



1
00:00:08,570 --> 00:00:17,180

[Music]

2
00:00:25,470 --> 00:00:20,670

welcome to shattered reality with your

3
00:00:28,530 --> 00:00:25,480

hosts Kate Valentine and furs prepare to

4
00:00:45,680 --> 00:00:28,540

have your paradigms shifted into truths

5
00:00:53,040 --> 00:00:49,290

we've got quite a quite a zoo here today

6
00:00:57,720 --> 00:00:53,050

we've got Sasquatch and Kate and Kate's

7
00:01:00,420 --> 00:00:57,730

dog Cape and ferocious shout of reality

8
00:01:02,490 --> 00:01:00,430

you want a slate for us Kate yeah I

9
00:01:04,319 --> 00:01:02,500

would say today is just another great

10
00:01:04,979 --> 00:01:04,329

beautiful day here in northern New

11
00:01:08,690 --> 00:01:04,989

Jersey

12
00:01:11,580 --> 00:01:08,700

absolutely gorgeous month of may 8th

13
00:01:14,550 --> 00:01:11,590

2018 and we are with you again which

14

00:01:18,690 --> 00:01:14,560

episode is this now my god so it's must

15

00:01:22,289 --> 00:01:18,700

be like it's 60 68 I believe it's this

16

00:01:26,850 --> 00:01:22,299

is I believe it's the 68th show of our

17

00:01:30,390 --> 00:01:26,860

wonderful shattered reality podcast with

18

00:01:33,960 --> 00:01:30,400

Tate Valentine and faroush ax we're here

19

00:01:36,690 --> 00:01:33,970

today on a beautiful spring day which is

20

00:01:39,600 --> 00:01:36,700

spring the way it should be it's only

21

00:01:42,030 --> 00:01:39,610

just warm it's not red-hot and it's not

22

00:01:44,880 --> 00:01:42,040

snowing so we're in great luck today

23

00:01:48,240 --> 00:01:44,890

we're also in great luck to have a

24

00:01:53,179 --> 00:01:48,250

gentleman with us who is a wonderful

25

00:01:55,469 --> 00:01:53,189

author he has written a number of books

26
00:01:59,760 --> 00:01:55,479
one of which were going to speak about

27
00:02:03,539 --> 00:01:59,770
today but he's the author of Oh at least

28
00:02:07,319 --> 00:02:03,549
five other books maybe more that a lot

29
00:02:10,259 --> 00:02:07,329
of them are about Texas and what the

30
00:02:12,949 --> 00:02:10,269
history of Texas but today we will

31
00:02:18,809 --> 00:02:12,959
include some of the history of Texas

32
00:02:20,160 --> 00:02:18,819
when we talk about monster hike a 100

33
00:02:24,059 --> 00:02:20,170
mile inquiry

34
00:02:27,449 --> 00:02:24,069
into the Sasquatch mystery with Avril

35
00:02:33,600 --> 00:02:27,459
Averell seal now April are you there I

36
00:02:38,640 --> 00:02:33,610
am April is a fabulous author as I said

37
00:02:40,320 --> 00:02:38,650
and he is he has a very strange title as

38
00:02:42,870 --> 00:02:40,330

far as I know I haven't heard anybody

39

00:02:46,199 --> 00:02:42,880

with this title before he works at the

40

00:02:50,250 --> 00:02:46,209

University of Texas as a messaging

41

00:02:53,330 --> 00:02:50,260

architect which in other words is is a

42

00:02:57,060 --> 00:02:53,340

writer right April that's correct okay

43

00:03:00,920 --> 00:02:57,070

and it's a it's a common title in

44

00:03:03,390 --> 00:03:00,930

marketing circles in I'm part of the

45

00:03:06,240 --> 00:03:03,400

university's communication office but

46

00:03:08,880 --> 00:03:06,250

specifically the marketing arm of that

47

00:03:11,370 --> 00:03:08,890

and so that was the title that was

48

00:03:15,000 --> 00:03:11,380

offered to me ah about a year ago or so

49

00:03:17,220 --> 00:03:15,010

do you mind if I get in touch with you

50

00:03:19,770 --> 00:03:17,230

at another time so you could give me one

51
00:03:22,880 --> 00:03:19,780
of these wonderful titles that I can add

52
00:03:28,319 --> 00:03:22,890
to my business card you know no problem

53
00:03:32,060 --> 00:03:28,329
intuitive consultant and rocontour

54
00:03:35,220 --> 00:03:32,070
I don't know but you can figure one out

55
00:03:38,610 --> 00:03:35,230
that's basically I'm the kind of an

56
00:03:43,190 --> 00:03:38,620
all-purpose writer an editor there for

57
00:03:46,770 --> 00:03:43,200
university-wide communications so the

58
00:03:50,400 --> 00:03:46,780
let me just sort of bring the audience

59
00:03:52,949 --> 00:03:50,410
into the story here that you have

60
00:03:56,100 --> 00:03:52,959
written you were going to be fifty years

61
00:03:57,840 --> 00:03:56,110
old this happened sometime in the fall

62
00:03:59,819 --> 00:03:57,850
it was reasonably recently you were

63
00:04:01,740 --> 00:03:59,829

going to be fifty and you did turn fifty

64

00:04:05,940 --> 00:04:01,750

in fact and we're and we're happy you

65

00:04:10,460 --> 00:04:05,950

did but the whole idea about turning 50

66

00:04:13,020 --> 00:04:10,470

was you wanted to do something like

67

00:04:15,300 --> 00:04:13,030

groundbreaking something you'd remember

68

00:04:18,080 --> 00:04:15,310

your birthday and you didn't want to

69

00:04:22,380 --> 00:04:18,090

jump out of a parachute jump out like

70

00:04:24,480 --> 00:04:22,390

George HW Bush when he was 90 jump out

71

00:04:27,630 --> 00:04:24,490

of an airplane you decided that would be

72

00:04:29,150 --> 00:04:27,640

a bad idea and it would be over too

73

00:04:32,400 --> 00:04:29,160

quickly if I'm recalling correctly

74

00:04:33,870 --> 00:04:32,410

that's right and so why don't you tell

75

00:04:37,080 --> 00:04:33,880

us what you decided to

76

00:04:40,710 --> 00:04:37,090

do well as you say it was kind of

77

00:04:46,760 --> 00:04:40,720

leading up to my my 50th birthday and I

78

00:04:50,460 --> 00:04:46,770

the one thing that I can do is is walk

79

00:04:52,020 --> 00:04:50,470

and I'm not a great athlete in any other

80

00:04:54,030 --> 00:04:52,030

kind of way I've tried

81

00:04:56,970 --> 00:04:54,040

you know I've jogged a little bit I've

82

00:05:00,750 --> 00:04:56,980

done a couple of short triathlons but

83

00:05:05,160 --> 00:05:00,760

I'm an outdoorsman and a scouting dad

84

00:05:08,760 --> 00:05:05,170

and loved to be outside and so decided

85

00:05:13,080 --> 00:05:08,770

to do this hike and you know there are a

86

00:05:14,370 --> 00:05:13,090

couple of kind of Markey hikes in North

87

00:05:17,100 --> 00:05:14,380

America one of them is the Appalachian

88

00:05:19,980 --> 00:05:17,110

Trail of course and the other one is the

89

00:05:22,950 --> 00:05:19,990

Pacific Crest Trail but those are you

90

00:05:26,130 --> 00:05:22,960

know each and excess of over you know

91

00:05:28,710 --> 00:05:26,140

2,000 miles or so and I didn't have you

92

00:05:30,240 --> 00:05:28,720

know six months to knock off of work and

93

00:05:33,900 --> 00:05:30,250

do this I

94

00:05:35,580 --> 00:05:33,910

week basically a vacation time and but I

95

00:05:37,230 --> 00:05:35,590

wanted to do all of something I wanted

96

00:05:39,990 --> 00:05:37,240

to be able to say it that I could do all

97

00:05:42,150 --> 00:05:40,000

of something and so I set out to hike

98

00:05:44,160 --> 00:05:42,160

what's called the lone Starr trail and

99

00:05:47,850 --> 00:05:44,170

it's in East Texas it's about an hour

100

00:05:49,920 --> 00:05:47,860

north of Houston and it stretches all

101
00:05:52,680 --> 00:05:49,930
the way across Sam Houston National

102
00:05:54,840 --> 00:05:52,690
Forest we've got four national forests

103
00:05:57,540 --> 00:05:54,850
and Texas and and that's the

104
00:06:00,990 --> 00:05:57,550
southernmost one and so and so that's

105
00:06:04,020 --> 00:06:01,000
what I decided to do cool well that's

106
00:06:06,620 --> 00:06:04,030
that sounds like an interesting idea and

107
00:06:14,160 --> 00:06:06,630
one of the reasons oh dear we thought

108
00:06:18,440 --> 00:06:14,170
whose dogs are those not yours well go

109
00:06:23,430 --> 00:06:18,450
off the hounds okay call off the hounds

110
00:06:26,640 --> 00:06:23,440
so what I usually don't think of Texas

111
00:06:29,250 --> 00:06:26,650
is being forested and East Texas

112
00:06:30,570 --> 00:06:29,260
especially is north of Houston there's a

113
00:06:32,640 --> 00:06:30,580

lot of forests there

114

00:06:34,650 --> 00:06:32,650

I'm very good I'm sorry I'm from New

115

00:06:37,560 --> 00:06:34,660

Jersey no I know once you get past the

116

00:06:44,790 --> 00:06:37,570

Mississippi forget yeah it's all the

117

00:06:47,070 --> 00:06:44,800

same right now Texas is as as has about

118

00:06:47,910 --> 00:06:47,080

it's five different very distinct

119

00:06:50,580 --> 00:06:47,920

ecosystem

120

00:06:53,670 --> 00:06:50,590

and it in a Hollywood version of Texas

121

00:06:55,830 --> 00:06:53,680

is really West Texas and that's the you

122

00:06:58,860 --> 00:06:55,840

know tumbleweed and the you know Canyon

123

00:07:01,200 --> 00:06:58,870

occasional canyons and their mountains

124

00:07:03,000 --> 00:07:01,210

out there and so forth but but you know

125

00:07:05,940 --> 00:07:03,010

East Texas is not very different from

126

00:07:09,120 --> 00:07:05,950

Louisiana of course okay cuz they're

127

00:07:12,480 --> 00:07:09,130

they share a border and so Arkansas

128

00:07:16,140 --> 00:07:12,490

eastern Oklahoma East Texas all kind of

129

00:07:20,760 --> 00:07:16,150

the same the same biome they're in which

130

00:07:23,490 --> 00:07:20,770

is relatively flat lots of rainfall in

131

00:07:25,460 --> 00:07:23,500

excess of you know probably fifty inches

132

00:07:29,040 --> 00:07:25,470

of year inches a year of rainfall so

133

00:07:32,340 --> 00:07:29,050

that's that's why there that's why we're

134

00:07:43,110 --> 00:07:32,350

talking about this because it's got the

135

00:07:46,440 --> 00:07:43,120

right biological prerequisites for yeah

136

00:07:50,250 --> 00:07:46,450

so that was what what you had been out a

137

00:07:53,160 --> 00:07:50,260

couple of times with your three sons on

138

00:07:55,980 --> 00:07:53,170

a day hike and a one your older son on

139

00:07:59,030 --> 00:07:55,990

an overnight hike in this Sam Houston

140

00:08:04,980 --> 00:07:59,040

National Forest and you feel as though

141

00:08:08,700 --> 00:08:04,990

you found that there may have been signs

142

00:08:10,920 --> 00:08:08,710

of Sasquatch signs of Bigfoot now I have

143

00:08:14,150 --> 00:08:10,930

to at this point I have to ask you a

144

00:08:23,790 --> 00:08:18,720

why are big foots called Bigfoot's and

145

00:08:28,040 --> 00:08:23,800

not big feet that is the \$64,000

146

00:08:31,890 --> 00:08:28,050

question actually actually address that

147

00:08:33,480 --> 00:08:31,900

it's because big feet doesn't either one

148

00:08:38,250 --> 00:08:33,490

of them sound right early that's why I

149

00:08:40,440 --> 00:08:38,260

kind of opted for sasquatches the

150

00:08:49,350 --> 00:08:40,450

dramatic ending and making in the end

151

00:08:53,760 --> 00:08:49,360

Bigfoot I'm sorry I I don't want to like

152

00:08:57,190 --> 00:08:53,770

a verb doesn't it the gerund it does but

153

00:09:01,580 --> 00:08:57,200

I want I take this the

154

00:09:04,010 --> 00:09:01,590

Bigfoot idea quite seriously now I am

155

00:09:08,830 --> 00:09:04,020

NOT a believer nor am i a disbeliever I

156

00:09:12,590 --> 00:09:08,840

have not experienced and a meeting with

157

00:09:15,500 --> 00:09:12,600

sasquatch myself but I happen to know

158

00:09:17,210 --> 00:09:15,510

somebody who is a somewhat of a

159

00:09:21,410 --> 00:09:17,220

world-famous mind

160

00:09:25,840 --> 00:09:21,420

believe it or not who is about your age

161

00:09:30,650 --> 00:09:25,850

Averell and who experienced a one-on-one

162

00:09:33,950 --> 00:09:30,660

firsthand Bigfoot sighting in white

163

00:09:43,460 --> 00:09:33,960

metal Lake New Jersey I would say about

164

00:09:45,800 --> 00:09:43,470

35 years ago so you did you have any

165

00:09:52,010 --> 00:09:45,810

prior interest before you took this

166

00:09:57,680 --> 00:09:52,020

midlife crisis type hikes I did and I I

167

00:10:00,740 --> 00:09:57,690

grew up in the 70s and you know it was

168

00:10:03,320 --> 00:10:00,750

part of popular culture back in I was

169

00:10:06,560 --> 00:10:03,330

well aware of the phenomenon the Six

170

00:10:11,420 --> 00:10:06,570

Million Dollar Man the Patterson Gimlin

171

00:10:13,640 --> 00:10:11,430

film yeah was shot in October of 1967

172

00:10:17,540 --> 00:10:13,650

which incidentally was the era that I

173

00:10:20,750 --> 00:10:17,550

was born okay so I was I was well aware

174

00:10:23,450 --> 00:10:20,760

of it and it always had kind of a steady

175

00:10:25,940 --> 00:10:23,460

interest in it and it had been growing I

176

00:10:30,770 --> 00:10:25,950

would say over the ten years or so

177

00:10:35,920 --> 00:10:30,780

before I took this hike so I was online

178

00:10:39,740 --> 00:10:35,930

I was aware of the the spread of them

179

00:10:41,240 --> 00:10:39,750

the the distribution of them so you so

180

00:10:44,900 --> 00:10:41,250

you saw the Patterson Gimlin film

181

00:10:49,970 --> 00:10:44,910

everybody I think that's interested in

182

00:10:54,230 --> 00:10:49,980

the paranormal who is over 35 years old

183

00:10:57,740 --> 00:10:54,240

has probably seen that film of was very

184

00:11:00,830 --> 00:10:57,750

important groundbreaking film of the

185

00:11:03,650 --> 00:11:00,840

Sasquatch and some people say it was a

186

00:11:05,690 --> 00:11:03,660

hoax other people's such as yourself

187

00:11:08,120 --> 00:11:05,700

found it to be very real would you like

188

00:11:10,670 --> 00:11:08,130

