



1
00:00:22,760 --> 00:00:18,560
welcome to shattered reality with their

2
00:00:25,760 --> 00:00:22,770
hosts Kate Valentine and first prepare

3
00:00:31,450 --> 00:00:25,770
to had a paradigm shifted in the truth

4
00:00:34,790 --> 00:00:31,460
questioned and now shattered reality oh

5
00:00:38,299 --> 00:00:34,800
welcome this is Kate Valentine welcoming

6
00:00:40,729 --> 00:00:38,309
you to the program and I'm furusho

7
00:00:43,789 --> 00:00:40,739
welcome to shattered reality and we

8
00:00:46,610 --> 00:00:43,799
certainly hope you help us to shatter

9
00:00:48,310 --> 00:00:46,620
some paradigms today and we'd like to

10
00:00:51,579 --> 00:00:48,320
welcome our guests

11
00:00:55,039 --> 00:00:51,589
Natalie segment the author of

12
00:01:05,030 --> 00:00:55,049
application of impossible things I was

13
00:01:09,800 --> 00:01:05,040

going to say a friend of mine as well as

14

00:01:14,830 --> 00:01:09,810

a colleague and I came to meet Natalie

15

00:01:20,929 --> 00:01:14,840

at a seminar at the Monroe Institute a

16

00:01:23,359 --> 00:01:20,939

seminar lifelines which is a slightly

17

00:01:25,940 --> 00:01:23,369

advanced seminar in that you have to

18

00:01:28,880 --> 00:01:25,950

have taken one or two other seminars

19

00:01:31,880 --> 00:01:28,890

before you're permitted to access

20

00:01:34,010 --> 00:01:31,890

lifelines is it just is it just gateway

21

00:01:40,149 --> 00:01:34,020

or is it gateway guidelines that you

22

00:01:44,840 --> 00:01:40,159

have to have gone to okay and perhaps

23

00:01:49,069 --> 00:01:44,850

because you are now a facilitator at the

24

00:01:52,520 --> 00:01:49,079

Monroe Institute and I am NOT perhaps

25

00:01:55,279 --> 00:01:52,530

you would like to just for the unyk the

26

00:01:57,380 --> 00:01:55,289

uninitiated listener

27

00:02:03,129 --> 00:01:57,390

what is the Monroe Institute and how did

28

00:02:06,770 --> 00:02:03,139

it start Institute is a research and

29

00:02:10,700 --> 00:02:06,780

educational institute nonprofit that was

30

00:02:14,619 --> 00:02:10,710

founded by Robert Monroe who Robert

31

00:02:18,170 --> 00:02:14,629

Monroe was a sound engineer and

32

00:02:19,530 --> 00:02:18,180

businessman on the East Coast and in the

33

00:02:24,110 --> 00:02:19,540

late

34

00:02:27,899 --> 00:02:24,120

early sixties he was experimenting with

35

00:02:30,630 --> 00:02:27,909

using sound binaural beats in particular

36

00:02:32,819 --> 00:02:30,640

to help people learn during sleep and

37

00:02:36,390 --> 00:02:32,829

that was that was kind of a sad at the

38

00:02:46,830 --> 00:02:36,400

time how do we accelerate learning by

39

00:02:48,149 --> 00:02:46,840

learning while we're sleeping I'm sorry

40

00:02:51,449 --> 00:02:48,159

I don't mean to interrupt what you were

41

00:02:53,789 --> 00:02:51,459

saying but I remember as a child hearing

42

00:02:55,410 --> 00:02:53,799

people buying records that they could

43

00:03:08,039 --> 00:02:55,420

listen to while they were asleep learn

44

00:03:12,210 --> 00:03:08,049

French while you're asleep so with these

45

00:03:15,659 --> 00:03:12,220

different he began to spontaneous

46

00:03:18,839 --> 00:03:15,669

out-of-body experiences he was dying he

47

00:03:21,899 --> 00:03:18,849

was very frightened and so he went to

48

00:03:23,729 --> 00:03:21,909

doctors every test he could find and he

49

00:03:27,860 --> 00:03:23,739

talked to a couple of psychiatrists and

50

00:03:30,629 --> 00:03:27,870

kind of on the fly and one of them said

51
00:03:32,369 --> 00:03:30,639
you need to go to an ashram in India

52
00:03:36,240 --> 00:03:32,379
because people over there do this all

53
00:03:38,729 --> 00:03:36,250
the time and he thought well you know

54
00:03:41,159 --> 00:03:38,739
I'm a big businessman here I have a lot

55
00:03:46,379 --> 00:03:41,169
of investments and my life is here in

56
00:03:48,719 --> 00:03:46,389
the West and and there's got to be there

57
00:03:54,649 --> 00:03:48,729
should be a language for this here in

58
00:03:57,599 --> 00:03:54,659
the West and so he he he formed the

59
00:03:59,729 --> 00:03:57,609
Monroe Institute mainly for research at

60
00:04:02,009 --> 00:03:59,739
the beginning into consciousness states

61
00:04:03,420 --> 00:04:02,019
of consciousness he started to meet a

62
00:04:07,679 --> 00:04:03,430
lot of other people who were having

63
00:04:10,469 --> 00:04:07,689

these experiences and sort of doing set

64

00:04:14,099 --> 00:04:10,479

up a lab and started doing experiments

65

00:04:17,279 --> 00:04:14,109

and then he was invited out to

66

00:04:20,399 --> 00:04:17,289

California to somebody said you come out

67

00:04:22,350 --> 00:04:20,409

here and show us what you're doing with

68

00:04:25,260 --> 00:04:22,360

this group of people and some of these

69

00:04:33,030 --> 00:04:25,270

people during the course of this 10-day

70

00:04:35,790 --> 00:04:33,040

experience also had so he started

71

00:04:39,450 --> 00:04:35,800

for me forming these now havin date

72

00:04:41,550 --> 00:04:39,460

programs instead of ten days for the

73

00:04:43,500 --> 00:04:41,560

public anybody who wanted to come could

74

00:04:46,980 --> 00:04:43,510

come and that helped fund some of the

75

00:04:49,200 --> 00:04:46,990

research so this is this Institute I

76

00:04:51,150 --> 00:04:49,210

think it was established in the early

77

00:04:53,960 --> 00:04:51,160

seventies so it's been around for quite

78

00:04:56,970 --> 00:04:53,970

a while located in Virginia

79

00:04:58,140 --> 00:04:56,980

yeah there's in the foothills of the

80

00:05:00,420 --> 00:04:58,150

Blue Ridge Mountains

81

00:05:03,360 --> 00:05:00,430

not too far outside of Charlottesville

82

00:05:06,090 --> 00:05:03,370

so so that's where we met that's a good

83

00:05:08,580 --> 00:05:06,100

introduction for people who are unaware

84

00:05:10,950 --> 00:05:08,590

or have other ideas about what the

85

00:05:12,990 --> 00:05:10,960

Monroe Institute might be but we're

86

00:05:15,720 --> 00:05:13,000

really here to talk about as you Natalie

87

00:05:19,080 --> 00:05:15,730

and some of your interesting experiences

88

00:05:39,330 --> 00:05:19,090

and one experience which most of us

89

00:05:43,140 --> 00:05:39,340

would think of as some what maybe you

90

00:05:47,100 --> 00:05:43,150

could talk to us a little bit about you

91

00:05:51,180 --> 00:05:47,110

know how you got sent over to Iraq what

92

00:05:54,960 --> 00:05:51,190

what what what happened to you and it

93

00:06:00,630 --> 00:05:54,970

happened to you all that what did you go

94

00:06:03,990 --> 00:06:00,640

there for the Bureau of Land Management

95

00:06:06,930 --> 00:06:04,000

and I've been working for as an

96

00:06:10,290 --> 00:06:06,940

archaeologist for quite a while and I

97

00:06:15,770 --> 00:06:10,300

was know by this time I was pretty much

98

00:06:29,220 --> 00:06:26,130

management that wished for some reason I

99

00:06:31,350 --> 00:06:29,230

would think like Southwest like Arizona

100

00:06:37,770 --> 00:06:31,360

had to pay all those type of areas

101
00:06:49,420 --> 00:06:47,230
flashy archeology I'm sorry what were

102
00:06:59,110 --> 00:06:49,430
you studying in Oregon the I guess the

103
00:07:08,850 --> 00:06:59,120
Pacific tribes are brown disturbing

104
00:07:13,570 --> 00:07:08,860
activity takes place on public lands oh

105
00:07:16,000 --> 00:07:13,580
you know if if a rancher if the ranching

106
00:07:17,680 --> 00:07:16,010
sort of section of the BLM was building

107
00:07:20,070 --> 00:07:17,690
a sense I had to go out and walk that

108
00:07:23,620 --> 00:07:20,080
fence line where someone was putting in

109
00:07:25,840 --> 00:07:23,630
water tanks for some horses or some

110
00:07:33,240 --> 00:07:25,850
cattle I had to go and look at that area

111
00:07:36,820 --> 00:07:33,250
or pipelines or row you know so I was

112
00:07:40,330 --> 00:07:36,830
just looking at the surface of the

113
00:07:43,630 --> 00:07:40,340

ground primarily I was also I also did a

114

00:07:46,390 --> 00:07:43,640

lot of work on the Owyhee Wild and

115

00:07:48,970 --> 00:07:46,400

Scenic River where there's besides a lot

116

00:07:55,810 --> 00:07:48,980

of ground sites there's also a huge

117

00:07:57,880 --> 00:07:55,820

amount of petroglyphs interesting Wow so

118

00:08:18,250 --> 00:07:57,890

obviously there's a lot more archaeology

119

00:08:20,860 --> 00:08:18,260

interact at Oregon I guess I I wanted to

120

00:08:24,010 --> 00:08:20,870

get out of that administrative role and

121

00:08:28,030 --> 00:08:24,020

so I was kind of looking around for

122

00:08:30,490 --> 00:08:28,040

other jobs and while I was looking the

123

00:08:32,830 --> 00:08:30,500

the corps of engineers the Army Corps of

124

