

EXPLORING THE BIZARRE

WHAT
ARE
DREAMS?

“LEX
LONEHOOD
NOVER”



1
00:00:31,939 --> 00:00:21,830

[Music]

2
00:00:38,819 --> 00:00:35,579

now your electrifying hosts of exploring

3
00:00:55,110 --> 00:00:38,829

the bizarre Timothy Begley and team

4
00:00:58,009 --> 00:00:55,120

sports like that it's almost Showtime

5
00:00:59,670 --> 00:00:58,019

[Music]

6
00:01:01,890 --> 00:00:59,680

what's the matter

7
00:01:06,179 --> 00:01:01,900

why'd you wake me I was just getting

8
00:01:09,660 --> 00:01:06,189

ready for tonight's program I don't know

9
00:01:12,630 --> 00:01:09,670

looks like Muhammad Ali had has hits you

10
00:01:15,899 --> 00:01:12,640

at a sucker punch I don't I don't think

11
00:01:17,640 --> 00:01:15,909

you were ever going to move and what are

12
00:01:21,179 --> 00:01:17,650

you talking about getting ready for

13
00:01:24,179 --> 00:01:21,189

tonight's show you were fast asleep so a

14

00:01:26,880 --> 00:01:24,189

deep alpha state trying to utilize my

15

00:01:28,169 --> 00:01:26,890

dreams to tap into higher dimensions to

16

00:01:31,050 --> 00:01:28,179

see the future and raise my

17

00:01:33,209 --> 00:01:31,060

consciousness something you have to

18

00:01:35,429 --> 00:01:33,219

watch out for there was those referring

19

00:01:38,160 --> 00:01:35,439

nightmares sometimes they could just be

20

00:01:41,819 --> 00:01:38,170

too much as dreaming can be rather

21

00:01:44,760 --> 00:01:41,829

combative well once again you're proving

22

00:01:48,120 --> 00:01:44,770

that you're a saintly individual Tim but

23

00:01:51,270 --> 00:01:48,130

I should get your ass out of bed and

24

00:01:54,419 --> 00:01:51,280

let's head to the KCUR studio so we can

25

00:01:58,580 --> 00:01:54,429

find out how we can best confront our

26
00:02:02,639 --> 00:01:58,590
nightmares sweet dreams till sunbeams

27
00:02:06,569 --> 00:02:02,649
find you sweet dreams that leave all

28
00:02:09,480 --> 00:02:06,579
worries behind you but in the dreams

29
00:02:16,290 --> 00:02:09,490
whatever they be a dream a little dream

30
00:02:24,720 --> 00:02:16,300
of me well I guess I'm awake now Tim and

31
00:02:29,070 --> 00:02:24,730
I'm sure the orders at this point not

32
00:02:32,190 --> 00:02:29,080
too bad I always didn't want a second

33
00:02:32,790 --> 00:02:32,200
career as a musician actually I did sing

34
00:02:35,580 --> 00:02:32,800
a couple of

35
00:02:40,290 --> 00:02:35,590
times you know they're at one of the

36
00:02:45,800 --> 00:02:40,300
conferences in in Arizona would Patrick

37
00:02:49,920 --> 00:02:45,810
Mrasz was there that night from yes and

38
00:02:52,680 --> 00:02:49,930

sang on the stage at Webster Hall in New

39

00:02:55,080 --> 00:02:52,690

York but it's it's not it's something

40

00:02:58,140 --> 00:02:55,090

that I only do to entertain my friends

41

00:03:00,300 --> 00:02:58,150

and our audience here it's so how are

42

00:03:02,220 --> 00:03:00,310

you doing out there in Jasper Indiana

43

00:03:08,120 --> 00:03:02,230

got a cold spell and they are

44

00:03:11,370 --> 00:03:08,130

entertained and cold snowy say this um

45

00:03:14,340 --> 00:03:11,380

yes it's going it's going to be but then

46

00:03:16,890 --> 00:03:14,350

again I mean were we're a thick skin

47

00:03:19,680 --> 00:03:16,900

Midwesterners so you know there's not

48

00:03:23,340 --> 00:03:19,690

too much bothers us well I know Diane

49

00:03:25,710 --> 00:03:23,350

testman and Iowa was snowed in she had

50

00:03:29,450 --> 00:03:25,720

to get a neighbor to come over with the

51
00:03:31,980 --> 00:03:29,460
snowplow and get her in the animals out

52
00:03:35,520 --> 00:03:31,990
to the house so she could do a little

53
00:03:38,220 --> 00:03:35,530
shopping and all but we have a great

54
00:03:40,860 --> 00:03:38,230
show tonight I'm looking forward to this

55
00:03:43,860 --> 00:03:40,870
because I've actually known our guests

56
00:03:45,360 --> 00:03:43,870
for over a decade but I don't know our

57
00:03:46,650 --> 00:03:45,370
guests I mean I kind of know where I

58
00:03:47,900 --> 00:03:46,660
guess but I could know our guests better

59
00:03:50,670 --> 00:03:47,910
and I guess by the end of the night

60
00:03:52,110 --> 00:03:50,680
we'll all be dreaming together I was

61
00:04:02,220 --> 00:03:52,120
gonna say sleeping together but you know

62
00:04:05,340 --> 00:04:02,230
what I mean onward and upward so why

63
00:04:07,740 --> 00:04:05,350

don't you take us away that's what the

64

00:04:11,220 --> 00:04:07,750

program is going to be all and out this

65

00:04:12,900 --> 00:04:11,230

evening yeah well sure it'd be my

66

00:04:16,680 --> 00:04:12,910

pleasure Tim well I I'm really happy

67

00:04:19,530 --> 00:04:16,690

that tonight our guest is Lex lone hood

68

00:04:22,470 --> 00:04:19,540

Nover now Lex has been the web producer

69

00:04:24,750 --> 00:04:22,480

for coast-to-coast am America's most

70

00:04:26,430 --> 00:04:24,760

popular overnight radio show at the

71

00:04:27,960 --> 00:04:26,440

exception of exploring bizarre Thursday

72

00:04:33,360 --> 00:04:27,970

nights at 10:00 p.m. Eastern Standard

73

00:04:35,790 --> 00:04:33,370

Time he's been with a Cuzco since 2002

74

00:04:38,850 --> 00:04:35,800

and was a longtime a features writer for

75

00:04:40,950 --> 00:04:38,860

after dark the the show's affiliated

76

00:04:43,469 --> 00:04:40,960

print magazine now over the last 17

77

00:04:45,360 --> 00:04:43,479

years Lex's work has been read by

78

00:04:46,170 --> 00:04:45,370

millions of people and he has earned

79

00:04:48,510 --> 00:04:46,180

respect

80

00:04:51,360 --> 00:04:48,520

for his keen ability to evaluate the

81

00:04:54,090 --> 00:04:51,370

often esoteric and complex material

82

00:04:56,909 --> 00:04:54,100

presented by Gaston Coast to Coast AM

83

00:04:59,400 --> 00:04:56,919

his illuminating yet precise summaries

84

00:05:01,890 --> 00:04:59,410

and articles stand out as a valuable

85

00:05:04,409 --> 00:05:01,900

database and resource for those studying

86

00:05:06,950 --> 00:05:04,419

a wide range of topics including the

87

00:05:09,390 --> 00:05:06,960

paranormal fringe science science and

88

00:05:11,790 --> 00:05:09,400

alternate theories which are our bread

89

00:05:13,980 --> 00:05:11,800

and butter as well now Lex emerged as a

90

00:05:16,710 --> 00:05:13,990

visual and performance artists in the

91

00:05:19,920 --> 00:05:16,720

early 1990s San Francisco and went on to

92

00:05:22,379 --> 00:05:19,930

create and run offbeat a web magazine

93

00:05:23,939 --> 00:05:22,389

for the San Francisco Chronicle about

94

00:05:27,300 --> 00:05:23,949

the off the beaten track art and culture

95

00:05:30,270 --> 00:05:27,310

have celebrated the electricity's and

96

00:05:33,360 --> 00:05:30,280

creativity of San Francisco and its

97

00:05:37,499 --> 00:05:33,370

denizens has created several screen and

98

00:05:40,080 --> 00:05:37,509

stage plays and a graphic novella now

99

00:05:44,070 --> 00:05:40,090

nightmare land travels at the borders of

100

00:05:46,290 --> 00:05:44,080

sleep dream and wakefulness is his first

101
00:05:49,469 --> 00:05:46,300
nonfiction book that's what we'll be

102
00:05:53,629 --> 00:05:49,479
discussing tonight sweet dreams

103
00:05:56,550 --> 00:05:53,639
nightmares and other Shadow Realm

104
00:05:58,320 --> 00:05:56,560
desires so Lex great to have you with

105
00:06:00,750 --> 00:05:58,330
you with us tonight on exploring the

106
00:06:02,879 --> 00:06:00,760
bizarre well thank you so much for

107
00:06:07,110 --> 00:06:02,889
having me on it's it's a double pleasure

108
00:06:11,670 --> 00:06:07,120
to speak to to Tim's yeah there you go

109
00:06:15,779 --> 00:06:11,680
hey you know ah dreams something about

110
00:06:19,140 --> 00:06:15,789
dreams kind of frightens me you know and

111
00:06:20,760 --> 00:06:19,150
and some people believe that we're

112
00:06:22,710 --> 00:06:20,770
actually living in a dream state and

113
00:06:24,839 --> 00:06:22,720

when we fall asleep at night it's just a

114

00:06:27,450 --> 00:06:24,849

matter of going into another parallel

115

00:06:30,060 --> 00:06:27,460

dream state it's it's all very weird and

116

00:06:35,100 --> 00:06:30,070

and I have had some precognitive

117

00:06:38,640 --> 00:06:35,110

experiences you know during a sleep I

118

00:06:42,800 --> 00:06:38,650

can't say that sleep of frightens me but

119

00:06:46,050 --> 00:06:42,810

I always do either sleep at night or the

120

00:06:49,800 --> 00:06:46,060

the TV there's just something that

121

