

THE MANDELA EFFECT

with
Cynthia Larson



PARENTAL
ADVISORY
EXPLICIT CONTENT

1
00:00:06,820 --> 00:00:02,200
[Applause]

2
00:00:13,669 --> 00:00:08,480
hello Cynthia

3
00:00:16,039 --> 00:00:13,679
hello thank you hi how are you thank you

4
00:00:17,960 --> 00:00:16,049
for joining us I'm doing great thank you

5
00:00:19,900 --> 00:00:17,970
thanks for having me thanks for inviting

6
00:00:22,519 --> 00:00:19,910
me on the show oh no problem

7
00:00:23,750 --> 00:00:22,529
we were just kind of I don't here we

8
00:00:26,720 --> 00:00:23,760
were just talking just shooting the [h__\h]

9
00:00:30,560 --> 00:00:26,730
a little bit and we kind of gave a

10
00:00:31,999 --> 00:00:30,570
rundown of who you are and what you've

11
00:00:36,200 --> 00:00:32,009
done but maybe you can just give us

12
00:00:39,229 --> 00:00:36,210
maybe an elevator speech about your

13
00:00:42,440 --> 00:00:39,239

background and what you do exactly okay

14

00:00:45,529 --> 00:00:42,450

well I am basically a life coach and an

15

00:00:47,270 --> 00:00:45,539

author and I specialize in a field of

16

00:00:49,569 --> 00:00:47,280

what I guess you could call quantum

17

00:00:52,100 --> 00:00:49,579

consciousness lack of a better phrase

18

00:00:54,500 --> 00:00:52,110

which sounds really whoo-who and New

19

00:00:57,260 --> 00:00:54,510

Age but actually I do have a degree in

20

00:00:59,680 --> 00:00:57,270

physics from UC Berkeley and I do write

21

00:01:02,330 --> 00:00:59,690

papers on occasion about physics about

22

00:01:04,939 --> 00:01:02,340

quantum logic that sort of thing and I

23

00:01:07,010 --> 00:01:04,949

have a deep relationship with many

24

00:01:08,750 --> 00:01:07,020

scientists in the field as well

25

00:01:11,600 --> 00:01:08,760

who are interested in much more than

26

00:01:14,179 --> 00:01:11,610

just shut up and calculate and for me

27

00:01:16,850 --> 00:01:14,189

quantum physics holds a great deal of

28

00:01:18,830 --> 00:01:16,860

the key to understanding what's going on

29

00:01:21,760 --> 00:01:18,840

when we see things like the Mandela

30

00:01:25,160 --> 00:01:21,770

effect when we see the placebo effect

31

00:01:27,469 --> 00:01:25,170

when we witness synchronicities and just

32

00:01:30,530 --> 00:01:27,479

basically observe alternate histories

33

00:01:34,819 --> 00:01:30,540

and things changing in a very miraculous

34

00:01:37,730 --> 00:01:34,829

manner that's that's awesome died I'm

35

00:01:40,219 --> 00:01:37,740

kind of want to gut check the quantum

36

00:01:43,149 --> 00:01:40,229

physics thing all I remembered learning

37

00:01:45,910 --> 00:01:43,159

about it is that at the quantum level

38

00:01:49,520 --> 00:01:45,920

Quantum's behave differently when

39

00:01:51,819 --> 00:01:49,530

observed which is something that if the

40

00:01:55,760 --> 00:01:51,829

quantum is smaller than the atom then

41

00:01:59,660 --> 00:01:55,770

this tells us a lot about how the tree

42

00:02:02,240 --> 00:01:59,670

falls in the wood thing maybe kind of

43

00:02:04,370 --> 00:02:02,250

impacts people

44

00:02:08,570 --> 00:02:04,380

you know what I mean is one there watch

45

00:02:10,490 --> 00:02:08,580

it all right yeah exactly and then of

46

00:02:12,640 --> 00:02:10,500

course the caution that we get from

47

00:02:14,570 --> 00:02:12,650

quantum physicists themselves

48

00:02:17,090 --> 00:02:14,580

historically have been that we can't

49

00:02:19,010 --> 00:02:17,100

generalize to that level and quantum

50

00:02:21,890 --> 00:02:19,020

physics is only quantum physics the idea

51
00:02:23,390 --> 00:02:21,900
but having said all that the truth is

52
00:02:26,650 --> 00:02:23,400
exactly what you're saying that the

53
00:02:29,360 --> 00:02:26,660
observer makes a huge difference in fact

54
00:02:31,400 --> 00:02:29,370
the pivotal plays a pivotal role and you

55
00:02:33,680 --> 00:02:31,410
can't discount that when an observation

56
00:02:36,380 --> 00:02:33,690
happens and the role of the observer is

57
00:02:38,930 --> 00:02:36,390
quite intrinsic to quantum physics

58
00:02:41,810 --> 00:02:38,940
itself there's no way to pull that apart

59
00:02:44,630 --> 00:02:41,820
and to suddenly say that no you can have

60
00:02:47,030 --> 00:02:44,640
the the pillars the assumption pillars

61
00:02:48,650 --> 00:02:47,040
that we had used for so long with

62
00:02:50,960 --> 00:02:48,660
classical physics that seem like they

63
00:02:53,360 --> 00:02:50,970

were doing so well in other words that

64

00:02:55,100 --> 00:02:53,370

we could have an objective observer that

65

00:02:57,980 --> 00:02:55,110

had nothing to do with what was

66

00:03:01,430 --> 00:02:57,990

happening experimentally that is not the

67

00:03:04,640 --> 00:03:01,440

case at all and it completely changes

68

00:03:06,050 --> 00:03:04,650

everything to observe that quantum

69

00:03:08,420 --> 00:03:06,060

particle which could be an electron

70

00:03:09,800 --> 00:03:08,430

could be a photon something tiny like

71

00:03:12,560 --> 00:03:09,810

you said that's smaller than the atom

72

00:03:14,300 --> 00:03:12,570

and so the other piece of this is that

73

00:03:17,840 --> 00:03:14,310

what's happening on that Atomics

74

00:03:20,660 --> 00:03:17,850

tiny scale absolutely matters everywhere

75

00:03:23,810 --> 00:03:20,670

and it's not just happening only in that

76

00:03:26,120 --> 00:03:23,820

very teeny tiny rep so-called a realm it

77

00:03:28,850 --> 00:03:26,130

is happening everywhere and everything

78

00:03:31,910 --> 00:03:28,860

is connected at that level so these are

79

00:03:35,300 --> 00:03:31,920

the sort of the dirty secrets of quantum

80

00:03:37,220 --> 00:03:35,310

physics shall we say because it's very

81

00:03:39,350 --> 00:03:37,230

easy for some people to get up on a high

82

00:03:40,550 --> 00:03:39,360

horse and say you can't generalize like

83

00:03:43,190 --> 00:03:40,560

this you can't call it quantum

84

00:03:45,530 --> 00:03:43,200

consciousness you can't say that your

85

00:03:47,630 --> 00:03:45,540

observation is having an effect globally

86

00:03:50,240 --> 00:03:47,640

or in a bigger level than simply this

87

00:03:52,400 --> 00:03:50,250

one experiment right here but I think

88

00:03:54,650 --> 00:03:52,410

it's pretty obvious you can say that and

89
00:03:58,009 --> 00:03:54,660
we do have enough experimental evidence

90
00:04:00,199 --> 00:03:58,019
to suggest that is the case when when it

91
00:04:02,000 --> 00:04:00,209
comes to observing events and people

92
00:04:03,740 --> 00:04:02,010
remembering stuff like this like the

93
00:04:05,270 --> 00:04:03,750
Mandela effect I think anybody who

94
00:04:07,490 --> 00:04:05,280
watches this show will probably know

95
00:04:10,460 --> 00:04:07,500
what that is but there's been a recent

96
00:04:13,690 --> 00:04:10,470
one going around where people remember

97
00:04:15,620 --> 00:04:13,700
and McMahan of the Johnny Carson show

98
00:04:18,740 --> 00:04:15,630
working and deliver

99
00:04:20,390 --> 00:04:18,750
giant checks to people for the publisher

100
00:04:22,550 --> 00:04:20,400
Publishers Clearing House but it turns

101
00:04:24,680 --> 00:04:22,560
out he did not work for Publishers

102
00:04:26,630 --> 00:04:24,690
Clearing House that he was actually a

103
00:04:29,570 --> 00:04:26,640
spokesperson for American family

104
00:04:34,070 --> 00:04:29,580
publishers and you know that's a very

105
00:04:34,640 --> 00:04:34,080
kind of benign kind of like a Mandela

106
00:04:36,890 --> 00:04:34,650
effect

107
00:04:39,140 --> 00:04:36,900
are there any larger ones or what does

108
00:04:40,550 --> 00:04:39,150
that really mean why do I like why

109
00:04:42,860 --> 00:04:40,560
should I care whether or not

110
00:04:44,570 --> 00:04:42,870
Ed McMahon worked for something that was

111
00:04:48,200 --> 00:04:44,580
just a few off what does that really

112