00:08:35,800 --> 00:08:32,840

Engineers put out a call to all federal

125

00:08:37,750 --> 00:08:35,810

agencies asking for volunteers to come

126

00:08:40,959 --> 00:08:37,760

down and help with Katrina hurricane

127

00:08:43,360 --> 00:08:40,969

Katrina cleanup so I volunteered for

128

00:08:45,670 --> 00:08:43,370

that and I went down there for about two

129

00:08:48,290 --> 00:08:45,680

and a half months and worked in

130

00:08:51,019 --> 00:08:48,300

Louisiana and Mississippi and

131

00:08:53,960 --> 00:08:51,029

in the course of that I met some other

132

00:08:58,370 --> 00:08:53,970

people met some people from the Corps of

133

00:09:00,650 --> 00:08:58,380

Engineers and later some of those

134

00:09:02,269 --> 00:09:00,660

friends called me up and said do you

135

00:09:20,750 --> 00:09:02,279

want to go work in Iraq because they're

136

00:09:22,280 --> 00:09:20,760

desperate for people to see what's

137

00:09:24,980 --> 00:09:22,290

really going on over there and what's it

138

00:09:28,519 --> 00:09:24,990

like you know to be in that Laura Bowman

139

00:09:31,250 --> 00:09:28,529

and I don't know curiosity curiosity

140

00:09:40,880 --> 00:09:31,260

kills the cat well you are a very brave

141

00:09:43,160 --> 00:09:40,890

lady yeah regardless of the media seems

142

00:09:47,560 --> 00:09:43,170

to be not as trustworthy as it used to

143

00:09:55,790 --> 00:09:51,259

there's also the fact that when you're

144

00:09:58,310 --> 00:09:55,800

reading a story about something they

145

00:10:00,139 --> 00:09:58,320

can't include everything you know again

146

00:10:04,670 --> 00:10:00,149

including the smells and they can't

147

00:10:07,100 --> 00:10:04,680

include kinesthetic they don't have the

148

00:10:10,220 --> 00:10:07,110

room to talk about the spaces in between

149

00:10:12,230 --> 00:10:10,230

what's going on you know you go over

150

00:10:14,500 --> 00:10:12,240

there and it becomes your experience

151

00:10:16,850 --> 00:10:14,510

which is very very different

152

00:10:19,400 --> 00:10:16,860

absolutely yeah the kinesthetic sense

153

00:10:23,240 --> 00:10:19,410

alone of being there is it up is

154

00:10:25,220 --> 00:10:23,250

unmatched I'm sure so so I'm sorry I

155

00:10:28,370 --> 00:10:25,230

didn't I was just really curious as to

156

00:10:30,699 --> 00:10:28,380

why you had left to go there so I'll go

157

00:10:35,060 --> 00:10:30,709

ahead fro sure I'm sorry I interrupted

158

00:10:37,610 --> 00:10:35,070

it's very interesting so so you get

159

00:10:42,910 --> 00:10:37,620

there and obviously they assign you to

160

00:10:45,439 --> 00:10:42,920

stuff I was in charge of because I had

161

00:10:46,939 --> 00:10:45,449

during the course of doing archaeology I

162

00:10:48,590 --> 00:10:46,949

have some experience with government

163

00:10:52,100 --> 00:10:48,600

contracts and running government

164

00:10:57,170 --> 00:10:52,110

contracts and that's why they hired me

165

00:10:59,500 --> 00:10:57,180

and I was hired to to be kind of a

166

00:11:01,880 --> 00:10:59,510

project manager to oversee construction

167

00:11:04,250 --> 00:11:01,890

project

168

00:11:06,019 --> 00:11:04,260

and you know baby system make sure that

169

00:11:07,819 --> 00:11:06,029

everybody was doing things right take

170

00:11:13,880 --> 00:11:07,829

care of some of the money and that kind

171

00:11:17,840 --> 00:11:13,890

of thing and for the reconstruction

172

00:11:22,040 --> 00:11:17,850

effort the reconstruction effort in Iraq

173

00:11:26,840 --> 00:11:22,050

and and so you were there for a while

174

00:11:33,980 --> 00:11:26,850

and then one day something something

175

00:11:35,690 --> 00:11:33,990

changed without giving it away perhaps

176

00:11:37,550 --> 00:11:35,700

you would without me giving it away

177

00:11:40,040 --> 00:11:37,560

telling your story perhaps you'd like to

178

00:11:43,250 --> 00:11:40,050

tell us a little bit about that day and

179

00:11:46,660 --> 00:11:43,260

what happened to you sir

180

00:11:51,079 --> 00:11:46,670

I had an in-country about 16 months and

181

00:11:54,560 --> 00:11:51,089

I was going outside the wire as we put

182

00:11:58,130 --> 00:11:54,570

it off base with some colleagues to look

183

00:12:00,139 --> 00:11:58,140

at some of those construction site so we

184

00:12:03,829 --> 00:12:00,149

were gonna visit for water treatment

185

00:12:06,139 --> 00:12:03,839

plants and one road project and I was

186

00:12:08,449 --> 00:12:06,149

with when we went off base we would

187

00:12:10,790 --> 00:12:08,459

travel in a for vehicle convoy

188

00:12:12,439 --> 00:12:10,800

well usually a three vehicle convoy but

189

00:12:15,829 --> 00:12:12,449

in this case I was with three colleagues

190

00:12:19,699 --> 00:12:15,839

and they can only have two of us in a

191

00:12:21,439 --> 00:12:19,709

vehicle so we we had two what we called

192

00:12:24,980 --> 00:12:21,449

principal vehicles and then we had a

193

00:12:28,269 --> 00:12:24,990

lead vehicle and a gun truck and back

194

00:12:32,240 --> 00:12:28,279

all of these are of armored vehicles and

195

00:12:35,990 --> 00:12:32,250

we had a crew of ten or twelve guards

196

00:12:40,790 --> 00:12:36,000

and we also had an escort of Iraqi

197

00:12:42,860 --> 00:12:40,800

police on that day because that that

198

00:12:45,710 --> 00:12:42,870

province had been turned over to Iraqi

199

00:12:49,310 --> 00:12:45,720

governments so whatever we went out we

200

00:12:53,300 --> 00:12:49,320

needed to have a presence of theirs with

201
00:12:55,819 --> 00:12:53,310
us so we went out visited the for water

202
00:12:59,630 --> 00:12:55,829
treatment plants and the road project

203
00:13:02,300 --> 00:12:59,640
and on our way back to base the vehicle

204
00:13:09,650 --> 00:13:02,310
that I was traveling in was hit with the

205
00:13:13,579 --> 00:13:09,660
roadside bomb and well at the moment of

206
00:13:15,240 --> 00:13:13,589
the explosion or just before I left my

207
00:13:17,009 --> 00:13:15,250
body

208
00:13:18,509 --> 00:13:17,019
in the truck and I was kind of had on

209
00:13:21,150 --> 00:13:18,519
hand half asleep could have been a

210
00:13:22,829 --> 00:13:21,160
really one day and I was kind of half

211
00:13:26,249 --> 00:13:22,839
asleep in the back of the truck when the

212
00:13:29,629 --> 00:13:26,259
bomb went off and I was in the truck

213
00:13:34,800 --> 00:13:29,639

half asleep and then I was not and I

214

00:13:39,259 --> 00:13:34,810

found myself I was standing on a kind of

215

00:13:42,840 --> 00:13:39,269

stage and arrayed all around me were

216

00:13:45,090 --> 00:13:42,850

thousands of beings and it was kind of

217

00:13:48,150 --> 00:13:45,100

you know as a visual you might think of

218

00:13:51,660 --> 00:13:48,160

a stadium I was standing in the open

219

00:13:56,780 --> 00:13:51,670

area and all these thousands of beings

220

00:14:01,710 --> 00:13:56,790

around me and they appeared to me as

221

00:14:03,809 --> 00:14:01,720

faces and wearing white rope and I was

222

00:14:06,590 --> 00:14:03,819

well I won't go into the details about

223

00:14:09,650 --> 00:14:06,600

that right now I guess I'll let you guys

224

00:14:15,869 --> 00:14:09,660

won't leave me where you want me to go I

225

00:14:19,170 --> 00:14:15,879

will I will kind of just put in a

226

00:14:21,929 --> 00:14:19,180

comment here that you know I've never

227

00:14:25,110 --> 00:14:21,939

been in anywhere near in the situation

228

00:14:29,160 --> 00:14:25,120

that you were in but that I once did a

229

00:14:32,040 --> 00:14:29,170

black box session down at Monroe and as

230

00:14:35,879 --> 00:14:32,050

I had mentioned to you before I found

231

00:14:38,490 --> 00:14:35,889

myself in a stadium looking up at the

232

00:14:41,009 --> 00:14:38,500

stands and there were all these people

233

00:14:45,360 --> 00:14:41,019

up there not as many as with you just

234

00:14:50,280 --> 00:14:45,370

you know maybe 100 or 200 and there were

235

00:14:52,410 --> 00:14:50,290

ask me why the heck was I I wondered at

236

00:14:54,869 --> 00:14:52,420

the time after actually after I got out

237

00:15:02,840 --> 00:14:54,879

of the box well that was a very weird

238

00:15:08,009 --> 00:15:06,030

vision if you will in an altered state

239

00:15:10,110 --> 00:15:08,019

of consciousness I had no thoughts about

240

00:15:13,319 --> 00:15:10,120

doing anything like such like thing

241

00:15:15,540 --> 00:15:13,329

before and it so happens that your

242

00:15:18,150 --> 00:15:15,550

experience though it was much richer and

243

00:15:20,879 --> 00:15:18,160

much longer than mine it does somehow

244

00:15:23,040 --> 00:15:20,889

confirm my experience that this you know

245

