



1
00:00:26,339 --> 00:00:22,749
welcome to shattered reality with your

2
00:00:29,320 --> 00:00:26,349
hosts Kate valentine and farrugia

3
00:00:34,360 --> 00:00:29,330
prepare to head her paradigms shifted

4
00:00:39,310 --> 00:00:34,370
into truths questioned and now shattered

5
00:00:43,240 --> 00:00:39,320
reality hi welcome back to another

6
00:00:47,130 --> 00:00:43,250
podcast or blogcast I should say and I

7
00:00:53,350 --> 00:00:47,140
am Kate Valentine and I am Farrugia and

8
00:00:57,190 --> 00:00:53,360
today is februari 16 2016 and all of us

9
00:01:00,760 --> 00:00:57,200
here are just coming down from wild

10
00:01:06,039 --> 00:01:00,770
weekend of partying Valentine's Day and

11
00:01:08,980 --> 00:01:06,049
presidents but when people start to get

12
00:01:11,950 --> 00:01:08,990
too romantic about Valentine's Day I

13
00:01:14,500 --> 00:01:11,960

always say it's celebrating the st.

14

00:01:17,920 --> 00:01:14,510

Valentine's Day Massacre that kind of

15

00:01:19,420 --> 00:01:17,930

quiets them down a little bit that was

16

00:01:22,120 --> 00:01:19,430

must have been a lot of fun for the

17

00:01:26,700 --> 00:01:22,130

people perpetrating it perhaps I guess

18

00:01:29,680 --> 00:01:26,710

if you're a psychopath yeah you know

19

00:01:33,520 --> 00:01:29,690

anyway we have a wonderful guest with us

20

00:01:37,300 --> 00:01:33,530

today and purusha I think you found out

21

00:01:39,580 --> 00:01:37,310

about this gentleman yes I did the the

22

00:01:44,170 --> 00:01:39,590

guests that we have today is a dream

23

00:01:48,490 --> 00:01:44,180

studies expert and dreams are such an

24

00:01:51,850 --> 00:01:48,500

unusual part of our lives just about

25

00:01:55,030 --> 00:01:51,860

everybody has dreams not everybody

26
00:01:57,990 --> 00:01:55,040
remembers the dreams some people dream

27
00:02:02,320 --> 00:01:58,000
in color some in black and white and

28
00:02:05,770 --> 00:02:02,330
dreams can include other sensory things

29
00:02:10,809 --> 00:02:05,780
like tastes and smells and touch and

30
00:02:13,209 --> 00:02:10,819
it's a very very strange state of mind

31
00:02:14,470 --> 00:02:13,219
to be in a different different place and

32
00:02:17,920 --> 00:02:14,480
sometimes

33
00:02:21,509 --> 00:02:17,930
dreams seem very real like lucid dreams

34
00:02:25,089 --> 00:02:21,519
in any case I came across this gentleman

35
00:02:28,509 --> 00:02:25,099
several years ago when I I do write a

36
00:02:31,750 --> 00:02:28,519
blog it's Farrugia dot wordpress.com

37
00:02:34,839 --> 00:02:31,760
just in case anybody wants to know and I

38
00:02:39,789 --> 00:02:34,849

had written a blog that concerned itself

39

00:02:42,300 --> 00:02:39,799

with sleep paralysis and how I've

40

00:02:46,539 --> 00:02:42,310

suffered from it and have had incredible

41

00:02:49,720 --> 00:02:46,549

experiences with sleep paralysis and I

42

00:02:54,729 --> 00:02:49,730

wrote a blog piece about it and what it

43

00:02:56,890 --> 00:02:54,739

was was saying that um a an alien

44

00:03:00,880 --> 00:02:56,900

because we deal with aliens a lot on

45

00:03:06,160 --> 00:03:00,890

this show aliens and UFOs right yeah

46

00:03:09,160 --> 00:03:06,170

sure I love them and look what and what

47

00:03:13,030 --> 00:03:09,170

happened to me was it would seem to me

48

00:03:16,180 --> 00:03:13,040

like I was possibly being abducted in my

49

00:03:19,629 --> 00:03:16,190

sleep paralysis and it did occur to me

50

00:03:23,440 --> 00:03:19,639

that if an alien race whether it be a

51
00:03:26,909 --> 00:03:23,450
physical race or a race in a different

52
00:03:29,530 --> 00:03:26,919
dimension of beings in another dimension

53
00:03:33,069 --> 00:03:29,540
were so far ahead of us that they were

54
00:03:35,530 --> 00:03:33,079
traveling interstellar space it was also

55
00:03:41,550 --> 00:03:35,540
quite possible that they knew more about

56
00:03:45,640 --> 00:03:41,560
our biology than we do and because all

57
00:03:49,120 --> 00:03:45,650
higher mammals seem to suffer from sleep

58
00:03:51,159 --> 00:03:49,130
paralysis which essentially is not being

59
00:03:53,229 --> 00:03:51,169
able to move while you're sleeping

60
00:03:54,729 --> 00:03:53,239
because you wouldn't want to jump out

61
00:03:58,000 --> 00:03:54,739
the window while you were dreaming

62
00:04:00,400 --> 00:03:58,010
because you had such a dream and that

63
00:04:01,990 --> 00:04:00,410

the the others i'll just call them

64

00:04:04,330 --> 00:04:02,000

others i won't call them aliens i'll

65

00:04:07,240 --> 00:04:04,340

just call them others the others might

66

00:04:10,599 --> 00:04:07,250

be aware of that and know that we are

67

00:04:14,680 --> 00:04:10,609

angry apes with guns and don't want to

68

00:04:18,039 --> 00:04:14,690

meet us face on head-on and so they use

69

00:04:20,890 --> 00:04:18,049

that state of dream paralysis to subdue

70

00:04:23,290 --> 00:04:20,900

us if you will and then they can find

71

00:04:26,399 --> 00:04:23,300

out whatever they need to about us or in

72

00:04:28,240 --> 00:04:26,409

part something to us if they so desire

73

00:04:29,830 --> 00:04:28,250

so I

74

00:04:33,130 --> 00:04:29,840

long story short and it's getting to be

75

00:04:36,640 --> 00:04:33,140

a long story here but long story short I

76

00:04:40,360 --> 00:04:36,650

wrote this blog piece or two and

77

00:04:44,920 --> 00:04:40,370

actually this blog piece was is still

78

00:04:47,800 --> 00:04:44,930

the most popular hands down blog piece I

79

00:04:50,590 --> 00:04:47,810

ever wrote it was so popular I had to

80

00:04:53,230 --> 00:04:50,600

shut down the comments because so many

81

00:04:57,580 --> 00:04:53,240

people wrote in and people continue to

82

00:05:02,920 --> 00:04:57,590

contact me on my email having read it

83

00:05:07,000 --> 00:05:02,930

and send me stories about their sleep

84

00:05:11,170 --> 00:05:07,010

paralysis nightmares so I was looking

85

00:05:14,170 --> 00:05:11,180

for somewhere to go to find out what I

86

00:05:16,930 --> 00:05:14,180

could do to help these people that was

87

00:05:20,350 --> 00:05:16,940

beyond my Ken you know a little bit

88

00:05:22,870 --> 00:05:20,360

going towards the scientific towards the

89

00:05:25,720 --> 00:05:22,880

psychological and away a little bit from

90

00:05:27,970 --> 00:05:25,730

the paranormal simply because I wanted

91

00:05:30,430 --> 00:05:27,980

to enter these people because some of

92

00:05:33,520 --> 00:05:30,440

them seemed not angered and so I found

93

00:05:36,310 --> 00:05:33,530

our guest today our guest today is mr.