to explain why you you thought it was

189

00:11:13,850 --> 00:11:10,680

real visa via the joints on

190

00:11:17,720 --> 00:11:13,860

the on the creature well sure there are

191

00:11:19,730 --> 00:11:17,730

a lot of people several people I should

192

00:11:24,530 --> 00:11:19,740

say have come forward and claimed that

193

00:11:26,510 --> 00:11:24,540

it was them and a suit but when it the

194

00:11:29,420 --> 00:11:26,520

longer that film was around and the

195

00:11:33,260 --> 00:11:29,430

closer it studied the more realistic

196

00:11:35,510 --> 00:11:33,270

it's found to be and the more the harder

197

00:11:41,019 --> 00:11:35,520

it is to believe that this is something

198

00:11:44,150 --> 00:11:41,029

that was concocted the for one thing the

199

00:11:46,970 --> 00:11:44,160

photogrammetry has shown that the

200

00:11:49,490 --> 00:11:46,980

creature was seven foot three I believe

201
00:11:53,150 --> 00:11:49,500
I may be off an inch there but no

202
00:11:56,630 --> 00:11:53,160
National Geographic had an episode occu

203
00:11:58,519 --> 00:11:56,640
mentary that they in which they got to

204
00:12:02,150 --> 00:11:58,529
the site they looked at landmark trees

205
00:12:05,810 --> 00:12:02,160
at the site replicated the lens that was

206
00:12:08,180 --> 00:12:05,820
used and and they concluded that the

207
00:12:10,760 --> 00:12:08,190
figure was over seven feet tall Wow and

208
00:12:15,530 --> 00:12:10,770
it also left a trackway a fourteen and a

209
00:12:18,260 --> 00:12:15,540
half inch prints and so also there's as

210
00:12:22,370 --> 00:12:18,270
you mentioned there the arms and legs

211
00:12:27,940 --> 00:12:22,380
are are jointed for breaking in points

212
00:12:32,329 --> 00:12:27,950
that are unlikely or almost unreplicated

213
00:12:33,769 --> 00:12:32,339

being and so while so while it at first

214

00:12:35,269 --> 00:12:33,779

it seems like oh this is a creature

215

00:12:38,090 --> 00:12:35,279

walking on two legs and swinging its

216

00:12:39,710 --> 00:12:38,100

arms obviously it's a human assuit when

217

00:12:43,300 --> 00:12:39,720

you look closer and you really you know

218

00:12:45,890 --> 00:12:43,310

do the the math and the geometry on it

219

00:12:49,040 --> 00:12:45,900

there's something odd about it and

220

00:12:54,079 --> 00:12:49,050

what's odd is that the creatures back

221

00:12:56,180 --> 00:12:54,089

step is very pronounced and its arms are

222

00:12:59,030 --> 00:12:56,190

longer as a percentage of its total

223

00:13:01,670 --> 00:12:59,040

height than human arms and of course

224

00:13:04,190 --> 00:13:01,680

there have been a lot of fakes fake

225

00:13:06,260 --> 00:13:04,200

Bigfoot videos over the years but that's

226

00:13:09,139 --> 00:13:06,270

that's the fastest way to tell a fake

227

00:13:12,949 --> 00:13:09,149

from one that's plausible or one that's

228

00:13:15,790 --> 00:13:12,959

probable probably authentic is that this

229

00:13:19,519 --> 00:13:15,800

business of the arm length the arm ratio

230

00:13:21,510 --> 00:13:19,529

because it's just hard to to fake that

231

00:13:24,680 --> 00:13:21,520

even in a costume and

232

00:13:29,190 --> 00:13:24,690

and the ones that are considered to be

233

00:13:33,240 --> 00:13:29,200

real are walking through the forest in

234

00:13:38,940 --> 00:13:33,250

the manner of an indigenous American or

235

00:13:43,560 --> 00:13:38,950

a person that even in Europe or on the

236

00:13:47,280 --> 00:13:43,570

steppes of Eurasia would be stepping

237

00:13:49,920 --> 00:13:47,290

toes toes and ball of the foot first and

238

00:13:52,230 --> 00:13:49,930

followed by heel rather than walking

239

00:13:54,390 --> 00:13:52,240

like a city person who strikes their

240

00:13:56,640 --> 00:13:54,400

heel on the ground first is that correct

241

00:13:58,530 --> 00:13:56,650

well that's right you know that's it's

242

00:14:00,600 --> 00:13:58,540

called a in there are a couple of

243

00:14:04,230 --> 00:14:00,610

different characteristics to the gate

244

00:14:05,700 --> 00:14:04,240

but it's called a compliant gait and I

245

00:14:08,760 --> 00:14:05,710

don't go too much into this in the book

246

00:14:12,630 --> 00:14:08,770

but the trackways Sasquatch trackways

247

00:14:14,190 --> 00:14:12,640

are in-line trackways in other words

248

00:14:17,070 --> 00:14:14,200

what if you are I were to walk in the

249

00:14:21,000 --> 00:14:17,080

snow you would see a left foot and a

250

00:14:23,010 --> 00:14:21,010

right foot zigzagging back and forth and

251

00:14:25,530 --> 00:14:23,020

a sasquatch

252

00:14:29,730 --> 00:14:25,540

typically it's like they're walking on a

253

00:14:31,950 --> 00:14:29,740

tightrope they're the feet are left and

254

00:14:34,380 --> 00:14:31,960

right obviously but they are in line

255

00:14:36,510 --> 00:14:34,390

with each other and when you think about

256

00:14:40,080 --> 00:14:36,520

it that makes a lot of sense for a

257

00:14:43,260 --> 00:14:40,090

bipedal animal that's extremely heavy in

258

00:14:45,390 --> 00:14:43,270

which the the legs need to be more

259

00:14:48,330 --> 00:14:45,400

centered under the under the center of

260

00:14:51,840 --> 00:14:48,340

gravity or the center of mass than they

261

00:14:54,270 --> 00:14:51,850

are at a human being because we're so

262

00:14:57,450 --> 00:14:54,280

much more light boned and small we can

263

00:14:59,400 --> 00:14:57,460

afford this sort of left and right a zig

264

00:15:01,080 --> 00:14:59,410

zagging pattern but in their case it's

265

00:15:03,720 --> 00:15:01,090

very much in line because they have to

266

00:15:05,730 --> 00:15:03,730

support this huge amount of weight and

267

00:15:08,250 --> 00:15:05,740

and how much would you speculate that

268

00:15:11,460 --> 00:15:08,260

they would weigh and like an adult male

269

00:15:14,550 --> 00:15:11,470

let's say I'm lying I think adult the

270

00:15:17,820 --> 00:15:14,560

males are probably I mean this is this

271

00:15:20,070 --> 00:15:17,830

is this is a lot of speculation and I

272

00:15:23,250 --> 00:15:20,080

want to be you know modest about how

273

00:15:26,790 --> 00:15:23,260

much we're able to know but people that

274

00:15:31,710 --> 00:15:26,800

study this harder than I do would not

275

00:15:35,310 --> 00:15:31,720

rule out 900 pounds as 10 of a ballpark

276

00:15:38,380 --> 00:15:35,320

you know the females

277

00:15:42,100 --> 00:15:38,390

seemed to be between seven and eight

278

00:15:45,160 --> 00:15:42,110

feet tall and and of about 500 pounds

279

00:15:46,600 --> 00:15:45,170

probably that's the estimate for for

280

00:15:48,730 --> 00:15:46,610

patty the subject of the

281

00:15:52,000 --> 00:15:48,740

patterson-gimlin film who was a female

282

00:15:54,240 --> 00:15:52,010

by the way breasts have anything to do

283

00:16:01,660 --> 00:15:54,250

with it anyway yeah that's right

284

00:16:03,520 --> 00:16:01,670

breasts and booty but so typically I

285

00:16:06,160 --> 00:16:03,530

mean from the sighting reports of which

286

00:16:09,160 --> 00:16:06,170

there have been about 10,000 across

287

00:16:13,300 --> 00:16:09,170

North America over the last century or

288

00:16:16,510 --> 00:16:13,310

so as females consistently are reported

289

00:16:19,570 --> 00:16:16,520

to be 7 to 8 feet tall males 8 to 10

290

00:16:20,920 --> 00:16:19,580

feet tall so just as a point of

291

00:16:23,770 --> 00:16:20,930

reference for people that might have

292

00:16:27,010 --> 00:16:23,780

lost sight of this most ceilings in an

293

00:16:31,020 --> 00:16:27,020

American home or 8 feet tall so that

294

00:16:34,410 --> 00:16:31,030

would be about the minimum of a male

295

00:16:37,920 --> 00:16:34,420

Sasquatch and so it's quite a terrifying

296

00:16:41,770 --> 00:16:37,930

idea to run into and Sam Houston

297

00:16:44,560 --> 00:16:41,780

National Forest that's right and of

298

00:16:46,570 --> 00:16:44,570

course kind of the I will say you know I

299

00:16:49,840 --> 00:16:46,580

will not string people along I have not

300

00:16:52,980 --> 00:16:49,850

seen as a Bigfoot either you know you

301
00:16:56,080 --> 00:16:52,990
haven't and I have it either but I have

302
00:16:58,390 --> 00:16:56,090
an awful lot of evidence I think

303
00:17:00,460 --> 00:16:58,400
including a photographs of footprints

304
00:17:02,950 --> 00:17:00,470
the best one of which is on the cover of

305
00:17:08,350 --> 00:17:02,960
the book so I'm laying all my cards on

306
00:17:11,079 --> 00:17:08,360
the table okay and in that footprint for

307
00:17:15,730 --> 00:17:11,089
people that haven't seen it is 18 inches

308
00:17:18,190 --> 00:17:15,740
long and 9 inches wide so it's my foot

309
00:17:21,610 --> 00:17:18,200
is a board of size 10 and a half men's

310
00:17:23,290 --> 00:17:21,620
shoe pretty standard right that's about

311
00:17:25,150 --> 00:17:23,300
average for a guy something like that

312
00:17:28,780 --> 00:17:25,160
yeah maybe a little bit on the short

313
00:17:33,190 --> 00:17:28,790

side but but I'm six-two sore so it's a

314

00:17:35,830 --> 00:17:33,200

it's a pretty average sized foot and it

315

00:17:38,980 --> 00:17:35,840

looks like a toddler's shoe compared to

316

00:17:41,320 --> 00:17:38,990

see I'm looking at the cover at the book

317

00:17:43,330 --> 00:17:41,330

right now and I see it and and you

318

00:17:46,390 --> 00:17:43,340

mentioned these triangles quite a bit

319

00:17:48,169 --> 00:17:46,400

during the book that you saw numbers of

320

00:17:55,460 --> 00:17:48,179

them during your

321

00:17:59,029 --> 00:17:55,470

like and so you spent four nights and

322

00:18:02,119 --> 00:17:59,039

three nights and weary with your brother

323

00:18:04,460 --> 00:18:02,129

during the hike could you explain

324

00:18:07,460 --> 00:18:04,470

explain how you what you did out there

325

00:18:10,580 --> 00:18:07,470

exactly sure sure well the total hike

326

00:18:13,820 --> 00:18:10,590

was eight days and so the book is

327

00:18:15,649 --> 00:18:13,830

divided up into into those parts or kind

328

00:18:17,330 --> 00:18:15,659

of there's there's a good bit of the

329

00:18:19,159 --> 00:18:17,340

book that's just preparation for the

330

00:18:20,600 --> 00:18:19,169

hike and kind of setting up you know

331

00:18:22,700 --> 00:18:20,610

what is a sasquatch why do I believe

332

00:18:24,350 --> 00:18:22,710

they're real where you know why do I

333

00:18:27,230 --> 00:18:24,360

believe that they're all over the United

334

00:18:29,989 --> 00:18:27,240

States and not just in California and

335

00:18:32,539 --> 00:18:29,999

Oregon and Washington and so forth so

336

00:18:34,159 --> 00:18:32,549

but about two thirds a third of the way

337

00:18:36,859 --> 00:18:34,169

through the book we do get to the hike

338

00:18:41,539 --> 00:18:36,869

itself and that was eight days I spent

339

00:18:45,049 --> 00:18:41,549

three nights camping which is I had

340

00:18:48,470 --> 00:18:45,059

intended to spend all seven nights and

341

00:18:52,430 --> 00:18:48,480

eight days camping but I had an

342

00:18:56,600 --> 00:18:52,440

experience on the first night that was

343

00:18:59,060 --> 00:18:56,610

quite disturbing and caused me to want

344

00:19:01,399 --> 00:18:59,070

to come off the trail on night three and

345

00:19:05,749 --> 00:19:01,409

so I spent nights three four five and

346

00:19:08,269 --> 00:19:05,759

six in a nearby town of Montgomery which

347

00:19:10,460 --> 00:19:08,279

is kind of a bedroom community in the

348

00:19:13,310 --> 00:19:10,470

northern Houston a greater northern

349

00:19:16,039 --> 00:19:13,320

Houston area and with my brother who had

350

00:19:20,389 --> 00:19:16,049

come over from San Antonio and had

351
00:19:24,289 --> 00:19:20,399
rented a house or was rented a room at

352
00:19:28,009 --> 00:19:24,299
an Airbnb house and so he was he was

353
00:19:30,440 --> 00:19:28,019
kind enough to take me for those nights

354
00:19:34,659 --> 00:19:30,450
because I basically didn't didn't

355
00:19:39,489 --> 00:19:34,669
believe that I could handle seven nights

356
00:19:42,529 --> 00:19:39,499
yeah well you did a quite a long hike I

357
00:19:45,619 --> 00:19:42,539
remember you had mentioned forty-four

358
00:19:49,039 --> 00:19:45,629
thousand steps a day now I wear this

359
00:19:52,070 --> 00:19:49,049
little device on my wrist and I'm trying

360
00:19:54,950 --> 00:19:52,080
to get 10,000 steps a day and for me to

361
00:19:56,480 --> 00:19:54,960
get more than 15,000 steps a day is

362
00:20:02,600 --> 00:19:56,490
quite unusual

363
00:20:04,399 --> 00:20:02,610

so 44,000 steps I take my hat off to you

364

00:20:06,919 --> 00:20:04,409

speaking of which what the heck is a

365

00:20:09,620 --> 00:20:06,929

toque you mention it's this thing about

366

00:20:12,620 --> 00:20:09,630

having a toque is it is it a watchman's

367

00:20:15,110 --> 00:20:12,630

cap is it what we call here if we were

368

00:20:18,289 --> 00:20:15,120

in Brooklyn Akoo Bellini what is a toque

369

00:20:21,230 --> 00:20:18,299

well it's it's you know it's funny did

370

00:20:23,000 --> 00:20:21,240

you highlight that because I realized

371

00:20:26,630 --> 00:20:23,010

after I had gone to press I finally

372

00:20:29,090 --> 00:20:26,640

found the word in print and I had been I

373