00:15:27,850 --> 00:15:23,050

this is something that happens to you

246

00:15:30,250 --> 00:15:27,860

when you do leave your body well

247

00:15:33,310 --> 00:15:30,260

and there are infinite possibilities so

248

00:15:37,380 --> 00:15:33,320

maybe that maybe some of us are working

249

00:15:41,560 --> 00:15:37,390

with a group or a number of groups who

250

00:15:43,870 --> 00:15:41,570

who kind of look the same or are working

251
00:15:47,340 --> 00:15:43,880
in the same way or something yeah yeah I

252
00:15:51,730 --> 00:15:47,350
heard I've had quite a few people

253
00:15:54,520 --> 00:15:51,740
looking I've had quite a few people say

254
00:15:59,410 --> 00:15:54,530
to me that's familiar to me I've been

255
00:16:02,650 --> 00:15:59,420
there yes so you know it's not just my

256
00:16:04,450 --> 00:16:02,660
experience that maybe there's quite a

257
00:16:06,190 --> 00:16:04,460
few of us either working with the same

258
00:16:11,860 --> 00:16:06,200
group or maybe there are a number of

259
00:16:14,890 --> 00:16:11,870
groups like that yes yeah it does it

260
00:16:17,560 --> 00:16:14,900
does seem that way myself no one else

261
00:16:20,110 --> 00:16:17,570
other than yourself has ever told me

262
00:16:22,270 --> 00:16:20,120
that so getting out of that black box

263
00:16:25,360 --> 00:16:22,280

before I you know maybe a year or two

264

00:16:26,920 --> 00:16:25,370

before I had met you I was perplexed by

265

00:16:28,720 --> 00:16:26,930

the vision and you know I had it written

266

00:16:31,710 --> 00:16:28,730

down in my notes and everything and and

267

00:16:34,510 --> 00:16:31,720

our fearless leader skip had had

268

00:16:36,820 --> 00:16:34,520

categorized the whole experience for me

269

00:16:38,710 --> 00:16:36,830

in terms of my biology and everything so

270

00:16:43,480 --> 00:16:38,720

you know I have that whole record there

271

00:16:46,710 --> 00:16:43,490

and so it was very very interesting to

272

00:16:52,180 --> 00:16:46,720

me that you reported this very similar

273

00:16:55,240 --> 00:16:52,190

experience but after after you left your

274

00:17:00,460 --> 00:16:55,250

body tell us more about the experience

275

00:17:01,990 --> 00:17:00,470

that you had in the spiritual stadium I

276

00:17:07,350 --> 00:17:02,000

will call it that if you don't mind it

277

00:17:36,880 --> 00:17:26,530

of the physical self being essence of

278

00:17:41,980 --> 00:17:39,130

for she's the one that really gets into

279

00:17:51,870 --> 00:17:41,990

this so like your but your physical body

280

00:17:54,640 --> 00:17:51,880

sitting here or asleep or whatever okay

281

00:17:57,130 --> 00:17:54,650

say that you know there's a situation

282

00:17:59,650 --> 00:17:57,140

which people do meditation on a very

283

00:18:02,260 --> 00:17:59,660

daily basis where you have the condition

284

00:18:05,590 --> 00:18:02,270

of body asleep mind awake and then

285

00:18:07,870 --> 00:18:05,600

sometimes you go out further and went

286

00:18:11,230 --> 00:18:07,880

the point at which you lose track of

287

00:18:14,380 --> 00:18:11,240

your actual body and in Natalie's case

288

00:18:16,960 --> 00:18:14,390

in this particular situation I think

289

00:18:22,690 --> 00:18:16,970

that she was very aware of an immediate

290

00:18:32,159 --> 00:18:27,520

you know we we're trained to associate

291

00:18:38,680 --> 00:18:32,169

our awareness in our minds with our body

292

00:18:42,570 --> 00:18:38,690

our minds are aware this encompasses the

293

00:18:48,669 --> 00:18:42,580

body the body doesn't hold the mind so

294

00:18:51,190 --> 00:18:48,679

you know I often give this example of us

295

00:18:52,930 --> 00:18:51,200

sometimes beating sort of out of body

296

00:18:55,419 --> 00:18:52,940

without even being aware of that say

297

00:18:56,950 --> 00:18:55,429

you're driving home from work you know

298

00:18:58,960 --> 00:18:56,960

you leave work if you're not into the

299

00:19:00,940 --> 00:18:58,970

road and you get all the way at home you

300

00:19:05,010 --> 00:19:00,950

don't pull into your driveway and go

301

00:19:08,590 --> 00:19:05,020

whoa a single thing about that drive

302

00:19:11,110 --> 00:19:08,600

okay well your focus was somewhere

303

00:19:22,299 --> 00:19:11,120

totally different your you know your

304

00:19:24,970 --> 00:19:22,309

awareness was focused there really the

305

00:19:28,630 --> 00:19:24,980

only limits on our awareness and where

306

00:19:32,680 --> 00:19:28,640

it can focus and how it can focus is our

307

00:19:35,470 --> 00:19:32,690

belief if we believe that that our mind

308

00:19:37,539 --> 00:19:35,480

exists in the body then it's going to be

309

00:19:40,270 --> 00:19:37,549

very difficult for us to kind of get to

310

00:19:43,090 --> 00:19:40,280

get our get beyond that but if we

311

00:19:46,810 --> 00:19:43,100

believe that the body is one place that

312

00:19:50,710 --> 00:19:46,820

the awareness or the mind or the being

313

00:19:54,070 --> 00:19:50,720

that we are experiences

314

00:19:56,710 --> 00:19:54,080

and that awareness or that being is free

315

00:20:01,630 --> 00:19:56,720

to go anywhere then that really changes

316

00:20:04,240 --> 00:20:01,640

our idea of what would you say it would

317

00:20:08,310 --> 00:20:04,250

you say that the brain is almost like a

318

00:20:16,030 --> 00:20:08,320

radio tuner two or three or four D or

319

00:20:18,460 --> 00:20:16,040

three or four D experience you know it

320

00:20:22,360 --> 00:20:18,470

doesn't hold all the information it's

321

00:20:24,640 --> 00:20:22,370

it's how we process the information or

322

00:20:28,120 --> 00:20:24,650

yeah tune in to the information and then

323

00:20:30,970 --> 00:20:28,130

bring it through the body

324

00:20:34,210 --> 00:20:30,980

I like the radio tuner I use that a lot

325

00:20:36,510 --> 00:20:34,220

because you know without realizing it

326

00:20:42,010 --> 00:20:36,520

we're always changing our radio station

327

00:20:46,000 --> 00:20:42,020

you know - a our mind wanders well yeah

328

00:20:47,860 --> 00:20:46,010

you know the radio station kind of the

329

00:20:49,780 --> 00:20:47,870

indicator went down the dial a little

330

00:20:52,150 --> 00:20:49,790

bit and then it we brought it back to

331

00:20:55,120 --> 00:20:52,160

this present moment you know talking

332

00:20:57,880 --> 00:20:55,130

with somebody or driving or whatever but

333

00:21:01,390 --> 00:20:57,890

we're always kind of moving around and

334

00:21:04,330 --> 00:21:01,400

we can learn to and practice choosing

335

00:21:06,070 --> 00:21:04,340

the focus that we want to choose yes so

336

00:21:09,340 --> 00:21:06,080

you know and that's kind of what the

337

00:21:09,970 --> 00:21:09,350

Monroe Institute is about is and a lot

338

00:21:13,450 --> 00:21:09,980

of others

339

00:21:17,320 --> 00:21:13,460

you know the shamanic traditions are

340

00:21:20,680 --> 00:21:17,330

doing the same thing and even prayer and

341

00:21:23,860 --> 00:21:20,690

meditation all these things are they're

342

00:21:26,470 --> 00:21:23,870

training the mind that you can focus

343

00:21:29,500 --> 00:21:26,480

that mind anywhere you want to and you

344

00:21:32,170 --> 00:21:29,510

can quote travel outside the body or in

345

00:21:34,930 --> 00:21:32,180

between time or you know however you

346

00:21:36,790 --> 00:21:34,940

want to put that sometimes it seems more

347

00:21:40,180 --> 00:21:36,800

real than others I mean sometimes it's

348

00:21:43,270 --> 00:21:40,190

more palpable than others and I am

349

00:21:46,420 --> 00:21:43,280

getting that your particular experience

350

00:21:51,280 --> 00:21:46,430

in in the blink or in popping out of

351

00:21:54,180 --> 00:21:51,290

your body was very palpable it's like I

352

00:21:57,520 --> 00:21:54,190

took all of my focus instantly with me

353

00:22:00,040 --> 00:21:57,530

instead of kind of you know I'm driving

354

00:22:02,260 --> 00:22:00,050

down the road and and almost all of my

355

00:22:04,510 --> 00:22:02,270

mind is somewhere else but I'm doing all

356

00:22:08,350 --> 00:22:04,520

the right things in my body

357

00:22:10,030 --> 00:22:08,360

and I can kind of on some level I'm

358

00:22:12,760 --> 00:22:10,040

still kind of aware that I'm in the body

359

00:22:14,980 --> 00:22:12,770

this was different I was I took all my

360

00:22:18,520 --> 00:22:14,990

awareness out of my body that's the

361

00:22:22,690 --> 00:22:18,530

sense that I had I was totally elsewhere

362

00:22:25,120 --> 00:22:22,700

I had no interest in the body I had no

363

00:22:27,220 --> 00:22:25,130

thoughts to the body I knew where I'd

364

00:22:28,780 --> 00:22:27,230

come from and I didn't I didn't care I

365

00:22:32,140 --> 00:22:28,790

