



WHAT IS SCIENCE?

DR. DONALD DEGRACIA

skeptiko.com

1
00:00:10,950 --> 00:00:08,870
on this episode of skeptico alex talks

2
00:00:14,070 --> 00:00:10,960
with wayne state university medical

3
00:00:16,070 --> 00:00:14,080
researcher dr donald degrassia about his

4
00:00:18,790 --> 00:00:16,080
critical look at western science and

5
00:00:20,950 --> 00:00:18,800
yogic knowledge western culture itself

6
00:00:23,109 --> 00:00:20,960
is very focused on

7
00:00:25,750 --> 00:00:23,119
the external world what the senses

8
00:00:27,429 --> 00:00:25,760
convey to the mind and it just takes it

9
00:00:29,589 --> 00:00:27,439
all for granted because it has nothing

10
00:00:31,990 --> 00:00:29,599
to contrast it to it builds the entire

11
00:00:33,510 --> 00:00:32,000
picture and it misses the complete irony

12
00:00:35,750 --> 00:00:33,520
sitting in the center of the whole thing

13
00:00:37,590 --> 00:00:35,760

that it all only exists in the mind

14

00:00:40,150 --> 00:00:37,600

everything i'm perceiving right now as i

15

00:00:42,389 --> 00:00:40,160

sit here and talk you you're all only in

16

00:00:43,430 --> 00:00:42,399

my mind it's all only in my mind right

17

00:00:44,470 --> 00:00:43,440

and so

18

00:00:46,630 --> 00:00:44,480

the west

19

00:00:48,549 --> 00:00:46,640

directed itself outward and the then the

20

00:00:52,630 --> 00:00:48,559

indian hindu culture directed itself

21

00:00:54,310 --> 00:00:52,640

inward and that inward exploration

22

00:00:55,670 --> 00:00:54,320

led to yoga

23

00:01:08,149 --> 00:00:55,680

stay with us

24

00:01:11,429 --> 00:01:09,830

welcome to skeptico where we explore

25

00:01:13,350 --> 00:01:11,439

controversial science with leading

26

00:01:15,030 --> 00:01:13,360

researchers thinkers

27

00:01:17,749 --> 00:01:15,040

and their critics i'm your host alex

28

00:01:19,510 --> 00:01:17,759

sacaris and on this episode of skeptico

29

00:01:23,109 --> 00:01:19,520

i have one of those shows that really

30

00:01:25,510 --> 00:01:23,119

made me appreciate how much i love doing

31

00:01:27,429 --> 00:01:25,520

skeptico and bringing these great

32

00:01:30,070 --> 00:01:27,439

interviews to you and the reason i

33

00:01:32,870 --> 00:01:30,080

enjoyed this show so much was because of

34

00:01:35,590 --> 00:01:32,880

our guest dr donald degrassie who is

35

00:01:37,830 --> 00:01:35,600

really so bright and yet is able to take

36

00:01:39,990 --> 00:01:37,840

his broad range of knowledge about so

37

00:01:42,069 --> 00:01:40,000

many different things and bring it down

38

00:01:44,469 --> 00:01:42,079

to a simplified level that really makes

39

00:01:45,830 --> 00:01:44,479

sense and i have to say i hope you enjoy

40

00:01:48,069 --> 00:01:45,840

this interview that we're going to do

41

00:01:49,350 --> 00:01:48,079

that's primarily on comparing and

42

00:01:52,149 --> 00:01:49,360

contrasting

43

00:01:54,230 --> 00:01:52,159

western science and yogic

44

00:01:56,389 --> 00:01:54,240

science i guess you will and other ways

45

00:01:58,709 --> 00:01:56,399

we have of knowing from other traditions

46

00:02:00,389 --> 00:01:58,719

which is very interesting topic but what

47

00:02:02,230 --> 00:02:00,399

you won't hear because i cut it out

48

00:02:04,630 --> 00:02:02,240

because it was an after conversation

49

00:02:07,670 --> 00:02:04,640

thing was about the 20 or 30 minutes

50

00:02:10,550 --> 00:02:07,680

that he took to explain to me what his

51
00:02:14,710 --> 00:02:10,560
day job is if you will and his research

52
00:02:17,589 --> 00:02:14,720
into non-linear dynamics and a new way

53
00:02:20,070 --> 00:02:17,599
of looking at medical research through

54
00:02:22,630 --> 00:02:20,080
that lens but it reinforced for me what

55
00:02:24,790 --> 00:02:22,640
i already knew which is that this guy

56
00:02:27,990 --> 00:02:24,800
has a depth of knowledge about a range

57
00:02:29,750 --> 00:02:28,000
of different topics that he brings to

58
00:02:31,910 --> 00:02:29,760
everything that he does and i think

59
00:02:33,750 --> 00:02:31,920
that's always makes it much more

60
00:02:36,309 --> 00:02:33,760
exciting for me when i have an

61
00:02:38,229 --> 00:02:36,319
opportunity to really learn something so

62
00:02:39,509 --> 00:02:38,239
i hope you enjoy this interview as much

63
00:02:42,710 --> 00:02:39,519

as i did

64

00:02:45,350 --> 00:02:42,720

let's get right to it

65

00:02:47,990 --> 00:02:45,360

today we welcome dr donald degrassia to

66

00:02:50,790 --> 00:02:48,000

skeptico dr de gracia is an associate

67

00:02:53,350 --> 00:02:50,800

professor of physiology at wayne state

68

00:02:55,750 --> 00:02:53,360

university school of medicine in detroit

69

00:02:58,790 --> 00:02:55,760

where his research on non-linear

70

00:03:01,110 --> 00:02:58,800

dynamics of cell injury is so far over

71

00:03:03,110 --> 00:03:01,120

my head that i'm not even going to try

72

00:03:06,550 --> 00:03:03,120

and get into that we'll just have to ask

73

00:03:09,110 --> 00:03:06,560

him directly but dr gracia is also a

74

00:03:11,270 --> 00:03:09,120

brilliant writer and thinker on human

75

00:03:13,509 --> 00:03:11,280

consciousness and that's the real reason

76

00:03:16,229 --> 00:03:13,519

i wanted to have him on the show he's

77

00:03:18,550 --> 00:03:16,239

also written and talked a lot about

78

00:03:22,390 --> 00:03:18,560

altered states of consciousness

79

00:03:24,470 --> 00:03:22,400

and in particular the synthesis of and

80

00:03:27,430 --> 00:03:24,480

well i guess we'd have to say the

81

00:03:31,750 --> 00:03:27,440

critical examination of western

82

00:03:34,149 --> 00:03:31,760

scientific thought and yogic and hindu

83

00:03:37,350 --> 00:03:34,159

knowledge and wisdom and he has a lot of

84

00:03:39,390 --> 00:03:37,360

very interesting ideas about the

85

00:03:41,750 --> 00:03:39,400

intersections and i guess

86

00:03:45,350 --> 00:03:41,760

non-intersections of those two so

87

00:03:47,750 --> 00:03:45,360

without anything more of me going on dr

88

00:03:49,830 --> 00:03:47,760

de gracia welcome to skeptico thanks

89

00:03:52,229 --> 00:03:49,840

again so much for joining me yeah well

90

00:03:54,869 --> 00:03:52,239

thank you very much alex for having me

91

00:03:57,270 --> 00:03:54,879

well great you know don your work was

92

00:03:59,429 --> 00:03:57,280

introduced to me by several listeners on

93

00:04:02,869 --> 00:03:59,439

skeptica who i really have to thank dr

94

00:04:05,350 --> 00:04:02,879

john brown and then uh again by

95

00:04:07,990 --> 00:04:05,360

the the publisher at anomalous press

96

00:04:09,990 --> 00:04:08,000

who's publishing my book patrick hoyga

97

00:04:12,390 --> 00:04:10,000

also suggested that you'd be a great

98

00:04:15,030 --> 00:04:12,400

guest and everyone was right because as

99

00:04:16,390 --> 00:04:15,040

i dug into your work it was terrific

100

00:04:18,229 --> 00:04:16,400

it's one of those

101
00:04:19,990 --> 00:04:18,239
i was reading this book that i want

102
00:04:22,790 --> 00:04:20,000
everyone to check out if you're at all

103
00:04:26,469 --> 00:04:22,800
interested after this show it's what is

104
00:04:28,710 --> 00:04:26,479
science how yoga helps us understand

105
00:04:30,150 --> 00:04:28,720
science it's one of those books that i

106
00:04:31,189 --> 00:04:30,160
started reading

107
00:04:33,270 --> 00:04:31,199
with the idea that i'm going to

108
00:04:35,749 --> 00:04:33,280
highlight some questions for the show

109
00:04:37,510 --> 00:04:35,759
and i wound up highlighting practically

110
00:04:40,070 --> 00:04:37,520
the whole book so i was like wait a

111
00:04:42,550 --> 00:04:40,080
minute i better just slow down here and

112
00:04:44,469 --> 00:04:42,560
and ask some basic questions about this

113
00:04:47,430 --> 00:04:44,479

book and let me just throw in

114

00:04:51,030 --> 00:04:47,440

so much your work is available

115

00:04:53,990 --> 00:04:51,040

for free this book you can buy a hard

116

00:04:56,550 --> 00:04:54,000

copy cover of it but you can also get it

117

00:04:59,670 --> 00:04:56,560

as a free download from your

118

00:05:02,310 --> 00:04:59,680

really excellent blog as well

119

00:05:03,909 --> 00:05:02,320

plain talk about this in other worlds

120

00:05:05,270 --> 00:05:03,919

where this book that we're going to talk

121

00:05:07,270 --> 00:05:05,280

about lot about

122

00:05:10,469 --> 00:05:07,280

first appeared as

123

00:05:11,909 --> 00:05:10,479

a 10 part blog series is that right

124

00:05:15,029 --> 00:05:11,919

yeah that's correct

125

00:05:17,990 --> 00:05:15,039

so let's slow down and go back to

126

00:05:20,710 --> 00:05:18,000

who you are as you like to say how you

127

00:05:23,189 --> 00:05:20,720

get your paycheck there at wayne state

128

00:05:25,990 --> 00:05:23,199

university tell us a little bit about

129

00:05:28,469 --> 00:05:26,000

your day job if you will

130

00:05:31,189 --> 00:05:28,479

um well i'm a researcher in cerebral

131

00:05:33,110 --> 00:05:31,199

ischemia which is stroke and cardiac

132

00:05:35,189 --> 00:05:33,120

arrest brain damage

133

00:05:38,070 --> 00:05:35,199

and um having listened to your some of

134

00:05:39,189 --> 00:05:38,080

your podcasts before coming on i was

135

00:05:40,790 --> 00:05:39,199

interested to hear that you're

136

00:05:44,150 --> 00:05:40,800

interested in like cardiac arrest and

137

00:05:46,070 --> 00:05:44,160

near-death experiences that's a facet of

138

00:05:47,670 --> 00:05:46,080

the area i work in although my work is

139

00:05:49,590 --> 00:05:47,680

very biological

140

00:05:52,469 --> 00:05:49,600

and it studies the mechanisms of how the

141

00:05:54,390 --> 00:05:52,479

neurons die after a lack of blood flow

142

00:05:56,469 --> 00:05:54,400

we're going to talk about

143

00:05:59,990 --> 00:05:56,479

consciousness science and some of the

144

00:06:02,390 --> 00:06:00,000

ways some of the dramatic ways that it

145

00:06:05,830 --> 00:06:02,400

kind of conflicts not only with common

146

00:06:07,990 --> 00:06:05,840

sense but with other schools of thought

147

00:06:10,950 --> 00:06:08,000

but i think it's interesting to kind of

148

00:06:13,670 --> 00:06:10,960

juxtapose that with your day job your

149

00:06:16,870 --> 00:06:13,680

highly regarded highly technically

150

00:06:19,430 --> 00:06:16,880

demanding day job of being

151
00:06:21,909 --> 00:06:19,440
in the school of medicine doing research

152
00:06:24,070 --> 00:06:21,919
at wayne state university does that ever

153
00:06:25,590 --> 00:06:24,080
strike you that you kind of live this

154
00:06:27,350 --> 00:06:25,600
double life there

155
00:06:28,629 --> 00:06:27,360
um well you know part of it has to do

156
00:06:30,950 --> 00:06:28,639
with the fact that growing up i was a

157
00:06:33,990 --> 00:06:30,960
big comic book fan right so all

158
00:06:36,629 --> 00:06:34,000
superheroes have a secret identity i see

159
00:06:38,469 --> 00:06:36,639
but you know more importantly i think

160
00:06:40,309 --> 00:06:38,479
you know this is hard to appreciate

161
00:06:41,990 --> 00:06:40,319
unless you actually have the experience

162
00:06:44,309 --> 00:06:42,000
but you know that i don't know what is

163
00:06:46,230 --> 00:06:44,319

it like the thousand hour idea where you

164

00:06:48,950 --> 00:06:46,240

just keep doing something over and over

165

00:06:51,110 --> 00:06:48,960

and you get the experience

166

00:06:54,150 --> 00:06:51,120

and that's what it has been doing

167

00:06:56,070 --> 00:06:54,160

science for 25 years right in the lab

168

00:06:58,629 --> 00:06:56,080

every day doing this

169

00:07:00,710 --> 00:06:58,639

totally mainstream work trying to figure

170

00:07:03,830 --> 00:07:00,720

out this issue of why did these neurons

171

00:07:05,270 --> 00:07:03,840

die after lack of blood flow and

172

00:07:07,589 --> 00:07:05,280

you know over the whole period that i've

173

00:07:09,589 --> 00:07:07,599

been doing it the one overwhelming

174

00:07:11,670 --> 00:07:09,599

lesson is that

175

00:07:14,070 --> 00:07:11,680

it doesn't work more often than it does

176

00:07:16,230 --> 00:07:14,080

way way more often it doesn't work i

177

00:07:18,950 --> 00:07:16,240

mean probably 99 of the time i've been

178

00:07:21,110 --> 00:07:18,960

wrong so you know science is a really

179

00:07:23,749 --> 00:07:21,120

difficult process you know second

180

00:07:25,749 --> 00:07:23,759

guessing nature is very very difficult

181

00:07:28,550 --> 00:07:25,759

and you know having that direct

182

00:07:31,110 --> 00:07:28,560

experience of playing that game has

183

00:07:33,270 --> 00:07:31,120

conditioned my thinking very strongly

184

00:07:36,150 --> 00:07:33,280

you know that might be an interesting

185

00:07:36,950 --> 00:07:36,160

launching off point because i think it

186

00:07:39,189 --> 00:07:36,960

it

187

00:07:42,469 --> 00:07:39,199

kind of brings to the fore

188

00:07:46,550 --> 00:07:42,479

this whole idea of science

189

00:07:48,790 --> 00:07:46,560

what is science how do we do science and

190

00:07:51,350 --> 00:07:48,800

what are some other ways that people

191

00:07:53,029 --> 00:07:51,360

