,530

good I why I do have a lot of stuff to

1461

01:12:37,750 --> 01:12:36,110

be great before and I think it's

1462

01:12:41,950 --> 01:12:37,760

becoming harder and harder for a lot of

1463

01:12:45,130 --> 01:12:41,960

people to break away from this loud you

1464

01:12:46,630 --> 01:12:45,140

know the rest of the world that is sort

1465

01:12:48,900 --> 01:12:46,640

of screaming and yelling at each other

1466

01:12:51,570 --> 01:12:48,910

and pointing the finger of blame and

1467

01:12:54,580 --> 01:12:51,580

complaining and whining and moaning and

1468

01:12:57,760 --> 01:12:54,590

sort of jump out of that and just look

1469

01:12:59,650 --> 01:12:57,770

around and go you know wow I have a

1470

01:13:01,690 --> 01:12:59,660

whole different perspective now to look

1471

01:13:03,880 --> 01:13:01,700

at the world from and it's it's

1472

01:13:09,310 --> 01:13:03,890

different and then I think the world

1473

01:13:11,500 --> 01:13:09,320

starts to reflect that as I mentioned

1474

01:13:14,260 --> 01:13:11,510

earlier you know I had you know changed

1475

01:13:16,990 --> 01:13:14,270

careers at one point and I was going

1476

01:13:18,970 --> 01:13:17,000

through that period and you know for

1477

01:13:23,770 --> 01:13:18,980

time I was I felt like oh god I'm so

1478

01:13:26,770 --> 01:13:23,780

stuck in this this crap and then I went

1479

01:13:29,410 --> 01:13:26,780

there period of mmm I'm gonna get out of

1480

01:13:30,730 --> 01:13:29,420

this I'm just gonna get out of this I

1481

01:13:32,680 --> 01:13:30,740

don't know how I'm gonna get out of it

1482

01:13:35,320 --> 01:13:32,690

and I just kept thinking that and I told

1483

01:13:36,880 --> 01:13:35,330

people I spoke it out loud you know I

1484

01:13:38,620 --> 01:13:36,890

said it's a friends I said it the family

1485

01:13:40,330 --> 01:13:38,630

I said it's a co-workers I'm gonna get

1486

01:13:42,040 --> 01:13:40,340

out of this you know and I started

1487

01:13:46,000 --> 01:13:42,050

looking for jobs and different things

1488

01:13:48,060 --> 01:13:46,010

and then literally out of the blue just

1489

01:13:49,960 --> 01:13:48,070

this this opportunity fell into my lap

1490

01:13:52,960 --> 01:13:49,970

you know and there was something

1491

01:13:54,670 --> 01:13:52,970

completely unrelated you know because in

1492

01:13:57,790 --> 01:13:54,680

my mind I I really I was at a point

1493

01:13:59,500 --> 01:13:57,800

where I don't care what I do exactly you

1494

01:14:02,720 --> 01:13:59,510

know I have some ideas yeah I just got

1495

01:14:07,050 --> 01:14:02,730

to get out of this so I'm just going to

1496

01:14:14,140 --> 01:14:11,250

think I hit my my employment bottom and

1497

01:14:15,700 --> 01:14:14,150

you know it this radical change occurred

1498

01:14:16,240 --> 01:14:15,710

and it wasn't anything that I had

1499

01:14:19,000 --> 01:14:16,250

expected

1500

01:14:21,250 --> 01:14:19,010

and the only thing I could it's you know

1501  
01:14:22,750 --> 01:14:21,260  
kind of gives me you know goose bumps

1502  
01:14:24,820 --> 01:14:22,760  
because it couldn't the only thing I can

1503  
01:14:26,240 --> 01:14:24,830  
attribute it to is this change of

1504  
01:14:28,800 --> 01:14:26,250  
mindset

1505  
01:14:30,930 --> 01:14:28,810  
that caused this to happen because

1506  
01:14:33,540 --> 01:14:30,940  
because it was after I had changed my

1507  
01:14:37,500 --> 01:14:33,550  
mindset that this sort of you know magic

1508  
01:14:39,899 --> 01:14:37,510  
and intervention occurred so whether

1509  
01:14:42,180 --> 01:14:39,909  
that you know was a law of attraction

1510  
01:14:44,970 --> 01:14:42,190  
sort of an event I don't know but that's

1511  
01:14:46,680 --> 01:14:44,980  
that's what it felt like I've had that

1512  
01:14:54,860 --> 01:14:46,690  
happen to me and I think that is the

1513  
01:14:58,260 --> 01:14:54,870

secret that is the ultimate the thoughts

1514

01:15:00,390 --> 01:14:58,270

he started safe reaction because the

1515

01:15:03,149 --> 01:15:00,400

more of those thoughts you're thinking

1516

01:15:13,260 --> 01:15:03,159

the more your subconscious really begin

1517

01:15:17,939 --> 01:15:13,270

to change the brief so anytime I think

1518

01:15:20,430 --> 01:15:17,949

that we admit to ourselves I want to

1519

01:15:23,370 --> 01:15:20,440

change that opens the door a little and

1520

01:15:27,380 --> 01:15:23,380

then from there you know just being

1521

01:15:31,169 --> 01:15:27,390

around you and like you said sometimes

1522

01:15:34,169 --> 01:15:31,179

nobody expected that seems to happen a

1523

01:15:38,669 --> 01:15:34,179

lot so makes me wonder if often we are

1524

01:15:40,979 --> 01:15:38,679

so stuck on the change that we think we

1525

01:15:44,250 --> 01:15:40,989

want coming in particular it has to be

1526

01:15:47,520 --> 01:15:44,260

this way it has to be that job has to

1527

01:15:49,890 --> 01:15:47,530

make that person that even and hurting

1528

01:15:52,110 --> 01:15:49,900

us and we're close their self talk to

1529

01:15:54,439 --> 01:15:52,120

all these other possibilities for

1530

01:15:58,070 --> 01:15:54,449

something that might even be better

1531

01:16:01,669 --> 01:15:58,080

Doug we think we know what's best for us

1532

01:16:04,110 --> 01:16:01,679

but we don't have the bigger perspective

1533

01:16:12,870 --> 01:16:04,120

we don't know everything that's out

1534

01:16:15,240 --> 01:16:12,880

there so let's out there and they've had

1535

01:16:20,189 --> 01:16:15,250

that opportunity I think to speak and

1536

01:16:23,760 --> 01:16:20,199

show up right so it's I guess what I

1537

01:16:27,600 --> 01:16:23,770

take away from that is to not be so

1538

01:16:31,380 --> 01:16:27,610

hyper selective you know the law of

1539

01:16:35,459 --> 01:16:31,390

attraction or you know intention

1540

01:16:38,820 --> 01:16:35,469

whatever it may be you know the universe

1541

01:16:39,610 --> 01:16:38,830

is extraordinarily complex and there's a

1542

01:16:41,110 --> 01:16:39,620

lot of people

1543

01:16:46,030 --> 01:16:41,120

there with a lot of different desires

1544

01:16:48,520 --> 01:16:46,040

and Will's so my takeaway is I can't

1545

01:16:52,030 --> 01:16:48,530

just say I won this specific position at

1546

01:16:53,770 --> 01:16:52,040

this specific job or I need a specific

1547

01:16:55,750 --> 01:16:53,780

amount of money for this specific thing

1548

01:16:57,400 --> 01:16:55,760

it's like I'm I'm beating my head

1549

01:16:59,740 --> 01:16:57,410

against the wall it's not it's just

1550

01:17:02,770 --> 01:16:59,750

thinking like that does not allow the

1551

01:17:05,380 --> 01:17:02,780

flow of the universe to work in your

1552

01:17:08,080 --> 01:17:05,390

favor of something better because what

1553

01:17:10,870 --> 01:17:08,090

if you said I did that job that job and

1554

01:17:12,640 --> 01:17:10,880

then you've got it and you know somebody

1555

01:17:16,840 --> 01:17:12,650

at that job ended up stopping you and

1556