00:04:51,310 --> 00:04:48,210
mean for us as people living on earth in

113
00:04:53,840 --> 00:04:51,320

this reality well for me if you

114

00:04:55,790 --> 00:04:53,850

recognize number one that this could be

115

00:04:58,520 --> 00:04:55,800

a real phenomenon instead of just

116

00:05:02,000 --> 00:04:58,530

mistaken impressions or confusion of the

117

00:05:03,980 --> 00:05:02,010

memory and that that's the the huge leap

118

00:05:06,590 --> 00:05:03,990

here because for people that hear that

119

00:05:10,310 --> 00:05:06,600

example and think well it's obvious you

120

00:05:11,780 --> 00:05:10,320

got those two businesses mixed up so in

121

00:05:14,210 --> 00:05:11,790

that case they're not going to go any

122

00:05:16,220 --> 00:05:14,220

further with us in this and what this

123

00:05:18,890 --> 00:05:16,230

means for us but the implications are

124

00:05:21,170 --> 00:05:18,900

truly mind-blowing and staggering and

125

00:05:23,000 --> 00:05:21,180

huge and very positive for all of

126

00:05:25,430 --> 00:05:23,010

humanity and for dealing with all the

127

00:05:27,770 --> 00:05:25,440

beyond some crises that we face on earth

128

00:05:29,750 --> 00:05:27,780

but but just sticking with this one

129

00:05:32,060 --> 00:05:29,760

example it's brilliant the Ed McMahon

130

00:05:34,580 --> 00:05:32,070

one I think people in America can relate

131

00:05:37,400 --> 00:05:34,590

to it maybe it's not such a powerful

132

00:05:40,490 --> 00:05:37,410

thing for those living in Europe or Asia

133

00:05:42,800 --> 00:05:40,500

but in North America here in America I

134

00:05:45,260 --> 00:05:42,810

remember Ed McMahon with a giant check

135

00:05:47,450 --> 00:05:45,270

it was an unmistakable image it was

136

00:05:49,700 --> 00:05:47,460

something of a mean to something that

137

00:05:52,430 --> 00:05:49,710

takes on kind of a life of its own

138

00:05:53,840 --> 00:05:52,440

because people daydream about it and you

139

00:05:56,000 --> 00:05:53,850

might tell your friends wouldn't it be

140

00:05:58,010 --> 00:05:56,010

great if you get home and you see Ed

141

00:06:00,860 --> 00:05:58,020

McMahon John the workhorse or something

142

00:06:01,850 --> 00:06:00,870

but this giant check you know it's kind

143

00:06:04,430 --> 00:06:01,860

of something that people talk about

144

00:06:06,530 --> 00:06:04,440

laugh about and so it had relevance in

145

00:06:09,260 --> 00:06:06,540

her culture that's why it's significant

146

00:06:11,510 --> 00:06:09,270

and to suddenly say oh that was never

147

00:06:13,370 --> 00:06:11,520

the case there were no giant checks in

148

00:06:15,290 --> 00:06:13,380

fact he didn't even work for that

149

00:06:16,940 --> 00:06:15,300

company he worked for him whatever

150

00:06:17,900 --> 00:06:16,950

America can't even think of what it was

151
00:06:19,970 --> 00:06:17,910
supposedly

152
00:06:21,620 --> 00:06:19,980
American American publishing company

153
00:06:22,460 --> 00:06:21,630
something like that it's it's similar

154
00:06:25,730 --> 00:06:22,470
but not exact

155
00:06:28,670 --> 00:06:25,740
I remember him I I remember it the way

156
00:06:30,650 --> 00:06:28,680
everyone else remembers it is and

157
00:06:33,230 --> 00:06:30,660
like I believe I believe that there's

158
00:06:34,700 --> 00:06:33,240
different things going on I have a bunch

159
00:06:37,719 --> 00:06:34,710
of different memories that I can't

160
00:06:40,219 --> 00:06:37,729
really place and no one else can can

161
00:06:43,490 --> 00:06:40,229
verify that I remembered it that way so

162
00:06:45,469 --> 00:06:43,500
am i jumping into different realities or

163
00:06:47,409 --> 00:06:45,479

am i jumping with people how do I jump

164

00:06:50,020 --> 00:06:47,419

into a new reality with somebody and I

165

00:06:52,640 --> 00:06:50,030

mean how do you really measure that

166

00:06:56,029 --> 00:06:52,650

right well what's happening this gets it

167

00:06:57,560 --> 00:06:56,039

very we're going deep and fast but what

168

00:07:00,100 --> 00:06:57,570

I think is happening is that we are

169

00:07:02,570 --> 00:07:00,110

entangled with others that were

170

00:07:04,460 --> 00:07:02,580

connected with in various ways like

171

00:07:06,350 --> 00:07:04,470

family members friends people you love

172

00:07:08,540 --> 00:07:06,360

people you care about so you might

173

00:07:10,159 --> 00:07:08,550

notice just a synchronicity with a

174

00:07:12,290 --> 00:07:10,169

friend for example where you both think

175

00:07:13,640 --> 00:07:12,300

of each other at the same time and then

176

00:07:14,390 --> 00:07:13,650

the phone rings and your friend is

177

00:07:16,850 --> 00:07:14,400

calling you

178

00:07:18,110 --> 00:07:16,860

or maybe you're calling them and they're

179

00:07:19,520 --> 00:07:18,120

right there and pick it right up and

180

00:07:19,790 --> 00:07:19,530

they're not busy like you thought they

181

00:07:21,950 --> 00:07:19,800

were

182

00:07:23,779 --> 00:07:21,960

this was more relevant before cellphones

183

00:07:26,499 --> 00:07:23,789

but now everybody's got their phone with

184

00:07:29,150 --> 00:07:26,509

them but that used to be a big deal

185

00:07:31,040 --> 00:07:29,160

because that dates me a bit so that's

186

00:07:31,939 --> 00:07:31,050

one way to notice the entanglement but

187

00:07:34,909 --> 00:07:31,949

you know what I mean about the

188

00:07:38,900 --> 00:07:34,919

synchronicity when so these kind of

189

00:07:41,120 --> 00:07:38,910

random Mandela effects are happening on

190

00:07:43,820 --> 00:07:41,130

a global scale and they're happening to

191

00:07:45,890 --> 00:07:43,830

large groups of people at the same time

192

00:07:48,140 --> 00:07:45,900

so in Asia they get their mandela

193

00:07:50,000 --> 00:07:48,150

effects in europe they've got some that

194

00:07:51,800 --> 00:07:50,010

are specific to their area we've got

195

00:07:54,140 --> 00:07:51,810

some that are global having to do with

196

00:07:56,540 --> 00:07:54,150

things like star wars and so forth some

197

00:08:00,129 --> 00:07:56,550

political figures and what's really

198

00:08:03,770 --> 00:08:00,139

going on is that - - those who are

199

00:08:05,629 --> 00:08:03,780

mostly they don't want to get too

200

00:08:07,279 --> 00:08:05,639

technical but there's something called

201
00:08:09,950 --> 00:08:07,289
quantum Zeno effect it's like the

202
00:08:12,469 --> 00:08:09,960
watched pot never boils and it's very

203
00:08:15,409 --> 00:08:12,479
real within quantum physics that you can

204
00:08:17,930 --> 00:08:15,419
absolutely unlock a quantum system into

205
00:08:20,240 --> 00:08:17,940
a particular state by observing it

206
00:08:21,860 --> 00:08:20,250
constantly kind of like your OCD and

207
00:08:24,080 --> 00:08:21,870
your just check check check check check

208
00:08:26,750 --> 00:08:24,090
check checking in that system that's a

209
00:08:29,510 --> 00:08:26,760
way to lock it in place and in a sense

210
00:08:32,120 --> 00:08:29,520
we're doing that with some things and so

211
00:08:34,459 --> 00:08:32,130
what I noticed is when history changes a

212
00:08:36,440 --> 00:08:34,469
little bit with regard to Publishers

213
00:08:38,860 --> 00:08:36,450

Clearing House or whatever Mandela

214

00:08:41,029 --> 00:08:38,870

effect registers for a group of people

215

00:08:42,390 --> 00:08:41,039

you're noticing that that group of

216

00:08:44,870 --> 00:08:42,400

people

217

00:08:47,220 --> 00:08:44,880

like you said together collectively

218

00:08:50,070 --> 00:08:47,230

experienced something very different

219

00:08:52,500 --> 00:08:50,080

than where we currently acknowledge that

220

00:08:55,860 --> 00:08:52,510

history the historical facts would tell

221

00:08:58,440 --> 00:08:55,870

us has always been true you know putting

222

00:09:00,420 --> 00:08:58,450