think about and do science because i

192

00:07:55,909 --> 00:07:53,039

love some of the things that you have to

193

00:07:57,830 --> 00:07:55,919

say in the book and one of the most

194

00:07:59,990 --> 00:07:57,840

basic but at the same time profound

195

00:08:02,390 --> 00:08:00,000

things and it's obvious once someone

196

00:08:04,070 --> 00:08:02,400

points it out to you but science means a

197

00:08:05,350 --> 00:08:04,080

lot of different things to a lot of

198

00:08:07,990 --> 00:08:05,360

different people

199

00:08:09,589 --> 00:08:08,000

and at a very simple level you can go

200

00:08:12,309 --> 00:08:09,599

around the university there at wayne

201
00:08:14,550 --> 00:08:12,319
state university and you can go ask a

202
00:08:16,309 --> 00:08:14,560
sociologist what is science and he says

203
00:08:17,830 --> 00:08:16,319
oh i do science i'll tell you what i do

204
00:08:19,430 --> 00:08:17,840
over here and then you could go over to

205
00:08:21,270 --> 00:08:19,440
the physics department you go ask them

206
00:08:23,189 --> 00:08:21,280
what is science say oh right here bring

207
00:08:24,390 --> 00:08:23,199
over here i'll show you and then you

208
00:08:25,510 --> 00:08:24,400
could go as someone in the school of

209
00:08:26,550 --> 00:08:25,520
medicine and they'd say something

210
00:08:27,270 --> 00:08:26,560
different

211
00:08:29,830 --> 00:08:27,280
and

212
00:08:32,070 --> 00:08:29,840
so science means a lot of different

213
00:08:34,070 --> 00:08:32,080

things to a lot of different people it

214

00:08:35,909 --> 00:08:34,080

is not a homogeneous phenomena by any

215

00:08:38,389 --> 00:08:35,919

stretch of the imagination

216

00:08:41,509 --> 00:08:38,399

i guess what what struck me and what i'm

217

00:08:43,509 --> 00:08:41,519

struggling with here is science get gets

218

00:08:45,750 --> 00:08:43,519

banted around so much the idea of

219

00:08:47,670 --> 00:08:45,760

science and you do science and science

220

00:08:50,630 --> 00:08:47,680

versus religion and we should trust

221

00:08:52,310 --> 00:08:50,640

science and we never stop to think about

222

00:08:54,710 --> 00:08:52,320

what we really mean

223

00:08:57,190 --> 00:08:54,720

when we say science and i think you do a

224

00:08:59,750 --> 00:08:57,200

really nice job of breaking down

225

00:09:02,389 --> 00:08:59,760

what we do mean what our history of

226

00:09:05,030 --> 00:09:02,399

science is and then you introduce this

227

00:09:06,710 --> 00:09:05,040

idea of yogic thought and science

228

00:09:08,550 --> 00:09:06,720

yeah that's you know that's one of the

229

00:09:09,910 --> 00:09:08,560

things especially when you start off

230

00:09:11,750 --> 00:09:09,920

with this idea that it means different

231

00:09:13,750 --> 00:09:11,760

things to different people and the

232

00:09:15,910 --> 00:09:13,760

biggest demarcation there is people that

233

00:09:18,230 --> 00:09:15,920

actually do science versus

234

00:09:20,230 --> 00:09:18,240

people that are outside of science

235

00:09:21,670 --> 00:09:20,240

looking in and interpreting what they

236

00:09:23,509 --> 00:09:21,680

think is going on

237

00:09:25,269 --> 00:09:23,519

and you know when you're on the inside

238

00:09:27,670 --> 00:09:25,279

it's just like any other human activity

239

00:09:29,509 --> 00:09:27,680

you have politics you have the whole

240

00:09:31,030 --> 00:09:29,519

it's a gaussian distribution you have a

241

00:09:32,870 --> 00:09:31,040

few really smart people and a whole

242

00:09:35,509 --> 00:09:32,880

bunch of people that are you know

243

00:09:37,269 --> 00:09:35,519

leaders and followers basically and you

244

00:09:39,430 --> 00:09:37,279

know it's not very much different from

245

00:09:42,150 --> 00:09:39,440

everyday life and in my particular field

246

00:09:44,389 --> 00:09:42,160

the stroke field you know it's uh it's

247

00:09:46,310 --> 00:09:44,399

not very successful there are no

248

00:09:48,949 --> 00:09:46,320

therapies that can stop

249

00:09:50,710 --> 00:09:48,959

neuron death after stroke you know in

250

00:09:52,230 --> 00:09:50,720

spite of 40 years of research so in a

251

00:09:55,030 --> 00:09:52,240

way it's kind of the exact opposite of

252

00:09:57,190 --> 00:09:55,040

physics where these guys just you know

253

00:09:59,509 --> 00:09:57,200

built the large hadron collider and and

254

00:10:01,750 --> 00:09:59,519

confirmed the higgs particle that's been

255

00:10:04,470 --> 00:10:01,760

hypothesized for 40 years i mean what's

256

00:10:05,509 --> 00:10:04,480

the difference just in those two cases

257

00:10:07,430 --> 00:10:05,519

right

258

00:10:08,870 --> 00:10:07,440

why why is one so outstandingly

259

00:10:10,790 --> 00:10:08,880

successful and the other one just

260

00:10:12,550 --> 00:10:10,800

basically a miserable failure you

261

00:10:14,470 --> 00:10:12,560

touched on something there for a minute

262

00:10:17,190 --> 00:10:14,480

that you do a really nice job of talking

263

00:10:19,590 --> 00:10:17,200

about in the book can you explain what

264

00:10:21,670 --> 00:10:19,600

the demarcation

265

00:10:24,069 --> 00:10:21,680

problem is

266

00:10:25,590 --> 00:10:24,079

right yeah see this all stems from so

267

00:10:27,910 --> 00:10:25,600

there's a whole academic discipline

268

00:10:30,069 --> 00:10:27,920

called the philosophy of science

269

00:10:32,389 --> 00:10:30,079

and it is attempting to understand and

270

00:10:34,630 --> 00:10:32,399

answer the question what is science and

271

00:10:35,990 --> 00:10:34,640

there's been a few kind of towering

272

00:10:37,430 --> 00:10:36,000

people that have

273

00:10:40,310 --> 00:10:37,440

contributed the field and one of them's

274

00:10:41,750 --> 00:10:40,320

karl popper and he wrote in the 1920s

275

00:10:43,590 --> 00:10:41,760

and 30s

276

00:10:45,750 --> 00:10:43,600

and there's a couple important ideas

277

00:10:48,389 --> 00:10:45,760

that popper came up with one of them is

278

00:10:50,230 --> 00:10:48,399

this idea of falsification which is a

279

00:10:52,470 --> 00:10:50,240

very common idea that you find out

280

00:10:54,069 --> 00:10:52,480

especially amongst the physics people

281

00:10:56,069 --> 00:10:54,079

that when you invent a theory the

282

00:10:58,069 --> 00:10:56,079

purpose of it is to not prove that it's

283

00:11:00,389 --> 00:10:58,079

true but to prove that it's false

284

00:11:02,230 --> 00:11:00,399

because you can never definitively say

285

00:11:03,670 --> 00:11:02,240

that something is true

286

00:11:05,590 --> 00:11:03,680

right that's something that hume

287

00:11:07,190 --> 00:11:05,600

identified the philosopher david hume

288

00:11:09,509 --> 00:11:07,200

that this thing called his problem of

289

00:11:11,990 --> 00:11:09,519

induction that you never know tomorrow

290

00:11:14,470 --> 00:11:12,000

if you'll observe a contrary case

291

00:11:17,829 --> 00:11:14,480

and so popper taking that into account

292

00:11:19,670 --> 00:11:17,839

came up with this idea that to um

293

00:11:21,990 --> 00:11:19,680

be successful in our description of the

294

00:11:23,750 --> 00:11:22,000

world what we want to do is to determine

295

00:11:26,310 --> 00:11:23,760

which ideas are false because we can

296

00:11:28,069 --> 00:11:26,320

definitively prove something as false we

297

00:11:29,350 --> 00:11:28,079

can never conclusively prove something

298

00:11:31,190 --> 00:11:29,360

is true

299

00:11:33,030 --> 00:11:31,200

so that's one of the main things that

300

00:11:35,829 --> 00:11:33,040

popper is known for but he also invented

301

00:11:37,350 --> 00:11:35,839

this idea of the demarcation problem

302

00:11:38,870 --> 00:11:37,360

how do you distinguish science from

303

00:11:41,269 --> 00:11:38,880

other activities

304

00:11:44,230 --> 00:11:41,279

that humans do and and the falsification

305

00:11:45,269 --> 00:11:44,240

criteria was his answer to that so

306

00:11:47,269 --> 00:11:45,279

science

307

00:11:49,590 --> 00:11:47,279

is an approach to knowledge that seeks

308

00:11:50,710 --> 00:11:49,600

to prove ideas are false

309

00:11:52,310 --> 00:11:50,720

period

310

00:11:55,110 --> 00:11:52,320

it never it's an open-ended thing it

311

00:11:56,790 --> 00:11:55,120

never ends and what you do nicely in the

312

00:11:59,110 --> 00:11:56,800

book is kind of

313

00:12:01,350 --> 00:11:59,120

take that a little bit further than

314

00:12:04,790 --> 00:12:01,360

popper or you kind of step back and you

315

00:12:07,190 --> 00:12:04,800

say hey isn't this demarcation problem

316

00:12:09,030 --> 00:12:07,200

really what we've been fighting over

317

00:12:10,949 --> 00:12:09,040

about science it's been the little

318

00:12:14,230 --> 00:12:10,959

skirmish that's in the background that

319

00:12:16,150 --> 00:12:14,240

really is a much bigger deal and that is

320

00:12:18,069 --> 00:12:16,160

somebody comes along and says well

321

00:12:19,269 --> 00:12:18,079

that's science and somebody else comes

322

00:12:21,430 --> 00:12:19,279

along and says well no that's not

323

00:12:23,509 --> 00:12:21,440

science and it's really how do we

324

00:12:25,030 --> 00:12:23,519

measure what is science and what isn't

325

00:12:27,269 --> 00:12:25,040

science and one of the ways we can do

326

00:12:29,829 --> 00:12:27,279

that i said well science affects the

327

00:12:31,590 --> 00:12:29,839

world and we come up with these radical

328

00:12:33,350 --> 00:12:31,600

ideas that have these power and

329

00:12:34,790 --> 00:12:33,360

influence and we make atomic bombs and

330

00:12:36,470 --> 00:12:34,800

we make cell phones and we make all

331

00:12:39,030 --> 00:12:36,480

these other things and then somebody

332

00:12:41,350 --> 00:12:39,040

else comes along and says yeah but this

333

00:12:43,269 --> 00:12:41,360

guy did this fantastic movie this piece

334

00:12:44,710 --> 00:12:43,279

of art and it totally changed people's

335

00:12:47,110 --> 00:12:44,720

minds and that changed the world so

336

00:12:49,190 --> 00:12:47,120

maybe art and science how would you draw

337

00:12:51,269 --> 00:12:49,200

the difference or politics like you say

338

00:12:52,389 --> 00:12:51,279

or religion has changed the world

339

00:12:53,990 --> 00:12:52,399

exactly

340

00:12:55,829 --> 00:12:54,000

if you notice in the book i never

341

00:12:57,350 --> 00:12:55,839

actually explicitly draw that

342

00:12:59,110 --> 00:12:57,360

distinction because i don't believe

343

00:13:00,470 --> 00:12:59,120

there is such a thing i think science is

344

00:13:02,629 --> 00:13:00,480

a form of art

345

00:13:04,870 --> 00:13:02,639

not any different than any other form of

346

00:13:06,310 --> 00:13:04,880

art that humans do the type of science

347

00:13:07,430 --> 00:13:06,320

we have in our culture right now at

348

00:13:09,430 --> 00:13:07,440

least

349

00:13:10,629 --> 00:13:09,440

it has the properties that i talk about

350

00:13:12,870 --> 00:13:10,639

in the book

351

00:13:14,949 --> 00:13:12,880

and the reason you know it's kind of i

352

00:13:16,629 --> 00:13:14,959

guess to back out a little bit to give

353

00:13:18,629 --> 00:13:16,639

some sense of what i you know yes what

354

00:13:20,470 --> 00:13:18,639

am i trying to do in this and you know i

355

00:13:22,949 --> 00:13:20,480

was thinking about how could i explain

356

00:13:24,550 --> 00:13:22,959

something like that and

357

00:13:26,710 --> 00:13:24,560

you know the issue is you only know

358

00:13:28,710 --> 00:13:26,720

something by contrast to something else

359

00:13:31,910 --> 00:13:28,720

it's just the way that our brain and our

360

00:13:34,550 --> 00:13:31,920

mind and our senses work and so

361

00:13:36,389 --> 00:13:34,560

you know like for one a kind of

362

00:13:38,470 --> 00:13:36,399

obvious example we walk around in the

363

00:13:40,550 --> 00:13:38,480

air all the time right but there's

364

00:13:42,710 --> 00:13:40,560

that's we're always in that environment

365

00:13:44,949 --> 00:13:42,720

and so it seems like nothing to us

366

00:13:46,230 --> 00:13:44,959

even though we're like fish and water

367

00:13:47,350 --> 00:13:46,240

right there we're moving through a

368

00:13:50,150 --> 00:13:47,360

medium

369

00:13:51,990 --> 00:13:50,160

we never experience the vacuum

370

00:13:54,069 --> 00:13:52,000

right so the the air is actually

371

00:13:55,430 --> 00:13:54,079

invisible to our awareness

372

00:13:57,030 --> 00:13:55,440

and you know and

373

00:13:59,189 --> 00:13:57,040

analogically

374

00:14:01,269 --> 00:13:59,199

we have this science permeating our

375

00:14:03,670 --> 00:14:01,279

culture in the same way and we just what

376

00:14:05,910 --> 00:14:03,680

do we have to compare it to

377

00:14:08,550 --> 00:14:05,920

nothing and so it's kind of invisible in

378

00:14:10,150 --> 00:14:08,560

a certain sense and so

379

00:14:11,350 --> 00:14:10,160

you know as i've been learning the ideas

380

00:14:13,350 --> 00:14:11,360

of yoga

381

00:14:16,470 --> 00:14:13,360

it's clear that they

382

00:14:18,230 --> 00:14:16,480

overlap substantially and you know what

383

00:14:20,470 --> 00:14:18,240