01:17:19,270 --> 01:17:16,850

murdering you silly but we don't know

1557

01:17:21,670 --> 01:17:19,280

you know I want that person but that

1558

01:17:25,120 --> 01:17:21,680

person could be the world for you maybe

1559

01:17:25,870 --> 01:17:25,130

this person over here you know is the

1560

01:17:28,530 --> 01:17:25,880

love of your life

1561

01:17:32,770 --> 01:17:28,540

we're so limited and what we think

1562

01:17:34,930 --> 01:17:32,780

things should look like and so even when

1563

01:17:36,340 --> 01:17:34,940

when you were using you know

1564

01:17:39,340 --> 01:17:36,350

affirmations are a law of attraction

1565

01:17:41,950 --> 01:17:39,350

we're submitting ourselves by saying I

1566

01:17:45,310 --> 01:17:41,960

need I'm going to make hundred thousand

1567

01:17:47,230 --> 01:17:45,320

dollars as a writer well what if the

1568

01:17:50,530 --> 01:17:47,240

universe is gonna give me a million

1569

01:17:54,340 --> 01:17:50,540

dollars you know it's another wonderful

1570

01:17:58,720 --> 01:17:54,350

way what am I going to say know the kind

1571

01:18:02,200 --> 01:17:58,730

of knowing what you want but not exist

1572

01:18:04,420 --> 01:18:02,210

is perfect that you limit the

1573

01:18:06,670 --> 01:18:04,430

possibility of it having happening in

1574

01:18:09,430 --> 01:18:06,680

another way that you had thought of that

1575

01:18:11,620 --> 01:18:09,440

was hard for me to and I still have to

1576

01:18:13,990 --> 01:18:11,630

correct myself you know when I said

1577

01:18:18,430 --> 01:18:14,000

attentions and bowls which I'm always

1578

01:18:21,610 --> 01:18:18,440

doing okay so specific morning that's

1579

01:18:23,170 --> 01:18:21,620

not a typical day I have to have this

1580

01:18:25,150 --> 01:18:23,180

particular book deal with this

1581

01:18:27,850 --> 01:18:25,160

particular publisher well what if they

1582

01:18:30,910 --> 01:18:27,860

end up being miserable to work with you

1583

01:18:34,810 --> 01:18:30,920

know how about reframing or rephrasing

1584

01:18:37,300 --> 01:18:34,820

that goal is something that kind of

1585

01:18:40,360 --> 01:18:37,310

opens the door for some better things to

1586

01:18:44,190 --> 01:18:40,370

pop up and like you said they do they

1587

01:18:48,020 --> 01:18:46,210

can you bring the microphone just a

1588

01:18:50,510 --> 01:18:48,030

little bit closer

1589

01:18:54,650 --> 01:18:50,520

sure how's that yes that's better okay

1590

01:18:56,870 --> 01:18:54,660

great okay so you know the of all the

1591

01:19:02,300 --> 01:18:56,880

great you know mythological stories out

1592

01:19:05,270 --> 01:19:02,310

there and I think they do actually have

1593

01:19:08,390 --> 01:19:05,280

an effect on how you see the world and

1594

01:19:09,950 --> 01:19:08,400

how you see yourself but I love all of

1595

01:19:12,740 --> 01:19:09,960

them the great stories out there what

1596

01:19:14,450 --> 01:19:12,750

are some of your favorite stories that I

1597

01:19:18,110 --> 01:19:14,460

don't know maybe inspirational is not

1598

01:19:21,020 --> 01:19:18,120

the best word but the help effect to

1599

01:19:24,260 --> 01:19:21,030

change if not in others but maybe has

1600

01:19:27,680 --> 01:19:24,270

affected to you personally well I

1601

01:19:30,530 --> 01:19:27,690

I love the the Joseph Campbell's motif

1602

01:19:32,570 --> 01:19:30,540

of the hero's journey which takes

1603

01:19:35,390 --> 01:19:32,580

everybody's heard of and it's just

1604

01:19:38,540 --> 01:19:35,400

symbolic of kind of what we go through

1605

01:19:42,650 --> 01:19:38,550

in life we start out and see innocent

1606

01:19:44,450 --> 01:19:42,660

initia is then called to action to go on

1607

01:19:46,970 --> 01:19:44,460

some journey of you know that's going to

1608

01:19:48,560 --> 01:19:46,980

lead to our becoming a hero in our own

1609

01:19:51,200 --> 01:19:48,570

lives so maybe going through a great

1610

01:19:56,270 --> 01:19:51,210

transformation we all go through this

1611

01:19:58,700 --> 01:19:56,280

and we go through the the dark abyss and

1612

01:20:00,710 --> 01:19:58,710

we think that we're failures and then we

1613

01:20:02,330 --> 01:20:00,720

finally succeed and we go home and we're

1614

01:20:04,940 --> 01:20:02,340

heroes okay that's the hero's journey

1615

01:20:08,210 --> 01:20:04,950

basically in a nutshell so I love

1616

01:20:09,550 --> 01:20:08,220

stories that takes that blue cheese and

1617

01:20:14,000 --> 01:20:09,560

tell it differently

1618

01:20:16,070 --> 01:20:14,010

of course one Davis's Star Wars the

1619

01:20:18,740 --> 01:20:16,080

original New Hope the first one that

1620

01:20:21,770 --> 01:20:18,750

came out because Luke Skywalker took

1621

01:20:24,490 --> 01:20:21,780

that hero's journey in such a visible

1622

01:20:28,070 --> 01:20:24,500

viable way that y'all got it we all

1623

01:20:30,590 --> 01:20:28,080

totally related to him you know starting

1624

01:20:33,080 --> 01:20:30,600

off with tragedy but thanks you me

1625

01:20:35,150 --> 01:20:33,090

served as the impetus for for him to cut

1626

01:20:38,750 --> 01:20:35,160

a break out of his sinister little shell

1627

01:20:40,970 --> 01:20:38,760

and go forward and be a Jedi and there

1628

01:20:43,130 --> 01:20:40,980

are a million stories like that and I

1629

01:20:47,750 --> 01:20:43,140

think when you watch TV when you read

1630

01:20:50,660 --> 01:20:47,760

novels way being watch a great movie you

1631

01:20:54,500 --> 01:20:50,670

like that journey whether it's a Western

1632

01:20:58,070 --> 01:20:54,510

or a sci-fi or romantic comedy and those

1633

01:20:58,760 --> 01:20:58,080

tend to be the things that we enjoy the

1634

01:21:00,550 --> 01:20:58,770

most

1635

01:21:02,150 --> 01:21:00,560

I mean it can even be you know

1636

01:21:08,330 --> 01:21:02,160

Cinderella

1637

01:21:12,860 --> 01:21:08,340

whatever Oh a stern ajahn - and I love

1638

01:21:16,840 --> 01:21:12,870

and and I have always understood how

1639

01:21:19,550 --> 01:21:16,850

important story is to humanity to the

1640

01:21:21,880 --> 01:21:19,560

evolution of humanity to the healing of

1641

01:21:27,350 --> 01:21:21,890

humanity to the growth of humanity

1642

01:21:31,100 --> 01:21:27,360

without only the story is symbolic story

1643

01:21:34,010 --> 01:21:31,110

feeds the subconscious and it satisfies

1644

01:21:36,560 --> 01:21:34,020

the subconscious because its story is

1645

01:21:38,390 --> 01:21:36,570

filled with symbols when we take that

1646

01:21:41,810 --> 01:21:38,400

away and we just like this want

1647

01:21:44,600 --> 01:21:41,820

technology or you know things that also

1648

01:21:47,480 --> 01:21:44,610

is external and that don't really appeal

1649

01:21:50,120 --> 01:21:47,490

any any bit below our conscious

1650

01:21:51,650 --> 01:21:50,130

awareness I think we suffer for it we

1651

01:21:56,570 --> 01:21:51,660

suffer for it individually and

1652

01:21:58,610 --> 01:21:56,580

collectively so gosh you know when I was