00:06:53,670 --> 00:06:49,810

perplexes me about the the the realm of

122

00:06:57,240 --> 00:06:53,680

the after hours and after dark in fact I

123

00:06:59,939 --> 00:06:57,250

think let Alexis probably when I first

124

00:07:01,559 --> 00:06:59,949

stepped met you you were editing

125

00:07:05,459 --> 00:07:01,569

after dark which was the official

126

00:07:09,779 --> 00:07:05,469

newsletter of Costa Coast that's right

127

00:07:11,490 --> 00:07:09,789

we did a Q&A way back when and we did

128

00:07:15,420 --> 00:07:11,500

we've done actually we've done a lot of

129

00:07:19,920 --> 00:07:15,430

quite a bit of work together but the

130

00:07:22,770 --> 00:07:19,930

dreams now you know when I first became

131

00:07:27,619 --> 00:07:22,780

aware of the connection between dreams

132

00:07:31,260 --> 00:07:27,629

and and the paranormal I had a friend of

133

00:07:34,619 --> 00:07:31,270

mine by the name of Ronnie sunshine I

134

00:07:37,679 --> 00:07:34,629

know that kind of sounds weird but that

135

00:07:40,830 --> 00:07:37,689

was his that was his name and he was a

136

00:07:43,800 --> 00:07:40,840

participant in an experiment that took

137

00:07:46,589 --> 00:07:43,810

place at Maimonides dream Hospital in

138

00:07:50,580 --> 00:07:46,599

Portland and it was a project that was

139

00:07:53,909 --> 00:07:50,590

headed by dr. Stanley critter and they

140

00:07:56,909 --> 00:07:53,919

had a an experienced experient where

141

00:08:00,149 --> 00:07:56,919

they had an individual in in one room

142

00:08:05,420 --> 00:08:00,159

and that individual happened to be Jerry

143

00:08:08,790 --> 00:08:05,430

Garcia of the Grateful Dead and they had

144

00:08:14,899 --> 00:08:08,800

Ronnie sunshine in another part of the

145

00:08:18,990 --> 00:08:14,909

lab and they were trying to let's see

146

00:08:21,809 --> 00:08:19,000

project images during the the dream

147

00:08:24,329 --> 00:08:21,819

state and I don't remember the exact

148

00:08:27,930 --> 00:08:24,339

outcome of it I think they did have some

149

00:08:30,480 --> 00:08:27,940

positive results but that's the first

150

00:08:36,959 --> 00:08:30,490

that I became really aware that there

151

00:08:40,500 --> 00:08:36,969

must be something a little paranormal or

152

00:08:42,839 --> 00:08:40,510

could be paranormal about the dreams now

153

00:08:46,050 --> 00:08:42,849

how did you first get hooked up with the

154

00:08:47,910 --> 00:08:46,060

the subject I mean out of all the topics

155

00:08:51,840 --> 00:08:47,920

you could have picked you to write a

156

00:08:53,400 --> 00:08:51,850

book it's it's one that I don't think

157

00:08:55,980 --> 00:08:53,410

really has been written about all that

158

00:08:59,670 --> 00:08:55,990

much at least not in the a paranormal

159

00:09:02,340 --> 00:08:59,680

sense yeah I mean I think what sets my

160

00:09:05,870 --> 00:09:02,350

research apart from a lot of other books

161

00:09:07,800 --> 00:09:05,880

on dreaming is that I'm not doing

162

00:09:09,990 --> 00:09:07,810

interpretations or kind of like a

163

00:09:12,950 --> 00:09:10,000

dictionary if you dream that your teeth

164

00:09:15,260 --> 00:09:12,960

are falling out this means that

165

00:09:18,830 --> 00:09:15,270

it really was more of an X what became

166

00:09:21,310 --> 00:09:18,840

an exploration into this idea that

167

00:09:24,530 --> 00:09:21,320

there's this kind of blending or

168

00:09:26,750 --> 00:09:24,540

intermingling between these three main

169

00:09:29,720 --> 00:09:26,760

states of consciousness which we I guess

170

00:09:34,310 --> 00:09:29,730

you could refer to as being awake being

171

00:09:37,640 --> 00:09:34,320

asleep and then REM the REM dream state

172

00:09:40,100 --> 00:09:37,650

or rapid eye movement and how these

173

00:09:42,800 --> 00:09:40,110

different states kind of have these odd

174

00:09:45,470 --> 00:09:42,810

blends almost like these cocktails of

175

00:09:49,010 --> 00:09:45,480

consciousness and what struck me about

176

00:09:52,250 --> 00:09:49,020

it was how a lot of like paranormal and

177

00:09:54,530 --> 00:09:52,260

odd activity seemed to kind of get

178

00:09:57,410 --> 00:09:54,540

nestled in between these states

179

00:09:59,510 --> 00:09:57,420

certainly a lot of the reports of

180

00:10:02,000 --> 00:09:59,520

strange things that I've heard on coast

181

00:10:05,300 --> 00:10:02,010

to coast over the years involved people

182

00:10:08,300 --> 00:10:05,310

like waking up and then seeing an entity

183

00:10:11,210 --> 00:10:08,310

at the end of their bed and so is that

184

00:10:14,450 --> 00:10:11,220

happening in the hypnagogic state which

185

00:10:17,270 --> 00:10:14,460

is in between sleep and dreams is kind

186

00:10:20,360 --> 00:10:17,280

of kind of a window into these different

187

00:10:23,510 --> 00:10:20,370

where we can tune in to these different

188

00:10:26,720 --> 00:10:23,520

states of mind that that don't happen

189

00:10:29,570 --> 00:10:26,730

when we're completely awake well how

190

00:10:32,300 --> 00:10:29,580

about how about any experiences of your

191

00:10:36,770 --> 00:10:32,310

own that you might note that have to do

192

00:10:38,690 --> 00:10:36,780

with the dream state well certainly

193

00:10:41,030 --> 00:10:38,700

there are sleep paralysis which I've had

194

00:10:43,850 --> 00:10:41,040

a couple of episodes of in my lifetime

195

00:10:45,740 --> 00:10:43,860

and that was something that got my

196

00:10:47,900 --> 00:10:45,750

curiosity up it was one of the first

197

00:10:52,010 --> 00:10:47,910

articles I wrote for after dark going

198

00:10:55,190 --> 00:10:52,020

all the way back to I think 2001 and at

199

00:10:57,920 --> 00:10:55,200

the time it wasn't that widely known now

200

00:11:01,640 --> 00:10:57,930

with the growth of the internet you can

201
00:11:04,040 --> 00:11:01,650
find millions of articles about it but

202
00:11:06,440 --> 00:11:04,050
that is one of the oddest States and I

203
00:11:09,500 --> 00:11:06,450
think it's given birth to a lot of the

204
00:11:11,150 --> 00:11:09,510
supernatural lore over the years and so

205
00:11:13,730 --> 00:11:11,160
that seemed to be kind of a stepping

206
00:11:16,550 --> 00:11:13,740
stone for me to get into this whole idea

207
00:11:19,490 --> 00:11:16,560
of these mixed states of consciousness

208
00:11:23,750 --> 00:11:19,500
and if you don't know um sleep paralysis

209
00:11:26,310 --> 00:11:23,760
is where a person wakes up but their

210
00:11:28,140 --> 00:11:26,320
body is completely paralyzed

211
00:11:31,650 --> 00:11:28,150
they can just move their eyes and

212
00:11:34,890 --> 00:11:31,660
oftentimes what happens is they'll see a

213
00:11:37,320 --> 00:11:34,900

kind of malevolent entity that forms in

214

00:11:39,330 --> 00:11:37,330

the room and it can even come in like

215

00:11:41,700 --> 00:11:39,340

sit on their chest or attack them in

216

00:11:48,060 --> 00:11:41,710

different ways we're talking about the

217

00:11:49,680 --> 00:11:48,070

old exactly yes and different cultures

218

00:11:52,140 --> 00:11:49,690

have different names and different

219

00:11:56,370 --> 00:11:52,150

legacies about that experience it really

220

00:12:01,920 --> 00:11:56,380

goes back to antiquity Tim and I did a

221

00:12:03,900 --> 00:12:01,930

book called screwed by the aliens and we

222

00:12:07,880 --> 00:12:03,910

we talked in there about of course the

223

00:12:11,270 --> 00:12:07,890

Incubus and the coolest phenomena and

224

00:12:15,420 --> 00:12:11,280

also the the so-called the bedroom

225

00:12:18,660 --> 00:12:15,430

invaders now you've written them I think

226

00:12:21,570 --> 00:12:18,670

a chapter on the book of about this

227

00:12:24,750 --> 00:12:21,580

phenomena kid can you explain how this

228

00:12:28,320 --> 00:12:24,760

ties in well like I was saying before

229

00:12:31,830 --> 00:12:28,330

about the the way sleep paralysis was

230

00:12:34,440 --> 00:12:31,840

looked at in in times previous to our

231

00:12:36,900 --> 00:12:34,450

certainly was tied in with this notion

232

00:12:40,770 --> 00:12:36,910

of the succubus and the Incubus these

233

00:12:44,760 --> 00:12:40,780

kind of demonic beings that would would

234

00:12:47,850 --> 00:12:44,770

attack people and often there was sort

235

00:12:49,440 --> 00:12:47,860

of a sexual component to it I speculate

236

00:12:52,050 --> 00:12:49,450

in the book that that might have been a

237

00:12:54,660 --> 00:12:52,060

factor in the whole witch persecution