94

00:05:39,730 --> 00:05:36,320

Ryan heard he is a consciousness

95

00:05:43,780 --> 00:05:39,740

researcher and author and is the founder

96

00:05:48,070 --> 00:05:43,790

of dream studies org it's a wonderful

97

00:05:52,120 --> 00:05:48,080

site it is dedicated to sleep dreams and

98

00:05:56,110 --> 00:05:52,130

imagination his books include dream like

99

00:06:00,250 --> 00:05:56,120

a boss books 1 & 2 lucid immersion

100

00:06:04,840 --> 00:06:00,260

guidebook a holistic blueprint for lucid

101
00:06:08,050 --> 00:06:04,850
dreaming and sleep paralysis a guide to

102
00:06:11,590 --> 00:06:08,060
hypnagogic visions and visitors of the

103
00:06:14,650 --> 00:06:11,600
night he also co-edited with Kelly

104
00:06:18,159 --> 00:06:14,660
Buckley the two-volume reference edition

105
00:06:21,370 --> 00:06:18,169
of lucid dreaming new perspectives on

106
00:06:25,150 --> 00:06:21,380
consciousness and sleep now as an

107
00:06:28,930 --> 00:06:25,160
educator Ryan has presented to a wide

108
00:06:33,630 --> 00:06:28,940
range of audiences including invited

109
00:06:36,730 --> 00:06:33,640
lectures for the Ted med talks Stanford

110
00:06:39,940 --> 00:06:36,740
University the Institute of Buddhist

111
00:06:41,800 --> 00:06:39,950
studies and the prestigious Rhine

112
00:06:44,350 --> 00:06:41,810
Institute

113
00:06:46,750 --> 00:06:44,360

which is down in North Carolina as a

114

00:06:49,710 --> 00:06:46,760

researcher he has presented and

115

00:06:53,230 --> 00:06:49,720

published papers on sleep paralysis

116

00:06:56,170 --> 00:06:53,240

lucid nightmares and the application of

117

00:06:59,379 --> 00:06:56,180

dreaming for uncovering research bias

118

00:07:02,290 --> 00:06:59,389

and novelty I'm going to have a question

119

00:07:04,540 --> 00:07:02,300

for him about research bias he is a

120

00:07:07,480 --> 00:07:04,550

board member of the international

121

00:07:10,150 --> 00:07:07,490

association for the study of dreams and

122

00:07:14,670 --> 00:07:10,160

a member of the American Anthropological

123

00:07:18,219 --> 00:07:14,680

Association and the Society for the

124

00:07:21,340 --> 00:07:18,229

Anthropology of consciousness and later

125

00:07:23,830 --> 00:07:21,350

on he will tell you his sights his

126

00:07:26,200 --> 00:07:23,840

research sites and all the places where

127

00:07:28,270 --> 00:07:26,210

you can find him and he will also repeat

128

00:07:32,469 --> 00:07:28,280

his books if you didn't catch it when I

129

00:07:35,980 --> 00:07:32,479

said it so let us welcome Ryan heard wow

130

00:07:38,379 --> 00:07:35,990

it's quite an introduction great to have

131

00:07:40,450 --> 00:07:38,389

you with us right thank you for that

132

00:07:45,880 --> 00:07:40,460

wonderful introduction I am quite

133

00:07:47,590 --> 00:07:45,890

pleased with myself now hilarious but I

134

00:07:50,200 --> 00:07:47,600

love the way you introduce sleep

135

00:07:54,550 --> 00:07:50,210

paralysis and I love the term that you

136

00:07:57,430 --> 00:07:54,560

use about the about the others I think

137

00:07:59,409 --> 00:07:57,440

that's a wonderful way to approach it

138

00:08:02,170 --> 00:07:59,419

because it doesn't define it it's just

139

00:08:06,010 --> 00:08:02,180

like we don't know what this is that's

140

00:08:08,710 --> 00:08:06,020

correct it's a good way to start is but

141

00:08:12,840 --> 00:08:08,720

I obviously you're fairly knowledgeable

142

00:08:15,610 --> 00:08:12,850

about people being visited by others

143

00:08:19,510 --> 00:08:15,620

yeah and I have experienced that myself

144

00:08:23,140 --> 00:08:19,520

and so so this is a subject that's very

145

00:08:26,460 --> 00:08:23,150

near and dear to me I actually was 14

146

00:08:29,440 --> 00:08:26,470

years old the first time I encountered

147

00:08:32,829 --> 00:08:29,450

sleep paralysis with with the vision

148

00:08:35,170 --> 00:08:32,839

component which not everybody gets and

149

00:08:37,750 --> 00:08:35,180

it was one of the scariest experiences

150

00:08:40,449 --> 00:08:37,760

of my life yeah it took years for me to

151
00:08:43,959 --> 00:08:40,459
kind of recover the experience because I

152
00:08:45,519 --> 00:08:43,969
sort of shoved it away and you very

153
00:08:48,970 --> 00:08:45,529
quickly realized that not many people

154
00:08:53,010 --> 00:08:48,980
wanted to hear about it and realize that

155
00:08:57,250 --> 00:08:55,600
dreaming experiences that you

156
00:09:01,090 --> 00:08:57,260
no they're taboo they're actually quite

157
00:09:04,000 --> 00:09:01,100
common do you find like a certain type

158
00:09:08,230 --> 00:09:04,010
of person that experiences is as opposed

159
00:09:12,329 --> 00:09:08,240
to others yeah they're actually a few

160
00:09:14,829 --> 00:09:12,339
subsets of populations that experience

161
00:09:16,990 --> 00:09:14,839
sleep paralysis what mule maybe I should

162
00:09:18,759 --> 00:09:17,000
define sleep paralysis for everyone just

163
00:09:22,420 --> 00:09:18,769

to start with because there's really

164

00:09:25,210 --> 00:09:22,430

several kind of layers to the experience

165

00:09:29,220 --> 00:09:25,220

the first in the most common is actually

166

00:09:31,810 --> 00:09:29,230

a feeling of paralysis or immobility

167

00:09:34,569 --> 00:09:31,820

when you're waking up were going to

168

00:09:36,790 --> 00:09:34,579

sleep and so it's very common to happen

169

00:09:38,350 --> 00:09:36,800

either in the mornings or sometimes that

170

00:09:42,430 --> 00:09:38,360

you're sleep deprived right as you're

171

00:09:44,829 --> 00:09:42,440

going to sleep and actually feels like

172

00:09:48,550 --> 00:09:44,839

something or someone is holding you down

173

00:09:52,000 --> 00:09:48,560

it feels like a pressure awaited

174

00:09:53,889 --> 00:09:52,010

pressure and that's the core experience

175

00:09:56,610 --> 00:09:53,899

that's why it's called sleep paralysis

176

00:09:59,170 --> 00:09:56,620

and it has a biological you know

177

00:10:02,259 --> 00:09:59,180

function to it it's well known and well

178

00:10:05,110 --> 00:10:02,269

studied but it gets weirder you know and

179

00:10:07,840 --> 00:10:05,120

it gets weird because because for one

180

00:10:10,630 --> 00:10:07,850

thing you become quite emotional quite

181

00:10:12,250 --> 00:10:10,640

quickly especially if you don't have any

182

00:10:14,460 --> 00:10:12,260

way of explaining what's happened to you

183

00:10:19,240 --> 00:10:14,470

if this is the first time it's happened

184

00:10:21,069 --> 00:10:19,250

then it can feel quite paranormal I mean

185

00:10:26,170 --> 00:10:21,079

I think the mind goes there immediately

186

00:10:29,110 --> 00:10:26,180

and and into fear can spiral because you

187

00:10:31,600 --> 00:10:29,120

are in a hybrid dream state you're

188

00:10:34,420 --> 00:10:31,610

basically the month the mantra I used to

189

00:10:37,540 --> 00:10:34,430

describe it is that is that the mind is

190

00:10:39,730 --> 00:10:37,550

awake but the body is asleep and in this

191

00:10:41,590 --> 00:10:39,740

hybrid state this Borderlands of

192

00:10:45,310 --> 00:10:41,600

consciousness between the waking world

193

00:10:47,189 --> 00:10:45,320

and the dream world you're still even

194

00:10:49,810 --> 00:10:47,199

though you've got your logical

195

00:10:51,519 --> 00:10:49,820

capabilities and you're thinking as if

196

00:10:55,150 --> 00:10:51,529

you're in waking life and everything

197

00:10:57,340 --> 00:10:55,160

feels quite real you're able to sort of

198

00:10:59,380 --> 00:10:57,350

project dreaming awareness and

199

00:11:00,759 --> 00:10:59,390

consciousness into the scene too and

200

00:11:03,519 --> 00:11:00,769

that's where that heightened emotion

201
00:11:06,220 --> 00:11:03,529
ality comes in people get very scared

202
00:11:08,740 --> 00:11:06,230
very quickly it can heighten even to

203
00:11:11,200 --> 00:11:08,750
death anxiety

204
00:11:13,540 --> 00:11:11,210
especially for people who number one

205
00:11:16,060 --> 00:11:13,550
don't have a culture or B have a culture

206
00:11:19,750 --> 00:11:16,070
that that that explains this as demons

207
00:11:23,740 --> 00:11:19,760
and as succubi and other kinds of you

208
00:11:26,200 --> 00:11:23,750
know terrible creatures because you pull

209
00:11:28,000 --> 00:11:26,210
right into that so that's the second

210
00:11:31,930 --> 00:11:28,010
level of weirdness the next level of

211
00:11:34,480 --> 00:11:31,940
weirdness is is that people feel a

212
00:11:37,330 --> 00:11:34,490
sensed presence in the room so it's not

213
00:11:39,550 --> 00:11:37,340

just the feeling necessarily of feeling

214

00:11:42,430 --> 00:11:39,560

the pressure but sometimes about twenty

215

00:11:46,690 --> 00:11:42,440

percent of the time there is a sensed

216

00:11:50,740 --> 00:11:46,700

presence something is not you and it's

217

00:11:53,200 --> 00:11:50,750

in the room and it's usually considered

218

00:11:55,540 --> 00:11:53,210

malevolent it's considered like it's

219

00:11:58,480 --> 00:11:55,550

focusing on you and it's just a feeling

220

00:12:01,930 --> 00:11:58,490

of right a feeling of that you're in

221

00:12:06,070 --> 00:12:01,940

relationship with with this unseen other

222

00:12:08,380 --> 00:12:06,080

this unseen entity and from there then

223

00:12:11,080 --> 00:12:08,390

the the dream vision can get even deeper

224

00:12:14,350 --> 00:12:11,090

and fulfill sort of all the expectations

225

00:12:16,090 --> 00:12:14,360

of your worst possible nightmare and

226

00:12:19,540 --> 00:12:16,100

what I'm talking about is a full-on

227

00:12:21,730 --> 00:12:19,550

three dimensional vision that integrates

228

00:12:26,590 --> 00:12:21,740

with your waking environment that

229

00:12:29,740 --> 00:12:26,600

involves actually seen the entity having

230

00:12:31,420 --> 00:12:29,750

it sit next to you it can it can molest

231

00:12:36,130 --> 00:12:31,430

the dreamer it can actually sexually

232

00:12:39,220 --> 00:12:36,140

molest the dreamer feelings of pain can

233

00:12:41,740 --> 00:12:39,230

be felt as well as feelings of ecstasy

234

00:12:44,350 --> 00:12:41,750

feelings of pleasure and sometimes and

235

00:12:49,390 --> 00:12:44,360

this is very strange is if the feelings

236

00:12:54,150 --> 00:12:49,400

of disgust fear and and in the erotica

237

00:12:58,720 --> 00:12:54,160

sensations all come together in a very

238

00:13:01,180 --> 00:12:58,730

unpinned and what happens also beyond

239

00:13:04,180 --> 00:13:01,190

this is that the dreamer can be

240

00:13:09,400 --> 00:13:04,190

catapulted into outside of their bedroom

241

00:13:12,100 --> 00:13:09,410

into a out-of-body experience or even go

242

00:13:14,680 --> 00:13:12,110

into a dream and be completely in an

243

00:13:17,380 --> 00:13:14,690

unrelated dream scene and maintain

244

00:13:20,579 --> 00:13:17,390

awareness and so so those are sort of

245

00:13:22,509 --> 00:13:20,589

the escalating levels of weirdness that

246

00:13:26,290 --> 00:13:22,519

strangely right

247

00:13:30,970 --> 00:13:26,300

placid term sleep paralysis describes

248

00:13:35,050 --> 00:13:30,980

well I wanted to ask you if you have any

249

00:13:38,809 --> 00:13:35,060

knowledge of other higher mammals

250

00:13:41,660 --> 00:13:38,819

experiencing sleep paralysis as we have

251
00:13:43,340 --> 00:13:41,670
all seen dogs who appear to be asleep

252
00:13:45,800 --> 00:13:43,350
but then their legs are going but

253
00:13:48,889 --> 00:13:45,810
they're not going anywhere I had a cat

254
00:13:51,889 --> 00:13:48,899
that would be sleeping and she would

255
00:13:54,860 --> 00:13:51,899
start talking on not English but also

256
00:13:56,119 --> 00:13:54,870
not meowing she was sort of like making

257
00:13:58,579 --> 00:13:56,129
sounds like she was having a

258
00:14:01,610 --> 00:13:58,589
conversation with someone and she was

259
00:14:04,670 --> 00:14:01,620
asleep so I am assuming that higher

260
00:14:06,650 --> 00:14:04,680
mammals I'm by assuming I don't mean it

261
00:14:10,610 --> 00:14:06,660
comes out of nowhere I mean that there

262
00:14:12,860 --> 00:14:10,620
is something which we experience when we

263
00:14:15,889 --> 00:14:12,870

see a sleeping animal that occasionally

264

00:14:17,900 --> 00:14:15,899

would mimic in my mind what sleep

265

00:14:20,420 --> 00:14:17,910

paralysis might look like you say in a

266

00:14:22,400 --> 00:14:20,430

dog or a cat yeah I actually think

267

00:14:26,360 --> 00:14:22,410

you're you're absolutely right i mean

268

00:14:28,340 --> 00:14:26,370

what's the paralysis is is it is it well

269

00:14:29,629 --> 00:14:28,350

it's explained as let me put it that way

270

00:14:34,550 --> 00:14:29,639

because we don't have all the answers

271

00:14:37,579 --> 00:14:34,560

yet is is it's a rem intrusion so rapid

272

00:14:40,069 --> 00:14:37,589

eye movement sleep the stage of sleep or

273

00:14:43,610 --> 00:14:40,079

dreaming you know vivid dreaming usually

274

00:14:46,730 --> 00:14:43,620

occurs is intruding into wakefulness or

275

00:14:48,410 --> 00:14:46,740

into stage one sleep or sort of debt