00:20:33,460 --> 00:20:29,100

had misspelled it in the book but it's

374

00:20:38,029 --> 00:20:33,470

the wrote the real spelling is tu q ue o

375

00:20:39,740 --> 00:20:38,039

tok like like ash ash tok it's a it's a

376

00:20:42,110 --> 00:20:39,750

knitted hat it's just a knitted

377

00:20:44,269 --> 00:20:42,120

cold-weather hat okay it's it's like

378

00:20:46,760 --> 00:20:44,279

watchman's hat okay like yeah like you

379

00:20:49,720 --> 00:20:46,770

would wear a skiing or something like

380

00:20:54,260 --> 00:20:49,730

that or you know some of them have the

381

00:20:57,279 --> 00:20:54,270

yarn balls on top of them and so that's

382

00:20:59,269 --> 00:20:57,289

what we call it to you Karina and I

383

00:21:00,950 --> 00:20:59,279

don't know where I picked that up I

384

00:21:04,600 --> 00:21:00,960

guess I picked it up from the great

385

00:21:06,680 --> 00:21:04,610

white north which is that SCTV bit Oh

386

00:21:12,049 --> 00:21:06,690

back in the day because they were always

387

00:21:16,039 --> 00:21:12,059

wearing Bob and Doug talking about their

388

00:21:23,870 --> 00:21:16,049

Tukes when they weren't talking about

389

00:21:26,539 --> 00:21:23,880

their beer but I found your your book

390

00:21:29,960 --> 00:21:26,549

was a pleasure to read because it was

391

00:21:33,529 --> 00:21:29,970

well written and it was well written in

392

00:21:36,620 --> 00:21:33,539

a way that there were basically it

393

00:21:39,680 --> 00:21:36,630

flowed and you you brought in a lot of

394

00:21:42,710 --> 00:21:39,690

local color you brought in a lot about

395

00:21:46,789 --> 00:21:42,720

your family history in that area of

396

00:21:49,820 --> 00:21:46,799

Texas and even began to talk about some

397

00:21:52,370 --> 00:21:49,830

of the other wildlife and give some very

398

00:21:55,070 --> 00:21:52,380

interesting information from for

399

00:21:58,460 --> 00:21:55,080

instance about the pygmy shrew I believe

400

00:22:00,950 --> 00:21:58,470

that you found dead on on the walkway

401
00:22:04,690 --> 00:22:00,960
and and quite frankly a lot of these

402
00:22:08,480 --> 00:22:04,700
details were interesting well thank you

403
00:22:10,399 --> 00:22:08,490
it made it it was you know I do read a

404
00:22:12,520 --> 00:22:10,409
bunch of different books for shadowed

405
00:22:14,860 --> 00:22:12,530
reality podcast

406
00:22:18,370 --> 00:22:14,870
some of them are highly technical with a

407
00:22:19,750 --> 00:22:18,380
lot of pvalue x' and graphs and stuff

408
00:22:22,960 --> 00:22:19,760
like that which I find very interesting

409
00:22:24,280 --> 00:22:22,970
but it's it's makes reading a little bit

410
00:22:26,500 --> 00:22:24,290
you know you have to go back and read

411
00:22:28,840 --> 00:22:26,510
again because I'm not a scientist and

412
00:22:32,860 --> 00:22:28,850
others some of the UFO books

413
00:22:35,440 --> 00:22:32,870

unfortunately are grammatically in very

414

00:22:38,170 --> 00:22:35,450

bad shape I'm not the greatest writer in

415

00:22:41,380 --> 00:22:38,180

the world but some people really need an

416

00:22:43,690 --> 00:22:41,390

editor but you were excellent and that

417

00:22:47,500 --> 00:22:43,700

is because you are a professional writer

418

00:22:49,210 --> 00:22:47,510

that is your that is your trade and so

419

00:22:54,940 --> 00:22:49,220

it was a pleasure to read the book I

420

00:22:57,580 --> 00:22:54,950

guess what we'll talk about is maybe you

421

00:22:59,350 --> 00:22:57,590

want to like give us the high couple of

422

00:23:03,310 --> 00:22:59,360

high points where you felt like there

423

00:23:05,770 --> 00:23:03,320

was some contact with the Bigfoot sure

424

00:23:07,660 --> 00:23:05,780

well we can talk about night well let me

425

00:23:10,060 --> 00:23:07,670

believe back up just a little bit Sharon

426

00:23:12,760 --> 00:23:10,070

- one year earlier which is one of those

427

00:23:18,610 --> 00:23:12,770

trips that you mentioned this was

428

00:23:20,550 --> 00:23:18,620

January 4th of 2016 and it was actually

429

00:23:24,820 --> 00:23:20,560

so it was actually not quite a year

430

00:23:29,170 --> 00:23:24,830

before before the hike and a friend of

431

00:23:33,160 --> 00:23:29,180

mine and I have this tradition of of

432

00:23:36,310 --> 00:23:33,170

going somewhere and camping on on or

433

00:23:38,280 --> 00:23:36,320

around New Year's that that break you

434

00:23:40,780 --> 00:23:38,290

know that traditionally between

435

00:23:43,360 --> 00:23:40,790

Christmas and New Year's and we went out

436

00:23:46,930 --> 00:23:43,370

about two and a half miles down the Lone

437

00:23:50,170 --> 00:23:46,940

Star trail from the from the western

438

00:23:53,500 --> 00:23:50,180

terminus of it near the town of Richards

439

00:23:56,500 --> 00:23:53,510

and it was a it was a cold obviously

440

00:23:58,450 --> 00:23:56,510

cold because it was January but a very

441

00:24:02,670 --> 00:23:58,460

still winter morning he and I were both

442

00:24:05,740 --> 00:24:02,680

hammock camping and we were we had

443

00:24:09,370 --> 00:24:05,750

chosen a little pond a little scenic

444

00:24:12,220 --> 00:24:09,380

little pond right near the trail set up

445

00:24:15,970 --> 00:24:12,230

camp there gone to sleep and then at

446

00:24:17,890 --> 00:24:15,980

6:00 in the morning I was awake I think

447

00:24:19,540 --> 00:24:17,900

I probably needed to go the restroom but

448

00:24:22,720 --> 00:24:19,550

I wasn't I wasn't getting out of my

449

00:24:25,330 --> 00:24:22,730

sleeping bag just yet and and I heard

450

00:24:28,090 --> 00:24:25,340

this loud crack

451
00:24:33,430 --> 00:24:28,100
on the other side of him so in the

452
00:24:35,230 --> 00:24:33,440
forest about say 50 yards or so on the

453
00:24:37,240 --> 00:24:35,240
other side of him he didn't hear it at

454
00:24:40,560 --> 00:24:37,250
all because he was down inside of his

455
00:24:46,540 --> 00:24:40,570
sleeping bag with this with his two Khan

456
00:24:49,900 --> 00:24:46,550
and and and so I heard this and then

457
00:24:53,490 --> 00:24:49,910
about a half a second he lapses in about

458
00:24:56,950 --> 00:24:53,500
a quarter of a mile away I hear this I

459
00:24:58,750 --> 00:24:56,960
hear this double knock AHA and and this

460
00:25:00,430 --> 00:24:58,760
is one of those things where if you

461
00:25:02,290 --> 00:25:00,440
didn't know which you were hearing you

462
00:25:04,720 --> 00:25:02,300
could you could ride it off to all kinds

463
00:25:07,270 --> 00:25:04,730

of things you could say well it was it

464

00:25:09,040 --> 00:25:07,280

was called and it was just branches

465

00:25:12,910 --> 00:25:09,050

breaking because branches break all the

466

00:25:15,220 --> 00:25:12,920

time in the in the forest but I had

467

00:25:17,970 --> 00:25:15,230

studied this phenomenon enough to know

468

00:25:20,470 --> 00:25:17,980

that what I was hearing was

469

00:25:23,680 --> 00:25:20,480

communication between between to

470

00:25:25,420 --> 00:25:23,690

squatches to sasquatches and I believe

471

00:25:28,540 --> 00:25:25,430

that that the first one that cracked

472

00:25:31,450 --> 00:25:28,550

that close crack that I heard was was

473

00:25:33,880 --> 00:25:31,460

one discovering us because we were

474

00:25:35,740 --> 00:25:33,890

blocking it from the pond and you know

475

00:25:40,150 --> 00:25:35,750

like like all nocturnal creatures that

476

00:25:41,500 --> 00:25:40,160

they they why they go to water at the

477

00:25:44,110 --> 00:25:41,510

beginning of their shift and at the end

478

00:25:44,710 --> 00:25:44,120

of their shift you they're working the

479

00:25:47,590 --> 00:25:44,720

night shift

480

00:25:49,780 --> 00:25:47,600

aha and so they and so like coyotes or

481

00:25:53,890 --> 00:25:49,790

deer or anything else that's active

482

00:25:55,360 --> 00:25:53,900

overnight they get a big drink when they

483

00:25:57,280 --> 00:25:55,370

get started and then they drink before

484

00:25:59,230 --> 00:25:57,290

they go to bed when the Sun comes up and

485

00:26:03,130 --> 00:25:59,240

I think that they were coming in to

486

00:26:06,220 --> 00:26:03,140

water and and so it was to me it was a

487

00:26:09,130 --> 00:26:06,230

very clear communication it was hey

488

00:26:11,710 --> 00:26:09,140

heads up humans over here and then

489

00:26:13,660 --> 00:26:11,720

another one farther away like I say

490

00:26:16,450 --> 00:26:13,670

about a quarter of a mile away saying

491

00:26:19,210 --> 00:26:16,460

gotcha or Roger that or something like

492

00:26:22,060 --> 00:26:19,220

that interest and so I was really struck

493

00:26:25,360 --> 00:26:22,070

by and I had heard I'd also been out

494

00:26:28,510 --> 00:26:25,370

there with my son on an earlier trip and

495

00:26:31,090 --> 00:26:28,520

heard what I believe to be a howl this

496

00:26:32,740 --> 00:26:31,100

is another phenomenon that that people

497

00:26:35,350 --> 00:26:32,750

report all the time in conjunction with

498

00:26:38,310 --> 00:26:35,360

Sasquatch sightings are these howls and

499

00:26:40,230 --> 00:26:38,320

again this was about it's sundown so it

500

00:26:45,389 --> 00:26:40,240

and you know kind of at the beginning of

501
00:26:48,180 --> 00:26:45,399
the shift that one and so in four in

502
00:26:50,999 --> 00:26:48,190
four trips out there twice I had heard

503
00:26:53,940 --> 00:26:51,009
for something that I couldn't explain or

504
00:26:56,789 --> 00:26:53,950
thought was highly suspicious okay so I

505
00:26:58,320 --> 00:26:56,799
knew I knew going in that there was if I

506
00:27:00,629 --> 00:26:58,330
was gonna spend seven nights in a row

507
00:27:02,310 --> 00:27:00,639
out there eight days in a row out there

508
00:27:04,590 --> 00:27:02,320
there was a good chance I was gonna see

509
00:27:07,019 --> 00:27:04,600
or hear or something because I my

510
00:27:08,519 --> 00:27:07,029
batting average was five hundred and

511
00:27:10,710 --> 00:27:08,529
just for a guy who didn't really know

512
00:27:13,019 --> 00:27:10,720
much about what he was doing and and I

513
00:27:15,419 --> 00:27:13,029

just gone four times you know I had

514

00:27:17,879 --> 00:27:15,429

already gotten two hits on there so that

515

00:27:20,009 --> 00:27:17,889

was kind of doubts were really peaked my

516

00:27:22,320 --> 00:27:20,019

interest in this particular area and

517

00:27:26,940 --> 00:27:22,330

then I started looking online and there

518

00:27:30,779 --> 00:27:26,950

were you know over 50 reports in the

519

00:27:33,210 --> 00:27:30,789

five County area in the county that I

520

00:27:34,499 --> 00:27:33,220

first heard this a howl and in the five

521

00:27:38,549 --> 00:27:34,509

surrounding for the four surrounding

522

00:27:41,220 --> 00:27:38,559

counties over 50 reports over many years

523

00:27:45,749 --> 00:27:41,230

and then I started I started listening

524

00:27:47,519 --> 00:27:45,759

to this other podcast and there were

525

00:27:50,850 --> 00:27:47,529

lots of there are lots of research

526

00:27:54,840 --> 00:27:50,860

groups that are looking at this in fact

527

00:27:58,680 --> 00:27:54,850

I went back over there a few months ago

528

00:28:00,990 --> 00:27:58,690

in January and there are now not one but

529

00:28:03,360 --> 00:28:01,000

two highways running through the forest

530

00:28:06,240 --> 00:28:03,370

that are spots that are adopted by

531

00:28:08,580 --> 00:28:06,250

Bigfoot research groups oh wow well I

532

00:28:12,389 --> 00:28:08,590

know that you had mentioned in the book

533

00:28:15,899 --> 00:28:12,399

a film of that somebody had come into a

534

00:28:20,789 --> 00:28:15,909

broken up camp and felt like there were

535

00:28:24,029 --> 00:28:20,799

several people that had gone missing and

536

00:28:27,269 --> 00:28:24,039

presumed dead were you able to verify

537

00:28:30,810 --> 00:28:27,279

any of that in the interim well I wasn't

538

00:28:34,759 --> 00:28:30,820

but I I I will tell you something that's

539

00:28:38,220 --> 00:28:34,769

not in the book which is on that trip

540

00:28:41,730 --> 00:28:38,230

that I took in this January which that

541

00:28:43,680 --> 00:28:41,740

was on New Year's Day this January the

542

00:28:46,500 --> 00:28:43,690

same friend and I went back out there

543

00:28:49,769 --> 00:28:46,510

and and this was after the book had come

544

00:28:52,210 --> 00:28:49,779

out okay so this was all new to us and

545

00:28:55,690 --> 00:28:52,220

we went to a place that's Natori

546

00:28:58,480 --> 00:28:55,700

for Sasquatch sightings which is called

547

00:29:00,460 --> 00:28:58,490

Kelly pond and it's a it's one of the

548

00:29:03,100 --> 00:29:00,470

few it's one of the three developed

549

00:29:04,930 --> 00:29:03,110

campgrounds in in Sam Eustace and

550

00:29:06,700 --> 00:29:04,940

national forests and there were a few

551

00:29:09,789 --> 00:29:06,710

people parked along the road kind of

552

00:29:13,899 --> 00:29:09,799

outside the this camp and then there was

553

00:29:18,580 --> 00:29:13,909

an RV inside the camp and then there was

554

00:29:20,080 --> 00:29:18,590

a tent right near the pond in and you

555

00:29:22,870 --> 00:29:20,090

know I took a lot of comfort from the

556

00:29:24,640 --> 00:29:22,880

fact that there's this tent that's near

557

00:29:28,299 --> 00:29:24,650