238

00:12:58,020 --> 00:12:54,670

thing where they were basically accusing

239

00:13:00,810 --> 00:12:58,030

people of having Congress with with the

240

00:13:06,240 --> 00:13:00,820

devil and that could have could have

241

00:13:09,270 --> 00:13:06,250

been misinterpreted or or actually just

242

00:13:14,010 --> 00:13:09,280

these incidents of sleep paralysis that

243

00:13:15,990 --> 00:13:14,020

they even some of these figures up in

244

00:13:17,670 --> 00:13:16,000

the church that made this part of the

245

00:13:19,920 --> 00:13:17,680

law of the land they might have had

246

00:13:23,220 --> 00:13:19,930

their own sleep paralysis episodes and

247

00:13:25,440 --> 00:13:23,230

seemed demonic figures and decided up

248

00:13:25,830 --> 00:13:25,450

the devil's reel we got to put a stop to

249

00:13:29,670 --> 00:13:25,840

this

250

00:13:34,800 --> 00:13:29,680

I was going to say he certainly seemed

251
00:13:36,270 --> 00:13:34,810
to be a horny fellow duffels there I

252
00:13:38,130 --> 00:13:36,280
think because the devil of course is

253
00:13:40,290 --> 00:13:38,140
always pictured are usually pictured

254
00:13:43,320 --> 00:13:40,300
with a horn in the tail and so forth but

255
00:13:45,840 --> 00:13:43,330
that also seems to be his mental state

256
00:13:49,460 --> 00:13:45,850
in a lot of cases as well can't keep his

257
00:13:52,590 --> 00:13:49,470
hands answers close to himself I guess

258
00:13:57,210 --> 00:13:52,600
now how about in the yep the instances

259
00:13:59,370 --> 00:13:57,220
of UFOs I John Kegel I think was the

260
00:14:02,700 --> 00:13:59,380
first the individual who brought my

261
00:14:04,790 --> 00:14:02,710
attention to the bedroom invaders and my

262
00:14:09,480 --> 00:14:04,800
friend the late Brad stager wrote about

263
00:14:12,060 --> 00:14:09,490

them as well these alien type beings

264

00:14:13,970 --> 00:14:12,070

that are coming into people's of a

265

00:14:16,320 --> 00:14:13,980

bedroom and in some cases having

266

00:14:19,140 --> 00:14:16,330

relations with them but not not

267

00:14:21,800 --> 00:14:19,150

necessarily some of them seem to pass

268

00:14:25,380 --> 00:14:21,810

through the passing walls and ceilings

269

00:14:29,130 --> 00:14:25,390

and you know watch them over a period of

270

00:14:32,610 --> 00:14:29,140

time repeatedly I mean you know you talk

271

00:14:35,210 --> 00:14:32,620

about okay Corral sleep paralysis and

272

00:14:37,730 --> 00:14:35,220

all but it seems kind of strange

273

00:14:40,560 --> 00:14:37,740

wouldn't you say that the the same

274

00:14:44,940 --> 00:14:40,570

entities would appear time after time

275

00:14:50,310 --> 00:14:44,950

and why would they necessarily be aliens

276

00:14:52,200 --> 00:14:50,320

I mean they could be witches or anything

277

00:14:54,270 --> 00:14:52,210

but people a lot of people see them

278

00:14:56,730 --> 00:14:54,280

today is aliens you think it's because

279

00:14:58,680 --> 00:14:56,740

it's been kind of implanted in their

280

00:15:01,350 --> 00:14:58,690

mind because of the TV and motion

281

00:15:04,680 --> 00:15:01,360

pictures and all I want him to take a

282

00:15:08,430 --> 00:15:04,690

look at that whole idea of our alien

283

00:15:11,240 --> 00:15:08,440

abductions simply people having sleep

284

00:15:13,140 --> 00:15:11,250

paralysis episodes there is a couple of

285

00:15:15,270 --> 00:15:13,150

psychologists that came out with that

286

00:15:17,340 --> 00:15:15,280

theory back in the 90s and we're sort of

287

00:15:20,460 --> 00:15:17,350

treating it as a real case closed

288

00:15:22,800 --> 00:15:20,470

kind of thing and I actually think that

289

00:15:25,770 --> 00:15:22,810

while there are certain similarities in

290

00:15:27,660 --> 00:15:25,780

some cases might certainly be that it

291

00:15:30,030 --> 00:15:27,670

struck me that it was something

292

00:15:32,730 --> 00:15:30,040

different because as you were saying the

293

00:15:35,400 --> 00:15:32,740

the alien abduction thing in people's

294

00:15:37,470 --> 00:15:35,410

bedrooms often follows the same pattern

295

00:15:40,230 --> 00:15:37,480

over and over again with these grey

296

00:15:43,020 --> 00:15:40,240

beings looking a certain way and then

297

00:15:46,230 --> 00:15:43,030

performing these repetitive procedures

298

00:15:49,350 --> 00:15:46,240

and that to me didn't really gel with a

299

00:15:51,630 --> 00:15:49,360

lot of the accounts that I had read and

300

00:15:53,490 --> 00:15:51,640

heard about regular sleep paralysis

301
00:15:56,010 --> 00:15:53,500
because it seems

302
00:15:58,440 --> 00:15:56,020
like those are really idiosyncratic like

303
00:16:01,290 --> 00:15:58,450
one person's old hag can be completely

304
00:16:04,140 --> 00:16:01,300
different than someone else's so it's

305
00:16:06,870 --> 00:16:04,150
it's as though sleep paralysis is just

306
00:16:09,330 --> 00:16:06,880
very individualized whereas the

307
00:16:14,550 --> 00:16:09,340
alien-abduction thing seems very rote

308
00:16:18,390 --> 00:16:14,560
and repetitive and also too now some of

309
00:16:21,000 --> 00:16:18,400
these individuals who have a bedroom of

310
00:16:23,940 --> 00:16:21,010
visitors they wake up the next day and

311
00:16:26,490 --> 00:16:23,950
they may have scratches or scoop marks

312
00:16:29,100 --> 00:16:26,500
on their body and there have been some

313
00:16:31,350 --> 00:16:29,110

incidents as I'm sure you realize this

314

00:16:33,660 --> 00:16:31,360

where people supposedly have even been

315

00:16:35,490 --> 00:16:33,670

taken up out of their homes and they've

316

00:16:38,580 --> 00:16:35,500

come back wearing somebody else's

317

00:16:40,680 --> 00:16:38,590

clothes or or they have you know dirt on

318

00:16:42,510 --> 00:16:40,690

their feet or something like that now I

319

00:16:44,910 --> 00:16:42,520

suppose you could explain that as a

320

00:16:49,110 --> 00:16:44,920

little bit of sleepwalking but they

321

00:16:53,820 --> 00:16:49,120

could also have had you know a real or

322

00:16:56,400 --> 00:16:53,830

non real in a sense experience yeah it's

323

00:16:59,880 --> 00:16:56,410

it's really hard to say for sure what is

324

00:17:02,250 --> 00:16:59,890

going on with with those episodes I I

325

00:17:05,640 --> 00:17:02,260

guess if I had to take a guess that if

326

00:17:08,760 --> 00:17:05,650

people are being abducted and taken onto

327

00:17:11,160 --> 00:17:08,770

ships that it's most likely occurring in

328

00:17:13,470 --> 00:17:11,170

this kind of other-dimensional way where

329

00:17:15,630 --> 00:17:13,480

their their body perhaps and isn't

330

00:17:19,429 --> 00:17:15,640

leaving the room but their consciousness

331

00:17:23,910 --> 00:17:19,439

or experiences going somewhere else

332

00:17:26,699 --> 00:17:23,920

now up on the the show of course close

333

00:17:29,040 --> 00:17:26,709

Betty Hills niece has been on numerous

334

00:17:33,690 --> 00:17:29,050

of times and she's been our our program

335

00:17:36,960 --> 00:17:33,700

as well and the intriguing of the course

336

00:17:39,690 --> 00:17:36,970

of the incident as far as dreams go in

337

00:17:43,110 --> 00:17:39,700

the Betty and Barney Hill incident is

338

00:17:46,890 --> 00:17:43,120

that according to some people Betty and

339

00:17:48,720 --> 00:17:46,900

Barney actually shared dreams that's why

340

00:17:51,240 --> 00:17:48,730

you know the experience was a real one

341

00:17:53,340 --> 00:17:51,250

of them was I guess they hysterical

342

00:17:54,960 --> 00:17:53,350

because they saw this unexplained object

343

00:17:58,980 --> 00:17:54,970

in the sky or light or something well it

344

00:18:01,320 --> 00:17:58,990

was a real UFO or something else they

345

00:18:03,600 --> 00:18:01,330

had nightmares about it and their mate

346

00:18:06,460 --> 00:18:03,610

worth picking up this nightmare in their

347

00:18:08,649 --> 00:18:06,470

dreams is that possible

348

00:18:11,560 --> 00:18:08,659

the shared dream phenomenon is extremely

349

00:18:16,869 --> 00:18:11,570

rare so I would bet against that

350

00:18:18,700 --> 00:18:16,879

explanation certainly nightmares and and

351

00:18:21,220 --> 00:18:18,710

different kinds of dreams have an

352

00:18:23,560 --> 00:18:21,230

association with UFO sightings and

353

00:18:26,680 --> 00:18:23,570

encounters so it becomes kind of a murky

354

00:18:29,619 --> 00:18:26,690

territory to sift through it all because

355

00:18:31,810 --> 00:18:29,629

a lot of times people that claim to have