i try to do in the book is show that in

384

00:14:22,870 --> 00:14:20,480

many respects the yogic ideas are much

385

00:14:25,750 --> 00:14:22,880

grander much broader

386

00:14:28,470 --> 00:14:25,760

in their scope and and um account for

387

00:14:30,550 --> 00:14:28,480

things that our western sciences can't

388

00:14:32,470 --> 00:14:30,560

taken in the very broadest historical

389

00:14:34,870 --> 00:14:32,480

sense looking since the you know

390

00:14:36,629 --> 00:14:34,880

evolution of of science from the days of

391

00:14:38,870 --> 00:14:36,639

newton and leibniz

392

00:14:41,269 --> 00:14:38,880

and and if people are tempted to think

393

00:14:42,949 --> 00:14:41,279

that that sounds very new-agey or

394

00:14:45,670 --> 00:14:42,959

something like that

395

00:14:48,629 --> 00:14:45,680

you really break it down in a very

396

00:14:51,509 --> 00:14:48,639

concrete way that's hard to dismiss and

397

00:14:53,110 --> 00:14:51,519

get past and that contrast that you do

398

00:14:56,150 --> 00:14:53,120

and you point out that there's these

399

00:14:58,470 --> 00:14:56,160

british christians that come over to

400

00:15:00,949 --> 00:14:58,480

this continent of india and they get

401
00:15:03,509 --> 00:15:00,959
there and they have these certain ideas

402
00:15:05,590 --> 00:15:03,519
and what you do is compare and contrast

403
00:15:07,990 --> 00:15:05,600
this with the ideas that they encounter

404
00:15:09,670 --> 00:15:08,000
and you say hey well wait a minute

405
00:15:12,470 --> 00:15:09,680
here's what the people of the continent

406
00:15:14,710 --> 00:15:12,480
of india had that they didn't

407
00:15:16,550 --> 00:15:14,720
exactly you have to put yourself 300

408
00:15:19,269 --> 00:15:16,560
years ago 400 years ago there were no

409
00:15:21,350 --> 00:15:19,279
cars there was no electricity people had

410
00:15:23,430 --> 00:15:21,360
candles they drove in wooden ships

411
00:15:25,670 --> 00:15:23,440
across the ocean the british obviously

412
00:15:26,790 --> 00:15:25,680
were militarily superior

413
00:15:28,470 --> 00:15:26,800

and

414

00:15:29,990 --> 00:15:28,480

you know they had their christian ideas

415

00:15:32,470 --> 00:15:30,000

that they had inherited from medieval

416

00:15:34,470 --> 00:15:32,480

europe they had their renaissance ideas

417

00:15:35,509 --> 00:15:34,480

that they inherited from the greeks and

418

00:15:37,269 --> 00:15:35,519

romans

419

00:15:38,870 --> 00:15:37,279

many of which we know we now know are

420

00:15:39,750 --> 00:15:38,880

wrong right so what are some of the ways

421

00:15:43,750 --> 00:15:39,760

that

422

00:15:46,310 --> 00:15:43,760

thought was really

423

00:15:47,670 --> 00:15:46,320

much further advanced right so consider

424

00:15:49,350 --> 00:15:47,680

that you know like i say in the book

425

00:15:51,749 --> 00:15:49,360

that christians believed the world was

426

00:15:53,509 --> 00:15:51,759

six thousand years old so it had been

427

00:15:54,470 --> 00:15:53,519

calculated that was something from that

428

00:15:57,509 --> 00:15:54,480

era

429

00:15:59,509 --> 00:15:57,519

and based on biblical you know logic of

430

00:16:00,949 --> 00:15:59,519

the bible think you know

431

00:16:03,189 --> 00:16:00,959

i don't want to go into that story but

432

00:16:04,550 --> 00:16:03,199

you know do you go to the indian culture

433

00:16:06,829 --> 00:16:04,560

and here they are saying that the

434

00:16:09,590 --> 00:16:06,839

universe is 300 trillion years

435

00:16:11,269 --> 00:16:09,600

old right i mean it's just

436

00:16:12,870 --> 00:16:11,279

the british mind could not understand

437

00:16:15,670 --> 00:16:12,880

that at the time

438

00:16:17,269 --> 00:16:15,680

and there that's just one example right

439

00:16:18,949 --> 00:16:17,279

they also believed that the universe

440

00:16:20,710 --> 00:16:18,959

began in this highly condensed state

441

00:16:24,150 --> 00:16:20,720

that they called the brahmada

442

00:16:26,470 --> 00:16:24,160

right the egg that began the universe

443

00:16:28,389 --> 00:16:26,480

and that idea didn't become anything in

444

00:16:30,150 --> 00:16:28,399

the west until the 1930s and we called

445

00:16:31,749 --> 00:16:30,160

the big bang today

446

00:16:33,590 --> 00:16:31,759

right and if you look at the ideas

447

00:16:35,910 --> 00:16:33,600

they're very very similar

448

00:16:39,030 --> 00:16:35,920

and if we go over to mathematics as you

449

00:16:42,710 --> 00:16:39,040

do you point out hey take zero and take

450

00:16:45,590 --> 00:16:42,720

infinity two ideas that we really can't

451
00:16:48,870 --> 00:16:45,600
do any kind of math other than kind of

452
00:16:50,949 --> 00:16:48,880
roman numeral stuff without and they had

453
00:16:53,030 --> 00:16:50,959
these ideas they were integral part of

454
00:16:55,189 --> 00:16:53,040
their you know it's it's hard to refer

455
00:16:56,949 --> 00:16:55,199
to hindu ideas as religious that's a

456
00:16:58,790 --> 00:16:56,959
mistake we make in the west it's not a

457
00:17:00,790 --> 00:16:58,800
religion it's closer to

458
00:17:03,509 --> 00:17:00,800
hinduism itself is closer to what we

459
00:17:04,949 --> 00:17:03,519
think of as philosophy but yoga is much

460
00:17:06,949 --> 00:17:04,959
closer to what we think of as science

461
00:17:08,630 --> 00:17:06,959
because yoga is methods and procedures

462
00:17:10,870 --> 00:17:08,640
just like sciences

463
00:17:13,510 --> 00:17:10,880

and hinduism as a whole is a bunch of

464

00:17:15,510 --> 00:17:13,520

different philosophical viewpoints

465

00:17:18,230 --> 00:17:15,520

and yeah and so

466

00:17:19,909 --> 00:17:18,240

you know how could the again i i don't

467

00:17:22,630 --> 00:17:19,919

know what else to say i mean who's the

468

00:17:24,789 --> 00:17:22,640

barbarian in this picture right these

469

00:17:27,029 --> 00:17:24,799

people that think the universe is 6 000

470

00:17:28,789 --> 00:17:27,039

years old and

471

00:17:30,789 --> 00:17:28,799

have these very primitive notions about

472

00:17:32,950 --> 00:17:30,799

the nature of reality and then the

473

00:17:34,870 --> 00:17:32,960

hindus who have these just unbelievably

474

00:17:36,950 --> 00:17:34,880

sophisticated ideas that the british

475

00:17:39,110 --> 00:17:36,960

can't even understand you know one of

476

00:17:41,430 --> 00:17:39,120

the the main point i really try to make

477

00:17:43,909 --> 00:17:41,440

in the book is this idea of the gunas

478

00:17:46,070 --> 00:17:43,919

which is just a central idea the more

479

00:17:47,270 --> 00:17:46,080

i've come to understand hindu and yogic

480

00:17:49,510 --> 00:17:47,280

thought

481

00:17:51,029 --> 00:17:49,520

the more i've come to see that and and

482

00:17:52,710 --> 00:17:51,039

not only that but the more i've come to

483

00:17:53,990 --> 00:17:52,720

understand western science and where

484

00:17:55,990 --> 00:17:54,000

it's going

485

00:17:58,070 --> 00:17:56,000

this idea of the gunas i mean it's

486

00:17:59,909 --> 00:17:58,080

thousands and thousands of years old by

487

00:18:01,750 --> 00:17:59,919

the time patanjali codified it in the

488

00:18:02,950 --> 00:18:01,760

yoga sutras it was already an ancient

489

00:18:03,990 --> 00:18:02,960

idea

490

00:18:06,150 --> 00:18:04,000

and

491

00:18:08,549 --> 00:18:06,160

you know the idea of gunas is the idea

492

00:18:10,710 --> 00:18:08,559

that everything that we perceive

493

00:18:12,549 --> 00:18:10,720

is just patterns of movement

494

00:18:13,590 --> 00:18:12,559

there is no substance

495

00:18:15,669 --> 00:18:13,600

period

496

00:18:17,669 --> 00:18:15,679

reality the stuff that that's probably

497

00:18:19,590 --> 00:18:17,679

the biggest contrast between the hindu

498

00:18:21,990 --> 00:18:19,600

mind and the western mind is that the

499

00:18:23,430 --> 00:18:22,000

western mind believes in reality but the

500

00:18:25,669 --> 00:18:23,440

hindu doesn't

501
00:18:28,789 --> 00:18:25,679
what we call reality the solid real

502
00:18:31,270 --> 00:18:28,799
world rocks the stars the planet our our

503
00:18:33,350 --> 00:18:31,280
bodies the hindu just sees as something

504
00:18:34,310 --> 00:18:33,360
achen to the wind it's a pattern of

505
00:18:35,350 --> 00:18:34,320
movement

506
00:18:37,190 --> 00:18:35,360
and that's it

507
00:18:39,190 --> 00:18:37,200
it just moves it flows like a river it's

508
00:18:40,870 --> 00:18:39,200
a flowing a movement it has it's not

509
00:18:43,990 --> 00:18:40,880
made of anything it's just a pattern of

510
00:18:47,270 --> 00:18:44,000
movement and so let's say we wanted to

511
00:18:49,350 --> 00:18:47,280
look at that question in a serious way

512
00:18:50,789 --> 00:18:49,360
right because we don't we just dismiss

513
00:18:52,630 --> 00:18:50,799

that we say oh my gosh that's so

514

00:18:54,310 --> 00:18:52,640

ridiculous let's just move on but let's

515

00:18:55,669 --> 00:18:54,320

say we really want to break that down in

516

00:18:56,870 --> 00:18:55,679

the way that you're breaking it down

517

00:18:58,549 --> 00:18:56,880

here and say

518

00:19:00,230 --> 00:18:58,559

how would we really

519

00:19:01,430 --> 00:19:00,240

logically

520

00:19:03,510 --> 00:19:01,440

determine

521

00:19:05,669 --> 00:19:03,520

which worldview

522

00:19:07,750 --> 00:19:05,679

maybe stands up to

523

00:19:09,990 --> 00:19:07,760

our experience to our shared experience

524

00:19:13,430 --> 00:19:10,000

to logic and i think that immediately

525

00:19:15,430 --> 00:19:13,440

gets us into this idea of consciousness

526

00:19:18,310 --> 00:19:15,440

which you talk so much about and do so

527

00:19:21,190 --> 00:19:18,320

much work in and that is so so let's

528

00:19:24,870 --> 00:19:21,200

break it down and talk about

529

00:19:26,710 --> 00:19:24,880

the yogic understanding of consciousness

530

00:19:28,549 --> 00:19:26,720

so this idea you asked you know the

531

00:19:30,070 --> 00:19:28,559

hindu world view versus the western

532

00:19:31,590 --> 00:19:30,080

world view with respect to this idea of

533

00:19:32,950 --> 00:19:31,600

the gooness and that everything is just

534

00:19:35,510 --> 00:19:32,960

patterns of movement well i mean that's

535

00:19:37,830 --> 00:19:35,520

what einstein is famous for is

536

00:19:39,669 --> 00:19:37,840

just describing that energy matter is

537

00:19:42,870 --> 00:19:39,679

energy up to einstein they had been a

538

00:19:44,870 --> 00:19:42,880

dualism they were seen as two opposite a

539

00:19:46,950 --> 00:19:44,880

dichotomy but then he showed they were

540

00:19:48,950 --> 00:19:46,960

interconvertible and that changed the

541

00:19:50,710 --> 00:19:48,960

world right

542

00:19:52,950 --> 00:19:50,720

and so that was the beginning of the

543

00:19:55,909 --> 00:19:52,960

west coming to appreciate this ancient

544

00:19:58,230 --> 00:19:55,919

ancient hindu idea and you know it has

545

00:20:00,310 --> 00:19:58,240

only progressed further so you know yeah

546

00:20:03,029 --> 00:20:00,320

but but hold on because don i mean it

547

00:20:05,270 --> 00:20:03,039

hasn't it hasn't right i mean

548

00:20:07,510 --> 00:20:05,280

that's one of the great paradoxes of the

549

00:20:08,549 --> 00:20:07,520

time that we live in is we can say and

550

00:20:10,070 --> 00:20:08,559

then

551
00:20:12,549 --> 00:20:10,080
einstein came along and he changed the

552
00:20:15,510 --> 00:20:12,559
world but no he didn't change the world

553
00:20:19,070 --> 00:20:15,520
in a way i mean the predominant paradigm

554
00:20:22,070 --> 00:20:19,080
of science is still this kind of

555
00:20:24,390 --> 00:20:22,080
materialistic you are a biological robot

556
00:20:26,150 --> 00:20:24,400
you are your brain kind of thing well

557
00:20:27,750 --> 00:20:26,160
this brings us back to

558
00:20:29,350 --> 00:20:27,760
science is different things to different

559
00:20:31,029 --> 00:20:29,360
people so you know the movers and

560
00:20:32,630 --> 00:20:31,039
shakers that are using these ideas are

561
00:20:34,230 --> 00:20:32,640
the ones that gave us the computers that

562
00:20:36,149 --> 00:20:34,240
are letting us communicate right now

563
00:20:37,830 --> 00:20:36,159

they give us the cell phones

564

00:20:40,470 --> 00:20:37,840

in other words physicists and engineers

565

00:20:42,149 --> 00:20:40,480

that utilize these ideas gps they

566

00:20:43,350 --> 00:20:42,159

utilize these ideas in a practical

567

00:20:44,950 --> 00:20:43,360

fashion

568

00:20:46,789 --> 00:20:44,960

and you know i brought up the question

569

00:20:48,710 --> 00:20:46,799

earlier why have those guys been so

570

00:20:51,110 --> 00:20:48,720

successful and for example a lot of

571

00:20:52,870 --> 00:20:51,120

biomedical stuff that i'm you know that

572

00:20:54,390 --> 00:20:52,880

my own work is directly involved and has

573

00:20:57,029 --> 00:20:54,400

not been successful is because we don't

574

00:20:59,029 --> 00:20:57,039

use the same logic those guys use

575

00:21:00,070 --> 00:20:59,039

right so there is

576

00:21:01,990 --> 00:21:00,080

uh i don't want to use the word

577

00:21:03,110 --> 00:21:02,000

demarcation but it is a demarcation