quotes around it because obviously some

223

00:09:03,600 --> 00:09:00,430

of us remember things differently and so

224

00:09:05,370 --> 00:09:03,610

this is so fascinating to me because you

225

00:09:07,620 --> 00:09:05,380

bring up the mundane of them and I think

226
00:09:09,560 --> 00:09:07,630
one of the big ones that a lot of people

227
00:09:12,150 --> 00:09:09,570
were introduced to the Mandela effect

228
00:09:14,880 --> 00:09:12,160
here in the United States was the

229
00:09:16,950 --> 00:09:14,890
Berenstain Bears one and how it was

230
00:09:18,240 --> 00:09:16,960
spelled and that's another one where it

231
00:09:21,090 --> 00:09:18,250
was just kind of mundane it was like

232
00:09:23,250 --> 00:09:21,100
wait was it a or was it a or you know

233
00:09:25,410 --> 00:09:23,260
and so people kind of were like the

234
00:09:28,560 --> 00:09:25,420
Mandela effect became popularized at

235
00:09:30,240 --> 00:09:28,570
least for me then because it for for my

236
00:09:32,010 --> 00:09:30,250
age group and I think probably a little

237
00:09:34,200 --> 00:09:32,020
younger little older they all remember

238
00:09:35,579 --> 00:09:34,210

Berenstain Bears and I think for

239

00:09:38,030 --> 00:09:35,589

something mundane it doesn't mean a

240

00:09:40,800 --> 00:09:38,040

whole lot but when you take a quote like

241

00:09:42,750 --> 00:09:40,810

from like Orwell for example where he

242

00:09:44,910 --> 00:09:42,760

says who controls the past controls the

243

00:09:47,220 --> 00:09:44,920

future who controls the present controls

244

00:09:49,949 --> 00:09:47,230

the past it's a there's something

245

00:09:52,980 --> 00:09:49,959

interesting about how this is happening

246

00:09:55,970 --> 00:09:52,990

why this is happening is there anything

247

00:09:58,970 --> 00:09:55,980

in control of it

248

00:10:01,070 --> 00:09:58,980

yes we actually are but then it gets to

249

00:10:02,600 --> 00:10:01,080

the point of who are we and that's

250

00:10:05,030 --> 00:10:02,610

really the central question that's

251
00:10:07,400 --> 00:10:05,040
implicit in the observer in the physics

252
00:10:09,560 --> 00:10:07,410
experiments to begin with who is the

253
00:10:10,400 --> 00:10:09,570
observer and what does that mean what is

254
00:10:14,690 --> 00:10:10,410
consciousness

255
00:10:16,490 --> 00:10:14,700
these kind of questions are very telling

256
00:10:18,740 --> 00:10:16,500
because they indicate that we may have

257
00:10:21,320 --> 00:10:18,750
been assuming a lot about ourselves but

258
00:10:23,780 --> 00:10:21,330
in truth what I notice is that we've got

259
00:10:25,100 --> 00:10:23,790
levels of awareness certainly we do

260
00:10:26,900 --> 00:10:25,110
within each of ourselves

261
00:10:29,420 --> 00:10:26,910
you can notice you've got your

262
00:10:31,370 --> 00:10:29,430
subconscious your gut feelings that

263
00:10:34,580 --> 00:10:31,380

really drives what you need and that

264

00:10:36,650 --> 00:10:34,590

actually completely controls what you're

265

00:10:39,350 --> 00:10:36,660

about to experience whether it's a great

266

00:10:41,600 --> 00:10:39,360

fear or a great desire those things that

267

00:10:43,190 --> 00:10:41,610

you most need you will get and then

268

00:10:45,470 --> 00:10:43,200

there's that part of you that's your

269

00:10:48,260 --> 00:10:45,480

heart and what you love what you care

270

00:10:50,120 --> 00:10:48,270

about and that part of you sometimes

271

00:10:51,350 --> 00:10:50,130

people say they're guided by their heart

272

00:10:52,940 --> 00:10:51,360

they shouldn't have listened to their

273

00:10:55,160 --> 00:10:52,950

heart they should have listened to their

274

00:10:56,690 --> 00:10:55,170

head or whatever and you'll notice

275

00:10:58,460 --> 00:10:56,700

things are different from that heart

276
00:11:00,200 --> 00:10:58,470
perspective and then you can look at it

277
00:11:02,960 --> 00:11:00,210
simplistically like you're just knees

278
00:11:05,330 --> 00:11:02,970
doing everything analytically sticking

279
00:11:07,460 --> 00:11:05,340
with the facts what's absolutely no one

280
00:11:09,110 --> 00:11:07,470
for sure but these are different levels

281
00:11:11,120 --> 00:11:09,120
of knowing within yourself different

282
00:11:13,730 --> 00:11:11,130
levels of self and there are yet further

283
00:11:17,350 --> 00:11:13,740
ones that you can gain access to by

284
00:11:19,220 --> 00:11:17,360
lucid dreaming by meditation and by

285
00:11:20,870 --> 00:11:19,230
having something like a near-death

286
00:11:22,460 --> 00:11:20,880
experience or some other kind of

287
00:11:24,920 --> 00:11:22,470
exceptional human experience

288
00:11:28,690 --> 00:11:24,930

those will absolutely take you out of

289

00:11:31,070 --> 00:11:28,700

yourself which is what's necessary to

290

00:11:33,200 --> 00:11:31,080

consciously make a jump from one reality

291

00:11:36,230 --> 00:11:33,210

to another otherwise we're pretty much

292

00:11:38,030 --> 00:11:36,240

doing it subconsciously completely mmm

293

00:11:40,850 --> 00:11:38,040

there are some there's so many different

294

00:11:42,380 --> 00:11:40,860

topics I want I want to get into with

295

00:11:43,850 --> 00:11:42,390

you and we'll see if we have all the

296

00:11:45,230 --> 00:11:43,860

time but I just want to I want to get

297

00:11:47,360 --> 00:11:45,240

your opinion in your thought on

298

00:11:49,280 --> 00:11:47,370

something that just happened to me last

299

00:11:52,880 --> 00:11:49,290

night and today

300

00:11:55,910 --> 00:11:52,890

so last night my fiancée Brianna she was

301
00:11:58,430 --> 00:11:55,920
at her computer and her her mouse her

302
00:12:01,130 --> 00:11:58,440
used to can was started to die it was

303
00:12:04,100 --> 00:12:01,140
running out of battery juice

304
00:12:07,130 --> 00:12:04,110
and and then so the mouse was dying this

305
00:12:10,590 --> 00:12:07,140
morning I I leave try to leave the house

306
00:12:14,220 --> 00:12:10,600
and the garage door

307
00:12:18,330 --> 00:12:14,230
brakes because a mouse got wrapped up in

308
00:12:21,000 --> 00:12:18,340
the cord that lowers the garage door now

309
00:12:23,940 --> 00:12:21,010
I don't I don't think I believe in just

310
00:12:25,830 --> 00:12:23,950
coincidences either anymore

311
00:12:28,560 --> 00:12:25,840
I think everything kind of has a purpose

312
00:12:30,210 --> 00:12:28,570
what can like that's just an example of

313
00:12:32,490 --> 00:12:30,220

a coincidence where a broken mouse on

314

00:12:34,560 --> 00:12:32,500

the computer also translated to a broken

315

00:12:36,480 --> 00:12:34,570

Mouse with a garage door is there am I

316

00:12:39,120 --> 00:12:36,490

reading too much into this or how can

317

00:12:40,410 --> 00:12:39,130

people really use coincidences to

318

00:12:42,540 --> 00:12:40,420

determine what they should or shouldn't

319

00:12:44,910 --> 00:12:42,550

do or observe right that's a good

320

00:12:47,060 --> 00:12:44,920

question I wrote a book called reality

321

00:12:50,570 --> 00:12:47,070

shifts and that was the first one that I

322

00:12:52,680 --> 00:12:50,580

delved into this exact subject about

323

00:12:54,870 --> 00:12:52,690

synchronicities coincidences and this

324

00:12:57,390 --> 00:12:54,880

idea that you can look at your waking

325

00:12:59,490 --> 00:12:57,400

life as if it were a dream sometimes

326

00:13:02,340 --> 00:12:59,500

they synchronicities that pop up can be

327

00:13:05,310 --> 00:13:02,350

quite telling and quite symbolic so

328

00:13:07,350 --> 00:13:05,320

there's some sort of a language of the

329

00:13:08,640 --> 00:13:07,360

subconscious if you will because what

330

00:13:11,580 --> 00:13:08,650

are the odds that you'd have two

331

00:13:12,060 --> 00:13:11,590

versions of broken Mouse yeah yeah

332

00:13:15,450 --> 00:13:12,070

exactly

333

00:13:17,700 --> 00:13:15,460