356

00:18:34,960 --> 00:18:31,820

been abducted then will have nightmares

357

00:18:37,659 --> 00:18:34,970

later on and that would make sense in

358

00:18:41,049 --> 00:18:37,669

that a lot of nightmares are associated

359

00:18:43,930 --> 00:18:41,059

with traumas and the body or the psyche

360

00:18:49,240 --> 00:18:43,940

trying to resolve it in some way or get

361

00:18:52,749 --> 00:18:49,250

past it now did you find in your

362

00:18:55,259 --> 00:18:52,759

research that any a prominent to

363

00:19:00,389 --> 00:18:55,269

scientists or researchers are doing

364

00:19:03,460 --> 00:19:00,399

examining any of this data certainly

365

00:19:06,730 --> 00:19:03,470

something like lucid dreaming has has

366

00:19:09,279 --> 00:19:06,740

been scientifically studied going back a

367

00:19:10,779 --> 00:19:09,289

few decades now with Stephen LaBerge and

368

00:19:14,499 --> 00:19:10,789

a few other people kind of kicking

369

00:19:16,509 --> 00:19:14,509

kicking that off with kind of like the

370

00:19:21,159 --> 00:19:16,519

crypto research you were referencing

371

00:19:23,980 --> 00:19:21,169

from decades even earlier but so that is

372

00:19:26,169 --> 00:19:23,990

something that lucid dreaming was

373

00:19:33,789 --> 00:19:26,179

formerly thought to to not even really

374

00:19:37,180 --> 00:19:33,799

be a real thing by explain sure lucid

375

00:19:40,419 --> 00:19:37,190

dreaming is recognizing that you're in a

376

00:19:42,850 --> 00:19:40,429

dream while you're having the dream so

377

00:19:45,190 --> 00:19:42,860

instead of kind of falling for whatever

378

00:19:46,810 --> 00:19:45,200

the dream narrative is and your place

379

00:19:48,940 --> 00:19:46,820

tune in it and you're being kind of

380

00:19:51,190 --> 00:19:48,950

swept along in the story you kind of

381

00:19:55,240 --> 00:19:51,200

take a step back and go oh wait a minute

382

00:19:58,060 --> 00:19:55,250

this is actually a dream and that can be

383

00:19:59,919 --> 00:19:58,070

very empowering and opened the doors to

384

00:20:03,310 --> 00:19:59,929

a lot of different possibilities that

385

00:20:05,200 --> 00:20:03,320

people can experience and some of it

386

00:20:08,649 --> 00:20:05,210

does border into these strange

387

00:20:10,869 --> 00:20:08,659

paranormal or spiritual mystical kinds

388

00:20:15,009 --> 00:20:10,879

of states I don't have you the two of

389

00:20:18,970 --> 00:20:15,019

you had experiences with lucidity well

390

00:20:19,910 --> 00:20:18,980

you know I've had I'll guess I would

391

00:20:21,470 --> 00:20:19,920

consider the more

392

00:20:23,360 --> 00:20:21,480

nightmares or something where I'm being

393

00:20:25,460 --> 00:20:23,370

chased by somebody saving the night for

394

00:20:26,990 --> 00:20:25,470

something and I realized that I'm in a

395

00:20:27,530 --> 00:20:27,000

dream and I'm trying to get out of a

396

00:20:29,810 --> 00:20:27,540

dream

397

00:20:33,380 --> 00:20:29,820

and then something that occurs outside

398

00:20:37,280 --> 00:20:33,390

of the dream gets me out of the

399

00:20:40,970 --> 00:20:37,290

situation that I'm in somehow it's hard

400

00:20:43,970 --> 00:20:40,980

to explain but somehow an incident will

401
00:20:46,340 --> 00:20:43,980
happen like a car door slamming outside

402
00:20:48,770 --> 00:20:46,350
but it will be part it will be part of

403
00:20:51,470 --> 00:20:48,780
the dream which I don't know how that's

404
00:20:54,830 --> 00:20:51,480
necessarily possible because it builds

405
00:21:00,640 --> 00:20:54,840
up to happening so it's like you know

406
00:21:07,780 --> 00:21:03,860
yeah there's a lot of odd blendings that

407
00:21:10,940 --> 00:21:07,790
happen between these kind of waking

408
00:21:12,700 --> 00:21:10,950
sensations and going into the dream

409
00:21:15,850 --> 00:21:12,710
state I look at what are called

410
00:21:19,240 --> 00:21:15,860
parasomnias early in depth and those are

411
00:21:21,740 --> 00:21:19,250
unusual physical or emotional

412
00:21:25,460 --> 00:21:21,750
occurrences that accompany sleep and

413
00:21:28,820 --> 00:21:25,470

dreams and there's one condition called

414

00:21:30,740 --> 00:21:28,830

REM behavior disorder and that is kind

415

00:21:33,890 --> 00:21:30,750

of like a funhouse mirror of sleep

416

00:21:35,990 --> 00:21:33,900

paralysis so instead of being paralyzed

417

00:21:40,040 --> 00:21:36,000

while you're while you're dreaming which

418

00:21:41,720 --> 00:21:40,050

is the normal REM you're paralyzed so

419

00:21:44,600 --> 00:21:41,730

you don't move around and that's thought

420

00:21:46,990 --> 00:21:44,610

to be the bleed-over effect during sleep

421

00:21:49,700 --> 00:21:47,000

paralysis but in this other condition

422

00:21:51,650 --> 00:21:49,710

people are not paralyzed while they're

423

00:21:54,230 --> 00:21:51,660

dreaming so they're dreaming and they're

424

00:21:56,990 --> 00:21:54,240

moving around and this one case are

425

00:21:59,810 --> 00:21:57,000

right about a man thought that he was

426
00:22:01,610 --> 00:21:59,820
trying to get this skunk out of his tent

427
00:22:04,100 --> 00:22:01,620
and he was just kind of savagely

428
00:22:06,530 --> 00:22:04,110
attacking the skunk and trying to pull

429
00:22:09,200 --> 00:22:06,540
it out of the tent and it turns out in

430
00:22:11,990 --> 00:22:09,210
in actuality he was pulling on his

431
00:22:14,090 --> 00:22:12,000
wife's long hair who was sleeping next

432
00:22:17,090 --> 00:22:14,100
to him and she was you know kind of

433
00:22:21,020 --> 00:22:17,100
trying to fend him off so it it raises

434
00:22:23,930 --> 00:22:21,030
the interesting issue of these sensory

435
00:22:26,090 --> 00:22:23,940
data like somehow her long hair was

436
00:22:30,950 --> 00:22:26,100
being interpreted as the skunk in the

437
00:22:33,800 --> 00:22:30,960
dream state well you know a couple of

438
00:22:36,500 --> 00:22:33,810

times I had the experience where

439

00:22:38,630 --> 00:22:36,510

somebody would write me a letter for

440

00:22:40,730 --> 00:22:38,640

today's the Internet and I would read

441

00:22:45,080 --> 00:22:40,740

the fall asleep while reading the letter

442

00:22:47,090 --> 00:22:45,090

and then I would find myself in there in

443

00:22:49,610 --> 00:22:47,100

their apartment and the next day I would

444

00:22:51,980 --> 00:22:49,620

describe to them what I saw and

445

00:22:54,860 --> 00:22:51,990

apparently it was it was a fairly

446

00:22:57,860 --> 00:22:54,870

accurate in fact it was one gal who

447

00:23:00,110 --> 00:22:57,870

worked for a rather famous of rock and

448

00:23:03,620 --> 00:23:00,120

roll a promoter of the reasons I got

449

00:23:05,360 --> 00:23:03,630

page because I helped her find a a ring

450

00:23:07,610 --> 00:23:05,370

that had gone missing she actually had

451
00:23:10,310 --> 00:23:07,620
written me a two-page letter about how

452
00:23:12,370 --> 00:23:10,320
this ring was very important to her and

453
00:23:15,380 --> 00:23:12,380
I read the letter and I fell asleep and

454
00:23:17,990 --> 00:23:15,390
I saw where it was behind the bureau and

455
00:23:19,520 --> 00:23:18,000
I called it the next day and told her

456
00:23:21,890 --> 00:23:19,530
what I had seen and apparently according

457
00:23:26,090 --> 00:23:21,900
to her I was well here I was dead on

458
00:23:28,610 --> 00:23:26,100
accurate right and I Pam we have to we

459
00:23:30,260 --> 00:23:28,620
have to write down for a second and go

460
00:23:31,750 --> 00:23:30,270
to our break we'll be right back for

461
00:23:40,310 --> 00:23:31,760
more exploring observe

462
00:23:47,040 --> 00:23:44,490
now back to exploring the bazaars with

463
00:23:50,370 --> 00:23:47,050

two of the most electrifying researchers

464

00:23:55,290 --> 00:23:50,380

in the Paranoid your hosts Timothy Becca

465

00:23:57,000 --> 00:23:55,300

Lee Anton's was walking back to

466

00:24:00,840 --> 00:23:57,010

exploring the bazaar I'm Tim Schwartz

467

00:24:05,160 --> 00:24:00,850

tonight our guest is Lex lone hood Nova

468

00:24:08,280 --> 00:24:05,170

and we are discussing his book nightmare

469

00:24:12,150 --> 00:24:08,290

land travels at the borders of sleep

470

00:24:15,299 --> 00:24:12,160

dreams and wakefulness so Lex I suppose

471

00:24:18,390 --> 00:24:15,309

the big question you're talking in the

472

00:24:21,840 --> 00:24:18,400

first segment about especially about

473

00:24:24,630 --> 00:24:21,850

dreams and some of the other mysteries

474

00:24:27,090 --> 00:24:24,640