578

00:21:05,029 --> 00:21:03,120

there's

579

00:21:07,430 --> 00:21:05,039

that's the heterogeneity of science it

580

00:21:09,750 --> 00:21:07,440

is not a constant thing but whole fields

581

00:21:11,750 --> 00:21:09,760

use completely different methodologies

582

00:21:13,990 --> 00:21:11,760

and they're just less successful than

583

00:21:15,430 --> 00:21:14,000

other fields that use more successful

584

00:21:17,510 --> 00:21:15,440

methodologies

585

00:21:19,830 --> 00:21:17,520

so anyway i just

586

00:21:22,230 --> 00:21:19,840

you're correct i agree with you that the

587

00:21:24,070 --> 00:21:22,240

ideas have been very slow to diffuse

588

00:21:25,830 --> 00:21:24,080

throughout the general culture

589

00:21:27,029 --> 00:21:25,840

right but they they are there and

590

00:21:28,950 --> 00:21:27,039

they're what underlie all this

591

00:21:31,110 --> 00:21:28,960

technological revolution that has you

592

00:21:33,029 --> 00:21:31,120

know characterized the 20th century you

593

00:21:35,750 --> 00:21:33,039

know i i see that and i don't want to

594

00:21:38,710 --> 00:21:35,760

get too far off into this but i see that

595

00:21:41,190 --> 00:21:38,720

but i see also the the

596

00:21:43,990 --> 00:21:41,200

strong resistance to it still in in

597

00:21:45,830 --> 00:21:44,000

every corner of science that you look i

598

00:21:48,070 --> 00:21:45,840

mean you know even we want to kind of

599

00:21:50,630 --> 00:21:48,080

pretend that the quantum physicists are

600

00:21:52,310 --> 00:21:50,640

way out on the edge but they're not only

601
00:21:53,750 --> 00:21:52,320
some of them are some of them are

602
00:21:54,950 --> 00:21:53,760
willing to take it to the next level and

603
00:21:58,070 --> 00:21:54,960
the other just doing the shut up and

604
00:21:59,669 --> 00:21:58,080
calculate thing which is which is what

605
00:22:01,590 --> 00:21:59,679
so much of science does when they

606
00:22:03,510 --> 00:22:01,600
encounter this stuff that doesn't fit

607
00:22:04,950 --> 00:22:03,520
inside their paradigm they're like shut

608
00:22:07,270 --> 00:22:04,960
up and calculate churn out the

609
00:22:08,789 --> 00:22:07,280
technology that's a very serious issue

610
00:22:10,870 --> 00:22:08,799
too and i mean that falls squarely in

611
00:22:12,549 --> 00:22:10,880
the philosophy of science and why why

612
00:22:13,909 --> 00:22:12,559
would that thing come to pass and in a

613
00:22:16,470 --> 00:22:13,919

way that's almost like an immune

614

00:22:18,950 --> 00:22:16,480

response of our society and our culture

615

00:22:21,029 --> 00:22:18,960

right to the implications of what these

616

00:22:23,190 --> 00:22:21,039

ideas imply right so you have people

617

00:22:24,950 --> 00:22:23,200

like feynman i on my blog i wrote an

618

00:22:27,190 --> 00:22:24,960

article about my ambivalent feelings

619

00:22:29,110 --> 00:22:27,200

towards feynman right obviously the man

620

00:22:31,190 --> 00:22:29,120

was a genius he he revolutionized

621

00:22:33,669 --> 00:22:31,200

quantum mechanics but if you listen to

622

00:22:35,350 --> 00:22:33,679

him talk philosophically he i you know i

623

00:22:37,350 --> 00:22:35,360

apologized all feynman fans but he

624

00:22:39,190 --> 00:22:37,360

sounds like a right

625

00:22:41,909 --> 00:22:39,200

he didn't study it he doesn't know it he

626

00:22:44,390 --> 00:22:41,919

has no sophistication or subtlety

627

00:22:45,990 --> 00:22:44,400

at that level of thinking and

628

00:22:49,430 --> 00:22:46,000

these are the people so it's like we've

629

00:22:51,270 --> 00:22:49,440

given kids not guns atom bombs right

630

00:22:52,870 --> 00:22:51,280

we've given a bunch of kids atom bombs

631

00:22:54,870 --> 00:22:52,880

and they have this tremendous power that

632

00:22:57,270 --> 00:22:54,880

they manipulate and

633

00:22:59,029 --> 00:22:57,280

you know i i in my mind the image of

634

00:23:01,029 --> 00:22:59,039

atlantis comes to mind right the whole

635

00:23:03,110 --> 00:23:01,039

myth of atlantis that's what this all

636

00:23:05,510 --> 00:23:03,120

seems like it's converging towards

637

00:23:07,110 --> 00:23:05,520

sometimes when i think about it

638

00:23:08,549 --> 00:23:07,120

but i agree i don't want to go off on

639

00:23:11,270 --> 00:23:08,559

that too much that could be a whole

640

00:23:12,950 --> 00:23:11,280

topic in and of itself but so to you

641

00:23:15,750 --> 00:23:12,960

know return back to your question about

642

00:23:17,590 --> 00:23:15,760

consciousness and and indian thought

643

00:23:20,070 --> 00:23:17,600

should we go back to that then let's do

644

00:23:21,909 --> 00:23:20,080

that but let's also tie it back into

645

00:23:23,830 --> 00:23:21,919

what we're just talking about because as

646

00:23:26,870 --> 00:23:23,840

i was reading in what is science your

647

00:23:29,990 --> 00:23:26,880

book i saw so many parallels between

648

00:23:32,870 --> 00:23:30,000

that and the state we are in currently

649

00:23:35,029 --> 00:23:32,880

with our understanding of consciousness

650

00:23:39,590 --> 00:23:35,039

and the absurdity

651
00:23:41,909 --> 00:23:39,600
of what we assert about consciousness in

652
00:23:45,510 --> 00:23:41,919
western thought in western science and

653
00:23:47,430 --> 00:23:45,520
and even you know to to again not to put

654
00:23:49,830 --> 00:23:47,440
down anybody but even somebody like

655
00:23:52,390 --> 00:23:49,840
david chalmers who's wonderfully you

656
00:23:54,630 --> 00:23:52,400
know revolutionized consciousness

657
00:23:56,549 --> 00:23:54,640
research and this hard problem but then

658
00:23:59,909 --> 00:23:56,559
you just read it you go what what what

659
00:24:02,950 --> 00:23:59,919
is all this hand wringing about what is

660
00:24:05,029 --> 00:24:02,960
obvious and that is that consciousness

661
00:24:08,310 --> 00:24:05,039
is obviously not

662
00:24:11,269 --> 00:24:08,320
just brain function it's obviously more

663
00:24:13,830 --> 00:24:11,279

than that why do we stumble on such

664

00:24:15,190 --> 00:24:13,840

basic ideas in the same way that i think

665

00:24:16,870 --> 00:24:15,200

you know we look at the

666

00:24:19,190 --> 00:24:16,880

the british christians they're going hey

667

00:24:20,870 --> 00:24:19,200

the the world is 6 000 years old don't

668

00:24:23,190 --> 00:24:20,880

tell me any different it's it's i mean

669

00:24:25,430 --> 00:24:23,200

it was an absurd idea i think

670

00:24:27,350 --> 00:24:25,440

even for their scientists at the time

671

00:24:28,710 --> 00:24:27,360

yet it was something that we cling to

672

00:24:30,070 --> 00:24:28,720

and i kind of get that same feeling

673

00:24:33,029 --> 00:24:30,080

about consciousness i mean that we're

674

00:24:34,549 --> 00:24:33,039

just clinging to just an obviously

675

00:24:37,029 --> 00:24:34,559

absurd idea

676

00:24:39,510 --> 00:24:37,039

so isn't david chalmers the bat guy

677

00:24:41,110 --> 00:24:39,520

yeah i think it is it's yeah did you get

678

00:24:42,070 --> 00:24:41,120

my little graphic batman spanking

679

00:24:44,390 --> 00:24:42,080

science

680

00:24:46,070 --> 00:24:44,400

oh i didn't see that in the book yeah i

681

00:24:47,669 --> 00:24:46,080

mean again it's this idea of having

682

00:24:50,549 --> 00:24:47,679

something to contrast to and if you

683

00:24:52,149 --> 00:24:50,559

don't it's invisible right so we

684

00:24:54,470 --> 00:24:52,159

you know the west has always been

685

00:24:56,230 --> 00:24:54,480

characterized by just being

686

00:24:59,669 --> 00:24:56,240

outwardly directed

687

00:25:03,190 --> 00:24:59,679

you know completely sensory based it you

688

00:25:05,669 --> 00:25:03,200

know the understanding of mental events

689

00:25:08,390 --> 00:25:05,679

and i say this being well aware of the

690

00:25:10,630 --> 00:25:08,400

2000 years of western philosophy

691

00:25:12,470 --> 00:25:10,640

you know i mean plato plato actually

692

00:25:13,990 --> 00:25:12,480

said the right things and and people

693

00:25:15,830 --> 00:25:14,000

just didn't get what he was saying or

694

00:25:19,190 --> 00:25:15,840

something you know i mean it's it's

695

00:25:21,590 --> 00:25:19,200

something about the western tradition

696

00:25:23,750 --> 00:25:21,600

that likes to rule and have power and

697

00:25:25,590 --> 00:25:23,760

control the world the world that seems

698

00:25:27,909 --> 00:25:25,600

to be outside of the body

699

00:25:30,789 --> 00:25:27,919

and that that is what has you know led

700

00:25:32,950 --> 00:25:30,799

to this very large dichotomy and so

701
00:25:35,590 --> 00:25:32,960
you know western culture itself is very

702
00:25:37,750 --> 00:25:35,600
focused on

703
00:25:40,390 --> 00:25:37,760
the external world what the senses

704
00:25:42,070 --> 00:25:40,400
convey to the mind and it just takes it

705
00:25:44,230 --> 00:25:42,080
all for granted because it has nothing

706
00:25:46,630 --> 00:25:44,240
to contrast it to it builds the entire

707
00:25:48,149 --> 00:25:46,640
picture and it misses the complete irony

708
00:25:50,710 --> 00:25:48,159
sitting in the center of the whole thing

709
00:25:51,750 --> 00:25:50,720
that it all only exists in the mind

710
00:25:56,149 --> 00:25:51,760
right

711
00:25:58,149 --> 00:25:56,159
now as i sit here and talk you you're

712
00:26:00,470 --> 00:25:58,159
all only in my mind it's all only in my

713
00:26:03,430 --> 00:26:00,480

mind right and so you know there's like

714

00:26:05,590 --> 00:26:03,440

solapism that was like one western

715

00:26:07,430 --> 00:26:05,600

approach to it that oh it's only all in

716

00:26:09,029 --> 00:26:07,440

your mind and then that's obviously

717

00:26:11,269 --> 00:26:09,039

absurd because the guy comes up and

718

00:26:12,149 --> 00:26:11,279

punches you in the face

719

00:26:13,990 --> 00:26:12,159

right

720

00:26:15,350 --> 00:26:14,000

and so the west has always had a

721

00:26:16,870 --> 00:26:15,360

superficial

722

00:26:19,990 --> 00:26:16,880

approach to this

723

00:26:21,990 --> 00:26:20,000

you know and i cited um jay la connie in

724

00:26:24,390 --> 00:26:22,000

my book and a talk he gives that i

725

00:26:27,669 --> 00:26:24,400

thought was very insightful talking

726

00:26:30,070 --> 00:26:27,679

about the demographics of india right he

727

00:26:32,149 --> 00:26:30,080

says in just one little line in a kind

728

00:26:33,430 --> 00:26:32,159

of blow-off way he says i don't know

729

00:26:35,830 --> 00:26:33,440

what it was it was the weather or

730

00:26:38,390 --> 00:26:35,840

something but we went inward right and

731

00:26:40,310 --> 00:26:38,400

it was it was the climate they had they

732

00:26:42,070 --> 00:26:40,320

were rich they had a bountiful land they

733

00:26:43,669 --> 00:26:42,080

didn't have to struggle for existence

734

00:26:46,470 --> 00:26:43,679

like people in europe did where it was

735

00:26:48,630 --> 00:26:46,480

cold and they had farm and bad land and

736

00:26:51,190 --> 00:26:48,640

stuff in india

737

00:26:52,390 --> 00:26:51,200

more stuff died just naturally than what

738

00:26:54,630 --> 00:26:52,400

grew in europe

739

00:26:56,710 --> 00:26:54,640

right and then they had all this excess

740

00:26:58,549 --> 00:26:56,720

and so the land was so rich and so

741

00:27:00,230 --> 00:26:58,559

bountiful that the people there could

742

00:27:03,269 --> 00:27:00,240

have the leisure

743

00:27:06,950 --> 00:27:03,279

to just sit and develop yoga

744

00:27:09,510 --> 00:27:06,960

right and so what they did is instead of

745

00:27:10,870 --> 00:27:09,520

being preoccupied with the external

746

00:27:13,190 --> 00:27:10,880

world

747

00:27:15,269 --> 00:27:13,200

again citing jay's ideas because he says

748

00:27:17,110 --> 00:27:15,279

it very clearly that

749

00:27:18,789 --> 00:27:17,120

they just said well what is it that

750

00:27:20,470 --> 00:27:18,799

allows me to perceive the external world

751
00:27:22,789 --> 00:27:20,480
in the first place what is this external

752
00:27:24,710 --> 00:27:22,799
world that like is in my mind what is

753
00:27:26,230 --> 00:27:24,720
this what is my mind

754
00:27:29,190 --> 00:27:26,240
how does all this stuff work how does

755
00:27:30,870 --> 00:27:29,200
this all fit together and by they they

756
00:27:32,549 --> 00:27:30,880
literally went in a different direction

757
00:27:34,710 --> 00:27:32,559
than the west the west

758
00:27:36,630 --> 00:27:34,720
directed itself outward and the then the

759
00:27:40,710 --> 00:27:36,640
indian hindu culture directed itself

760
00:27:42,470 --> 00:27:40,720
inward and that inward exploration

761
00:27:47,830 --> 00:27:42,480
led to yoga

762
00:27:50,390 --> 00:27:47,840
led to this interesting kind of paradox

763
00:27:53,669 --> 00:27:50,400

that you arrive at in the book

764

00:27:56,470 --> 00:27:53,679

about hanging in the middle we have the

765

00:27:59,029 --> 00:27:56,480

external world which suggests to us over

766

00:28:01,190 --> 00:27:59,039

and over again that that is a reality we

767

00:28:03,430 --> 00:28:01,200

have our purely internal world that we

768

00:28:06,710 --> 00:28:03,440

