



1
00:00:08,530 --> 00:00:14,910

[Music]

2
00:00:20,550 --> 00:00:17,590

wow

3
00:00:21,189 --> 00:00:20,560

welcome to shattered reality with your

4
00:00:24,710 --> 00:00:21,199

hosts

5
00:00:27,750 --> 00:00:24,720

kate valentine and ferusha

6
00:00:31,830 --> 00:00:27,760

prepare to have your paradigms shifted

7
00:00:35,110 --> 00:00:31,840

into truth questioned and now

8
00:00:38,389 --> 00:00:35,120

shattered reality shattered reality

9
00:00:41,750 --> 00:00:38,399

well hello shattered reality listeners

10
00:00:45,229 --> 00:00:41,760

um i'm very happy to be here

11
00:00:48,150 --> 00:00:45,239

today on january 15

12
00:00:51,750 --> 00:00:48,160

2019 this is our

13
00:00:54,150 --> 00:00:51,760

first podcast of the new year

14

00:00:55,189 --> 00:00:54,160

and i certainly hope it won't be the

15

00:01:01,270 --> 00:00:55,199

last

16

00:01:04,310 --> 00:01:01,280

that doesn't have kate valentine with us

17

00:01:07,429 --> 00:01:04,320

she has been missing for a little while

18

00:01:10,550 --> 00:01:07,439

and we are hoping to welcome her back

19

00:01:13,590 --> 00:01:10,560

in the coming weeks so i believe this

20

00:01:15,749 --> 00:01:13,600

is number 82 of the podcast

21

00:01:17,910 --> 00:01:15,759

and we're going to start in right away

22

00:01:20,469 --> 00:01:17,920

i'm going to save all the other

23

00:01:21,270 --> 00:01:20,479

notes for the end of the podcast because

24

00:01:25,429 --> 00:01:21,280

we have

25

00:01:29,030 --> 00:01:25,439

a very special guest joining us today

26

00:01:31,749 --> 00:01:29,040

someone who is across the pond

27

00:01:33,270 --> 00:01:31,759

so it's a little bit later there than it

28

00:01:34,710 --> 00:01:33,280

is here and we don't want to

29

00:01:37,830 --> 00:01:34,720

inconvenience him not

30

00:01:41,109 --> 00:01:37,840

one little bit he is a very very

31

00:01:43,030 --> 00:01:41,119

well-known scientist internationally

32

00:01:46,630 --> 00:01:43,040

recognized

33

00:01:50,550 --> 00:01:46,640

phd perhaps more than once over

34

00:01:54,710 --> 00:01:50,560

and he as dr rupert sheldrake

35

00:01:57,910 --> 00:01:54,720

a biologist and author of more than 85

36

00:02:00,950 --> 00:01:57,920

scientific papers and 12 books

37

00:02:04,389 --> 00:02:00,960

he was a fellow of claire college

38

00:02:07,109 --> 00:02:04,399

cambridge university a frank knox

39

00:02:08,229 --> 00:02:07,119

fellow at harvard university and a

40

00:02:13,670 --> 00:02:08,239

research fellow

41

00:02:17,030 --> 00:02:13,680

of the royal society from 2005 to 2010

42

00:02:20,470 --> 00:02:17,040

he was the director of the parat

43

00:02:21,030 --> 00:02:20,480

warwick project funded by trinity

44

00:02:23,589 --> 00:02:21,040

college

45

00:02:26,390 --> 00:02:23,599

at cambridge he is a fellow of the

46

00:02:27,510 --> 00:02:26,400

institute of noetic sciences in petaluma

47

00:02:30,790 --> 00:02:27,520

california

48

00:02:34,150 --> 00:02:30,800

and of shoemaker college in devon

49

00:02:37,270 --> 00:02:34,160

england and his latest book is

50

00:02:40,229 --> 00:02:37,280

science and spiritual practices

51
00:02:42,229 --> 00:02:40,239
transformative experiences and their

52
00:02:45,589 --> 00:02:42,239
effects on our bodies

53
00:02:46,470 --> 00:02:45,599
brains and health so i would like to

54
00:02:50,390 --> 00:02:46,480
welcome

55
00:02:52,790 --> 00:02:50,400
dr rupert sheldrake hello rupert hello

56
00:02:55,030 --> 00:02:52,800
i'm very pleased to be with you well i

57
00:02:55,750 --> 00:02:55,040
am extraordinarily pleased to have you

58
00:02:59,670 --> 00:02:55,760
on

59
00:03:02,390 --> 00:02:59,680
and um what i would like to start with

60
00:03:04,470 --> 00:03:02,400
is because most everyone who would be

61
00:03:07,750 --> 00:03:04,480
listening to this podcast

62
00:03:10,229 --> 00:03:07,760
will have already heard your name

63
00:03:11,509 --> 00:03:10,239

i cannot guarantee that they have all

64

00:03:13,750 --> 00:03:11,519

read your books

65

00:03:15,110 --> 00:03:13,760

i myself have read four of your books

66

00:03:18,309 --> 00:03:15,120

and hope to make it more

67

00:03:21,509 --> 00:03:18,319

in the not too distant future however

68

00:03:22,790 --> 00:03:21,519

what i think that uh you are most well

69

00:03:25,670 --> 00:03:22,800

known for

70

00:03:27,030 --> 00:03:25,680

is for promoting and expanding the

71

00:03:29,270 --> 00:03:27,040

hypothesis

72

00:03:30,550 --> 00:03:29,280

of morphic resonance would you agree

73

00:03:33,670 --> 00:03:30,560

with that

74

00:03:36,229 --> 00:03:33,680

i suppose sir yes um and i think

75

00:03:37,830 --> 00:03:36,239

that just to make it real clear for the

76

00:03:39,670 --> 00:03:37,840

people who know your name

77

00:03:41,350 --> 00:03:39,680

but don't know your work which i would

78

00:03:44,149 --> 00:03:41,360

say maybe you know 30

79

00:03:46,309 --> 00:03:44,159

of our listeners the other uh 70

80

00:03:47,509 --> 00:03:46,319

probably have some concept of what it is

81

00:03:50,789 --> 00:03:47,519

could you just

82

00:03:54,229 --> 00:03:50,799

give us a little background on on the

83

00:03:56,630 --> 00:03:54,239

hypothesis of morphic resonance

84

00:03:57,350 --> 00:03:56,640

yes it's basically the idea that there's

85

00:04:00,470 --> 00:03:57,360

a memory

86

00:04:03,270 --> 00:04:00,480

in nature that there's a kind of

87

00:04:05,350 --> 00:04:03,280

collective memory in each species and in

88

00:04:07,670 --> 00:04:05,360

each kind of thing

89

00:04:08,630 --> 00:04:07,680

and in its most general sense the idea

90

00:04:11,110 --> 00:04:08,640

that the

91

00:04:12,390 --> 00:04:11,120

laws of nature are actually more like

92

00:04:15,270 --> 00:04:12,400

habits

93

00:04:15,910 --> 00:04:15,280

the universe is basically habit forming

94

00:04:17,990 --> 00:04:15,920

and

95

00:04:19,990 --> 00:04:18,000

evolution involves the development of

96

00:04:20,870 --> 00:04:20,000

new habits rather than everything being

97

00:04:23,030 --> 00:04:20,880

run by

98

00:04:24,950 --> 00:04:23,040

fixed laws that were all there at the

99

00:04:27,590 --> 00:04:24,960

moment of the big bang like a kind of

100

00:04:31,270 --> 00:04:27,600

cosmic napoleonic code

101
00:04:32,710 --> 00:04:31,280
so um the the actual way in which the

102
00:04:35,270 --> 00:04:32,720
memory or habits work

103
00:04:37,110 --> 00:04:35,280
is what i mean by morphic resonance

104
00:04:40,070 --> 00:04:37,120
similar patterns of activity

105
00:04:42,310 --> 00:04:40,080
resonate across time with subsequent

106
00:04:43,990 --> 00:04:42,320
similar patterns of activity

107
00:04:46,469 --> 00:04:44,000
and the result of this is that each

108
00:04:49,909 --> 00:04:46,479
species has a kind of collective memory

109
00:04:53,030 --> 00:04:49,919
not just a behavior but of form so

110
00:04:55,110 --> 00:04:53,040
every time a foxglove plant develops

111
00:04:56,469 --> 00:04:55,120
it's tuning into the kind of memory of

112
00:04:59,670 --> 00:04:56,479
the fox glove form

113
00:05:01,749 --> 00:04:59,680

from previous fox gloves it's inheriting

114

00:05:03,110 --> 00:05:01,759

genes of course which enable it to make

115

00:05:05,189 --> 00:05:03,120

the right proteins

116

00:05:06,390 --> 00:05:05,199

but the form is shaped by morphic

117

00:05:10,469 --> 00:05:06,400

resonance

118

00:05:11,270 --> 00:05:10,479

and every time a giraffe develops a baby

119

00:05:14,629 --> 00:05:11,280

giraffe

120

00:05:17,029 --> 00:05:14,639

collective memory

121

00:05:18,870 --> 00:05:17,039

and when the baby's born it then tunes

122

00:05:19,830 --> 00:05:18,880

into the memory of instincts of that

123

00:05:21,909 --> 00:05:19,840

species so

124

00:05:23,430 --> 00:05:21,919

instincts are a kind of habit of the

125

00:05:26,390 --> 00:05:23,440

species

126

00:05:28,070 --> 00:05:26,400

um this is a testable hypothesis and

127

00:05:31,590 --> 00:05:28,080

it's been tested

128

00:05:33,830 --> 00:05:31,600

successfully so far and it predicts that

129

00:05:35,749 --> 00:05:33,840

if you make a new chemical for the first

130

00:05:38,230 --> 00:05:35,759

time and crystallize it

131

00:05:39,029 --> 00:05:38,240

the first crystals may take a long time

132

00:05:42,070 --> 00:05:39,039

to form

133

00:05:42,870 --> 00:05:42,080

a new pattern has to come into being in

134

00:05:44,710 --> 00:05:42,880

nature

135

00:05:45,990 --> 00:05:44,720

but the more often you crystallize it

136

00:05:48,150 --> 00:05:46,000

the easier it gets

137

00:05:49,510 --> 00:05:48,160

and in fact that's what chemists have

138

00:05:51,909 --> 00:05:49,520

known for a long time

139

00:05:54,390 --> 00:05:51,919

new compounds get easier to crystallize

140

00:05:56,390 --> 00:05:54,400

around the world

141

00:05:58,390 --> 00:05:56,400

and they often assume this is because

142

00:06:00,629 --> 00:05:58,400

fragments of previous crystals have been

143

00:06:04,629 --> 00:06:00,639

wafted around in the atmosphere

144

00:06:08,390 --> 00:06:04,639

um and have settled out uh as dust

145

00:06:11,110 --> 00:06:08,400

but um this uh happens uh

146

00:06:11,749 --> 00:06:11,120

even if dust particles are filtered out

147

00:06:13,830 --> 00:06:11,759

and

148

00:06:15,510 --> 00:06:13,840

also if you train rats to learn a new

149

00:06:17,590 --> 00:06:15,520

trick say in new york

150

00:06:19,749 --> 00:06:17,600

then rats all around the world should

151

00:06:22,950 --> 00:06:19,759

thereafter be able to learn it quicker

152

00:06:23,430 --> 00:06:22,960

in london in melbourne australia and so

153

00:06:25,189 --> 00:06:23,440

on

154

00:06:27,510 --> 00:06:25,199

just because the rats have landed in new

155

00:06:28,710 --> 00:06:27,520

york without any normal means of

156

00:06:31,909 --> 00:06:28,720

communication

157

00:06:34,950 --> 00:06:31,919

that's why this hypothesis is surprising

158

00:06:37,350 --> 00:06:34,960

and indeed controversial

159

00:06:39,270 --> 00:06:37,360

because it's suggesting something that's

160

00:06:41,670 --> 00:06:39,280

not part of regular science

161

00:06:43,430 --> 00:06:41,680

but which i think makes a great more say

162

00:06:47,749 --> 00:06:43,440

much more sense out of

163

00:06:51,189 --> 00:06:47,759

evolution inheritance and indeed memory

164

00:06:55,189 --> 00:06:51,199

i have a few questions about that or um

165

00:06:58,230 --> 00:06:55,199

maybe statements uh how does this

166

00:07:01,670 --> 00:06:58,240

how does this relate to uh

167

00:07:04,950 --> 00:07:01,680

epigenetics as opposed to regular

168

00:07:07,510 --> 00:07:04,960

genetic selection in other words

169

00:07:08,870 --> 00:07:07,520

a gene gets to be expressed or not

170

00:07:12,230 --> 00:07:08,880

expressed and

171

00:07:15,430 --> 00:07:12,240

perhaps we consciously might have some

172

00:07:17,749 --> 00:07:15,440

control over that or maybe the

173

00:07:18,950 --> 00:07:17,759

morphic resonance has some control over

174

00:07:25,510 --> 00:07:18,960

that

175

00:07:29,029 --> 00:07:25,520

until about the year 2000 um

176

00:07:31,350 --> 00:07:29,039

regular biologists claimed that

177

00:07:33,830 --> 00:07:31,360

every bit of inheritance essentially was

178

00:07:36,710 --> 00:07:33,840

genetic apart from so-called cytoplasmic

179

00:07:39,749 --> 00:07:36,720

inheritance and cultural inheritance

180

00:07:41,350 --> 00:07:39,759

um and they were dead against the idea

181

00:07:44,070 --> 00:07:41,360

of the inheritance of acquired