276

00:14:51,290 --> 00:14:48,420

stage of sleep that feels like deep

277

00:14:53,449 --> 00:14:51,300

relaxation alright so it isn't a rim

278

00:14:55,970 --> 00:14:53,459

intrusion it is it is very much about

279

00:14:58,400 --> 00:14:55,980

REM sleep in terms of the experiences

280

00:15:01,329 --> 00:14:58,410

themselves because in REM sleep in

281

00:15:04,009 --> 00:15:01,339

normal rama sleep we feel this paralysis

282

00:15:06,170 --> 00:15:04,019

it's happening every night we just don't

283

00:15:08,960 --> 00:15:06,180

remember it because we're safely in the

284

00:15:11,990 --> 00:15:08,970

dream world and one would suspect that

285

00:15:15,379 --> 00:15:12,000

this evolved it's been described as hep

286

00:15:17,449 --> 00:15:15,389

being basically an evolved mechanism for

287

00:15:20,119 --> 00:15:17,459

preventing us from your acting out our

288

00:15:22,009 --> 00:15:20,129

dreams source swash buckling our sleep

289

00:15:24,799 --> 00:15:22,019

partners when we're like living out a

290

00:15:27,110 --> 00:15:24,809

pirate fantasy in our dream where you

291

00:15:29,509 --> 00:15:27,120

know we're in mobile so we can live out

292

00:15:31,699 --> 00:15:29,519

the dream fantasy so it seems to be a

293

00:15:35,240 --> 00:15:31,709

hiccup in that process and given now we

294

00:15:35,720 --> 00:15:35,250

know what cats and dogs sleep and cats

295

00:15:39,470 --> 00:15:35,730

and

296

00:15:44,420 --> 00:15:39,480

definitely have REM sleep all higher

297

00:15:47,509 --> 00:15:44,430

mammals have REM so I would suspect that

298

00:15:50,090 --> 00:15:47,519

sleep paralysis could occur as a hiccup

299

00:15:53,110 --> 00:15:50,100

although it's impossible to verify

300

00:15:55,790 --> 00:15:53,120

because right the communication issues

301

00:15:58,220 --> 00:15:55,800

but I would suspect that that it could

302

00:16:00,740 --> 00:15:58,230

could be possible now the question is is

303

00:16:02,569 --> 00:16:00,750

it impactful when they know about it

304

00:16:04,100 --> 00:16:02,579

would they think about it later I mean

305

00:16:07,160 --> 00:16:04,110

all these kind of higher cognition

306

00:16:09,860 --> 00:16:07,170

questions that we don't know about about

307

00:16:11,870 --> 00:16:09,870

cats and dogs maybe Dalton's you know

308

00:16:13,370 --> 00:16:11,880

probably have the like may be the best

309

00:16:15,550 --> 00:16:13,380

literature on the topic but we just

310

00:16:21,980 --> 00:16:15,560

don't know if we don't speak dolphin

311

00:16:25,670 --> 00:16:21,990

well that that's certainly true so have

312

00:16:27,860 --> 00:16:25,680

you heard I'm sure you have about and

313

00:16:30,970 --> 00:16:27,870

probably have written about the

314

00:16:36,230 --> 00:16:30,980

vibrational state that occurs sometimes

315

00:16:41,120 --> 00:16:36,240

with sleep paralysis which is goes

316

00:16:44,360 --> 00:16:41,130

before the out-of-body experience should

317

00:16:47,059 --> 00:16:44,370

it occur absolutely in oh it's such a

318

00:16:50,569 --> 00:16:47,069

cool feeling I've felt it hundreds of

319

00:16:52,519 --> 00:16:50,579

times myself and it's some people

320

00:16:54,769 --> 00:16:52,529

experience it more than others some

321

00:16:57,199 --> 00:16:54,779

people never experience it so there

322

00:17:00,230 --> 00:16:57,209

seems to be you know some individual

323

00:17:02,389 --> 00:17:00,240

differences there right but it is

324

00:17:05,000 --> 00:17:02,399

there's you know this is typically

325

00:17:08,900 --> 00:17:05,010

described in from a dreaming perspective

326

00:17:14,590 --> 00:17:08,910

as as hypnagogic hallucination and it

327

00:17:17,090 --> 00:17:14,600

tends to involve vestibular vestibular

328

00:17:19,340 --> 00:17:17,100

activity in the brain so there's there's

329

00:17:21,439 --> 00:17:19,350

basically there's a sense of self

330

00:17:23,329 --> 00:17:21,449

there's gravity shifting there's

331

00:17:25,970 --> 00:17:23,339

morphine happening that we can't quite

332

00:17:28,520 --> 00:17:25,980

account for it causes feelings of

333

00:17:30,260 --> 00:17:28,530

confusion it's happening you know deep

334

00:17:33,530 --> 00:17:30,270

in the brain essentially and they or in

335

00:17:35,630 --> 00:17:33,540

the inner ear and in we've got all kinds

336

00:17:37,730 --> 00:17:35,640

of studies that show that that is what's

337

00:17:41,960 --> 00:17:37,740

firing up when these experiences are

338

00:17:45,919 --> 00:17:41,970

happening it's absolutely an indicator

339

00:17:49,400 --> 00:17:45,929

that you could if you choose roll that

340

00:17:52,070 --> 00:17:49,410

into an out-of-body experience now

341

00:17:55,930 --> 00:17:52,080

my mind out-of-body experiences are

342

00:17:58,250 --> 00:17:55,940

varied and different however there's one

343

00:18:02,230 --> 00:17:58,260

main difference between two different

344

00:18:04,970 --> 00:18:02,240

kinds and in my mind this is just my own

345

00:18:07,280 --> 00:18:04,980

characterization of it there would be

346

00:18:09,050 --> 00:18:07,290

the experience where you go out of your

347

00:18:12,950 --> 00:18:09,060

body whether you're pulled out or you go

348

00:18:16,130 --> 00:18:12,960

out voluntarily and you are in pretty

349

00:18:18,380 --> 00:18:16,140

much in the world as you know it pretty

350

00:18:19,970 --> 00:18:18,390

much if you go out of your body and you

351

00:18:24,200 --> 00:18:19,980

go down the stairs you'll be in your

352

00:18:26,990 --> 00:18:24,210

house and then there are others which

353

00:18:30,830 --> 00:18:27,000

the world is slightly different closer

354

00:18:33,590 --> 00:18:30,840

to a dream state where some things may

355

00:18:35,660 --> 00:18:33,600

be recognizable and then others are

356

00:18:39,700 --> 00:18:35,670

rather different than in the waking

357

00:18:42,380 --> 00:18:39,710

state can you speak to that at all

358

00:18:44,750 --> 00:18:42,390

absolutely yeah out-of-body experiences

359

00:18:47,180 --> 00:18:44,760

I mean I what's so interesting to me is

360

00:18:49,240 --> 00:18:47,190

as I think that there are we really

361

00:18:53,180 --> 00:18:49,250

talking about probably multiple

362

00:18:55,280 --> 00:18:53,190

phenomena here and there they're related

363

00:18:57,650 --> 00:18:55,290

in the sense that there's a sense of

364

00:18:59,570 --> 00:18:57,660

moving outside of their body but as you

365

00:19:01,130 --> 00:18:59,580

described there's there's these

366

00:19:03,500 --> 00:19:01,140

different varieties of them and they

367

00:19:07,510 --> 00:19:03,510

seem to be related to essentially your

368

00:19:10,730 --> 00:19:07,520

mode of exit so sleep paralysis

369

00:19:13,550 --> 00:19:10,740

out-of-body experiences are highly

370

00:19:14,990 --> 00:19:13,560

correlated with lucid dreaming and in

371

00:19:17,810 --> 00:19:15,000

one can move from an out-of-body

372

00:19:21,950 --> 00:19:17,820

experience into you know a conscious

373

00:19:25,370 --> 00:19:21,960

dream and you know with in a fluid state

374

00:19:28,280 --> 00:19:25,380

right and so at first it seems like

375

00:19:29,930 --> 00:19:28,290

you're in your waking life bedroom when

376

00:19:32,210 --> 00:19:29,940

you go out of body in a sleep paralysis

377

00:19:34,070 --> 00:19:32,220

encounter and then you maybe you'll melt

378

00:19:35,600 --> 00:19:34,080

through the window but when you get

379

00:19:38,060 --> 00:19:35,610

outside it's a completely different

380

00:19:41,530 --> 00:19:38,070

landscape right it's more like a dream

381

00:19:43,880 --> 00:19:41,540

landscape whereas hyper-realistic

382

00:19:47,060 --> 00:19:43,890

out-of-body experiences that occur from

383

00:19:49,370 --> 00:19:47,070

the waking world right they have a

384

00:19:51,740 --> 00:19:49,380

different feel to them and you know and

385

00:19:53,930 --> 00:19:51,750

i think the near-death experience being

386

00:19:55,670 --> 00:19:53,940

one of them you know with somebody and

387

00:19:57,950 --> 00:19:55,680

you don't actually have to be near death

388

00:20:02,600 --> 00:19:57,960

to have a near-death experience it can

389

00:20:03,139 --> 00:20:02,610

be triggered by by a sudden drop of

390

00:20:05,779 --> 00:20:03,149

blood

391

00:20:08,899 --> 00:20:05,789

sure essentially that turns on turns on

392

00:20:11,810 --> 00:20:08,909

this Ram switch and you checked yourself

393

00:20:14,089 --> 00:20:11,820

from you know from the phenomenal body

394

00:20:16,070 --> 00:20:14,099

the body as you perceive it I mean I've

395

00:20:19,489 --> 00:20:16,080

seen heard so many multiple cases of

396

00:20:21,379 --> 00:20:19,499

people who have spontaneous o BES when

397

00:20:24,139 --> 00:20:21,389

they're in a car wreck for instance and

398

00:20:25,909 --> 00:20:24,149

it's just it's it happen so fast and

399

00:20:28,999 --> 00:20:25,919

they're out of their body and then

400

00:20:31,219 --> 00:20:29,009

they're back in and and and then of

401
00:20:32,570 --> 00:20:31,229
course there's there's the relaxation of

402
00:20:34,519 --> 00:20:32,580
the trance related out-of-body

403
00:20:36,200 --> 00:20:34,529
experience which is the kind where you

404
00:20:39,799 --> 00:20:36,210
see where deck this kind is often being

405
00:20:42,200 --> 00:20:39,809
taught by my practitioners yes this is

406
00:20:44,869 --> 00:20:42,210
coming out of light sleeping or you know

407
00:20:47,599 --> 00:20:44,879
what i would call trance and it involves

408
00:20:49,310 --> 00:20:47,609
reclining in your chair may be listening

409
00:20:51,369 --> 00:20:49,320
in to some music out of headphones or

410
00:20:54,049 --> 00:20:51,379
binaural beats there's kind of ways to

411
00:20:56,089 --> 00:20:54,059
you know different ways to get into this

412
00:20:59,209 --> 00:20:56,099
and those out-of-body experiences

413
00:21:00,769 --> 00:20:59,219

although they're dreamlike and longer

414

00:21:03,200 --> 00:21:00,779

lasting than a near-death experience

415

00:21:06,320 --> 00:21:03,210

type situation they seem to be hyper

416

00:21:09,769 --> 00:21:06,330

realistic it is that is that how you

417

00:21:12,680 --> 00:21:09,779

parse it as well uh basically i would

418

00:21:15,979 --> 00:21:12,690

have to agree with most of what you said

419

00:21:18,669 --> 00:21:15,989

in terms of the trance induced ones um

420

00:21:21,379 --> 00:21:18,679

they seem to be somewhere between

421

00:21:23,889 --> 00:21:21,389

extraordinarily realistic and

422

00:21:27,379 --> 00:21:23,899

extraordinary fendt extraordinarily

423

00:21:30,519 --> 00:21:27,389

fantastical i did take a class with Bill

424

00:21:34,639 --> 00:21:30,529

Bowman who you probably have heard of on

425

00:21:37,729 --> 00:21:34,649

out-of-body experiences and one of his

426
00:21:42,499 --> 00:21:37,739
his you would kind of rock your body and

427
00:21:44,869 --> 00:21:42,509
also Bob Monroe had that experience

428
00:21:47,119 --> 00:21:44,879
where you would listen to binaural beats

429
00:21:50,089 --> 00:21:47,129
and then you would begin to feel your

430
00:21:53,629 --> 00:21:50,099
your inner body rocking from side to

431
00:21:55,249 --> 00:21:53,639
side and your feet along gating or your

432
00:21:58,489 --> 00:21:55,259
head along gating and then you could

433
00:22:02,779 --> 00:21:58,499
kind of pop out like that if you wanted

434
00:22:06,139 --> 00:22:02,789
to and of course the the near-death

435
00:22:10,789 --> 00:22:06,149
experience for whatever it turns out to

436
00:22:13,159 --> 00:22:10,799
actually be it it seems to be sometimes

437
00:22:16,530 --> 00:22:13,169
more fantastical where you're more apt

438
00:22:19,110 --> 00:22:16,540

to see non-physical entities

439

00:22:23,340 --> 00:22:19,120

and sometimes they're very meaningful

440

00:22:25,760 --> 00:22:23,350

but we have to move this back to what is

441

00:22:27,630 --> 00:22:25,770

veridical about a lot of these

442

00:22:31,290 --> 00:22:27,640

experiences you know Ryan because

443

00:22:33,630 --> 00:22:31,300

sometimes we will see things or for

444

00:22:37,350 --> 00:22:33,640

instance when a something that's very

445

00:22:40,950 --> 00:22:37,360

close to at a body which is like an

446

00:22:43,560 --> 00:22:40,960

astral projection I practiced that when

447

00:22:47,250 --> 00:22:43,570

I was in my late teens and in my 20s and

448

00:22:50,700 --> 00:22:47,260

I would try to have fun and astrally

449

00:22:54,240 --> 00:22:50,710

project to where somebody I knew was you

450

00:22:57,090 --> 00:22:54,250

know if Jimmy was at the tenth Street

451

00:22:59,640 --> 00:22:57,100

Bar I would astrally project myself to

452

00:23:01,740 --> 00:22:59,650

the tenth Street floor and say find him

453

00:23:04,050 --> 00:23:01,750

drinking Manhattan's instead of that

454

00:23:05,550 --> 00:23:04,060

usual high polls and say hey Jimmy what

455

00:23:07,440 --> 00:23:05,560

do you what were you doing last night at

456

00:23:09,090 --> 00:23:07,450

the tenth Street bar drinking

457

00:23:13,080 --> 00:23:09,100

Manhattan's instead of highballs and