the pond this is this guy had a fishing

558

00:29:31,870 --> 00:29:28,309

pole and you know he had been like his

559

00:29:33,850 --> 00:29:31,880

flip-flops were out there and but it was

560

00:29:37,470 --> 00:29:33,860

quite cold you know that night was it

561

00:29:39,760 --> 00:29:37,480

was the forecast was 19 degrees oh and

562

00:29:43,029 --> 00:29:39,770

some of my friend and I were just game

563

00:29:44,409 --> 00:29:43,039

game for going and and wanted to wanted

564

00:29:49,840 --> 00:29:44,419

to make this happen so we you know took

565

00:29:54,159 --> 00:29:49,850

our warmest gear and we're gonna car

566

00:29:57,909 --> 00:29:54,169

camp in a tent camp there and we kept

567

00:30:00,669 --> 00:29:57,919

seeing this this other camp site that

568

00:30:02,919 --> 00:30:00,679

was right near the pond like you know 20

569

00:30:04,270 --> 00:30:02,929

feet for the man pond or so and we kept

570

00:30:06,159 --> 00:30:04,280

thinking wow when I wonder when that guy

571

00:30:07,659 --> 00:30:06,169

has ever if he's out on the day hike you

572

00:30:10,330 --> 00:30:07,669

know I wonder we just didn't see anybody

573

00:30:14,230 --> 00:30:10,340

around there but we saw all his stuff

574

00:30:16,990 --> 00:30:14,240

there and so we hiked around the pond at

575

00:30:21,279 --> 00:30:17,000

sundown and there were a couple of young

576

00:30:23,200 --> 00:30:21,289

ladies that were in this RV that we said

577

00:30:25,270 --> 00:30:23,210

and we talked about hey well there's a

578

00:30:27,070 --> 00:30:25,280

there's somebody that's you know camping

579

00:30:30,130 --> 00:30:27,080

over there have you seen them and they

580

00:30:31,870 --> 00:30:30,140

had not seen him for three days they had

581

00:30:33,399 --> 00:30:31,880

been there for three days and they

582

00:30:37,960 --> 00:30:33,409

hadn't seen anybody there either you

583

00:30:40,779 --> 00:30:37,970

know there was no car there and that the

584

00:30:44,409 --> 00:30:40,789

whole campsite was looked like it had

585

00:30:48,159 --> 00:30:44,419

been just abandoned there was food in a

586

00:30:50,230 --> 00:30:48,169

pot there was a high-dollar fishing gear

587

00:30:53,560 --> 00:30:50,240

there was a high-dollar camp stove that

588

00:30:58,120 --> 00:30:53,570

was just left out my dollar you mean

589

00:30:59,860 --> 00:30:58,130

expensive is that local okay sorry I

590

00:31:03,370 --> 00:30:59,870

thought it might be a brand name I just

591

00:31:05,620 --> 00:31:03,380

wanted to be clear what our regional

592

00:31:09,100 --> 00:31:05,630

cultural differences are here of it

593

00:31:11,140 --> 00:31:09,110

but yeah it was an expensive you know

594

00:31:13,180 --> 00:31:11,150

there were several hundred dollars worth

595

00:31:15,190 --> 00:31:13,190

of camping equipment there that

596

00:31:19,630 --> 00:31:15,200

apparently had just been abandoned Wow

597

00:31:22,240 --> 00:31:19,640

and and Bob Garrett the guy who I quote

598

00:31:24,820 --> 00:31:22,250

a lot in the book yeah and the one he

599

00:31:28,390 --> 00:31:24,830

shot this film that's that's on YouTube

600

00:31:30,370 --> 00:31:28,400

called the torn up camp says that he

601
00:31:32,620 --> 00:31:30,380
comes across this situation in the

602
00:31:37,600 --> 00:31:32,630
forest all the time that people will

603
00:31:39,909 --> 00:31:37,610
just up and abandon tents and in camping

604
00:31:44,169 --> 00:31:39,919
equipment in the the hundreds of dollars

605
00:31:46,690 --> 00:31:44,179
I have to likely stop you for just a

606
00:31:51,399 --> 00:31:46,700
moment and remind that our listeners

607
00:31:54,130 --> 00:31:51,409
that in our last podcast we had a very

608
00:31:59,260 --> 00:31:54,140
interesting gentleman named Terry

609
00:32:01,299 --> 00:31:59,270
Lovelace who had abandoned a whole bunch

610
00:32:05,200 --> 00:32:01,309
of camping equipment when he went

611
00:32:08,770 --> 00:32:05,210
camping in Arkansas while he was in the

612
00:32:10,930 --> 00:32:08,780
service with him he was out camping with

613
00:32:13,539 --> 00:32:10,940

his friend the guy that drove an

614

00:32:19,000 --> 00:32:13,549

ambulance with him he was an EMT in the

615

00:32:22,539 --> 00:32:19,010

Air Force and he was in in in a National

616

00:32:25,870 --> 00:32:22,549

Forest in Arkansas and he had a major

617

00:32:29,350 --> 00:32:25,880

UFO sighting and these guys they were

618

00:32:30,250 --> 00:32:29,360

also they were also whooped up in the

619

00:32:34,240 --> 00:32:30,260

flying saucer

620

00:32:37,750 --> 00:32:34,250

into in the UFO and so what when they

621

00:32:39,940 --> 00:32:37,760

got back down to earth they they booked

622

00:32:42,700 --> 00:32:39,950

out of there they left in a big hurry

623

00:32:45,190 --> 00:32:42,710

left all their camping equipment there a

624

00:32:47,049 --> 00:32:45,200

camp stove everything behind and for

625

00:32:50,740 --> 00:32:47,059

them it was an amazing outlay of money

626
00:32:52,659 --> 00:32:50,750
because they were just servicemen not

627
00:32:54,940 --> 00:32:52,669
high-ranking or anything just the

628
00:32:57,970 --> 00:32:54,950
sergeant and whatever is underneath

629
00:33:01,360 --> 00:32:57,980
sergeant there the two of them and and

630
00:33:03,580 --> 00:33:01,370
they left their entire gear out in the

631
00:33:06,909 --> 00:33:03,590
National Forest so there could be more

632
00:33:09,580 --> 00:33:06,919
than one reason for absolution forest

633
00:33:11,100 --> 00:33:09,590
including a grizzly I guess but there

634
00:33:13,680 --> 00:33:11,110
are no Chris police down there and

635
00:33:17,760 --> 00:33:13,690
in Florida and the Florida and Texas are

636
00:33:19,289 --> 00:33:17,770
there no no no bears at all unless it's

637
00:33:22,049 --> 00:33:19,299
West Texas and they come up from Mexico

638
00:33:25,980 --> 00:33:22,059

out into the big big band region but

639

00:33:28,380 --> 00:33:25,990

that's not in East Texas so so this was

640

00:33:31,560 --> 00:33:28,390

a trip that you took this year and you

641

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

found this abandoned campsite and what

642

00:33:36,210 --> 00:33:33,580

did Bob Garrett have to say about it

643

00:33:41,000 --> 00:33:36,220

well I have not talked to him I would

644

00:33:44,400 --> 00:33:41,010

love to talk to him but we you know the

645

00:33:48,570 --> 00:33:44,410

torn-up site that he found was very

646

00:33:52,860 --> 00:33:48,580

disturbing indeed and it was not very

647

00:33:56,490 --> 00:33:52,870

far is several miles but not not no more

648

00:33:59,760 --> 00:33:56,500

than five miles the the site that's

649

00:34:03,299 --> 00:33:59,770

purported to be the torn up camp is

650

00:34:06,030 --> 00:34:03,309

about five miles from this pond where we

651
00:34:08,040 --> 00:34:06,040
were so I you know I don't know what his

652
00:34:10,619 --> 00:34:08,050
opinion would be of it but it would you

653
00:34:17,190 --> 00:34:10,629
would undoubtedly it I think say that

654
00:34:19,169 --> 00:34:17,200
this was typical of what he sees and it

655
00:34:21,710 --> 00:34:19,179
was clear to us you know that this guy

656
00:34:25,020 --> 00:34:21,720
just left in a huge hurry and wasn't

657
00:34:27,540 --> 00:34:25,030
didn't come back and there was there was

658
00:34:30,659 --> 00:34:27,550
do left in the pot nothing was been

659
00:34:32,280 --> 00:34:30,669
cleaned immediately it was it and it was

660
00:34:37,190 --> 00:34:32,290
interesting a week I finally got up the

661
00:34:40,619 --> 00:34:37,200
nerve to go over there and open the tent

662
00:34:42,750 --> 00:34:40,629
and because I wasn't sure you know this

663
00:34:44,040 --> 00:34:42,760

guy have does he have a heart attack and

664

00:34:46,379 --> 00:34:44,050

just died here so I didn't know what we

665

00:34:49,590 --> 00:34:46,389

were gonna find so I opened the tent and

666

00:34:52,139 --> 00:34:49,600

it was an odd sight there were nobody

667

00:34:56,790 --> 00:34:52,149

was there but there were these stacks of

668

00:34:59,160 --> 00:34:56,800

batteries inside the tent and I didn't

669

00:35:03,020 --> 00:34:59,170

quite know what to make of that extinct

670

00:35:06,570 --> 00:35:03,030

about it later and my best guess is that

671

00:35:11,099 --> 00:35:06,580

he was out there restocking trail

672

00:35:13,859 --> 00:35:11,109

cameras either for either for deer or as

673

00:35:15,450 --> 00:35:13,869

a sasquatch research because you know

674

00:35:19,410 --> 00:35:15,460

people will do that they'll set up

675

00:35:20,990 --> 00:35:19,420

cameras all over North America to try to

676

00:35:25,609 --> 00:35:21,000

catch one on

677

00:35:27,200 --> 00:35:25,619

on video and so he could been out doing

678

00:35:30,560 --> 00:35:27,210

that or he could have been restocking

679

00:35:33,140 --> 00:35:30,570

batteries in trail cams for deer hunting

680

00:35:36,609 --> 00:35:33,150

- sure and just gotten surprised by one

681

00:35:41,120 --> 00:35:36,619

of these things and was just out of it

682

00:35:44,030 --> 00:35:41,130

well we did not sleep any better for

683

00:35:46,670 --> 00:35:44,040

knowing that that that campsite that we

684

00:35:49,780 --> 00:35:46,680

thought was such a comfort originally to

685

00:35:52,520 --> 00:35:49,790

us was actually an abandoned site so

686

00:35:56,120 --> 00:35:52,530

again you know this is more confirmation

687

00:35:59,050 --> 00:35:56,130

of Garrett's whole view of the forest

688

00:36:02,510 --> 00:35:59,060

and everything that's going on in it so

689

00:36:06,490 --> 00:36:02,520

what I want to talk about with you

690

00:36:10,690 --> 00:36:06,500

because you are one of our only

691

00:36:14,599 --> 00:36:10,700

cryptozoological e motivated type guests

692

00:36:17,599 --> 00:36:14,609

my adventures in cryptozoology are

693

00:36:20,089 --> 00:36:17,609

limited to having seen these giant black

694

00:36:23,510 --> 00:36:20,099

butterflies that don't actually exist

695

00:36:27,859 --> 00:36:23,520

and I saw them with several other people

696

00:36:32,210 --> 00:36:27,869

during one day one October a few years

697

00:36:36,220 --> 00:36:32,220

ago but as far as any larger animals

698

00:36:39,530 --> 00:36:36,230

cryptozoological II I don't have any any

699

00:36:42,740 --> 00:36:39,540

experience but my mind I do have an open

700

00:36:46,640 --> 00:36:42,750

mind to things and while I do not

701
00:36:49,130 --> 00:36:46,650
believe I also do not not believe so we

702
00:36:51,950 --> 00:36:49,140
have to talk a little bit about the

703
00:36:55,609 --> 00:36:51,960
cryptozoological community in the US

704
00:36:58,070 --> 00:36:55,619
which seems somewhat fractured by my

705
00:37:01,359 --> 00:36:58,080
estimation I always thought the youthful

706
00:37:04,130 --> 00:37:01,369
aaja chol UFO community was

707
00:37:06,589 --> 00:37:04,140
argumentative and sometimes petty and

708
00:37:09,170 --> 00:37:06,599
you know fighting with one another and

709
00:37:13,520 --> 00:37:09,180
making outrageous claims from time to

710
00:37:17,349 --> 00:37:13,530
time and you try to sift the wheat from

711
00:37:21,070 --> 00:37:17,359
the chaff in and in that venue and then

712
00:37:23,570 --> 00:37:21,080
looking at the FIFA logic the

713
00:37:26,680 --> 00:37:23,580

cryptozoological community and they're

714

00:37:30,650 --> 00:37:26,690

worse there were some skills I'm sorry

715

00:37:33,170 --> 00:37:30,660

I'm a big fan of somebody you mentioned

716

00:37:34,819 --> 00:37:33,180

in the book I'm a big fan of David Polly

717

00:37:36,890 --> 00:37:34,829

Dee's polite ease

718

00:37:39,679 --> 00:37:36,900

I think he's a very interesting

719

00:37:42,079 --> 00:37:39,689

researcher and I know and you had

720

00:37:47,749 --> 00:37:42,089

mentioned this in the book that he had

721

00:37:51,079 --> 00:37:47,759

some samples of Sasquatch hair and other

722

00:37:55,039 --> 00:37:51,089

things and he had them sent to a a woman

723

00:37:56,769 --> 00:37:55,049

who did some genealogical and I not

724

00:37:59,749 --> 00:37:56,779

genealogical what's the word genetic

725

00:38:03,380 --> 00:37:59,759

genetic research on them and found out

726

00:38:05,989 --> 00:38:03,390

that the hair samples exhibited some

727

00:38:08,059 --> 00:38:05,999

human characteristics like the mother's

728

00:38:11,239 --> 00:38:08,069

happy with the mother's haplogroup was

729

00:38:17,599 --> 00:38:11,249

human whereas the fathers group which is

730

00:38:20,809 --> 00:38:17,609

jino group is was unknown hominid or

731

00:38:25,150 --> 00:38:20,819

something to that effect and so it would

732

00:38:29,719 --> 00:38:25,160

give the indication that Sasquatch is

733

00:38:32,599 --> 00:38:29,729

part human part other and this has been

734

00:38:35,689 --> 00:38:32,609

going on according to the woman's

735

00:38:38,029 --> 00:38:35,699

research for ten thousand years back is

736

00:38:40,759 --> 00:38:38,039

that basically the gist of the

737

00:38:43,039 --> 00:38:40,769

situations that's what the claim is and

738

00:38:46,519 --> 00:38:43,049

I think she says fifteen thousand years

739

00:38:50,150 --> 00:38:46,529

okay based on the molecular rate of

740

00:38:53,029 --> 00:38:50,160

mutation you know this is obviously

741