yeah that's very much like a dream

334

00:13:19,440 --> 00:13:17,710

symbol and so I don't know what that

335

00:13:22,050 --> 00:13:19,450

means for you but obviously it's

336

00:13:24,480 --> 00:13:22,060

significant and that's the way that our

337

00:13:26,760 --> 00:13:24,490

events unfold in our lives is driven

338

00:13:29,190 --> 00:13:26,770

again on this very subconscious level

339

00:13:31,290 --> 00:13:29,200

which is the language of Dreams which is

340

00:13:33,750 --> 00:13:31,300

why when you learn to wake up in your

341

00:13:36,510 --> 00:13:33,760

daily life such as when you're when

342

00:13:38,310 --> 00:13:36,520

you're dreaming to do a lucid dream is

343

00:13:41,010 --> 00:13:38,320

basically to wake up within the dream

344

00:13:43,110 --> 00:13:41,020

and recognize I am dreaming and from

345

00:13:45,000 --> 00:13:43,120

that point you can start experiencing

346

00:13:47,430 --> 00:13:45,010

everything in the dream on a very

347

00:13:49,620 --> 00:13:47,440

different level of self though no longer

348

00:13:52,020 --> 00:13:49,630

are you the pawn in the game but you are

349

00:13:54,570 --> 00:13:52,030

you're the player you know can move with

350

00:13:56,460 --> 00:13:54,580

intent I've only lucid dreamed once and

351

00:13:58,010 --> 00:13:56,470

it was one of the best experiences of my

352

00:14:01,500 --> 00:13:58,020

life but I know that there's a whole

353

00:14:03,720 --> 00:14:01,510

group of people that practice trying to

354

00:14:07,080 --> 00:14:03,730

do this is this something you have been

355

00:14:09,030 --> 00:14:07,090

able to like replicate or practice or do

356

00:14:12,270 --> 00:14:09,040

or is there advice for people who want

357

00:14:15,000 --> 00:14:12,280

to try it yeah it's lucid dreaming is

358

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

something that we all have access to and

359

00:14:19,110 --> 00:14:17,140

it starts with starting to pay attention

360

00:14:21,060 --> 00:14:19,120

to your dreams to begin with a lot of

361

00:14:22,530 --> 00:14:21,070

people think they don't dream or they

362

00:14:23,369 --> 00:14:22,540

usually it's because they don't get

363

00:14:26,939 --> 00:14:23,379

enough sleep

364

00:14:29,579 --> 00:14:26,949

or have too much stress or just don't

365

00:14:32,609 --> 00:14:29,589

have the ability to be quiet when they

366

00:14:34,319 --> 00:14:32,619

first wake up to reflect meditate and

367

00:14:36,929 --> 00:14:34,329

write down their dreams because once you

368

00:14:39,659 --> 00:14:36,939

need to start with that basic process

369

00:14:41,069 --> 00:14:39,669

first and just get into the habit of

370

00:14:42,929 --> 00:14:41,079

talking about your dreams writing them

371

00:14:45,299 --> 00:14:42,939

down something like that and then from

372

00:14:47,579 --> 00:14:45,309

there the next step is pretty simple

373

00:14:50,249 --> 00:14:47,589

just intend as you go to sleep each

374

00:14:52,799 --> 00:14:50,259

night but tonight I will wake up inside

375

00:14:54,509 --> 00:14:52,809

my dream so and then of course there are

376

00:14:56,039 --> 00:14:54,519

books on the subject group like you said

377

00:14:58,109 --> 00:14:56,049

there are groups of people that do this

378

00:14:59,909 --> 00:14:58,119

there are lots of resources right now

379

00:15:02,939 --> 00:14:59,919

thanks to the internet for people to

380

00:15:04,889 --> 00:15:02,949

dive in and get going with it but what

381

00:15:06,329 --> 00:15:04,899

I'm talking about with synchronicities

382

00:15:08,579 --> 00:15:06,339

and daily life is taking that a step

383

00:15:11,159 --> 00:15:08,589

further and waking up within your waking

384

00:15:13,079 --> 00:15:11,169

life which is just it's the natural

385

00:15:15,899 --> 00:15:13,089

progression beyond lucid dreaming

386

00:15:17,489 --> 00:15:15,909

it's just lucid living yeah I think

387

00:15:19,109 --> 00:15:17,499

there's a lot of people who are kind of

388

00:15:21,719 --> 00:15:19,119

just going through the motions in real

389

00:15:24,059 --> 00:15:21,729

life yes for sure

390

00:15:25,619 --> 00:15:24,069

sham we've had our moments I think each

391

00:15:28,019 --> 00:15:25,629

one of us has moments when we're on

392

00:15:29,669 --> 00:15:28,029

autopilot and you might not know how you

393

00:15:33,869 --> 00:15:29,679

got where you are or what's happening

394

00:15:36,149 --> 00:15:33,879

yeah she gets so busy you you've come to

395

00:15:38,460 --> 00:15:36,159

this realization I hate to lump it all

396

00:15:40,699 --> 00:15:38,470

together but you know the reality

397

00:15:43,829 --> 00:15:40,709

shifting and also using positive

398

00:15:47,179 --> 00:15:43,839

intentions and emotions to try to

399

00:15:48,929 --> 00:15:47,189

manifest what you what you want in life

400

00:15:51,149 --> 00:15:48,939

you've discovered this there's been

401
00:15:54,569 --> 00:15:51,159
other people like dr. Joe Dispenza he

402
00:15:57,210 --> 00:15:54,579
talks in a very similar way talk it

403
00:16:00,029 --> 00:15:57,220
teaches very similar to things is it

404
00:16:03,329 --> 00:16:00,039
possible or is it happening now that

405
00:16:06,269 --> 00:16:03,339
there are more evil people or secret

406
00:16:08,989 --> 00:16:06,279
organizations using the power of thought

407
00:16:10,859 --> 00:16:08,999
emotion and intention for bad purposes

408
00:16:14,819 --> 00:16:10,869
like I can speak some talk about

409
00:16:16,710 --> 00:16:14,829
conspiracies here hmm well my preference

410
00:16:19,949 --> 00:16:16,720
when it comes to this my whole approach

411
00:16:21,419 --> 00:16:19,959
is to take a spiritual one which is it

412
00:16:24,479 --> 00:16:21,429
doesn't really matter I'm not advocating

413
00:16:27,689 --> 00:16:24,489

any particular religion or spiritual

414

00:16:30,479 --> 00:16:27,699

path but I think all of us are aware of

415

00:16:33,599 --> 00:16:30,489

like you said evil well the flipside of

416

00:16:35,460 --> 00:16:33,609

evil would be ultimate good and when you

417

00:16:37,020 --> 00:16:35,470

make a daily choice to put yourself in

418

00:16:39,270 --> 00:16:37,030

service to ultimate good what

419

00:16:41,730 --> 00:16:39,280

you call that the universe source divine

420

00:16:44,640 --> 00:16:41,740

source what have you it totally

421

00:16:46,920 --> 00:16:44,650

radically changes your life and then I

422

00:16:48,420 --> 00:16:46,930

do this personally for myself because

423

00:16:50,670 --> 00:16:48,430

then the type of reality shifts I

424

00:16:53,520 --> 00:16:50,680

experience are consistently more

425

00:16:55,410 --> 00:16:53,530

enjoyable than what I because I actually

426
00:16:57,720 --> 00:16:55,420
hear firsthand reports from people that

427
00:17:00,690 --> 00:16:57,730
take a magical approach where they for

428
00:17:02,790 --> 00:17:00,700
example try to change one thing I got an

429
00:17:05,520 --> 00:17:02,800
email from a person who tried to do that

430
00:17:07,230 --> 00:17:05,530
today I got the email today this person

431
00:17:10,590 --> 00:17:07,240
had been trying to work on getting rid

432
00:17:13,200 --> 00:17:10,600
of a gang that was actively harassing

433
00:17:15,060 --> 00:17:13,210
this individual and succeeded is now in

434
00:17:17,810 --> 00:17:15,070
a different reality but now there's a

435
00:17:21,090 --> 00:17:17,820
different kind of a creepy person

436
00:17:23,280 --> 00:17:21,100
stalking the individual and also their

437
00:17:25,200 --> 00:17:23,290
family members say that they don't seem

438
00:17:29,070 --> 00:17:25,210

like they're the same person anymore so

439

00:17:30,300 --> 00:17:29,080

Wow I think yeah you can I think I when

440

00:17:32,520 --> 00:17:30,310

you talk about evil it's kind of

441

00:17:35,660 --> 00:17:32,530

interesting I think evil is like dirt

442