182

00:07:47,189 --> 00:07:44,080

characters that was in fact a heresy

183

00:07:50,469 --> 00:07:47,199

so-called lumarkian inheritance

184

00:07:51,510 --> 00:07:50,479

but since the year 2000 it's now become

185

00:07:53,909 --> 00:07:51,520

mainstream

186

00:07:57,589 --> 00:07:53,919

and it's now generally agreed there is

187

00:07:59,749 --> 00:07:57,599

an inheritance of acquired characters

188

00:08:00,790 --> 00:07:59,759

people assume that it's all due to

189

00:08:04,790 --> 00:08:00,800

changes in the

190

00:08:07,189 --> 00:08:04,800

molecular um control of dna expression

191

00:08:08,950 --> 00:08:07,199

and i think that certainly plays a part

192

00:08:10,150 --> 00:08:08,960

but i think some of it could be morphic

193

00:08:13,510 --> 00:08:10,160

resonance

194

00:08:16,790 --> 00:08:13,520

as well or instead for example

195

00:08:17,510 --> 00:08:16,800

in some recent experiments um published

196

00:08:19,430 --> 00:08:17,520

in nature

197

00:08:20,629 --> 00:08:19,440

the leading international scientific

198

00:08:23,670 --> 00:08:20,639

journal

199

00:08:25,510 --> 00:08:23,680

people did experiments with mice um they

200

00:08:27,749 --> 00:08:25,520

trained the fathers to

201
00:08:28,670 --> 00:08:27,759
be averse to a particular smell a

202
00:08:32,630 --> 00:08:28,680
chemical called

203
00:08:34,870 --> 00:08:32,640
acetophenone um when it smelted they got

204
00:08:37,350 --> 00:08:34,880
a mild electric shock and so

205
00:08:38,389 --> 00:08:37,360
as soon as they smelt it they became

206
00:08:40,630 --> 00:08:38,399
frightened

207
00:08:43,190 --> 00:08:40,640
they then took sperm from these mice

208
00:08:43,670 --> 00:08:43,200
artificially inseminated females which

209
00:08:47,350 --> 00:08:43,680
never

210
00:08:50,389 --> 00:08:47,360
met the fathers um and their offspring

211
00:08:51,350 --> 00:08:50,399
and their grandchildren um had an

212
00:08:54,230 --> 00:08:51,360
instant fear

213
00:08:55,829 --> 00:08:54,240

of the smell of acetophenone and when

214

00:08:57,829 --> 00:08:55,839

this was published it was in

215

00:08:59,829 --> 00:08:57,839

the paper was called inheriting the

216

00:09:01,990 --> 00:08:59,839

fears of fathers

217

00:09:04,150 --> 00:09:02,000

so here's an inheritance of acquired

218

00:09:07,190 --> 00:09:04,160

characteristics

219

00:09:10,070 --> 00:09:07,200

which people assume must be

220

00:09:11,670 --> 00:09:10,080

due to um epigenetic molecular

221

00:09:13,750 --> 00:09:11,680

mechanisms but could

222

00:09:15,670 --> 00:09:13,760

equally well perhaps more plausibly be

223

00:09:17,509 --> 00:09:15,680

explained in terms of morphic resonance

224

00:09:21,430 --> 00:09:17,519

no one knows how it works

225

00:09:23,910 --> 00:09:21,440

uh in this case um but that's an example

226
00:09:24,870 --> 00:09:23,920
of the new kind of research that's going

227
00:09:27,190 --> 00:09:24,880
on

228
00:09:28,550 --> 00:09:27,200
under the general heading of epigenetic

229
00:09:31,190 --> 00:09:28,560
inheritance

230
00:09:33,269 --> 00:09:31,200
what really hit it for me that really

231
00:09:36,310 --> 00:09:33,279
hit the spot if you will

232
00:09:39,269 --> 00:09:36,320
was what you spoke about

233
00:09:41,030 --> 00:09:39,279
ayahuasca because it never really made

234
00:09:43,670 --> 00:09:41,040
sense to me that when people

235
00:09:44,230 --> 00:09:43,680
take ayahuasca i haven't i'm interested

236
00:09:47,670 --> 00:09:44,240
in it

237
00:09:50,389 --> 00:09:47,680
but i haven't had the guts to do it

238
00:09:51,110 --> 00:09:50,399

but when people take ayahuasca they do

239

00:09:54,550 --> 00:09:51,120

see

240

00:09:56,550 --> 00:09:54,560

tropical scenes the the uh the insects

241

00:09:59,910 --> 00:09:56,560

and the serpents sometimes are

242

00:10:03,030 --> 00:09:59,920

there and other animals and it's all

243

00:10:04,069 --> 00:10:03,040

like the andean tropics if i'm not

244

00:10:06,710 --> 00:10:04,079

mistaken

245

00:10:08,069 --> 00:10:06,720

and uh this never seemed to make a whole

246

00:10:11,110 --> 00:10:08,079

lot of sense to me

247

00:10:12,550 --> 00:10:11,120

but when you add the idea of morphic

248

00:10:15,990 --> 00:10:12,560

resonance to it it

249

00:10:16,630 --> 00:10:16,000

suddenly you see you get that head slap

250

00:10:19,670 --> 00:10:16,640

and say

251

00:10:21,350 --> 00:10:19,680

oh yeah that makes sense

252

00:10:23,030 --> 00:10:21,360

yes well i agree this is a very

253

00:10:24,790 --> 00:10:23,040

interesting case and

254

00:10:27,190 --> 00:10:24,800

there are okay there are recorded

255

00:10:29,110 --> 00:10:27,200

reports of people taking ayahuasca

256

00:10:30,310 --> 00:10:29,120

in modern urban settings who know

257

00:10:32,949 --> 00:10:30,320

nothing about its

258

00:10:33,829 --> 00:10:32,959

shamanic background in the in the amazon

259

00:10:37,590 --> 00:10:33,839

in region

260

00:10:39,350 --> 00:10:37,600

in south america um and

261

00:10:42,069 --> 00:10:39,360

in cultures where there's lots of

262

00:10:43,190 --> 00:10:42,079

mythology about serpents and jaguars and

263

00:10:45,110 --> 00:10:43,200

so on

264

00:10:47,430 --> 00:10:45,120

and they have visions of serpents and

265

00:10:50,470 --> 00:10:47,440

jaguars

266

00:10:51,750 --> 00:10:50,480

now what i think is happening is that

267

00:10:53,910 --> 00:10:51,760

there's a kind of inherent

268

00:10:55,509 --> 00:10:53,920

memory there a collective memory when

269

00:10:58,470 --> 00:10:55,519

you take ayahuasca

270

00:11:00,310 --> 00:10:58,480

the effect on your brain or my brain is

271

00:11:02,550 --> 00:11:00,320

very similar to the effect on the brains

272

00:11:04,710 --> 00:11:02,560

of people who've taken it before

273

00:11:07,190 --> 00:11:04,720

and that creates the conditions of

274

00:11:08,790 --> 00:11:07,200

similarity for morphic resonance

275

00:11:10,550 --> 00:11:08,800

so there's a kind of resonance from the

276

00:11:12,550 --> 00:11:10,560

people who've taken it before a kind of

277

00:11:16,069 --> 00:11:12,560

collective memory

278

00:11:19,670 --> 00:11:16,079

of ayahuasca takers which includes these

279

00:11:22,310 --> 00:11:19,680

amazonian mythologies and imagery um

280

00:11:23,110 --> 00:11:22,320

and it's not just ayahuasca the um the

281

00:11:25,910 --> 00:11:23,120

famous

282

00:11:28,230 --> 00:11:25,920

swiss chemist albert hoffman who uh

283

00:11:30,790 --> 00:11:28,240

discovered lsd

284

00:11:32,790 --> 00:11:30,800

was asked to analyze the active

285

00:11:33,910 --> 00:11:32,800

principles of magic mushrooms from

286

00:11:35,829 --> 00:11:33,920

mexico

287

00:11:37,829 --> 00:11:35,839

he was doing this research in basel

288

00:11:41,430 --> 00:11:37,839

switzerland

289

00:11:41,990 --> 00:11:41,440

and when he took these mushrooms himself

290

00:11:44,710 --> 00:11:42,000

he knew they

291

00:11:45,990 --> 00:11:44,720

came from mexico but he got very sort of

292

00:11:49,190 --> 00:11:46,000

mexican aztec

293

00:11:51,269 --> 00:11:49,200

type imagery you could say that was

294

00:11:51,910 --> 00:11:51,279

suggestion he knew they were from mexico

295

00:11:54,829 --> 00:11:51,920

but

296

00:11:56,389 --> 00:11:54,839

he isolated the silo cyber the active

297

00:11:58,150 --> 00:11:56,399

principle

298

00:11:59,430 --> 00:11:58,160

and then gave it to other swiss people

299

00:12:02,069 --> 00:11:59,440

who didn't know

300

00:12:03,110 --> 00:12:02,079

where this came from and they also had

301

00:12:06,629 --> 00:12:03,120

mexican type

302

00:12:09,269 --> 00:12:06,639

imagery so this again suggests that

303

00:12:11,990 --> 00:12:09,279

there's a kind of collective memory

304

00:12:13,269 --> 00:12:12,000

based on the specific conditions created

305

00:12:16,310 --> 00:12:13,279

by these drugs

306

00:12:19,110 --> 00:12:16,320

so this is one particular instance of a

307

00:12:22,470 --> 00:12:19,120

possible effect of morphine resonance

308

00:12:25,269 --> 00:12:22,480

i will just the mexican references

309

00:12:26,870 --> 00:12:25,279

brought back to my mind a memory a

310

00:12:30,310 --> 00:12:26,880

personal memory that i have

311

00:12:31,670 --> 00:12:30,320

of going to chichen itza a number of

312

00:12:34,870 --> 00:12:31,680

years ago

313

00:12:35,350 --> 00:12:34,880

and i was in the company of a group of

314

00:12:37,670 --> 00:12:35,360

other

315

00:12:38,790 --> 00:12:37,680

young people four or five people

316

00:12:40,949 --> 00:12:38,800

traveling

317

00:12:42,470 --> 00:12:40,959

in a larger group but we hung out

318

00:12:45,110 --> 00:12:42,480

together and uh

319

00:12:46,790 --> 00:12:45,120

one of the gentlemen had a super eight

320

00:12:49,430 --> 00:12:46,800

movie camera which was

321

00:12:51,509 --> 00:12:49,440

something people did at that time and we

322

00:12:54,310 --> 00:12:51,519

went to the top of the

323

00:12:55,990 --> 00:12:54,320

one of the pyramids where persons were

324

00:12:58,629 --> 00:12:56,000

sacrificed and um

325

00:12:59,269 --> 00:12:58,639

i was a spiritual person even at that

326

00:13:01,750 --> 00:12:59,279

time and

327

00:13:02,870 --> 00:13:01,760

i was somewhat reverent and he was

328

00:13:05,350 --> 00:13:02,880

making fun of me

329

00:13:07,509 --> 00:13:05,360

and he was making fun of the situation

330

00:13:09,509 --> 00:13:07,519

and i said really do not do that i think

331

00:13:12,629 --> 00:13:09,519

it's a very bad idea

332

00:13:16,629 --> 00:13:12,639

and when he got his super eight movie

333

00:13:19,910 --> 00:13:16,639

uh stuff back his his uh his film back

334

00:13:22,230 --> 00:13:19,920

uh that part of the film was all like

335

00:13:25,430 --> 00:13:22,240

dripping blood

336

00:13:27,110 --> 00:13:25,440

and there's no other explanation for it

337

00:13:29,590 --> 00:13:27,120

but when he got up to the

338

00:13:31,509 --> 00:13:29,600

top of the uh the pyramid i guess it

339

00:13:33,990 --> 00:13:31,519

might have been the pyramid of the sun

340

00:13:35,030 --> 00:13:34,000

and um and was making fun of my

341

00:13:37,590 --> 00:13:35,040

reverence he

342

00:13:38,710 --> 00:13:37,600

he got a film back that was just looked

343

00:13:41,750 --> 00:13:38,720

like

344

00:13:43,670 --> 00:13:41,760

rolling dripping blood so hopefully that

345

00:13:44,949 --> 00:13:43,680

uh straightened him out a little bit

346

00:13:48,069 --> 00:13:44,959

moving on with the

347

00:13:50,310 --> 00:13:48,079

uh morphic resonance uh how about

348

00:13:53,030 --> 00:13:50,320

the hundredth is it the hundredth monkey

349

00:13:55,110 --> 00:13:53,040

theory that people always refer to

350

00:13:57,189 --> 00:13:55,120

uh would you say that is but that sounds

351
00:13:59,269 --> 00:13:57,199
like a a straightforward shot for

352
00:14:02,310 --> 00:13:59,279
morphic resonance is it

353
00:14:04,949 --> 00:14:02,320
um well unfortunately not no no okay

354
00:14:06,790 --> 00:14:04,959
it's the basic principle is uh

355
00:14:08,310 --> 00:14:06,800
illustrates morphine resonance but the

356
00:14:11,590 --> 00:14:08,320
story itself

357
00:14:13,910 --> 00:14:11,600
um isn't terribly reliable um

358
00:14:15,350 --> 00:14:13,920
what happened was that there were these

359
00:14:18,150 --> 00:14:15,360
scientists in japan

360
00:14:19,900 --> 00:14:18,160
studying monkeys on islands and they

361
00:14:21,030 --> 00:14:19,910
wanted to study the monkeys

362
00:14:22,710 --> 00:14:21,040
[Music]