had just left that and I didn't care

366

00:22:34,299 --> 00:22:32,150

about it somewhere else now my entire

367

00:22:36,460 --> 00:22:34,309

focus was it's actually where I was I

368

00:22:38,650 --> 00:22:36,470

call it the blink environment because

369

00:22:41,040 --> 00:22:38,660

that's how quickly I mean I was here and

370

00:22:45,220 --> 00:22:41,050

then I was there that's like a blink and

371

00:22:48,460 --> 00:22:45,230

so yeah there was no attention I was

372

00:22:53,200 --> 00:22:48,470

entirely where I was now what what

373

00:22:57,730 --> 00:22:53,210

caused you to decide or be pressed to

374

00:22:59,080 --> 00:22:57,740

come back yeah well I communicated to

375

00:23:01,120 --> 00:22:59,090

these all these beams that I wasn't

376

00:23:05,799 --> 00:23:01,130

gonna go back and they were like okay

377

00:23:10,990 --> 00:23:05,809

but they said that they communicated to

378

00:23:12,970 --> 00:23:11,000

me that my particular skills with some

379

00:23:14,680 --> 00:23:12,980

particular energies word would be very

380

00:23:17,080 --> 00:23:14,690

useful at this time in this physical

381

00:23:19,390 --> 00:23:17,090

world and what I like to come back if I

382

00:23:21,340 --> 00:23:19,400

could do this this and that and I don't

383

00:23:22,270 --> 00:23:21,350

remember all those things and I probably

384

00:23:24,400 --> 00:23:22,280

wouldn't tell you whether they were

385

00:23:29,590 --> 00:23:24,410

anyway because they're mine and you guys

386

00:23:31,630 --> 00:23:29,600

have your own right but those things

387

00:23:52,290 --> 00:23:31,640

sounded interesting to me they sort of

388

00:24:09,549 --> 00:23:59,440

that is for out-of-body experiences

389

00:24:19,039 --> 00:24:16,100

Wow about to stuff it fascinates me so

390

00:24:21,070 --> 00:24:19,049

you're in this sort of a stadium type

391

00:24:25,930 --> 00:24:21,080

and you have what you describe as

392

00:24:32,150 --> 00:24:25,940

personalities or beings around you and

393

00:24:34,700 --> 00:24:32,160

there's sort of there's no like higher

394

00:24:38,810 --> 00:24:34,710

godlike type figure everybody's sort of

395

00:24:44,090 --> 00:24:38,820

on the same plane and instantaneously

396

00:24:46,700 --> 00:24:44,100

communicating that's wow I'm sorry this

397

00:24:49,250 --> 00:24:46,710

is my first experience writing your book

398

00:24:51,799 --> 00:24:49,260

really getting into this and I found it

399

00:24:54,110 --> 00:24:51,809

just fascinating well you know

400

00:24:58,150 --> 00:24:54,120

absolutely and meeting Natalie was a

401
00:25:01,669 --> 00:24:58,160
very fascinating experience for me and

402
00:25:04,730 --> 00:25:01,679
certainly my acquaintance with her is

403
00:25:08,120 --> 00:25:04,740
one that I shall shall never forget even

404
00:25:10,909 --> 00:25:08,130
I think after I leave the the for the

405
00:25:12,350 --> 00:25:10,919
environment that we're in I fully expect

406
00:25:18,080 --> 00:25:12,360
to see Natalie floating out there

407
00:25:20,570 --> 00:25:18,090
sometime with me so I mean I I don't

408
00:25:23,299 --> 00:25:20,580
want to shortchange your experience so I

409
00:25:25,130 --> 00:25:23,309
want you to take this kind of where

410
00:25:29,120 --> 00:25:25,140
you'd like what would you like to say

411
00:25:32,480 --> 00:25:29,130
next about your experience either coming

412
00:25:36,770 --> 00:25:32,490
back into the body or further details

413
00:25:39,500 --> 00:25:36,780

about being out of the body you came

414

00:25:41,900 --> 00:25:39,510

back and you had to suffer a great deal

415

00:25:46,370 --> 00:25:41,910

I take it you know with physical

416

00:25:49,549 --> 00:25:46,380

infirmities of that that are go along

417

00:25:51,560 --> 00:25:49,559

with getting blown up and sure and it's

418

00:25:54,470 --> 00:25:51,570

something that you know most of us would

419

00:25:58,010 --> 00:25:54,480

just look upon with incredible dread and

420

00:26:00,650 --> 00:25:58,020

fear of pain I hope that you negotiated

421

00:26:02,270 --> 00:26:00,660

some pain management with the guys in

422

00:26:04,250 --> 00:26:02,280

the stadium as part of the reasons for

423

00:26:12,049 --> 00:26:04,260

coming back I sure as heck would have

424

00:26:14,720 --> 00:26:12,059

put that high on my list the pain part

425

00:26:16,490 --> 00:26:14,730

but I'll tell you you know that that

426
00:26:18,710 --> 00:26:16,500
stadium environment wasn't my whole

427
00:26:20,720 --> 00:26:18,720
experience and I'll just briefly kind of

428
00:26:21,500 --> 00:26:20,730
go through the rest experience because

429
00:26:25,220 --> 00:26:21,510
that

430
00:26:29,080 --> 00:26:25,230
it did in form I think it did inform how

431
00:26:31,910 --> 00:26:29,090
I thought about my recovery and how I

432
00:26:36,980 --> 00:26:31,920
how I thought in general after I came

433
00:26:38,750 --> 00:26:36,990
back and because when you say suffer

434
00:26:41,000 --> 00:26:38,760
pain I mean I didn't suffer

435
00:26:43,670 --> 00:26:41,010
I never suffered you know that there's a

436
00:26:45,950 --> 00:26:43,680
Buddhist thing pain is inevitable

437
00:26:49,700 --> 00:26:45,960
suffering is optional that's right

438
00:26:51,680 --> 00:26:49,710

that's right state of mind and so I'll

439

00:26:53,390 --> 00:26:51,690

just briefly go through sort of the rest

440

00:26:56,840 --> 00:26:53,400

of my experience and popping back into

441

00:26:59,540 --> 00:26:56,850

the body and is how I think that

442

00:27:02,240 --> 00:26:59,550

informed what I experienced when I came

443

00:27:04,880 --> 00:27:02,250

back so I'm in the stadium with the

444

00:27:07,220 --> 00:27:04,890

thousands of beings and then when we

445

00:27:09,140 --> 00:27:07,230

were kind of finished communicating I

446

00:27:11,930 --> 00:27:09,150

blinked to another place which I call

447

00:27:14,870 --> 00:27:11,940

the deep rest environment and I was it

448

00:27:21,800 --> 00:27:14,880

was deeply deeply peaceful it was like

449

00:27:24,860 --> 00:27:21,810

the most refreshing relaxing you can

450

00:27:28,280 --> 00:27:24,870

imagine and here are some beings were

451

00:27:29,870 --> 00:27:28,290

sort of tinkering with what I call sort

452

00:27:31,370 --> 00:27:29,880

of the structure of my consciousness

453

00:27:33,890 --> 00:27:31,380

it's like they were just giving me a

454

00:27:35,510 --> 00:27:33,900

little tune-up or something and I did

455

00:27:38,560 --> 00:27:35,520

what some people might call a life

456

00:27:43,610 --> 00:27:38,570

review but for me it was very much just

457

00:27:45,680 --> 00:27:43,620

looking at interesting things not oh I

458

00:27:48,200 --> 00:27:45,690

did something wrong or oh they did

459

00:27:49,870 --> 00:27:48,210

something wrong or oh that hurt it was

460

00:27:54,530 --> 00:27:49,880

more like worthy it's interesting

461

00:27:57,080 --> 00:27:54,540

intersection and how can i exploit those

462

00:27:59,030 --> 00:27:57,090

or oh I can do that next on that look at

463

00:28:00,860 --> 00:27:59,040

what happened there you know so it was

464

00:28:03,020 --> 00:28:00,870

the interesting things that caught my

465

00:28:05,450 --> 00:28:03,030

attention sure and then when I when I

466

00:28:06,620 --> 00:28:05,460

was through there I blinked again and I

467

00:28:09,050 --> 00:28:06,630

was in what I call the healing

468

00:28:11,810 --> 00:28:09,060

environment I was with one really good

469

00:28:15,170 --> 00:28:11,820

friend I just call them

470

00:28:17,270 --> 00:28:15,180

I guess these beings I mean but to me

471

00:28:20,060 --> 00:28:17,280

they're like people right so I should

472

00:28:21,890 --> 00:28:20,070

find a word but there's being that I

473

00:28:23,630 --> 00:28:21,900

knew there very well we were very old

474

00:28:25,250 --> 00:28:23,640

friends and then another one who seemed

475

00:28:27,230 --> 00:28:25,260

to be kind of watching us and learning

476
00:28:29,780 --> 00:28:27,240
from us or something and in this

477
00:28:32,150 --> 00:28:29,790
environment I was we were up above the

478
00:28:35,270 --> 00:28:32,160
truck the blown-up truck down on the

479
00:28:36,920 --> 00:28:35,280
desert and and looking

480
00:28:39,650 --> 00:28:36,930
and we could see into the truck and

481
00:28:42,040 --> 00:28:39,660
could see we could see things are solid

482
00:28:45,200 --> 00:28:42,050
and we could also see the organization

483
00:28:49,570 --> 00:28:45,210
hold the physical forms in their in

484
00:28:53,660 --> 00:28:49,580
their recognizable forms and so we were

485
00:28:57,200 --> 00:28:53,670
kind of with our intention we were

486
00:29:00,410 --> 00:28:57,210
playing around with giving setting my

487
00:29:02,090 --> 00:29:00,420