458

00:23:18,000 --> 00:23:13,090

have him basically faint there was no

459

00:23:19,920 --> 00:23:18,010

Jimmy though oh that's yeah that's great

460

00:23:23,190 --> 00:23:19,930

and I thanks for bringing up that piece

461

00:23:25,500 --> 00:23:23,200

about near-death experiences of having I

462

00:23:27,750 --> 00:23:25,510

mean they really i think go so far

463

00:23:30,630 --> 00:23:27,760

beyond that basic out-of-body experience

464

00:23:34,080 --> 00:23:30,640

and really do I mean are another level

465

00:23:37,290 --> 00:23:34,090

of right you're contacting heavenly you

466

00:23:38,640 --> 00:23:37,300

know entities ancestors there's the life

467

00:23:41,340 --> 00:23:38,650

review there's all these different

468

00:23:43,520 --> 00:23:41,350

components to the near-death that really

469

00:23:45,900 --> 00:23:43,530

is kind of unique to that particular

470

00:23:47,880 --> 00:23:45,910

experience so I think yeah I think the

471

00:23:49,800 --> 00:23:47,890

out-of-body experience space is huge i

472

00:23:52,080 --> 00:23:49,810

think that you know we it's not just all

473

00:23:53,310 --> 00:23:52,090

one thing and so you got to be very

474

00:23:56,700 --> 00:23:53,320

skeptical of someone who says well

475

00:23:58,950 --> 00:23:56,710

they're all dreams or right or they're

476

00:24:01,050 --> 00:23:58,960

all hallucinations as well i I don't

477

00:24:03,900 --> 00:24:01,060

think we don't really can't say about

478

00:24:06,890 --> 00:24:03,910

that and especially when you look at as

479

00:24:10,770 --> 00:24:06,900

you're saying you know telepathic

480

00:24:13,320 --> 00:24:10,780

information that comes to DS and and you

481

00:24:17,280 --> 00:24:13,330

know I've reviewed the telepathic dream

482

00:24:22,440 --> 00:24:17,290

research and it's compelling yeah it it

483

00:24:23,970 --> 00:24:22,450

is so far beyond chance and and and some

484

00:24:25,830 --> 00:24:23,980

of these studies have been done again

485

00:24:27,750 --> 00:24:25,840

and again and you know Anders and

486

00:24:29,100 --> 00:24:27,760

there's problems with some of some of it

487

00:24:30,060 --> 00:24:29,110

and that's for sure and the research

488

00:24:31,410 --> 00:24:30,070

could be improved

489

00:24:33,990 --> 00:24:31,420

that's for sure but that's true with all

490

00:24:36,000 --> 00:24:34,000

social science research and dream

491

00:24:38,040 --> 00:24:36,010

telepathy research is far above the

492

00:24:40,650 --> 00:24:38,050

standards of what is expected for any

493

00:24:43,080 --> 00:24:40,660

other social science in terms of like

494

00:24:44,940 --> 00:24:43,090

the p-values and in the statistical

495

00:24:47,940 --> 00:24:44,950

right the quantifications of the data

496

00:24:51,570 --> 00:24:47,950

and how that data is parsed it's quite

497

00:24:53,310 --> 00:24:51,580

clean and so and so it's just people of

498

00:24:55,290 --> 00:24:53,320

course are biased about looking it

499

00:24:57,390 --> 00:24:55,300

actually looking at it well you know

500

00:25:01,710 --> 00:24:57,400

they say that extraordinary claims

501
00:25:04,340 --> 00:25:01,720
require extraordinary proof so that when

502
00:25:07,710 --> 00:25:04,350
you are shaking the cage of the

503
00:25:10,530 --> 00:25:07,720
materialist reductionist model of

504
00:25:12,540 --> 00:25:10,540
science when you're shaking that cage

505
00:25:15,750 --> 00:25:12,550
you have to have somewhat extraordinary

506
00:25:19,260 --> 00:25:15,760
proof like a standard deviation higher

507
00:25:21,990 --> 00:25:19,270
than for other things right yeah it's so

508
00:25:25,170 --> 00:25:22,000
it's so true and and what I think is is

509
00:25:28,470 --> 00:25:25,180
that honestly that that's I or telepathy

510
00:25:31,620 --> 00:25:28,480
or whatever it is that's going on with

511
00:25:34,950 --> 00:25:31,630
this information I think it's a weak

512
00:25:38,340 --> 00:25:34,960
effect in general in the lab because of

513
00:25:40,470 --> 00:25:38,350

the way that the way that the structures

514

00:25:43,290 --> 00:25:40,480

the studies are structured and I think

515

00:25:45,900 --> 00:25:43,300

it's a much higher effect in a field in

516

00:25:48,990 --> 00:25:45,910

everyday life because we tend to have

517

00:25:51,210 --> 00:25:49,000

these experiences about people who we

518

00:25:53,370 --> 00:25:51,220

care about who we know well who were

519

00:25:56,250 --> 00:25:53,380

connected with on a heart level about

520

00:25:58,410 --> 00:25:56,260

issues of like life and death and

521

00:26:00,870 --> 00:25:58,420

wellness and that's you know if you look

522

00:26:03,420 --> 00:26:00,880

at the if the letters of JB line for

523

00:26:06,960 --> 00:26:03,430

instance that it that I'm that Mary

524

00:26:08,640 --> 00:26:06,970

collected over the decades you know

525

00:26:12,260 --> 00:26:08,650

seventy percent of the letters are

526

00:26:15,660 --> 00:26:12,270

telepathic dreams and most of those are

527

00:26:19,490 --> 00:26:15,670

about you know premonitions of someone

528

00:26:22,680 --> 00:26:19,500

dying or being sick I noticed in your

529

00:26:26,690 --> 00:26:22,690

biography that you more or less started

530

00:26:30,780 --> 00:26:26,700

as an archaeologist in North America

531

00:26:33,410 --> 00:26:30,790

pardon me go through politics well I was

532

00:26:36,690 --> 00:26:33,420

I was trained as a field archaeologist

533

00:26:39,660 --> 00:26:36,700

esta says I did cultural Resource

534

00:26:41,610 --> 00:26:39,670

Management for about a decade after

535

00:26:43,620 --> 00:26:41,620

getting my bachelor's degree in

536

00:26:45,780 --> 00:26:43,630

anthropology and our

537

00:26:48,660 --> 00:26:45,790

theology and I actually you know I

538

00:26:52,140 --> 00:26:48,670

worked in a lab I worked in the field

539

00:26:55,470 --> 00:26:52,150

all across the United States and you

540

00:26:57,110 --> 00:26:55,480

know I was uh I was a pottery expert for

541

00:26:59,970 --> 00:26:57,120

a while for a very specific

542

00:27:02,610 --> 00:26:59,980

pre-columbian stage of pottery that

543

00:27:04,740 --> 00:27:02,620

nobody knows about it's one of those you

544

00:27:07,200 --> 00:27:04,750

know random skills I've developed over

545

00:27:09,420 --> 00:27:07,210

the years haha and you know it was

546

00:27:12,680 --> 00:27:09,430

involved with excavations and surveys

547

00:27:16,050 --> 00:27:12,690

and I had a wonderful time with it but I

548

00:27:18,600 --> 00:27:16,060

realized that that I was being called

549

00:27:20,550 --> 00:27:18,610

back to doing dream research I mean

550

00:27:22,320 --> 00:27:20,560

dream being less I called back I really

551
00:27:25,050 --> 00:27:22,330
mean because it has always been my

552
00:27:28,230 --> 00:27:25,060
number one passion growing up as a

553
00:27:29,850 --> 00:27:28,240
teenager and as a young adult it's just

554
00:27:31,620 --> 00:27:29,860
wondering if perhaps you had learned

555
00:27:36,300 --> 00:27:31,630
something from the Native Americans

556
00:27:38,790 --> 00:27:36,310
because they they tend to be sort of

557
00:27:40,830 --> 00:27:38,800
more that way than is as ferocious said

558
00:27:42,930 --> 00:27:40,840
with modern science with reduction of

559
00:27:45,930 --> 00:27:42,940
science I mean their belief is quite

560
00:27:48,840 --> 00:27:45,940
strong there's there's some really

561
00:27:52,260 --> 00:27:48,850
wonderful yes there's some really

562
00:27:54,990 --> 00:27:52,270
wonderful contemporary Native American

563
00:27:58,740 --> 00:27:55,000

dreamers out there who are still

564

00:28:01,200 --> 00:27:58,750

practicing their arts and some of them

565

00:28:03,510 --> 00:28:01,210

are quite open to talking to everybody

566

00:28:05,940 --> 00:28:03,520

about what they do and how they do it

567

00:28:08,820 --> 00:28:05,950

and you have to remember that even like

568

00:28:12,450 --> 00:28:08,830

the dreamcatcher was essentially a gift

569

00:28:15,900 --> 00:28:12,460

for all of humanity it is not culturally

570

00:28:18,540 --> 00:28:15,910

appropriated it was it was a please take

571

00:28:22,170 --> 00:28:18,550

this and go far with it they know it

572

00:28:25,380 --> 00:28:22,180

came out of the plains traditions please

573

00:28:27,780 --> 00:28:25,390

everybody use this you know and and so I

574

00:28:30,000 --> 00:28:27,790

yeah there's you know a very strong I

575

00:28:33,000 --> 00:28:30,010

think dreaming sense that comes from the

576

00:28:35,100 --> 00:28:33,010

land it comes from the history and the

577

00:28:38,070 --> 00:28:35,110

people that are still with us here in

578

00:28:41,730 --> 00:28:38,080

Native American absolutely what would

579

00:28:45,050 --> 00:28:41,740

you feel okay about mentioning on on the

580

00:28:49,200 --> 00:28:45,060

air here a couple of the people that you

581

00:28:52,860 --> 00:28:49,210

find compelling in the Native American

582

00:28:56,850 --> 00:28:52,870

genre of dream research or dream tellers

583

00:28:59,370 --> 00:28:56,860

or explainers well sure absolutely

584

00:29:01,200 --> 00:28:59,380

and you know as is often the case of

585

00:29:04,289 --> 00:29:01,210

course it you know is involving mixed

586

00:29:06,600 --> 00:29:04,299

blood but one of them is appeal of

587

00:29:09,060 --> 00:29:06,610

Colorado who operates out of Hawaii she

588

00:29:12,539 --> 00:29:09,070

operates a foundation called worldwide

589

00:29:14,580 --> 00:29:12,549

indigenous science Network and they're

590

00:29:17,130 --> 00:29:14,590

involved with networking with healers

591

00:29:19,440 --> 00:29:17,140

and shamans around the world to help

592

00:29:22,590 --> 00:29:19,450

basically do grassroots environmental

593

00:29:24,419 --> 00:29:22,600

work one awful yeah it's a really really

594

00:29:27,060 --> 00:29:24,429

powerful work and she's been involved in

595

00:29:30,440 --> 00:29:27,070

the space and she has her own method of

596

00:29:32,640 --> 00:29:30,450

doing dream work that can be done

597

00:29:34,680 --> 00:29:32,650

cross-culturally it can even be done

598

00:29:37,350 --> 00:29:34,690

with it with if you have a translator

599

00:29:38,940 --> 00:29:37,360

present it has helpful but not everybody

600

00:29:41,850 --> 00:29:38,950

in the room has to speak the same

601
00:29:46,380 --> 00:29:41,860
language and she's been developing that

602
00:29:48,990 --> 00:29:46,390
for a number of years and on also on the

603
00:29:55,860 --> 00:29:49,000
scholarly side Barbara headlock who was

604
00:30:00,210 --> 00:29:55,870
a professor of anthropology at suny

605
00:30:03,840 --> 00:30:00,220
buffalo buffalo as has written some

606
00:30:06,930 --> 00:30:03,850
quite a few popular books that that are

607
00:30:09,530 --> 00:30:06,940
about especially a most recent one is

608
00:30:13,110 --> 00:30:09,540
the is is the woman in the shamans body

609
00:30:16,080 --> 00:30:13,120
and if she basically talks about what's

610
00:30:19,020 --> 00:30:16,090
going on in South America in Mexico and

611
00:30:21,299 --> 00:30:19,030
traditions of shamanism that come

612
00:30:22,860 --> 00:30:21,309
through women's line of descent that

613
00:30:25,049 --> 00:30:22,870

have been ignored because most

614

00:30:28,110 --> 00:30:25,059

anthropologists have been men and they

615

00:30:31,590 --> 00:30:28,120

ignore women's magic name nor women's

616

00:30:34,470 --> 00:30:31,600

power and one of these is is the Midwife

617

00:30:36,409 --> 00:30:34,480

as shaman and the other one is is of

618

00:30:40,080 --> 00:30:36,419

course the dream seeker the dream teller

619

00:30:42,299 --> 00:30:40,090

and she's been just doing incredible

620

00:30:45,930 --> 00:30:42,309

work both on the academic side of kind

621

00:30:49,110 --> 00:30:45,940

of like filling it in in terms of the

622

00:30:51,930 --> 00:30:49,120

you know other angles marginalized

623

00:30:54,030 --> 00:30:51,940

voices and also on the popular side of

624

00:30:56,460 --> 00:30:54,040

writing books like that it really did is

625

00:30:59,460 --> 00:30:56,470

for anybody to read well I think it

626
00:31:01,380 --> 00:30:59,470
pretty much shut down in Western society

627
00:31:03,450 --> 00:31:01,390
after the witch burnings I mean I think

628
00:31:05,330 --> 00:31:03,460
a lot of women tended to avoid that

629
00:31:09,750 --> 00:31:05,340
particular career

630
00:31:13,410 --> 00:31:09,760
did not end well Oh thousands of women

631
00:31:15,840 --> 00:31:13,420
killed by the Inquisition across Europe

632
00:31:19,170 --> 00:31:15,850
thousands of useful women who practiced

633
00:31:21,840 --> 00:31:19,180
herbal medicine and and on midwifery and

634
00:31:24,270 --> 00:31:21,850
things forgetting about any kind of

635
00:31:26,940 --> 00:31:24,280
magic which may have magic with a que

636
00:31:28,560 --> 00:31:26,950
that may have been for ya for some

637
00:31:30,750 --> 00:31:28,570
reason I always think that there's that

638
00:31:32,640 --> 00:31:30,760

underlying suspicion that women may be

639

00:31:34,050 --> 00:31:32,650

better at this and men make it a little

640