1653

01:22:01,070 --> 01:21:58,620

a kid I loved Carl Sandburg in a book

1654

01:22:05,540 --> 01:22:01,080

called rutabaga till it was still with

1655

01:22:08,830 --> 01:22:05,550

this magical magical stories so full of

1656

01:22:11,060 --> 01:22:08,840

symbols and a lot of it was very

1657

01:22:11,900 --> 01:22:11,070

associated with the Midwest which is

1658

01:22:14,240 --> 01:22:11,910

where he grew up

1659

01:22:16,310 --> 01:22:14,250

but but it was just you know that book

1660

01:22:19,070 --> 01:22:16,320

has stayed with me all my life why

1661

01:22:23,780 --> 01:22:19,080

because of the symbolic imagery the

1662

01:22:25,400 --> 01:22:23,790

story this so affects me I couldn't tell

1663

01:22:28,190 --> 01:22:25,410

you what half of them more about that I

1664

01:22:30,890 --> 01:22:28,200

remember the symbolism I think the Bible

1665

01:22:31,430 --> 01:22:30,900

I am NOT a Christian but I've read the

1666

01:22:33,500 --> 01:22:31,440

Bible

1667

01:22:36,230 --> 01:22:33,510

a million times that I've written about

1668

01:22:38,690 --> 01:22:36,240

it and it is filled with imagery that

1669

01:22:42,260 --> 01:22:38,700

stays where you get thanks to this

1670

01:22:45,350 --> 01:22:42,270

composite unfortunately many of the

1671

01:22:48,080 --> 01:22:45,360

people who follow this tradition take

1672

01:22:50,660 --> 01:22:48,090

too literally and that can go for any

1673

01:22:53,660 --> 01:22:50,670

religious writing or text they're filled

1674

01:22:56,900 --> 01:22:53,670

with symbols because of the peanut rows

1675

01:23:00,680 --> 01:22:56,910

of them whoever they were understood

1676

01:23:04,490 --> 01:23:00,690

that mr. Minister conscious responds

1677

01:23:06,710 --> 01:23:04,500

more to parable to allegory to you know

1678

01:23:09,740 --> 01:23:06,720

symbolic storytelling than it does to

1679

01:23:18,370 --> 01:23:09,750

fact statistics numbers and and you know

1680

01:23:23,210 --> 01:23:20,630

which I thought it was going to hate and

1681

01:23:26,630 --> 01:23:23,220

I ended up absolutely loving it because

1682

01:23:30,910 --> 01:23:26,640

of the archetypal Game of Thrones okay

1683

01:23:35,000 --> 01:23:30,920

the TV series yeah and and I love

1684

01:23:37,220 --> 01:23:35,010

television series that have characters

1685

01:23:39,260 --> 01:23:37,230

that are set archetypal that you will

1686

01:23:41,630 --> 01:23:39,270

visit with them week after week after

1687

01:23:44,740 --> 01:23:41,640

week year after year you know whether

1688

01:23:48,860 --> 01:23:44,750

you're a fan of The Walking Dead or

1689

01:23:50,720 --> 01:23:48,870

scuse me a sitcom you know there are a

1690

01:23:53,180 --> 01:23:50,730

lot of sitcoms that I love because the

1691

01:23:58,760 --> 01:23:53,190

characters represent something I can

1692

01:24:00,950 --> 01:23:58,770

relate to only reversal level right like

1693

01:24:03,110 --> 01:24:00,960

being a you know queen of the Dragons

1694

01:24:12,490 --> 01:24:03,120

something I can relate to that anything

1695

01:24:15,980 --> 01:24:12,500

or you know a mom struggling yeah baby

1696

01:24:18,920 --> 01:24:15,990

dragons drugs I'm thinking well I can

1697

01:24:22,870 --> 01:24:18,930

relate to to Danny and on some levels

1698

01:24:27,620 --> 01:24:25,910

it really we latch on to these

1699

01:24:29,960 --> 01:24:27,630

characters even the ones that we hate

1700

01:24:32,600 --> 01:24:29,970

the villains and the anti girls and the

1701  
01:24:35,450 --> 01:24:32,610  
bad guys because we know that there's a

1702  
01:24:37,040 --> 01:24:35,460  
part of us that gets that and they're

1703  
01:24:39,590 --> 01:24:37,050  
that you know it speaks to the shadow

1704  
01:24:41,570 --> 01:24:39,600  
side of us and we understand it and we

1705  
01:24:43,970 --> 01:24:41,580  
know that the hero can't really shine

1706  
01:24:51,230 --> 01:24:43,980  
unless the villain is really challenging

1707  
01:24:52,970 --> 01:24:51,240  
the hero I was just gonna say I think

1708  
01:24:58,550 --> 01:24:52,980  
Tyrion Lannister's is one of the most

1709  
01:25:01,070 --> 01:24:58,560  
universal characters on there I am left

1710  
01:25:06,440 --> 01:25:01,080  
off in season three so I'm Way behind

1711  
01:25:10,220 --> 01:25:06,450  
everybody but but he he seems to be set

1712  
01:25:13,460 --> 01:25:10,230  
up as a character that you know tries to

1713  
01:25:17,030 --> 01:25:13,470

be morally ambiguous but it fails at it

1714

01:25:20,630 --> 01:25:17,040

and and ya know as it has a good heart

1715

01:25:23,840 --> 01:25:20,640

in the end and I think I think ya can

1716

01:25:26,030 --> 01:25:23,850

relate to this character well it's funny

1717

01:25:27,950 --> 01:25:26,040

when I first started marching my sons

1718

01:25:29,900 --> 01:25:27,960

and these every character and I said

1719

01:25:30,140 --> 01:25:29,910

well Jon Snow I mean these gorgeous come

1720

01:25:33,590 --> 01:25:30,150

on

1721

01:25:36,290 --> 01:25:33,600

but you know that over time I said oh my

1722

01:25:40,070 --> 01:25:36,300

god I love Terry and I love him I love

1723

01:25:42,680 --> 01:25:40,080

it and and you know as this Joe a boss

1724

01:25:44,210 --> 01:25:42,690

and I won't spoil it for you watching

1725

01:25:46,730 --> 01:25:44,220

these characters in Bello

1726

01:25:50,180 --> 01:25:46,740

a lot of times you feel like oh my god

1727

01:25:52,370 --> 01:25:50,190

that's my journey how they deal with

1728

01:25:55,340 --> 01:25:52,380

their parents and the dynamics they have

1729

01:25:57,440 --> 01:25:55,350

with siblings and you know being being

1730

01:25:59,120 --> 01:25:57,450

betrayed by sons and romantic

1731

01:26:00,650 --> 01:25:59,130

relationships and blah blah blah

1732

01:26:04,570 --> 01:26:00,660

thank you know where I take out the

1733

01:26:08,360 --> 01:26:04,580

swords and the nightwalkers and and

1734

01:26:10,880 --> 01:26:08,370

happens in modern times and it is still

1735

01:26:13,610 --> 01:26:10,890

just as relatable to politics the

1736

01:26:15,980 --> 01:26:13,620

religion the power the breed the

1737

01:26:20,300 --> 01:26:15,990

betrayal the love the sex you name it

1738

01:26:21,620 --> 01:26:20,310

it's it's universally understood ok well

1739

01:26:23,300 --> 01:26:21,630

let's hold it right there we've come up

1740

01:26:25,490 --> 01:26:23,310

to the third and final break this is

1741

01:26:27,380 --> 01:26:25,500

Alan B Smith for paranormal now on the

1742

01:26:29,300 --> 01:26:27,390

inception radio network my guest is

1743

01:26:29,840 --> 01:26:29,310

Murray D Jones author of the power of

1744

01:26:32,320 --> 01:26:29,850

archetypes

1745

01:26:34,130 --> 01:26:32,330

and if you ever want to follow

1746

01:26:37,280 --> 01:26:34,140

paranormal now and get some more

1747

01:26:40,160 --> 01:26:37,290

information updates go to at paranormal

1748

01:26:48,660 --> 01:26:40,170

now an Instagram or at paranormal now

1749

01:26:53,950 --> 01:26:51,360

[Music]