injuries choosing my injuries and we

488
00:29:04,520 --> 00:29:02,100

were laughing because they were variants

489

00:29:07,310 --> 00:29:04,530

that this was very very funny too from

490

00:29:10,040 --> 00:29:07,320

that perspective you know oh should we

491

00:29:11,240 --> 00:29:10,050

knock out half her brain and I didn't

492

00:29:30,440 --> 00:29:11,250

ago she ate the rest of her life

493

00:29:33,740 --> 00:29:30,450

yeah so getting back to you being in

494

00:29:37,600 --> 00:29:33,750

this environment the third environment

495

00:29:40,970 --> 00:29:37,610

where you are somewhat above the

496

00:29:43,930 --> 00:29:40,980

vehicles and deciding upon what injuries

497

00:29:47,840 --> 00:29:43,940

you might sustained with another being

498

00:29:52,190 --> 00:29:47,850

back you know coming back into today's

499

00:29:55,760 --> 00:29:52,200

time how does that how does that compute

500

00:30:00,130 --> 00:29:55,770

with your life today in other words you

501
00:30:02,810 --> 00:30:00,140
know the natural human instinct is to be

502
00:30:04,190 --> 00:30:02,820
somewhat I try to live in the present

503
00:30:06,140 --> 00:30:04,200
and I try not to do a whole lot of

504
00:30:08,150 --> 00:30:06,150
suffering by thinking a whole lot about

505
00:30:10,400 --> 00:30:08,160
what is going to happen to me in the

506
00:30:12,710 --> 00:30:10,410
future and past pain and so forth like

507
00:30:15,080 --> 00:30:12,720
that so I'm right there with you in the

508
00:30:16,940 --> 00:30:15,090
idea that you can't avoid pain but you

509
00:30:19,760 --> 00:30:16,950
can't avoid suffering you know that kind

510
00:30:23,990 --> 00:30:19,770
of I guess it's a Buddhist idea

511
00:30:27,350 --> 00:30:24,000
basically but you know and now that

512
00:30:30,050 --> 00:30:27,360
you're back in in the 4d world a lot of

513
00:30:32,690 --> 00:30:30,060

the time and you're negotiating you know

514

00:30:35,060 --> 00:30:32,700

driving home in a car and and going to

515

00:30:37,400 --> 00:30:35,070

California or doing one of the many many

516

00:30:40,490 --> 00:30:37,410

things that you might do has your

517

00:30:43,790 --> 00:30:40,500

perspective shifted back a little bit so

518

00:30:47,120 --> 00:30:43,800

that you realize on some level that to a

519

00:30:48,440 --> 00:30:47,130

person who hasn't been consciously in

520

00:30:50,270 --> 00:30:48,450

that environment

521

00:30:52,270 --> 00:30:50,280

that it is it could be a very

522

00:30:58,870 --> 00:30:52,280

frightening thing for that person oh

523

00:31:02,540 --> 00:30:58,880

absolutely yeah you know I can say well

524

00:31:08,150 --> 00:31:02,550

from my experience I can say we all

525

00:31:11,840 --> 00:31:08,160

choose our experiences and so we classes

526

00:31:15,230 --> 00:31:11,850

this experience so even if we are

527

00:31:19,250 --> 00:31:15,240

uncomfortable or in pain or something we

528

00:31:22,400 --> 00:31:19,260

can we did that for me that's one of

529

00:31:25,250 --> 00:31:22,410

valuable reasons and the pain and the

530

00:31:28,430 --> 00:31:25,260

discomfort may seem like it takes

531

00:31:31,280 --> 00:31:28,440

forever here but once we're out of our

532

00:31:34,430 --> 00:31:31,290

bodies it is under students just sort of

533

00:31:37,910 --> 00:31:34,440

the flash you know it doesn't it's not

534

00:31:42,080 --> 00:31:37,920

endless yeah when we're in the body

535

00:31:46,330 --> 00:31:42,090

it's oh it can be horrible it can be

536

00:31:50,480 --> 00:31:46,340

very very difficult those those those

537

00:31:53,390 --> 00:31:50,490

experiences have value and because I had

538

00:31:55,640 --> 00:31:53,400

my experience and no I remember choosing

539

00:32:01,190 --> 00:31:55,650

my injuries and I remember why I chose

540

00:32:07,130 --> 00:32:01,200

them so for me how can you suffer when

541

00:32:15,080 --> 00:32:07,140

you know that you chose easier for you

542

00:32:18,080 --> 00:32:15,090

to to come back and recuperate when I

543

00:32:21,800 --> 00:32:18,090

was still in the hospital in Walter Reed

544

00:32:27,260 --> 00:32:21,810

Army Medical Center one in particular I

545

00:32:30,080 --> 00:32:27,270

was lying in bed going oh I had an eye

546

00:32:31,610 --> 00:32:30,090

injury they didn't know at that time

547

00:32:38,060 --> 00:32:31,620

whether I'd be able to see out of it or

548

00:32:43,670 --> 00:32:38,070

not so I'm lying in bed late at night I

549

00:32:45,530 --> 00:32:43,680

was getting a little bit down and all of

550

00:32:48,380 --> 00:32:45,540

a sudden of this plot came into my head

551
00:32:54,740 --> 00:32:48,390
it doesn't matter it's only for 40 more

552
00:32:57,530 --> 00:32:54,750
meters was so real I mean I felt and I

553
00:32:59,600 --> 00:32:57,540
felt both of those at once and I thought

554
00:33:02,330 --> 00:32:59,610
wow this is really cool and then I

555
00:33:04,970 --> 00:33:02,340
started laughing because I thought wow

556
00:33:08,210 --> 00:33:04,980
that probably sounds demented but it's

557
00:33:10,870 --> 00:33:08,220
only for 40 more years yes I was

558
00:33:13,760 --> 00:33:10,880
experiencing that I felt that I

559
00:33:15,170 --> 00:33:13,770
understood it's only for 40 more years

560
00:33:19,580 --> 00:33:15,180
it's not a big deal

561
00:33:23,300 --> 00:33:19,590
that's not that's a blink of an eye yeah

562
00:33:27,890 --> 00:33:23,310
it definitely influenced my my how I

563
00:33:33,460 --> 00:33:27,900

viewed my experience in recuperation

564

00:33:36,200 --> 00:33:33,470

yeah so after you were in this space of

565

00:33:39,290 --> 00:33:36,210

choosing your injuries and conferring

566

00:33:42,020 --> 00:33:39,300

with your friend and colleague you did

567

00:33:45,890 --> 00:33:42,030

you did come back into your body with it

568

00:33:52,340 --> 00:33:45,900

was that the next the next step yeah I

569

00:33:56,840 --> 00:33:52,350

came down was like I blinked and I was

570

00:33:59,180 --> 00:33:56,850

next I was within the scene so the truck

571

00:34:01,520 --> 00:33:59,190

was beside me and the desert I'm

572

00:34:04,400 --> 00:34:01,530

standing on the desert but it was as if

573

00:34:06,200 --> 00:34:04,410

I was between time and space so nothing

574

00:34:11,480 --> 00:34:06,210

was moving it was sort of one of those

575

00:34:14,630 --> 00:34:11,490

Twilight Zone things were near the only

576
00:34:17,240 --> 00:34:14,640
thing moving in the landscape and and I

577
00:34:19,790 --> 00:34:17,250
was with a bunch of other beings and we

578
00:34:21,980 --> 00:34:19,800
were talking about things on a much more

579
00:34:24,230 --> 00:34:21,990
sort of nuts and bolts level you know

580
00:34:26,900 --> 00:34:24,240
now we're right in the physical right

581
00:34:29,659 --> 00:34:26,910
reality and talking about it from that

582
00:34:31,520 --> 00:34:29,669
perspective knowing that parts of it

583
00:34:35,360 --> 00:34:31,530
we're going to be uncomfortable and

584
00:34:38,360 --> 00:34:35,370
difficult and just kind of setting some

585
00:34:40,400 --> 00:34:38,370
things up for myself from that viewpoint

586
00:34:57,580 --> 00:34:40,410
and then I just popped back into the

587
00:35:04,650 --> 00:34:57,590
body before you came back saying that

588
00:35:24,750 --> 00:35:08,450

the actual let's say quanta of whatever

589

00:35:26,970 --> 00:35:24,760

molecules are in your body that's that

590

00:35:35,760 --> 00:35:26,980

little particular description very

591

00:35:37,980 --> 00:35:35,770

fascinating yeah solid and really well

592

00:35:40,650 --> 00:35:37,990

what's organizing that energy you know

593

00:35:47,480 --> 00:35:40,660

it's in tension it's holding an

594

00:35:55,380 --> 00:35:51,870

that is energy and you know someone

595

00:36:28,350 --> 00:35:55,390

might call it the Holy Spirit or someone

596

00:36:31,890 --> 00:36:28,360

might call it it's what creates so on a

597

00:36:37,010 --> 00:36:31,900

very practical level Natalie on a very

598

00:36:39,690 --> 00:36:37,020

practical level in you know the kind of

599

00:36:42,270 --> 00:36:39,700

self-help new-age whatever you want to

600

00:36:44,940 --> 00:36:42,280

call it philosophies that are practiced

601
00:36:47,340 --> 00:36:44,950
and I do not say those words with any

602
00:36:49,220 --> 00:36:47,350
detriment at all you know totally

603
00:36:51,990 --> 00:36:49,230
without detriment

604
00:36:54,120 --> 00:36:52,000
we often talk of and I talk with my

605
00:36:56,370 --> 00:36:54,130
clients about having an intention in

606
00:36:58,470 --> 00:36:56,380
life you know choosing something that

607
00:37:00,960 --> 00:36:58,480
you are intending and keeping your

608
00:37:03,600 --> 00:37:00,970
thoughts positive about that intention

609