00:31:35,580 --> 00:31:34,060

bit more intuitive although I don't

641

00:31:38,130 --> 00:31:35,590

think that's true i think that's

642

00:31:42,150 --> 00:31:38,140

cultural my experience of that justjust

643

00:31:46,980 --> 00:31:42,160

for no other reason is that women tend

644

00:31:50,190 --> 00:31:46,990

to have more be more of the empath but

645

00:31:53,370 --> 00:31:50,200

the actual like the being able to get

646

00:31:56,340 --> 00:31:53,380

people's names for instance or write

647

00:31:58,710 --> 00:31:56,350

down a number that's pretty evenly

648

00:32:01,410 --> 00:31:58,720

distributed between men and women and

649

00:32:04,110 --> 00:32:01,420

when we think about Ingo Swann who was

650

00:32:08,120 --> 00:32:04,120

the only remote viewer who could

651
00:32:12,890 --> 00:32:08,130
actually view numbers on that were

652
00:32:19,760 --> 00:32:12,900
hidden away from his possible viewpoint

653
00:32:23,040 --> 00:32:19,770
and he of K of course was a man so Ryan

654
00:32:27,120 --> 00:32:23,050
right now if I'm not mistaken you are

655
00:32:30,150 --> 00:32:27,130
involved with teaching an online lucid

656
00:32:31,490 --> 00:32:30,160
dreaming course that's true yeah i'm

657
00:32:34,230 --> 00:32:31,500
teaching i'm teaching online

658
00:32:38,760 --> 00:32:34,240
independently now my class is called

659
00:32:42,090 --> 00:32:38,770
lucid ignition and as if it's one month

660
00:32:45,090 --> 00:32:42,100
process all online where i do live

661
00:32:48,030 --> 00:32:45,100
webinars and we have a dedicated form

662
00:32:52,050 --> 00:32:48,040
and whatnot and i basically teach people

663
00:32:55,110 --> 00:32:52,060

how to do lucid dreaming in a way that's

664

00:32:58,350 --> 00:32:55,120

sustainable in a way that you know

665

00:33:02,610 --> 00:32:58,360

basically forming a secure container in

666

00:33:06,090 --> 00:33:02,620

in a mindful way doing practices of the

667

00:33:08,460 --> 00:33:06,100

mind but also of the heart in and you

668

00:33:10,680 --> 00:33:08,470

know physical practices all that sort of

669

00:33:13,530 --> 00:33:10,690

what supports this idea of Greater

670

00:33:15,930 --> 00:33:13,540

consciousness in your dreams and in the

671

00:33:17,400 --> 00:33:15,940

waking state it's been a blast I run

672

00:33:21,740 --> 00:33:17,410

this course now twice

673

00:33:24,570 --> 00:33:21,750

and I just am really in really enjoying

674

00:33:26,820 --> 00:33:24,580

how how online education is becoming

675

00:33:29,880 --> 00:33:26,830

support is getting so good basically

676
00:33:32,340 --> 00:33:29,890
yeah the technology makes it so you can

677
00:33:35,460 --> 00:33:32,350
really just you know being yourself into

678
00:33:37,710 --> 00:33:35,470
people's homes and and teach them

679
00:33:40,530 --> 00:33:37,720
something and it has live discourse

680
00:33:45,420 --> 00:33:40,540
about it and it's it's fantastic it's

681
00:33:48,210 --> 00:33:45,430
almost like sleep body experiences well

682
00:33:50,580 --> 00:33:48,220
yes Ryan will come in who you're yet so

683
00:33:54,440 --> 00:33:50,590
you're a living Rosen right on your iPad

684
00:33:57,020 --> 00:33:54,450
and you can look at him and he can live

685
00:33:59,310 --> 00:33:57,030
true we don't even need to project

686
00:34:01,950 --> 00:33:59,320
astrally we all have done for us

687
00:34:06,900 --> 00:34:01,960
electronically but what we don't want to

688
00:34:11,730 --> 00:34:06,910

do is lose those wonderful gifts that we

689

00:34:15,000 --> 00:34:11,740

have to recognition and and astral

690

00:34:17,430 --> 00:34:15,010

projection and so forth and so on so the

691

00:34:19,950 --> 00:34:17,440

if person who is listening to our

692

00:34:21,900 --> 00:34:19,960

podcast over the next couple of years

693

00:34:25,800 --> 00:34:21,910

and we'll be up you know for as long as

694

00:34:29,010 --> 00:34:25,810

we're able to keep it up what would you

695

00:34:30,720 --> 00:34:29,020

say to a person who wanted to be able to

696

00:34:32,370 --> 00:34:30,730

remember their dreams a little bit

697

00:34:35,330 --> 00:34:32,380

better that seems like a very basic

698

00:34:38,460 --> 00:34:35,340

thing even I you know have to sort of

699

00:34:41,250 --> 00:34:38,470

program myself before i go to sleep to

700

00:34:44,220 --> 00:34:41,260

say remember your dream you're going to

701
00:34:45,780 --> 00:34:44,230
dream tonight a wonderful dream remember

702
00:34:47,700 --> 00:34:45,790
that dream and the first thing in the

703
00:34:51,000 --> 00:34:47,710
morning you are going to write it down

704
00:34:52,380 --> 00:34:51,010
in your little notebook that's great I

705
00:34:54,659 --> 00:34:52,390
actually I couldn't set it I couldn't

706
00:34:57,230 --> 00:34:54,669
have said it better myself it it really

707
00:35:00,510 --> 00:34:57,240
is about setting an intention to

708
00:35:02,550 --> 00:35:00,520
remember more dreams and thence I have

709
00:35:04,350 --> 00:35:02,560
you know something at hand right and

710
00:35:06,510 --> 00:35:04,360
have your journal a lot of people use

711
00:35:09,360 --> 00:35:06,520
apps these days on their smartphones or

712
00:35:12,870 --> 00:35:09,370
tablets and whatnot and you can even use

713
00:35:14,670 --> 00:35:12,880

voice recorder apps these days whatever

714

00:35:17,400 --> 00:35:14,680

works you know the point is is to get

715

00:35:20,610 --> 00:35:17,410

the dream out into the world pretty much

716

00:35:23,550 --> 00:35:20,620

as soon as you can because they go so

717

00:35:26,820 --> 00:35:23,560

quickly we really lose so much of a

718

00:35:29,490 --> 00:35:26,830

dream within 10 or 15 minutes after it

719

00:35:30,700 --> 00:35:29,500

happens in general you know some people

720

00:35:32,730 --> 00:35:30,710

have have

721

00:35:35,410 --> 00:35:32,740

learned how to have better recall but

722

00:35:39,310 --> 00:35:35,420

for beginners that that's the number one

723

00:35:41,650 --> 00:35:39,320

thing and of course does the logistical

724

00:35:44,440 --> 00:35:41,660

nightmare of this if i can say it that

725

00:35:48,040 --> 00:35:44,450

way is that so many of us wake up by an

726

00:35:49,780 --> 00:35:48,050

alarm it were jolted awake and we have

727

00:35:52,359 --> 00:35:49,790

to get to work and kind of you know get

728

00:35:55,390 --> 00:35:52,369

into our day and the dreams evaporate

729

00:35:58,540 --> 00:35:55,400

and they're just gone and so one of

730

00:36:02,050 --> 00:35:58,550

trick that I really enjoy doing that I

731

00:36:04,930 --> 00:36:02,060

have done myself is I basically have my

732

00:36:08,200 --> 00:36:04,940

alarm set for I so I have basically 10

733

00:36:10,329 --> 00:36:08,210

extra buffer minutes you know in the

734

00:36:13,540 --> 00:36:10,339

scene and when the alarm goes off the

735

00:36:15,970 --> 00:36:13,550

first time I go to tap it off and then I

736

00:36:18,880 --> 00:36:15,980

moved back into position that I was

737

00:36:23,170 --> 00:36:18,890

sleeping before I was disturbed and then

738

00:36:25,359 --> 00:36:23,180

from there I start actively remembering

739

00:36:29,260 --> 00:36:25,369

my dreams and for some reason when

740

00:36:31,839 --> 00:36:29,270

you're in that body position you have an

741

00:36:33,099 --> 00:36:31,849

easier time worth of a call and of

742

00:36:36,430 --> 00:36:33,109

course you might actually slip back into

743

00:36:37,660 --> 00:36:36,440

a dream if you're a light sleeper you

744

00:36:40,089 --> 00:36:37,670

know and you might have another nine

745

00:36:42,880 --> 00:36:40,099

minutes there before the alarm goes off

746

00:36:45,130 --> 00:36:42,890

again but it's a great time to sort of

747

00:36:47,890 --> 00:36:45,140

ease yourself into the waking world

748

00:36:49,660 --> 00:36:47,900

rather than quickly jumping you know

749

00:36:52,810 --> 00:36:49,670

into the tasks that you have in front of

750

00:36:55,390 --> 00:36:52,820

you and that my practice alone can

751

00:36:58,329 --> 00:36:55,400

really just bring all kinds of dreams

752

00:36:59,500 --> 00:36:58,339

back and and soon you'll you'll have a

753

00:37:01,599 --> 00:36:59,510

different problem you'll have the

754

00:37:03,579 --> 00:37:01,609

problem of I have too many dreams to

755

00:37:06,280 --> 00:37:03,589

write down I'll never I'll never get on

756

00:37:08,800 --> 00:37:06,290

with my life if I said all day writing

757

00:37:11,050 --> 00:37:08,810

down and I've been there you know and

758

00:37:12,730 --> 00:37:11,060

that's the other point where you have to

759

00:37:15,820 --> 00:37:12,740

start drawing lines and say okay well

760

00:37:17,710 --> 00:37:15,830

maybe this narrative about being in my

761

00:37:20,440 --> 00:37:17,720

high school cafeteria I can just let

762

00:37:23,829 --> 00:37:20,450

that way to go because I dream it you

763

00:37:25,930 --> 00:37:23,839

know four times a week or whatever so

764

00:37:28,089 --> 00:37:25,940

what do you say about recurrent dreams

765

00:37:32,320 --> 00:37:28,099

what um do you have a particular

766

00:37:34,839 --> 00:37:32,330

protocol that you think about when you

767

00:37:38,109 --> 00:37:34,849

hear say somebody has a recurrent dream

768

00:37:40,120 --> 00:37:38,119

to determine whether it's an important

769

00:37:42,790 --> 00:37:40,130

message that's being impressed upon

770

00:37:43,600 --> 00:37:42,800

their psyche or if it's just garbage of

771

00:37:45,370 --> 00:37:43,610

the day

772

00:37:47,140 --> 00:37:45,380

okay that's a great question because

773

00:37:49,300 --> 00:37:47,150

they recurrent dreams where they come in

774

00:37:51,640 --> 00:37:49,310

a few different stripes it seems to me

775

00:37:55,840 --> 00:37:51,650

and and some of them are just

776

00:37:58,450 --> 00:37:55,850

essentially like core almost like core

777

00:38:01,630 --> 00:37:58,460

narratives or metaphors places that we

778

00:38:05,110 --> 00:38:01,640

go places that we inhabit that in our

779

00:38:07,200 --> 00:38:05,120

dream life you know the hallways and the

780

00:38:11,410 --> 00:38:07,210

landscapes of where you went to college

781

00:38:14,050 --> 00:38:11,420

or high school your childhood home right

782

00:38:16,750 --> 00:38:14,060

you know essentially a lot of dream

783

00:38:19,360 --> 00:38:16,760

landscapes tend to be from the first

784

00:38:23,590 --> 00:38:19,370

half of life your first 25 years more or

785

00:38:25,230 --> 00:38:23,600

less and a very intense time of life and

786

00:38:28,330 --> 00:38:25,240

there's lots of learning going on there

787

00:38:31,240 --> 00:38:28,340

and so and so just because you have a

788

00:38:33,190 --> 00:38:31,250

repetitive dream about for instance the

789

00:38:35,370 --> 00:38:33,200

high school cafeteria doesn't

790

00:38:39,370 --> 00:38:35,380

necessarily mean that something is

791

00:38:41,890 --> 00:38:39,380

impactful there necessarily but you can

792

00:38:44,560 --> 00:38:41,900

take that anchor and anchor that to an

793

00:38:47,500 --> 00:38:44,570

intention to to have a lucid dream to

794

00:38:50,200 --> 00:38:47,510

wake up in your dream by teaching

795

00:38:52,510 --> 00:38:50,210

yourself when I find myself in the

796

00:38:54,340 --> 00:38:52,520

cafeteria I'm going to do a reality

797

00:38:57,190 --> 00:38:54,350

check I'm going to see if I'm dreaming

798

00:39:00,460 --> 00:38:57,200

or not and that for me has has

799

00:39:01,840 --> 00:39:00,470

definitely caused caused lucid dreams

800

00:39:04,690 --> 00:39:01,850

but there's other kinds of repetitive

801
00:39:07,660 --> 00:39:04,700
dreams too and some of them I think can

802
00:39:10,240 --> 00:39:07,670
be very important to listen to because

803
00:39:14,800 --> 00:39:10,250
they're can contain for instance body

804
00:39:16,990 --> 00:39:14,810
messages basically and the way I see it

805
00:39:18,880 --> 00:39:17,000
it's not so much that the body is trying

806
00:39:22,000 --> 00:39:18,890
to send a message to you but rather the

807
00:39:24,490 --> 00:39:22,010
body is expressing itself right it's you

808
00:39:26,200 --> 00:39:24,500
know and it's coming through the nervous

809
00:39:29,020 --> 00:39:26,210
system and it's being made into

810
00:39:32,170 --> 00:39:29,030
emotional and visual metaphors we can

811
00:39:36,220 --> 00:39:32,180
pick up on them and and there's for

812
00:39:39,220 --> 00:39:36,230
instance some fascinating and timely

813
00:39:42,550 --> 00:39:39,230

research being done by an MD named Larry

814

00:39:44,910 --> 00:39:42,560

Burke who has been working with women

815

00:39:47,980 --> 00:39:44,920

who have discovered their breast cancer

816

00:39:50,950 --> 00:39:47,990

through warning dreams and he's

817

00:39:53,140 --> 00:39:50,960

collected hundreds of these dreams in

818

00:39:54,580 --> 00:39:53,150

which women had you know they would have

819

00:39:57,370 --> 00:39:54,590

a dream for instance of looking in the

820

00:39:59,940 --> 00:39:57,380

mirror and seeing a spider

821

00:40:02,710 --> 00:39:59,950

on their chest or a dark spot or mushy

822

00:40:06,880 --> 00:40:02,720

skin or you know especially these