00:17:38,190 --> 00:17:35,670

and you have a nut constant never-ending

443

00:17:40,830 --> 00:17:38,200

process of cleaning your home getting

444

00:17:43,350 --> 00:17:40,840

the dirt out doing dishes doing laundry

445

00:17:45,570 --> 00:17:43,360

people don't like cleaning it's not very

446

00:17:47,820 --> 00:17:45,580

glamorous but to me that's the

447

00:17:49,500 --> 00:17:47,830

equivalence of what you call evil that

448

00:17:51,540 --> 00:17:49,510

is basically the equivalent of dirt and

449

00:17:54,210 --> 00:17:51,550

what you're intending when it's your

450

00:17:56,750 --> 00:17:54,220

overall intentions if you intend to go

451

00:17:59,340 --> 00:17:56,760

for more clean or good or bright or

452

00:18:02,580 --> 00:17:59,350

loving caring compassionate we know what

453

00:18:05,490 --> 00:18:02,590

good is joyful supportive you know

454

00:18:08,370 --> 00:18:05,500

empathetic kind in all these qualities

455

00:18:10,710 --> 00:18:08,380

that we associate with goodness and you

456

00:18:13,230 --> 00:18:10,720

put yourself in alignment with that and

457

00:18:15,870 --> 00:18:13,240

instead of targeting specific you

458

00:18:17,640 --> 00:18:15,880

selfish interests on your part I find my

459

00:18:20,010 --> 00:18:17,650

results are much better so that's my

460

00:18:22,920 --> 00:18:20,020

personal approach and then it doesn't

461

00:18:25,320 --> 00:18:22,930

matter how many evil nefarious plots

462

00:18:27,930 --> 00:18:25,330

might be hatching and how many evil

463

00:18:32,250 --> 00:18:27,940

doers there might be because they have

464

00:18:34,670 --> 00:18:32,260

nothing on what overall those of us who

465

00:18:37,290 --> 00:18:34,680

are choosing something higher are up to

466

00:18:39,570 --> 00:18:37,300

our reason that the CIA was all is

467

00:18:42,450 --> 00:18:39,580

always trying to get an angle on on

468

00:18:44,310 --> 00:18:42,460

their opponents or America's enemies

469

00:18:47,640 --> 00:18:44,320

ranging from their remote viewing

470

00:18:50,040 --> 00:18:47,650

programs so I was curious that you found

471

00:18:50,760 --> 00:18:50,050

that focusing on the greater good gets

472

00:18:54,540 --> 00:18:50,770

better results

473

00:18:56,340 --> 00:18:54,550

than selfish gains and I think that's I

474

00:18:58,920 --> 00:18:56,350

think that's generally how people are

475

00:19:01,620 --> 00:18:58,930

that's one of the things I think people

476

00:19:04,050 --> 00:19:01,630

broadly try really hard to be good and

477

00:19:05,870 --> 00:19:04,060

they make dumb mistakes a lot of times

478

00:19:08,730 --> 00:19:05,880

out whether it's out of ignorance or

479

00:19:10,380 --> 00:19:08,740

just oversight or sloppiness or

480

00:19:14,160 --> 00:19:10,390

clumsiness or something like that

481

00:19:16,830 --> 00:19:14,170

it wasn't until I watched this Manan

482

00:19:19,500 --> 00:19:16,840

tangent this fire festival documentary

483

00:19:21,870 --> 00:19:19,510

on net flix that talks about this guy

484

00:19:24,570 --> 00:19:21,880

but say there's like some people who do

485

00:19:27,060 --> 00:19:24,580

they just literally are so incapable of

486

00:19:29,700 --> 00:19:27,070

being good that you're like oh my god

487

00:19:31,020 --> 00:19:29,710

like how do you even combat this but it

488

00:19:33,030 --> 00:19:31,030

sounds like your point is that there's

489

00:19:35,460 --> 00:19:33,040

so much more of those people out there

490

00:19:38,310 --> 00:19:35,470

hoping for the goodness of humanity and

491

00:19:39,960 --> 00:19:38,320

the earth and so forth that it's that's

492

00:19:43,470 --> 00:19:39,970

how we've actually been able to get this

493

00:19:46,380 --> 00:19:43,480

far that's what I experienced in my life

494

00:19:49,890 --> 00:19:46,390

yes and I do see ridiculously huge

495

00:19:52,500 --> 00:19:49,900

miracles rather on a regular basis so

496

00:19:55,590 --> 00:19:52,510

for me personally it's easy to hold that

497

00:19:58,050 --> 00:19:55,600

faith because I think hope only exists

498

00:20:00,720 --> 00:19:58,060

where you've got unshakable faith that's

499

00:20:02,430 --> 00:20:00,730

the other thing I've learned otherwise

500

00:20:04,140 --> 00:20:02,440

if you don't have unshakable faith you

501
00:20:05,700 --> 00:20:04,150
can lose your hope and I think that

502
00:20:10,110 --> 00:20:05,710
happens to a lot of people when things

503
00:20:11,850 --> 00:20:10,120
seem like they're in dark times or they

504
00:20:14,610 --> 00:20:11,860
get scared you know they look at some

505
00:20:17,490 --> 00:20:14,620
news or see some world events and get

506
00:20:19,680 --> 00:20:17,500
distracted and cold somehow of course

507
00:20:21,510 --> 00:20:19,690
and you're right I agree that a lot of

508
00:20:23,130 --> 00:20:21,520
people mean well but they make mistakes

509
00:20:24,360 --> 00:20:23,140
you know they do silly things you got

510
00:20:27,960 --> 00:20:24,370
anything because I got something for

511
00:20:30,960 --> 00:20:27,970
that so this is what we did this show

512
00:20:32,550 --> 00:20:30,970
like we tend to look at the news and a

513
00:20:35,100 --> 00:20:32,560

lot of it is like you're saying it's

514

00:20:37,020 --> 00:20:35,110

like it's kind of really terrible but

515

00:20:38,400 --> 00:20:37,030

you know there's there's a lot of that

516

00:20:41,700 --> 00:20:38,410

that stuff that's kind of out of our

517

00:20:43,560 --> 00:20:41,710

control and so we may be like I'm sure

518

00:20:45,420 --> 00:20:43,570

we come off for people who are

519

00:20:48,420 --> 00:20:45,430

uninitiated we come off as insensitive

520

00:20:50,520 --> 00:20:48,430

but I think the best thing to do with

521

00:20:52,590 --> 00:20:50,530

information that is is harmful that you

522

00:20:55,840 --> 00:20:52,600

can't do anything about is think as

523

00:20:59,050 --> 00:20:55,850

positively as you can about it

524

00:21:00,640 --> 00:20:59,060

right sometimes it's not easy because we

525

00:21:03,460 --> 00:21:00,650

all have our buttons that get pushed and

526
00:21:04,930 --> 00:21:03,470
there's always something where like you

527
00:21:07,270 --> 00:21:04,940
know those are fighting words and you

528
00:21:09,130 --> 00:21:07,280
rise to the bait and you get sucked into

529
00:21:10,690 --> 00:21:09,140
it and then after a while you might

530
00:21:12,940 --> 00:21:10,700
notice like wow I'm getting way off

531
00:21:18,520 --> 00:21:12,950
course here yeah I agree

532
00:21:21,150 --> 00:21:18,530
so so for people that want to use some

533
00:21:23,170 --> 00:21:21,160
of these techniques when it comes to

534
00:21:26,080 --> 00:21:23,180
whether it's lucid dreaming

535
00:21:28,930 --> 00:21:26,090
whether it is manifesting something in

536
00:21:32,140 --> 00:21:28,940
their life by positive thinking belief

537
00:21:33,970 --> 00:21:32,150
it seems to be an absolute must here

538
00:21:38,110 --> 00:21:33,980

whether you want to call it magic or not

539

00:21:40,630 --> 00:21:38,120

but you must believe for this to work or

540

00:21:41,740 --> 00:21:40,640

else you're going to not really see any

541

00:21:44,460 --> 00:21:41,750

sort of result

542

00:21:47,170 --> 00:21:44,470

am I correct there you have to believe

543

00:21:49,510 --> 00:21:47,180

yeah I think that I think people often

544

00:21:52,090 --> 00:21:49,520

are blind to their beliefs and so the

545

00:21:54,310 --> 00:21:52,100

one glitch in the choice of phraseology

546

00:21:55,780 --> 00:21:54,320

might be some people would say but I

547

00:21:58,750 --> 00:21:55,790

don't have any beliefs I'm open-minded

548

00:22:00,940 --> 00:21:58,760

and usually what's going on there is

549

00:22:03,250 --> 00:22:00,950

they're just oblivious to their beliefs

550

00:22:06,190 --> 00:22:03,260

which typically are quite culturally

551
00:22:08,710 --> 00:22:06,200