1750

01:26:56,560 --> 01:26:53,960

welcome back to paranormal now that was

1751  
01:26:58,660 --> 01:26:56,570  
Makaha by the co-creator boys from

1752  
01:27:02,530 --> 01:26:58,670  
Hawaii I'm still going strong with the

1753  
01:27:04,510 --> 01:27:02,540  
island Hawaiian heat hot summer sound

1754  
01:27:06,550 --> 01:27:04,520  
music I don't know when it's gonna cool

1755  
01:27:10,360 --> 01:27:06,560  
down here but I hope so soon I'm

1756  
01:27:12,760 --> 01:27:10,370  
speaking with Marie Jones author of the

1757  
01:27:16,390 --> 01:27:12,770  
power of archetypes and Marie I wanted

1758  
01:27:20,410 --> 01:27:16,400  
to ask you you know from a more

1759  
01:27:24,160 --> 01:27:20,420  
spiritual spiritual / supernatural

1760  
01:27:25,600 --> 01:27:24,170  
perspective how do you approach this

1761  
01:27:29,140 --> 01:27:25,610  
work because much of what we talked

1762  
01:27:31,470 --> 01:27:29,150  
about you know you could apply to to

1763  
01:27:33,610 --> 01:27:31,480

anyone being an atheist as well right

1764

01:27:35,830 --> 01:27:33,620

but where does the other sort of

1765

01:27:40,930 --> 01:27:35,840

metaphysical side of this come into play

1766

01:27:43,750 --> 01:27:40,940

I think it comes into play where we

1767

01:27:45,520 --> 01:27:43,760

begin to look at the fact that mind and

1768

01:27:50,500 --> 01:27:45,530

consciousness made up of different

1769

01:27:52,570 --> 01:27:50,510

levels and the collective unconscious

1770

01:27:56,290 --> 01:27:52,580

which is the world where archetypes

1771

01:27:58,600 --> 01:27:56,300

exist can almost be looked at as in the

1772

01:28:01,930 --> 01:27:58,610

same quantum physics the zero-point

1773

01:28:06,900 --> 01:28:01,940

field or in the Bible the Kingdom of

1774

01:28:09,580 --> 01:28:06,910

Heaven this sort of grounded unified

1775

01:28:11,920 --> 01:28:09,590

fundamental field that connects

1776

01:28:14,830 --> 01:28:11,930

everything to everything else in all of

1777

01:28:17,880 --> 01:28:14,840

us to each other and Carl Jung was a

1778

01:28:20,800 --> 01:28:17,890

firm believer in that collective field

1779

01:28:24,250 --> 01:28:20,810

so when he you know sort of developed

1780

01:28:27,400 --> 01:28:24,260

the archetypes for his for purpose of

1781

01:28:30,610 --> 01:28:27,410

psychoanalysis what he was saying was

1782

01:28:33,640 --> 01:28:30,620

that there's information in this field

1783

01:28:37,930 --> 01:28:33,650

that we can all tap into and we all

1784

01:28:40,090 --> 01:28:37,940

understand it may not present itself and

1785

01:28:42,700 --> 01:28:40,100

the way that the conscious mind they

1786

01:28:44,650 --> 01:28:42,710

only understand it and what I love about

1787

01:28:48,480 --> 01:28:44,660

the paranormal is that there are so many

1788

01:28:51,160 --> 01:28:48,490

experiences that people have such as

1789

01:28:53,920 --> 01:28:51,170

precognitive dreams or visions of the

1790

01:28:56,440 --> 01:28:53,930

future or past life recall remote

1791

01:29:00,430 --> 01:28:56,450

viewing if any kind of psychic ability

1792

01:29:01,000 --> 01:29:00,440

is it possible that these people are

1793

01:29:03,430 --> 01:29:01,010

arranged

1794

01:29:06,490 --> 01:29:03,440

- and tapping into an accessing this

1795

01:29:08,080 --> 01:29:06,500

very same collective field where there's

1796

01:29:12,060 --> 01:29:08,090

all this information floating around

1797

01:29:15,400 --> 01:29:12,070

past present and future and its its

1798

01:29:21,430 --> 01:29:15,410

operating in a way that is not really

1799

01:29:23,740 --> 01:29:21,440

understood by the conscious mind it's

1800

01:29:26,170 --> 01:29:23,750

not understood by the consciousness of

1801

01:29:30,010 --> 01:29:26,180

mind but can the consciousness mind be

1802

01:29:32,229 --> 01:29:30,020

aware of it oh absolutely I mean I think

1803

01:29:36,600 --> 01:29:32,239

we're aware of a lot of unusual things

1804

01:29:39,490 --> 01:29:36,610

that go on and relies in the world

1805

01:29:43,870 --> 01:29:39,500

experiences that we might call super

1806

01:29:46,150 --> 01:29:43,880

natural or metaphysical beyond physical

1807

01:29:51,550 --> 01:29:46,160

you know the physical or description or

1808

01:29:54,250 --> 01:29:51,560

the laws of physics para normal and I

1809

01:29:57,010 --> 01:29:54,260

think that all of that ties into the

1810

01:30:03,370 --> 01:29:57,020

serves hidden implicit invisible field

1811

01:30:06,330 --> 01:30:03,380

of connectivity that we get we sort of

1812

01:30:09,340 --> 01:30:06,340

connect through through the subconscious

1813

01:30:11,800 --> 01:30:09,350

even though consciously we might see an

1814

01:30:16,360 --> 01:30:11,810

apparition or you know have some kind of

1815

01:30:17,920 --> 01:30:16,370

experience we can tangibly point to we

1816

01:30:20,470 --> 01:30:17,930

don't know how to explain it without

1817

01:30:22,630 --> 01:30:20,480

going further into these deeper levels

1818

01:30:25,840 --> 01:30:22,640

of the mind deeper levels of

1819

01:30:29,229 --> 01:30:25,850

consciousness how is it that I can

1820

01:30:31,420 --> 01:30:29,239

Remote View location 500 miles away and

1821

01:30:33,790 --> 01:30:31,430

tell you what the color shirt the person

1822

01:30:38,200 --> 01:30:33,800

is wear without tapping into this

1823

01:30:41,560 --> 01:30:38,210

collective field how can I have a dream

1824

01:30:44,170 --> 01:30:41,570

about getting in a car crash at this

1825

01:30:47,050 --> 01:30:44,180

particular intersection you know and

1826

01:30:50,440 --> 01:30:47,060

then three weeks later boom it's and

1827

01:30:52,479 --> 01:30:50,450

it's the same color car that hit me in

1828

01:30:54,460 --> 01:30:52,489

the dream those kinds of experiences

1829

01:30:58,910 --> 01:30:54,470

that we have that we just can't quite

1830

01:31:05,870 --> 01:31:01,250

um I think another good example that

1831

01:31:08,020 --> 01:31:05,880

would be near-death experiences or you

1832

01:31:09,979 --> 01:31:08,030

know particularly under controlled

1833

01:31:14,090 --> 01:31:09,989

environments and hospitals where they've

1834

01:31:17,150 --> 01:31:14,100

done these studies and someone can make

1835

01:31:23,600 --> 01:31:17,160

can describe other people in the room or

1836

01:31:29,030 --> 01:31:23,610

even outside of the room so right but

1837

01:31:31,850 --> 01:31:29,040

how do we use that that you know a

1838

01:31:34,100 --> 01:31:31,860

classic record or whatever whatever that

1839

01:31:36,580 --> 01:31:34,110

might be some refer to it as the field

1840

01:31:40,070 --> 01:31:36,590

you know the holographic information

1841

01:31:42,640 --> 01:31:40,080

alright you know how do we make use of

1842

01:31:46,419 --> 01:31:42,650

that to make ourselves better people

1843

01:31:51,050 --> 01:31:46,429

well I think first of all we have to

1844

01:31:53,570 --> 01:31:51,060

realize that we've got--we've most of us

1845

01:31:55,490 --> 01:31:53,580

in live our lives never addressing all

1846

01:31:58,490 --> 01:31:55,500

of the programming in our subconscious

1847

01:32:01,520 --> 01:31:58,500

let alone how powerful it is and we

1848

01:32:03,770 --> 01:32:01,530

don't look at things like the collective

1849

01:32:05,240 --> 01:32:03,780

this field collective unconscious

1850

01:32:08,919 --> 01:32:05,250

whatever name you want to give it

1851  
01:32:11,660 --> 01:32:08,929  
because we're way too distracted by

1852  
01:32:15,020 --> 01:32:11,670  
what's right in front of us by what our

1853  
01:32:17,840 --> 01:32:15,030  
five senses are experiencing and I think