of sleep but the mystery the biggest

475

00:24:30,900 --> 00:24:27,100

mystery I think is just what exactly is

476

00:24:34,169 --> 00:24:30,910

sleep it certainly is a mysterious state

477

00:24:36,810 --> 00:24:34,179

I think that it's fairly new science to

478

00:24:40,680 --> 00:24:36,820

where we're just learning kind of as we

479

00:24:43,169 --> 00:24:40,690

go I think in terms of what has been

480

00:24:45,770 --> 00:24:43,179

discovered about the sleep state is that

481

00:24:48,810 --> 00:24:45,780

it is performing a lot of needed

482

00:24:51,630 --> 00:24:48,820

physiological functions and detoxifying

483

00:24:53,669 --> 00:24:51,640

and I mean as everybody knows when

484

00:24:55,980 --> 00:24:53,679

you're sleep deprived you don't feel

485

00:24:58,980 --> 00:24:55,990

like your normal self so I think clearly

486

00:25:01,020 --> 00:24:58,990

there's some benefits going on from

487

00:25:04,230 --> 00:25:01,030

sleep but I think dreams are more

488

00:25:06,120 --> 00:25:04,240

mysterious in kind of the post freud era

489

00:25:08,640 --> 00:25:06,130

there's a lot of different competing

490

00:25:13,049 --> 00:25:08,650

theories as to what the purpose of them

491

00:25:16,470 --> 00:25:13,059

really is and i've not found one theory

492

00:25:18,570 --> 00:25:16,480

that seems to fit fit all instances so i

493

00:25:22,049 --> 00:25:18,580

think that that's something that is

494

00:25:25,700 --> 00:25:22,059

still a genuine mystery now you brought

495

00:25:31,710 --> 00:25:25,710

up a good point about sleep deprivation

496

00:25:35,790 --> 00:25:31,720

that has been used for centuries as as a

497

00:25:37,799 --> 00:25:35,800

form of torture yeah absolutely yeah it

498

00:25:41,280 --> 00:25:37,809

was kind of perfected in the Middle Ages

499

00:25:44,780 --> 00:25:41,290

and they used it against suspected

500

00:25:48,240 --> 00:25:44,790

witches and then in in the 20th century

501

00:25:51,360 --> 00:25:48,250

no Stalinist gulags they they

502

00:25:54,540 --> 00:25:51,370

I went to town with using that as a way

503

00:25:58,590 --> 00:25:54,550

to torture people without them having

504

00:26:00,500 --> 00:25:58,600

any physical signs of harm and what some

505

00:26:03,750 --> 00:26:00,510

of the people said about that was it was

506

00:26:07,080 --> 00:26:03,760

they would sign anything do anything it

507

00:26:09,060 --> 00:26:07,090

was a bigger Drive than then eating or

508

00:26:11,010 --> 00:26:09,070

anything in their life if they could

509

00:26:13,890 --> 00:26:11,020

just get some sleep I think would agree

510

00:26:17,940 --> 00:26:13,900

to whatever they want say whatever they

511

00:26:19,400 --> 00:26:17,950

they needed them to say well there's and

512

00:26:22,860 --> 00:26:19,410

there's been people who have

513

00:26:26,520 --> 00:26:22,870

deliberately tried to keep themselves

514

00:26:29,520 --> 00:26:26,530

awake you know marathons or things like

515

00:26:34,080 --> 00:26:29,530

that and and it seems like that after

516

00:26:35,670 --> 00:26:34,090

you reach a certain point yeah I'm like

517

00:26:37,410 --> 00:26:35,680

you know eating or even you know

518

00:26:39,300 --> 00:26:37,420

drinking water or anything like that

519

00:26:43,920 --> 00:26:39,310

it's just that sleep just becomes

520

00:26:46,740 --> 00:26:43,930

inevitable yeah I mean it was done as a

521

00:26:48,570 --> 00:26:46,750

stunt by DJ's and different things like

522

00:26:50,940 --> 00:26:48,580

that some of them too against that it

523

00:26:53,600 --> 00:26:50,950

means to stay away but they would often

524

00:26:58,070 --> 00:26:53,610

lapse into these kind of living

525

00:27:00,450 --> 00:26:58,080

hallucinatory periods that in one case

526
00:27:04,260 --> 00:27:00,460
psychiatrists that was kind of shadowing

527
00:27:06,690 --> 00:27:04,270
the DJ that was doing this heath he

528
00:27:08,940 --> 00:27:06,700
noticed that the hallucinations seemed

529
00:27:12,060 --> 00:27:08,950
to mirror when the person would be

530
00:27:15,330 --> 00:27:12,070
having their REM dream stayed because

531
00:27:17,460 --> 00:27:15,340
you dream and a different set of cycles

532
00:27:20,640 --> 00:27:17,470
each time you dream you start off in

533
00:27:23,220 --> 00:27:20,650
non-rem or deep sleep and go through

534
00:27:26,310 --> 00:27:23,230
several stages of that and then go into

535
00:27:29,370 --> 00:27:26,320
REM so these waking hallucinations were

536
00:27:32,750 --> 00:27:29,380
occurring like every you know 45 or 90

537
00:27:35,790 --> 00:27:32,760
minutes or so but but this idea of

538
00:27:38,070 --> 00:27:35,800

staying awake I think was taken to a

539

00:27:40,680 --> 00:27:38,080

really interesting degree by this

540

00:27:43,740 --> 00:27:40,690

British consciousness researcher named

541

00:27:48,210 --> 00:27:43,750

Tony Wright who came up with a theory

542

00:27:50,730 --> 00:27:48,220

that by using sleep deprivation and

543

00:27:57,270 --> 00:27:50,740

staying awake it would cause the

544

00:28:00,030 --> 00:27:57,280

normally dominant right hemisphere to or

545

00:28:01,810 --> 00:28:00,040

the left hemisphere to become - that

546

00:28:04,870 --> 00:28:01,820

would fall asleep and then the right

547

00:28:07,330 --> 00:28:04,880

side which is normally quiet would be

548

00:28:10,270 --> 00:28:07,340

able to have more dominance and that's

549

00:28:12,460 --> 00:28:10,280

aside that's connected with feeling and

550

00:28:15,280 --> 00:28:12,470

intuition in his case you would have

551

00:28:17,470 --> 00:28:15,290

these deeply profound religious

552

00:28:19,860 --> 00:28:17,480

experiences while while in this

553

00:28:22,840 --> 00:28:19,870

condition of extreme sleep deprivation

554

00:28:27,520 --> 00:28:22,850

so that's kind of interesting to

555

00:28:31,870 --> 00:28:27,530

consider we've got a question from Jeff

556

00:28:33,160 --> 00:28:31,880

from a chat room and Jeff asked Lex have

557

00:28:34,510 --> 00:28:33,170

you ever heard of people who normally

558

00:28:36,460 --> 00:28:34,520

sleep on their back and under the sheets

559

00:28:38,170 --> 00:28:36,470

suddenly waking up in the middle of the

560

00:28:40,930 --> 00:28:38,180

night on top of the sheets on their

561

00:28:43,180 --> 00:28:40,940

belly and backwards with their head at

562

00:28:46,510 --> 00:28:43,190

the foot of the bed and not knowing how

563

00:28:50,020 --> 00:28:46,520

they flipped around like that and I know

564

00:28:53,170 --> 00:28:50,030

that I've seen people who just go

565

00:28:56,190 --> 00:28:53,180

through all types of of contortions when

566

00:28:57,820 --> 00:28:56,200

there's asleep I mean when you're asleep

567

00:29:01,030 --> 00:28:57,830

you're just not

568

00:29:03,550 --> 00:29:01,040

one permanent position you know most

569

00:29:05,980 --> 00:29:03,560

people tend to move around quite a bit

570

00:29:07,810 --> 00:29:05,990

yeah I think you you've got it right

571

00:29:09,850 --> 00:29:07,820

there right I know that sometimes my

572

00:29:12,040 --> 00:29:09,860

body will start moving diagonally

573

00:29:13,510 --> 00:29:12,050

it's an odd sensation though you almost

574

00:29:16,360 --> 00:29:13,520

feel like it is something on a

575

00:29:19,870 --> 00:29:16,370

paranormal activity like who is moving

576

00:29:22,270 --> 00:29:19,880

my body but in terms of sleeping on your

577

00:29:25,390 --> 00:29:22,280

back that is one of the things that's

578

00:29:27,190 --> 00:29:25,400

associated with sleep paralysis so for

579

00:29:29,320 --> 00:29:27,200

people that are plagued with that as a

580

00:29:32,170 --> 00:29:29,330

problem one of the kind of

581

00:29:35,920 --> 00:29:32,180

do-it-yourself solutions is you can sew

582

00:29:39,250 --> 00:29:35,930

a tennis ball into the back of a pajama

583

00:29:40,750 --> 00:29:39,260

top or t-shirt and that because

584

00:29:43,390 --> 00:29:40,760

sometimes if you start sleeping on your

585

00:29:45,760 --> 00:29:43,400

side you'll turn over onto your back and

586

00:29:48,400 --> 00:29:45,770

if you've got this tennis ball there

587

00:29:53,380 --> 00:29:48,410

that'll keep you from from ever sleeping

588

00:29:57,550 --> 00:29:53,390

on your back out like the pea under the

589

00:30:01,120 --> 00:29:57,560

mattress type tennis ball under the

590

00:30:02,830 --> 00:30:01,130

mattress when we were talking about a

591

00:30:06,760 --> 00:30:02,840

sleep deprivation you know you're

592

00:30:11,380 --> 00:30:06,770