based so like if you grew up in Norway

552
00:22:10,150 --> 00:22:08,720
or you know Brazil there are certain

553
00:22:12,940 --> 00:22:10,160
kinds of reality shifts that are

554
00:22:16,630 --> 00:22:12,950
commonplace there like in Norway they've

555
00:22:19,090 --> 00:22:16,640
got the particular effect where here is

556
00:22:21,280 --> 00:22:19,100
normal that you hear people on your

557
00:22:22,690 --> 00:22:21,290
porch before they arrive and everybody

558
00:22:24,700 --> 00:22:22,700
knows about it there's a word for it

559
00:22:26,770 --> 00:22:24,710
it's normal but in other parts of the

560
00:22:29,290 --> 00:22:26,780
world this is not normal and that would

561
00:22:30,490 --> 00:22:29,300
be something weird so we we have beliefs

562
00:22:32,980 --> 00:22:30,500
that we don't even know that are

563
00:22:34,660 --> 00:22:32,990

happening within ourselves I think

564

00:22:36,700 --> 00:22:34,670

that's fascinating about this whole

565

00:22:38,950 --> 00:22:36,710

subject because for best results you

566

00:22:41,980 --> 00:22:38,960

need to really examine those beliefs yes

567

00:22:45,040 --> 00:22:41,990

how does it make it that much different

568

00:22:46,780 --> 00:22:45,050

than like say a divisive topic such as

569

00:22:49,210 --> 00:22:46,790

religion which wars have been started

570

00:22:51,149 --> 00:22:49,220

over and that's all kind of based in

571

00:22:54,120 --> 00:22:51,159

belief

572

00:22:55,710 --> 00:22:54,130

you mean how what what's the yeah the

573

00:22:57,870 --> 00:22:55,720

advantage of having beliefs are not

574

00:23:00,510 --> 00:22:57,880

having them I believe open-mindedness is

575

00:23:02,549 --> 00:23:00,520

actually quite good and there was a good

576

00:23:04,620 --> 00:23:02,559

results if you're not open-minded you

577

00:23:07,350 --> 00:23:04,630

can be judgmental and interpret things

578

00:23:10,409 --> 00:23:07,360

differently than they were meant to be

579

00:23:13,470 --> 00:23:10,419

and you know it's terms of wars and

580

00:23:15,299 --> 00:23:13,480

religions and so forth I think it's been

581

00:23:17,970 --> 00:23:15,309

simplified when people say it's the

582

00:23:20,340 --> 00:23:17,980

religion that was causing it actually I

583

00:23:23,070 --> 00:23:20,350

think it's more tribalism that's going

584

00:23:26,250 --> 00:23:23,080

on and so they can band together around

585

00:23:29,730 --> 00:23:26,260

a flag or a religion but it's usually a

586

00:23:31,560 --> 00:23:29,740

tribal situation of some sort and that

587

00:23:33,630 --> 00:23:31,570

goes back to like anthropology and

588

00:23:36,570 --> 00:23:33,640

evolution and survival and that's almost

589

00:23:40,289 --> 00:23:36,580

like lizard brain kind of stuff amygdala

590

00:23:43,139 --> 00:23:40,299

yes yes yes I swear it like I've been

591

00:23:45,090 --> 00:23:43,149

through some reality shifts myself

592

00:23:48,330 --> 00:23:45,100

personally within like the past year

593

00:23:50,399 --> 00:23:48,340

easily it's tough to convey I was well I

594

00:23:53,159 --> 00:23:50,409

was hoping that maybe you could tell us

595

00:23:55,799 --> 00:23:53,169

and every one of reality shift that you

596

00:23:57,299 --> 00:23:55,809

experienced recently they kind of are we

597

00:23:58,980 --> 00:23:57,309

using the term and also we use the term

598

00:24:02,700 --> 00:23:58,990

reality shift in the same way as the

599

00:24:04,680 --> 00:24:02,710

Mandela effect yes to me they're both

600

00:24:06,870 --> 00:24:04,690

are pretty equivalent there's a slight

601
00:24:08,669 --> 00:24:06,880
subtle difference which I came on I

602
00:24:10,620 --> 00:24:08,679
couldn't that phrase reality shift but

603
00:24:14,130 --> 00:24:10,630
I'm not the first to use it PMH Atwater

604
00:24:16,260 --> 00:24:14,140
first put that term in her book future

605
00:24:18,750 --> 00:24:16,270
memory but I didn't know it at the time

606
00:24:22,769 --> 00:24:18,760
back when the internet was in its

607
00:24:23,760 --> 00:24:22,779
infancy in the 1990s I was just looking

608
00:24:26,159 --> 00:24:23,770
for other people that may have

609
00:24:28,830 --> 00:24:26,169
experienced these things so I called it

610
00:24:30,919 --> 00:24:28,840
reality shifts as I was trying to find

611
00:24:34,919 --> 00:24:30,929
out who else is noticing this phenomenon

612
00:24:37,080 --> 00:24:34,929
Mandela effect is more it's a more a new

613
00:24:40,889 --> 00:24:37,090

phrase it came on the scene back around

614

00:24:44,669 --> 00:24:40,899

2010 coined by a Fiona broom and she

615

00:24:47,100 --> 00:24:44,679

observed this surprising truth that

616

00:24:48,990 --> 00:24:47,110

apparently Nelson Mandela was actually

617

00:24:51,180 --> 00:24:49,000

alive and she thought he died in prison

618

00:24:55,500 --> 00:24:51,190

and so did the person she was talking to

619

00:24:57,419 --> 00:24:55,510

at a conference and so anyway but but

620

00:24:57,930 --> 00:24:57,429

actually the two phrases are pretty

621

00:25:01,169 --> 00:24:57,940

similar

622

00:25:03,899 --> 00:25:01,179

the big difference might be that reality

623

00:25:04,409 --> 00:25:03,909

shift was primarily a personal

624

00:25:06,690 --> 00:25:04,419

experience

625

00:25:09,930 --> 00:25:06,700

because remember this goes back to the

626

00:25:11,549 --> 00:25:09,940

1990s at that time we didn't have much

627

00:25:14,639 --> 00:25:11,559

of an internet so we could not share

628

00:25:16,680 --> 00:25:14,649

experiences as readily as we can now to

629

00:25:19,019 --> 00:25:16,690

find the other oddballs that have

630

00:25:21,269 --> 00:25:19,029

noticed weird alternate histories that

631

00:25:24,299 --> 00:25:21,279

we also know about there was no reddit

632

00:25:25,860 --> 00:25:24,309

you know back in the 90s so that I think

633

00:25:27,810 --> 00:25:25,870

that's the huge difference here is that

634

00:25:30,509 --> 00:25:27,820

reality shifts were much more personal

635

00:25:32,159 --> 00:25:30,519

the people would put their keys down or

636

00:25:34,080 --> 00:25:32,169

their wallet or their coat they'd walk

637

00:25:36,720 --> 00:25:34,090

away and things would appear disappear

638

00:25:39,180 --> 00:25:36,730

transform and transport and there were

639

00:25:41,100 --> 00:25:39,190

changes in the experience of time to

640

00:25:43,379 --> 00:25:41,110

pretty much an individual thing maybe

641

00:25:44,940 --> 00:25:43,389

with a few other people so that's how I

642

00:25:47,490 --> 00:25:44,950

was studying and researching that

643

00:25:48,930 --> 00:25:47,500

phenomenon in the 90s with Mandela

644

00:25:51,840 --> 00:25:48,940

effect now you're getting something

645

00:25:53,690 --> 00:25:51,850

different where people are attracting

646

00:25:56,639 --> 00:25:53,700

actively tracking what they call reality

647

00:25:59,009 --> 00:25:56,649

residue you have things that they

648

00:26:01,680 --> 00:25:59,019

remember having happens that now there's

649

00:26:04,289 --> 00:26:01,690

no historical evidence for other than

650

00:26:06,470 --> 00:26:04,299

the memories of people who then create

651
00:26:08,129 --> 00:26:06,480
some sort of art or talk about it or

652
00:26:11,759 --> 00:26:08,139
that kind of thing

653
00:26:14,009 --> 00:26:11,769
so it's um they're similar and then you

654
00:26:16,049 --> 00:26:14,019
had another question that what what's

655
00:26:24,930 --> 00:26:16,059
the best detergent to get Reality

656
00:26:27,450 --> 00:26:24,940
residue off your clothes the question I

657
00:26:29,669 --> 00:26:27,460
had is if you could maybe give this el

658
00:26:31,769 --> 00:26:29,679
Venegas an example of a reality shift

659
00:26:33,870 --> 00:26:31,779
that you experienced recently oh gosh

660
00:26:35,509 --> 00:26:33,880
yes I think I may have emailed you this

661
00:26:39,330 --> 00:26:35,519