00:38:56,929 --> 00:38:53,039

highly controversial there are a lot of

742

00:38:59,299 --> 00:38:56,939

people even in the Bigfoot community if

743

00:39:04,329 --> 00:38:59,309

you can call it that or Bigfoot

744

00:39:06,499 --> 00:39:04,339

enthusiasts who who don't buy this study

745

00:39:09,410 --> 00:39:06,509

there are some who do there's somebody

746

00:39:14,630 --> 00:39:09,420

don't me needless to say mainstream

747

00:39:19,400 --> 00:39:14,640

science rejects it out of hand but I

748

00:39:22,609 --> 00:39:19,410

know for my part I've I found it to be

749

00:39:25,069 --> 00:39:22,619

fairly credible just on on the face of

750

00:39:26,839 --> 00:39:25,079

it that you know when you when you ask

751
00:39:29,929 --> 00:39:26,849
what what are these things well they're

752
00:39:33,410 --> 00:39:29,939
they're clearly more than just upright

753
00:39:36,140 --> 00:39:33,420
gorillas I think that they're they're

754
00:39:39,890 --> 00:39:36,150
much closer orders of magnitude closer

755
00:39:42,199 --> 00:39:39,900
to humans than any of the other great

756
00:39:45,679 --> 00:39:42,209
apes although they you know

757
00:39:47,359 --> 00:39:45,689
morphologically just based on the length

758
00:39:48,320 --> 00:39:47,369
of their limbs the way that they're

759
00:39:53,390 --> 00:39:48,330
built

760
00:39:55,910 --> 00:39:53,400
the way that they ambulate they seem to

761
00:39:58,940 --> 00:39:55,920
occupy a kind of a kind of a halfway

762
00:40:01,310 --> 00:39:58,950
point between humans and other great

763
00:40:03,350 --> 00:40:01,320

apes but if you look at if you look at

764

00:40:06,860 --> 00:40:03,360

things like the foot

765

00:40:09,650 --> 00:40:06,870

well the foot their five toes that are

766

00:40:14,770 --> 00:40:09,660

all Alliant aligned and forward-facing

767

00:40:18,860 --> 00:40:14,780

as opposed to opposable toes of gorillas

768

00:40:22,580 --> 00:40:18,870

so there's some clues that we don't have

769

00:40:25,010 --> 00:40:22,590

to even look at genetics to see just

770

00:40:27,740 --> 00:40:25,020

morphologically how similar they are in

771

00:40:32,080 --> 00:40:27,750

many ways to humans and then through

772

00:40:38,810 --> 00:40:36,110

hooded noses like ours okay they don't

773

00:40:41,450 --> 00:40:38,820

have upward facing nostrils like the

774

00:40:45,830 --> 00:40:41,460

great apes do and so there's there's a

775

00:40:50,900 --> 00:40:45,840

lot just just in those two examples you

776

00:40:53,150 --> 00:40:50,910

know you can see it's it's probable and

777

00:40:55,040 --> 00:40:53,160

certainly plausible that there's some

778

00:40:56,600 --> 00:40:55,050

sort of hybridization event that has

779

00:41:00,020 --> 00:40:56,610

happened

780

00:41:02,830 --> 00:41:00,030

I know that in the northwest the

781

00:41:06,140 --> 00:41:02,840

indigenous Americans that live there are

782

00:41:08,360 --> 00:41:06,150

of the opinion that this is a human in

783

00:41:11,690 --> 00:41:08,370

the forest a hairy human in the forest

784

00:41:14,540 --> 00:41:11,700

basically they they respect the the idea

785

00:41:18,080 --> 00:41:14,550

of a sasquatch and and they consider it

786

00:41:23,360 --> 00:41:18,090

entirely realistic if you will on the

787

00:41:26,690 --> 00:41:23,370

other hand my cohorts to the west of us

788

00:41:29,390 --> 00:41:26,700

here in Pennsylvania not too very far

789

00:41:33,110 --> 00:41:29,400

away have all kinds of sightings that

790

00:41:38,390 --> 00:41:33,120

are related to UFOs and and and big feet

791

00:41:40,310 --> 00:41:38,400

big funds Bigfoot I can't get my my

792

00:41:44,540 --> 00:41:40,320

mouth around saying things well it's for

793

00:41:47,450 --> 00:41:44,550

some reason but in any case they sort of

794

00:41:50,120 --> 00:41:47,460

they sort of equate them with UFOs and

795

00:41:51,890 --> 00:41:50,130

there are people who think they're

796

00:41:54,260 --> 00:41:51,900

flesh-and-blood creatures and there are

797

00:42:00,069 --> 00:41:54,270

there are people who think that they are

798

00:42:03,739 --> 00:42:00,079

not and I know with you a lot of your

799

00:42:06,889 --> 00:42:03,749

work on the subject starts with you

800

00:42:08,569 --> 00:42:06,899

believing that there are Bigfoots right

801

00:42:10,219 --> 00:42:08,579

I mean their belief is there that you

802

00:42:12,709 --> 00:42:10,229

believe that there are Bigfoots and that

803

00:42:16,099 --> 00:42:12,719

makes it easier for you to recognize the

804

00:42:19,609 --> 00:42:16,109

howls or the knocks and so forth that's

805

00:42:22,249 --> 00:42:19,619

right and belief has always been for me

806

00:42:23,899 --> 00:42:22,259

a difficult word not because I don't

807

00:42:25,969 --> 00:42:23,909

have them everybody does so you wouldn't

808

00:42:27,529 --> 00:42:25,979

be able to find your way into the

809

00:42:31,129 --> 00:42:27,539

kitchen because you believe it's down

810

00:42:33,620 --> 00:42:31,139

the hallway right so there is a certain

811

00:42:36,709 --> 00:42:33,630

amount of things that are but we could

812

00:42:41,359 --> 00:42:36,719

say they're knowns and so I would just I

813

00:42:44,959 --> 00:42:41,369

would I would draw a line between

814

00:42:49,459 --> 00:42:44,969

beliefs as in you know a belief in a

815

00:42:52,069 --> 00:42:49,469

religion or a any anything that you

816

00:42:54,799 --> 00:42:52,079

haven't seen or experienced very

817

00:42:56,959 --> 00:42:54,809

straight on and knows like we know

818

00:43:01,389 --> 00:42:56,969

where the kitchen is purportedly in our

819

00:43:04,459 --> 00:43:01,399

house is reality

820

00:43:07,879 --> 00:43:04,469

yeah consensus reality but then there's

821

00:43:10,039 --> 00:43:07,889

like you you're very well-read gentleman

822

00:43:14,749 --> 00:43:10,049

and I am sure you know the idea of a

823

00:43:18,219 --> 00:43:14,759

Tulpa right I'm sorry boy tul PA do you

824

00:43:22,519 --> 00:43:18,229

know the concept of a Tulpa no all right

825

00:43:25,669 --> 00:43:22,529

enlighten me okay tapas the word I

826

00:43:31,779 --> 00:43:25,679

believe comes from the Himalayan

827

00:43:38,139 --> 00:43:35,389

Tibetan Buddhism kind of area maybe

828

00:43:43,879 --> 00:43:38,149

north of India north northern India

829

00:43:45,589 --> 00:43:43,889

where some of the adepts we'll call them

830

00:43:47,749 --> 00:43:45,599

that I don't want to call them Swami's

831

00:43:52,729 --> 00:43:47,759

that sort of sounds ridiculous but the

832

00:43:55,999 --> 00:43:52,739

adepts in that region could think very

833

00:43:59,239 --> 00:43:56,009

hard about something about a creature

834

00:44:02,539 --> 00:43:59,249

sort of like in and Jewish mysticism the

835

00:44:05,509 --> 00:44:02,549

Golem okay I get my hitting you on any

836

00:44:07,489 --> 00:44:05,519

of this you any of this okay I I have

837

00:44:09,829 --> 00:44:07,499

heard a little on a previous show of

838

00:44:13,730 --> 00:44:09,839

yours I heard a little bit of a

839

00:44:17,880 --> 00:44:13,740

discussion of this idea but go ahead and

840

00:44:20,640 --> 00:44:17,890

some time ago and I'm gonna be a loss

841

00:44:25,230 --> 00:44:20,650

for the right word involving this but a

842

00:44:27,450 --> 00:44:25,240

group of people in North America they

843

00:44:34,790 --> 00:44:27,460

may have been in southern southern

844

00:44:38,010 --> 00:44:34,800

Eastern Canada and they called up a

845

00:44:42,960 --> 00:44:38,020

spirit that didn't exist basically and

846

00:44:46,650 --> 00:44:42,970

that spirit took on a personality and a

847

00:44:50,250 --> 00:44:46,660

name I think it was called Philip and it

848

00:44:53,010 --> 00:44:50,260

actually began to have like a presence

849

00:44:56,670 --> 00:44:53,020

that went be it started to answer

850

00:44:59,610 --> 00:44:56,680

questions on the Ouija board it made EVP

851

00:45:01,320 --> 00:44:59,620

sounds and it's a it's it's called one

852

00:45:03,720 --> 00:45:01,330

of the things it's called is the Philip

853

00:45:06,240 --> 00:45:03,730

experiment and and so this was an

854

00:45:08,310 --> 00:45:06,250

example a modern-day example of a tapa

855

00:45:11,100 --> 00:45:08,320

there was also a woman who was an

856

00:45:13,110 --> 00:45:11,110

explorer in India and she apparently

857

00:45:16,410 --> 00:45:13,120

decided that she needed a butler or

858

00:45:18,900 --> 00:45:16,420

someone like that and she created a

859

00:45:21,510 --> 00:45:18,910

Tulpa she was a spiritual student in

860

00:45:25,670 --> 00:45:21,520

India northern India and she created and

861

00:45:31,800 --> 00:45:28,950

exactly Jack Parsons about whom there's

862

00:45:37,380 --> 00:45:31,810

God was the one of the people who

863

00:45:41,850 --> 00:45:37,390

founded part of NASA and out in

864

00:45:45,810 --> 00:45:41,860

California he had done some experiments

865

00:45:49,290 --> 00:45:45,820

and apparently may have created a Tulpa

866

00:45:52,170 --> 00:45:49,300

so what's your thoughts about that do

867

00:45:55,530 --> 00:45:52,180

you think that the Bigfoot could be you

868

00:45:57,780 --> 00:45:55,540

could raise one up as a Tulpa or do you

869

00:46:03,720 --> 00:45:57,790

think that's totally off the wall and

870

00:46:06,150 --> 00:46:03,730

under the table well you know my I have

871

00:46:10,350 --> 00:46:06,160

never thought about that before but I I

872

00:46:12,300 --> 00:46:10,360

kind of I guess just as a as a religious

873

00:46:14,550 --> 00:46:12,310

matter and I know that we don't really

874

00:46:17,600 --> 00:46:14,560

talk about religion on this show but I

875

00:46:21,750 --> 00:46:17,610

guess that you know my opinion is that

876

00:46:25,740 --> 00:46:21,760

God can make a spirit and and that's

877

00:46:26,870 --> 00:46:25,750

about it and I think that what when I'm

878

00:46:30,499 --> 00:46:26,880

talking about as far

879

00:46:32,240 --> 00:46:30,509

as inspiration or faith or belief is

880

00:46:33,829 --> 00:46:32,250

much more down-to-earth and I think the

881

00:46:36,529 --> 00:46:33,839

key sentence I actually went and found

882

00:46:40,279 --> 00:46:36,539

this or in the book earlier in it which

883

00:46:43,160 --> 00:46:40,289

is a quote from Saint Augustine who says

884

00:46:47,089 --> 00:46:43,170

you know faith is to believe what you do

885

00:46:51,380 --> 00:46:47,099

not see the reward of this faith is to

886

00:46:55,849 --> 00:46:51,390

see what you believe so it's not that

887

00:46:58,460 --> 00:46:55,859

it's not that I created Bigfoots out

888

00:47:01,099 --> 00:46:58,470

there by believing that they exist it's

889

00:47:03,079 --> 00:47:01,109

that I believed and therefore I knew

890

00:47:05,809 --> 00:47:03,089

what to look for and what to listen for

891

00:47:08,390 --> 00:47:05,819

and therefore I found evidence I respect

892

00:47:11,809 --> 00:47:08,400

that so I do really I respect that

893

00:47:16,519 --> 00:47:11,819

yes the only other ones were down to

894

00:47:20,420 --> 00:47:16,529

earth explanation yes the tapas are a

895

00:47:23,960 --> 00:47:20,430

little bit more exotic I would say I

896

00:47:26,779 --> 00:47:23,970

don't I just threw that out as a talking

897

00:47:29,359 --> 00:47:26,789

point about that it's it's a fair

898

00:47:31,430 --> 00:47:29,369

question and I will say that you know

899

00:47:33,440 --> 00:47:31,440

one thing that our this whole experience

900

00:47:38,120 --> 00:47:33,450

has really taught me is to just reserve

901
00:47:43,130 --> 00:47:38,130
judgment on on anything like that you

902
00:47:46,549 --> 00:47:43,140
know I can I think there's a tendency to

903
00:47:48,529 --> 00:47:46,559
what I what I say in the book is use

904
00:47:51,609 --> 00:47:48,539
binary thinking that either we

905
00:47:54,049 --> 00:47:51,619
understand something or it doesn't exist

906
00:47:55,759 --> 00:47:54,059
and I think that's a mistake I think

907
00:47:57,859 --> 00:47:55,769
there's a lot out there that exists that

908
00:47:59,990 --> 00:47:57,869
we don't yet understand I mean I think

909
00:48:03,680 --> 00:48:00,000
that's the premise of a lot of of your

910
00:48:04,370 --> 00:48:03,690
episodes the whole show yes absolutely I

911
00:48:10,069 --> 00:48:04,380
agree

912
00:48:12,259 --> 00:48:10,079
I also despise binary thinking to a very

913
00:48:15,079 --> 00:48:12,269

large extent and I agree with you a

914

00:48:16,880 --> 00:48:15,089

hundred percent about that and I have to

915

00:48:19,370 --> 00:48:16,890

say to you even though I throw out these

916

00:48:21,890 --> 00:48:19,380

little talking points I don't know what

917

00:48:23,839 --> 00:48:21,900

Big Foot is or isn't I certainly I could

918

00:48:25,970 --> 00:48:23,849

not begin to tell you what it is or

919

00:48:30,289 --> 00:48:25,980

isn't another interesting idea however

920

00:48:35,329 --> 00:48:30,299

is that Bigfoot is a flesh-and-blood

921

00:48:39,460 --> 00:48:35,339

creature but that comes through a portal

922

00:48:43,180 --> 00:48:39,470

area and that is why there sometimes

923

00:48:45,220 --> 00:48:43,190

associated with UFOs who which are also

924

00:48:48,790 --> 00:48:45,230

considered to sometimes come through a

925

00:48:51,820 --> 00:48:48,800

portal and that that's an in that seems