get some glimpses of as a reality and

769

00:28:09,269 --> 00:28:06,720

where we wind up in is trying to keep a

770

00:28:11,510 --> 00:28:09,279

foot in both these worlds and we wind up

771

00:28:13,990 --> 00:28:11,520

hanging in the middle what is that all

772

00:28:15,430 --> 00:28:14,000

about well that's kind of my

773

00:28:16,389 --> 00:28:15,440

tongue-in-cheek

774

00:28:19,110 --> 00:28:16,399

cynical

775

00:28:20,950 --> 00:28:19,120

irreverent characterization of western

776

00:28:22,950 --> 00:28:20,960

philosophy right because i mean you can

777

00:28:25,029 --> 00:28:22,960

look at since the rise of modern times

778

00:28:26,789 --> 00:28:25,039

in the 1600s

779

00:28:28,470 --> 00:28:26,799

you know we've had materialism and we've

780

00:28:30,149 --> 00:28:28,480

had idealism one of the things i do in

781

00:28:32,230 --> 00:28:30,159

the book in a kind of comical way is

782

00:28:34,070 --> 00:28:32,240

paint that as a war and in a way it is

783

00:28:36,950 --> 00:28:34,080

it's an intellectual war that is

784

00:28:38,630 --> 00:28:36,960

constantly waged and one in certain

785

00:28:40,149 --> 00:28:38,640

areas of history one side gains

786

00:28:42,389 --> 00:28:40,159

dominance over the other we happen to

787

00:28:43,990 --> 00:28:42,399

live in an idealistic time right now

788

00:28:45,590 --> 00:28:44,000

right that's what post-modern is

789

00:28:47,430 --> 00:28:45,600

everything's in our mind we make it all

790

00:28:49,029 --> 00:28:47,440

up and even though

791

00:28:50,870 --> 00:28:49,039

average people don't really understand

792

00:28:53,430 --> 00:28:50,880

it it's what drives politics go look at

793

00:28:56,149 --> 00:28:53,440

the philosophy behind the neocons right

794

00:28:59,190 --> 00:28:56,159

it's all perception that's why media

795

00:29:01,269 --> 00:28:59,200

and you know politicians can just lie so

796

00:29:02,950 --> 00:29:01,279

easily now because they're conditioned

797

00:29:05,029 --> 00:29:02,960

to believe that it's just what people

798

00:29:07,350 --> 00:29:05,039

believe that's what makes reality that's

799

00:29:09,590 --> 00:29:07,360

that's an idealistic viewpoint that just

800

00:29:11,590 --> 00:29:09,600

sees everything in the mind and so

801
00:29:13,510 --> 00:29:11,600
you know the east has

802
00:29:15,029 --> 00:29:13,520
obviously we're aware that there's an

803
00:29:17,190 --> 00:29:15,039
external world and we have an internal

804
00:29:19,190 --> 00:29:17,200
world of mental states and like i say in

805
00:29:21,510 --> 00:29:19,200
the book you know the world itself

806
00:29:23,350 --> 00:29:21,520
presents resistance to our thoughts

807
00:29:25,510 --> 00:29:23,360
right we think but the world presents

808
00:29:28,149 --> 00:29:25,520
resistance to our thoughts and

809
00:29:30,310 --> 00:29:28,159
when you let that resistive aspect gain

810
00:29:32,070 --> 00:29:30,320
dominance that's materialism then you

811
00:29:34,149 --> 00:29:32,080
come to the conclusion that the world

812
00:29:37,110 --> 00:29:34,159
somehow creates our mind

813
00:29:39,350 --> 00:29:37,120

or you know if you follow the path that

814

00:29:40,950 --> 00:29:39,360

you know george barkley started back in

815

00:29:43,269 --> 00:29:40,960

the time of newton

816

00:29:44,950 --> 00:29:43,279

uh it's all in our mind to begin with

817

00:29:47,590 --> 00:29:44,960

our mind is what creates the world we

818

00:29:49,590 --> 00:29:47,600

live in right everything our most humans

819

00:29:51,510 --> 00:29:49,600

entire world is not the natural world at

820

00:29:54,710 --> 00:29:51,520

all we live in a human created world our

821

00:29:56,630 --> 00:29:54,720

house the movies we watch the stores we

822

00:29:59,110 --> 00:29:56,640

shop in well you know people don't even

823

00:30:01,110 --> 00:29:59,120

know how to grow food right

824

00:30:03,029 --> 00:30:01,120

so everything that most people

825

00:30:06,230 --> 00:30:03,039

experience is the human created world

826

00:30:09,750 --> 00:30:06,240

that's all just in the mind it's george

827

00:30:11,669 --> 00:30:09,760

barkley writ large across our lives

828

00:30:13,909 --> 00:30:11,679

and so you know you look at the west and

829

00:30:16,230 --> 00:30:13,919

it's kind of stuck in a way in this

830

00:30:18,870 --> 00:30:16,240

dualism this this oscillation back and

831

00:30:21,510 --> 00:30:18,880

forth between these two viewpoints

832

00:30:23,669 --> 00:30:21,520

and you know again i mean i grew up in

833

00:30:25,590 --> 00:30:23,679

this society too it's very dissatisfying

834

00:30:27,190 --> 00:30:25,600

it makes people very unhappy people in

835

00:30:29,190 --> 00:30:27,200

our culture are not happy there's not

836

00:30:32,070 --> 00:30:29,200

like any kind of harmony that underlies

837

00:30:34,149 --> 00:30:32,080

this tension that kind of is at the

838

00:30:36,149 --> 00:30:34,159

center of our culture

839

00:30:37,669 --> 00:30:36,159

and so like anybody else probably like

840

00:30:39,590 --> 00:30:37,679

you you know you start to explore and

841

00:30:41,590 --> 00:30:39,600

try to try to figure out what the hell's

842

00:30:43,669 --> 00:30:41,600

going on in the world and and through

843

00:30:45,909 --> 00:30:43,679

the different avenues of my explorations

844

00:30:47,590 --> 00:30:45,919

i come across hinduism

845

00:30:50,310 --> 00:30:47,600

and to

846

00:30:53,029 --> 00:30:50,320

learn their ideas and see the contrast

847

00:30:54,710 --> 00:30:53,039

right and then that's that's really a

848

00:30:57,590 --> 00:30:54,720

lot of what this book is attempting to

849

00:30:59,430 --> 00:30:57,600

express is to be like holy wow you know

850

00:31:02,710 --> 00:30:59,440

it's amazing that

851
00:31:04,789 --> 00:31:02,720
you can have a viewpoint where all of

852
00:31:07,269 --> 00:31:04,799
this comes into harmony is what it

853
00:31:09,190 --> 00:31:07,279
amounts to and it's not new ag at all in

854
00:31:11,269 --> 00:31:09,200
fact it's highly consistent with our

855
00:31:13,269 --> 00:31:11,279
modern sciences

856
00:31:15,750 --> 00:31:13,279
well it's consistent up to a point isn't

857
00:31:18,230 --> 00:31:15,760
it i mean it's consistent if you look at

858
00:31:19,750 --> 00:31:18,240
things in a in a

859
00:31:21,750 --> 00:31:19,760
you're right i got to be careful so you

860
00:31:23,669 --> 00:31:21,760
know in the book i define science as

861
00:31:26,230 --> 00:31:23,679
that which leads to the release of power

862
00:31:27,830 --> 00:31:26,240
in the universe right and so anything

863
00:31:30,230 --> 00:31:27,840

that doesn't do that i don't consider

864

00:31:32,870 --> 00:31:30,240

science which includes you know in a way

865

00:31:34,389 --> 00:31:32,880

the stuff i do at work even you know

866

00:31:37,029 --> 00:31:34,399

don't talk about that for a minute

867

00:31:38,549 --> 00:31:37,039

because you have some interesting ideas

868

00:31:39,750 --> 00:31:38,559

about power

869

00:31:40,870 --> 00:31:39,760

and about

870

00:31:44,149 --> 00:31:40,880

thought

871

00:31:46,710 --> 00:31:44,159

is power knowledge is power

872

00:31:47,990 --> 00:31:46,720

and at the surface i love the way you

873

00:31:49,830 --> 00:31:48,000

break it down because it becomes

874

00:31:51,590 --> 00:31:49,840

self-evident when you talk about it

875

00:31:53,110 --> 00:31:51,600

equals mc squared

876

00:31:55,430 --> 00:31:53,120

knowledge is power you have that

877

00:31:58,149 --> 00:31:55,440

knowledge you operationalize it with

878

00:32:00,070 --> 00:31:58,159

technology you wind up with power again

879

00:32:01,830 --> 00:32:00,080

you have a demarcation problem well

880

00:32:06,230 --> 00:32:01,840

where was the

881

00:32:08,549 --> 00:32:06,240

science was it in the idea well

882

00:32:10,070 --> 00:32:08,559

go ahead the the whole idea stems from

883

00:32:12,870 --> 00:32:10,080

my understanding of the hindu concepts

884

00:32:14,870 --> 00:32:12,880

and again reading the yoga right i mean

885

00:32:16,149 --> 00:32:14,880

like i say in the book i've you know we

886

00:32:18,630 --> 00:32:16,159

obviously haven't talked about this at

887

00:32:20,149 --> 00:32:18,640

this point but um you know i've had

888

00:32:22,950 --> 00:32:20,159

experiences with altered states of

889

00:32:24,230 --> 00:32:22,960

consciousness they exist they're real

890

00:32:26,870 --> 00:32:24,240

um

891

00:32:28,870 --> 00:32:26,880

people that know about it have a

892

00:32:30,549 --> 00:32:28,880

wide variety of opinions about it but

893

00:32:33,190 --> 00:32:30,559

you know that that's something that's a

894

00:32:35,350 --> 00:32:33,200

whole different discussion in itself

895

00:32:38,310 --> 00:32:35,360

but that's the basis of yoga is those

896

00:32:39,990 --> 00:32:38,320

types of experiences and

897

00:32:43,430 --> 00:32:40,000

um

898

00:32:45,509 --> 00:32:43,440

you know so having had them it it

899

00:32:47,029 --> 00:32:45,519

i take what they say seriously is what

900

00:32:48,389 --> 00:32:47,039

it amounts to

901
00:32:50,710 --> 00:32:48,399
and

902
00:32:53,269 --> 00:32:50,720
in their teachings like i talk about in

903
00:32:55,190 --> 00:32:53,279
the book the basic

904
00:32:58,789 --> 00:32:55,200
principle of existence they call the

905
00:33:01,110 --> 00:32:58,799
shiva shakti tatva right and it's this

906
00:33:03,830 --> 00:33:01,120
this separation that there's this idea

907
00:33:06,870 --> 00:33:03,840
brahman of infinity this like perfectly

908
00:33:08,470 --> 00:33:06,880
harmonious integration of everythingness

909
00:33:10,470 --> 00:33:08,480
i mean it's it's

910
00:33:13,190 --> 00:33:10,480
the concept is awe-inspiring if you

911
00:33:15,830 --> 00:33:13,200
really understand what it means and

912
00:33:18,630 --> 00:33:15,840
within this this awe-inspiring wholeness

913
00:33:20,630 --> 00:33:18,640

of of existence or whatever you know i i

914

00:33:22,070 --> 00:33:20,640

don't want to go off on what brahman you

915

00:33:24,789 --> 00:33:22,080

know how to characterize brahman but

916

00:33:26,470 --> 00:33:24,799

there's this process that occurs that is

917

00:33:28,630 --> 00:33:26,480

this separation

918

00:33:31,350 --> 00:33:28,640

that occurs in brahman that is the

919

00:33:33,350 --> 00:33:31,360

genesis of what we call reality in the

920

00:33:35,350 --> 00:33:33,360

west you know of the manifested

921

00:33:38,470 --> 00:33:35,360

existence and then shiva is

922

00:33:42,310 --> 00:33:38,480

consciousness and shakti is power

923

00:33:44,230 --> 00:33:42,320

and they are two poles of the same thing

924

00:33:46,950 --> 00:33:44,240

right it's this thing that that art

925

00:33:48,389 --> 00:33:46,960

artificially separates within itself

926

00:33:50,470 --> 00:33:48,399

and so they're indelibly and

927

00:33:53,110 --> 00:33:50,480

interrelated from the genesis of the

928

00:33:55,830 --> 00:33:53,120

universe according to hindu thought

929

00:33:58,389 --> 00:33:55,840

and so you know i mean

930

00:34:01,509 --> 00:33:58,399

to me it's just a really incredible idea

931

00:34:03,590 --> 00:34:01,519

because it explains why we can have

932

00:34:05,830 --> 00:34:03,600

thoughts and and you know

933

00:34:08,470 --> 00:34:05,840

why the the mere thought equals mc

934

00:34:10,310 --> 00:34:08,480

square can blow up a city

935

00:34:11,669 --> 00:34:10,320

right it's not a mere thought obviously

936

00:34:13,669 --> 00:34:11,679

there's some connection there's some

937

00:34:14,869 --> 00:34:13,679

intimate connection and the hindu ideas

938

00:34:16,790 --> 00:34:14,879

explain

939

00:34:19,430 --> 00:34:16,800

this connection it's very convoluted

940

00:34:22,710 --> 00:34:19,440

very contorted you know the shiva shakti

941

00:34:23,909 --> 00:34:22,720

very far from our personal realities

942

00:34:26,389 --> 00:34:23,919

but

943

00:34:27,270 --> 00:34:26,399

there's a direct connection

944

00:34:29,669 --> 00:34:27,280

yeah

945

00:34:32,310 --> 00:34:29,679

let's talk about that connection a

946

00:34:35,750 --> 00:34:32,320

little bit because i think what you do

947

00:34:37,109 --> 00:34:35,760

a nice job of in the book is talk about

948

00:34:39,109 --> 00:34:37,119

a little point that you made right at

949

00:34:41,669 --> 00:34:39,119

the beginning which is that

950

00:34:44,950 --> 00:34:41,679

your launching off point for this

951
00:34:46,470 --> 00:34:44,960
exploration of yogic thought is

952
00:34:49,030 --> 00:34:46,480
some of the stuff that we just talked

953
00:34:51,510 --> 00:34:49,040
about which is hey if they're right

954
00:34:52,710 --> 00:34:51,520
about this and i can feel confident

955
00:34:54,230 --> 00:34:52,720
they're right about this because

956
00:34:56,869 --> 00:34:54,240
everything i know

957
00:34:57,990 --> 00:34:56,879
tells me you know that this is true and

958
00:35:00,150 --> 00:34:58,000
this is

959
00:35:03,190 --> 00:35:00,160
and that this understanding of

960
00:35:04,630 --> 00:35:03,200
consciousness let's say is more

961
00:35:06,310 --> 00:35:04,640
accurate than

962
00:35:07,270 --> 00:35:06,320
the western idea

963