one because when we were setting up the

662
00:26:43,139 --> 00:26:39,340
call to happen I've had various things

663
00:26:45,419 --> 00:26:43,149

happen with these sorts of chats in this

664

00:26:48,659 --> 00:26:45,429

form of sometimes double or triple or

665

00:26:50,399 --> 00:26:48,669

quadruple links and recently that also

666

00:26:51,990 --> 00:26:50,409

happened to me when I was having a

667

00:26:54,750 --> 00:26:52,000

package delivered to my house I'd

668

00:26:57,149 --> 00:26:54,760

ordered like a a walking stick kind of

669

00:27:00,029 --> 00:26:57,159

thing and it was showing up at the FedEx

670

00:27:01,950 --> 00:27:00,039

emails were coming in the first one

671

00:27:04,560 --> 00:27:01,960

panicked me because it said that that my

672

00:27:06,960 --> 00:27:04,570

package had arrived the day before and I

673

00:27:09,810 --> 00:27:06,970

people were here at the house but there

674

00:27:11,430 --> 00:27:09,820

had been no package and then I checked

675

00:27:13,159 --> 00:27:11,440

my emails a little further and saw there

676

00:27:15,600 --> 00:27:13,169

were three other emails from FedEx

677

00:27:16,320 --> 00:27:15,610

showing various other states of the

678

00:27:19,139 --> 00:27:16,330

delivery of the

679

00:27:20,940 --> 00:27:19,149

package the same exact package but with

680

00:27:22,830 --> 00:27:20,950

now with four different possible

681

00:27:24,899 --> 00:27:22,840

realities so these are the kind of weird

682

00:27:27,539 --> 00:27:24,909

things that happen which might just seem

683

00:27:30,990 --> 00:27:27,549

kind of freaky but to me they remind me

684

00:27:33,240 --> 00:27:31,000

that we can stay calm stay focused on

685

00:27:35,970 --> 00:27:33,250

the outcome that we desire and then you

686

00:27:38,310 --> 00:27:35,980

don't slip into the less favorable

687

00:27:39,990 --> 00:27:38,320

outcomes and I've had some reality

688

00:27:41,880 --> 00:27:40,000

shifts or have literally gone back and

689

00:27:44,880 --> 00:27:41,890

forth between a couple of realities

690

00:27:47,310 --> 00:27:44,890

sometimes with other people in my

691

00:27:48,810 --> 00:27:47,320

household such as looking out the window

692

00:27:52,049 --> 00:27:48,820

and noticing that the neighbor's roof

693

00:27:54,000 --> 00:27:52,059

next door has a leaf guard it's kind of

694

00:27:56,159 --> 00:27:54,010

like a fancy thing you install so that

695

00:27:58,649 --> 00:27:56,169

the gutters on the house don't fill up

696

00:28:01,830 --> 00:27:58,659

with leaves and get clogged when it

697

00:28:03,750 --> 00:28:01,840

rains but instead the leaves just sort

698

00:28:06,409 --> 00:28:03,760

of wash away or fall off or don't get

699

00:28:08,610 --> 00:28:06,419

drawn into the path of the water

700

00:28:10,710 --> 00:28:08,620

sometimes it looks like our neighbors

701

00:28:12,269 --> 00:28:10,720

they had the roof belief garden it's

702

00:28:15,299 --> 00:28:12,279

sometimes that look like they didn't and

703

00:28:18,570 --> 00:28:15,309

I've also witnessed that with our family

704

00:28:20,549 --> 00:28:18,580

dog who occasionally really I had

705

00:28:22,919 --> 00:28:20,559

cataracts in his eyes his eyes were

706

00:28:24,600 --> 00:28:22,929

clouding up as he got older and I

707

00:28:28,169 --> 00:28:24,610

realized oh boy I don't want him to have

708

00:28:30,360 --> 00:28:28,179

cataracts so just like a lucid dream but

709

00:28:32,159 --> 00:28:30,370

it's lucid living I would recognize

710

00:28:35,850 --> 00:28:32,169

sometimes it looks like he has cataracts

711

00:28:37,409 --> 00:28:35,860

but we know that he doesn't and so I

712

00:28:39,840 --> 00:28:37,419

went through that and then my daughter

713

00:28:42,180 --> 00:28:39,850

also noticed it she said got bad news

714

00:28:45,360 --> 00:28:42,190

for you mom I said isn't about the dog

715

00:28:47,250 --> 00:28:45,370

she said yes and so we went through that

716

00:28:49,019 --> 00:28:47,260

and she laughed and she understood okay

717

00:28:51,210 --> 00:28:49,029

sometimes it looks like he has cataracts

718

00:28:53,340 --> 00:28:51,220

but we don't want him to have cataracts

719

00:28:55,320 --> 00:28:53,350

we're not choosing that and I think I

720

00:28:57,120 --> 00:28:55,330

think for Humanity who you were asking

721

00:28:59,430 --> 00:28:57,130

earlier about the ramifications of all

722

00:29:02,039 --> 00:28:59,440

this this is the ramifications when you

723

00:29:03,750 --> 00:29:02,049

look at the news and you might see false

724

00:29:06,990 --> 00:29:03,760

news you might see different different

725

00:29:09,810 --> 00:29:07,000

takes on the same story you have a role

726

00:29:11,909 --> 00:29:09,820

in steering what's actually going on and

727

00:29:14,970 --> 00:29:11,919

I think that's the big takeaway from the

728

00:29:17,129 --> 00:29:14,980

Mandela effect and reality shifts Wow

729

00:29:19,769 --> 00:29:17,139

hey there's a good question coming up in

730

00:29:22,200 --> 00:29:19,779

the chat I want to throw at you it's

731

00:29:24,480 --> 00:29:22,210

about deja vu and because I think

732

00:29:26,159 --> 00:29:24,490

everybody kind of experiences deja vu

733

00:29:28,500 --> 00:29:26,169

where it's like you're doing something

734

00:29:29,730 --> 00:29:28,510

you feel like oh my god this has already

735

00:29:32,159 --> 00:29:29,740

happened

736

00:29:33,659 --> 00:29:32,169

like I've experienced this you were in

737

00:29:36,060 --> 00:29:33,669

the same place you were saying the same

738

00:29:37,649 --> 00:29:36,070

thing I had this thing in my hand what

739

00:29:39,409 --> 00:29:37,659

is deja vu have you thought much about

740

00:29:43,609 --> 00:29:39,419

that

741

00:29:45,229 --> 00:29:43,619

experiencing time in a couple of

742

00:29:47,329 --> 00:29:45,239

different ways sometimes it's like

743

00:29:49,699 --> 00:29:47,339

events feel like they're repeating again

744

00:29:51,379 --> 00:29:49,709

but you know it's not literally

745

00:29:53,509 --> 00:29:51,389

repeating again it's more like you

746

00:29:55,759 --> 00:29:53,519

experienced it outside of time like you

747

00:29:57,709 --> 00:29:55,769

were dreaming it before or who knows

748

00:30:00,560 --> 00:29:57,719

what that's what it feels like and for

749

00:30:02,209 --> 00:30:00,570

me it's enjoyable usually to go through

750

00:30:02,839 --> 00:30:02,219

the sequence of events again it's like

751

00:30:05,869 --> 00:30:02,849

yay

752

00:30:08,359 --> 00:30:05,879

I picked this this is fun that's what it

753

00:30:11,029 --> 00:30:08,369

is for me but I think if you watch the

754

00:30:13,519 --> 00:30:11,039

movie The Matrix they have that they

755

00:30:15,799 --> 00:30:13,529

call it deja vu when the cat was walking

756

00:30:18,139 --> 00:30:15,809

past the doorway the kaneo is talking to

757

00:30:19,699 --> 00:30:18,149

Trinity or something they're having a

758

00:30:23,410 --> 00:30:19,709

little discussion like okay that's a

759

00:30:25,930 --> 00:30:23,420

glitch in the matrix yes

760

00:30:27,520 --> 00:30:25,940

that gets into how we feel about what's

761

00:30:29,860 --> 00:30:27,530

going on with these reality shifts are

762

00:30:33,730 --> 00:30:29,870

we living in a artificial reality

763

00:30:35,770 --> 00:30:33,740

perhaps is the more you are aware of

764

00:30:38,530 --> 00:30:35,780

these Rallye reality shifts the more

765

00:30:41,560 --> 00:30:38,540

they occur like a like this kind of

766

00:30:43,539 --> 00:30:41,570

snowball at this point for me it seems

767

00:30:46,510 --> 00:30:43,549

like that is true and it seems true of

768

00:30:48,370 --> 00:30:46,520

people I've talked to that usually which

769

00:30:50,110 --> 00:30:48,380

gets back to beliefs again I think the

770

00:30:51,610 --> 00:30:50,120