00:37:05,790 --> 00:37:03,610
and not allowing self-doubt to creep

610
00:37:08,970 --> 00:37:05,800
into often we can't keep it out entirely

611
00:37:12,120 --> 00:37:08,980
probably if we're human but that we

612
00:37:14,550 --> 00:37:12,130
focus on on on the bright side and that

613
00:37:18,870 --> 00:37:14,560

we have the intention and we move

614

00:37:21,660 --> 00:37:18,880

towards the intention in a positive

615

00:37:23,940 --> 00:37:21,670

is there anything about that that

616

00:37:27,150 --> 00:37:23,950

relates to the intention that you are

617

00:37:39,180 --> 00:37:27,160

speaking of or is this just a new-age

618

00:37:40,950 --> 00:37:39,190

mumbo-jumbo energy notion because they

619

00:37:44,850 --> 00:37:40,960

are part of an intention you know I

620

00:37:48,860 --> 00:37:44,860

thought for real and they they shape

621

00:37:51,660 --> 00:37:48,870

energy they are their creators and so

622

00:37:55,290 --> 00:37:51,670

when you hold your attention on

623

00:37:57,840 --> 00:37:55,300

something positive you're feeding your

624

00:38:01,950 --> 00:37:57,850

feeding energy and intention into that

625

00:38:04,440 --> 00:38:01,960

positivity whereas if you concentrate on

626
00:38:06,030 --> 00:38:04,450
something negative you're feeding energy

627
00:38:08,280 --> 00:38:06,040
into that negative thing and where

628
00:38:11,280 --> 00:38:08,290
energy goes you know there's more

629
00:38:14,070 --> 00:38:11,290
creation going on so why do you want to

630
00:38:18,240 --> 00:38:14,080
create more negativity that I do take

631
00:38:20,040 --> 00:38:18,250
issue with you know just focus on the

632
00:38:22,590 --> 00:38:20,050
positive focus on the positive right

633
00:38:24,900 --> 00:38:22,600
because that's too simplistic what

634
00:38:27,240 --> 00:38:24,910
happens is then when when something

635
00:38:30,390 --> 00:38:27,250
difficult or something apparently

636
00:38:32,700 --> 00:38:30,400
negative comes up in someone's mind and

637
00:38:35,250 --> 00:38:32,710
they try to slap it down or they they

638
00:38:36,090 --> 00:38:35,260

try to plaster over it or they argue

639

00:38:38,550 --> 00:38:36,100

with themselves

640

00:38:42,060 --> 00:38:38,560

it creates the competition within you

641

00:38:43,920 --> 00:38:42,070

and we're all going to have difficult

642

00:38:48,390 --> 00:38:43,930

things just uncomfortable things

643

00:38:51,480 --> 00:38:48,400

quote negative things and if we instead

644

00:38:54,150 --> 00:38:51,490

make friends with those instead you know

645

00:38:57,990 --> 00:38:54,160

when that when that negative quote saw

646

00:39:00,360 --> 00:38:58,000

it comes up you say hello I see you I'm

647

00:39:02,400 --> 00:39:00,370

not gonna argue with you but let's try

648

00:39:05,220 --> 00:39:02,410

something different let's go this way

649

00:39:07,260 --> 00:39:05,230

come along with me and then you're not

650

00:39:09,500 --> 00:39:07,270

arguing with yourself you're not setting

651
00:39:12,180 --> 00:39:09,510
up all that tension inside yourself

652
00:39:14,850 --> 00:39:12,190
you've got to be able to make friends

653
00:39:17,580 --> 00:39:14,860
with all parts of yourself your shadows

654
00:39:21,030 --> 00:39:17,590
there's value in all of those parts of

655
00:39:22,950 --> 00:39:21,040
yourself and and you know too often it's

656
00:39:25,530 --> 00:39:22,960
like oh you're so negative just think

657
00:39:27,930 --> 00:39:25,540
positive well then that's not solving it

658
00:39:30,090 --> 00:39:27,940
you know go ahead and look at those

659
00:39:32,020 --> 00:39:30,100
negatives negatives and I say quote

660
00:39:33,370 --> 00:39:32,030
negative because you know

661
00:39:35,650 --> 00:39:33,380
whole positive and negative thing

662
00:39:40,450 --> 00:39:35,660
doesn't even make sense from where I was

663
00:39:42,100 --> 00:39:40,460

right but you know make friends with

664

00:39:43,660 --> 00:39:42,110

those negative things get to know them

665

00:39:46,300 --> 00:39:43,670

because really their messages from

666

00:39:50,710 --> 00:39:46,310

yourself you know so listen to those

667

00:39:53,230 --> 00:39:50,720

messages and then say okay you know I

668

00:39:58,330 --> 00:39:53,240

hear you and maybe there's a new way to

669

00:40:01,960 --> 00:39:58,340

respond to this or to a new direction to

670

00:40:04,620 --> 00:40:01,970

take this quote negative energy and

671

00:40:07,210 --> 00:40:04,630

great and bring it with me into this and

672

00:40:09,640 --> 00:40:07,220

transform it into something positive

673

00:40:13,600 --> 00:40:09,650

well there are like three ways I could

674

00:40:16,060 --> 00:40:13,610

see that you could go with this first of

675

00:40:19,570 --> 00:40:16,070

all the one thing that I am struck by in

676

00:40:23,230 --> 00:40:19,580

most people is the repetitive thinking

677

00:40:26,470 --> 00:40:23,240

all of us we have a lot of repetitive

678

00:40:30,580 --> 00:40:26,480

thinking things that go on in our minds

679

00:40:34,570 --> 00:40:30,590

over and over again and in the case of

680

00:40:37,450 --> 00:40:34,580

that particular situation where it's not

681

00:40:41,350 --> 00:40:37,460

a negative thought that is an original

682

00:40:43,180 --> 00:40:41,360

thought you know a one of kind or a

683

00:40:47,590 --> 00:40:43,190

one-off thought it's that kind of

684

00:40:50,350 --> 00:40:47,600

repetitive train of thought that's going

685

00:40:54,220 --> 00:40:50,360

through most people's brains and has a

686

00:40:57,040 --> 00:40:54,230

component of self-hatred if you will or

687

00:40:59,050 --> 00:40:57,050

a lack of confidence in it so when you

688

00:41:01,030 --> 00:40:59,060

when you get that sort of thing I'm

689

00:41:03,430 --> 00:41:01,040

talking on a very practical level now

690

00:41:07,810 --> 00:41:03,440

I've brought the conversation down from

691

00:41:16,660 --> 00:41:07,820

the the higher level to a very practical

692

00:41:19,390 --> 00:41:16,670

thing right the application but in that

693

00:41:23,110 --> 00:41:19,400

case you know I tend to go towards core

694

00:41:24,940 --> 00:41:23,120

beliefs with with people but there can

695

00:41:27,190 --> 00:41:24,950

be the thought that you're talking about

696

00:41:29,860 --> 00:41:27,200

I think if I'm understanding you right

697

00:41:32,290 --> 00:41:29,870

is if there is a novel negative thought

698

00:41:34,450 --> 00:41:32,300

something different than oh you know I'm

699

00:41:37,120 --> 00:41:34,460

worthless which is just that kind of

700

00:41:39,310 --> 00:41:37,130

repetitive thought but a novel negative

701
00:41:40,810 --> 00:41:39,320
thought comes in you do have to look at

702
00:41:43,120 --> 00:41:40,820
where that came from

703
00:41:45,160 --> 00:41:43,130
you know why are you getting that kind

704
00:41:48,010 --> 00:41:45,170
of thing is there someplace is there

705
00:41:50,320 --> 00:41:48,020
something to be learned from going down

706
00:42:17,500 --> 00:41:50,330
that pathway of the novel negative

707
00:42:21,360 --> 00:42:17,510
thought you know we have you know we

708
00:42:24,370 --> 00:42:21,370
have a lot of training we have a lot of

709
00:42:31,450 --> 00:42:24,380
we have a lot of enculturation

710
00:42:35,440 --> 00:42:31,460
that that kind of has muddied up who we

711
00:42:39,160 --> 00:42:35,450
really are and and what we're capable of

712
00:42:45,100 --> 00:42:39,170
and and so it's not you know I'm not

713
00:42:48,130 --> 00:42:45,110

saying if you make friends with that

714

00:42:50,380 --> 00:42:48,140

dark side or the negativity and say

715

00:42:53,710 --> 00:42:50,390

hello I hear you you know

716

00:42:55,420 --> 00:42:53,720

who are you or what are you trying to

717

00:42:58,450 --> 00:42:55,430

warn me about it what are you trying to

718

00:43:02,530 --> 00:42:58,460

tell me about and bring that along with

719

00:43:06,400 --> 00:43:02,540

you into something new or say you know I

720

00:43:08,620 --> 00:43:06,410

see you now let's what let that part of

721

00:43:12,310 --> 00:43:08,630

my mind and by other parts of my mind

722

00:43:16,240 --> 00:43:12,320

look at this in a new way and look for

723

00:43:18,520 --> 00:43:16,250

the positive in it then then you're

724

00:43:20,830 --> 00:43:18,530

bringing all of yourself along you know

725

00:43:23,860 --> 00:43:20,840

a lot of that fell teacher than that

726

00:43:29,260 --> 00:43:23,870

that criticism that we all are trained

727

00:43:31,660 --> 00:43:29,270

into and do over and over again that is

728

00:43:34,060 --> 00:43:31,670

what you're doing is you're arguing with

729

00:43:37,030 --> 00:43:34,070

yourself you're saying I'm worthless and

730

00:43:40,090 --> 00:43:37,040

then party you / you this thing I'm not