363
00:14:24,710 --> 00:14:22,720

where they could see them so they took

364

00:14:25,829 --> 00:14:24,720

along sacks and sweet potatoes and put

365

00:14:28,710 --> 00:14:25,839

them on the beach

366

00:14:29,750 --> 00:14:28,720

so the monkeys came out of the forest

367

00:14:32,150 --> 00:14:29,760

and then the monkeys

368

00:14:34,230 --> 00:14:32,160

on one of the islands learned to wash

369

00:14:35,269 --> 00:14:34,240

the sand off the sweet potatoes in the

370

00:14:37,030 --> 00:14:35,279

sea

371

00:14:39,189 --> 00:14:37,040

and these japanese scientists when they

372

00:14:40,870 --> 00:14:39,199

went to other islands after a while

373

00:14:42,870 --> 00:14:40,880

found that this behavior seemed to

374

00:14:44,629 --> 00:14:42,880

spread to other islands

375

00:14:47,110 --> 00:14:44,639

now that is what happened and it looks

376

00:14:50,629 --> 00:14:47,120

very like morphic resonance

377

00:14:51,430 --> 00:14:50,639

but the british writer lana watson heard

378

00:14:53,990 --> 00:14:51,440

this story

379

00:14:55,990 --> 00:14:54,000

in japan and he wrote about it in one of

380

00:14:57,110 --> 00:14:56,000

his books and he sort of improved the

381

00:15:00,069 --> 00:14:57,120

story and he says

382

00:15:00,550 --> 00:15:00,079

he's improving it he says let us imagine

383

00:15:03,509 --> 00:15:00,560

that

384

00:15:04,949 --> 00:15:03,519

on a particular day one extra monkey say

385

00:15:07,430 --> 00:15:04,959

the hundredth monkey

386

00:15:09,269 --> 00:15:07,440

uh learned this trick suddenly all the

387

00:15:12,470 --> 00:15:09,279

monkeys everywhere in japan

388

00:15:13,509 --> 00:15:12,480

started doing it so you see he improved

389

00:15:15,430 --> 00:15:13,519

the story and then

390

00:15:17,030 --> 00:15:15,440

people in the anti-nuclear movement

391

00:15:18,310 --> 00:15:17,040

heard the story and they improved it

392

00:15:21,110 --> 00:15:18,320

even further

393

00:15:23,189 --> 00:15:21,120

and um every time it was told it sort of

394

00:15:25,030 --> 00:15:23,199

got more and more impressive until

395

00:15:27,670 --> 00:15:25,040

these monkeys suddenly started digging

396

00:15:30,470 --> 00:15:27,680

up sweet potatoes

397

00:15:31,590 --> 00:15:30,480

and so the story improved with each

398

00:15:34,310 --> 00:15:31,600

retelling

399

00:15:35,910 --> 00:15:34,320

and then the dogmatic skeptics got hold

400

00:15:38,150 --> 00:15:35,920

of it and they were able to show that

401
00:15:39,990 --> 00:15:38,160
nothing like this had really happened

402
00:15:41,269 --> 00:15:40,000
and they said they debunked the whole

403
00:15:44,470 --> 00:15:41,279
thing and

404
00:15:45,110 --> 00:15:44,480
um they it was nothing but a myth and so

405
00:15:47,990 --> 00:15:45,120
on

406
00:15:49,189 --> 00:15:48,000
um so it's not quite as straightforward

407
00:15:51,910 --> 00:15:49,199
as it seems

408
00:15:52,550 --> 00:15:51,920
many people have had the story um

409
00:15:55,189 --> 00:15:52,560
they've had

410
00:15:56,870 --> 00:15:55,199
various versions of it it does actually

411
00:15:58,230 --> 00:15:56,880
point towards something like morphic

412
00:16:00,230 --> 00:15:58,240
resonance and started

413
00:16:01,670 --> 00:16:00,240

from observations that suggest something

414

00:16:05,269 --> 00:16:01,680

like morphic resonance

415

00:16:08,150 --> 00:16:05,279

but in its form that is usually related

416

00:16:09,590 --> 00:16:08,160

it's an exaggeration with morphic

417

00:16:11,829 --> 00:16:09,600

resonance for example

418

00:16:13,509 --> 00:16:11,839

the more that learn it the easier it

419

00:16:14,949 --> 00:16:13,519

gets elsewhere this is what the

420

00:16:17,829 --> 00:16:14,959

experiments with rats

421

00:16:19,749 --> 00:16:17,839

show um there have been a whole series

422

00:16:21,670 --> 00:16:19,759

of experiments with rats that show these

423

00:16:24,069 --> 00:16:21,680

morphe resonance effects

424

00:16:25,829 --> 00:16:24,079

it's not like that story suggests that

425

00:16:28,310 --> 00:16:25,839

nothing happens till you get to one

426

00:16:31,590 --> 00:16:28,320

extra rat and suddenly they all do it

427

00:16:34,150 --> 00:16:31,600

um it's that suggests a kind of step

428

00:16:34,629 --> 00:16:34,160

function it's more like a curve you know

429

00:16:36,710 --> 00:16:34,639

you

430

00:16:38,550 --> 00:16:36,720

do it the easier it gets it's even

431

00:16:40,150 --> 00:16:38,560

slightly misleading about the actual

432

00:16:43,509 --> 00:16:40,160

effect

433

00:16:44,710 --> 00:16:43,519

well um i'm glad you were able to set

434

00:16:47,430 --> 00:16:44,720

that straight uh

435

00:16:49,990 --> 00:16:47,440

lyle watson unfortunately i think

436

00:16:52,710 --> 00:16:50,000

deceased at this point was an extremely

437

00:16:53,350 --> 00:16:52,720

interesting writer but maybe uh spread

438

00:16:55,910 --> 00:16:53,360

the truth

439

00:16:56,949 --> 00:16:55,920

a little bit he said in his book he

440

00:17:00,230 --> 00:16:56,959

actually said

441

00:17:02,069 --> 00:17:00,240

let us assume he didn't say um you know

442

00:17:03,910 --> 00:17:02,079

this is what really happened he said let

443

00:17:05,270 --> 00:17:03,920

us assume that this happened and then

444

00:17:07,429 --> 00:17:05,280

for the sake of argument

445

00:17:09,669 --> 00:17:07,439

he makes it clear that he's exaggerating

446

00:17:12,150 --> 00:17:09,679

okay that was left out when people

447

00:17:14,549 --> 00:17:12,160

repeated the story

448

00:17:15,750 --> 00:17:14,559

all righty well he's he's a very

449

00:17:18,789 --> 00:17:15,760

interesting author and

450

00:17:22,549 --> 00:17:18,799

i i enjoy his writing in any case

451
00:17:25,270 --> 00:17:22,559
uh so let's move on to your latest book

452
00:17:27,110 --> 00:17:25,280
science and spiritual practices

453
00:17:29,110 --> 00:17:27,120
transformative experiences

454
00:17:30,549 --> 00:17:29,120
and their effects on our bodies brains

455
00:17:34,150 --> 00:17:30,559
and health now

456
00:17:36,710 --> 00:17:34,160
this book is uh available in the us

457
00:17:38,150 --> 00:17:36,720
and um around the the english-speaking

458
00:17:41,110 --> 00:17:38,160
world i suspect

459
00:17:42,630 --> 00:17:41,120
and it's from counterpoint uh books and

460
00:17:45,029 --> 00:17:42,640
i'm just giving a little

461
00:17:46,549 --> 00:17:45,039
a little commercial here for you and

462
00:17:49,430 --> 00:17:46,559
anytime you want to

463
00:17:51,430 --> 00:17:49,440

put something like that in please do

464

00:17:53,669 --> 00:17:51,440

because i'm not always cognizant of

465

00:17:57,110 --> 00:17:53,679

doing it at regular intervals

466

00:18:01,669 --> 00:17:57,120

so um you number

467

00:18:05,750 --> 00:18:01,679

several actions that can be taken

468

00:18:08,230 --> 00:18:05,760

uh that can um transform the person

469

00:18:09,110 --> 00:18:08,240

each individual person and and improve

470

00:18:12,470 --> 00:18:09,120

the person's

471

00:18:12,870 --> 00:18:12,480

body brain and health and you start out

472

00:18:16,470 --> 00:18:12,880

with

473

00:18:18,870 --> 00:18:16,480

meditation so um would you like to talk

474

00:18:20,710 --> 00:18:18,880

about that a little bit

475

00:18:22,710 --> 00:18:20,720

yes well in this book science and

476

00:18:25,270 --> 00:18:22,720

spiritual practices i discussed seven

477

00:18:27,590 --> 00:18:25,280

different spiritual practices

478

00:18:29,830 --> 00:18:27,600

which have been studied scientifically

479

00:18:30,870 --> 00:18:29,840

and these practices all have measurable

480

00:18:34,870 --> 00:18:30,880

effects

481

00:18:37,110 --> 00:18:34,880

very positive people who

482

00:18:38,630 --> 00:18:37,120

have regular religious or spiritual

483

00:18:42,549 --> 00:18:38,640

practices tend to

484

00:18:44,630 --> 00:18:42,559

be happier healthier and live longer

485

00:18:46,470 --> 00:18:44,640

so i mean these are very very beneficial

486

00:18:49,110 --> 00:18:46,480

effects and of course millions of people

487

00:18:50,470 --> 00:18:49,120

now meditate around the world about 18

488

00:18:54,390 --> 00:18:50,480

million people in the us

489

00:18:58,070 --> 00:18:54,400

meditate that means huge numbers

490

00:19:00,789 --> 00:18:58,080

so meditation's been studied

491

00:19:01,830 --> 00:19:00,799

quite intensively for nearly 40 years

492

00:19:04,789 --> 00:19:01,840

now

493

00:19:05,350 --> 00:19:04,799

um and what these studies show is that

494

00:19:07,830 --> 00:19:05,360

people who

495

00:19:09,190 --> 00:19:07,840

meditate regularly tend to have lower

496

00:19:12,470 --> 00:19:09,200

blood blood pressure

497

00:19:16,310 --> 00:19:12,480

less stress sleep better

498

00:19:19,430 --> 00:19:16,320

and have more effective lives

499

00:19:21,909 --> 00:19:19,440

so it has very beneficial effects

500

00:19:23,270 --> 00:19:21,919

on people's lives which is why a lot of

501
00:19:26,630 --> 00:19:23,280
people do it

502
00:19:29,669 --> 00:19:26,640
and it's now taught in schools colleges

503
00:19:32,549 --> 00:19:29,679
and even in some prisons

504
00:19:34,310 --> 00:19:32,559
so and it's quite widely practiced it

505
00:19:36,950 --> 00:19:34,320
also affects the

506
00:19:40,549 --> 00:19:36,960
functioning of the brain even leading to

507
00:19:43,510 --> 00:19:40,559
anatomical changes in brains

508
00:19:44,710 --> 00:19:43,520
so i think the beneficial effects of

509
00:19:48,310 --> 00:19:44,720
meditation are now

510
00:19:50,070 --> 00:19:48,320
very well documented and here in britain

511
00:19:52,070 --> 00:19:50,080
you can even get a prescription for

512
00:19:54,630 --> 00:19:52,080
meditation from a psychiatrist

513
00:19:55,430 --> 00:19:54,640

if you have mild or moderate depression

514

00:19:57,270 --> 00:19:55,440

because

515

00:19:58,549 --> 00:19:57,280

as you know we have a free health

516

00:20:00,230 --> 00:19:58,559

service here

517

00:20:02,149 --> 00:20:00,240

and they're always trying to cut the

518

00:20:06,549 --> 00:20:02,159

costs

519

00:20:09,110 --> 00:20:06,559

and it turns out that meditation

520

00:20:10,870 --> 00:20:09,120

works as well if not better than

521

00:20:12,870 --> 00:20:10,880

antidepressant drugs for

522

00:20:14,950 --> 00:20:12,880

mild or moderate depression and of

523

00:20:17,750 --> 00:20:14,960

course has no side effects

524

00:20:19,669 --> 00:20:17,760

and is very much cheaper so that's why

525

00:20:21,270 --> 00:20:19,679

you can now actually get prescriptions

526
00:20:24,549 --> 00:20:21,280
for a course of meditation

527
00:20:25,110 --> 00:20:24,559
training um in in on the national health

528
00:20:27,270 --> 00:20:25,120
service

529
00:20:28,390 --> 00:20:27,280
that's great that's that's a wonderful

530
00:20:31,430 --> 00:20:28,400
benefit

531
00:20:34,870 --> 00:20:31,440
think the

532
00:20:36,710 --> 00:20:34,880
the term uh the the evidence about

533
00:20:39,029 --> 00:20:36,720
meditation is clear

534
00:20:41,029 --> 00:20:39,039
um i mean there may be a few people it

535
00:20:41,270 --> 00:20:41,039
doesn't benefit but most people who try

536
00:20:47,990 --> 00:20:41,280
it

537
00:20:51,190 --> 00:20:48,000
religious

538
00:20:53,750 --> 00:20:51,200

um or spiritual belief system

539

00:20:54,630 --> 00:20:53,760

in fact quite a number of atheists now

540

00:20:58,070 --> 00:20:54,640

meditate

541

00:21:00,870 --> 00:20:58,080

including some prominent public atheists

542

00:21:03,430 --> 00:21:00,880

paris the so-called new atheist now

543

00:21:06,470 --> 00:21:03,440

gives online meditation courses

544

00:21:08,070 --> 00:21:06,480

so um that's a particularly interesting

545

00:21:10,230 --> 00:21:08,080

feature of it

546

00:21:11,669 --> 00:21:10,240

but in its traditional setting in

547

00:21:14,310 --> 00:21:11,679

buddhism or hinduism

548

00:21:15,590 --> 00:21:14,320

or in contemplative prayer in

549

00:21:19,430 --> 00:21:15,600

christianity

550

00:21:22,470 --> 00:21:19,440

um where meditation's been practiced for

551
00:21:24,230 --> 00:21:22,480
centuries uh even millennia in in the

552
00:21:26,149 --> 00:21:24,240
east

553
00:21:28,230 --> 00:21:26,159
people weren't doing it so they could be

554
00:21:30,710 --> 00:21:28,240
more effective in love and business

555
00:21:31,990 --> 00:21:30,720
or have lower blood pressure they were

556
00:21:33,669 --> 00:21:32,000
doing it because they thought

557
00:21:35,190 --> 00:21:33,679
it took them to the very ground of

558
00:21:37,669 --> 00:21:35,200
consciousness itself

559
00:21:39,270 --> 00:21:37,679
which linked them to the source of all

560
00:21:41,029 --> 00:21:39,280
consciousness the idea

561
00:21:42,789 --> 00:21:41,039