823

00:40:09,220 --> 00:40:06,890

personalized metaphors of ill ease and

824

00:40:12,190 --> 00:40:09,230

then in waking life they followed up on

825

00:40:14,650 --> 00:40:12,200

it and went in you know had a breast

826

00:40:18,070 --> 00:40:14,660

exam and what have you and indeed

827

00:40:20,200 --> 00:40:18,080

discovered discover cancer and he's

828

00:40:24,310 --> 00:40:20,210

written this up in a couple of journals

829

00:40:26,590 --> 00:40:24,320

and he's been really trying to get this

830

00:40:29,050 --> 00:40:26,600

message out because I think that this is

831

00:40:32,190 --> 00:40:29,060

just the tip of the iceberg I think that

832

00:40:35,200 --> 00:40:32,200

we get a lot of early warning health

833

00:40:36,690 --> 00:40:35,210

messages through our body and dreams and

834

00:40:40,330 --> 00:40:36,700

they come through these repetitive

835

00:40:43,570 --> 00:40:40,340

messages and in these rooms can be quite

836

00:40:46,800 --> 00:40:43,580

short and they can involve you know they

837

00:40:50,380 --> 00:40:46,810

can involve things like like a vampire

838

00:40:53,170 --> 00:40:50,390

biting your throat you know and it could

839

00:40:55,030 --> 00:40:53,180

turn out to be a thyroid issue they can

840

00:40:58,480 --> 00:40:55,040

be quite metaphorical and sometimes it

841

00:41:01,390 --> 00:40:58,490

can be absolutely dead on transparent

842

00:41:03,070 --> 00:41:01,400

about them and so I say if you have a

843

00:41:04,960 --> 00:41:03,080

repetitive dream about something that

844

00:41:07,360 --> 00:41:04,970

you know you have an intuition about

845

00:41:10,360 --> 00:41:07,370

being health related just go ahead and

846

00:41:12,670 --> 00:41:10,370

check it out I mean you know definitely

847

00:41:15,070 --> 00:41:12,680

you've got more to lose than then then

848

00:41:16,030 --> 00:41:15,080

then it's the awkward conversation

849

00:41:18,490 --> 00:41:16,040

you're going to have with your doctor

850

00:41:21,250 --> 00:41:18,500

you know what I mean yes indeed that's

851
00:41:22,600 --> 00:41:21,260
right yeah and then finally did you know

852
00:41:24,190 --> 00:41:22,610
the other thing about repetitive dreams

853
00:41:27,160 --> 00:41:24,200
to some people of course we're all

854
00:41:30,940 --> 00:41:27,170
working through as we go we have this

855
00:41:33,820 --> 00:41:30,950
core personal narrative that that we

856
00:41:36,190 --> 00:41:33,830
developed as kids that helped us survive

857
00:41:38,710 --> 00:41:36,200
it helped us make sense of the world and

858
00:41:41,470 --> 00:41:38,720
as we grow and take on roles new

859
00:41:42,970 --> 00:41:41,480
responsibilities those those role you

860
00:41:45,820 --> 00:41:42,980
know the metaphor changes we've run into

861
00:41:47,320 --> 00:41:45,830
issues with our myths we might have

862
00:41:50,380 --> 00:41:47,330
repetitive dreams that show us where

863
00:41:53,440 --> 00:41:50,390

we're ways of thinking or what behaviors

864

00:41:55,900 --> 00:41:53,450

that no longer serve us and you know

865

00:41:57,580 --> 00:41:55,910

could be addictive patterns it could

866

00:41:59,980 --> 00:41:57,590

just be the way that we you know could

867

00:42:01,030 --> 00:41:59,990

be interpersonal of nature you know

868

00:42:03,250 --> 00:42:01,040

there's a hundred different ways that

869

00:42:05,320 --> 00:42:03,260

this could go but repetitive dream is

870

00:42:07,270 --> 00:42:05,330

that kind of point towards something

871

00:42:10,760 --> 00:42:07,280

that needs healing in a psychological

872

00:42:17,830 --> 00:42:14,240

where where do you come down on of the

873

00:42:22,220 --> 00:42:17,840

use of sleep aids I'm not talking about

874

00:42:24,440 --> 00:42:22,230

narcotics I'm talking about something

875

00:42:27,260 --> 00:42:24,450

that is sold over the counter in the

876

00:42:31,490 --> 00:42:27,270

United States or you can send a way for

877

00:42:35,060 --> 00:42:31,500

it which is a police and amino acid and

878

00:42:36,530 --> 00:42:35,070

it helps it helps to dream or to

879

00:42:38,660 --> 00:42:36,540

remember dreams do you know what I'm

880

00:42:40,970 --> 00:42:38,670

speaking out by oh there's a few things

881

00:42:44,660 --> 00:42:40,980

well there's sleep aids and then there's

882

00:42:46,490 --> 00:42:44,670

dreaming dream aids and there's um those

883

00:42:50,210 --> 00:42:46,500

are definitely two different markets you

884

00:42:53,530 --> 00:42:50,220

know and in blanket statement for both

885

00:42:57,110 --> 00:42:53,540

of them is they can be very effective

886

00:42:58,850 --> 00:42:57,120

but use them in the short term right not

887

00:43:00,740 --> 00:42:58,860

a long term I mean that's just with

888

00:43:02,690 --> 00:43:00,750

everything the dream aid that I'm

889

00:43:04,820 --> 00:43:02,700

thinking of its recommended by most

890

00:43:09,170 --> 00:43:04,830

people that you use it three or four

891

00:43:11,270 --> 00:43:09,180

days in a row once a month and it's an

892

00:43:14,290 --> 00:43:11,280

amino acid I believe do you know what

893

00:43:18,080 --> 00:43:14,300

I'm speaking of her might be coleen

894

00:43:20,870 --> 00:43:18,090

coleen is a very common amino acid isn't

895

00:43:26,540 --> 00:43:20,880

it that yes it's often paired with B

896

00:43:29,990 --> 00:43:26,550

vitamins you're a b6 b12 right and they

897

00:43:32,120 --> 00:43:30,000

creates an effect of vivid dreams now

898

00:43:34,450 --> 00:43:32,130

the thing about choline is is that for

899

00:43:39,260 --> 00:43:34,460

some people it keeps them awake I see

900

00:43:41,420 --> 00:43:39,270

and in fact we'd know it increases awake

901
00:43:43,060 --> 00:43:41,430
enhance and so it's not and it's often

902
00:43:45,290 --> 00:43:43,070
also paired with galanthamine

903
00:43:47,660 --> 00:43:45,300
galanthamine that's the one that ah

904
00:43:49,820 --> 00:43:47,670
thinking of yes yeah well as it turns

905
00:43:53,420 --> 00:43:49,830
out I just finished studying some

906
00:43:54,950 --> 00:43:53,430
research on galanthamine with a couple

907
00:43:58,340 --> 00:43:54,960
of colleagues of mine at the University

908
00:43:59,900 --> 00:43:58,350
of Texas and we've got an article coming

909
00:44:02,090 --> 00:43:59,910
out very soon in the international

910
00:44:03,560 --> 00:44:02,100
journal of dream research on a glance

911
00:44:05,900 --> 00:44:03,570
and meaning it wasn't a clinical study

912
00:44:08,210 --> 00:44:05,910
we're hoping maybe to do that next it

913
00:44:10,820 --> 00:44:08,220

was retrospective and we basically we

914

00:44:14,090 --> 00:44:10,830

asked twenty dreamers who have often

915

00:44:16,610 --> 00:44:14,100

used galanthamine as a supplement for

916

00:44:19,820 --> 00:44:16,620

vivid dreams and for lucid dreams we

917

00:44:24,290 --> 00:44:19,830

asked them how in what ways does using

918

00:44:26,240 --> 00:44:24,300

galantamine change their dreams you know

919

00:44:29,090 --> 00:44:26,250

actually affect you know the dream

920

00:44:31,630 --> 00:44:29,100

content and how you feel in the room and

921

00:44:34,730 --> 00:44:31,640

we got some very interesting results

922

00:44:37,370 --> 00:44:34,740

that that kind of gave us some further

923

00:44:39,650 --> 00:44:37,380

direction and and well you know it's

924

00:44:41,930 --> 00:44:39,660

known for inducing lucid dreams for you

925

00:44:46,280 --> 00:44:41,940

know and that's because galanthamine is

926
00:44:49,010 --> 00:44:46,290
a is a memory enhancer I mean it's used

927
00:44:51,230 --> 00:44:49,020
for in mild cases of Alzheimer's it's

928
00:44:53,330 --> 00:44:51,240
it's it doesn't of course cure

929
00:44:55,970 --> 00:44:53,340
Alzheimer's disease but it improves

930
00:44:57,500 --> 00:44:55,980
memory function in the mild to moderate

931
00:44:59,360 --> 00:44:57,510
stages of Alzheimer's disease it

932
00:45:02,000 --> 00:44:59,370
basically gives people a little bit more

933
00:45:04,970 --> 00:45:02,010
time before the final stages of

934
00:45:06,470 --> 00:45:04,980
degradation begin their human brain and

935
00:45:07,880 --> 00:45:06,480
so people have been using galanthamine

936
00:45:10,760 --> 00:45:07,890
as a supplement which in the United

937
00:45:13,250 --> 00:45:10,770
States you can get on Amazon right all

938
00:45:15,110 --> 00:45:13,260

right now in the UK you can't it's

939

00:45:18,380 --> 00:45:15,120

prescription or in Germany can you get

940

00:45:21,080 --> 00:45:18,390

it I i know that's perfect yeah okay so

941

00:45:23,870 --> 00:45:21,090

yeah so Europe UK is it's a different

942

00:45:26,180 --> 00:45:23,880

story I in s nited states you know you

943

00:45:28,610 --> 00:45:26,190

just swipe your card and you get it and

944

00:45:32,270 --> 00:45:28,620

you know it seems to be quite safe it

945

00:45:34,520 --> 00:45:32,280

has it has some mild effects some people

946

00:45:37,270 --> 00:45:34,530

have gastrointestinal issues with it

947

00:45:40,490 --> 00:45:37,280

some people it just gives them insomnia

948

00:45:44,480 --> 00:45:40,500

if taken up a wrong time it can actually

949

00:45:46,730 --> 00:45:44,490

induce sleep paralysis in the mill in

950

00:45:49,700 --> 00:45:46,740

the beginning of the night and that's

951
00:45:51,710 --> 00:45:49,710
happened to me before really right yeah

952
00:45:55,310 --> 00:45:51,720
and so what the lucid dreamers do is

953
00:45:57,050 --> 00:45:55,320
they take they set an alarm and day for

954
00:45:58,760 --> 00:45:57,060
the middle of the night basically and so

955
00:46:00,590 --> 00:45:58,770
they get most of their deep sleep you

956
00:46:03,740 --> 00:46:00,600
know all that restorative sleep out of

957
00:46:06,110 --> 00:46:03,750
the way and then wake up around say four

958
00:46:09,860 --> 00:46:06,120
in the morning take the lanta mean in a

959
00:46:11,720 --> 00:46:09,870
pill usually four milligrams four to

960
00:46:14,510 --> 00:46:11,730
eight milligrams is pretty typical and

961
00:46:17,030 --> 00:46:14,520
then they go back to sleep and at that

962
00:46:19,790 --> 00:46:17,040
point you have longer a longer bouts of

963
00:46:21,290 --> 00:46:19,800

ram the galanthamine kicks in at the

964

00:46:23,420 --> 00:46:21,300

right time and because you'll answer me

965

00:46:26,270 --> 00:46:23,430

at that time it will strengthen your REM

966

00:46:28,580 --> 00:46:26,280

cycles and it'll give you vivid dreams

967

00:46:31,160 --> 00:46:28,590

and basically that vividness and the

968

00:46:34,490 --> 00:46:31,170

strengthening of rim is just a perfect

969

00:46:36,830 --> 00:46:34,500

you know envelope for going lucid Wow

970

00:46:38,030 --> 00:46:36,840

yeah so that so it's it's been known in

971

00:46:39,800 --> 00:46:38,040

text even laberge you

972

00:46:43,040 --> 00:46:39,810

is one of the you know the Stanford

973

00:46:45,350 --> 00:46:43,050

scientist who did all this work on lucid

974

00:46:48,050 --> 00:46:45,360

dreaming he has done also a lot of work

975

00:46:50,890 --> 00:46:48,060

on galanthamine sadly most of it is

976
00:46:53,120 --> 00:46:50,900
unpublished he has just been collecting

977
00:46:56,450 --> 00:46:53,130
clinical data but he hasn't published

978
00:46:58,370 --> 00:46:56,460
any of it in a peer-reviewed yet so what

979
00:47:00,260 --> 00:46:58,380
we did with our study was well we can't

980
00:47:02,570 --> 00:47:00,270
prove or we can't get the clinical you

981
00:47:05,330 --> 00:47:02,580
couldn't get the you know the study

982
00:47:07,340 --> 00:47:05,340
rights to work with humans yet and so we

983
00:47:09,050 --> 00:47:07,350
basically did this retrospective and

984
00:47:10,730 --> 00:47:09,060
what we found was was interesting what

985
00:47:15,020 --> 00:47:10,740
we found is that people are claiming

986
00:47:18,880 --> 00:47:15,030
that that galanthamine makes her dreams

987
00:47:22,010 --> 00:47:18,890
longer it makes them more vivid but also

988
00:47:24,800 --> 00:47:22,020

there's less fear and negative emotions

989

00:47:27,980 --> 00:47:24,810

in lucid dreams that are preceded by

990

00:47:31,250 --> 00:47:27,990

galanthamine there's interest yeah it's

991

00:47:35,360 --> 00:47:31,260

a feeling of that to put more protected

992

00:47:36,590 --> 00:47:35,370

somehow and we also we asked about hate

993

00:47:38,210 --> 00:47:36,600

is it induced sleep paralysis and

994

00:47:41,120 --> 00:47:38,220

actually we didn't get a lot of feedback

995

00:47:43,310 --> 00:47:41,130

from that people or say no it really

996

00:47:44,930 --> 00:47:43,320

doesn't so what we believe what this

997

00:47:48,710 --> 00:47:44,940

really does is it shows that there's a

998

00:47:50,600 --> 00:47:48,720

culture of galanthamine use and weary

999

00:47:52,070 --> 00:47:50,610

that's really what we investigated is

1000

00:47:54,410 --> 00:47:52,080

this is what people are saying about

1001
00:47:57,080 --> 00:47:54,420
their dreams galantamine and so the next

1002
00:48:00,230 --> 00:47:57,090
step is to actually do some double blind

1003
00:48:02,090 --> 00:48:00,240
placebo work to see you know in looking

1004