926
00:48:54,010 --> 00:48:51,830
to me to be almost a more interesting

927
00:48:56,560 --> 00:48:54,020
concept and could explain the

928
00:48:59,560 --> 00:48:56,570
disappearance of Bigfoot where you knows

929
00:49:02,160 --> 00:48:59,570
once you see them and then you don't and

930
00:49:05,290 --> 00:49:02,170
and that sort of is is is a theory that

931
00:49:07,200 --> 00:49:05,300
intrigues me let us say but I do not

932
00:49:09,910 --> 00:49:07,210
think I would want to get into a

933
00:49:12,359 --> 00:49:09,920
controversy over Bigfoot which I don't

934
00:49:14,890 --> 00:49:12,369
you know who I don't know much about

935
00:49:16,150 --> 00:49:14,900
alright and and there's you'll find I

936
00:49:21,940 --> 00:49:16,160
mean the more people that you talk to

937
00:49:23,770 --> 00:49:21,950
that there's a whole spectrum of beliefs

938
00:49:27,970 --> 00:49:23,780

about what it is and what it's capable

939

00:49:30,640 --> 00:49:27,980

of that run from it's just a basically

940

00:49:35,470 --> 00:49:30,650

that it is an upright gorilla that is

941

00:49:37,450 --> 00:49:35,480

just very good at at avoiding people -

942

00:49:39,099 --> 00:49:37,460

what you're talking about that they're

943

00:49:41,770 --> 00:49:39,109

associated with the UFOs they're

944

00:49:45,370 --> 00:49:41,780

associated with these orbs of light that

945

00:49:47,650 --> 00:49:45,380

people have spotted in the forest that

946

00:49:51,370 --> 00:49:47,660

they can they can vanish into thin air

947

00:49:54,730 --> 00:49:51,380

that so there's a whole range of beliefs

948

00:49:56,770 --> 00:49:54,740

and one thing that I do say in the book

949

00:49:59,230 --> 00:49:56,780

is that every everybody tends to believe

950

00:50:04,839 --> 00:49:59,240

that they know where the line is between

951
00:50:09,820 --> 00:50:04,849
crazy and not crazy and I would just

952
00:50:13,000 --> 00:50:09,830
very slow to accuse anyone of say of not

953
00:50:15,760 --> 00:50:13,010
seeing what they say they saw right if

954
00:50:17,410 --> 00:50:15,770
if you say that a purple dragon flew out

955
00:50:20,020 --> 00:50:17,420
of the sky and landed in the front yard

956
00:50:23,740 --> 00:50:20,030
in nature petunias and then flew back

957
00:50:25,089 --> 00:50:23,750
off I would say well well that's very

958
00:50:27,609 --> 00:50:25,099
that's very interesting

959
00:50:31,210 --> 00:50:27,619
do you have any theories about that that

960
00:50:32,500 --> 00:50:31,220
lets you know I I'm not here to tell

961
00:50:35,650 --> 00:50:32,510
people that they didn't see what they

962
00:50:38,620 --> 00:50:35,660
what they say they saw I'm with you 100%

963
00:50:41,290 --> 00:50:38,630

on that I you know come up with a theory

964

00:50:43,510 --> 00:50:41,300

test it and let's go from there I mean

965

00:50:45,160 --> 00:50:43,520

that's how knowledge grows you know not

966

00:50:46,839 --> 00:50:45,170

just by slamming the door on everything

967

00:50:50,500 --> 00:50:46,849

and saying well that's crazy

968

00:50:53,020 --> 00:50:50,510

we like our guests be sincere and I

969

00:50:53,470 --> 00:50:53,030

think you're very sincere and I think

970

00:50:57,880 --> 00:50:53,480

that

971

00:51:01,390 --> 00:50:57,890

a lot to learn about Bigfoot seriously I

972

00:51:05,230 --> 00:51:01,400

do think so and I I hope that you will

973

00:51:08,200 --> 00:51:05,240

keep us posted about your doings if you

974

00:51:10,839 --> 00:51:08,210

write another Bigfoot book or something

975

00:51:13,390 --> 00:51:10,849

else about the paranormal area I hope

976

00:51:15,760 --> 00:51:13,400

you'll keep us in mind and if you

977

00:51:20,940 --> 00:51:15,770

wouldn't mind right now repeat your

978

00:51:23,440 --> 00:51:20,950

website your book name and any other

979

00:51:26,140 --> 00:51:23,450

items of interest that we need to know

980

00:51:28,900 --> 00:51:26,150

well thank you so much for having me on

981

00:51:30,839 --> 00:51:28,910

for Asia it's been a real honor and the

982

00:51:33,430 --> 00:51:30,849

name of the book is monster hike a

983

00:51:37,599 --> 00:51:33,440

100-mile inquiry into the Sasquatch

984

00:51:45,160 --> 00:51:37,609

mystery and my website is Averill that's

985

00:51:49,390 --> 00:51:45,170

a v as in victor far al s e-a-l e-r or

986

00:51:52,359 --> 00:51:49,400

press.com the name of the of the of the

987

00:51:54,520 --> 00:51:52,369

blog is called the trailhead which was

988

00:51:56,020 --> 00:51:54,530

just kind of coincidental is it's about

989

00:51:58,300 --> 00:51:56,030

all kinds of things it's not just about

990

00:52:02,500 --> 00:51:58,310

paranormal it's a it's a site for my

991

00:52:04,510 --> 00:52:02,510

poetry it's a site for photography so

992

00:52:07,210 --> 00:52:04,520

lots of different things on there

993

00:52:10,109 --> 00:52:07,220

but the latest thing does on is a link

994

00:52:13,329 --> 00:52:10,119

to the book and some bonuses some some

995

00:52:16,359 --> 00:52:13,339

some pictures from the hike that I've

996

00:52:17,890 --> 00:52:16,369

put up that are in color as opposed to

997

00:52:20,980 --> 00:52:17,900

the black and white ones that you'll

998

00:52:23,349 --> 00:52:20,990

find in the book and I called monster

999

00:52:26,079 --> 00:52:23,359

hike bonuses well he's a good writer

1000

00:52:30,790 --> 00:52:26,089

ladies and gentlemen and all friends

1001
00:52:34,780 --> 00:52:30,800
human and quasi human out there joking

1002
00:52:37,150 --> 00:52:34,790
but he is a wonderful writer avro April

1003
00:52:41,740 --> 00:52:37,160
is a wonderful writer and he also sings

1004
00:52:45,760 --> 00:52:41,750
I warn you he also sings Thank You April

1005
00:52:48,940 --> 00:52:45,770
thank you thank you

1006
00:52:54,520 --> 00:52:48,950
thank you so much thank you alright bye

1007
00:52:59,440 --> 00:52:54,530
now fight we have with us today one of

1008
00:53:02,920 --> 00:52:59,450
our listeners who is a remarkable young

1009
00:53:04,870 --> 00:53:02,930
lady who lives in North E at Northern

1010
00:53:06,309 --> 00:53:04,880
California whereabouts in California do

1011
00:53:07,240 --> 00:53:06,319
you live just generally you don't want

1012
00:53:10,680 --> 00:53:07,250
your address or anything

1013
00:53:14,800 --> 00:53:10,690

don't want any mashers visiting you I

1014

00:53:17,320 --> 00:53:14,810

just look in the Napa Valley okay yeah

1015

00:53:19,390 --> 00:53:17,330

so your your further north and and

1016

00:53:22,060 --> 00:53:19,400

you're not way up but you're Midway or

1017

00:53:28,750 --> 00:53:22,070

further north in California you're above

1018

00:53:32,020 --> 00:53:28,760

LA and yes so we have yes so we have

1019

00:53:34,900 --> 00:53:32,030

here a person as I said a wonderful

1020

00:53:37,300 --> 00:53:34,910

young lady who is very interested in the

1021

00:53:39,610 --> 00:53:37,310

paranormal who runs around in some

1022

00:53:43,060 --> 00:53:39,620

paranormal circles on the internet that

1023

00:53:45,370 --> 00:53:43,070

I run around in and I is also a listener

1024

00:53:48,070 --> 00:53:45,380

to shattered reality podcast so we have

1025

00:53:50,890 --> 00:53:48,080

here Stephanie quick and Stephanie is

1026
00:53:54,100 --> 00:53:50,900
also a very fashionable lady she creates

1027
00:53:56,560 --> 00:53:54,110
her own fashions and while this may not

1028
00:54:00,070 --> 00:53:56,570
be of great interest to the paranormal

1029
00:54:03,190 --> 00:54:00,080
community I find it really cool thank

1030
00:54:06,610 --> 00:54:03,200
you thank you

1031
00:54:10,810 --> 00:54:06,620
now we just finished we're we're in the

1032
00:54:13,450 --> 00:54:10,820
midst right now of our 68th podcast and

1033
00:54:16,570 --> 00:54:13,460
you are our second guest our first guest

1034
00:54:20,200 --> 00:54:16,580
was a gentleman named Avril seal who

1035
00:54:23,800 --> 00:54:20,210
wrote a book called monster hike and it

1036
00:54:29,590 --> 00:54:23,810
was a hundred mile hike into the Sam

1037
00:54:34,830 --> 00:54:29,600
Houston National Forest near Austin

1038
00:54:38,320 --> 00:54:34,840

Texas and so he went camping and he

1039

00:54:42,600 --> 00:54:38,330

feels that he found some good evidence

1040

00:54:45,040 --> 00:54:42,610

of sasquatches so do you have any

1041

00:54:49,780 --> 00:54:45,050

experience with that being in an area

1042

00:54:54,520 --> 00:54:49,790

that is closer to more sightings you

1043

00:54:56,830 --> 00:54:54,530

know it was funny when you Bigfoot

1044

00:55:00,040 --> 00:54:56,840

researcher on because I'm headed up to

1045

00:55:02,320 --> 00:55:00,050

Bigfoot country on Friday to Nevada City

1046

00:55:03,790 --> 00:55:02,330

in California which is a ghost town and

1047

00:55:05,620 --> 00:55:03,800

it's actually well known for being

1048

00:55:07,420 --> 00:55:05,630

haunted actually I stayed in a red

1049

00:55:09,970 --> 00:55:07,430

castle in there once and they have a

1050

00:55:12,430 --> 00:55:09,980

pretty famous ghost which I got a little

1051
00:55:14,200 --> 00:55:12,440
bit of a experience of which was kind of

1052
00:55:16,390 --> 00:55:14,210
interesting but know it's funny because

1053
00:55:18,900 --> 00:55:16,400
um you know I

1054
00:55:22,450 --> 00:55:18,910
bird-watching growing up we were always

1055
00:55:24,610 --> 00:55:22,460
camping up in the Sierra Nevadas in the

1056
00:55:27,250 --> 00:55:24,620
mountains and both sides of my family

1057
00:55:29,020 --> 00:55:27,260
are from the area south of Yosemite and

1058
00:55:31,960 --> 00:55:29,030
the Sierras there and the foothills and

1059
00:55:35,890 --> 00:55:31,970
um no one in my family family has any

1060
00:55:38,470 --> 00:55:35,900
experience a Bigfoot whatsoever however

1061
00:55:40,630 --> 00:55:38,480
I will say I don't rule it out because

1062
00:55:43,030 --> 00:55:40,640
like I said you know growing up we went

1063
00:55:46,030 --> 00:55:43,040

camping all the time I never saw a bear

1064

00:55:47,830 --> 00:55:46,040

my mom saw bears multiple times every

1065

00:55:49,600 --> 00:55:47,840

time we went camping so I think lots of

1066

00:55:51,580 --> 00:55:49,610

times you know even with just you know

1067

00:55:55,030 --> 00:55:51,590

prosaic mundane animals there's a

1068

00:55:56,530 --> 00:55:55,040

certain magnetism or something where you

1069

00:55:58,570 --> 00:55:56,540

know certain people will see them a lot

1070

00:56:01,770 --> 00:55:58,580

and other people just won't so I don't

1071

00:56:05,440 --> 00:56:01,780

roll it out well I've seen several bears

1072

00:56:09,760 --> 00:56:05,450

in the Northeast year but no no

1073

00:56:12,340 --> 00:56:09,770

sasquatch no sesamoid well we don't have

1074

00:56:14,830 --> 00:56:12,350

to we don't have to go on with the

1075

00:56:17,410 --> 00:56:14,840

Sasquatch parts but just wanted to find

1076

00:56:20,110 --> 00:56:17,420

out given that you were in an area that

1077

00:56:22,600 --> 00:56:20,120

is you know somewhat known for Sasquatch

1078

00:56:25,720 --> 00:56:22,610

and that the Native Americans up there

1079

00:56:27,790 --> 00:56:25,730

the indigenous peoples they even say

1080

00:56:29,770 --> 00:56:27,800

this is the you know the old man in the

1081

00:56:34,720 --> 00:56:29,780

forest and they believe that they're the

1082

00:56:37,860 --> 00:56:34,730

forest people so oh yeah it's cool so

1083

00:56:43,030 --> 00:56:37,870

tell us more about your experiences

1084

00:56:49,690 --> 00:56:43,040

paranormal experiences well um let's see

1085

00:56:50,920 --> 00:56:49,700

if short version is I just you know from

1086

00:56:54,040 --> 00:56:50,930

the time I mean from the time I can

1087

00:56:54,940 --> 00:56:54,050

remember which is like I was always just

1088

00:56:58,810 --> 00:56:54,950

had this feeling that there was

1089

00:57:00,520 --> 00:56:58,820

something behind reality as it was

1090

00:57:02,140 --> 00:57:00,530

understood and I was always just dying

1091

00:57:04,200 --> 00:57:02,150

to know what it was you know like Toto I

1092

00:57:06,700 --> 00:57:04,210

wanted to pull that curtain back yeah

1093

00:57:10,480 --> 00:57:06,710

but I was a kid so I didn't really have

1094

00:57:11,560 --> 00:57:10,490

much in the way to you know to know how

1095

00:57:13,630 --> 00:57:11,570

to go about you know I didn't know

1096

00:57:15,360 --> 00:57:13,640

anything about enlightenment or mystical

1097

00:57:20,260 --> 00:57:15,370

experiences or meditation or anything

1098

00:57:23,500 --> 00:57:20,270

because I'm 56 I'm not that young and so

1099

00:57:25,570 --> 00:57:23,510

this is like in the 70s then when I was

1100

00:57:29,740 --> 00:57:25,580

in my teens I became very ill and when I

1101
00:57:30,580 --> 00:57:29,750
was 22 I had a near-death experience oh

1102
00:57:33,280 --> 00:57:30,590
wow

1103
00:57:34,930 --> 00:57:33,290
yeah it was um during a medical

1104
00:57:43,510 --> 00:57:34,940
procedure I was in convulsions for 20

1105
00:57:45,880 --> 00:57:43,520
minutes and and yeah it was pretty and

1106
00:57:47,710 --> 00:57:45,890
this is like a 1984 so there wasn't a

1107
00:57:49,540 --> 00:57:47,720
lot of information about near-death

1108
00:57:52,420 --> 00:57:49,550
experiences kind of around at that time

1109
00:57:55,930 --> 00:57:52,430
and then mine was a very kind of a dark

1110
00:57:58,210 --> 00:57:55,940