1854  
01:32:21,169 --> 01:32:17,850  
that it would clear up a lot of the

1855  
01:32:23,720 --> 01:32:21,179  
political and religious problems of the

1856  
01:32:25,760 --> 01:32:23,730  
world if we realize that down at the

1857  
01:32:28,939 --> 01:32:25,770  
most foundational level of existence

1858  
01:32:31,820 --> 01:32:28,949  
we're all connected so what happens to

1859  
01:32:34,790 --> 01:32:31,830  
me affects you and what you do to him

1860  
01:32:38,270 --> 01:32:34,800  
influences her I mean to understand that

1861  
01:32:42,770 --> 01:32:38,280  
there's that connectivity we all bought

1862  
01:32:45,020 --> 01:32:42,780  
that comfort might our behavior be how

1863  
01:32:48,020 --> 01:32:45,030

would we really be killing each other

1864

01:32:50,209 --> 01:32:48,030

and going to war but you know the world

1865

01:32:54,290 --> 01:32:50,219

isn't shaped that way the world is

1866

01:32:56,930 --> 01:32:54,300

shaped to keep us distracted so that

1867

01:32:59,750 --> 01:32:56,940

greed and power can be the status quo

1868

01:33:02,240 --> 01:32:59,760

and that's really sad but I think if

1869

01:33:05,240 --> 01:33:02,250

enough individuals begin to open their

1870

01:33:07,580 --> 01:33:05,250

minds enough to realize it you know what

1871

01:33:10,520 --> 01:33:07,590

you see and what you experience right in

1872

01:33:12,750 --> 01:33:10,530

front of you that's nothing compared to

1873

01:33:16,470 --> 01:33:12,760

the different levels and layers

1874

01:33:18,060 --> 01:33:16,480

of realities that your serve normed in

1875

01:33:21,120 --> 01:33:18,070

mind or just cutting out of your

1876

01:33:25,259 --> 01:33:21,130

experience because your focus is so

1877

01:33:27,450 --> 01:33:25,269

laser thin you have tunnel vision and so

1878

01:33:29,669 --> 01:33:27,460

when we start to look at symbolic

1879

01:33:33,240 --> 01:33:29,679

language of the subconscious and

1880

01:33:36,209 --> 01:33:33,250

archetypes and why does that you know

1881

01:33:39,390 --> 01:33:36,219

beautiful statue of fact amis so make me

1882

01:33:41,430 --> 01:33:39,400

so emotional when we start to speak the

1883

01:33:44,609 --> 01:33:41,440

language of those other levels of the

1884

01:33:46,979 --> 01:33:44,619

mind I think it can open up a world of

1885

01:33:49,169 --> 01:33:46,989

new experiences and not only that but it

1886

01:33:51,060 --> 01:33:49,179

can expand our understanding of who we

1887

01:33:56,250 --> 01:33:51,070

are as human being so what we're capable

1888

01:33:57,479 --> 01:33:56,260

of well you know it's like understanding

1889

01:34:00,330 --> 01:33:57,489

the importance of

1890

01:34:02,459 --> 01:34:00,340

art a lot of people don't appreciate

1891

01:34:03,990 --> 01:34:02,469

don't appreciate it I'm know well we

1892

01:34:06,029 --> 01:34:04,000

wouldn't need to study art in school my

1893

01:34:10,259 --> 01:34:06,039

kid doesn't need that because I think

1894

01:34:11,129 --> 01:34:10,269

what it's so difficult to verbalize that

1895

01:34:13,529 --> 01:34:11,139

ethereal

1896

01:34:16,259 --> 01:34:13,539

effect that art can have you know and

1897

01:34:22,350 --> 01:34:16,269

and translate that into you know a plus

1898

01:34:26,459 --> 01:34:22,360

a equals this it's just it's hard it's

1899

01:34:28,709 --> 01:34:26,469

hard to express that I think well it is

1900

01:34:32,279 --> 01:34:28,719

unconsciously we don't really know I

1901

01:34:34,759 --> 01:34:32,289

think our subconscious gets art and it

1902

01:34:37,379 --> 01:34:34,769

gets us gets an instantaneous story

1903

01:34:40,169 --> 01:34:37,389

because our subconscious looks at the

1904

01:34:42,330 --> 01:34:40,179

symbolism in art and goes oh I know

1905

01:34:45,959 --> 01:34:42,340

exactly what that artist was trying to

1906

01:34:48,000 --> 01:34:45,969

say I totally get that and you know

1907

01:34:50,490 --> 01:34:48,010

consciously we might be looking at and

1908

01:34:52,560 --> 01:34:50,500

this is really abstract what the heck is

1909

01:34:54,629 --> 01:34:52,570

this and I think it's you know crop

1910

01:34:57,899 --> 01:34:54,639

circles I remember seeing some really

1911

01:34:59,430 --> 01:34:57,909

elaborate crop circles and thinking well

1912

01:35:03,209 --> 01:34:59,440

we don't know consciously with what

1913

01:35:05,279 --> 01:35:03,219

those mean but if they're real I imagine

1914

01:35:08,790 --> 01:35:05,289

our subconscious know exactly what

1915

01:35:16,169 --> 01:35:08,800

they're trying to tell us because that

1916

01:35:20,549 --> 01:35:16,179

movie our wages yeah look at all the

1917

01:35:23,509 --> 01:35:20,559

symbolism and how it was it was terrible

1918

01:35:26,029 --> 01:35:23,519

right create a new way of communicating

1919

01:35:28,910 --> 01:35:26,039

and

1920

01:35:30,859 --> 01:35:28,920

powerful it was so yeah I think that

1921

01:35:33,680 --> 01:35:30,869

there's a part of us that knows way more

1922

01:35:36,229 --> 01:35:33,690

than the conscious mind would like to

1923

01:35:38,000 --> 01:35:36,239

admit we know yeah you know it's a

1924

01:35:40,220 --> 01:35:38,010

really a shame I feel like that movie

1925

01:35:48,109 --> 01:35:40,230

did not get enough attention as it

1926

01:35:50,180 --> 01:35:48,119

deserved I think you're right yeah

1927

01:35:51,830 --> 01:35:50,190

because it's and again it's like

1928

01:35:53,750 --> 01:35:51,840

Hollywood man you know with the

1929

01:35:55,850 --> 01:35:53,760

marketing they they market something as

1930

01:35:58,700 --> 01:35:55,860

a comedy and it's not a comedy just so

1931

01:36:00,649 --> 01:35:58,710

it can be know like in a category or the

1932

01:36:02,959 --> 01:36:00,659

way they market the film is like a like

1933

01:36:04,370 --> 01:36:02,969

epic sci-fi and arrival wasn't an epic

1934

01:36:08,600 --> 01:36:04,380

sci-fi that's not what it was about

1935

01:36:12,410 --> 01:36:08,610

really so I think I think it lost its

1936

01:36:15,979 --> 01:36:12,420

merits um you know unrightfully so

1937

01:36:17,270 --> 01:36:15,989

because it was just miss marketed anyway

1938

01:36:21,169 --> 01:36:17,280

I think I think like a lot of great

1939

01:36:23,089 --> 01:36:21,179

films Atlas Cloud Atlas is gaining

1940

01:36:26,180 --> 01:36:23,099

momentum and popularity again when it

1941

01:36:27,620 --> 01:36:26,190

when it came out what 2012 it was sort

1942

01:36:31,490 --> 01:36:27,630

of panned by the critics so then nobody

1943

01:36:35,930 --> 01:36:31,500

want to see it but now looking at it oh

1944

01:36:38,750 --> 01:36:35,940

my god it's a beautiful film yeah yeah

1945

01:36:42,169 --> 01:36:38,760

oh it's all it's totally archetypal it's

1946

01:36:43,330 --> 01:36:42,179

all about archetypes reincarnation who

1947

01:36:46,160 --> 01:36:43,340

we are as people

1948

01:36:47,569 --> 01:36:46,170

everybody into interconnection love it's

1949

01:36:49,430 --> 01:36:47,579

it's beautiful

1950

01:36:51,049 --> 01:36:49,440

yeah that's my opinion I may be wrong

1951

01:36:55,100 --> 01:36:51,059

you know compared to someone else's have

1952

01:36:58,580 --> 01:36:55,110

been in but that's how I feel yeah so so

1953

01:37:00,259 --> 01:36:58,590

for yourself how do you feel do you feel

1954

01:37:00,740 --> 01:37:00,269

like you're making an impact in the

1955

01:37:02,000 --> 01:37:00,750

world

1956

01:37:05,450 --> 01:37:02,010

you know what the work that you're doing

1957

01:37:07,609 --> 01:37:05,460

oh gosh I hope so I mean it's really

1958

01:37:09,560 --> 01:37:07,619

nice when I get an email or you know