00:35:10,630 --> 00:35:07,280

as

964

00:35:14,150 --> 00:35:10,640

you liken it to your drilling yourself

965

00:35:16,550 --> 00:35:14,160

with the 10 000 hours in biology or in

966

00:35:19,270 --> 00:35:16,560

chemistry where you just

967

00:35:22,069 --> 00:35:19,280

build on what you know and then at some

968

00:35:25,270 --> 00:35:22,079

point you gain confidence that

969

00:35:26,870 --> 00:35:25,280

even what you don't know but you know is

970

00:35:29,190 --> 00:35:26,880

out there will be revealed to you and

971

00:35:30,870 --> 00:35:29,200

will be true because everything you've

972

00:35:33,270 --> 00:35:30,880

learned up to this point has been true

973

00:35:35,990 --> 00:35:33,280

so you start with biology 101 and then

974

00:35:37,670 --> 00:35:36,000

you go to 20201 and 301 and you go you

975

00:35:40,390 --> 00:35:37,680

know i'm probably going to agree with

976
00:35:42,950 --> 00:35:40,400
what they have in biology 401 and you

977
00:35:45,109 --> 00:35:42,960
take a similar path with yoga right yes

978
00:35:45,990 --> 00:35:45,119
exactly yeah and even that you know the

979
00:35:47,829 --> 00:35:46,000
the

980
00:35:50,150 --> 00:35:47,839
that approach that i have personally in

981
00:35:51,750 --> 00:35:50,160
science came from me just playing music

982
00:35:53,349 --> 00:35:51,760
right as a teenager i started playing

983
00:35:54,550 --> 00:35:53,359
guitar and i didn't know how to play

984
00:35:56,069 --> 00:35:54,560
guitar but there were other people

985
00:35:58,950 --> 00:35:56,079
around me that played guitar i could see

986
00:36:00,470 --> 00:35:58,960
him play guitar and through that process

987
00:36:01,510 --> 00:36:00,480
i learned that if you practice you get

988
00:36:02,870 --> 00:36:01,520

better

989

00:36:04,310 --> 00:36:02,880

right and so by the time i went to

990

00:36:06,790 --> 00:36:04,320

college and decided i wanted to be a

991

00:36:07,829 --> 00:36:06,800

scientist i just i already knew that

992

00:36:09,670 --> 00:36:07,839

trick

993

00:36:11,510 --> 00:36:09,680

and so you know

994

00:36:13,270 --> 00:36:11,520

the problem with the altered states of

995

00:36:15,510 --> 00:36:13,280

consciousness though is you can't see

996

00:36:18,630 --> 00:36:15,520

anybody doing it right so unless you

997

00:36:19,589 --> 00:36:18,640

have some initial experiences yourself

998

00:36:20,550 --> 00:36:19,599

then

999

00:36:22,230 --> 00:36:20,560

you know

1000

00:36:25,190 --> 00:36:22,240

it's not going to make any sense at all

1001
00:36:27,910 --> 00:36:25,200
you have no basis whatsoever to apply

1002
00:36:30,230 --> 00:36:27,920
the the practice logic to altered states

1003
00:36:33,910 --> 00:36:30,240
of consciousness but whatever my genetic

1004
00:36:35,829 --> 00:36:33,920
makeup or my my experience that i've had

1005
00:36:37,589 --> 00:36:35,839
i had these things spontaneously as a

1006
00:36:39,670 --> 00:36:37,599
child you know and eventually as i got

1007
00:36:41,270 --> 00:36:39,680
older and read about things and

1008
00:36:43,430 --> 00:36:41,280
and learn to understand these

1009
00:36:45,270 --> 00:36:43,440
experiences as altered states of

1010
00:36:46,790 --> 00:36:45,280
consciousness

1011
00:36:48,470 --> 00:36:46,800
and then you know

1012
00:36:49,910 --> 00:36:48,480
i kept building on it building on it and

1013
00:36:52,630 --> 00:36:49,920

i'm i'm at a certain level of

1014

00:36:54,870 --> 00:36:52,640

proficiency you know the the angle that

1015

00:36:56,390 --> 00:36:54,880

i've came into this through is what is

1016

00:36:57,750 --> 00:36:56,400

called lucid dreaming or astral

1017

00:36:59,510 --> 00:36:57,760

projection

1018

00:37:01,190 --> 00:36:59,520

but it's still a very definite altered

1019

00:37:03,510 --> 00:37:01,200

state of consciousness and it turns out

1020

00:37:06,390 --> 00:37:03,520

that the ability to do that that

1021

00:37:08,630 --> 00:37:06,400

technique is what the yogis call prada

1022

00:37:10,390 --> 00:37:08,640

yahara the two techniques are almost

1023

00:37:11,829 --> 00:37:10,400

identical it's just the end to which

1024

00:37:13,910 --> 00:37:11,839

they're applied

1025

00:37:15,349 --> 00:37:13,920

is is vastly different

1026

00:37:17,750 --> 00:37:15,359

and so

1027

00:37:20,790 --> 00:37:17,760

yeah that's that's really the the the

1028

00:37:22,710 --> 00:37:20,800

concrete anchor i have that allows me to

1029

00:37:24,230 --> 00:37:22,720

say okay yeah i actually know how to do

1030

00:37:26,390 --> 00:37:24,240

prada yahara

1031

00:37:28,069 --> 00:37:26,400

and i've done it and

1032

00:37:30,870 --> 00:37:28,079

i just have never applied it the way the

1033

00:37:32,630 --> 00:37:30,880

yogis do it and then they describe what

1034

00:37:35,270 --> 00:37:32,640

what happens you know you following

1035

00:37:36,870 --> 00:37:35,280

their methodology and and yeah it's just

1036

00:37:38,390 --> 00:37:36,880

very logical that what they're

1037

00:37:40,710 --> 00:37:38,400

describing

1038

00:37:41,990 --> 00:37:40,720

is the way that it would unfold

1039

00:37:44,470 --> 00:37:42,000

and let's tell people because you've

1040

00:37:46,790 --> 00:37:44,480

written a very practical matter of fact

1041

00:37:50,950 --> 00:37:46,800

book and again it's available as a free

1042

00:37:53,270 --> 00:37:50,960

download called the do obe as in do out

1043

00:37:55,430 --> 00:37:53,280

of body experience where you lay out and

1044

00:37:57,829 --> 00:37:55,440

talk about not only your experiences but

1045

00:38:00,310 --> 00:37:57,839

kind of a step-by-step approach for how

1046

00:38:01,829 --> 00:38:00,320

someone can gain success with lucid

1047

00:38:04,069 --> 00:38:01,839

dreaming

1048

00:38:06,470 --> 00:38:04,079

and with astral protection out-of-body

1049

00:38:09,510 --> 00:38:06,480

experience and then you also mix that

1050

00:38:11,670 --> 00:38:09,520

with some philosophical uh ideas and

1051
00:38:13,750 --> 00:38:11,680
thoughts about that one of which i think

1052
00:38:15,750 --> 00:38:13,760
i want to bring up now because i it was

1053
00:38:18,870 --> 00:38:15,760
again just a small point but it was a

1054
00:38:20,310 --> 00:38:18,880
real shift for me when you talk about

1055
00:38:22,310 --> 00:38:20,320
even the term

1056
00:38:23,990 --> 00:38:22,320
altered state of consciousness is

1057
00:38:26,390 --> 00:38:24,000
somewhat of a misnomer that takes us in

1058
00:38:28,390 --> 00:38:26,400
the wrong direction because it's an

1059
00:38:30,550 --> 00:38:28,400
alternative state of consciousness it's

1060
00:38:31,670 --> 00:38:30,560
a different state of consciousness with

1061
00:38:34,310 --> 00:38:31,680
different

1062
00:38:36,069 --> 00:38:34,320
uh

1063
00:38:38,069 --> 00:38:36,079

that has a whole different way of

1064

00:38:39,510 --> 00:38:38,079

understanding things and we always want

1065

00:38:41,349 --> 00:38:39,520

to pull it back and go well what does

1066

00:38:43,510 --> 00:38:41,359

that mean from our perspective and maybe

1067

00:38:45,670 --> 00:38:43,520

that's the wrong way of looking at it

1068

00:38:48,390 --> 00:38:45,680

do you want to expound on that

1069

00:38:50,950 --> 00:38:48,400

well i mean it's like

1070

00:38:52,870 --> 00:38:50,960

how can i explain it you know um

1071

00:38:54,470 --> 00:38:52,880

soccer is not popular in america right

1072

00:38:56,230 --> 00:38:54,480

but it's very popular around the rest of

1073

00:38:57,589 --> 00:38:56,240

the world you know and they call

1074

00:38:59,670 --> 00:38:57,599

football

1075

00:39:01,990 --> 00:38:59,680

it's just what their cultures do people

1076
00:39:03,589 --> 00:39:02,000
grow up with the expectation they train

1077
00:39:04,390 --> 00:39:03,599
obviously we have soccer here but you

1078
00:39:07,109 --> 00:39:04,400
know

1079
00:39:09,030 --> 00:39:07,119
it's a it's a crude analogy but the idea

1080
00:39:11,430 --> 00:39:09,040
is that we live in a culture that

1081
00:39:13,589 --> 00:39:11,440
doesn't cultivate these experiences we

1082
00:39:16,150 --> 00:39:13,599
have the spontaneous manifestations of

1083
00:39:17,829 --> 00:39:16,160
them we call them dreaming right but

1084
00:39:19,270 --> 00:39:17,839
right but we don't understand it i mean

1085
00:39:20,470 --> 00:39:19,280
the d we don't have a length as you

1086
00:39:22,710 --> 00:39:20,480
point out we don't really have a very

1087
00:39:24,710 --> 00:39:22,720
good language for it exactly i was just

1088
00:39:27,910 --> 00:39:24,720

going to say the best we have is carl

1089

00:39:30,069 --> 00:39:27,920

jung and who who reads him anymore right

1090

00:39:31,670 --> 00:39:30,079

and he was quite you know obscure in his

1091

00:39:33,829 --> 00:39:31,680

own way i mean come

1092

00:39:35,750 --> 00:39:33,839

the thing about the yogic

1093

00:39:37,910 --> 00:39:35,760

information and their their teachings is

1094

00:39:39,349 --> 00:39:37,920

it's just very like you know simple in

1095

00:39:41,109 --> 00:39:39,359

black and white what they're saying it's

1096

00:39:43,190 --> 00:39:41,119

not obscure it's not

1097

00:39:43,990 --> 00:39:43,200

like highly intellectual it's designed

1098

00:39:45,990 --> 00:39:44,000

for

1099

00:39:47,670 --> 00:39:46,000

anybody that's ready to learn that stuff

1100

00:39:49,829 --> 00:39:47,680

it's just right there for you to learn

1101

00:39:51,349 --> 00:39:49,839

it you know there's kind of certain

1102

00:39:54,470 --> 00:39:51,359

prerequisites but

1103

00:39:56,230 --> 00:39:54,480

i i i think that's the really important

1104

00:39:57,670 --> 00:39:56,240

point to recognize about this idea of

1105

00:39:59,190 --> 00:39:57,680

altered states of consciousness is we

1106

00:40:01,109 --> 00:39:59,200

grow up in a culture that just simply

1107

00:40:03,349 --> 00:40:01,119

doesn't cultivate them and has no basis

1108

00:40:05,829 --> 00:40:03,359

to understand them and again it's this

1109

00:40:06,870 --> 00:40:05,839

issue of contrast you look at the hindu

1110

00:40:08,630 --> 00:40:06,880

thinking

1111

00:40:11,990 --> 00:40:08,640

where altered states of consciousness

1112

00:40:13,510 --> 00:40:12,000

are revered right it's like the core

1113

00:40:16,069 --> 00:40:13,520

um thing

1114

00:40:17,829 --> 00:40:16,079

in their culture to to do yoga it's part

1115

00:40:19,750 --> 00:40:17,839

of their culture right there's the whole

1116

00:40:21,430 --> 00:40:19,760

idea of you know being the child then

1117

00:40:23,510 --> 00:40:21,440

being the householder and then being the

1118

00:40:24,630 --> 00:40:23,520

responsible social member and then at

1119

00:40:26,470 --> 00:40:24,640

the end of your life you got in the

1120

00:40:27,750 --> 00:40:26,480

forest and you meditate in preparation

1121

00:40:29,030 --> 00:40:27,760

for dying

1122

00:40:31,190 --> 00:40:29,040

right that's it's literally a part of

1123

00:40:33,430 --> 00:40:31,200

their culture right and so it's

1124

00:40:35,349 --> 00:40:33,440

integrated it's taken seriously there's

1125

00:40:36,870 --> 00:40:35,359

a very rich interpretation that

1126

00:40:38,470 --> 00:40:36,880

surrounds it

1127

00:40:41,030 --> 00:40:38,480

and you know in comparison we're

1128

00:40:43,349 --> 00:40:41,040

literally blind on those levels

1129

00:40:44,950 --> 00:40:43,359

and so yeah you know we can call them

1130

00:40:46,390 --> 00:40:44,960

altered states of consciousness they are

1131

00:40:48,470 --> 00:40:46,400

they're different than the one that

1132

00:40:50,550 --> 00:40:48,480

we're in right now but they have a very

1133

00:40:52,790 --> 00:40:50,560

nice categorization of how these things

1134

00:40:55,109 --> 00:40:52,800

work how they're related they have very

1135

00:40:56,870 --> 00:40:55,119

distinct methods of how to get yourself

1136

00:41:00,069 --> 00:40:56,880

from one to the other

1137

00:41:02,150 --> 00:41:00,079

and what the implications of it all are

1138

00:41:04,150 --> 00:41:02,160

and you've also taken that in another

1139

00:41:06,309 --> 00:41:04,160

controversial direction but a direction

1140

00:41:08,870 --> 00:41:06,319

that you have to go in for anyone who's

1141

00:41:09,990 --> 00:41:08,880

at all interested in this and that is

1142

00:41:14,790 --> 00:41:10,000

the

1143

00:41:17,990 --> 00:41:14,800

of psychedelics

1144

00:41:20,069 --> 00:41:18,000

and altered states of consciousness what

1145

00:41:23,670 --> 00:41:20,079

was your what were some of your your

1146

00:41:25,670 --> 00:41:23,680

thinking in in doing that and what was

1147

00:41:28,870 --> 00:41:25,680

some of the things that you found out in

1148

00:41:30,950 --> 00:41:28,880

exploring those connections

1149

00:41:33,109 --> 00:41:30,960

um well that's you know it's

1150

00:41:34,309 --> 00:41:33,119

controversial again you know one of the

1151

00:41:36,470 --> 00:41:34,319

interesting things back when the

1152

00:41:39,109 --> 00:41:36,480

internet first started out

1153

00:41:41,349 --> 00:41:39,119

and somehow i got charles tart's email

1154

00:41:43,190 --> 00:41:41,359

right so this was probably 1993 or

1155

00:41:44,870 --> 00:41:43,200

something 94.