731

00:43:42,490 --> 00:43:40,100

worthless I'm lying you know

732

00:43:44,710 --> 00:43:42,500

well we'll quit arguing with yourself

733

00:43:48,660 --> 00:43:44,720

and say hey work was part of yourself

734

00:43:52,570 --> 00:43:48,670

come along with me and let's go find

735

00:43:54,550 --> 00:43:52,580

some the cool things about me you know

736

00:44:00,280 --> 00:43:54,560

accepting yourself

737

00:44:01,750 --> 00:44:00,290

in all your glory and all your junk in a

738

00:44:04,000 --> 00:44:01,760

very peaceful place

739

00:44:09,550 --> 00:44:04,010

yes and stop arguing with yourself

740

00:44:13,500 --> 00:44:09,560

yesterday you know what don't match the

741

00:44:23,140 --> 00:44:13,510

this weird picture I have a perfection

742

00:44:25,240 --> 00:44:23,150

but their minds you don't try to maybe

743

00:44:28,750 --> 00:44:25,250

try to improve in one way or another

744

00:44:31,870 --> 00:44:28,760

either but you can only make those

745

00:44:34,030 --> 00:44:31,880

changes in yourself when you've accepted

746

00:44:36,190 --> 00:44:34,040

who you are right now and say you know

747

00:44:41,380 --> 00:44:36,200

I'm a little weak in that area and I'd

748

00:44:44,860 --> 00:44:41,390

like to I'd like to express myself the

749

00:44:47,170 --> 00:44:44,870

enculturation you mentioned there of

750

00:44:50,920 --> 00:44:47,180

course that that does exist and I think

751
00:44:53,830 --> 00:44:50,930
that's where you know we go back to core

752
00:44:56,290 --> 00:44:53,840
beliefs with people and dealing with

753
00:44:59,080 --> 00:44:56,300
well you know you're behaving in this

754
00:45:01,090 --> 00:44:59,090
way because your core belief tells you

755
00:45:05,020 --> 00:45:01,100
that this is true maybe we need to

756
00:45:07,390 --> 00:45:05,030
examine that but moving on from the very

757
00:45:11,890 --> 00:45:07,400
practical application of things and back

758
00:45:15,490 --> 00:45:11,900
into your experiences and I'm going to

759
00:45:18,040 --> 00:45:15,500
skip up to you know our meeting at the

760
00:45:21,000 --> 00:45:18,050
Monroe Institute and an experience that

761
00:45:24,160 --> 00:45:21,010
we had together at the Monroe Institute

762
00:45:29,890 --> 00:45:24,170
when we were doing the lifelines journey

763
00:45:33,820 --> 00:45:29,900

and we were on what what we'll have to

764

00:45:36,550 --> 00:45:33,830

say that we were roommates and inside of

765

00:45:39,430 --> 00:45:36,560

the room that we inhabited and we slept

766

00:45:43,990 --> 00:45:39,440

in that night was something called a

767

00:45:47,410 --> 00:45:44,000

check which is a bed a sort of a small

768

00:45:49,810 --> 00:45:47,420

bed surrounded we were sort of sort of

769

00:45:53,050 --> 00:45:49,820

like a bed in a cabinet is that is that

770

00:45:55,060 --> 00:45:53,060

how we would describe it and when we put

771

00:45:59,350 --> 00:45:55,070

on our earphones and we would meditate

772

00:46:03,280 --> 00:45:59,360

in this cabinet cot so to speak and we'd

773

00:46:05,890 --> 00:46:03,290

also sleep there at night and one day a

774

00:46:07,390 --> 00:46:05,900

couple of maybe a day or two into our

775

00:46:10,780 --> 00:46:07,400

program

776

00:46:13,180 --> 00:46:10,790

we had a group meditation all of our

777

00:46:16,150 --> 00:46:13,190

group 18 or 22 people

778

00:46:19,000 --> 00:46:16,160

that's about the common number of people

779

00:46:22,870 --> 00:46:19,010

in a program we all went to meditate in

780

00:46:25,270 --> 00:46:22,880

our checks and it's a guided meditation

781

00:46:28,890 --> 00:46:25,280

at the beginning we're guided into a

782

00:46:32,530 --> 00:46:28,900

different level of consciousness and

783

00:46:34,630 --> 00:46:32,540

during that guided meditation it stops

784

00:46:36,460 --> 00:46:34,640

the guiding stops at a certain point and

785

00:46:40,090 --> 00:46:36,470

you go off and you have your own

786

00:46:45,400 --> 00:46:40,100

experience well when when I got out of

787

00:46:47,710 --> 00:46:45,410

the check after the the meditation who

788

00:46:49,270 --> 00:46:47,720

was i standing there looking at you and

789

00:46:51,640 --> 00:46:49,280

you know in the flesh-and-blood night I

790

00:46:54,190 --> 00:46:51,650

said to you something to the effect of

791

00:46:57,060 --> 00:46:54,200

Natalie I just saw you in my meditation

792

00:46:59,710 --> 00:46:57,070

and we were in a hall a giant gymnasium

793

00:47:03,430 --> 00:46:59,720

where we were looking down from above it

794

00:47:07,990 --> 00:47:03,440

at hundreds of of bodies laying on white

795

00:47:11,050 --> 00:47:08,000

marble plinth stands like these plants

796

00:47:14,290 --> 00:47:11,060

of white marble and they were like these

797

00:47:17,410 --> 00:47:14,300

people laying on on these plants and and

798

00:47:20,650 --> 00:47:17,420

they were obviously had had passed on

799

00:47:23,700 --> 00:47:20,660

and we were seeing them and to my great

800

00:47:28,930 --> 00:47:23,710

surprise you had seen the same thing

801
00:47:33,310 --> 00:47:28,940
yeah yeah and actually that happens

802
00:47:36,330 --> 00:47:33,320
quite often in programs where everybody

803
00:47:39,190 --> 00:47:36,340
is meditating at the same time and and

804
00:47:43,360 --> 00:47:39,200
you know there when you work with one

805
00:47:47,560 --> 00:47:43,370
group for a a few days you really kind

806
00:47:50,650 --> 00:47:47,570
of develop the group energy to and in

807
00:47:53,230 --> 00:47:50,660
some real interesting connections

808
00:47:56,050 --> 00:47:53,240
between people but yeah it hadn't

809
00:47:57,910 --> 00:47:56,060
happened to me before and so that was

810
00:48:01,720 --> 00:47:57,920
really fun and really interesting well

811
00:48:05,670 --> 00:48:01,730
it happens years ago with a friend of

812
00:48:10,990 --> 00:48:05,680
mine yeah and I think a lot of people

813
00:48:16,770 --> 00:48:11,000

have had similar experiences not like

814

00:48:19,990 --> 00:48:16,780

necessarily going to a very particular

815

00:48:21,220 --> 00:48:20,000

state of consciousness but I've had

816

00:48:24,310 --> 00:48:21,230

quite a few people

817

00:48:27,160 --> 00:48:24,320

tell me about dreaming something and

818

00:48:28,570 --> 00:48:27,170

then waking up and talking to that other

819

00:48:30,099 --> 00:48:28,580

person they find their dream and the

820

00:48:43,720 --> 00:48:30,109

other person is like well I had that

821

00:48:45,010 --> 00:48:43,730

same dream last night you know then

822

00:48:46,780 --> 00:48:45,020

we're gonna get together over the

823

00:48:49,420 --> 00:48:46,790

weekend and discuss our dreams I've

824

00:48:51,220 --> 00:48:49,430

never been able to actually hook myself

825

00:48:53,440 --> 00:48:51,230

up with one of those programs but I

826

00:48:57,190 --> 00:48:53,450

certainly certainly find that extremely

827

00:48:58,900 --> 00:48:57,200

fascinating so tell us tell us a little

828

00:49:00,940 --> 00:48:58,910

bit about what you're doing now

829

00:49:05,970 --> 00:49:00,950

you know what we're I know there was one

830

00:49:09,490 --> 00:49:05,980

point at which you were making handmade

831

00:49:13,740 --> 00:49:09,500

you were throwing pots for the purpose

832

00:49:40,320 --> 00:49:13,750

of being used for ashes for fallen

833

00:49:43,210 --> 00:49:40,330

soldiers cremation and very short time

834

00:49:44,950 --> 00:49:43,220

because after the book came out and

835

00:49:47,140 --> 00:49:44,960

after I did a couple interviews I

836

00:49:50,890 --> 00:49:47,150

started getting a lot of phone calls and

837

00:49:54,940 --> 00:49:50,900

emails from people wanting readings so I

838

00:49:57,310 --> 00:49:54,950

do psychic readings so that just got to

839

00:49:59,410 --> 00:49:57,320

be so overwhelming trying to keep up

840

00:50:04,450 --> 00:49:59,420

with that that I just closed the urn

841

00:50:11,800 --> 00:50:04,460

business and now I I do give readings

842

00:50:14,680 --> 00:50:11,810

and I also as you mentioned first I am a

843

00:50:18,099 --> 00:50:14,690

facilitator a trainer at the Monroe

844

00:50:20,609 --> 00:50:18,109

Institute trophy weeks each year and I'm

845

00:50:26,500 --> 00:50:20,619

also working with a couple of colleagues

846

00:50:29,080 --> 00:50:26,510

with some Sun sound technologies similar

847

00:50:31,950 --> 00:50:29,090

to the neuron stitute technologies and

848

00:50:35,020 --> 00:50:31,960

we're putting together some new programs

849

00:50:36,640 --> 00:50:35,030

one that we are offering

850

00:50:40,480 --> 00:50:36,650

the violence that you called me venture

851
00:50:46,320 --> 00:50:40,490
lseman but we're also working on

852
00:50:50,460 --> 00:50:46,330