all religions have the idea there's a

562
00:21:45,830 --> 00:21:42,799
conscious source beyond

563
00:21:47,830 --> 00:21:45,840

the world and that our consciousness can

564

00:21:48,310 --> 00:21:47,840

link directly to that because it's in

565

00:21:50,950 --> 00:21:48,320

fact

566

00:21:52,710 --> 00:21:50,960

part of it now for materialists and

567

00:21:54,470 --> 00:21:52,720

atheists

568

00:21:56,470 --> 00:21:54,480

meditation is just affecting their

569

00:21:56,950 --> 00:21:56,480

brains it's all happening inside their

570

00:21:59,029 --> 00:21:56,960

head

571

00:22:00,070 --> 00:21:59,039

it's not linking them to something out

572

00:22:05,270 --> 00:22:00,080

there

573

00:22:06,070 --> 00:22:05,280

consciousness beyond the human level and

574

00:22:09,510 --> 00:22:06,080

meditation

575

00:22:11,190 --> 00:22:09,520

can link us to them i agree

576

00:22:13,350 --> 00:22:11,200

so but for most meditators they don't

577

00:22:15,510 --> 00:22:13,360

think much about that they just do it

578

00:22:17,350 --> 00:22:15,520

but i think through doing it people

579

00:22:18,070 --> 00:22:17,360

often have experiences that take them

580

00:22:19,990 --> 00:22:18,080

beyond this

581

00:22:21,750 --> 00:22:20,000

rather limited materialist view of

582

00:22:22,950 --> 00:22:21,760

consciousness being confined to the

583

00:22:25,029 --> 00:22:22,960

brain

584

00:22:27,270 --> 00:22:25,039

and actually change their world view

585

00:22:29,350 --> 00:22:27,280

opening up to the idea of greater

586

00:22:32,390 --> 00:22:29,360

spiritual realities

587

00:22:36,070 --> 00:22:32,400

well um just to get into uh

588

00:22:38,070 --> 00:22:36,080

the concept of it being either

589

00:22:39,990 --> 00:22:38,080

a you know an atheist can do it a

590

00:22:43,110 --> 00:22:40,000

spiritual person can do it or a

591

00:22:46,149 --> 00:22:43,120

religious person can do it

592

00:22:49,510 --> 00:22:46,159

it does seem to me to be that

593

00:22:50,789 --> 00:22:49,520

the religious person would have a

594

00:22:53,590 --> 00:22:50,799

framework

595

00:22:54,789 --> 00:22:53,600

already in existence with most major

596

00:22:57,750 --> 00:22:54,799

religions

597

00:22:59,430 --> 00:22:57,760

in which to practice it whereas a

598

00:23:02,549 --> 00:22:59,440

spiritual person

599

00:23:05,909 --> 00:23:02,559

may be able to meditate very well

600

00:23:09,430 --> 00:23:05,919

but lack the community uh to

601
00:23:10,070 --> 00:23:09,440
work with and that might be a hindrance

602
00:23:13,430 --> 00:23:10,080
on some

603
00:23:16,549 --> 00:23:13,440
level on the other hand

604
00:23:19,270 --> 00:23:16,559
talking about different methods of

605
00:23:20,549 --> 00:23:19,280
of meditation one of which is a

606
00:23:23,990 --> 00:23:20,559
repetition

607
00:23:25,669 --> 00:23:24,000
of a mantra a a small

608
00:23:28,070 --> 00:23:25,679
prayer you know as just a sort of

609
00:23:30,149 --> 00:23:28,080
statement prayer that could be repeated

610
00:23:33,029 --> 00:23:30,159
that's one way to get into it that

611
00:23:34,870 --> 00:23:33,039
uh you have mentioned and i have

612
00:23:37,990 --> 00:23:34,880
experienced another is

613
00:23:38,870 --> 00:23:38,000

the breathing method uh using certain

614

00:23:41,350 --> 00:23:38,880

kinds of breath

615

00:23:42,310 --> 00:23:41,360

which i find very troubling for me

616

00:23:45,669 --> 00:23:42,320

because i

617

00:23:48,390 --> 00:23:45,679

i i it's doesn't work for me at all but

618

00:23:49,669 --> 00:23:48,400

i wanted i wanted to suggest a third

619

00:23:52,470 --> 00:23:49,679

method

620

00:23:53,430 --> 00:23:52,480

which would be entering through the body

621

00:23:58,549 --> 00:23:53,440

like becoming

622

00:23:59,430 --> 00:23:58,559

aware of a a graduated relaxation method

623

00:24:02,549 --> 00:23:59,440

or even

624

00:24:04,710 --> 00:24:02,559

i get very joyful simply by

625

00:24:07,029 --> 00:24:04,720

thinking about the souls of my feet and

626
00:24:08,390 --> 00:24:07,039
putting my consciousness into the souls

627
00:24:10,950 --> 00:24:08,400
of my feet it gives me

628
00:24:11,590 --> 00:24:10,960
i can't explain it but it gives me great

629
00:24:13,190 --> 00:24:11,600
joy

630
00:24:15,110 --> 00:24:13,200
do you want to speak a little bit about

631
00:24:16,789 --> 00:24:15,120
about that

632
00:24:19,750 --> 00:24:16,799
well i've never tried putting my

633
00:24:23,750 --> 00:24:19,760
consciousness in the souls of my feet

634
00:24:27,750 --> 00:24:23,760
i i do meditate regularly but i i

635
00:24:30,070 --> 00:24:27,760
um yes i think the point about

636
00:24:32,310 --> 00:24:30,080
meditation is that

637
00:24:33,510 --> 00:24:32,320
you set up a focus of concentration or

638
00:24:35,669 --> 00:24:33,520

retention

639

00:24:38,390 --> 00:24:35,679

different from the chatter that's going

640

00:24:40,549 --> 00:24:38,400

on in your mind which is

641

00:24:42,870 --> 00:24:40,559

an activity of the so-called default

642

00:24:43,430 --> 00:24:42,880

mode network which is a series of brain

643

00:24:45,510 --> 00:24:43,440

act

644

00:24:47,750 --> 00:24:45,520

regions that are linked up together

645

00:24:51,269 --> 00:24:47,760

involved in rumination or internal

646

00:24:53,590 --> 00:24:51,279

dialogue mantras

647

00:24:55,350 --> 00:24:53,600

provide one focus by focusing on the

648

00:24:56,149 --> 00:24:55,360

mantra it sort of takes you away from

649

00:24:58,149 --> 00:24:56,159

all that

650

00:24:59,669 --> 00:24:58,159

breathing is another and obviously in

651
00:25:02,870 --> 00:24:59,679

your case

652
00:25:05,590 --> 00:25:02,880

the cells of the feet are another method

653
00:25:07,029 --> 00:25:05,600

i mean mindful meditative walking is

654
00:25:09,510 --> 00:25:07,039

another practice that

655
00:25:12,870 --> 00:25:09,520

happens in sons and traditions in other

656
00:25:15,590 --> 00:25:12,880

oriental traditions as well

657
00:25:17,269 --> 00:25:15,600

it doesn't seem to matter too much where

658
00:25:19,510 --> 00:25:17,279

you put your attention

659
00:25:21,430 --> 00:25:19,520

as long as it's taken away from the it

660
00:25:22,310 --> 00:25:21,440

drains the energy out of the normal

661
00:25:24,950 --> 00:25:22,320

obsessive

662
00:25:25,750 --> 00:25:24,960

thought processes that we're trapped in

663
00:25:28,870 --> 00:25:25,760

and

664

00:25:29,669 --> 00:25:28,880

opens up a space a gap where we can be

665

00:25:31,830 --> 00:25:29,679

aware

666

00:25:33,590 --> 00:25:31,840

that our minds are larger than the

667

00:25:37,029 --> 00:25:33,600

thoughts that are going through them

668

00:25:38,950 --> 00:25:37,039

it's as if our normal thoughts are like

669

00:25:40,950 --> 00:25:38,960

clouds going through the sky and we're

670

00:25:43,590 --> 00:25:40,960

normally completely

671

00:25:44,870 --> 00:25:43,600

en enclosed in them and and sweat and

672

00:25:47,190 --> 00:25:44,880

caught up with them

673

00:25:47,990 --> 00:25:47,200

but meditative techniques and they want

674

00:25:50,630 --> 00:25:48,000

to sort of step

675

00:25:52,549 --> 00:25:50,640

back and then realize that there's the

676
00:25:53,669 --> 00:25:52,559
ground of our consciousness is more like

677
00:25:55,909 --> 00:25:53,679
the sky itself

678
00:25:56,950 --> 00:25:55,919
rather than the clouds going through it

679
00:25:59,190 --> 00:25:56,960
the basis

680
00:26:00,470 --> 00:25:59,200
of our whole conscious life and that

681
00:26:03,110 --> 00:26:00,480
connects with

682
00:26:04,070 --> 00:26:03,120
uh the ultimate source of consciousness

683
00:26:07,269 --> 00:26:04,080
um

684
00:26:09,350 --> 00:26:07,279
of the ground of all being yes

685
00:26:12,149 --> 00:26:09,360
which could be thought of as god or the

686
00:26:15,269 --> 00:26:12,159
universal consciousness or all that is

687
00:26:18,310 --> 00:26:15,279
or any of that those sorts of words

688
00:26:20,470 --> 00:26:18,320

um and uh we get at this point

689

00:26:22,950 --> 00:26:20,480

i have two thoughts here the walking

690

00:26:24,390 --> 00:26:22,960

meditation kind of brings us into your

691

00:26:26,630 --> 00:26:24,400

last um

692

00:26:29,110 --> 00:26:26,640

your last spiritual practice the

693

00:26:31,750 --> 00:26:29,120

pilgrimage because a lot of a pilgrimage

694

00:26:32,549 --> 00:26:31,760

could be uh walking meditation but we're

695

00:26:34,470 --> 00:26:32,559

gonna

696

00:26:35,750 --> 00:26:34,480

we'll leave that for a little bit later

697

00:26:38,230 --> 00:26:35,760

in our discussion

698

00:26:39,430 --> 00:26:38,240

the other thing is of course the

699

00:26:41,430 --> 00:26:39,440

argument

700

00:26:43,430 --> 00:26:41,440

what is known as the hard problem of

701
00:26:46,710 --> 00:26:43,440
consciousness and

702
00:26:50,149 --> 00:26:46,720
whether we shall decide or think

703
00:26:53,750 --> 00:26:50,159
that the the physical brain

704
00:26:55,750 --> 00:26:53,760
is a reducing valve for uh consciousness

705
00:26:58,230 --> 00:26:55,760
to be expressed through our bodies

706
00:26:58,870 --> 00:26:58,240
and that the greater consciousness lies

707
00:27:01,510 --> 00:26:58,880
beyond

708
00:27:01,909 --> 00:27:01,520
the actual brain the mind hooking up

709
00:27:05,269 --> 00:27:01,919
with

710
00:27:06,549 --> 00:27:05,279
um higher self universal consciousness

711
00:27:09,029 --> 00:27:06,559
god

712
00:27:12,870 --> 00:27:09,039
other perhaps other entities

713
00:27:16,710 --> 00:27:15,350

yes well i think i think that puts it

714

00:27:20,389 --> 00:27:16,720

very well yes

715

00:27:22,789 --> 00:27:20,399

and i think you you see i

716

00:27:25,110 --> 00:27:22,799

your point about this um being rather

717

00:27:27,830 --> 00:27:25,120

individualistic practice is is also

718

00:27:28,389 --> 00:27:27,840

true and that's why in my book i also

719

00:27:30,230 --> 00:27:28,399

discuss

720

00:27:31,590 --> 00:27:30,240

other spiritual practices which are more

721

00:27:34,630 --> 00:27:31,600

collective than

722

00:27:37,269 --> 00:27:34,640

linkers or connectors to other people

723

00:27:38,470 --> 00:27:37,279

one of them is chanting and singing and

724

00:27:40,710 --> 00:27:38,480

this is part of all

725

00:27:42,310 --> 00:27:40,720

religious traditions um they all have

726
00:27:44,389 --> 00:27:42,320
singing and chanting

727
00:27:45,750 --> 00:27:44,399
and there have been a lot of studies now

728
00:27:49,350 --> 00:27:45,760
which show that when you're singing

729
00:27:51,750 --> 00:27:49,360
together or chanting together

730
00:27:52,389 --> 00:27:51,760
you your whole body resonates with the

731
00:27:53,909 --> 00:27:52,399
sand

732
00:27:55,510 --> 00:27:53,919
you resonate with other people because

733
00:27:57,269 --> 00:27:55,520
you're doing it together you take

734
00:28:00,470 --> 00:27:57,279
breaths at the same time you

735
00:28:01,190 --> 00:28:00,480
make the same sounds and if you're

736
00:28:04,389 --> 00:28:01,200
chanting

737
00:28:05,909 --> 00:28:04,399
a sacred song or sound or mantra then

738
00:28:07,990 --> 00:28:05,919

biomorphic resonance

739

00:28:09,269 --> 00:28:08,000

which we've already discussed but

740

00:28:10,870 --> 00:28:09,279

because it's similar

741

00:28:12,870 --> 00:28:10,880

you connect up with those who've done it

742

00:28:14,149 --> 00:28:12,880

before so there's a connection across

743

00:28:16,149 --> 00:28:14,159

time

744

00:28:17,350 --> 00:28:16,159

and the same goes for rituals all

745

00:28:21,190 --> 00:28:17,360

religions and

746

00:28:24,389 --> 00:28:21,200

many secular social groups have rituals

747

00:28:25,430 --> 00:28:24,399

and by repeating the ritual the way it's

748

00:28:27,269 --> 00:28:25,440

been done before

749

00:28:29,510 --> 00:28:27,279

more or less the same way it's been done

750

00:28:31,029 --> 00:28:29,520

in the past you create the conditions

751
00:28:32,389 --> 00:28:31,039
for morphic resonance so there's a

752
00:28:34,950 --> 00:28:32,399
presence of the past

753
00:28:37,430 --> 00:28:34,960
a connection across time with previous

754
00:28:39,909 --> 00:28:37,440
generations right back to the first time

755
00:28:41,990 --> 00:28:39,919
the ritual happened and this is

756
00:28:44,630 --> 00:28:42,000
something that happens in

757
00:28:45,590 --> 00:28:44,640
religious rituals like the jewish

758
00:28:48,389 --> 00:28:45,600
passover

759
00:28:49,269 --> 00:28:48,399
or the christian holy communion also in

760
00:28:51,269 --> 00:28:49,279
national

761
00:28:52,310 --> 00:28:51,279
rituals like the american thanksgiving

762
00:28:55,190 --> 00:28:52,320
dinner

763
00:28:55,830 --> 00:28:55,200

where people reenact a particular event

764

00:28:57,669 --> 00:28:55,840

that was

765