talking about how the the psychologist

593

00:30:15,490 --> 00:30:11,390

had noticed how when a person was awake

594

00:30:21,639 --> 00:30:15,500

the the cycles of hallucinations and

595

00:30:27,610 --> 00:30:21,649

based on some of my dreaming experiences

596

00:30:29,950 --> 00:30:27,620

I've I've often wondered whether we are

597

00:30:32,019 --> 00:30:29,960

not even even while we're awake there's

598

00:30:35,139 --> 00:30:32,029

a part of our brain that is always

599

00:30:38,139 --> 00:30:35,149

dreaming and and then when you fall

600

00:30:39,549 --> 00:30:38,149

asleep it just kind of like it breaks

601
00:30:41,860 --> 00:30:39,559
through you know it gets past

602
00:30:45,580 --> 00:30:41,870
consciousness and yeah and then just you

603
00:30:48,700 --> 00:30:45,590
know overwhelms your brain there's been

604
00:30:51,129 --> 00:30:48,710
times where I've started to go to sleep

605
00:30:53,379 --> 00:30:51,139
and then you know the noise would happen

606
00:30:56,110 --> 00:30:53,389
and I would wake up but it would seem

607
00:30:59,379 --> 00:30:56,120
like just almost as soon as I would

608
00:31:01,269 --> 00:30:59,389
start to close my eye the dreams would

609
00:31:02,710 --> 00:31:01,279
just take over and sometimes it would be

610
00:31:04,570 --> 00:31:02,720
like just right in the middle of a story

611
00:31:08,110 --> 00:31:04,580
which you know just you know maybe

612
00:31:11,249 --> 00:31:08,120
wonder whether or not the dreams are

613
00:31:14,470 --> 00:31:11,259

just constantly going on in your head

614

00:31:17,399 --> 00:31:14,480

yeah I ran across that as something

615

00:31:20,980 --> 00:31:17,409

proposed by some different consciousness

616

00:31:23,379 --> 00:31:20,990

researchers and mystical gurus and I

617

00:31:25,840 --> 00:31:23,389

think there's some validity to that kind

618

00:31:28,149 --> 00:31:25,850

of this idea that the Dreaming state is

619

00:31:30,759 --> 00:31:28,159

it's like a radio broadcast that's going

620

00:31:33,340 --> 00:31:30,769

on all the time but we were not really

621

00:31:35,740 --> 00:31:33,350

aware of it when we're perceiving our

622

00:31:38,769 --> 00:31:35,750

six senses and going about our waking

623

00:31:42,430 --> 00:31:38,779

life so I think that that could could

624

00:31:44,649 --> 00:31:42,440

actually be true and certainly when

625

00:31:48,039 --> 00:31:44,659

you fall into this mid kind of half

626
00:31:50,289 --> 00:31:48,049
sleeps take the hypnagogic state you get

627
00:31:54,580 --> 00:31:50,299
these little dream lights and and kind

628
00:31:57,610 --> 00:31:54,590
of odd visions so that's kind of a

629
00:31:59,230 --> 00:31:57,620
doorway and into that and of course

630
00:32:02,049 --> 00:31:59,240
there there has also been the

631
00:32:04,509 --> 00:32:02,059
suggestions that that your dreams maybe

632
00:32:10,180 --> 00:32:04,519
not all of them but but some of them are

633
00:32:13,960 --> 00:32:10,190
actual actually experiences that you are

634
00:32:15,669 --> 00:32:13,970
going through in alternative realities

635
00:32:17,230 --> 00:32:15,679
that you know whatever it is your

636
00:32:18,430 --> 00:32:17,240
consciousness that you know makes you

637
00:32:20,980 --> 00:32:18,440
you

638
00:32:23,799 --> 00:32:20,990

extends across an infinite number of

639

00:32:26,190 --> 00:32:23,809

worlds and that when you fall asleep you

640

00:32:29,140 --> 00:32:26,200

know that it

641

00:32:32,350 --> 00:32:29,150

that Center on this reality breaks down

642

00:32:34,600 --> 00:32:32,360

a bit and you start experiencing the the

643

00:32:37,000 --> 00:32:34,610

other realities that are close to us

644

00:32:39,880 --> 00:32:37,010

that's why some of the some of our

645

00:32:42,640 --> 00:32:39,890

dreams and you can tell the difference

646

00:32:45,580 --> 00:32:42,650

some dreams you have are highly

647

00:32:48,670 --> 00:32:45,590

emotional and you know people in those

648

00:32:50,200 --> 00:32:48,680

dreams that you don't know in your in

649

00:32:53,080 --> 00:32:50,210

your waking life and when you wake up

650

00:32:56,410 --> 00:32:53,090

sometimes you actually have this this

651
00:32:57,970 --> 00:32:56,420
sense of profound loss that you're not

652
00:33:02,560 --> 00:32:57,980
going to be with that that person again

653
00:33:05,770 --> 00:33:02,570
at least not currently yeah there are

654
00:33:08,170 --> 00:33:05,780
cases where people seem to visit a whole

655
00:33:11,050 --> 00:33:08,180
different existence in the dream state I

656
00:33:13,600 --> 00:33:11,060
know there was one case ironic I ran

657
00:33:16,810 --> 00:33:13,610
across in the lucid dreaming research of

658
00:33:19,720 --> 00:33:16,820
someone who would experience like years

659
00:33:22,270 --> 00:33:19,730
in just one night in the dream state so

660
00:33:24,550 --> 00:33:22,280
to the extent he was experiencing this

661
00:33:26,890 --> 00:33:24,560
life in this other realm I think it was

662
00:33:29,380 --> 00:33:26,900
like in the far future and he would

663
00:33:33,580 --> 00:33:29,390

actually go to sleep in this life and

664

00:33:35,620 --> 00:33:33,590

have dreams within this lucid dream so

665

00:33:38,200 --> 00:33:35,630

that the you know it starts to become

666

00:33:40,060 --> 00:33:38,210

kind of a fascinating Hall of Mirrors

667

00:33:42,310 --> 00:33:40,070

when you start getting into that

668

00:33:48,730 --> 00:33:42,320

territory it's like a it's like a

669

00:33:51,430 --> 00:33:48,740

Phillip K dick story very much so now go

670

00:33:54,910 --> 00:33:51,440

ahead - no no I just say he's written

671

00:33:56,950 --> 00:33:54,920

you know about that no I you know I I'm

672

00:34:00,370 --> 00:33:56,960

wondering we talked about sleepwalking

673

00:34:02,140 --> 00:34:00,380

and all but can you take it even further

674

00:34:04,120 --> 00:34:02,150

than just walking in your sleep I mean

675

00:34:06,160 --> 00:34:04,130

have people committed crimes or done

676
00:34:10,450 --> 00:34:06,170
things that they they claimed they were

677
00:34:13,050 --> 00:34:10,460
not we're aware of oh absolutely yeah I

678
00:34:16,840 --> 00:34:13,060
have a whole chapter on sleep murders

679
00:34:19,750 --> 00:34:16,850
getting into this true crime territory

680
00:34:23,080 --> 00:34:19,760
and certainly with these kind of cases

681
00:34:25,450 --> 00:34:23,090
you you're left wondering okay is this

682
00:34:29,970 --> 00:34:25,460
just an you know a Twinkie defense kind

683
00:34:33,100 --> 00:34:29,980
of thing or are people able to actually

684
00:34:35,740 --> 00:34:33,110
commit these heinous actions and not

685
00:34:38,050 --> 00:34:35,750
really be consciously aware that they're

686
00:34:39,280 --> 00:34:38,060
doing it one of the most famous cases

687
00:34:41,950 --> 00:34:39,290
was in

688
00:34:45,669 --> 00:34:41,960

with a fellow named Kenneth parks who

689

00:34:49,740 --> 00:34:45,679

allegedly drove 14 miles to his in-laws

690

00:34:52,270 --> 00:34:49,750

house while asleep and then proceeded to

691

00:34:57,160 --> 00:34:52,280

stab one of them to death

692

00:35:00,280 --> 00:34:57,170

ouch but he was known as a sleepwalker

693

00:35:02,680 --> 00:35:00,290

with a lot of odd sleep abnormalities

694

00:35:05,550 --> 00:35:02,690

and they were able to show that on this

695

00:35:08,080 --> 00:35:05,560

machine called a polysomnogram that

696

00:35:12,040 --> 00:35:08,090

gives kind of readings of brain waves

697

00:35:14,500 --> 00:35:12,050

while while people are sleeping so did

698

00:35:17,920 --> 00:35:14,510

he get away with murder he actually did

699

00:35:19,990 --> 00:35:17,930

I went the case ended up going to the

700

00:35:22,960 --> 00:35:20,000

Canadian Supreme Court because they were

701
00:35:24,670 --> 00:35:22,970
a lot of people were just sort of

702
00:35:27,480 --> 00:35:24,680
shocked by the whole thing and the

703
00:35:31,230 --> 00:35:27,490
Supreme Court backed the original

704
00:35:34,210 --> 00:35:31,240
decision and and he did get off I think

705
00:35:37,420 --> 00:35:34,220
it does raise the question of this whole

706
00:35:41,980 --> 00:35:37,430
idea of how does the Judas judicial

707
00:35:44,080 --> 00:35:41,990
system evaluate these cases of when

708
00:35:46,690 --> 00:35:44,090
someone is not fully conscious and

709
00:35:49,120 --> 00:35:46,700
certainly with ambien and some of these

710
00:35:53,470 --> 00:35:49,130
other drugs you get into these very gray

711
00:35:55,530 --> 00:35:53,480
areas where how how much is a person

712