programs for people with PTSD TBI

853
00:50:53,730 --> 00:50:50,470
addiction problems things like that what

854
00:50:57,760 --> 00:50:53,740
what we think is going on with these

855
00:51:01,510 --> 00:50:57,770
sound technologies is that it's it's

856
00:51:03,520 --> 00:51:01,520
first of all it gets people into a deep

857
00:51:07,450 --> 00:51:03,530
state of relaxation which a lot of

858
00:51:11,020 --> 00:51:07,460
people can't get you and then it helps

859
00:51:16,810 --> 00:51:11,030
to reset actually reset the neurological

860
00:51:18,370 --> 00:51:16,820
system into into health you know a lot

861
00:51:20,860 --> 00:51:18,380
of times if we can get out of the way of

862
00:51:23,290 --> 00:51:20,870
our bodies our bodies know how to heal

863
00:51:26,110 --> 00:51:23,300

and if we can get out of the way of our

864

00:51:28,030 --> 00:51:26,120

minds online no I feel but a lot of

865

00:51:29,800 --> 00:51:28,040

times we can't do that we can't get to

866

00:51:33,370 --> 00:51:29,810

that point where we can get out of the

867

00:51:35,770 --> 00:51:33,380

way right the sound technologies it

868

00:51:38,440 --> 00:51:35,780

looks like you know we don't nobody

869

00:51:42,160 --> 00:51:38,450

knows exactly what's going on with them

870

00:51:48,160 --> 00:51:42,170

but they seem to be having positive

871

00:51:49,150 --> 00:51:48,170

effects I'm sorry are we talking about

872

00:51:51,670 --> 00:51:49,160

Sam

873

00:51:57,700 --> 00:51:51,680

like the special angle modulation a

874

00:52:29,940 --> 00:51:57,710

technique or something I know the works

875

00:52:29,950 --> 00:52:39,320

research in pharmacy

876
00:52:44,360 --> 00:52:41,600
find out which plants were used to cure

877
00:52:47,780 --> 00:52:44,370
different diseases and be interesting to

878
00:52:56,750 --> 00:52:47,790
see if some of the you know I always

879
00:52:58,850 --> 00:52:56,760
hate to say primitive frequencies and

880
00:53:00,440 --> 00:52:58,860
notes they used for different because

881
00:53:01,460 --> 00:53:00,450
certainly has different songs for

882
00:53:06,560 --> 00:53:01,470
different occasions

883
00:53:11,240 --> 00:53:06,570
I mean a friend of mine in high school

884
00:53:14,450 --> 00:53:11,250
used to convert she'd take one frequency

885
00:53:17,660 --> 00:53:14,460
of a sound and why it was the frequency

886
00:53:19,130 --> 00:53:17,670
of light and when she played a song that

887
00:53:21,890 --> 00:53:19,140
would sort of light up it was really

888
00:53:24,530 --> 00:53:21,900

sort of cool idea I mean at the time it

889

00:53:27,170 --> 00:53:24,540

was just like game for her but I I don't

890

00:53:30,230 --> 00:53:27,180

touch I've absolutely no idea what any

891

00:53:41,980 --> 00:53:30,240

further but I thought sound is really

892

00:53:47,480 --> 00:53:41,990

very amusing as enormous effect and

893

00:53:53,900 --> 00:53:47,490

singing especially often singing with

894

00:53:57,970 --> 00:53:53,910

other people has helped people reach

895

00:54:01,520 --> 00:53:57,980

altered states whether individual herbs

896

00:54:07,490 --> 00:54:01,530

there's all kinds of traditions that you

897

00:54:11,060 --> 00:54:07,500

found and in the in both focusing

898

00:54:15,560 --> 00:54:11,070

attention and in expanding your

899

00:54:22,580 --> 00:54:15,570

consciousness very interesting strikes

900

00:54:25,010 --> 00:54:22,590

me about those despite using the people

901
00:54:28,420 --> 00:54:25,020
I've met that are interested in it are

902
00:54:31,400 --> 00:54:28,430
very serious very as you say very aged

903
00:54:40,010 --> 00:54:31,410
merciless and you seem to have a good

904
00:54:45,590 --> 00:54:40,020
sense of body experience this is still

905
00:54:50,480 --> 00:54:48,590
sense of humor is key I mean if you

906
00:54:52,790 --> 00:54:50,490
can't laugh at yourself you're too you

907
00:54:57,490 --> 00:54:52,800
might be you might be taking yourself

908
00:55:00,410 --> 00:54:57,500
too seriously we have these ideas

909
00:55:02,900 --> 00:55:00,420
actually this cultural idea that things

910
00:55:24,580 --> 00:55:02,910
that are holy and thinking those things

911
00:55:46,220 --> 00:55:32,540
sometimes you know there is something

912
00:55:54,830 --> 00:55:46,230
about it that the universe and humor is

913
00:55:57,110 --> 00:55:54,840

holy it's very healing taking myself a

914

00:55:58,910 --> 00:55:57,120

little bit too seriously I'm more than

915

00:56:15,320 --> 00:55:58,920

willing to find a joke somewhere in

916

00:56:18,800 --> 00:56:15,330

there that's a great I would have to say

917

00:56:22,280 --> 00:56:18,810

that's a great attitude to have in life

918

00:56:26,120 --> 00:56:22,290

to take things not quite so seriously

919

00:56:29,060 --> 00:56:26,130

and realize we we're here for about a

920

00:56:30,830 --> 00:56:29,070

brief moment in time and we're going to

921

00:56:33,350 --> 00:56:30,840

go somewhere else

922

00:56:35,930 --> 00:56:33,360

and and you seem to have a better idea

923

00:56:39,950 --> 00:56:35,940

of where we're going then most people

924

00:56:42,170 --> 00:56:39,960

certainly a more more formed idea than I

925

00:56:46,070 --> 00:56:42,180

do or you know although I have

926

00:56:49,520 --> 00:56:46,080

experiences I don't claim to have any

927

00:56:52,280 --> 00:56:49,530

idea of exactly where I'm going well

928

00:56:56,540 --> 00:56:52,290

actually first I neither do i but I

929

00:56:58,520 --> 00:56:56,550

don't care what I care about that's

930

00:57:02,090 --> 00:56:58,530

that's it that's good

931

00:57:04,430 --> 00:57:02,100

a very good attitude to have that to be

932

00:57:08,570 --> 00:57:04,440

in the now to always be in the now and

933

00:57:11,120 --> 00:57:08,580

that frees up a lot of your senses to be

934

00:57:16,030 --> 00:57:11,130

sensing what's around you at the moment

935

00:57:25,880 --> 00:57:16,040

and be more hyper aware of all clues

936

00:57:28,460 --> 00:57:25,890

both sensory and otherwise I mean I

937

00:57:30,650 --> 00:57:28,470

think I have a little idea of what you

938

00:57:32,990 --> 00:57:30,660

are saying that you know I don't know

939

00:57:34,700 --> 00:57:33,000

what's up I've had and maybe I have a

940

00:57:38,270 --> 00:57:34,710

little bit clearer idea of that but

941

00:57:41,570 --> 00:57:38,280

honestly there's an infinity out there

942

00:57:44,000 --> 00:57:41,580

so it may be that when I next need my

943

00:57:46,790 --> 00:57:44,010

body I might go somewhere that is

944

00:57:50,690 --> 00:57:46,800

totally different you know we have an

945

00:57:52,460 --> 00:57:50,700

infinity of choice out there and a

946

00:57:57,380 --> 00:57:52,470

choice of experience because the

947

00:57:59,150 --> 00:57:57,390

universe is infinite so you know if you

948

00:58:02,240 --> 00:57:59,160

can find a little bit of humor and a

949

00:58:07,190 --> 00:58:02,250

little bit of anticipation in that and

950

00:58:10,520 --> 00:58:07,200

say you know this could be fun then that

951
00:58:15,500 --> 00:58:10,530
really changes how it has the potential

952
00:58:18,680 --> 00:58:15,510
to change how you think about now that's

953
00:58:39,280 --> 00:58:18,690
extremely encouraging that we can end on

954
00:58:46,040 --> 00:58:42,740
your wonderful book the application of

955
00:58:48,860 --> 00:58:46,050
impossible things Thank You Natalie and

956
00:59:01,270 --> 00:58:48,870
and I look forward to seeing you soon in

957
00:59:05,600 --> 00:59:01,280
body and out of body thanks again okay

958
00:59:09,290 --> 00:59:05,610
good shattered reality we are going to

959
00:59:11,750 --> 00:59:09,300
ask you to like our Facebook page which

960
00:59:16,940 --> 00:59:11,760
is shattered reality radio

961
00:59:25,280 --> 00:59:16,950
and if you have comments you can reach

962
00:59:27,230 --> 00:59:25,290
us at WWE had cast comm and we'd love to

963
00:59:29,380 --> 00:59:27,240

hear from you we would we would love to

964

00:59:33,890 --> 00:59:29,390

hear from you we we know that we have

965

00:59:37,030 --> 00:59:33,900

listeners from North America and from

966

00:59:40,220 --> 00:59:37,040

various places in Europe and even

967

00:59:42,710 --> 00:59:40,230

listeners in Japan so wherever you are

968

00:59:49,630 --> 00:59:42,720

out there how about giving us a holler

969

00:59:56,870 --> 00:59:53,390

I'm sure if you want to listen to some

970

01:00:05,510 --> 00:59:56,880

hema sync sounds tonight when you go to

971

01:00:07,790 --> 01:00:05,520

sleep I'd be happy to supply you with us

972

01:00:10,190 --> 01:00:07,800

we'd love to hear what you think about

973

01:00:12,349 --> 01:00:10,200

all this Natalie said Byrne is an

974

01:00:13,700 --> 01:00:12,359

absolutely fascinating personality we