00:48:04,520 --> 00:48:02,100
at the dream reports and seeing how the

1005
00:48:07,400 --> 00:48:04,530
dream reports you know actually very

1006
00:48:09,410 --> 00:48:07,410
when they take the substance I think the

1007
00:48:12,110 --> 00:48:09,420
placebo will be very interesting and I

1008
00:48:15,050 --> 00:48:12,120
think that power of suggestion is very

1009
00:48:17,720 --> 00:48:15,060
strong I've taken galanthamine on

1010
00:48:19,280 --> 00:48:17,730
occasion and um I didn't know that you

1011
00:48:21,320 --> 00:48:19,290
were supposed to take it during the

1012
00:48:25,010 --> 00:48:21,330
middle of the night so I took it before

1013
00:48:27,380 --> 00:48:25,020

I went to bed didn't have a I do have

1014

00:48:30,140 --> 00:48:27,390

sleep paralysis in my life which can be

1015

00:48:31,700 --> 00:48:30,150

totally terrifying but with the

1016

00:48:33,590 --> 00:48:31,710

galantamine i did not get sleep

1017

00:48:36,260 --> 00:48:33,600

paralysis even though i took it at the

1018

00:48:39,200 --> 00:48:36,270

beginning of the night good was but it

1019

00:48:41,810 --> 00:48:39,210

usually took till the second night for

1020

00:48:44,210 --> 00:48:41,820

it to kick in in other words the first

1021

00:48:46,310 --> 00:48:44,220

night I took it I might have some kind

1022

00:48:48,890 --> 00:48:46,320

of a dream or not remember any dream at

1023

00:48:51,680 --> 00:48:48,900

all but by the second night I took it i

1024

00:48:55,160 --> 00:48:51,690

was i was doing well with it and then

1025

00:48:57,260 --> 00:48:55,170

I would take it two to three times so at

1026

00:49:00,500 --> 00:48:57,270

maximum four times in the month because

1027

00:49:03,589 --> 00:49:00,510

that's what I was told was a safe and

1028

00:49:07,250 --> 00:49:03,599

usable and generally by the second night

1029

00:49:10,520 --> 00:49:07,260

I was having memorable dreams memorable

1030

00:49:12,859 --> 00:49:10,530

dreams if not if not lucid some of them

1031

00:49:15,050 --> 00:49:12,869

lucid now what what do you say to know

1032

00:49:19,460 --> 00:49:15,060

that you're having a lucid dream do you

1033

00:49:22,550 --> 00:49:19,470

go by the usual the usual looking at the

1034

00:49:25,550 --> 00:49:22,560

hands becoming aware of your your hands

1035

00:49:27,680 --> 00:49:25,560

Oh enter in terms of activities to do

1036

00:49:29,690 --> 00:49:27,690

during the day know that you would know

1037

00:49:32,420 --> 00:49:29,700

that your lucidly dreaming during the

1038

00:49:36,970 --> 00:49:32,430

night I start to do a reality check well

1039

00:49:41,240 --> 00:49:36,980

I have two favorites one is is that I'll

1040

00:49:43,609 --> 00:49:41,250

look at text and all for instance the

1041

00:49:45,290 --> 00:49:43,619

spine of a book or something written

1042

00:49:47,390 --> 00:49:45,300

down something that's more than a word

1043

00:49:50,780 --> 00:49:47,400

something that is at least a phrase and

1044

00:49:52,069 --> 00:49:50,790

then i'll look away for a moment and try

1045

00:49:54,500 --> 00:49:52,079

to think of something else completely

1046

00:49:57,170 --> 00:49:54,510

and get it out of my head and then i'll

1047

00:50:00,530 --> 00:49:57,180

look back at you know at the text in

1048

00:50:01,970 --> 00:50:00,540

dreams it generally has shifted haha in

1049

00:50:07,400 --> 00:50:01,980

dreams and you know in waking life

1050

00:50:10,490 --> 00:50:07,410

generally doesn't we may be living in

1051
00:50:13,540 --> 00:50:10,500
different worlds now I'm kidding another

1052
00:50:19,160 --> 00:50:13,550
one that's that's wonderful to try and

1053
00:50:23,510 --> 00:50:19,170
is to is to clamp your nose closed with

1054
00:50:24,980 --> 00:50:23,520
your fingers and then try to breathe in

1055
00:50:27,140 --> 00:50:24,990
a dream you're just going to continue

1056
00:50:29,030 --> 00:50:27,150
breathing because it's your dream hand

1057
00:50:31,730 --> 00:50:29,040
that's touching your dream knows you

1058
00:50:34,839 --> 00:50:31,740
know you know and so the breathing

1059
00:50:38,359 --> 00:50:34,849
continues and so that's a that's kind of

1060
00:50:40,099 --> 00:50:38,369
basically foolproof you know there's a

1061
00:50:42,109 --> 00:50:40,109
lot more of other ones but those are the

1062
00:50:44,210 --> 00:50:42,119
ones that I find a most reliable for me

1063
00:50:46,940 --> 00:50:44,220

and of course it's important to do them

1064

00:50:49,760 --> 00:50:46,950

in the day too because you want to do a

1065

00:50:52,430 --> 00:50:49,770

repetitive habit make it you're making a

1066

00:50:55,700 --> 00:50:52,440

cognitive habit and you want that habit

1067

00:50:58,040 --> 00:50:55,710

to naturally occur while you're dreaming

1068

00:50:59,750 --> 00:50:58,050

and you see how to take it seriously in

1069

00:51:01,670 --> 00:50:59,760

in your waking life you have to actually

1070

00:51:04,550 --> 00:51:01,680

do the reality check and you have to

1071

00:51:04,880 --> 00:51:04,560

actually question is this a dream and

1072

00:51:17,420 --> 00:51:04,890

that

1073

00:51:19,730 --> 00:51:17,430

well I've only been teaching this

1074

00:51:22,970 --> 00:51:19,740

particular course for three months now

1075

00:51:25,880 --> 00:51:22,980

oh and and so far I've gotten great

1076
00:51:27,440 --> 00:51:25,890
responses people are definitely yeah you

1077
00:51:29,630 --> 00:51:27,450
know people are having lucid dreams in

1078
00:51:30,890 --> 00:51:29,640
the course their content there you know

1079
00:51:32,360 --> 00:51:30,900
and they're having lucid dreams after

1080
00:51:34,670 --> 00:51:32,370
the course and that's really what the

1081
00:51:38,600 --> 00:51:34,680
course is about is about teaching them

1082
00:51:40,670 --> 00:51:38,610
the methods to do it and how to go about

1083
00:51:42,470 --> 00:51:40,680
and continuously learning and

1084
00:51:44,360 --> 00:51:42,480
continuously trying new things so you

1085
00:51:46,670 --> 00:51:44,370
can find out what works for you the best

1086
00:51:50,510 --> 00:51:46,680
because the truth is is that lucid

1087
00:51:53,600 --> 00:51:50,520
dreaming education is not been very

1088
00:51:55,610 --> 00:51:53,610

effective we can teach people how to

1089

00:51:58,520 --> 00:51:55,620

lucid dream we know it's learnable I

1090

00:52:00,020 --> 00:51:58,530

mean Stephen Laberge has shown that but

1091

00:52:05,660 --> 00:52:00,030

there's all kinds of motivational issues

1092

00:52:07,070 --> 00:52:05,670

and in myths basically and in so the

1093

00:52:09,470 --> 00:52:07,080

weight you got to make it work for your

1094

00:52:11,750 --> 00:52:09,480

own life and that's what I'm basically

1095

00:52:14,450 --> 00:52:11,760

teaching people it's how to sustainably

1096

00:52:15,890 --> 00:52:14,460

go lucid and think of it as a lifetime

1097

00:52:17,960 --> 00:52:15,900

of learning like something that you're

1098

00:52:19,760 --> 00:52:17,970

going to do over the decades because

1099

00:52:22,070 --> 00:52:19,770

that's what it really is it's it's as

1100

00:52:25,160 --> 00:52:22,080

for me personally it's a spiritual life

1101
00:52:29,780 --> 00:52:25,170
practice so let me ask you a question

1102
00:52:31,700 --> 00:52:29,790
about your future perhaps perhaps you've

1103
00:52:35,030 --> 00:52:31,710
already started this or perhaps you're

1104
00:52:38,270 --> 00:52:35,040
considering doing this I have learned

1105
00:52:42,260 --> 00:52:38,280
through anthropology myself that the

1106
00:52:46,490 --> 00:52:42,270
culture of sharing dreams and the

1107
00:52:49,610 --> 00:52:46,500
culture of having dreams be an important

1108
00:52:53,030 --> 00:52:49,620
part of one's life will give rise to

1109
00:52:55,240 --> 00:52:53,040
more dreams and that there are cultures

1110
00:52:58,820 --> 00:52:55,250
in South America and in the Pacific

1111
00:53:02,420 --> 00:52:58,830
where people get together every morning

1112
00:53:06,830 --> 00:53:02,430
and share their dreams have you begun to

1113
00:53:10,400 --> 00:53:06,840

form a dreaming community haha that's

1114

00:53:12,380 --> 00:53:10,410

great well I have and I've had better

1115

00:53:15,950 --> 00:53:12,390

dream communities to be honest than I do

1116

00:53:17,660 --> 00:53:15,960

right now because right now I am taking

1117

00:53:18,840 --> 00:53:17,670

care of a four year old for a good

1118

00:53:22,290 --> 00:53:18,850

portion of the day

1119

00:53:24,570 --> 00:53:22,300

sweet hahaha and so I get a lot of my

1120

00:53:27,420 --> 00:53:24,580

dream community comes through it comes

1121

00:53:30,090 --> 00:53:27,430

through doing these courses and an

1122

00:53:33,480 --> 00:53:30,100

online work but I do occasionally get

1123

00:53:36,000 --> 00:53:33,490

out to to do dream groups and what I

1124

00:53:39,060 --> 00:53:36,010

recommend for people is if you can could

1125

00:53:41,550 --> 00:53:39,070

join a dream group a peer group you know

1126
00:53:43,500 --> 00:53:41,560
you don't have to necessarily find you

1127
00:53:46,500 --> 00:53:43,510
know an expert that's charging you by

1128
00:53:50,160 --> 00:53:46,510
the hour to do this thing you can you

1129
00:53:53,580 --> 00:53:50,170
can read a book literally read a book on

1130
00:53:56,180 --> 00:53:53,590
having a dream circle learn some best

1131
00:53:59,190 --> 00:53:56,190
practices and then take turns

1132
00:54:02,640 --> 00:53:59,200
facilitating the circle with you know

1133
00:54:06,380 --> 00:54:02,650
half dozen of your friends and it's a

1134
00:54:09,870 --> 00:54:06,390
very incredible experience to have

1135
00:54:11,520 --> 00:54:09,880
especially especially if you form a

1136
00:54:13,260 --> 00:54:11,530
group right that you get to know each

1137
00:54:15,060 --> 00:54:13,270
other and you have a sense of trust and

1138
00:54:20,040 --> 00:54:15,070

you're able to talk about your dreams

1139

00:54:22,790 --> 00:54:20,050

and in community and right there's a

1140

00:54:25,440 --> 00:54:22,800

sort of FX to it you know what I mean

1141

00:54:27,840 --> 00:54:25,450

and this is really what I'm speaking

1142

00:54:30,720 --> 00:54:27,850

about is kind of come out of what we

1143

00:54:34,080 --> 00:54:30,730

call them the contemporary dreamwork

1144

00:54:37,770 --> 00:54:34,090

movement which began in the 1980s it

1145

00:54:40,910 --> 00:54:37,780

began in berkeley california essentially

1146

00:54:44,130 --> 00:54:40,920

you have a group of dream workers who

1147

00:54:45,570 --> 00:54:44,140

learned these methods and essentially

1148

00:54:48,420 --> 00:54:45,580

said hey you don't need a psychologist

1149

00:54:51,030 --> 00:54:48,430

to tell you what your dream means at the

1150

00:54:53,270 --> 00:54:51,040

end of the night what you think your

1151

00:54:56,250 --> 00:54:53,280

dream is is the most important thing

1152

00:54:58,080 --> 00:54:56,260

it's the most important thing and so

1153

00:55:01,020 --> 00:54:58,090

there's there's an ethics that comes

1154

00:55:02,910 --> 00:55:01,030

with that that i abide by and is it

1155

00:55:04,920 --> 00:55:02,920

comes from the international association

1156

00:55:07,680 --> 00:55:04,930

for the study of dreams which I'm a

1157

00:55:09,060 --> 00:55:07,690

member and actually a board member and

1158

00:55:11,580 --> 00:55:09,070

you know the organization's been around

1159

00:55:13,830 --> 00:55:11,590

for 30 years and they pee stream work

1160

00:55:16,230 --> 00:55:13,840

they teach they support dream research

1161

00:55:19,260 --> 00:55:16,240

that's great everything from science to

1162

00:55:20,790 --> 00:55:19,270

shamanism with this group but ya

1163

00:55:23,430 --> 00:55:20,800

contemporary dream work is about

1164

00:55:25,170 --> 00:55:23,440

grassroots it's about doing this in your

1165

00:55:28,140 --> 00:55:25,180

own community and having fun with it

1166

00:55:31,030 --> 00:55:28,150

well I'm sure your little child has no

1167

00:55:34,030 --> 00:55:31,040

preconceived ideas have

1168

00:55:37,510 --> 00:55:34,040

you ever asks the ire of the boy or the

1169

00:55:39,970 --> 00:55:37,520

girl uh what they think about it safe

1170

00:55:42,250 --> 00:55:39,980

had dreams oh it's great I you know I

1171

00:55:45,160 --> 00:55:42,260

asked I asked my son Connor I asked him

1172

00:55:46,930 --> 00:55:45,170

every day what did you dream last night

1173

00:55:53,170 --> 00:55:46,940

and I make that I make the space for it

1174

00:55:57,910 --> 00:55:53,180

and what I'm finding is is that he won't

1175

00:55:59,950 --> 00:55:57,920

usually tell me if I ask directly Jose

1176
00:56:02,230 --> 00:55:59,960
he won't remember or I'll tell me about

1177
00:56:05,710 --> 00:56:02,240
his favorite video game which is

1178
00:56:07,060 --> 00:56:05,720
minecraft by the way and it he'll tell

1179
00:56:08,860 --> 00:56:07,070
me about how he had a dream about

1180
00:56:11,910 --> 00:56:08,870
Minecraft which may or may not be true

1181
00:56:14,440 --> 00:56:11,920
but what I suspect is that's not true

1182
00:56:15,850 --> 00:56:14,450
but in any case he tells me his story he

1183
00:56:19,660 --> 00:56:15,860
tells me a little bit about Minecraft