00:29:00,310 --> 00:28:57,679

of key importance in the history of the

766

00:29:02,950 --> 00:29:00,320

group in the case of america the first

767

00:29:03,590 --> 00:29:02,960

settlers in new england uh giving thanks

768

00:29:07,029 --> 00:29:03,600

for

769

00:29:13,190 --> 00:29:07,039

and

770

00:29:16,310 --> 00:29:13,200

over the first year um

771

00:29:16,789 --> 00:29:16,320

these uh rituals uh connect us with each

772

00:29:18,870 --> 00:29:16,799

other

773

00:29:20,230 --> 00:29:18,880

and with those before so they're much

774

00:29:23,430 --> 00:29:20,240

more connected

775

00:29:26,630 --> 00:29:23,440

socially um whereas meditation is more

776

00:29:28,710 --> 00:29:26,640

individualistic so it's not in my view

777

00:29:29,669 --> 00:29:28,720

these are these practices not either or

778

00:29:31,510 --> 00:29:29,679

it's both and

779

00:29:32,789 --> 00:29:31,520

which is why these are three of the

780

00:29:36,470 --> 00:29:32,799

practices i include

781

00:29:40,389 --> 00:29:36,480

in my book yes uh and and and very

782

00:29:43,669 --> 00:29:40,399

well done i must say in terms of rituals

783

00:29:46,710 --> 00:29:43,679

i have a particular

784

00:29:50,710 --> 00:29:46,720

relationship to rituals that um

785

00:29:54,549 --> 00:29:50,720

might be even new for people to do

786

00:29:56,389 --> 00:29:54,559

i find that i you know i have clients

787

00:29:57,909 --> 00:29:56,399

who come and ask me for advice in

788

00:30:01,190 --> 00:29:57,919

various ways and

789

00:30:01,990 --> 00:30:01,200

are not able to train their minds very

790

00:30:04,950 --> 00:30:02,000

easily

791

00:30:06,389 --> 00:30:04,960

uh they're not able to just lay down and

792

00:30:09,669 --> 00:30:06,399

meditate for instance

793

00:30:13,190 --> 00:30:09,679

but um if you give a person a small

794

00:30:16,310 --> 00:30:13,200

ritual to do like gazing into a candle

795

00:30:16,950 --> 00:30:16,320

uh having certain objects in front of

796

00:30:20,310 --> 00:30:16,960

them

797

00:30:22,389 --> 00:30:20,320

they are forced to to concentrate on

798

00:30:25,430 --> 00:30:22,399

something and therefore

799

00:30:26,149 --> 00:30:25,440

what they intend their intention is more

800

00:30:29,269 --> 00:30:26,159

likely

801
00:30:30,549 --> 00:30:29,279
to happen also if you do an intention

802
00:30:32,950 --> 00:30:30,559
with a group

803
00:30:35,029 --> 00:30:32,960
it would seem that the intention is

804
00:30:36,149 --> 00:30:35,039
pushed a little bit further now this is

805
00:30:38,870 --> 00:30:36,159
not the same as

806
00:30:39,510 --> 00:30:38,880
a meditation obviously because there is

807
00:30:42,630 --> 00:30:39,520
um

808
00:30:46,389 --> 00:30:42,640
a purpose to it a specific purpose like

809
00:30:48,950 --> 00:30:46,399
you wanna you want to find a partner

810
00:30:49,669 --> 00:30:48,960
let's say in life as many of my clients

811
00:30:52,950 --> 00:30:49,679
do

812
00:30:56,470 --> 00:30:52,960
an

813
00:30:59,750 --> 00:30:56,480

intention multiplies the

814

00:31:03,190 --> 00:30:59,760

effects of the the intention and

815

00:31:07,830 --> 00:31:03,200

the mind is focused on

816

00:31:10,230 --> 00:31:07,840

on the ritual and thereby the

817

00:31:12,389 --> 00:31:10,240

affirmation is pushed further the

818

00:31:16,070 --> 00:31:12,399

intention is pushed further i think

819

00:31:18,630 --> 00:31:16,080

that some of the uh the people

820

00:31:19,909 --> 00:31:18,640

at the society for scientific

821

00:31:22,389 --> 00:31:19,919

exploration which i

822

00:31:23,269 --> 00:31:22,399

assume you're familiar with uh the dean

823

00:31:26,549 --> 00:31:23,279

raiden

824

00:31:29,110 --> 00:31:26,559

julia mossberg bridge group um

825

00:31:31,269 --> 00:31:29,120

somebody measured the amount and i wish

826

00:31:32,310 --> 00:31:31,279

i i knew this who did but measured the

827

00:31:35,590 --> 00:31:32,320

amount

828

00:31:37,990 --> 00:31:35,600

uh that was improved

829

00:31:39,830 --> 00:31:38,000

of having more than one person do an

830

00:31:40,789 --> 00:31:39,840

intention like if you have one person

831

00:31:42,950 --> 00:31:40,799

intending

832

00:31:44,710 --> 00:31:42,960

uh strongly maybe there's an eight

833

00:31:47,029 --> 00:31:44,720

percent better chance that

834

00:31:50,070 --> 00:31:47,039

that will happen but if you start adding

835

00:31:53,029 --> 00:31:50,080

people it can go up to 12 or 15

836

00:31:53,430 --> 00:31:53,039

i wish i knew the person that actually

837

00:31:55,590 --> 00:31:53,440

did

838

00:31:57,350 --> 00:31:55,600

that experiment it may have been

839

00:32:01,110 --> 00:31:57,360

replicated as well but it

840

00:32:02,710 --> 00:32:01,120

seems to come out of that general group

841

00:32:04,710 --> 00:32:02,720

i'm not familiar with that particular

842

00:32:05,830 --> 00:32:04,720

experiment i am familiar with the group

843

00:32:07,830 --> 00:32:05,840

i'm a member of the

844

00:32:09,590 --> 00:32:07,840

society for scientific exploration

845

00:32:12,830 --> 00:32:09,600

myself you and me both

846

00:32:16,789 --> 00:32:12,840

hey okay so

847

00:32:19,909 --> 00:32:16,799

um well i think that this

848

00:32:22,389 --> 00:32:19,919

you know all traditional societies um

849

00:32:25,029 --> 00:32:22,399

have these collective practices which is

850

00:32:28,789 --> 00:32:25,039

what going to church or to synagogue

851
00:32:30,149 --> 00:32:28,799
or taking part in a buddhist new moon

852
00:32:33,190 --> 00:32:30,159
ceremony or

853
00:32:35,269 --> 00:32:33,200
um or shamanic ceremonies in tribal

854
00:32:36,549 --> 00:32:35,279
cultures where they celebrate and dance

855
00:32:38,870 --> 00:32:36,559
and sing together

856
00:32:40,230 --> 00:32:38,880
all of these are ways of linking

857
00:32:43,110 --> 00:32:40,240
people's intentions

858
00:32:44,789 --> 00:32:43,120
together and you know in church services

859
00:32:45,750 --> 00:32:44,799
and in synagogues people are praying

860
00:32:49,509 --> 00:32:45,760
together

861
00:32:51,990 --> 00:32:49,519
um and in mosques and i think that these

862
00:32:53,110 --> 00:32:52,000
are very traditional ways of linking up

863
00:32:56,710 --> 00:32:53,120

with others

864

00:32:59,830 --> 00:32:56,720

basically these spiritual practices are

865

00:33:01,990 --> 00:32:59,840

about connection and

866

00:33:03,750 --> 00:33:02,000

they connect us with the ground of being

867

00:33:05,830 --> 00:33:03,760

they connect us with other people they

868

00:33:07,190 --> 00:33:05,840

connect us with ancestors they connect

869

00:33:10,630 --> 00:33:07,200

us with places

870

00:33:12,470 --> 00:33:10,640

as in pilgrimage so they're always of

871

00:33:15,350 --> 00:33:12,480

making us more connected

872

00:33:16,549 --> 00:33:15,360

and typically people feel happier when

873

00:33:18,950 --> 00:33:16,559

they're connected and

874

00:33:19,990 --> 00:33:18,960

unhappier when they're not so they also

875

00:33:23,190 --> 00:33:20,000

have the effect of

876

00:33:27,269 --> 00:33:23,200

making people happier indeed as

877

00:33:30,549 --> 00:33:27,279

as does your second your second

878

00:33:34,710 --> 00:33:30,559

uh spiritual practice which

879

00:33:36,070 --> 00:33:34,720

is gratitude and um my suggestion and i

880

00:33:38,549 --> 00:33:36,080

think this is probably

881

00:33:40,310 --> 00:33:38,559

i believe is your suggestion also i have

882

00:33:40,950 --> 00:33:40,320

a little gratitude when you wake up in

883

00:33:42,549 --> 00:33:40,960

the morning

884

00:33:44,870 --> 00:33:42,559

and a little gratitude when you go to

885

00:33:47,110 --> 00:33:44,880

sleep at night and it does

886

00:33:49,190 --> 00:33:47,120

tend to make you a happier person one a

887

00:33:51,269 --> 00:33:49,200

happier person

888

00:33:52,470 --> 00:33:51,279

definitely i mean there's now a lot of

889

00:33:54,310 --> 00:33:52,480

research done by

890

00:33:56,389 --> 00:33:54,320

psychologists particularly in the school

891

00:33:58,230 --> 00:33:56,399

of positive psychology

892

00:34:00,950 --> 00:33:58,240

which is the branch of psychology

893

00:34:04,230 --> 00:34:00,960

studying well-being and happiness

894

00:34:07,110 --> 00:34:04,240

that by being more grateful you

895

00:34:09,510 --> 00:34:07,120

can become happier uh there are now

896

00:34:10,310 --> 00:34:09,520

experiments and exercises that people do

897

00:34:12,950 --> 00:34:10,320

that make people

898

00:34:15,109 --> 00:34:12,960

measurably happier um through the

899

00:34:16,950 --> 00:34:15,119

practice of gratitude

900

00:34:19,669 --> 00:34:16,960

and this is something all religions

901
00:34:22,790 --> 00:34:19,679
encourage they all have thanksgiving

902
00:34:26,790 --> 00:34:22,800
for our blen the blessings in our lives

903
00:34:28,950 --> 00:34:26,800
um and it's now scientifically

904
00:34:31,030 --> 00:34:28,960
shown that this is really does work

905
00:34:32,230 --> 00:34:31,040
people really are happier and i think

906
00:34:35,270 --> 00:34:32,240
it's because they feel

907
00:34:37,270 --> 00:34:35,280
more connected if you receive something

908
00:34:38,389 --> 00:34:37,280
and you don't give thanks basically it

909
00:34:40,389 --> 00:34:38,399
stops with you

910
00:34:42,869 --> 00:34:40,399
if you receive something and give thanks

911
00:34:46,389 --> 00:34:42,879
it's it creates a circuit of flow

912
00:34:47,190 --> 00:34:46,399
and being part of a flow is is essential

913
00:34:49,829 --> 00:34:47,200

really for

914

00:34:51,270 --> 00:34:49,839

for well-being in humans and i suppose

915

00:34:54,550 --> 00:34:51,280

in all nature

916

00:34:58,150 --> 00:34:54,560

um so and

917

00:35:00,150 --> 00:34:58,160

i myself find that um the practice of

918

00:35:00,710 --> 00:35:00,160

gratitude is a really important thing i

919

00:35:03,349 --> 00:35:00,720

try

920

00:35:03,990 --> 00:35:03,359

before i go to bed in the evenings at

921

00:35:06,390 --> 00:35:04,000

night i

922

00:35:08,390 --> 00:35:06,400

i pray every evening and i always start

923

00:35:09,670 --> 00:35:08,400

by giving thanks

924

00:35:12,230 --> 00:35:09,680

for the things that have happened that

925

00:35:14,870 --> 00:35:12,240

day and for which i feel grateful

926
00:35:16,870 --> 00:35:14,880
and the simplest way to bring this into

927
00:35:19,190 --> 00:35:16,880
one's life as i suggest in my book

928
00:35:21,750 --> 00:35:19,200
science and spiritual practices

929
00:35:23,270 --> 00:35:21,760
um is to give thanks before meals then

930
00:35:26,069 --> 00:35:23,280
we can do it with other people

931
00:35:28,470 --> 00:35:26,079
and saying grace before meals is

932
00:35:31,430 --> 00:35:28,480
extremely traditional practice in

933
00:35:33,109 --> 00:35:31,440
all traditions but many people in the

934
00:35:35,510 --> 00:35:33,119
modern secular world have

935
00:35:36,710 --> 00:35:35,520
stopped doing it or embarrassed by doing

936
00:35:39,109 --> 00:35:36,720
it or

937
00:35:40,069 --> 00:35:39,119
whatever but this is i think is a loss

938
00:35:42,230 --> 00:35:40,079

and

939

00:35:44,950 --> 00:35:42,240

the simplest way of doing it without

940

00:35:45,750 --> 00:35:44,960

causing controversy is simply to hold

941

00:35:48,630 --> 00:35:45,760

hands

942

00:35:50,230 --> 00:35:48,640

round the table silently um then

943

00:35:51,349 --> 00:35:50,240

everyone can give thanks in their own

944

00:35:53,589 --> 00:35:51,359

way

945

00:35:55,349 --> 00:35:53,599

or to sing a grace together or for

946

00:35:56,230 --> 00:35:55,359

someone to say a grace but doing it

947

00:35:59,430 --> 00:35:56,240

silently

948

00:36:02,550 --> 00:35:59,440

is the easiest uh way of doing it

949

00:36:03,510 --> 00:36:02,560

um without sort of embarrassing anyone

950

00:36:05,990 --> 00:36:03,520

or raising

951
00:36:06,870 --> 00:36:06,000
any issues and then it can move on from

952
00:36:11,829 --> 00:36:06,880
that to

953
00:36:13,910 --> 00:36:11,839
uh expression through words or song

954
00:36:16,069 --> 00:36:13,920
anyway i think this is a very helpful

955
00:36:19,109 --> 00:36:16,079
and simple practice and we always do it

956
00:36:21,030 --> 00:36:19,119
before meals in my home here in london

957
00:36:23,270 --> 00:36:21,040
well i think that is that is an

958
00:36:25,750 --> 00:36:23,280
excellent idea as well as

959
00:36:26,790 --> 00:36:25,760
uh the morning practice of of greeting

960
00:36:30,150 --> 00:36:26,800
the sun

961
00:36:33,190 --> 00:36:30,160
through the gaitrea mantra or um

962
00:36:37,510 --> 00:36:33,200
a uh a sun salutation

963
00:36:37,829 --> 00:36:37,520

or both uh and i'm i'm i'm a yogini so i

964

00:36:41,829 --> 00:36:37,839

do

965

00:36:44,390 --> 00:36:41,839