00:35:58,600 --> 00:35:55,540
responsible can they just blame the

713
00:36:00,940 --> 00:35:58,610

pharmaceutical company for they get in

714

00:36:02,190 --> 00:36:00,950

their car and get into an accident and

715

00:36:04,990 --> 00:36:02,200

hurt someone

716

00:36:07,000 --> 00:36:05,000

initially they they kind of could but

717

00:36:09,940 --> 00:36:07,010

then as the side effects of some of

718

00:36:12,220 --> 00:36:09,950

drugs like that became known then it was

719

00:36:17,770 --> 00:36:12,230

considered more the responsibility of

720

00:36:21,820 --> 00:36:17,780

the person taking the medication now

721

00:36:24,820 --> 00:36:21,830

Brian on skype wants to know dreaming

722

00:36:28,300 --> 00:36:24,830

and or astral traveling are they one of

723

00:36:31,360 --> 00:36:28,310

the same or different and if you if you

724

00:36:32,530 --> 00:36:31,370

can answer that one Lex I there's a lot

725

00:36:35,170 --> 00:36:32,540

of people who have written books over

726
00:36:38,980 --> 00:36:35,180
the years that would really love to hear

727
00:36:41,710 --> 00:36:38,990
that one well I do think there's a kind

728
00:36:44,860 --> 00:36:41,720
of multi-dimensional aspect to dreams

729
00:36:48,610 --> 00:36:44,870
where often I feel like right when I

730
00:36:52,549 --> 00:36:48,620
wake up I can't translate or bring that

731
00:36:55,429 --> 00:36:52,559
that reality back into my waking world

732
00:36:57,679 --> 00:36:55,439
so it does strike me that on a fair a

733
00:37:00,589 --> 00:36:57,689
fair amount of frequency what I'm

734
00:37:03,949 --> 00:37:00,599
experiencing doesn't seem to gel with

735
00:37:07,160 --> 00:37:03,959
with our own version of reality so in

736
00:37:09,469 --> 00:37:07,170
that sense I guess it becomes kind of a

737
00:37:11,509 --> 00:37:09,479
terminology thing like what what is the

738
00:37:14,509 --> 00:37:11,519

astral plane or the astral world and

739

00:37:16,579 --> 00:37:14,519

certainly that is something that people

740

00:37:19,999 --> 00:37:16,589

have wondered about you know where where

741

00:37:22,459 --> 00:37:20,009

are these experiences taking place so

742

00:37:24,739 --> 00:37:22,469

yeah it's hard hard to say for certain

743

00:37:26,900 --> 00:37:24,749

but it does seem like we're having some

744

00:37:29,929 --> 00:37:26,910

kind of expanded consciousness or

745

00:37:32,620 --> 00:37:29,939

reality in the dream state and I know

746

00:37:36,469 --> 00:37:32,630

that some applicants for lucid dreaming

747

00:37:40,849 --> 00:37:36,479

say that if you learn to control your

748

00:37:44,749 --> 00:37:40,859

dreams that that this is a method that

749

00:37:47,660 --> 00:37:44,759

you can then learn to astral project you

750

00:37:50,239 --> 00:37:47,670

know in your sleep I think the the late

751
00:37:54,319 --> 00:37:50,249
Robert Monroe was one of the ones who

752
00:37:59,419 --> 00:37:54,329
who talked about that initially but now

753
00:38:01,099 --> 00:37:59,429
a quarry wants to know that there was an

754
00:38:02,630 --> 00:38:01,109
old and and you know why I remember

755
00:38:05,419 --> 00:38:02,640
hearing this and when I was a kid that

756
00:38:08,749 --> 00:38:05,429
if you die in your sleep you will die in

757
00:38:10,370 --> 00:38:08,759
real life and and I suppose that anybody

758
00:38:13,900 --> 00:38:10,380
who's had that happen if it's true

759
00:38:18,789 --> 00:38:13,910
they're not here to confirm it or not

760
00:38:22,249 --> 00:38:18,799
well a it is I think that as you say we

761
00:38:24,499 --> 00:38:22,259
we can't say for certain D but I think

762
00:38:27,229 --> 00:38:24,509
many people have had experiences of

763
00:38:30,410 --> 00:38:27,239

dying and they've come back to to tell

764

00:38:32,089 --> 00:38:30,420

about it in the dream state but in terms

765

00:38:34,699 --> 00:38:32,099

of like a nightmarish kind of thing

766

00:38:38,239 --> 00:38:34,709

usually I think people do wake up right

767

00:38:41,150 --> 00:38:38,249

before they die or get shot or something

768

00:38:43,640 --> 00:38:41,160

that's super traumatic like that I do

769

00:38:46,130 --> 00:38:43,650

write about this bizarre syndrome called

770

00:38:49,549 --> 00:38:46,140

sudden unexplained nocturnal death

771

00:38:53,150 --> 00:38:49,559

syndrome which occurred back in the

772

00:38:55,009 --> 00:38:53,160

1980s to a group of Southeast Asian

773

00:38:57,890 --> 00:38:55,019

immigrants it was actually the

774

00:38:59,929 --> 00:38:57,900

inspiration for Wes Craven for his

775

00:39:02,479 --> 00:38:59,939

Freddy Krueger character in Nightmare on

776

00:39:06,440 --> 00:39:02,489

Elm Street because this particular group

777

00:39:09,140 --> 00:39:06,450

was having these basically sleeper al

778

00:39:12,710 --> 00:39:09,150

episodes that were so frightening to

779

00:39:14,539 --> 00:39:12,720

them that they they were found basically

780

00:39:17,690 --> 00:39:14,549

dying of heart attacks just with these

781

00:39:23,150 --> 00:39:17,700

kind of stricken facial expressions

782

00:39:25,670 --> 00:39:23,160

laying stiff in bed and a researcher

783

00:39:29,210 --> 00:39:25,680

went back a couple decades later Shelley

784

00:39:31,430 --> 00:39:29,220

Adler and did some had some very

785

00:39:34,970 --> 00:39:31,440

interesting findings about it because

786

00:39:38,210 --> 00:39:34,980

what was going on was that in this

787

00:39:40,370 --> 00:39:38,220

particular culture they believed that if

788

00:39:42,740 --> 00:39:40,380

they fell away from the old traditions

789

00:39:44,809 --> 00:39:42,750

which in in their case of the religion

790

00:39:46,910 --> 00:39:44,819

involved things like animal sacrifice

791

00:39:49,130 --> 00:39:46,920

which they kind of stopped doing and

792

00:39:52,000 --> 00:39:49,140

when they moved to the US that they

793

00:39:55,130 --> 00:39:52,010

could face retribution from these demons

794

00:39:58,430 --> 00:39:55,140

associated with sleep paralysis and so

795

00:40:00,349 --> 00:39:58,440

they believed that once the demon showed

796

00:40:03,079 --> 00:40:00,359

up it was going to keep coming back

797

00:40:05,480 --> 00:40:03,089

until they died and so she called it the

798

00:40:08,870 --> 00:40:05,490

nocebo effect kind of like the dark

799

00:40:11,720 --> 00:40:08,880

cousin of the placebo effect and then

800

00:40:15,799 --> 00:40:11,730

further they excuse me

801
00:40:18,920 --> 00:40:15,809
they found out that a lot of these men

802
00:40:21,859 --> 00:40:18,930
had this rare heart condition that was

803
00:40:24,190 --> 00:40:21,869
hidden that so that they would otherwise

804
00:40:27,440 --> 00:40:24,200
appear healthy it was kind of a a

805
00:40:29,930 --> 00:40:27,450
genetic disorder and so that in the

806
00:40:37,160 --> 00:40:29,940
combination with the nocebo was what was

807
00:40:39,950 --> 00:40:37,170
doing them in no-no-no

808
00:40:42,289 --> 00:40:39,960
well I was just I was just going to say

809
00:40:45,170 --> 00:40:42,299
now are there are there cases where

810
00:40:47,150 --> 00:40:45,180
people can actually we talked about you

811
00:40:49,579 --> 00:40:47,160
know Freddy Krueger you know are there

812
00:40:52,549 --> 00:40:49,589
cases where people have actually able to

813
00:40:55,549 --> 00:40:52,559

get into our dream and and manipulate us

814

00:41:00,319 --> 00:40:55,559

and perhaps through something negative

815

00:41:02,059 --> 00:41:00,329

or evil trying to take possession yeah

816

00:41:04,760 --> 00:41:02,069

it's certainly interesting to ponder I

817

00:41:08,240 --> 00:41:04,770

have a chapter on psychic attacks or I

818

00:41:11,289 --> 00:41:08,250

look at that very issue and I do think

819

00:41:14,539 --> 00:41:11,299

it's possible both by so-called

820

00:41:17,319 --> 00:41:14,549

sorcerers living people that perfect the

821

00:41:20,180 --> 00:41:17,329

ability to kind of dream walking into

822

00:41:22,280 --> 00:41:20,190

people's people's dreams

823

00:41:24,349 --> 00:41:22,290

could create kind of the mother of all

824

00:41:26,480 --> 00:41:24,359

nightmares and then scoot out of there

825

00:41:28,849 --> 00:41:26,490

and the person wouldn't would still be

826

00:41:30,410 --> 00:41:28,859

stuck having even if they saw that other

827

00:41:34,640 --> 00:41:30,420

person there they would kind of know

828

00:41:37,910 --> 00:41:34,650

well it was just a dream so but in terms

829

00:41:41,000 --> 00:41:37,920

of discarnate entities and all sorts of

830

00:41:43,970 --> 00:41:41,010