and Tibetan flavor so you know I had no

1111
00:58:02,140 --> 00:57:58,220
idea what when I'd been through for

1112
00:58:04,540 --> 00:58:02,150
several years afterwards but I received

1113
00:58:07,240 --> 00:58:04,550

kind of a lot of teachings and ideas and

1114

00:58:10,540 --> 00:58:07,250

practices and so of course I just jumped

1115

00:58:12,190 --> 00:58:10,550

in with both feet on that because I was

1116

00:58:13,990 --> 00:58:12,200

just dying to know and then I got a

1117

00:58:16,840 --> 00:58:14,000

taste of it so I wasn't even working do

1118

00:58:22,860 --> 00:58:16,850

I need to know about the experience

1119

00:58:31,390 --> 00:58:26,110

told it very much to anyone except for

1120

00:58:33,160 --> 00:58:31,400

family so basically I had it's kind of

1121

00:58:35,260 --> 00:58:33,170

like asthma bronchitis probably

1122

00:58:37,450 --> 00:58:35,270

autoimmune type of thing and they were

1123

00:58:40,600 --> 00:58:37,460

giving me like everything that they had

1124

00:58:43,180 --> 00:58:40,610

and it had been weeks and I was still

1125

00:58:45,970 --> 00:58:43,190

you know basically on the way out so

1126

00:58:47,620 --> 00:58:45,980

they decided to do this procedure where

1127

00:58:50,470 --> 00:58:47,630

they take a bronchoscope which is like a

1128

00:58:53,530 --> 00:58:50,480

flexible tube with a laser in it yeah

1129

00:58:57,280 --> 00:58:53,540

they can use to take biopsies and look

1130

00:58:58,810 --> 00:58:57,290

down in you and also to give medicine if

1131

00:59:01,810 --> 00:58:58,820

they want so they're gonna put this

1132

00:59:04,780 --> 00:59:01,820

bronze cup bronze scope up my nose and

1133

00:59:06,430 --> 00:59:04,790

down onto my Bron key and then spray

1134

00:59:12,220 --> 00:59:06,440

lidocaine on like when you get your

1135

00:59:13,840 --> 00:59:12,230

tooth and sometimes and some people this

1136

00:59:17,010 --> 00:59:13,850

will calm things down and kind of break

1137

00:59:19,870 --> 00:59:17,020

the cycle so they decided to do this and

1138

00:59:21,370 --> 00:59:19,880

unfortunately for me well the doctor

1139

00:59:23,230 --> 00:59:21,380

knew that it could be risky because I

1140

00:59:26,080 --> 00:59:23,240

didn't have parathyroids which control

1141

00:59:29,500 --> 00:59:26,090

your calcium metabolism so the lidocaine

1142

00:59:31,540 --> 00:59:29,510

bound with all the calcium and I went

1143

00:59:34,440 --> 00:59:31,550

into convulsions really bad I could get

1144

00:59:38,460 --> 00:59:34,450

yeah but the interesting thing to me was

1145

00:59:42,280 --> 00:59:38,470

my experience going into this

1146

00:59:43,089 --> 00:59:42,290

NDE was you know I'm doctors there you

1147

00:59:44,499 --> 00:59:43,099

know it

1148

00:59:45,880 --> 00:59:44,509

get the medicine where I needs to go you

1149

00:59:49,779 --> 00:59:45,890

need to inhale it as you're inhaling

1150

00:59:51,999 --> 00:59:49,789

this liquid healing medicine is coming

1151
00:59:54,130 --> 00:59:52,009
down from your head into your lungs and

1152
00:59:55,449 --> 00:59:54,140
you can see this bright like red light

1153
00:59:58,660 --> 00:59:55,459
because the legs are so strong in your

1154
00:59:59,799 --> 00:59:58,670
chest and of course you know your sense

1155
01:00:01,509 --> 00:59:59,809
of self is getting dissolved because

1156
01:00:02,890 --> 01:00:01,519
they don't want to make these things any

1157
01:00:04,479 --> 01:00:02,900
longer than they need to see your nose

1158
01:00:09,009 --> 01:00:04,489
who knows that this doctor doing this to

1159
01:00:13,329 --> 01:00:09,019
you and then years later I ended up

1160
01:00:15,910 --> 01:00:13,339
going to a Buddhist exhibition in San

1161
01:00:17,259 --> 01:00:15,920
Francisco and there was just must be

1162
01:00:19,269 --> 01:00:17,269
Dennis strike me but this one black

1163
01:00:22,449 --> 01:00:19,279

tonka pollen longing is like a protect

1164

01:00:24,279 --> 01:00:22,459

us of the Dalai Lama I was like that

1165

01:00:28,870 --> 01:00:24,289

person saw the same thing I did and I

1166

01:00:31,180 --> 01:00:28,880

got so worked up had any connection to

1167

01:00:33,660 --> 01:00:31,190

anything till that point and then when I

1168

01:00:35,829 --> 01:00:33,670

so years later when I was I

1169

01:00:38,650 --> 01:00:35,839

33:34 I went and lived at a Tibetan

1170

01:00:41,890 --> 01:00:38,660

Buddhist meditation center for well up

1171

01:00:43,900 --> 01:00:41,900

in Kensington California and the first

1172

01:00:45,849 --> 01:00:43,910

time I sat down for easy meditation I

1173

01:00:48,880 --> 01:00:45,859

was pretty surprised because it's

1174

01:00:50,019 --> 01:00:48,890

basically you imagine there's this Lotus

1175

01:00:51,519 --> 01:00:50,029

on top of your head and there's this

1176
01:00:53,170 --> 01:00:51,529
healing liquid going out from your head

1177
01:00:54,549 --> 01:00:53,180
towards your chest and you have this

1178
01:00:56,079 --> 01:00:54,559
bright light in your chest and you're

1179
01:00:59,499 --> 01:00:56,089
breathing so it was like the same type

1180
01:01:05,289 --> 01:00:59,509
of thing that precipitated this Andy Wow

1181
01:01:07,509 --> 01:01:05,299
yes but the experience itself was you

1182
01:01:09,699 --> 01:01:07,519
know I was just going along Elvis and I

1183
01:01:11,410 --> 01:01:09,709
was in this space that would classically

1184
01:01:13,359 --> 01:01:11,420
be the void which of course sounds very

1185
01:01:15,939 --> 01:01:13,369
nice in the heart suture because oh it's

1186
01:01:18,969 --> 01:01:15,949
big but it's small as well but it's

1187
01:01:21,609 --> 01:01:18,979
quiet but you know when you go from

1188
01:01:23,589 --> 01:01:21,619

being in like four dimensional reality

1189

01:01:26,920 --> 01:01:23,599

to some places completely other it was

1190

01:01:29,439 --> 01:01:26,930

the most terrible I can't tell it was so

1191

01:01:32,410 --> 01:01:29,449

terrifying I just can't convey it it was

1192

01:01:33,849 --> 01:01:32,420

just shocking to the utmost I mean you

1193

01:01:36,549 --> 01:01:33,859

know think about how you're composed of

1194

01:01:38,229 --> 01:01:36,559

like DNA and chemicals but everything

1195

01:01:39,880 --> 01:01:38,239

goes away you're not breathing you don't

1196

01:01:44,079 --> 01:01:39,890

have a body you just there's no grab it

1197

01:01:47,739 --> 01:01:44,089

just as always just in this yeah and

1198

01:01:49,599 --> 01:01:47,749

then it was weird because it just looked

1199

01:01:50,420 --> 01:01:49,609

kind of like an attenuated version of

1200

01:01:51,740 --> 01:01:50,430

the night sky

1201

01:01:53,870 --> 01:01:51,750

with a little bit of movement in it so

1202

01:01:56,900 --> 01:01:53,880

it wasn't visually very exciting yeah

1203

01:02:00,020 --> 01:01:56,910

you only see anything but I could like

1204

01:02:03,170 --> 01:02:00,030

sense this huge presences it's like one

1205

01:02:05,720 --> 01:02:03,180

but many yeah it kind of were just like

1206

01:02:07,099 --> 01:02:05,730

we're here but it wasn't any force it

1207

01:02:08,329 --> 01:02:07,109

was like complete free will and I just

1208

01:02:11,630 --> 01:02:08,339

said yes and then they just started

1209

01:02:19,760 --> 01:02:11,640

teaching everything right so what did

1210

01:02:21,760 --> 01:02:19,770

they teach you well this is books oh yes

1211

01:02:24,410 --> 01:02:21,770

I'm a member of the Monroe Institute

1212

01:02:28,030 --> 01:02:24,420

professional division in fact very

1213

01:02:31,099 --> 01:02:28,040

familiar with Robert Monroe yes indeed

1214

01:02:32,299 --> 01:02:31,109

so anyway it took me years to figure out

1215

01:02:34,190 --> 01:02:32,309

but a lot of it came through what he

1216

01:02:36,230 --> 01:02:34,200

calls roads which is collected give you

1217

01:02:39,970 --> 01:02:36,240

a ball of stuff and you're gonna wind it

1218

01:02:43,460 --> 01:02:39,980

at your leisure write a wrote ro te

1219

01:02:46,760 --> 01:02:43,470

that is a concept that Robert Monroe

1220

01:02:50,210 --> 01:02:46,770

developed and he was great with the

1221

01:02:52,849 --> 01:02:50,220

acronyms he had a lot of acronyms and

1222

01:02:57,289 --> 01:02:52,859

wrote was one of them and basically a

1223

01:02:59,990 --> 01:02:57,299

road is as you said exactly a an entire

1224

01:03:04,579 --> 01:03:00,000

teaching that is sort of given to you as

1225

01:03:06,589 --> 01:03:04,589

a ball of stuff that is going to unwind

1226

01:03:10,130 --> 01:03:06,599

in your brain when you're ready to

1227

01:03:11,630 --> 01:03:10,140

accept it yeah but so the main

1228

01:03:14,000 --> 01:03:11,640

highlights that I took away and then I

1229

01:03:16,130 --> 01:03:14,010

really started working on at the you

1230

01:03:19,160 --> 01:03:16,140

know when I can it came back from that

1231

01:03:21,950 --> 01:03:19,170

experience were they give me mindfulness

1232

01:03:23,450 --> 01:03:21,960

meditation it was fair like pay

1233

01:03:24,980 --> 01:03:23,460

attention I'm sure if someone was saying

1234

01:03:27,559 --> 01:03:24,990

pay attention in that room at that point

1235

01:03:30,799 --> 01:03:27,569

but it was latched on to I kept hearing

1236

01:03:32,770 --> 01:03:30,809

it and it was like kind of glommed on to

1237

01:03:34,940 --> 01:03:32,780

the slow idea of mindfulness meditation

1238

01:03:36,799 --> 01:03:34,950

the idea that you don't need down like a

1239

01:03:38,510 --> 01:03:36,809

sitting practice but that you just need

1240

01:03:41,420 --> 01:03:38,520

to pay attention to your surroundings

1241

01:03:44,539 --> 01:03:41,430

and your awareness at any moment this is

1242

01:03:46,970 --> 01:03:44,549

going to cultivate your ability to

1243

01:03:50,630 --> 01:03:46,980

become more aware and as part of that

1244

01:03:52,069 --> 01:03:50,640

they also gave me a transmission in you

1245

01:03:53,390 --> 01:03:52,079

know there's different ways of kind of

1246

01:03:57,980 --> 01:03:53,400

protecting yourself from outside

1247

01:04:01,430 --> 01:03:57,990

influences and of course the Queen is to

1248

01:04:04,040 --> 01:04:01,440

be able to become completely neutral and

1249

01:04:07,190 --> 01:04:04,050

without mind right that's just wonderful

1250

01:04:10,730 --> 01:04:07,200

place to be if you can get there it's a

1251

01:04:12,440 --> 01:04:10,740

tall order but they explain that to me

1252

01:04:15,020 --> 01:04:12,450

and kind of showed me how to make that

1253

01:04:17,570 --> 01:04:15,030

energetic move and supported me in it so

1254

01:04:19,580 --> 01:04:17,580

that you know if I see these practices I

1255

01:04:21,770 --> 01:04:19,590

wouldn't be subject to you know

1256

01:04:25,670 --> 01:04:21,780

basically like they explain like you

1257

01:04:27,410 --> 01:04:25,680

know psychic parasites or vampires the

1258

01:04:30,920 --> 01:04:27,420

other thing that they did and it cracks

1259

01:04:32,690 --> 01:04:30,930

me up because okay so this is in 1984 I

1260

01:04:34,580 --> 01:04:32,700

was living in Berkeley

1261

01:04:39,680 --> 01:04:34,590

it happened in Berkeley California right

1262

01:04:41,450 --> 01:04:39,690

whew essential all this stuff so

1263

01:04:42,740 --> 01:04:41,460

basically what the other was like

1264

01:04:44,510 --> 01:04:42,750

through through the three main things a

1265

01:04:48,680 --> 01:04:44,520

short they said you have an organ this

1266

01:04:50,420 --> 01:04:48,690

organ it's kind of like just more subtle

1267

01:04:53,150 --> 01:04:50,430

than the physical but it connects your

1268

01:04:54,950 --> 01:04:53,160

soul to your physical body and you can

1269

01:04:57,890 --> 01:04:54,960

strengthen this organ by walking now I

1270

01:04:59,480 --> 01:04:57,900

was already a big Walker but I became

1271

01:05:01,760 --> 01:04:59,490

even more so but they're like you know

1272

01:05:04,310 --> 01:05:01,770

you got to do this because you can't get

1273

01:05:05,690 --> 01:05:04,320

better unless you get in your body and

1274

01:05:07,130 --> 01:05:05,700

pay attention to all that stuff that's

1275

01:05:08,630 --> 01:05:07,140

going wrong that you don't want to have

1276

01:05:10,040 --> 01:05:08,640

to pay any attention to you but that you

1277

01:05:13,430 --> 01:05:10,050

need to know about so you can you know

1278

01:05:16,610 --> 01:05:13,440

deal with it wow that's very interesting

1279

01:05:18,680 --> 01:05:16,620

because I am a person who likes to walk

1280

01:05:21,400 --> 01:05:18,690

and would like to walk even more than I

1281

01:05:25,040 --> 01:05:21,410

do do so that this is a very interesting

1282

01:05:30,410 --> 01:05:25,050

transmission to me personally I find to

1283

01:05:33,350 --> 01:05:30,420

be useful Wow yeah yeah so so you have

1284

01:05:36,020 --> 01:05:33,360

you had this out-of-body experience you

1285

01:05:41,710 --> 01:05:36,030

experienced the void you got some

1286

01:05:43,910 --> 01:05:41,720

teachings and since then you have been

1287

01:05:46,100 --> 01:05:43,920

involved I've you know seen you on

1288

01:05:48,050 --> 01:05:46,110

different websites and you're involved

1289

01:05:51,050 --> 01:05:48,060

in the UFO community as well have you

1290

01:05:54,070 --> 01:05:51,060

had a UFO sighting no the one thing I've

1291

01:05:56,140 --> 01:05:54,080