sort of thing and i

966

00:36:45,990 --> 00:36:44,400

i can tell you that it does absolutely

967

00:36:48,710 --> 00:36:46,000

make you feel better

968

00:36:50,310 --> 00:36:48,720

but i wanted to just take a look at the

969

00:36:52,950 --> 00:36:50,320

other side of that

970

00:36:54,069 --> 00:36:52,960

um which is that you know we all have

971

00:36:56,310 --> 00:36:54,079

complaints in life

972

00:36:57,910 --> 00:36:56,320

there are things that go wrong and we we

973

00:37:00,069 --> 00:36:57,920

have every right to mention when

974

00:37:03,270 --> 00:37:00,079

something goes wrong but there are those

975

00:37:06,870 --> 00:37:03,280

folks out there who have through habit

976

00:37:10,550 --> 00:37:06,880

um decided that a a life

977

00:37:13,910 --> 00:37:10,560

of verbal complaints or expressing

978

00:37:16,950 --> 00:37:13,920

what they feel is missing constantly to

979

00:37:19,589 --> 00:37:16,960

all who come and hear uh

980

00:37:22,230 --> 00:37:19,599

this gives them a little more attention

981

00:37:23,030 --> 00:37:22,240

for the moment but in the long run i

982

00:37:27,510 --> 00:37:23,040

believe they

983

00:37:29,670 --> 00:37:27,520

end up being losers in the situation

984

00:37:31,670 --> 00:37:29,680

well that's certainly what the data show

985

00:37:33,589 --> 00:37:31,680

the positive psychology people have

986

00:37:35,430 --> 00:37:33,599

found that people who are grateful

987

00:37:37,670 --> 00:37:35,440

are not only happier but they're more

988

00:37:39,670 --> 00:37:37,680

popular i mean it's more fun being with

989

00:37:42,630 --> 00:37:39,680

someone who's happier and positive

990

00:37:43,430 --> 00:37:42,640

than someone who's feels entitled and

991

00:37:45,990 --> 00:37:43,440

miserable

992

00:37:47,510 --> 00:37:46,000

and is complaining all the time and of

993

00:37:48,150 --> 00:37:47,520

course it's important to be able to

994

00:37:50,630 --> 00:37:48,160

share

995

00:37:52,230 --> 00:37:50,640

our problems with others that's part of

996

00:37:54,390 --> 00:37:52,240

being part of a social group

997

00:37:56,390 --> 00:37:54,400

and that means we don't have to bear all

998

00:37:59,109 --> 00:37:56,400

our burdens by ourselves but

999

00:38:01,190 --> 00:37:59,119

uh not many people enjoy hanging out

1000

00:38:03,430 --> 00:38:01,200

with people who just complain or moan

1001
00:38:06,710 --> 00:38:03,440
all the time

1002
00:38:09,430 --> 00:38:06,720
indeed indeed so um

1003
00:38:10,470 --> 00:38:09,440
basically uh we're going to move towards

1004
00:38:13,510 --> 00:38:10,480
uh

1005
00:38:17,510 --> 00:38:13,520
your concept of more than the human

1006
00:38:19,470 --> 00:38:17,520
world and a word that is new to me

1007
00:38:21,510 --> 00:38:19,480
uh which i believe is pronounced

1008
00:38:24,550 --> 00:38:21,520
pan-enthism

1009
00:38:27,750 --> 00:38:24,560
yes that's right um

1010
00:38:30,069 --> 00:38:27,760
well in in in the um my chapter on

1011
00:38:31,190 --> 00:38:30,079
the um in science and spiritual

1012
00:38:33,910 --> 00:38:31,200
practices

1013
00:38:34,870 --> 00:38:33,920

on reconnecting with the more than human

1014

00:38:37,750 --> 00:38:34,880

world

1015

00:38:38,390 --> 00:38:37,760

um it's basically about relating to

1016

00:38:42,069 --> 00:38:38,400

nature

1017

00:38:46,069 --> 00:38:42,079

and for many people um being outdoors

1018

00:38:49,349 --> 00:38:46,079

hiking in park in parks being in gardens

1019

00:38:52,310 --> 00:38:49,359

um and just being out in nature

1020

00:38:53,109 --> 00:38:52,320

on the seaside by a river sailing on the

1021

00:38:55,829 --> 00:38:53,119

sea

1022

00:38:57,829 --> 00:38:55,839

um these are all ways of connecting with

1023

00:38:59,670 --> 00:38:57,839

the more than human world because after

1024

00:38:59,990 --> 00:38:59,680

all we're pretty small compared with the

1025

00:39:05,990 --> 00:39:00,000

whole

1026

00:39:14,230 --> 00:39:11,270

and for many people these exercises

1027

00:39:16,310 --> 00:39:14,240

or just practices give them a sense that

1028

00:39:19,270 --> 00:39:16,320

there's a greater life in nature

1029

00:39:20,550 --> 00:39:19,280

that that plants are truly alive animals

1030

00:39:25,510 --> 00:39:20,560

are truly alive

1031

00:39:28,230 --> 00:39:25,520

just living in a dead mechanical

1032

00:39:29,670 --> 00:39:28,240

world the world that mechanistic science

1033

00:39:32,310 --> 00:39:29,680

portrays

1034

00:39:34,710 --> 00:39:32,320

there's much more to it than that and

1035

00:39:36,790 --> 00:39:34,720

when we feel that sense of connection

1036

00:39:38,310 --> 00:39:36,800

with nature and connection with that

1037

00:39:40,310 --> 00:39:38,320

which is beyond us

1038

00:39:42,390 --> 00:39:40,320

um we have the feeling that we're

1039

00:39:45,109 --> 00:39:42,400

there's a larger form of life

1040

00:39:46,470 --> 00:39:45,119

in the world it's the the conventional

1041

00:39:48,710 --> 00:39:46,480

scientific view is that

1042

00:39:50,390 --> 00:39:48,720

consciousness is just a kind of bubble

1043

00:39:51,990 --> 00:39:50,400

inside human brains

1044

00:39:53,750 --> 00:39:52,000

and the rest of nature is dead

1045

00:39:56,470 --> 00:39:53,760

mechanical um and

1046

00:39:57,589 --> 00:39:56,480

inanimate but that's not how it feels

1047

00:40:01,030 --> 00:39:57,599

when you relate

1048

00:40:03,829 --> 00:40:01,040

to nature in this kind of living way so

1049

00:40:05,109 --> 00:40:03,839

um even within science there's a growing

1050

00:40:07,750 --> 00:40:05,119

movement to

1051
00:40:08,829 --> 00:40:07,760
understand the natural world in terms of

1052
00:40:11,589 --> 00:40:08,839
what's called

1053
00:40:14,150 --> 00:40:11,599
pan-psychism is

1054
00:40:15,750 --> 00:40:14,160
pan means everywhere psyche means mind

1055
00:40:19,430 --> 00:40:15,760
or as in psychology

1056
00:40:22,710 --> 00:40:19,440
from the greek word psyche meaning soul

1057
00:40:24,790 --> 00:40:22,720
so pan psychism is the idea that

1058
00:40:26,470 --> 00:40:24,800
nature is actually alive it's very

1059
00:40:28,230 --> 00:40:26,480
similar to what's always been called

1060
00:40:31,430 --> 00:40:28,240
animism

1061
00:40:34,470 --> 00:40:31,440
the belief that nature is alive not dead

1062
00:40:35,510 --> 00:40:34,480
um and if you take the view that the

1063
00:40:37,750 --> 00:40:35,520

earth is alive

1064

00:40:39,030 --> 00:40:37,760

gaia many people believe that and i

1065

00:40:41,190 --> 00:40:39,040

rightly so i think

1066

00:40:43,030 --> 00:40:41,200

that the solar system is a living

1067

00:40:45,430 --> 00:40:43,040

organism the whole galaxy

1068

00:40:46,550 --> 00:40:45,440

is like a gigantic organism the whole

1069

00:40:49,990 --> 00:40:46,560

cosmos

1070

00:40:50,550 --> 00:40:50,000

is like a vast living being with its own

1071

00:40:57,030 --> 00:40:50,560

mind

1072

00:40:59,430 --> 00:40:57,040

animism or pan-psychism um

1073

00:41:00,710 --> 00:40:59,440

it's sometimes also called pantheism the

1074

00:41:03,510 --> 00:41:00,720

idea that

1075

00:41:04,790 --> 00:41:03,520

nature is god and god is nature and god

1076

00:41:08,230 --> 00:41:04,800

is like the mind

1077

00:41:12,550 --> 00:41:08,240

of nature but there's a further view

1078

00:41:14,950 --> 00:41:12,560

um pan-enthusiasm which you asked about

1079

00:41:16,309 --> 00:41:14,960

which which goes further it says yes

1080

00:41:18,790 --> 00:41:16,319

nature is alive yes

1081

00:41:19,589 --> 00:41:18,800

god is in nature yes all these things

1082

00:41:22,950 --> 00:41:19,599

reflect

1083

00:41:25,670 --> 00:41:22,960

divine being the trees the rivers the

1084

00:41:28,710 --> 00:41:25,680

seas the skies the stars

1085

00:41:31,510 --> 00:41:28,720

but it's not just nature that

1086

00:41:32,550 --> 00:41:31,520

god is not just in nature but nature is

1087

00:41:35,030 --> 00:41:32,560

in god

1088

00:41:35,589 --> 00:41:35,040

so god transcends nature as well as

1089

00:41:38,390 --> 00:41:35,599

being

1090

00:41:39,750 --> 00:41:38,400

in nature god is both transcendent and

1091

00:41:43,589 --> 00:41:39,760

imminent

1092

00:41:45,430 --> 00:41:43,599

and so that's the view i take myself and

1093

00:41:47,670 --> 00:41:45,440

i think it's a

1094

00:41:49,670 --> 00:41:47,680

better view than there are three

1095

00:41:50,069 --> 00:41:49,680

alternative views that we have come

1096

00:41:52,630 --> 00:41:50,079

across

1097

00:41:53,349 --> 00:41:52,640

one is materialist atheist view there's

1098

00:41:55,430 --> 00:41:53,359

no god

1099

00:41:56,550 --> 00:41:55,440

there's no mind or spirit in nature it's

1100

00:41:58,230 --> 00:41:56,560

just machinery

1101
00:42:00,309 --> 00:41:58,240
and our own minds are nothing but the

1102
00:42:03,349 --> 00:42:00,319
activity of our brains

1103
00:42:05,430 --> 00:42:03,359
how depressing that is

1104
00:42:06,550 --> 00:42:05,440
that's the default view of most

1105
00:42:09,670 --> 00:42:06,560
scientists and

1106
00:42:11,589 --> 00:42:09,680
uh indeed many educated people is very

1107
00:42:13,829 --> 00:42:11,599
very depressing yes

1108
00:42:16,309 --> 00:42:13,839
then there's the view you you a view

1109
00:42:19,190 --> 00:42:16,319
that you sometimes get with

1110
00:42:21,349 --> 00:42:19,200
a certain kind of theistic religion that

1111
00:42:23,030 --> 00:42:21,359
nature is automatic and

1112
00:42:25,190 --> 00:42:23,040
just like the materialists think is

1113
00:42:26,790 --> 00:42:25,200

mechanical but there's a god beyond

1114

00:42:28,710 --> 00:42:26,800

nature who may have designed the

1115

00:42:30,390 --> 00:42:28,720

machinery of nature in the first place

1116

00:42:32,470 --> 00:42:30,400

and started it off

1117

00:42:33,910 --> 00:42:32,480

and that god is totally transcendent

1118

00:42:37,910 --> 00:42:33,920

outside nature

1119

00:42:41,349 --> 00:42:37,920

and nature itself is not divine it's not

1120

00:42:42,870 --> 00:42:41,359

it's not has no spiritual value that's a

1121

00:42:43,829 --> 00:42:42,880

view that you encounter with some

1122

00:42:47,990 --> 00:42:43,839

theists

1123

00:42:49,829 --> 00:42:48,000

some religious people have that view um

1124

00:42:51,430 --> 00:42:49,839

then you have the animist view that

1125

00:42:53,430 --> 00:42:51,440

nature is alive and

1126

00:42:54,790 --> 00:42:53,440

god there isn't a god out there beyond

1127

00:42:58,630 --> 00:42:54,800

nature there's just

1128

00:43:01,990 --> 00:42:58,640

nature that's a kind of romantic

1129

00:43:03,910 --> 00:43:02,000

religion of nature so we've got these

1130

00:43:05,430 --> 00:43:03,920

different views but then the view that i

1131

00:43:08,230 --> 00:43:05,440

think is much more inclusive

1132

00:43:10,470 --> 00:43:08,240

is that yes god is immanent within

1133

00:43:11,430 --> 00:43:10,480

nature god your nature is alive god's

1134

00:43:14,069 --> 00:43:11,440

within nature

1135

00:43:15,030 --> 00:43:14,079

but god is also beyond nature including

1136

00:43:18,069 --> 00:43:15,040

nature

1137

00:43:19,349 --> 00:43:18,079

and so pan and theism pan means

1138

00:43:22,870 --> 00:43:19,359

everywhere

1139

00:43:26,069 --> 00:43:22,880

n means in theism means god so god is

1140

00:43:26,710 --> 00:43:26,079

in nature and nature is in god and i

1141

00:43:29,670 --> 00:43:26,720

think that's

1142

00:43:31,349 --> 00:43:29,680

by far the most satisfactory view um

1143

00:43:33,990 --> 00:43:31,359

it's also the view that

1144

00:43:34,550 --> 00:43:34,000

uh came naturally to christians and and

1145

00:43:37,430 --> 00:43:34,560

jews

1146

00:43:38,309 --> 00:43:37,440

uh before the scientific revolution in

1147

00:43:40,870 --> 00:43:38,319

in the

1148

00:43:42,870 --> 00:43:40,880

um middle ages in europe the ages that

1149

00:43:43,829 --> 00:43:42,880

gave us the great gothic cathedrals of

1150

00:43:46,710 --> 00:43:43,839

europe

1151

00:43:48,710 --> 00:43:46,720

and nature was seen as alive and god was

1152

00:43:51,190 --> 00:43:48,720

the god of the living world

1153

00:43:53,349 --> 00:43:51,200

and that i think is much the best view

1154

00:43:57,190 --> 00:43:53,359

and one that makes most sense to me

1155

00:43:58,950 --> 00:43:57,200

well is is could we extrapolate that to

1156

00:44:02,950 --> 00:43:58,960

something that i think about

1157

00:44:06,150 --> 00:44:02,960

in terms of when i think of christianity

1158

00:44:08,390 --> 00:44:06,160

and i think of the holy ghost uh what is

1159

00:44:10,870 --> 00:44:08,400

called the holy ghost which is if you

1160

00:44:11,910 --> 00:44:10,880

just uh you know go to sunday school

1161

00:44:15,190 --> 00:44:11,920

it's sort of like