1184
00:56:21,820 --> 00:56:19,670
but when he wakes up and he remembers a

1185
00:56:24,730 --> 00:56:21,830
dream now heal spontaneously tell me

1186
00:56:28,000 --> 00:56:24,740
he'll say daddy I had a dream wonderful

1187
00:56:30,130 --> 00:56:28,010
and and he has told me there's and he's

1188
00:56:34,060 --> 00:56:30,140

had he's had nightmares and he's had

1189

00:56:36,970 --> 00:56:34,070

really sweet dreams um and you know in

1190

00:56:38,830 --> 00:56:36,980

sort of just images and it's it's cool

1191

00:56:40,750 --> 00:56:38,840

it's very cool and now that he's getting

1192

00:56:43,150 --> 00:56:40,760

the language where he can articulate it

1193

00:56:46,090 --> 00:56:43,160

and the memory you know the memory to

1194

00:56:48,280 --> 00:56:46,100

look back and be able to do it it's very

1195

00:56:50,350 --> 00:56:48,290

cool to be here at the onset and to

1196

00:56:52,600 --> 00:56:50,360

teach a dream positive to have a dream

1197

00:56:56,110 --> 00:56:52,610

positive house that is that is wonderful

1198

00:56:59,620 --> 00:56:56,120

I have one further question for you

1199

00:57:01,290 --> 00:56:59,630

about dreams and about a dream group and

1200

00:57:04,750 --> 00:57:01,300

that is whether you have ever

1201

00:57:07,690 --> 00:57:04,760

participated in a group of intentional

1202

00:57:10,780 --> 00:57:07,700

dreamers who intend to meet like say

1203

00:57:14,080 --> 00:57:10,790

decide that everybody is no matter where

1204

00:57:15,610 --> 00:57:14,090

they're located preferably in in one or

1205

00:57:18,220 --> 00:57:15,620

two time zones you don't want somebody

1206

00:57:19,930 --> 00:57:18,230

you know a totally different time

1207

00:57:22,600 --> 00:57:19,940

necessarily though I don't know if that

1208

00:57:26,410 --> 00:57:22,610

makes a difference and you have people

1209

00:57:29,680 --> 00:57:26,420

say that on Sunday night we will meet in

1210

00:57:31,930 --> 00:57:29,690

a dream and we will do X Y or Z have you

1211

00:57:35,350 --> 00:57:31,940

ever done like that kind of intentional

1212

00:57:38,050 --> 00:57:35,360

work I I have and and we were it was

1213

00:57:41,080 --> 00:57:38,060

this was about ten years ago or so and I

1214

00:57:43,450 --> 00:57:41,090

was with a group of grad students fellow

1215

00:57:44,920 --> 00:57:43,460

grad students we we were meeting up and

1216

00:57:47,859 --> 00:57:44,930

talking about dreams about

1217

00:57:51,339 --> 00:57:47,869

once a week and and for a while we tried

1218

00:57:53,170 --> 00:57:51,349

this and we had some interesting i would

1219

00:57:56,559 --> 00:57:53,180

say near misses that that could have

1220

00:57:58,240 --> 00:57:56,569

been mutual dreams one of looking back

1221

00:58:01,870 --> 00:57:58,250

one of the mistakes and i think we made

1222

00:58:04,240 --> 00:58:01,880

is that we often were location dependent

1223

00:58:07,750 --> 00:58:04,250

about we're like we'll meet you you know

1224

00:58:10,780 --> 00:58:07,760

in your dream at the beach red then

1225

00:58:13,720 --> 00:58:10,790

we'll just meet you and I think that

1226

00:58:17,620 --> 00:58:13,730

that might have quelled the effect

1227

00:58:20,530 --> 00:58:17,630

somewhat but I've heard some very you

1228

00:58:23,770 --> 00:58:20,540

know from people I trust who had pretty

1229

00:58:25,270 --> 00:58:23,780

amazing experiences of mutual dreams you

1230

00:58:26,559 --> 00:58:25,280

know to the fact that I'm satisfied that

1231

00:58:29,319 --> 00:58:26,569

they're not that they're not fooling

1232

00:58:31,150 --> 00:58:29,329

themselves they're not lying to me and

1233

00:58:32,890 --> 00:58:31,160

one of those people has actually written

1234

00:58:34,660 --> 00:58:32,900

a book about it and it's called I

1235

00:58:37,059 --> 00:58:34,670

believe it's called mutual it's called

1236

00:58:41,770 --> 00:58:37,069

dream partners that's called dream

1237

00:58:44,380 --> 00:58:41,780

partners but Maria pita and in James

1238

00:58:47,500 --> 00:58:44,390

crawl and these are two people who met

1239

00:58:49,530 --> 00:58:47,510

through a lucid dreaming forum and they

1240

00:58:53,260 --> 00:58:49,540

don't know each other in physical life

1241

00:58:55,630 --> 00:58:53,270

but they they began corresponding and

1242

00:58:58,109 --> 00:58:55,640

then they tried an experiment and are

1243

00:59:01,390 --> 00:58:58,119

both very proficient lucid dreamers and

1244

00:59:04,390 --> 00:59:01,400

their their stories their dreams are

1245

00:59:06,640 --> 00:59:04,400

incredible the hits are I mean it's just

1246

00:59:09,549 --> 00:59:06,650

you you read his dream you read hers on

1247

00:59:11,620 --> 00:59:09,559

the same night and you're like oh my

1248

00:59:14,890 --> 00:59:11,630

gosh how you know there's clearly

1249

00:59:16,720 --> 00:59:14,900

something is going on here so I think

1250

00:59:19,420 --> 00:59:16,730

this is definitely an effect that that

1251

00:59:21,940 --> 00:59:19,430

we need more information on so sounds

1252

00:59:24,309 --> 00:59:21,950

fascinating doesn't it it's great it's

1253

00:59:25,960 --> 00:59:24,319

great so and there's yeah and so you

1254

00:59:28,630 --> 00:59:25,970

know i would just yet you know find

1255

00:59:31,210 --> 00:59:28,640

somebody to do this with and and mortal

1256

00:59:34,510 --> 00:59:31,220

missed calm is that is the forum that

1257

00:59:39,039 --> 00:59:34,520

those two dreamers attend and it's it's

1258

00:59:43,510 --> 00:59:39,049

a very sweet myth mor tal my th am i

1259

00:59:46,780 --> 00:59:43,520

yeah mortal missed as an mi st missed a

1260

00:59:48,370 --> 00:59:46,790

not mess Oh missed that for me mortal

1261

00:59:50,620 --> 00:59:48,380

very nice very nice lucid dreaming

1262

00:59:53,200 --> 00:59:50,630

community there well you have to give us

1263

00:59:56,230 --> 00:59:53,210

all your website yes now is the time no

1264

00:59:58,720 --> 00:59:56,240

it publicize yourself in any way you

1265

01:00:00,940 --> 00:59:58,730

would like give us your book titles

1266

01:00:02,920 --> 01:00:00,950

that website the whole nine yards well

1267

01:00:05,440 --> 01:00:02,930

the first thing is is I don't think I've

1268

01:00:08,200 --> 01:00:05,450

told you this but I wrote a chapter in a

1269

01:00:11,710 --> 01:00:08,210

book on out-of-body experiences and it

1270

01:00:14,440 --> 01:00:11,720

just got released last week it's an

1271

01:00:17,440 --> 01:00:14,450

e-book and it's free and you can

1272

01:00:20,200 --> 01:00:17,450

download it for free from my website

1273

01:00:22,720 --> 01:00:20,210

which is dream studies org and a book is

1274

01:00:26,109 --> 01:00:22,730

called consciousness beyond the body and

1275

01:00:29,050 --> 01:00:26,119

it's basically new perspectives on an

1276

01:00:31,359 --> 01:00:29,060

out-of-body experiences by multiple

1277

01:00:33,700 --> 01:00:31,369

authors multiple researchers the editor

1278

01:00:36,630 --> 01:00:33,710

is Alex Defoe there's an Australian

1279

01:00:39,670 --> 01:00:36,640

researcher and I wrote a chapter on

1280

01:00:42,250 --> 01:00:39,680

looking at evolutionary psychology and

1281

01:00:45,160 --> 01:00:42,260

lucid and out of body experiences is

1282

01:00:48,160 --> 01:00:45,170

there a way that this phenomena could be

1283

01:00:50,470 --> 01:00:48,170

rooted in the deep past you know and and

1284

01:00:51,820 --> 01:00:50,480

and be selected for in some kind of way

1285

01:00:54,130 --> 01:00:51,830

so that was kind of the thought

1286

01:00:56,290 --> 01:00:54,140

experiment of my chapter but there's

1287

01:00:58,720 --> 01:00:56,300

chapters by robert wagner and Claire

1288

01:01:03,040 --> 01:00:58,730

Johnson who are both to lucid dreaming

1289

01:01:04,630 --> 01:01:03,050

authors who are well known for for lucid

1290

01:01:07,630 --> 01:01:04,640

dreaming as well as quite a few

1291

01:01:09,670 --> 01:01:07,640

out-of-body experience researchers who

1292

01:01:13,660 --> 01:01:09,680

talk about all them basically all the

1293

01:01:16,120 --> 01:01:13,670

mysteries the contentions the debate is

1294

01:01:17,859 --> 01:01:16,130

is all taught in the book and so you can

1295

01:01:19,900 --> 01:01:17,869

get it for free it's a PDF and breathe

1296

01:01:22,840 --> 01:01:19,910

and right now it's going to be populated

1297

01:01:26,290 --> 01:01:22,850

on amazon and all the other booksellers

1298

01:01:28,510 --> 01:01:26,300

and it will be free as well but as of

1299

01:01:31,900 --> 01:01:28,520

right now you can get it on my site

1300

01:01:33,370 --> 01:01:31,910

easily so so that's that's the plug for

1301

01:01:35,590 --> 01:01:33,380

for the book we're trying to get it out

1302

01:01:39,130 --> 01:01:35,600

and as far and as wide as possible and

1303

01:01:40,720 --> 01:01:39,140

generate conversation and yeah I measure

1304

01:01:42,370 --> 01:01:40,730

my website which is dream studies org

1305

01:01:43,980 --> 01:01:42,380

and that's basically right I blogged

1306

01:01:47,740 --> 01:01:43,990

about dreams and consciousness studies

1307

01:01:49,420 --> 01:01:47,750

and yeah you know I welcome anybody to

1308

01:01:51,040 --> 01:01:49,430

to take a look it was a lot of content

1309

01:01:56,109 --> 01:01:51,050

there I've been writing on the blog

1310

01:01:58,390 --> 01:01:56,119

since 2007 so lots of content yes well

1311

01:02:01,510 --> 01:01:58,400

and you also have a newsletter which I

1312

01:02:03,940 --> 01:02:01,520

receive that's right yeah if you you

1313

01:02:06,640 --> 01:02:03,950

know subscribe to my newsletter you get

1314

01:02:08,890 --> 01:02:06,650

a free ebook and and then I you know you

1315

01:02:10,690 --> 01:02:08,900

get basically bonus content and in

1316

01:02:12,260 --> 01:02:10,700

opportunities and of course you hear

1317

01:02:13,790 --> 01:02:12,270

about my sales first and

1318

01:02:17,350 --> 01:02:13,800

you hear about my classes because I

1319

01:02:20,480 --> 01:02:17,360

always offer my classes to my newsletter

1320

01:02:23,810 --> 01:02:20,490

subscribers first and so far I haven't

1321

01:02:25,910 --> 01:02:23,820

had to advertise so you know it's a way

1322

01:02:29,030 --> 01:02:25,920

to go it's just been the newsletter and

1323

01:02:31,250 --> 01:02:29,040

and so that's really the way to get onto

1324

01:02:33,980 --> 01:02:31,260

the waiting list for the classes what we

1325

01:02:35,420 --> 01:02:33,990

thank you so much yeah Ryan for being

1326

01:02:38,780 --> 01:02:35,430

our guest it's been extremely

1327

01:02:41,450 --> 01:02:38,790

instructive and I think our listeners

1328

01:02:44,450 --> 01:02:41,460

are going to be really thrilled to hear

1329

01:02:46,430 --> 01:02:44,460

this so thanks so much for being on

1330

01:02:49,220 --> 01:02:46,440

until we have to say pleasant dreams

1331

01:02:51,110 --> 01:02:49,230

pleasant dreams tonight sweet dreams

1332

01:02:53,360 --> 01:02:51,120

sweet rubes days for having me Otto had

1333

01:02:56,810 --> 01:02:53,370

a blast thank you so much for my now

1334

01:02:59,630 --> 01:02:56,820

Ryan thing tonight so Kate that was

1335

01:03:01,400 --> 01:02:59,640

really wonderful right um and we all

1336

01:03:05,000 --> 01:03:01,410

have something to work on in the evening

1337

01:03:08,810 --> 01:03:05,010

to intend to have a good dream at night

1338

01:03:12,560 --> 01:03:08,820

yeah I wanted to say that I think that

1339

01:03:16,850 --> 01:03:12,570

our next guest is going to be Michael

1340

01:03:22,190 --> 01:03:16,860

Grasso who wrote the book the man who

1341

01:03:26,690 --> 01:03:22,200

could fly which is um all about st.

1342

01:03:31,040 --> 01:03:26,700

joseph of cupertino who lived in the

1343

01:03:34,130 --> 01:03:31,050

18th century in the 1750s I think mm-hmm

1344

01:03:39,470 --> 01:03:34,140

and he's going to be our next guest i

1345

01:03:42,830 --> 01:03:39,480

believe all all things being good and so

1346

01:03:44,840 --> 01:03:42,840

that's what I wonder if he actually did

1347

01:03:47,360 --> 01:03:44,850

fire if he was just dreaming he was

1348

01:03:50,660 --> 01:03:47,370

flying yeah well I've had flying dreams

1349

01:03:53,000 --> 01:03:50,670

haven't you no no flying dreams I've

1350

01:03:55,250 --> 01:03:53,010

really dream a person who actually flies

1351

01:03:57,410 --> 01:03:55,260

in real life no flying dreams oh that's

1352

01:03:59,870 --> 01:03:57,420

amazing I know but you know what

1353

01:04:02,690 --> 01:03:59,880

Confucius said what last night I dreamt

1354

01:04:05,030 --> 01:04:02,700

I was a butterfly now today I don't know

1355

01:04:07,580 --> 01:04:05,040

if I'm a man dreaming I was a butterfly

1356

01:04:10,910 --> 01:04:07,590

or a butterfly dreaming I'm a myth I

1357

01:04:13,670 --> 01:04:10,920

would agree with that big time Confucius

1358

01:04:16,340 --> 01:04:13,680

say a lot of good things yes yes he did

1359

01:04:18,770 --> 01:04:16,350

he said a lot of wonderful things and so

1360

01:04:22,460 --> 01:04:18,780

I guess it's time for us to say I do too