1959

01:37:11,540 --> 01:37:09,570

somebody says oh my god I read this book

1960

01:37:13,609 --> 01:37:11,550

and I loved it I know it's changed my

1961

01:37:16,279 --> 01:37:13,619

life you know I always kind of have that

1962

01:37:23,560 --> 01:37:16,289

certainly jerk reaction of you you read

1963

01:37:27,529 --> 01:37:23,570

my book like that I've heard enough

1964

01:37:30,500 --> 01:37:27,539

people and reviews say that there is

1965

01:37:32,390 --> 01:37:30,510

some really good meat to this and I

1966

01:37:37,129 --> 01:37:32,400

think the reason why is because it was

1967

01:37:38,350 --> 01:37:37,139

written from a very honest universal

1968

01:37:42,760 --> 01:37:38,360

face in

1969

01:37:46,390 --> 01:37:42,770

eat that I was reaching out from it was

1970

01:37:48,970 --> 01:37:46,400

not a book that I think I wrote with a

1971

01:37:50,859 --> 01:37:48,980

lot of conscious awareness of oh I want

1972

01:37:55,149 --> 01:37:50,869

to do this this this and achieve that it

1973

01:37:57,609 --> 01:37:55,159

was more like I this isn't this stuff

1974

01:38:00,189 --> 01:37:57,619

entik this is on it people hate it

1975

01:38:02,109 --> 01:38:00,199

whatever but this is what I've been

1976

01:38:03,939 --> 01:38:02,119

through this is what I've learned this

1977

01:38:07,750 --> 01:38:03,949

is what people have taught me and this

1978

01:38:09,609 --> 01:38:07,760

is really coming from a place that I

1979

01:38:14,439 --> 01:38:09,619

think a whole lot of people can relate

1980

01:38:16,390 --> 01:38:14,449

to because I you know I talk to a lot of

1981

01:38:19,419 --> 01:38:16,400

people they need other people I open

1982

01:38:21,609 --> 01:38:19,429

here the same thing over and over why

1983

01:38:24,280 --> 01:38:21,619

can't I change why is this pattern

1984

01:38:25,990 --> 01:38:24,290

showing up again and why am I still

1985

01:38:28,090 --> 01:38:26,000

doing the same things why am I still

1986

01:38:30,669 --> 01:38:28,100

getting the same things and life that I

1987

01:38:32,620 --> 01:38:30,679

got before because I'm doing some things

1988

01:38:34,330 --> 01:38:32,630

differently but then you know the more

1989

01:38:35,950 --> 01:38:34,340

you talk to some you realize well

1990

01:38:38,320 --> 01:38:35,960

they're doing things differently on a

1991

01:38:41,890 --> 01:38:38,330

very surface level and it's bringing

1992

01:38:43,479 --> 01:38:41,900

about a little bit of change but again

1993

01:38:45,970 --> 01:38:43,489

it's like well and then going through

1994

01:38:47,950 --> 01:38:45,980

recovery programs that realizing why do

1995

01:38:51,070 --> 01:38:47,960

people go back out why do people drink

1996

01:38:54,280 --> 01:38:51,080

again why do people do it again because

1997

01:38:58,090 --> 01:38:54,290

unless you keep going again all that's

1998

01:39:00,550 --> 01:38:58,100

out and meeting these archetypes face to

1999

01:39:02,350 --> 01:39:00,560

face and replacing the ones that are

2000

01:39:04,470 --> 01:39:02,360

hurting you with more empowering ones

2001

01:39:08,020 --> 01:39:04,480

it's an ongoing process

2002

01:39:10,899 --> 01:39:08,030

you never do it you're you know you're

2003

01:39:15,609 --> 01:39:10,909

doomed to repeat your same behaviors do

2004

01:39:18,790 --> 01:39:15,619

you know when you have broken the

2005

01:39:23,020 --> 01:39:18,800

shallow thinking when you have broken

2006

01:39:26,590 --> 01:39:23,030

the surface and that you're now dipping

2007

01:39:28,660 --> 01:39:26,600

into the more deeper subconscious mind

2008

01:39:29,979 --> 01:39:28,670

because I think that there's this

2009

01:39:31,600 --> 01:39:29,989

confusion there because I think some

2010

01:39:33,300 --> 01:39:31,610

people think like yeah I'm on the path

2011

01:39:36,430 --> 01:39:33,310

of changing and then something happens

2012

01:39:38,919 --> 01:39:36,440

you know and then if they you know if

2013

01:39:42,040 --> 01:39:38,929

they are again you know so is there a

2014

01:39:48,169 --> 01:39:42,050

way to be aware of that well I hate to

2015

01:39:56,300 --> 01:39:50,620

because and when I was going through

2016

01:39:59,689 --> 01:39:56,310

recovery program I learned that I'll get

2017

01:40:02,630 --> 01:39:59,699

really really bad and hostile and mean

2018

01:40:14,390 --> 01:40:02,640

and awful before it gets really good

2019

01:40:18,470 --> 01:40:14,400

because what you're doing and that the

2020

01:40:21,380 --> 01:40:18,480

feelings of discomfort are actually a

2021

01:40:25,850 --> 01:40:21,390

good sign that you're doing the work

2022

01:40:29,800 --> 01:40:25,860

doing it right and so many times here

2023

01:40:33,380 --> 01:40:32,570

remodeling the kitchen right so for

2024

01:40:35,860 --> 01:40:33,390

weeks

2025

01:40:39,020 --> 01:40:35,870

your kitchen is a total disaster you can

2026  
01:40:42,380 --> 01:40:39,030  
use anything you have to go down all the

2027  
01:40:44,740 --> 01:40:42,390  
time there's dirt dust debris flying

2028  
01:40:47,060 --> 01:40:44,750  
everywhere from all the work goes on

2029  
01:40:50,209 --> 01:40:47,070  
that's what you're doing you know your

2030  
01:40:53,479 --> 01:40:50,219  
remodeling and then if you stick with it

2031  
01:40:55,550 --> 01:40:53,489  
through the discomfort you get a

2032  
01:40:57,560 --> 01:40:55,560  
brand-new shiny kitchen with all kinds

2033  
01:41:00,530 --> 01:40:57,570  
of work wonderfully working appliances

2034  
01:41:02,899 --> 01:41:00,540  
and so for people who like the symbolic

2035  
01:41:07,250 --> 01:41:02,909  
imagery that's a perfect way to describe

2036  
01:41:09,290 --> 01:41:07,260  
what it feels like to really change and

2037  
01:41:11,540 --> 01:41:09,300  
they think don't feel that discomfort

2038  
01:41:14,030 --> 01:41:11,550

you're not really changing you're

2039

01:41:17,350 --> 01:41:14,040

addressing things on a very surface

2040

01:41:20,570 --> 01:41:17,360

level gotta get down there and get dirty

2041

01:41:24,080 --> 01:41:20,580

and get your hands dirty and stained old

2042

01:41:27,560 --> 01:41:24,090

icky all right in order to bring up all

2043

01:41:32,390 --> 01:41:27,570

the stuff that's almost like this where

2044

01:41:37,700 --> 01:41:32,400

tar pits to the char and pull it up all

2045

01:41:42,140 --> 01:41:37,710

this bone looking at honest and it's

2046

01:41:44,689 --> 01:41:42,150

hard work but and maybe do it once

2047

01:41:46,610 --> 01:41:44,699

things are break for well that life

2048

01:41:52,430 --> 01:41:46,620

starts to get to you and triggers you

2049

01:41:54,380 --> 01:41:52,440

and play upon you again that better to

2050

01:41:58,280 --> 01:41:54,390

meet that you know continually forward

2051  
01:41:59,629 --> 01:41:58,290  
progress that to just say oh no I'm not

2052  
01:42:02,020 --> 01:41:59,639  
going to do any of this and you say

2053  
01:42:06,620 --> 01:42:02,030  
stuff invisible forever

2054  
01:42:07,790 --> 01:42:06,630  
people right can you bring just make

2055  
01:42:11,839 --> 01:42:07,800  
sure that microphones a little bit

2056  
01:42:12,109 --> 01:42:11,849  
closer if it isn't okay yeah okay how's

2057  
01:42:16,450 --> 01:42:12,119  
that

2058  
01:42:23,209 --> 01:42:16,460  
like you're getting a little distant

2059  
01:42:24,410 --> 01:42:23,219  
okay yes oh oh yeah chakras chakras I

2060  
01:42:26,109 --> 01:42:24,420  
wanted to ask you about before we ran

2061  
01:42:30,430 --> 01:42:26,119  
out of time

2062  
01:42:34,069 --> 01:42:30,440  
how do you work with chakras and

2063  
01:42:36,020 --> 01:42:34,079