astral beings this could actually be a

831

00:41:46,609 --> 00:41:43,980

way that they are able to access our

832

00:41:50,329 --> 00:41:46,619

consciousness I got particularly

833

00:41:52,450 --> 00:41:50,339

interested in this non REM sleep state

834

00:41:55,099 --> 00:41:52,460

or the the deep waves slow wave sleep

835

00:41:57,020 --> 00:41:55,109

where because I originally thought okay

836

00:41:59,390 --> 00:41:57,030

there's no Dreaming going on there but

837

00:42:02,329 --> 00:41:59,400

there actually is we're pretty much

838

00:42:05,569 --> 00:42:02,339

never have like a blank slate of

839

00:42:09,349 --> 00:42:05,579

consciousness and and that state is

840

00:42:11,329 --> 00:42:09,359

something where night terrors occur

841

00:42:13,130 --> 00:42:11,339

which is different than regular

842

00:42:15,380 --> 00:42:13,140

nightmares because it doesn't not

843

00:42:17,690 --> 00:42:15,390

regular nightmares occur during REM but

844

00:42:20,000 --> 00:42:17,700

these night terrors are are truly

845

00:42:22,370 --> 00:42:20,010

frightening little kids have them with

846

00:42:24,410 --> 00:42:22,380

some frequency and there's content

847

00:42:26,480 --> 00:42:24,420

associated with that usually just these

848

00:42:28,940 --> 00:42:26,490

horrific horrific you know like giant

849

00:42:30,980 --> 00:42:28,950

spiders and things like that that are

850

00:42:33,680 --> 00:42:30,990

chasing them and that's not occurring

851
00:42:36,109 --> 00:42:33,690
during REM so it really makes you wonder

852
00:42:39,250 --> 00:42:36,119
what's going on in this other state of

853
00:42:42,980 --> 00:42:39,260
sleep which we have almost no memory of

854
00:42:45,190 --> 00:42:42,990
now are there different differences in

855
00:42:49,040 --> 00:42:45,200
the way people dream according to their

856
00:42:51,079 --> 00:42:49,050
cultures I'm thinking of possibly about

857
00:42:53,240 --> 00:42:51,089
like good Native American or are there

858
00:42:55,849 --> 00:42:53,250
stories about dreams or things that take

859
00:42:58,280 --> 00:42:55,859
place in dreams that would be a native

860
00:43:00,890 --> 00:42:58,290
to their background but not necessarily

861
00:43:03,740 --> 00:43:00,900
to ours yeah I've seen some research

862
00:43:05,270 --> 00:43:03,750
that indicates that's true that people

863
00:43:07,609 --> 00:43:05,280

from different countries or cultures

864

00:43:09,700 --> 00:43:07,619

have different themes and stories that

865

00:43:12,559 --> 00:43:09,710

are that are more common to them all

866

00:43:16,940 --> 00:43:12,569

right well real quick here Scott on

867

00:43:20,750 --> 00:43:16,950

Twitter wants to know about scientists

868

00:43:23,960 --> 00:43:20,760

and inventors who who say that they may

869

00:43:27,140 --> 00:43:23,970

have gotten their inspiration of their

870

00:43:30,020 --> 00:43:27,150

inventions through their dreams are you

871

00:43:32,059 --> 00:43:30,030

familiar with that concept yeah I looked

872

00:43:34,130 --> 00:43:32,069

at that particularly in the section on

873

00:43:37,580 --> 00:43:34,140

hypnagogia because people

874

00:43:41,090 --> 00:43:37,590

like Edison and painter Salvador Dali

875

00:43:44,060 --> 00:43:41,100

actually developed techniques to just

876

00:43:48,230 --> 00:43:44,070

fall into this this hypnagogic state and

877

00:43:50,570 --> 00:43:48,240

then like in the case of Dali he had

878

00:43:52,490 --> 00:43:50,580

this like metal key that would be held

879

00:43:55,310 --> 00:43:52,500

in his hand and as he kind of fell into

880

00:43:57,980 --> 00:43:55,320

the state the key would plank on to into

881

00:43:59,810 --> 00:43:57,990

into a little tray and then that would

882

00:44:02,180 --> 00:43:59,820

pull him out of it and that's where he

883

00:44:04,340 --> 00:44:02,190

got some of his amazing surrealistic

884

00:44:07,160 --> 00:44:04,350

images kind of dipping into this

885

00:44:10,250 --> 00:44:07,170

subconscious state and seeing some

886

00:44:13,070 --> 00:44:10,260

amazing thing that otherwise would be so

887

00:44:15,350 --> 00:44:13,080

transitory wouldn't be able to grab it

888

00:44:18,200 --> 00:44:15,360

but by waking himself up in that moment

889

00:44:19,090 --> 00:44:18,210

he would kind of seal that image in his

890

00:44:21,260 --> 00:44:19,100

mind

891

00:44:24,110 --> 00:44:21,270

all right well unfortunately we only

892

00:44:25,910 --> 00:44:24,120

have less than three minutes left in the

893

00:44:28,700 --> 00:44:25,920

show so why don't you let our audience

894

00:44:31,280 --> 00:44:28,710

know again the top idol of your book

895

00:44:34,280 --> 00:44:31,290

where they can find it and maybe where

896

00:44:36,590 --> 00:44:34,290

they can find you other places on the on

897

00:44:38,810 --> 00:44:36,600

the web oh well thank you I really

898

00:44:40,850 --> 00:44:38,820

appreciate you guys having me on the

899

00:44:43,940 --> 00:44:40,860

show this evening the book is called

900

00:44:46,970 --> 00:44:43,950

nightmare land it's available on Amazon

901
00:44:50,060 --> 00:44:46,980
in some some bookstores like Barnes &

902
00:44:53,300 --> 00:44:50,070
Noble in Indy books a lot of places

903
00:44:54,740 --> 00:44:53,310
where you would buy books online I think

904
00:44:58,460 --> 00:44:54,750
they did a really great job on the

905
00:45:00,890 --> 00:44:58,470
audiobook so if that's your jam I check

906
00:45:03,260 --> 00:45:00,900
that out the narrator Neal he'll Agurs

907
00:45:06,650 --> 00:45:03,270
kind of has a Rod Serling like voice

908
00:45:08,600 --> 00:45:06,660
that that heightens the material and I

909
00:45:12,080 --> 00:45:08,610
do have my own website for the book it's

910
00:45:15,140 --> 00:45:12,090
called nightmare dot land and yeah feel

911
00:45:18,080 --> 00:45:15,150
free to visit visit me there and send me

912
00:45:21,470 --> 00:45:18,090
a message on the contact page what might

913
00:45:23,840 --> 00:45:21,480

you be working on next well I'm kind of

914

00:45:26,150 --> 00:45:23,850

just riding the wave of this book and

915

00:45:28,070 --> 00:45:26,160

considering some different options one

916

00:45:31,670 --> 00:45:28,080

one and playing around with is maybe

917

00:45:34,070 --> 00:45:31,680

doing a fictional TV series based on

918

00:45:38,800 --> 00:45:34,080

some of the ideas and in the book seems

919

00:45:42,440 --> 00:45:38,810

like kind of a ripe territory to explore

920

00:45:44,450 --> 00:45:42,450

well very very good well it's business

921

00:45:47,569 --> 00:45:44,460

pleasure having you on and much success

922

00:45:50,329 --> 00:45:47,579

with the the book and your writing

923

00:45:53,319 --> 00:45:50,339

career and I'm sure we'll be in contact

924

00:45:56,390 --> 00:45:53,329

I've been on coast to coast now 13 times

925

00:46:03,229 --> 00:45:58,819

I was asking Greg Bishop who has been on

926

00:46:05,719 --> 00:46:03,239

the most times do you have any idea you

927

00:46:07,640 --> 00:46:05,729

know I would if I had to venture gas I

928

00:46:11,029 --> 00:46:07,650

would maybe say someone like Richard C

929

00:46:12,849 --> 00:46:11,039

Hoagland but yes that was my idea yeah

930

00:46:16,849 --> 00:46:12,859

yeah I would I would think so yeah

931

00:46:19,670 --> 00:46:16,859

anyway good night to all and don't

932

00:46:20,719 --> 00:46:19,680

forget to go to the archives k cor

933

00:46:25,130 --> 00:46:20,729

radio.com

934

00:46:31,480 --> 00:46:25,140

and mr. ufos secret files with peters

935

00:46:37,240 --> 00:46:34,030

you've been listening to exploring the

936

00:46:40,750 --> 00:46:37,250

bazaar with hosts Timothy Beckley

937

00:46:43,030 --> 00:46:40,760

panting Swartz they're taking back the

938

00:46:45,580 --> 00:46:43,040

night by jetting non-stop across the

939

00:46:48,880 --> 00:46:45,590

cosmos in search of the truly bizarre

940

00:46:52,240 --> 00:46:48,890

and totally unexplained with you as

941

00:46:56,230 --> 00:46:52,250

their combined Thursday nights at 7:00

942

00:46:58,730 --> 00:46:56,240

p.m. Pacific 10:00 p.m. Eastern on the K

943

00:47:01,310 --> 00:46:58,740

cor digital radio

944

00:47:04,609 --> 00:47:01,320

for more information on exploring the

945

00:47:07,490 --> 00:47:04,619

bazaar and hosts Timothy Becky and Tim

946

00:47:10,579 --> 00:47:07,500

Swartz check out their kco our digital

947

00:47:16,790 --> 00:47:10,589

radio network follow their YouTube

948

00:47:27,200 --> 00:47:16,800

channel @m our UFO 1100 explore the