1162

00:44:19,589 --> 00:44:15,200

a real mystery but when you think of

1163

00:44:23,109 --> 00:44:19,599

that aspect of of the of the godhead

1164

00:44:26,870 --> 00:44:23,119

as being what is inside

1165

00:44:28,790 --> 00:44:26,880

everyone and inside all plants all

1166

00:44:32,309 --> 00:44:28,800

animals the earth

1167

00:44:35,750 --> 00:44:32,319

the stars the solar system uh the galaxy

1168

00:44:38,950 --> 00:44:35,760

all of that stuff is sort of what

1169

00:44:41,589 --> 00:44:38,960

is the makeup of uh the holy ghost on

1170

00:44:43,109 --> 00:44:41,599

on some level you could equate it that's

1171

00:44:45,829 --> 00:44:43,119

that's somehow the way

1172

00:44:47,750 --> 00:44:45,839

the way that i see it um i i don't want

1173

00:44:50,470 --> 00:44:47,760

to go down the road too

1174

00:44:52,710 --> 00:44:50,480

too much of religion per se as you know

1175

00:44:55,829 --> 00:44:52,720

christianity as opposed to judaism

1176

00:44:56,710 --> 00:44:55,839

as opposed to islam or the eastern

1177

00:44:59,990 --> 00:44:56,720

religions

1178

00:45:02,630 --> 00:45:00,000

but rather to just sort of um think of

1179

00:45:06,950 --> 00:45:02,640

that in terms of the philosophy of it

1180

00:45:10,870 --> 00:45:06,960

and also um begin to talk about your

1181

00:45:13,270 --> 00:45:10,880

uh discussion uh which i heard online

1182

00:45:17,190 --> 00:45:13,280

is the sun conscious which i found to be

1183

00:45:18,870 --> 00:45:17,200

a wonderful wonderful discussion

1184

00:45:20,870 --> 00:45:18,880

yes well i i think first of all the

1185

00:45:21,829 --> 00:45:20,880

point about the holy ghost or the holy

1186

00:45:24,230 --> 00:45:21,839

spirit

1187

00:45:24,950 --> 00:45:24,240

is that there's an energetic principle

1188

00:45:27,510 --> 00:45:24,960

in nature

1189

00:45:29,190 --> 00:45:27,520

all all the great religions have the

1190

00:45:32,870 --> 00:45:29,200

idea that there's

1191

00:45:34,710 --> 00:45:32,880

the the divine nature has two main ways

1192

00:45:35,750 --> 00:45:34,720

of interfacing with the world one is

1193

00:45:38,470 --> 00:45:35,760

through forms

1194

00:45:39,190 --> 00:45:38,480

patterns structure meaning words the

1195

00:45:42,230 --> 00:45:39,200

logos

1196

00:45:44,069 --> 00:45:42,240

in the holy trinity or um you know the

1197

00:45:46,790 --> 00:45:44,079

word

1198

00:45:47,430 --> 00:45:46,800

and the other is through movement breath

1199

00:45:49,750 --> 00:45:47,440

change

1200

00:45:50,550 --> 00:45:49,760

wind and what we call energy within

1201
00:45:53,190 --> 00:45:50,560
science

1202
00:45:54,230 --> 00:45:53,200
all these different forms of energy and

1203
00:45:56,790 --> 00:45:54,240
these are both

1204
00:45:58,230 --> 00:45:56,800
uh ways in which the divine works

1205
00:46:01,589 --> 00:45:58,240
through the world

1206
00:46:03,670 --> 00:46:01,599
um and the

1207
00:46:06,390 --> 00:46:03,680
within modern science the formative

1208
00:46:09,430 --> 00:46:06,400
principle is expressed through fields

1209
00:46:10,870 --> 00:46:09,440
and the um spirit principle is expressed

1210
00:46:13,349 --> 00:46:10,880
through energy

1211
00:46:14,710 --> 00:46:13,359
and when we look at the sun uh most

1212
00:46:16,950 --> 00:46:14,720
people are

1213
00:46:18,550 --> 00:46:16,960

educated scientifically assume the sun

1214

00:46:20,870 --> 00:46:18,560

is just

1215

00:46:23,109 --> 00:46:20,880

a sort of a huge hydrogen bomb in the

1216

00:46:25,430 --> 00:46:23,119

sky working mechanically

1217

00:46:26,150 --> 00:46:25,440

but actually the sun itself is a source

1218

00:46:27,910 --> 00:46:26,160

of energy

1219

00:46:30,309 --> 00:46:27,920

all the energy we have here on earth

1220

00:46:33,670 --> 00:46:30,319

comes from this what nearly all of it

1221

00:46:36,069 --> 00:46:33,680

um but it and it represents just

1222

00:46:38,150 --> 00:46:36,079

these two principles it has a shape a

1223

00:46:38,950 --> 00:46:38,160

form which comes from its gravitational

1224

00:46:42,550 --> 00:46:38,960

field

1225

00:46:45,670 --> 00:46:42,560

the sun spots the flares of the

1226
00:46:46,150 --> 00:46:45,680
pulsing activity of the sun all comes

1227
00:46:48,309 --> 00:46:46,160
through

1228
00:46:49,190 --> 00:46:48,319
the electromagnetic fields which are

1229
00:46:52,150 --> 00:46:49,200
shaping it

1230
00:46:52,710 --> 00:46:52,160
so fields are what shape it give it form

1231
00:46:54,630 --> 00:46:52,720
um

1232
00:46:56,710 --> 00:46:54,640
and then it's emitting all this energy

1233
00:46:57,990 --> 00:46:56,720
the sunlight and the flares and all the

1234
00:47:00,790 --> 00:46:58,000
things that come

1235
00:47:03,109 --> 00:47:00,800
the power life on earth the constant

1236
00:47:06,309 --> 00:47:03,119
flow of energy from the sun

1237
00:47:09,430 --> 00:47:06,319
is as it were the spirit principle um

1238
00:47:10,069 --> 00:47:09,440

and the flow of energy if we have a view

1239

00:47:13,109 --> 00:47:10,079

of a living

1240

00:47:15,030 --> 00:47:13,119

world it's not just inanimate energy

1241

00:47:16,150 --> 00:47:15,040

it's living spirit that's coming to us

1242

00:47:19,349 --> 00:47:16,160

from the sun

1243

00:47:21,750 --> 00:47:19,359

and traditional um

1244

00:47:23,430 --> 00:47:21,760

religious views have always seen the sun

1245

00:47:26,470 --> 00:47:23,440

as alive

1246

00:47:28,870 --> 00:47:26,480

that's why in the hindu tradition

1247

00:47:30,549 --> 00:47:28,880

the gayatri mantra which is a hymn to

1248

00:47:33,430 --> 00:47:30,559

the sun which you mentioned

1249

00:47:35,270 --> 00:47:33,440

earlier is one of the most fundamental

1250

00:47:38,309 --> 00:47:35,280

mantras in hinduism

1251
00:47:41,270 --> 00:47:38,319
and one of the most basic yoga exercises

1252
00:47:42,309 --> 00:47:41,280
salutation to the sun surya namaskar

1253
00:47:44,470 --> 00:47:42,319
which you do and

1254
00:47:46,630 --> 00:47:44,480
i which i do i do that every morning

1255
00:47:50,710 --> 00:47:46,640
have done for more than 40 years

1256
00:47:54,710 --> 00:47:50,720
um is a way of recognizing the source

1257
00:47:57,990 --> 00:47:54,720
of light and life here on earth um

1258
00:48:01,109 --> 00:47:58,000
i myself think that the sun

1259
00:48:01,990 --> 00:48:01,119
is a conscious being that and so the

1260
00:48:05,510 --> 00:48:02,000
other stars

1261
00:48:09,589 --> 00:48:05,520
and sows the entire galaxy

1262
00:48:11,430 --> 00:48:09,599
and um we're of course

1263
00:48:13,670 --> 00:48:11,440

schooled to think of the sun as just

1264

00:48:14,470 --> 00:48:13,680

being an inanimate mechanism that's the

1265

00:48:16,790 --> 00:48:14,480

standard

1266

00:48:19,190 --> 00:48:16,800

mechanistic materialist world view that

1267

00:48:22,230 --> 00:48:19,200

we're educated in at schools and in

1268

00:48:24,069 --> 00:48:22,240

colleges and universities um but all

1269

00:48:25,349 --> 00:48:24,079

traditional cultures have seen the sun

1270

00:48:29,750 --> 00:48:25,359

is alive and

1271

00:48:32,150 --> 00:48:29,760

the earth is alive too gaia mother earth

1272

00:48:33,910 --> 00:48:32,160

i think it makes more sense of what we

1273

00:48:36,069 --> 00:48:33,920

know about the sound and the stars to

1274

00:48:39,190 --> 00:48:36,079

think of them as alive as dead

1275

00:48:40,309 --> 00:48:39,200

and of course they don't reproduce in

1276

00:48:43,589 --> 00:48:40,319

the same way that

1277

00:48:45,670 --> 00:48:43,599

biological organisms do

1278

00:48:47,030 --> 00:48:45,680

but they do have life cycles they're

1279

00:48:49,589 --> 00:48:47,040

born they

1280

00:48:51,670 --> 00:48:49,599

grow through a phase of maturation and

1281

00:48:54,790 --> 00:48:51,680

and finally senescence and then

1282

00:48:55,910 --> 00:48:54,800

they die stars have a life cycle so do

1283

00:48:58,950 --> 00:48:55,920

planets

1284

00:49:01,750 --> 00:48:58,960

um so um

1285

00:49:03,670 --> 00:49:01,760

i think that it affects the way we

1286

00:49:05,430 --> 00:49:03,680

relate to the world around us when we

1287

00:49:08,630 --> 00:49:05,440

think of the more than human world

1288

00:49:11,510 --> 00:49:08,640

including the sun as alive

1289

00:49:12,470 --> 00:49:11,520

and as channels of the spirit which

1290

00:49:16,309 --> 00:49:12,480

works through

1291

00:49:20,390 --> 00:49:16,319

all nature and is part of

1292

00:49:24,390 --> 00:49:20,400

the the divine activity in all nature

1293

00:49:27,829 --> 00:49:24,400

i i agree uh with that point of view

1294

00:49:28,150 --> 00:49:27,839

very largely i agree i kind of feel when

1295

00:49:38,870 --> 00:49:28,160

i

1296

00:49:40,549 --> 00:49:38,880

not you know the sun doesn't have baby

1297

00:49:43,670 --> 00:49:40,559

sons necessarily

1298

00:49:44,470 --> 00:49:43,680

and uh so forth so that there is uh

1299

00:49:49,190 --> 00:49:44,480

there

1300

00:49:52,549 --> 00:49:49,200

alive which is one thing

1301

00:49:56,390 --> 00:49:52,559

that a biological organism breathes

1302

00:49:59,829 --> 00:49:56,400

or uh has uh respiration

1303

00:50:02,069 --> 00:49:59,839

in the case of plants and that is one

1304

00:50:04,670 --> 00:50:02,079

form of being alive then there's

1305

00:50:06,069 --> 00:50:04,680

consciousness and then there's

1306

00:50:08,710 --> 00:50:06,079

self-consciousness

1307

00:50:10,790 --> 00:50:08,720

so there's a lot of gradations in there

1308

00:50:14,470 --> 00:50:10,800

as to what we might mean

1309

00:50:15,750 --> 00:50:14,480

but moving into the science aspect which

1310

00:50:19,349 --> 00:50:15,760

you are better

1311

00:50:21,829 --> 00:50:19,359

uh better uh to speak of than i

1312

00:50:23,030 --> 00:50:21,839

can because it's just a little bit above

1313

00:50:26,069 --> 00:50:23,040

my pay grade

1314

00:50:26,710 --> 00:50:26,079

i do understand that much of the sun's

1315

00:50:30,309 --> 00:50:26,720

energy

1316

00:50:33,910 --> 00:50:30,319

in

1317

00:50:37,470 --> 00:50:33,920

is electromagnetic and we only

1318

00:50:39,430 --> 00:50:37,480

sense a certain bandwidth of the

1319

00:50:42,790 --> 00:50:39,440

electromagnetic spectrum

1320

00:50:45,910 --> 00:50:42,800

through our eyes and our ears so that

1321

00:50:48,150 --> 00:50:45,920

much of the communication let's say

1322

00:50:48,630 --> 00:50:48,160

between the sun and the earth which i

1323

00:50:51,750 --> 00:50:48,640

believe

1324

00:50:54,630 --> 00:50:51,760

is going on constantly and um you

1325

00:50:56,790 --> 00:50:54,640

made me think more about the uh the

1326

00:50:59,829 --> 00:50:56,800

communication between the sun

1327

00:51:01,030 --> 00:50:59,839

and other stars and the entire galaxy

1328

00:51:04,230 --> 00:51:01,040

when i heard

1329

00:51:07,270 --> 00:51:04,240

your uh your lecture there on that

1330

00:51:07,990 --> 00:51:07,280

um is it possible that there's a whole

1331

00:51:10,950 --> 00:51:08,000

lot of

1332

00:51:12,069 --> 00:51:10,960

communication going on that as

1333

00:51:14,870 --> 00:51:12,079

biological

1334

00:51:15,829 --> 00:51:14,880

entities we are not aware of but through

1335

00:51:18,630 --> 00:51:15,839

meditation

1336

00:51:19,589 --> 00:51:18,640

and and and getting out of out of the

1337

00:51:23,589 --> 00:51:19,599

body

1338

00:51:26,870 --> 00:51:23,599

in essence we are able to connect with

1339

00:51:30,230 --> 00:51:26,880

does that make sense well i think so

1340

00:51:33,349 --> 00:51:30,240

i mean the relating to nature is

1341

00:51:36,069 --> 00:51:33,359

is you know we can do it

1342

00:51:37,910 --> 00:51:36,079

sometimes by a direct experience very

1343

00:51:39,750 --> 00:51:37,920

often people have a kind of mystical

1344

00:51:40,870 --> 00:51:39,760

experience when they're outdoors in the

1345

00:51:43,349 --> 00:51:40,880

natural world

1346

00:51:43,990 --> 00:51:43,359

of connection with the earth with the

1347

00:51:46,790 --> 00:51:44,000

sky

1348

00:51:47,829 --> 00:51:46,800

with the sun with the stars and i think

1349

00:51:49,990 --> 00:51:47,839

that is a real

1350

00:51:51,349 --> 00:51:50,000

connection not just an imaginary thing

1351
00:51:54,390 --> 00:51:51,359
inside brains

1352
00:51:55,190 --> 00:51:54,400
i think we can have these connections we

1353
00:51:56,390 --> 00:51:55,200
are

1354
00:51:58,710 --> 00:51:56,400
everything in the universe is

1355
00:52:02,069 --> 00:51:58,720
interconnected and after all

1356
00:52:05,030 --> 00:52:02,079
at the very foundations of science in

1357
00:52:06,309 --> 00:52:05,040
the 17th century was newton's theory of

1358
00:52:08,549 --> 00:52:06,319
gravitation

1359
00:52:10,309 --> 00:52:08,559
and what newton was saying is that every