actually do you need to can can you just

2064

01:42:37,189 --> 01:42:36,030

not use that as a practice at all and

2065

01:42:38,750 --> 01:42:37,199

still accomplish all the things that

2066

01:42:41,899 --> 01:42:38,760

you're saying or or do you think that's

2067

01:42:45,020 --> 01:42:41,909

that's an assumption essential process

2068

01:42:47,629 --> 01:42:45,030

to understand who you are as a being in

2069

01:42:51,080 --> 01:42:47,639

order to to raise yourself up to break

2070

01:42:53,120 --> 01:42:51,090

your habits and so forth I don't think

2071

01:42:58,279 --> 01:42:53,130

it's necessary but I think for people

2072

01:43:01,729 --> 01:42:58,289

who who you know have that belief

2073

01:43:04,759 --> 01:43:01,739

or they work with their chakras and they

2074

01:43:08,540 --> 01:43:04,769

understand what they mean that symbolism

2075

01:43:11,120 --> 01:43:08,550

works for them other people might use a

2076

01:43:14,750 --> 01:43:11,130

different you know process guided

2077

01:43:18,129 --> 01:43:14,760

visualization or meditation I was really

2078

01:43:21,200 --> 01:43:18,139

surprised as I was talking to Zoe Wilson

2079

01:43:24,140 --> 01:43:21,210

supplied in the book a wonderful chakra

2080

01:43:26,779 --> 01:43:24,150

meditation excuse me I hadn't even

2081

01:43:28,910 --> 01:43:26,789

thought of chakras in that way and so

2082

01:43:32,180 --> 01:43:28,920

what she was telling me how they are

2083

01:43:34,370 --> 01:43:32,190

archetypal that kind of cheered me to

2084

01:43:37,209 --> 01:43:34,380

thinking about other things that were

2085

01:43:39,979 --> 01:43:37,219

effective as logical symbols and

2086

01:43:42,859 --> 01:43:39,989

native-american totem animals and I

2087

01:43:45,979 --> 01:43:42,869

think whatever works for you you could

2088

01:43:48,939 --> 01:43:45,989

use candles and if those candles

2089

01:43:51,259 --> 01:43:48,949

symbolize something powerful to you and

2090

01:43:54,350 --> 01:43:51,269

lighting them in a certain order and

2091

01:43:58,339 --> 01:43:54,360

doing some kind of ritual whatever works

2092

01:44:00,589 --> 01:43:58,349

for you do it so I think it's wonderful

2093

01:44:02,540 --> 01:44:00,599

for people who look at that say oh and

2094

01:44:04,399 --> 01:44:02,550

love the idea of working with the

2095

01:44:05,870 --> 01:44:04,409

different energy centers in the body and

2096

01:44:08,720 --> 01:44:05,880

making sure they're harmonized and

2097

01:44:12,080 --> 01:44:08,730

balanced but that's if that's not your

2098

01:44:13,910 --> 01:44:12,090

cup of tea it might be something else

2099

01:44:15,629 --> 01:44:13,920

that's there working better for you

2100

01:44:19,830 --> 01:44:15,639

rather than forcing

2101  
01:44:27,629 --> 01:44:19,840  
something that you're not quite relating

2102  
01:44:33,330 --> 01:44:27,639  
to on a deep level okay so if you had a

2103  
01:44:35,640 --> 01:44:33,340  
choice of one one technique right and

2104  
01:44:39,030 --> 01:44:35,650  
said look if there's only one thing you

2105  
01:44:44,580 --> 01:44:39,040  
could do and that I could offer you what

2106  
01:44:46,680 --> 01:44:44,590  
would it be to make a change my absolute

2107  
01:44:49,080 --> 01:44:46,690  
hands-down favorite and quarterly

2108  
01:44:52,080 --> 01:44:49,090  
because I recognized in my stuff but

2109  
01:44:53,640 --> 01:44:52,090  
also because I see so much of it in the

2110  
01:44:57,000 --> 01:44:53,650  
world today every time I turn on the

2111  
01:45:01,160 --> 01:44:57,010  
news or go on Facebook is what are you

2112  
01:45:04,890 --> 01:45:01,170  
complaining about all the time by asking

2113  
01:45:07,050 --> 01:45:04,900

what do I keep complaining about you can

2114

01:45:10,859 --> 01:45:07,060

get such a great picture of repetitive

2115

01:45:13,169 --> 01:45:10,869

patterns of behavior that keep coming up

2116

01:45:16,140 --> 01:45:13,179

so you're obviously unhappy with or you

2117

01:45:18,209 --> 01:45:16,150

wouldn't be complaining about that so

2118

01:45:20,070 --> 01:45:18,219

that's a great and even asking your

2119

01:45:21,720 --> 01:45:20,080

friends what if I always moaning and

2120

01:45:25,200 --> 01:45:21,730

groaning about just you know I'm just

2121

01:45:26,760 --> 01:45:25,210

curious they will tell you then reflect

2122

01:45:30,439 --> 01:45:26,770

back to you the tree that they're a good

2123

01:45:33,570 --> 01:45:30,449

friend okay so you're constantly

2124

01:45:35,520 --> 01:45:33,580

complaining about money you need to deal

2125

01:45:38,550 --> 01:45:35,530

with those archetypes that have to deal

2126  
01:45:41,910 --> 01:45:38,560  
with poverty and and wealth and being

2127  
01:45:44,160 --> 01:45:41,920  
worthy and deserving it constantly

2128  
01:45:47,669 --> 01:45:44,170  
complaining about your diet you know

2129  
01:45:50,220 --> 01:45:47,679  
whatever it is a really healthy pinpoint

2130  
01:45:52,470 --> 01:45:50,230  
what you need to work on what's not

2131  
01:45:55,740 --> 01:45:52,480  
working look for the symbolic

2132  
01:45:57,899 --> 01:45:55,750  
representations of what that is and deal

2133  
01:45:59,729 --> 01:45:57,909  
with that because that gets counted to

2134  
01:46:01,890 --> 01:45:59,739  
the deepest level of the collective

2135  
01:46:03,840 --> 01:46:01,900  
unconscious where you need to do the

2136  
01:46:05,640 --> 01:46:03,850  
work other words you think you've

2137  
01:46:09,629 --> 01:46:05,650  
repeating the same patterns over and

2138  
01:46:11,729 --> 01:46:09,639

over again if you're feeling depressed

2139

01:46:23,189 --> 01:46:11,739

or angry is Facebook the best place to

2140

01:46:25,740 --> 01:46:23,199

go oh hell no not anymore guilty as

2141

01:46:27,510 --> 01:46:25,750

anyone else because when when I was you

2142

01:46:28,830 --> 01:46:27,520

know first on Facebook and it's early

2143

01:46:31,500 --> 01:46:28,840

days

2144

01:46:34,380 --> 01:46:31,510

it was a much more playful and fun place

2145

01:46:39,510 --> 01:46:34,390

to be and it still is but now it's mixed

2146

01:46:44,310 --> 01:46:39,520

was so and debate I'm trolling it's

2147

01:46:46,440 --> 01:46:44,320

crazy it's crazy and I you know I go on

2148

01:46:48,780 --> 01:46:46,450

to see what's up with my friends and my

2149

01:46:51,090 --> 01:46:48,790

groups that I have my screenwriting and

2150

01:46:54,810 --> 01:46:51,100

writing stuff and then I find myself

2151  
01:46:56,520 --> 01:46:54,820  
getting anxious when I see the fighting

2152  
01:46:59,130 --> 01:46:56,530  
and the debating and I realized this is

2153  
01:47:02,310 --> 01:46:59,140  
good for me and it's not productive and

2154  
01:47:05,070 --> 01:47:02,320  
and I used to stay on for hours anyway

2155  
01:47:07,470 --> 01:47:05,080  
because I was addicted and I broke that

2156  
01:47:08,370 --> 01:47:07,480  
because I realized that it was making me

2157  
01:47:10,170 --> 01:47:08,380  
miserable

2158  
01:47:11,850 --> 01:47:10,180  
and now I have to be honest and I have

2159  
01:47:15,660 --> 01:47:11,860  
to look at what is making me miserable

2160  
01:47:17,760 --> 01:47:15,670  
and change it stop it yeah I think I'm

2161  
01:47:20,310 --> 01:47:17,770  
about to start my withdrawal process as

2162  
01:47:20,700 --> 01:47:20,320  
well because you know sometimes I all

2163  
01:47:24,540 --> 01:47:20,710

right

2164

01:47:26,730 --> 01:47:24,550

comment on this one thing if I try to

2165

01:47:29,220 --> 01:47:26,740

make this one point just a little tiny

2166

01:47:30,630 --> 01:47:29,230

bit of this and that here in there over

2167