1156

00:41:46,870 --> 00:41:44,880

and i thought oh my god i'm going to

1157

00:41:49,030 --> 00:41:46,880

email this guy right because i read his

1158

00:41:50,550 --> 00:41:49,040

book altered states it influenced me

1159

00:41:52,790 --> 00:41:50,560

like i influenced so many other people

1160

00:41:55,349 --> 00:41:52,800

i'm thinking if there's one question i

1161

00:41:57,030 --> 00:41:55,359

could ask charles tart what would it be

1162

00:41:59,030 --> 00:41:57,040

and so i wrote him and i asked him just

1163

00:42:02,630 --> 00:41:59,040

one question why were

1164

00:42:04,550 --> 00:42:02,640

uh psychedelic drugs made illegal

1165

00:42:06,150 --> 00:42:04,560

and and he wrote me back and he said

1166

00:42:07,430 --> 00:42:06,160

because it allows people to think for

1167

00:42:10,470 --> 00:42:07,440

themselves and they don't need the

1168

00:42:13,670 --> 00:42:12,309

and so you know

1169

00:42:16,230 --> 00:42:13,680

i thought that was really really

1170

00:42:18,309 --> 00:42:16,240

interesting and and it's true too you

1171

00:42:20,790 --> 00:42:18,319

know it does experimenting with those

1172

00:42:22,950 --> 00:42:20,800

chemicals does something to your mind

1173

00:42:24,630 --> 00:42:22,960

and you know i've got a whole website

1174

00:42:26,390 --> 00:42:24,640

about this the link between what

1175

00:42:29,750 --> 00:42:26,400

entendre yoga is called kundalini

1176

00:42:30,950 --> 00:42:29,760

awakening and the effects of psychedelic

1177

00:42:33,030 --> 00:42:30,960

and

1178

00:42:34,390 --> 00:42:33,040

you know because in here in the west we

1179

00:42:36,309 --> 00:42:34,400

have like

1180

00:42:37,829 --> 00:42:36,319

such primitive ideas about the nature of

1181

00:42:39,750 --> 00:42:37,839

the mind and consciousness the whole

1182

00:42:42,150 --> 00:42:39,760

idea of what the effect of psychedelics

1183

00:42:43,910 --> 00:42:42,160

are is just completely over our head

1184

00:42:45,349 --> 00:42:43,920

and you know it's interesting if you go

1185

00:42:47,349 --> 00:42:45,359

back and read the literature from the

1186

00:42:49,910 --> 00:42:47,359

50s and 60s there was some really

1187

00:42:52,550 --> 00:42:49,920

serious really good stuff going on and

1188

00:42:53,990 --> 00:42:52,560

people were starting to get a handle on

1189

00:42:56,150 --> 00:42:54,000

it and it was moving things in a

1190

00:42:58,230 --> 00:42:56,160

direction and and you know that's when

1191

00:43:00,630 --> 00:42:58,240

like the beatles went to india and

1192

00:43:02,870 --> 00:43:00,640

started learning yoga right there's

1193

00:43:05,270 --> 00:43:02,880

obviously a connection there

1194

00:43:07,589 --> 00:43:05,280

but the whole thing got like wiped out

1195

00:43:09,510 --> 00:43:07,599

right the powers that be in the western

1196

00:43:11,430 --> 00:43:09,520

world just like stomp that fire out

1197

00:43:13,430 --> 00:43:11,440

before it got out of control

1198

00:43:14,950 --> 00:43:13,440

and so here we are you know and now you

1199

00:43:16,470 --> 00:43:14,960

see it's kind of coming back a little

1200

00:43:18,470 --> 00:43:16,480

bit there's the work that's been done

1201

00:43:21,829 --> 00:43:18,480

with dmt i can't think of the fellow's

1202

00:43:21,839 --> 00:43:24,150

uh

1203

00:43:27,910 --> 00:43:26,150

strossman right and you know his stuff's

1204

00:43:29,510 --> 00:43:27,920

now all available on the internet and he

1205

00:43:31,270 --> 00:43:29,520

he got um

1206

00:43:32,950 --> 00:43:31,280

some funding and did that work with dmt

1207

00:43:34,470 --> 00:43:32,960

and it it's interesting to look at

1208

00:43:36,230 --> 00:43:34,480

because it's exactly the same as the way

1209

00:43:38,230 --> 00:43:36,240

the psychedelic literature went it just

1210

00:43:39,030 --> 00:43:38,240

immediately blows open the western world

1211

00:43:40,950 --> 00:43:39,040

view

1212

00:43:42,710 --> 00:43:40,960

all right those people the the the you

1213

00:43:44,950 --> 00:43:42,720

can see the video it's up on youtube i

1214

00:43:46,230 --> 00:43:44,960

believe right now yeah the interviews

1215

00:43:47,750 --> 00:43:46,240

with the people that had these

1216

00:43:48,790 --> 00:43:47,760

experiences

1217

00:43:55,589 --> 00:43:48,800

so

1218

00:43:57,990 --> 00:43:55,599

there from the 1960s when

1219

00:43:59,349 --> 00:43:58,000

they first were doing lsd experiments

1220

00:44:00,630 --> 00:43:59,359

and they did them with these

1221

00:44:01,750 --> 00:44:00,640

they're great videos because there's

1222

00:44:02,790 --> 00:44:01,760

these very

1223

00:44:05,510 --> 00:44:02,800

straight

1224

00:44:08,069 --> 00:44:05,520

looking you know 1950s guys with the

1225

00:44:10,550 --> 00:44:08,079

button-up shirts and the ties just

1226

00:44:14,150 --> 00:44:10,560

tripping and talking about these

1227

00:44:16,870 --> 00:44:14,160

amazing experiences and uh

1228

00:44:18,870 --> 00:44:16,880

and expansion of consciousness they talk

1229

00:44:19,990 --> 00:44:18,880

about increased these guys are engineers

1230

00:44:22,550 --> 00:44:20,000

and they talk about just these

1231

00:44:24,550 --> 00:44:22,560

breakthroughs that they had in in

1232

00:44:25,910 --> 00:44:24,560

understanding of problems and stuff like

1233

00:44:26,950 --> 00:44:25,920

that so

1234

00:44:31,190 --> 00:44:26,960

i

1235

00:44:32,950 --> 00:44:31,200

that um

1236

00:44:34,630 --> 00:44:32,960

the psychedelic drugs came on the scene

1237

00:44:36,630 --> 00:44:34,640

shortly after the atomic bomb was

1238

00:44:38,150 --> 00:44:36,640

invented and that it was somehow god's

1239

00:44:38,950 --> 00:44:38,160

will that they both appear at the same

1240

00:44:40,069 --> 00:44:38,960

time

1241

00:44:41,750 --> 00:44:40,079

right because they like totally

1242

00:44:43,829 --> 00:44:41,760

counterbalance each other out and

1243

00:44:45,190 --> 00:44:43,839

they're of the same magnitude

1244

00:44:46,630 --> 00:44:45,200

well you know the other thing i think is

1245

00:44:48,710 --> 00:44:46,640

interesting when you're talking about

1246

00:44:49,670 --> 00:44:48,720

tarte's response to your to your

1247

00:44:50,470 --> 00:44:49,680

question

1248

00:44:52,069 --> 00:44:50,480

it's

1249

00:44:54,069 --> 00:44:52,079

in in the west and in particular in the

1250

00:44:57,190 --> 00:44:54,079

united states we think of ourselves as

1251
00:44:59,589 --> 00:44:57,200
being so free free freedom and yet you

1252
00:45:01,990 --> 00:44:59,599
know if you are not free

1253
00:45:04,150 --> 00:45:02,000
to control your consciousness or

1254
00:45:06,790 --> 00:45:04,160
manipulate your consciousness in any way

1255
00:45:08,710 --> 00:45:06,800
you see i mean isn't that the core

1256
00:45:11,910 --> 00:45:08,720
fundamental freedom that you could ever

1257
00:45:13,670 --> 00:45:11,920
have is hey i am free to

1258
00:45:15,829 --> 00:45:13,680
have my consciousness and manipulate it

1259
00:45:17,510 --> 00:45:15,839
any way i want and yeah i gave my two

1260
00:45:20,390 --> 00:45:17,520
cents worth about freedom in the book i

1261
00:45:22,550 --> 00:45:20,400
mean i'm so steeped in yogic thought now

1262
00:45:24,550 --> 00:45:22,560
that i don't the idea makes no sense to

1263
00:45:26,150 --> 00:45:24,560

me whatsoever it literally makes no

1264

00:45:27,990 --> 00:45:26,160

sense i mean we're in a world of

1265

00:45:29,510 --> 00:45:28,000

relative existence where everything

1266

00:45:31,829 --> 00:45:29,520

conditions everything else and there's

1267

00:45:33,670 --> 00:45:31,839

absolutely no freedom i mean every every

1268

00:45:34,950 --> 00:45:33,680

i'm a highly deterministic person

1269

00:45:36,790 --> 00:45:34,960

actually

1270

00:45:38,710 --> 00:45:36,800

it's very very complex it's

1271

00:45:40,790 --> 00:45:38,720

extraordinarily complex and these

1272

00:45:43,030 --> 00:45:40,800

psychedelic experiences open you up to

1273

00:45:43,910 --> 00:45:43,040

the subtle complexities involved in it

1274

00:45:45,430 --> 00:45:43,920

but

1275

00:45:47,349 --> 00:45:45,440

ultimately

1276

00:45:49,990 --> 00:45:47,359

yeah this idea of freedom is just

1277

00:45:51,430 --> 00:45:50,000

another ghost in our mind that uh draws

1278

00:45:53,750 --> 00:45:51,440

it's like a carrot that draws people

1279

00:45:55,829 --> 00:45:53,760

forward into experience yeah we just

1280

00:45:57,829 --> 00:45:55,839

have to be kind of careful with that i

1281

00:46:01,349 --> 00:45:57,839

think because

1282

00:46:04,390 --> 00:46:01,359

it's at a level that is so beyond

1283

00:46:06,470 --> 00:46:04,400

what we experience on a day-to-day basis

1284

00:46:09,750 --> 00:46:06,480

what we experience even in these

1285

00:46:11,109 --> 00:46:09,760

extended consciousness realms that uh

1286

00:46:12,790 --> 00:46:11,119

people achieve

1287

00:46:15,190 --> 00:46:12,800

that i mean if we're really going to

1288

00:46:17,030 --> 00:46:15,200

look at it from a sociological

1289

00:46:19,510 --> 00:46:17,040

standpoint or from an anthropological

1290

00:46:21,510 --> 00:46:19,520

standpoint we say there's a lot of

1291

00:46:24,550 --> 00:46:21,520

ground there's a lot of

1292

00:46:27,750 --> 00:46:24,560

territory to traverse before we get to

1293

00:46:29,430 --> 00:46:27,760

that ultimate determinism where there's

1294

00:46:32,150 --> 00:46:29,440

just this kind of unified consciousness

1295

00:46:35,910 --> 00:46:32,160

it's all going up i mean we have

1296

00:46:37,990 --> 00:46:35,920

afterlife experiences we have past lives

1297

00:46:40,309 --> 00:46:38,000

we have a lot of other stuff that we

1298

00:46:42,309 --> 00:46:40,319

haven't processed before we get to that

1299

00:46:44,309 --> 00:46:42,319

kind of you know i agree it would be a

1300

00:46:46,309 --> 00:46:44,319

whole discussion about that i don't want

1301

00:46:48,150 --> 00:46:46,319

to go into that it would definitely be a

1302

00:46:50,790 --> 00:46:48,160

whole discussion and

1303

00:46:52,870 --> 00:46:50,800

but yeah it's very complex that's why i

1304

00:46:54,870 --> 00:46:52,880

added that in there yeah

1305

00:46:57,589 --> 00:46:54,880

you know where i thought we we might end

1306

00:47:00,390 --> 00:46:57,599

because you do have such a unique

1307

00:47:02,390 --> 00:47:00,400

perspective and you've you've given

1308

00:47:05,109 --> 00:47:02,400

you're at a vantage point that is is

1309

00:47:07,589 --> 00:47:05,119

unique too in terms of your deeply

1310

00:47:10,630 --> 00:47:07,599

knowledgeable about science but then you

1311

00:47:12,470 --> 00:47:10,640

also have this broader view of where

1312

00:47:14,230 --> 00:47:12,480

things might be heading from a

1313

00:47:17,270 --> 00:47:14,240

consciousness perspective i was

1314

00:47:18,950 --> 00:47:17,280

wondering what are your thoughts on

1315

00:47:21,670 --> 00:47:18,960

parapsychology

1316

00:47:24,710 --> 00:47:21,680

and kind of this western approach to

1317

00:47:26,470 --> 00:47:24,720

kind of pound it into

1318

00:47:27,910 --> 00:47:26,480

this deeper understanding of

1319

00:47:29,670 --> 00:47:27,920

consciousness

1320

00:47:32,790 --> 00:47:29,680

and and i want to twist around and say

1321

00:47:34,069 --> 00:47:32,800

is there a way that they can do that

1322

00:47:36,150 --> 00:47:34,079

along the lines that they've been

1323

00:47:37,670 --> 00:47:36,160

heading because you hinted at you know

1324

00:47:40,150 --> 00:47:37,680

you got to take a different path you

1325

00:47:42,150 --> 00:47:40,160

know and that some science is able to

1326
00:47:43,430 --> 00:47:42,160
make that leap over and say you know

1327
00:47:45,349 --> 00:47:43,440
forget all that you know we're going to

1328
00:47:48,150 --> 00:47:45,359
take a quantum view of things and they

1329
00:47:50,710 --> 00:47:48,160
leap forward and others are

1330
00:47:52,790 --> 00:47:50,720
stagnant and stay with this kind of very

1331
00:47:54,390 --> 00:47:52,800
materialistic the world is out there and

1332
00:47:57,430 --> 00:47:54,400
i'm in here and i have to measure it out

1333
00:48:01,030 --> 00:47:57,440
there can parapsychology

1334
00:48:03,109 --> 00:48:01,040
succeed with that kind of materialistic

1335
00:48:05,270 --> 00:48:03,119
or at least dualistic kind of view of

1336
00:48:06,950 --> 00:48:05,280
things and if they can how would they do

1337
00:48:09,109 --> 00:48:06,960
it how would you

1338
00:48:11,190 --> 00:48:09,119

how would you do gansfeld experiments

1339

00:48:14,470 --> 00:48:11,200

how would you do the experiments at the

1340

00:48:15,589 --> 00:48:14,480

old pear lab at princeton how can they

1341

00:48:18,309 --> 00:48:15,599

find this

1342

00:48:20,550 --> 00:48:18,319

yeah my short answer is no it's it's

1343

00:48:22,470 --> 00:48:20,560

it's a fantasy it's not going to work

1344

00:48:24,630 --> 00:48:22,480

yeah i i have another free online book

1345

00:48:25,910 --> 00:48:24,640

if i can you know blow the corn on that

1346

00:48:27,670 --> 00:48:25,920

it's called beyond the physical and

1347

00:48:29,430 --> 00:48:27,680

beyond the physical one of the chapters

1348

00:48:31,990 --> 00:48:29,440

a very wordy book i wrote it when i was

1349

00:48:33,510 --> 00:48:32,000

much younger and it rambles on and on

1350

00:48:34,870 --> 00:48:33,520

but it's got a lot of interesting things

1351

00:48:37,349 --> 00:48:34,880

and one of them there's a discussion

1352

00:48:39,670 --> 00:48:37,359

about that exact issue and

1353

00:48:41,829 --> 00:48:39,680

the base the starting point is how can

1354

00:48:43,190 --> 00:48:41,839

you talk about a quote-unquote anomalous

1355

00:48:45,030 --> 00:48:43,200

phenomena when we don't even know how

1356

00:48:47,190 --> 00:48:45,040

our own mind works

1357

00:48:49,670 --> 00:48:47,200

right how how is it i actually

1358

00:48:51,430 --> 00:48:49,680

understand you what is that that i'm

1359

00:48:53,270 --> 00:48:51,440

understanding what is that process how

1360

00:48:54,710 --> 00:48:53,280

do we communicate right what does it

1361

00:48:56,630 --> 00:48:54,720

mean for me to see the world what are

1362

00:48:57,910 --> 00:48:56,640

colors right the qualia problem we don't

1363

00:48:59,190 --> 00:48:57,920

even know how to solve the qualia

1364

00:49:00,790 --> 00:48:59,200

problem

1365

00:49:02,630 --> 00:49:00,800

and and you're gonna go trying to do

1366

00:49:04,470 --> 00:49:02,640

that stuff i mean talk about putting the

1367

00:49:06,630 --> 00:49:04,480

cart before the horse

1368

00:49:10,230 --> 00:49:06,640

right and so that's that's the angle

1369

00:49:12,950 --> 00:49:10,240

that i've come at this at and so

1370

00:49:15,030 --> 00:49:12,960

to me and the kind of the a broader way

1371

00:49:16,710 --> 00:49:15,040

to um

1372

00:49:18,630 --> 00:49:16,720

context to have this and is something

1373

00:49:19,670 --> 00:49:18,640

that you hear mystical people say often

1374

00:49:22,390 --> 00:49:19,680

is that

1375

00:49:24,309 --> 00:49:22,400

the most awe-inspiring mysteries are the

1376

00:49:27,109 --> 00:49:24,319

most common mundane things in our

1377

00:49:29,589 --> 00:49:27,119

everyday lives and right

1378

00:49:31,510 --> 00:49:29,599