never had is flying as you know

1292

01:05:59,660 --> 01:05:56,150

unidentified object in the sky

1293

01:06:01,700 --> 01:05:59,670

unidentified light no I've had missing

1294

01:06:05,180 --> 01:06:01,710

time with entities Wow broad daylight

1295

01:06:06,380 --> 01:06:05,190

with no you know whatever around but

1296

01:06:08,960 --> 01:06:06,390

I've had a taste in just about

1297

01:06:11,990 --> 01:06:08,970

everything else okay but no flying

1298

01:06:14,870 --> 01:06:12,000

saucers we have we have a few more

1299

01:06:15,140 --> 01:06:14,880

minutes to talk with you and maybe you

1300

01:06:16,550 --> 01:06:15,150

would

1301

01:06:20,900 --> 01:06:16,560

like to tell us a little bit about it

1302

01:06:22,160 --> 01:06:20,910

you're missing time yeah it's kind of

1303

01:06:24,710 --> 01:06:22,170

one of those experiences where you just

1304

01:06:26,840 --> 01:06:24,720

kind of go huh that happened I don't

1305

01:06:30,350 --> 01:06:26,850

know what to say about it but I was

1306

01:06:36,610 --> 01:06:30,360

about 25 and so it was you know a few

1307

01:06:38,960 --> 01:06:36,620

years after this NDE and as I say again

1308

01:06:41,540 --> 01:06:38,970

key to understanding this is that I walk

1309

01:06:43,400 --> 01:06:41,550

a lot and I've been living in this place

1310

01:06:44,540 --> 01:06:43,410

where this happened or down the street

1311

01:06:48,830 --> 01:06:44,550

where it's happened for a couple years

1312

01:06:51,320 --> 01:06:48,840

and so I probably walked by on this you

1313

01:06:54,650 --> 01:06:51,330

know length of Street and a few hundred

1314

01:06:56,390 --> 01:06:54,660

times by the time this happened so I go

1315

01:06:58,340 --> 01:06:56,400

out and walk every day and at the time I

1316

01:06:59,660 --> 01:06:58,350

wasn't working said I have a lot of

1317

01:07:01,640 --> 01:06:59,670

demands on my time so I just walked

1318

01:07:04,940 --> 01:07:01,650

maybe half an hour maybe two hours just

1319

01:07:08,330 --> 01:07:04,950

depending on how I felt so one day I was

1320

01:07:10,340 --> 01:07:08,340

I walked I was living in Albany and I

1321

01:07:13,460 --> 01:07:10,350

had walked up into the hills and I was

1322

01:07:20,210 --> 01:07:13,470

coming back down on Washington Street by

1323

01:07:24,050 --> 01:07:20,220

Solano between a key route and Spokane

1324

01:07:25,940 --> 01:07:24,060

okay and so in the space just walking

1325

01:07:29,090 --> 01:07:25,950

along as I said it was like by early

1326

01:07:31,250 --> 01:07:29,100

afternoon it was a clear sky within the

1327

01:07:34,700 --> 01:07:31,260

space of probably about twenty twelve

1328

01:07:37,760 --> 01:07:34,710

steps a bunch of things happen I noticed

1329

01:07:40,460 --> 01:07:37,770

that there was about half a block in

1330

01:07:42,590 --> 01:07:40,470

front of me there was like this really

1331

01:07:44,870 --> 01:07:42,600

small kind of known looking guy who was

1332

01:07:47,750 --> 01:07:44,880

very still and like right in my line of

1333

01:07:52,220 --> 01:07:47,760

sight to my left and a little behind me

1334

01:07:54,110 --> 01:07:52,230

was a lady wearing a full skirt and it's

1335

01:07:57,230 --> 01:07:54,120

like she'd come up and I hadn't noticed

1336

01:07:59,210 --> 01:07:57,240

her before and then someone said back

1337

01:08:01,540 --> 01:07:59,220

into left to me he said what time is it

1338

01:08:04,880 --> 01:08:01,550

and I heard these church bells chiming

1339

01:08:08,240 --> 01:08:04,890

there's a Catholic Church or a mystical

1340

01:08:11,170 --> 01:08:08,250

Church about seven blocks east of where

1341

01:08:13,760 --> 01:08:11,180

I was I was walking West so behind me

1342

01:08:15,920 --> 01:08:13,770

staying alban's Episcopal Church and

1343

01:08:17,660 --> 01:08:15,930

they have these big nice chimes that go

1344

01:08:20,480 --> 01:08:17,670

all the time and they sound like it was

1345

01:08:21,920 --> 01:08:20,490

right on top of me as that even if it

1346

01:08:24,530 --> 01:08:21,930

had been going at that time would have

1347

01:08:26,480 --> 01:08:24,540

been quite a distance away cuz I like I

1348

01:08:27,299 --> 01:08:26,490

said I lived there I was walking her all

1349

01:08:28,799 --> 01:08:27,309

the time I know

1350

01:08:31,019 --> 01:08:28,809

that sound would travel it might sound

1351

01:08:31,950 --> 01:08:31,029

closer doing certain fog conditions but

1352

01:08:34,049 --> 01:08:31,960

not like this

1353

01:08:35,729 --> 01:08:34,059

okay so awesome this is happening in the

1354

01:08:37,049 --> 01:08:35,739

boom it all cuts out and none of these

1355

01:08:39,240 --> 01:08:37,059

people are clearing under the sound is

1356

01:08:41,640 --> 01:08:39,250

there and I'm just I mean it's like

1357

01:08:43,620 --> 01:08:41,650

literally in the space and what walk Wow

1358

01:08:46,799 --> 01:08:43,630

I knew immediately that I've lost some

1359

01:08:53,339 --> 01:08:46,809

time that I figured well I got all my

1360

01:08:56,069 --> 01:08:53,349

favors on my toe so what can you do the

1361

01:08:58,649 --> 01:08:56,079

only thing so was one of those things

1362

01:09:00,450 --> 01:08:58,659

that I smell that was weird and I just

1363

01:09:02,039 --> 01:09:00,460

kind of filed it away but I couldn't

1364

01:09:05,879 --> 01:09:02,049

really have any idea what it meant until

1365

01:09:11,339 --> 01:09:05,889

I probably ten or twelve years later I

1366

01:09:13,169 --> 01:09:11,349

had been working in Berkeley and I agree

1367

01:09:14,640 --> 01:09:13,179

very close with my boss I was very close

1368

01:09:16,829 --> 01:09:14,650

to her when she was pregnant with her

1369

01:09:18,870 --> 01:09:16,839

daughter she became seriously ill and I

1370

01:09:20,039 --> 01:09:18,880

was it was kind of a creepy work

1371

01:09:21,359 --> 01:09:20,049

environment so I was kinda like her

1372

01:09:22,740 --> 01:09:21,369

personal on the scene while she was like

1373

01:09:26,549 --> 01:09:22,750

in the hospital with stuff with his

1374

01:09:29,010 --> 01:09:26,559

greatest mom and so we'd be very close

1375

01:09:31,349 --> 01:09:29,020

and then after her child was born I went

1376

01:09:32,700 --> 01:09:31,359

to her house for some business and she

1377

01:09:35,220 --> 01:09:32,710

lived about a half block away with this

1378

01:09:37,260 --> 01:09:35,230

experience had taken place which struck

1379

01:09:40,829 --> 01:09:37,270

me because you know a lot of these fake

1380

01:09:43,200 --> 01:09:40,839

entities gnomes and of course the saucer

1381

01:09:47,189 --> 01:09:43,210

occupants there's always this linkage

1382

01:09:50,849 --> 01:09:47,199

with babies aha so I don't know that's

1383

01:09:53,870 --> 01:09:50,859

the only clue I have for you I would say

1384

01:09:57,720 --> 01:09:53,880

to you that the gnome entities are

1385

01:10:00,600 --> 01:09:57,730

something that I have heard a lot about

1386

01:10:03,569 --> 01:10:00,610

before and firsthand heard you know

1387

01:10:08,879 --> 01:10:03,579

people that I have met and so forth in

1388

01:10:12,629 --> 01:10:08,889

fact Kate and I had a woman that we knew

1389

01:10:15,060 --> 01:10:12,639

together who was a member of our little

1390

01:10:17,399 --> 01:10:15,070

group that we haven't spoken much about

1391

01:10:21,060 --> 01:10:17,409

we called ourselves here four of us we

1392

01:10:23,760 --> 01:10:21,070

called ourselves the saw syrettes and we

1393

01:10:26,609 --> 01:10:23,770

did a few programs around the local area

1394

01:10:28,470 --> 01:10:26,619

and we gathered together we would have

1395

01:10:30,870 --> 01:10:28,480

lunch together and stuff like that and

1396

01:10:35,490 --> 01:10:30,880

one woman unfortunately has passed away

1397

01:10:38,729 --> 01:10:35,500

and that woman one of her introductions

1398

01:10:41,070 --> 01:10:38,739

to this whole field of ufology and she

1399

01:10:44,610 --> 01:10:41,080

was very involved with ufology

1400

01:10:47,910 --> 01:10:44,620

had to do with her meeting this known

1401

01:10:51,270 --> 01:10:47,920

person outside of the store and it was

1402

01:10:54,180 --> 01:10:51,280

just a it sounded a lot like what you

1403

01:10:56,490 --> 01:10:54,190

were describing it was sort of time sort

1404

01:11:00,240 --> 01:10:56,500

of stopped but the this fellow

1405

01:11:03,120 --> 01:11:00,250

spoke to her with your gnome he didn't

1406

01:11:03,450 --> 01:11:03,130

speak to you I I take it not that I know

1407

01:11:07,230 --> 01:11:03,460

of

1408

01:11:09,570 --> 01:11:07,240

oh if I had to guess I'd say that or

1409

01:11:12,030 --> 01:11:09,580

calculate I would say it was about 40

1410

01:11:14,970 --> 01:11:12,040

minutes missing because as I said again

1411

01:11:16,170 --> 01:11:14,980

I walked there since then I walked there

1412

01:11:18,900 --> 01:11:16,180

like probably couple thousand times

1413

01:11:25,790 --> 01:11:18,910

along that one stretch and you know how

1414

01:11:31,860 --> 01:11:29,670

about your saucer art form yes yes we

1415

01:11:34,380 --> 01:11:31,870

had a lot of fun with the whole concept

1416

01:11:38,490 --> 01:11:34,390

I thought of the name the saucer rat

1417

01:11:42,180 --> 01:11:38,500

said and one of our compatriots was a at

1418

01:11:43,800 --> 01:11:42,190

the time a MUFON investigator and I

1419

01:11:45,810 --> 01:11:43,810

think she thought that I was making

1420

01:11:48,500 --> 01:11:45,820

light of the whole situation and she

1421

01:11:51,390 --> 01:11:48,510

didn't like the idea

1422

01:11:53,550 --> 01:11:51,400

she's a very nice person in a very dear

1423

01:11:55,950 --> 01:11:53,560

person and I still know her but I

1424

01:11:57,750 --> 01:11:55,960

thought it was hysterical and I like to

1425

01:12:02,190 --> 01:11:57,760

have fun you know girls just like to

1426

01:12:06,120 --> 01:12:02,200

have fun isn't it I'm on your side you

1427

01:12:07,770 --> 01:12:06,130

know basically the creepy nasty part of

1428

01:12:09,960 --> 01:12:07,780

life will take care of itself so maybe

1429

01:12:12,540 --> 01:12:09,970

trying to you know work a little fun

1430

01:12:14,700 --> 01:12:12,550

well Stephanie I want to thank you so

1431

01:12:19,470 --> 01:12:14,710

much for being on shattered reality

1432

01:12:22,680 --> 01:12:19,480

today and I hope to speak with you again

1433

01:12:25,190 --> 01:12:22,690

we were very welcome to come back on and

1434

01:12:28,320 --> 01:12:25,200

if you want to discuss any other

1435

01:12:31,500 --> 01:12:28,330

experiences but I want to thank you a

1436

01:12:34,140 --> 01:12:31,510

whole lot for coming on and I will be in

1437

01:12:35,670 --> 01:12:34,150

touch with you great thank you so much

1438

01:12:36,480 --> 01:12:35,680

I'll agree and I really appreciate your

1439

01:12:42,540 --> 01:12:36,490

time thank you

1440

01:12:44,940 --> 01:12:42,550

you too bye-bye bye-bye well so today

1441

01:12:47,490 --> 01:12:44,950

was a really wonderful day for us here

1442

01:12:50,280 --> 01:12:47,500

on shattered reality unfortunately we

1443

01:12:54,000 --> 01:12:50,290

could not keep miss Kate Valentine on

1444

01:12:57,720 --> 01:12:54,010

the line due to the fact that

1445

01:13:00,700 --> 01:12:57,730

minuta the fact that we had a again an

1446

01:13:05,110 --> 01:13:00,710

echo we're going to work on getting her

1447

01:13:07,330 --> 01:13:05,120

back for our next podcast so what I

1448

01:13:10,030 --> 01:13:07,340

would like to ask you to do is to please

1449

01:13:12,370 --> 01:13:10,040

check us out on YouTube like us on

1450

01:13:14,410 --> 01:13:12,380

Facebook let us know if you would like

1451

01:13:16,450 --> 01:13:14,420

to be a guest in our listeners corner

1452

01:13:19,930 --> 01:13:16,460

like the wonderful Stephanie quick just

1453

01:13:21,970 --> 01:13:19,940

was you can do so in writing that is

1454

01:13:24,130 --> 01:13:21,980

that you can send submit a written

1455

01:13:26,800 --> 01:13:24,140

report and I'll read it or Kate will

1456

01:13:30,160 --> 01:13:26,810

read it on the show or you can be

1457

01:13:33,460 --> 01:13:30,170

actually on the show verbally and Skype

1458

01:13:36,040 --> 01:13:33,470

in to us if you write in please be sure

1459

01:13:38,230 --> 01:13:36,050

to include all the pertinent details of

1460

01:13:40,930 --> 01:13:38,240

your experience will read the encounter

1461

01:13:42,910 --> 01:13:40,940

of your sighting or will read the

1462

01:13:46,510 --> 01:13:42,920

account of your sighting or encounter

1463

01:13:50,790 --> 01:13:46,520

and it could be about UFOs orbs beings

1464

01:13:52,510 --> 01:13:50,800

electronic voice phenomena hauntings

1465

01:13:55,240 --> 01:13:52,520

Bigfoots

1466

01:13:57,940 --> 01:13:55,250

we want to hear it all and please feel

1467

01:14:01,060 --> 01:13:57,950

free to comment on either of our

1468

01:14:09,910 --> 01:14:01,070

websites on youtube or on our facebook

1469

01:14:14,520 --> 01:14:09,920

page we are at [WWE allottee podcast.com](http://WWEallottee.com)

1470

01:14:17,500 --> 01:14:14,530

and at [shattered reality podcast](http://shatteredreality.com)

1471

01:14:20,800 --> 01:14:17,510

wordpress.com we have at the current

1472

01:14:34,040 --> 01:14:20,810

moment 68 episodes and Counting