01:47:32,070 --> 01:47:30,640

the years maybe I can actually make a

2168

01:47:36,110 --> 01:47:32,080

difference on Facebook and now I'm

2169

01:47:39,240 --> 01:47:36,120

beginning to think maybe not no because

2170

01:47:45,750 --> 01:47:39,250

people they are buying into their

2171

01:47:48,690 --> 01:47:45,760

archetypes and not letting go yeah so

2172

01:47:50,540 --> 01:47:48,700

finding anybody to change on those so

2173

01:47:52,830 --> 01:47:50,550

networking is becoming very difficult

2174

01:47:53,790 --> 01:47:52,840

but you know I mean we're all angry

2175

01:47:56,600 --> 01:47:53,800

about something here and there but

2176

01:48:01,140 --> 01:47:56,610

there's some people that post angry post

2177

01:48:04,440 --> 01:48:01,150

yeah after another and I'm tempted to

2178

01:48:05,550 --> 01:48:04,450

you know unfriend them not because I

2179

01:48:13,380 --> 01:48:05,560

don't like them I just don't like their

2180

01:48:16,140 --> 01:48:13,390

posts and because I started doing that I

2181

01:48:18,120 --> 01:48:16,150

love you but I have to protect my energy

2182

01:48:20,180 --> 01:48:18,130

because I want to do some wonderful

2183

01:48:23,660 --> 01:48:20,190

things in this world and I can't if I'm

2184

01:48:27,630 --> 01:48:23,670

anxious and miserable and depressed

2185

01:48:30,840 --> 01:48:27,640

right so can social media be healing in

2186

01:48:33,530 --> 01:48:30,850

any way oh absolutely

2187

01:48:35,610 --> 01:48:33,540

well make great friendships you can

2188

01:48:38,000 --> 01:48:35,620

information you can find groups of

2189

01:48:40,350 --> 01:48:38,010

people that love the same thing you do

2190

01:48:41,970 --> 01:48:40,360

but I think it just have to be really

2191

01:48:46,290 --> 01:48:41,980

careful to stay away from the pain

2192

01:48:48,120 --> 01:48:46,300

in and other people complaining and

2193

01:48:50,940 --> 01:48:48,130

trying to bring you down but you know

2194

01:48:53,790 --> 01:48:50,950

just try to to pay away from that

2195

01:48:54,660 --> 01:48:53,800

occasion people or unfollow that they'll

2196

01:48:57,390 --> 01:48:54,670

never know

2197

01:48:59,970 --> 01:48:57,400

you can unfollow people without I'm

2198

01:49:01,830 --> 01:48:59,980

friending them absolutely yeah and on

2199

01:49:08,570 --> 01:49:01,840

that topic where where can people follow

2200

01:49:12,900 --> 01:49:08,580

you I am on Facebook at meridians writer

2201

01:49:17,750 --> 01:49:12,910

I'm on Twitter at Brody Jones I'm on

2202

01:49:21,240 --> 01:49:17,760

Instagram at Murray dot Z dot Jones and

2203

01:49:23,070 --> 01:49:21,250

I lately have been having the most fun

2204

01:49:32,850 --> 01:49:23,080

of Instagram because all you do is post

2205

01:49:36,870 --> 01:49:32,860

pictures you know I've been writing all

2206

01:49:38,310 --> 01:49:36,880

day and also uh Marie Jones dot-com is

2207

01:49:41,340 --> 01:49:38,320

the website right here your home page

2208

01:49:43,380 --> 01:49:41,350

yeah Marie Jones calm cool thanks for

2209

01:49:46,250 --> 01:49:43,390

coming on Marie do you have any other

2210

01:49:48,990 --> 01:49:46,260

works coming up down the pipeline or I

2211

01:49:51,720 --> 01:49:49,000

actually have a book that just came out

2212

01:49:54,600 --> 01:49:51,730

called demons the devil and fallen

2213

01:49:58,140 --> 01:49:54,610

angels and it is a comprehensive look at

2214

01:49:59,760 --> 01:49:58,150

those very interesting subjects and I'm

2215

01:50:03,090 --> 01:49:59,770

currently writing a book called the

2216

01:50:05,610 --> 01:50:03,100

emergency survival guide because I'm

2217

01:50:08,310 --> 01:50:05,620

trained in survival response and

2218

01:50:10,800 --> 01:50:08,320

disaster response that'll be out next

2219

01:50:15,360 --> 01:50:10,810

year ok so we can affirm that you're

2220

01:50:17,490 --> 01:50:15,370

workaholic i tempered it a little bit

2221

01:50:20,550 --> 01:50:17,500

but i still love to work I really do

2222

01:50:22,290 --> 01:50:20,560

have you gotta Murray's website and you

2223

01:50:25,490 --> 01:50:22,300

see the list of books up there it's

2224

01:50:29,280 --> 01:50:27,270

so alright cool

2225

01:50:31,080 --> 01:50:29,290

so if you you have any last-minute

2226

01:50:34,890 --> 01:50:31,090

thoughts you'd like to leave us with on

2227

01:50:36,900 --> 01:50:34,900

this on this topic you know just don't

2228

01:50:39,240 --> 01:50:36,910

be afraid of change especially if you're

2229

01:50:42,450 --> 01:50:39,250

miserable and we have one life you

2230

01:50:44,640 --> 01:50:42,460

really want to live it being unhappy and

2231

01:50:47,600 --> 01:50:44,650

complaining all the time and if you do

2232

01:50:52,560 --> 01:50:49,950

yeah well and you can pick up the

2233

01:50:54,750 --> 01:50:52,570

ukulele and make that a hobby I'm

2234

01:50:56,780 --> 01:50:54,760

telling you really there you go really

2235

01:51:00,030 --> 01:50:56,790

helps

2236

01:51:03,090 --> 01:51:00,040

itself but actually my son has one but

2237

01:51:04,740 --> 01:51:03,100

it haven't planned it yeah it's a joy

2238

01:51:06,470 --> 01:51:04,750

for sure all right Maria thank you so

2239

01:51:09,630 --> 01:51:06,480

much for coming on the paranormal now

2240

01:51:12,780 --> 01:51:09,640

and yeah hopefully we'll hook up again

2241

01:51:15,030 --> 01:51:12,790

in the future sounds great thank you for

2242

01:51:16,260 --> 01:51:15,040

having me on the show okay thank you all

2243

01:51:17,850 --> 01:51:16,270

right this is Alan B Smith for a

2244

01:51:21,150 --> 01:51:17,860

paranormal now on the inception radio

2245

01:51:24,120 --> 01:51:21,160

network I want to thank Joe champion MJ

2246

01:51:26,010 --> 01:51:24,130

Lucas and Bob tarmac the producers on

2247

01:51:28,770 --> 01:51:26,020

irn for making this program possible and

2248

01:51:31,410 --> 01:51:28,780

to all of you for listening I thank you

2249

01:51:49,500 --> 01:51:31,420

and until next time live in the mystery

2250

01:52:42,330 --> 01:51:55,150

[Music]

2251  
01:52:48,060 --> 01:52:45,089  
ARC slave investigates the Stephenville

2252  
01:52:50,640 --> 01:52:48,070  
UFO written by renowned UFO investigator

2253  
01:52:53,070 --> 01:52:50,650  
ken sherry the Stephenville UFO tells

2254  
01:52:56,070 --> 01:52:53,080  
the story of the infamous UFO sightings

2255  
01:52:58,050 --> 01:52:56,080  
of Stephenville Texas in 2008 where

2256  
01:53:00,419 --> 01:52:58,060  
local residents witnessed unknown craft

2257  
01:53:02,430 --> 01:53:00,429  
and lights in the sky chased by military

2258  
01:53:04,020 --> 01:53:02,440  
planes these sightings would set off a

2259  
01:53:05,970 --> 01:53:04,030  
series of events that would quickly

2260  
01:53:08,310 --> 01:53:05,980  
become one of the most controversial and

2261  
01:53:10,830 --> 01:53:08,320  
well documented UFO cases in US history

2262  
01:53:12,720 --> 01:53:10,840  
mark slate investigates the Stephenville

2263  
01:53:15,149 --> 01:53:12,730

UFO is a fascinating and frightening

2264

01:53:17,310 --> 01:53:15,159

tale of sinister plots and shadow

2265

01:53:19,560 --> 01:53:17,320

government agencies vying for control of

2266

01:53:21,780 --> 01:53:19,570

the nation author and researcher Ken

2267

01:53:23,820 --> 01:53:21,790

cherry has woven an intricate tale that

2268

01:53:25,919 --> 01:53:23,830

shines a light on an ominous chapter of

2269

01:53:27,570 --> 01:53:25,929

American history and proving that not

2270

01:53:29,850 --> 01:53:27,580

everything is as it seems

2271

01:53:32,129 --> 01:53:29,860

mark slate investigates the Stephenville