1360
00:52:12,549 --> 00:52:10,319
particle of matter in the universe

1361
00:52:13,910 --> 00:52:12,559
attracts every other particle of matter

1362
00:52:16,230 --> 00:52:13,920
in the entire universe

1363
00:52:17,750 --> 00:52:16,240

it was basically even at the heart of

1364

00:52:19,390 --> 00:52:17,760

conventional science

1365

00:52:21,190 --> 00:52:19,400

is this vision of universal

1366

00:52:24,230 --> 00:52:21,200

interconnectedness

1367

00:52:27,030 --> 00:52:24,240

and

1368

00:52:29,190 --> 00:52:27,040

interconnectedness at a distance the

1369

00:52:31,990 --> 00:52:29,200

into gravitational interconnectedness

1370

00:52:35,349 --> 00:52:32,000

works through empty space over

1371

00:52:37,750 --> 00:52:35,359

universal distances um so

1372

00:52:39,910 --> 00:52:37,760

um i don't think it's just simply a

1373

00:52:40,790 --> 00:52:39,920

fantasy or an illusion to think of these

1374

00:52:43,030 --> 00:52:40,800

connections

1375

00:52:45,109 --> 00:52:43,040

we really are connected and we really

1376

00:52:45,990 --> 00:52:45,119

are connected to distant stars by the

1377

00:52:47,470 --> 00:52:46,000

light they admit

1378

00:52:50,309 --> 00:52:47,480

which is means through the

1379

00:52:54,069 --> 00:52:50,319

electromagnetic field

1380

00:52:56,630 --> 00:52:54,079

so i think all of these things

1381

00:52:58,230 --> 00:52:56,640

we know through science and science has

1382

00:53:00,309 --> 00:52:58,240

helped us know them much better than

1383

00:53:01,670 --> 00:53:00,319

anyone knew them before but they're

1384

00:53:05,829 --> 00:53:01,680

usually dismissed as

1385

00:53:08,549 --> 00:53:05,839

just physical interconnections um

1386

00:53:09,190 --> 00:53:08,559

and the universe is usually regarded as

1387

00:53:12,630 --> 00:53:09,200

just

1388

00:53:15,829 --> 00:53:12,640

dead but you see i think that

1389

00:53:18,790 --> 00:53:15,839

life involves in biology it involves

1390

00:53:21,270 --> 00:53:18,800

things like reproduction excretion etc

1391

00:53:23,430 --> 00:53:21,280

um but i think that basically what it's

1392

00:53:26,630 --> 00:53:23,440

about is self-organization

1393

00:53:28,309 --> 00:53:26,640

and having an organism having its own

1394

00:53:31,349 --> 00:53:28,319

purposes and goals

1395

00:53:35,430 --> 00:53:31,359

and the ability to organize itself

1396

00:53:37,190 --> 00:53:35,440

it may or may not be conscious

1397

00:53:39,510 --> 00:53:37,200

and there are as you said different

1398

00:53:41,589 --> 00:53:39,520

levels or degrees of consciousness

1399

00:53:43,829 --> 00:53:41,599

and even in our own case most of our

1400

00:53:46,470 --> 00:53:43,839

mental activity is unconscious

1401
00:53:47,829 --> 00:53:46,480
and the unconscious mind plays a huge

1402
00:53:50,230 --> 00:53:47,839
part in our lives

1403
00:53:51,190 --> 00:53:50,240
our habits are usually unconscious when

1404
00:53:53,589 --> 00:53:51,200
we dream

1405
00:53:54,630 --> 00:53:53,599
suddenly amazing things happen to us or

1406
00:53:56,470 --> 00:53:54,640
we're within

1407
00:53:58,309 --> 00:53:56,480
these amazing dreams which we've not

1408
00:54:00,309 --> 00:53:58,319
consciously invented

1409
00:54:02,390 --> 00:54:00,319
yet they're coming to us through our

1410
00:54:04,630 --> 00:54:02,400
unconscious minds

1411
00:54:06,069 --> 00:54:04,640
so i think all of this is actually true

1412
00:54:08,309 --> 00:54:06,079
of all nature

1413
00:54:09,430 --> 00:54:08,319

and spiritual practices and ways of

1414

00:54:11,910 --> 00:54:09,440

breaking out

1415

00:54:13,510 --> 00:54:11,920

of our isolation the idea that it's all

1416

00:54:15,589 --> 00:54:13,520

just inside the head

1417

00:54:17,510 --> 00:54:15,599

into recognizing these much deeper and

1418

00:54:19,190 --> 00:54:17,520

wider connections

1419

00:54:21,190 --> 00:54:19,200

and that's really one of the reasons i

1420

00:54:22,309 --> 00:54:21,200

wrote this book science and spiritual

1421

00:54:25,349 --> 00:54:22,319

practices

1422

00:54:26,630 --> 00:54:25,359

well i can just say that it is a really

1423

00:54:29,829 --> 00:54:26,640

wonderful book

1424

00:54:33,750 --> 00:54:29,839

i have it in on the desk in front of me

1425

00:54:36,710 --> 00:54:33,760

right now and um i want to

1426

00:54:37,670 --> 00:54:36,720

thank you so much for being with us

1427

00:54:40,789 --> 00:54:37,680

today

1428

00:54:43,349 --> 00:54:40,799

on shattered reality podcast we have

1429

00:54:46,630 --> 00:54:43,359

rupert sheldrake

1430

00:54:49,349 --> 00:54:46,640

who has written 12 books and

1431

00:54:50,309 --> 00:54:49,359

his latest is science and spiritual

1432

00:54:53,430 --> 00:54:50,319

practice

1433

00:54:56,630 --> 00:54:53,440

i want to just close by telling you

1434

00:54:59,910 --> 00:54:56,640

a synchronicity that occurred i

1435

00:55:04,069 --> 00:54:59,920

belong to a an intentional group with

1436

00:55:08,069 --> 00:55:04,079

a group of um remote viewers

1437

00:55:11,990 --> 00:55:08,079

and one of while i was preparing

1438

00:55:15,030 --> 00:55:12,000

this uh interview for today

1439

00:55:18,630 --> 00:55:15,040

during this past week one of these uh

1440

00:55:21,270 --> 00:55:18,640

remote viewers put a um

1441

00:55:22,470 --> 00:55:21,280

a posting up to the the intentional

1442

00:55:25,910 --> 00:55:22,480

group's

1443

00:55:26,309 --> 00:55:25,920

uh facebook page which is private uh but

1444

00:55:28,789 --> 00:55:26,319

it's

1445

00:55:30,309 --> 00:55:28,799

i'm not i'm not letting any uh secrets

1446

00:55:34,470 --> 00:55:30,319

out of the bag so to speak

1447

00:55:37,750 --> 00:55:34,480

but what he put up was your lecture

1448

00:55:40,069 --> 00:55:37,760

from youtube is the sun conscious and

1449

00:55:41,270 --> 00:55:40,079

i just felt that this was an incredible

1450

00:55:43,990 --> 00:55:41,280

synchronicity

1451
00:55:47,030 --> 00:55:44,000
since the night before i had been

1452
00:55:50,870 --> 00:55:47,040
listening to the very same lecture

1453
00:55:52,870 --> 00:55:50,880
on youtube uh that you gave

1454
00:55:54,630 --> 00:55:52,880
very amazing that that coincidence

1455
00:55:57,910 --> 00:55:54,640
happened yes

1456
00:55:58,549 --> 00:55:57,920
i i'm all for synchronicities in in my

1457
00:56:00,870 --> 00:55:58,559
life

1458
00:56:02,069 --> 00:56:00,880
and so i want to thank you very very

1459
00:56:04,950 --> 00:56:02,079
much

1460
00:56:07,430 --> 00:56:04,960
dr rupert sheldrake for being our

1461
00:56:10,789 --> 00:56:07,440
honored guest i'm giving you

1462
00:56:12,549 --> 00:56:10,799
oodles of gratitude as per science and

1463
00:56:15,190 --> 00:56:12,559

spiritual practices

1464

00:56:16,630 --> 00:56:15,200

and um thank you so much for being with

1465

00:56:19,430 --> 00:56:16,640

us today

1466

00:56:20,549 --> 00:56:19,440

for doing this thank you for putting out

1467

00:56:24,230 --> 00:56:20,559

your series and

1468

00:56:29,109 --> 00:56:24,240

and helping to open up minds and

1469

00:56:31,030 --> 00:56:29,119

and indeed spread gratitude

1470

00:56:32,230 --> 00:56:31,040

and thank you and we're gonna say

1471

00:56:36,150 --> 00:56:32,240

goodbye now

1472

00:56:39,589 --> 00:56:36,160

uh to dr rupert sheldrake a fabulous

1473

00:56:40,390 --> 00:56:39,599

interesting scientist a biologist from

1474

00:56:43,270 --> 00:56:40,400

england

1475

00:56:44,390 --> 00:56:43,280

uh have a wonderful evening across the

1476

00:56:48,230 --> 00:56:44,400

pond

1477

00:56:51,829 --> 00:56:48,240

thanks very much okay bye now so

1478

00:56:52,150 --> 00:56:51,839

uh shattered reality listeners this was

1479

00:56:55,349 --> 00:56:52,160

a

1480

00:56:57,750 --> 00:56:55,359

very very wonderful um

1481

00:57:00,390 --> 00:56:57,760

experience to talk to dr rupert

1482

00:57:03,430 --> 00:57:00,400

sheldrake i had the honor of meeting him

1483

00:57:06,630 --> 00:57:03,440

back in november in new york city uh

1484

00:57:09,829 --> 00:57:06,640

thanks to a very dear friend of mine and

1485

00:57:12,470 --> 00:57:09,839

uh named karen page i hope she doesn't

1486

00:57:17,349 --> 00:57:15,910

stating her name here next up on

1487

00:57:21,349 --> 00:57:17,359

shattered reality

1488

00:57:24,470 --> 00:57:21,359

we will have a a discussion

1489

00:57:26,630 --> 00:57:24,480

about magic stores

1490

00:57:28,150 --> 00:57:26,640

not magic stores that sell tricks but

1491

00:57:31,829 --> 00:57:28,160

magic with the k

1492

00:57:33,270 --> 00:57:31,839

sometimes known as botanicas sometimes

1493

00:57:35,510 --> 00:57:33,280

known as grigri

1494

00:57:36,549 --> 00:57:35,520

shops and i'm sure there are various

1495

00:57:39,990 --> 00:57:36,559

other names in

1496

00:57:42,150 --> 00:57:40,000

other cultures but they're pervasive uh

1497

00:57:43,910 --> 00:57:42,160

in the world they sort of operate a

1498

00:57:47,349 --> 00:57:43,920

little bit subrosa

1499

00:57:48,230 --> 00:57:47,359

beneath the uh the radar of a lot of

1500

00:57:51,270 --> 00:57:48,240

people and

1501
00:57:53,349 --> 00:57:51,280
there's one in almost every uh major

1502
00:57:57,190 --> 00:57:53,359
city and generally more than one

1503
00:57:59,990 --> 00:57:57,200
we're going to talk to um one of the

1504
00:58:01,990 --> 00:58:00,000
uh one of the earliest botanicas in new

1505
00:58:05,270 --> 00:58:02,000
york city the owner

1506
00:58:08,630 --> 00:58:05,280
and of of that botanica

1507
00:58:11,190 --> 00:58:08,640
and uh we're gonna also have

1508
00:58:14,069 --> 00:58:11,200
david metcalfe who has studied

1509
00:58:16,390 --> 00:58:14,079
botanicals grigri shops magic stores

1510
00:58:17,510 --> 00:58:16,400
in other locations he's going to be our

1511
00:58:21,430 --> 00:58:17,520
guest along

1512
00:58:24,789 --> 00:58:21,440
with jason mizrahi of original products

1513
00:58:27,910 --> 00:58:24,799

so that's coming up next after that

1514

00:58:31,270 --> 00:58:27,920

we're hoping to have on um greg

1515

00:58:34,549 --> 00:58:31,280

bishop and his co-author uh

1516

00:58:36,390 --> 00:58:34,559

for a is for adamski i am

1517

00:58:38,230 --> 00:58:36,400

sorry it's going to come to me as soon

1518

00:58:38,549 --> 00:58:38,240

as i get off the air the co-author's

1519

00:58:41,750 --> 00:58:38,559

name

1520

00:58:45,109 --> 00:58:41,760

it's on the back of my tongue somewhere

1521

00:58:48,829 --> 00:58:45,119

and i'm also interested shattered

1522

00:58:51,510 --> 00:58:48,839

reality listeners if you have a

1523

00:58:55,030 --> 00:58:51,520

suggestion for a guest

1524

00:58:58,390 --> 00:58:55,040

uh who would be uh

1525

00:59:00,230 --> 00:58:58,400

good for the mandela effect discussion

1526
00:59:02,150 --> 00:59:00,240
it's been coming up more and more

1527
00:59:05,910 --> 00:59:02,160
recently and there are

1528
00:59:09,030 --> 00:59:05,920
some theories about it that are

1529
00:59:11,270 --> 00:59:09,040
really out out in left field and others

1530
00:59:13,670 --> 00:59:11,280
that are a little bit more mainstream

1531
00:59:14,470 --> 00:59:13,680
i'm looking for a guest that can discuss

1532
00:59:17,190 --> 00:59:14,480
all

1533
00:59:18,069 --> 00:59:17,200
of the aspects of the mandela effect

1534
00:59:21,030 --> 00:59:18,079
without

1535
00:59:21,670 --> 00:59:21,040
either being too pedantic about it or

1536
00:59:26,390 --> 00:59:21,680
too

1537
00:59:28,950 --> 00:59:26,400
of a better way to express it

1538
00:59:29,829 --> 00:59:28,960

also i wanted to ask all of you

1539

00:59:32,870 --> 00:59:29,839

listeners

1540

00:59:37,030 --> 00:59:32,880

to like us on facebook like us

1541

00:59:40,309 --> 00:59:37,040

on shatteredrealitypodcast.wordpress.com

1542

00:59:41,910 --> 00:59:40,319

and shatteredrealitypodcast.com our two

1543

00:59:44,950 --> 00:59:41,920

websites

1544

00:59:49,109 --> 00:59:44,960

as well many of our podcasts are

1545

00:59:52,309 --> 00:59:49,119

on youtube and you can make a comment on

1546

00:59:55,510 --> 00:59:52,319

any of these sites and we will hear it

1547

00:59:58,309 --> 00:59:55,520

but we have had requests for

1548

00:59:59,030 --> 00:59:58,319

a guest on the mandela effect and i

1549

01:00:02,789 --> 00:59:59,040

would

1550

01:00:05,829 --> 01:00:02,799

like to follow that path up

1551

01:00:08,870 --> 01:00:05,839

so hoping to greet

1552

01:00:12,309 --> 01:00:08,880

kate valentine as well on our next show

1553

01:00:14,230 --> 01:00:12,319

but certainly soon uh our co-host kate

1554

01:00:16,549 --> 01:00:14,240

valentine has been absent for a while

1555

01:00:19,750 --> 01:00:16,559

she will be coming back

1556

01:00:23,270 --> 01:00:19,760

eventually and um so

1557

01:00:36,090 --> 01:00:23,280

now i am going to do our final