key is the beliefs when you know that

771

00:30:53,890 --> 00:30:51,620

this can happen and you really have

772

00:30:55,960 --> 00:30:53,900

faith in it then you would definitely

773

00:30:59,409 --> 00:30:55,970

are going to be able to witness them on

774

00:31:00,760 --> 00:30:59,419

a daily basis and I think if you're

775

00:31:03,159 --> 00:31:00,770

afraid of them you can bring them on

776

00:31:05,860 --> 00:31:03,169

that way too it's often it gets into the

777

00:31:07,560 --> 00:31:05,870

subconscious running the show so if you

778

00:31:09,669 --> 00:31:07,570

have fears you're very likely to

779

00:31:11,860 --> 00:31:09,679

experience what you're afraid of

780

00:31:14,590 --> 00:31:11,870

again I recommend a positive approach

781

00:31:17,950 --> 00:31:14,600

here so you're not loaded up with all of

782

00:31:20,110 --> 00:31:17,960

your worst fears about whatever spiders

783

00:31:21,730 --> 00:31:20,120

or what-have-you I'm trying to be

784

00:31:24,070 --> 00:31:21,740

positive here but sometimes the show is

785

00:31:25,930 --> 00:31:24,080

really bad and so I'm trying to I'm

786

00:31:28,080 --> 00:31:25,940

trying to smile but this show has been

787

00:31:29,830 --> 00:31:28,090

great so far so thank you for that

788

00:31:32,320 --> 00:31:29,840

someone in the chat is actually

789

00:31:37,030 --> 00:31:32,330

wondering if you had any opinion on

790

00:31:39,520 --> 00:31:37,040

chaos magic well again in general I'm

791

00:31:42,159 --> 00:31:39,530

not a not much of a fan of magic in

792

00:31:45,100 --> 00:31:42,169

general I think I explained why maybe

793

00:31:46,180 --> 00:31:45,110

not but I think chaos is interesting

794

00:31:48,010 --> 00:31:46,190

because it when you look at some of the

795

00:31:51,070 --> 00:31:48,020

games where there's like good chaos that

796

00:31:53,770 --> 00:31:51,080

idea that you're a chaotic influence but

797

00:31:55,120 --> 00:31:53,780

you're doing it in a good direction if I

798

00:31:56,470 --> 00:31:55,130

was going to do magic that would be the

799

00:31:58,240 --> 00:31:56,480

kind of magic I would do but otherwise

800

00:32:00,880 --> 00:31:58,250

I'm not really recommending magic

801
00:32:02,560 --> 00:32:00,890
because the typical problem with magic

802
00:32:05,049 --> 00:32:02,570
in general that I've seen and I'm not an

803
00:32:06,640 --> 00:32:05,059
expert but what I've witnessed is people

804
00:32:08,650 --> 00:32:06,650
thinking they know what they want and

805
00:32:10,210 --> 00:32:08,660
that's this it's kind of like the

806
00:32:11,980 --> 00:32:10,220
blessing and the curse of magic right

807
00:32:14,169 --> 00:32:11,990
there because when you think you know

808
00:32:18,159 --> 00:32:14,179
what you want you're working from a

809
00:32:21,130 --> 00:32:18,169
relatively small frame of view then your

810
00:32:23,560 --> 00:32:21,140
results are going to be limited by by

811
00:32:25,090 --> 00:32:23,570
the quality of your consciousness that

812
00:32:27,909 --> 00:32:25,100
you're bringing to it so if you're not

813
00:32:29,740 --> 00:32:27,919

already at your highest level of self

814

00:32:31,630 --> 00:32:29,750

that's most aligned with ultimate good

815

00:32:34,150 --> 00:32:31,640

then your results are not going to be

816

00:32:35,740 --> 00:32:34,160

most aligned with ultimate good so but

817

00:32:36,889 --> 00:32:35,750

again if you're going to do chaos magic

818

00:32:41,469 --> 00:32:36,899

be good

819

00:32:43,519 --> 00:32:41,479

yes the good organized chaos I suppose

820

00:32:44,989 --> 00:32:43,529

thank you very much Cinci I really

821

00:32:50,029 --> 00:32:44,999

appreciate your time do you if for

822

00:32:52,190 --> 00:32:50,039

anybody who wants to start believing or

823

00:32:55,430 --> 00:32:52,200

thinking or living this way do you have

824

00:32:58,009 --> 00:32:55,440

any simple suggestions of where for for

825

00:32:59,779 --> 00:32:58,019

where they can start okay well the first

826

00:33:02,089 --> 00:32:59,789

thing is check out my website actually

827

00:33:03,519 --> 00:33:02,099

because I've been studying this for 20

828

00:33:07,339 --> 00:33:03,529

years and I've got a free newsletter

829

00:33:09,279 --> 00:33:07,349

every issue is posted free online so

830

00:33:12,979 --> 00:33:09,289

it's a source of information called it's

831

00:33:15,109 --> 00:33:12,989

realityshifters.com and that's an

832

00:33:16,639 --> 00:33:15,119

excellent way to get started and then

833

00:33:18,829 --> 00:33:16,649

I've got books that I've written as well

834

00:33:20,810 --> 00:33:18,839

that reality shifts book is the one I've

835

00:33:24,049 --> 00:33:20,820

been talking about my newest book is

836

00:33:26,450 --> 00:33:24,059

called quantum jumps and that one is a

837

00:33:28,399 --> 00:33:26,460

little less embarrassing in case your

838

00:33:30,619 --> 00:33:28,409

parents or your friends or somebody

839

00:33:32,959 --> 00:33:30,629

respectable sees it because it's more

840

00:33:36,049 --> 00:33:32,969

it's more based in the science it gets

841

00:33:38,060 --> 00:33:36,059

much more it's less of the lucid

842

00:33:40,099 --> 00:33:38,070

dreaming and all that stuff that reality

843

00:33:43,190 --> 00:33:40,109

shifts gets into which is pretty cool

844

00:33:45,469 --> 00:33:43,200

but it gets more into the physics behind

845

00:33:48,049 --> 00:33:45,479

it and some of the placebo science that

846

00:33:50,119 --> 00:33:48,059

we now have as well as what the ideas of

847

00:33:52,430 --> 00:33:50,129

how we might be literally jumping

848

00:33:54,430 --> 00:33:52,440

through wormholes for example and how we

849

00:33:56,749 --> 00:33:54,440

can travel in the form of consciousness

850

00:34:01,399 --> 00:33:56,759

according to what we know about science

851
00:34:03,109 --> 00:34:01,409
this it's mind-blowing and I recommend

852
00:34:04,909 --> 00:34:03,119
everyone checking out her website get

853
00:34:07,339 --> 00:34:04,919
some her books listen to her talk this

854
00:34:08,720 --> 00:34:07,349
this is if people can wrap their head

855
00:34:13,730 --> 00:34:08,730
around this we could have such an

856
00:34:15,680 --> 00:34:13,740
amazing world yes it already is amazing

857
00:34:17,779 --> 00:34:15,690
we can make it better thanks for making

858
00:34:19,220 --> 00:34:17,789
the time this is the this is that super

859
00:34:21,109 --> 00:34:19,230
interesting people in the chat we're

860
00:34:22,490 --> 00:34:21,119
talking about like whoa I'm gonna have

861
00:34:24,200 --> 00:34:22,500
to come back and listen to this when

862
00:34:25,819 --> 00:34:24,210
there's not so many distractions around

863
00:34:28,279 --> 00:34:25,829

it's deep

864

00:34:29,960 --> 00:34:28,289

thank you so much for helping walk us

865

00:34:31,579 --> 00:34:29,970

through it because it's not often we

866

00:34:33,940 --> 00:34:31,589

have smart people on the show but yes

867

00:34:38,269 --> 00:34:33,950

you just Mike and I yes you yes

868

00:34:39,740 --> 00:34:38,279

pretty smart thank you thank you thank

869

00:34:41,510 --> 00:34:39,750

you Cynthia we really appreciate your

870

00:34:44,269 --> 00:34:41,520

time and I'm gonna send you a follow-up

871

00:34:46,250 --> 00:34:44,279

email awesome thanks so much all right

872

00:34:47,180 --> 00:34:46,260

thank you bye good night well Jillian

873

00:34:50,450 --> 00:34:47,190

you just want to take a little break

874

00:34:53,839 --> 00:34:50,460

here Joe I need to fill up my water

875

00:34:54,559 --> 00:34:53,849

and and then but we'll be back in five

876

00:34:56,540 --> 00:34:54,569

minutes everyone

877

00:34:59,630 --> 00:34:56,550

thank you yes if you want to join the

878

00:35:03,670 --> 00:34:59,640

snake or disco give us an email at our

879

00:35:06,440 --> 00:35:03,680

botamo at gmail.com check out obdam