you know our very act of being aware of

1379

00:49:33,910 --> 00:49:31,520

the world the thing that we do every day

1380

00:49:36,069 --> 00:49:33,920

when we get up we have no idea how that

1381

00:49:38,870 --> 00:49:36,079

works we totally take it for granted we

1382

00:49:40,470 --> 00:49:38,880

just go doing it we're completely

1383

00:49:43,510 --> 00:49:40,480

instinctive about it we're no different

1384

00:49:45,190 --> 00:49:43,520

than uh the way an animal is or like a

1385

00:49:47,030 --> 00:49:45,200

spider building a web but the way a

1386

00:49:48,549 --> 00:49:47,040

spider just mindlessly builds a web we

1387

00:49:50,069 --> 00:49:48,559

just mindlessly go around the world

1388

00:49:52,150 --> 00:49:50,079

conscious of it

1389

00:49:54,630 --> 00:49:52,160

right how does that even happen let's

1390

00:49:56,630 --> 00:49:54,640

let's deal with that first

1391

00:49:58,390 --> 00:49:56,640

and then you know these other things

1392

00:49:59,750 --> 00:49:58,400

what will happen is they'll just

1393

00:50:01,829 --> 00:49:59,760

evaporate

1394

00:50:04,150 --> 00:50:01,839

okay the once you start to answer these

1395

00:50:05,990 --> 00:50:04,160

questions like from the angle i'm

1396

00:50:08,309 --> 00:50:06,000

suggesting is that

1397

00:50:10,390 --> 00:50:08,319

you're going to be led into yoga which

1398

00:50:13,109 --> 00:50:10,400

will very systematically walk you into

1399

00:50:14,790 --> 00:50:13,119

the other worlds the other worlds exist

1400

00:50:16,069 --> 00:50:14,800

period if you don't believe them like

1401

00:50:18,230 --> 00:50:16,079

they say in the book if you don't

1402

00:50:19,750 --> 00:50:18,240

believe them go do retail sales or go

1403

00:50:21,750 --> 00:50:19,760

work in a factory you have no right

1404

00:50:23,349 --> 00:50:21,760

being in this realm

1405

00:50:24,950 --> 00:50:23,359

right if you want to pretend you're an

1406

00:50:26,549 --> 00:50:24,960

intellectual you need to be ready to

1407

00:50:28,390 --> 00:50:26,559

deal with this stuff

1408

00:50:30,549 --> 00:50:28,400

and these things are real

1409

00:50:32,790 --> 00:50:30,559

and you know

1410

00:50:34,470 --> 00:50:32,800

just because we're in a barbaric culture

1411

00:50:36,549 --> 00:50:34,480

doesn't mean every human that's ever

1412

00:50:37,910 --> 00:50:36,559

existed shares this barbarity you can go

1413

00:50:40,549 --> 00:50:37,920

learn this stuff

1414

00:50:41,349 --> 00:50:40,559

and experience it for yourself and and

1415

00:50:43,270 --> 00:50:41,359

see

1416

00:50:45,750 --> 00:50:43,280

and it's very complicated i mean it's

1417

00:50:47,670 --> 00:50:45,760

not trivial right the site this practice

1418

00:50:49,190 --> 00:50:47,680

mentality is very very important you

1419

00:50:51,109 --> 00:50:49,200

have to approach this stuff like you

1420

00:50:52,630 --> 00:50:51,119

would you know seriously like you would

1421

00:50:55,109 --> 00:50:52,640

learning a musical instrument or

1422

00:50:57,589 --> 00:50:55,119

learning mathematics or anything right

1423

00:50:58,950 --> 00:50:57,599

it's not a joke at all

1424

00:51:01,430 --> 00:50:58,960

and that's the so there's this kind of

1425

00:51:02,950 --> 00:51:01,440

weird glibness that that surrounds it

1426

00:51:05,190 --> 00:51:02,960

and you got to like just be prepared

1427

00:51:06,950 --> 00:51:05,200

that that you can't even begin to

1428

00:51:08,309 --> 00:51:06,960

approach it that way and

1429

00:51:11,430 --> 00:51:08,319

you know and then when you bring it back

1430

00:51:13,030 --> 00:51:11,440

to parapsychology i mean on

1431

00:51:15,190 --> 00:51:13,040

there's always an ambivalence that i

1432

00:51:17,829 --> 00:51:15,200

feel towards these things because you

1433

00:51:19,270 --> 00:51:17,839

know there's some degree of sincerity to

1434

00:51:21,270 --> 00:51:19,280

these people that undertake these

1435

00:51:22,710 --> 00:51:21,280

efforts but then

1436

00:51:24,470 --> 00:51:22,720

you know it's like the principle of the

1437

00:51:25,829 --> 00:51:24,480

lever you want to put

1438

00:51:27,349 --> 00:51:25,839

your effort where you're going to get

1439

00:51:29,990 --> 00:51:27,359

the best return

1440

00:51:32,230 --> 00:51:30,000

and taking the methods of statistics

1441

00:51:34,549 --> 00:51:32,240

that you know fischer invented and

1442

00:51:36,950 --> 00:51:34,559

trying to like quantify statistical

1443

00:51:39,430 --> 00:51:36,960

events is not the best place to put the

1444

00:51:41,030 --> 00:51:39,440

lever by a long shot i told you my

1445

00:51:42,790 --> 00:51:41,040

opinion of where to put the lever let's

1446

00:51:45,030 --> 00:51:42,800

figure out what the mind and

1447

00:51:47,589 --> 00:51:45,040

consciousness are in the first place how

1448

00:51:50,470 --> 00:51:47,599

they link to the brain and the body

1449

00:51:52,309 --> 00:51:50,480

once you start to go down that path then

1450

00:51:54,630 --> 00:51:52,319

you're gonna like naturally go into

1451
00:51:55,670 --> 00:51:54,640
these other so-called anomalous areas

1452
00:51:57,190 --> 00:51:55,680
and see that they're actually very

1453
00:51:59,910 --> 00:51:57,200
natural they're not anomalous at all

1454
00:52:01,829 --> 00:51:59,920
they're very natural and

1455
00:52:04,630 --> 00:52:01,839
so you know i've i've read through the

1456
00:52:06,630 --> 00:52:04,640
parapsychology literature and it it

1457
00:52:09,430 --> 00:52:06,640
basically has the same problem that my

1458
00:52:11,589 --> 00:52:09,440
field has this reliance on statistics in

1459
00:52:13,109 --> 00:52:11,599
an inappropriate way

1460
00:52:14,870 --> 00:52:13,119
you know that's that's really the big

1461
00:52:16,230 --> 00:52:14,880
difference i i kind of alluded to this

1462
00:52:18,630 --> 00:52:16,240
earlier like why are physicists

1463
00:52:19,990 --> 00:52:18,640

successful but biomedicine is not right

1464

00:52:25,910 --> 00:52:20,000

there's no

1465

00:52:28,150 --> 00:52:25,920

heart attack or you know cardiac arrest

1466

00:52:29,910 --> 00:52:28,160

stroke none of that right you can't stop

1467

00:52:33,349 --> 00:52:29,920

those processes once they've wrecked

1468

00:52:35,990 --> 00:52:33,359

their damage and and it has to do with

1469

00:52:38,150 --> 00:52:36,000

the mindset right so it's a statistical

1470

00:52:40,390 --> 00:52:38,160

mindset that's what a clinical trial is

1471

00:52:41,829 --> 00:52:40,400

is a statistical design

1472

00:52:44,309 --> 00:52:41,839

it doesn't try to understand the

1473

00:52:46,309 --> 00:52:44,319

mechanisms see physics chemistry they're

1474

00:52:48,150 --> 00:52:46,319

all about mechanism they have a model a

1475

00:52:49,829 --> 00:52:48,160

picture in their mind and this is what i

1476

00:52:51,750 --> 00:52:49,839

talk about in the book about

1477

00:52:53,430 --> 00:52:51,760

we create in our mind a dynamical

1478

00:52:55,829 --> 00:52:53,440

pattern that matches the pattern in

1479

00:52:57,589 --> 00:52:55,839

reality that that dynamical pattern in

1480

00:52:59,349 --> 00:52:57,599

our mind is the model

1481

00:53:00,549 --> 00:52:59,359

right and you use math that you can

1482

00:53:03,990 --> 00:53:00,559

solve that tells you how the thing

1483

00:53:05,270 --> 00:53:04,000

changes in time that's the dynamics

1484

00:53:09,430 --> 00:53:05,280

it works

1485

00:53:11,030 --> 00:53:09,440

that's this process that i'm describing

1486

00:53:13,670 --> 00:53:11,040

and what is science of like we can

1487

00:53:15,589 --> 00:53:13,680

somehow tap power through these methods

1488

00:53:19,030 --> 00:53:15,599

isn't that really

1489

00:53:21,030 --> 00:53:19,040

the problem too it works right so we try

1490

00:53:23,910 --> 00:53:21,040

and take these ideas that you're talking

1491

00:53:25,910 --> 00:53:23,920

about and we try and overlay them with

1492

00:53:27,910 --> 00:53:25,920

our culture you called it a barbaric

1493

00:53:29,030 --> 00:53:27,920

culture and i think that's probably

1494

00:53:32,630 --> 00:53:29,040

accurate

1495

00:53:36,230 --> 00:53:32,640

consumerism materialism are so ingrained

1496

00:53:40,470 --> 00:53:36,240

in our culture and yet they work to a

1497

00:53:42,790 --> 00:53:40,480

certain extent they work my iphone works

1498

00:53:43,589 --> 00:53:42,800

my skype here works

1499

00:53:46,790 --> 00:53:43,599

my

1500

00:53:48,309 --> 00:53:46,800

lifestyle in the west which is so far

1501
00:53:51,349 --> 00:53:48,319
superior to

1502
00:53:52,549 --> 00:53:51,359
anyone else in the world basically works

1503
00:53:56,950 --> 00:53:52,559
so

1504
00:53:59,190 --> 00:53:56,960
as well yeah see then it gets very

1505
00:54:00,790 --> 00:53:59,200
complicated you know what it does is it

1506
00:54:02,950 --> 00:54:00,800
like this is the stuff you learn when

1507
00:54:06,069 --> 00:54:02,960
you start to really seriously study yoga

1508
00:54:08,630 --> 00:54:06,079
is that it very quickly becomes personal

1509
00:54:11,349 --> 00:54:08,640
right like i throughout

1510
00:54:13,829 --> 00:54:11,359
what is science i cite a lot from a

1511
00:54:16,549 --> 00:54:13,839
fellow swami krishnanda who i had just

1512
00:54:18,309 --> 00:54:16,559
discovered like a year ago and he's

1513
00:54:20,390 --> 00:54:18,319

brilliant and

1514

00:54:22,549 --> 00:54:20,400

right away he says that you know it

1515

00:54:24,390 --> 00:54:22,559

opens you up studying yoga opens you up

1516

00:54:26,549 --> 00:54:24,400

to true knowledge right and true

1517

00:54:28,309 --> 00:54:26,559

knowledge is knowledge about yourself

1518

00:54:29,030 --> 00:54:28,319

that's how you get to the inner world is

1519

00:54:30,950 --> 00:54:29,040

by

1520

00:54:33,109 --> 00:54:30,960

going through the barriers that you call

1521

00:54:35,670 --> 00:54:33,119

yourself your personality

1522

00:54:37,270 --> 00:54:35,680

and so it does start to turn inwards and

1523

00:54:38,950 --> 00:54:37,280

you start to learn what it means to turn

1524

00:54:40,630 --> 00:54:38,960

inwards and when you turn inwards you're

1525

00:54:42,950 --> 00:54:40,640

obviously focusing your consciousness in

1526

00:54:44,790 --> 00:54:42,960

that direction and not outwards

1527

00:54:47,030 --> 00:54:44,800

and it's it's a really weird logic i

1528

00:54:49,990 --> 00:54:47,040

mean to kind of summarize it in a broad

1529

00:54:51,589 --> 00:54:50,000

way to put in a context the idea is if

1530

00:54:53,030 --> 00:54:51,599

you really want to understand the world

1531

00:54:55,670 --> 00:54:53,040

outside of you you have to go to the

1532

00:54:57,589 --> 00:54:55,680

very center of yourself because there

1533

00:54:59,990 --> 00:54:57,599

everything converges

1534

00:55:02,069 --> 00:55:00,000

right and then if you use your senses to

1535

00:55:03,750 --> 00:55:02,079

look at the external world you get this

1536

00:55:05,430 --> 00:55:03,760

like like i described in the book you're

1537

00:55:07,589 --> 00:55:05,440

just bouncing off the surface of things

1538

00:55:10,069 --> 00:55:07,599

and you never see their essence

1539

00:55:11,510 --> 00:55:10,079

right this idea the contact of the thing

1540

00:55:13,750 --> 00:55:11,520

in itself it

1541

00:55:15,430 --> 00:55:13,760

it seems like a fantasy because you're

1542

00:55:17,750 --> 00:55:15,440

never going to get it

1543

00:55:20,710 --> 00:55:17,760

by using your senses to interact with

1544

00:55:23,109 --> 00:55:20,720

the outer world but if you go inside see

1545

00:55:24,790 --> 00:55:23,119

everything converges at the center

1546

00:55:25,990 --> 00:55:24,800

and by following these methods you can

1547

00:55:27,750 --> 00:55:26,000

go in

1548

00:55:30,069 --> 00:55:27,760

into the center where you can touch

1549

00:55:32,390 --> 00:55:30,079

anything in all of infinity i mean

1550

00:55:35,510 --> 00:55:32,400

that's why yoga has the form it does

1551
00:55:37,030 --> 00:55:35,520
that's why the yogi doesn't care about

1552
00:55:38,790 --> 00:55:37,040
the external world at all because he

1553
00:55:40,630 --> 00:55:38,800
knows it's futile it's like trying to

1554
00:55:42,710 --> 00:55:40,640
grab sand or grab the wind you're not

1555
00:55:44,470 --> 00:55:42,720
going to succeed at all it's it's it's

1556
00:55:45,829 --> 00:55:44,480
doomed to fail from the start they know

1557
00:55:48,309 --> 00:55:45,839
that from the start and so they don't

1558
00:55:50,789 --> 00:55:48,319
even waste time on that level of effort

1559
00:55:53,270 --> 00:55:50,799
that's a hard sell though well yeah i do

1560
00:55:56,870 --> 00:55:53,280
it's a hard sell even personally and and

1561
00:55:59,510 --> 00:55:56,880
i've had a personal interest in yoga for

1562
00:56:01,349 --> 00:55:59,520
for 25 years i wish i would have read

1563
00:56:03,349 --> 00:56:01,359

your your books a long time ago i could

1564

00:56:04,309 --> 00:56:03,359

have saved myself a lot of steps along

1565

00:56:06,150 --> 00:56:04,319

the way

1566

00:56:07,990 --> 00:56:06,160

and i don't want to sell anybody i'm not

1567

00:56:09,990 --> 00:56:08,000

trying to sell anyone no i'm not i'm not

1568

00:56:13,190 --> 00:56:10,000

suggesting you are but but my point is

1569

00:56:16,390 --> 00:56:13,200

that that we we can't underestimate the

1570

00:56:19,589 --> 00:56:16,400

extent to which we are enmeshed in

1571

00:56:22,069 --> 00:56:19,599

that outer world and more and more every

1572

00:56:25,510 --> 00:56:22,079

day and it can't come across as kind of

1573

00:56:27,910 --> 00:56:25,520

glib to talk about the yogi who realizes

1574

00:56:29,510 --> 00:56:27,920

that the outer world is meaningless and

1575

00:56:31,829 --> 00:56:29,520

go within and it's all there it's like

1576

00:56:32,870 --> 00:56:31,839

well wait a minute that's not how i

1577

00:56:34,789 --> 00:56:32,880

lived

1578

00:56:36,309 --> 00:56:34,799

my day-to-day that's not how i felt when

1579

00:56:39,349 --> 00:56:36,319

i sent my kids off to school for the

1580

00:56:40,150 --> 00:56:39,359

first day of school it isn't relatable

1581

00:56:44,710 --> 00:56:40,160

to

1582

00:56:46,950 --> 00:56:44,720

in in my questions of who am i how do

1583

00:56:48,789 --> 00:56:46,960

how do i get here what do i do

1584

00:56:50,710 --> 00:56:48,799

and you notice that i'm very kind of low

1585

00:56:52,230 --> 00:56:50,720

key in what is science on that front

1586

00:56:53,990 --> 00:56:52,240

right because just for exactly the

1587

00:56:56,230 --> 00:56:54,000

reasons we're talking it's it's very

1588

00:56:58,150 --> 00:56:56,240

hard to try to express this stuff into

1589

00:56:59,750 --> 00:56:58,160

words and to express it so it's

1590

00:57:02,390 --> 00:56:59,760

meaningful to other people i mean it

1591

00:57:04,309 --> 00:57:02,400

really is a person's personal journey to

1592

00:57:06,069 --> 00:57:04,319

come to these insights

1593

00:57:07,990 --> 00:57:06,079

because you know the truth is for a

1594

00:57:09,589 --> 00:57:08,000

western person to take an interest in

1595

00:57:11,829 --> 00:57:09,599

yoga you have to have some degree of

1596

00:57:13,430 --> 00:57:11,839

world weariness i don't i don't know how

1597

00:57:14,390 --> 00:57:13,440

else to say it you have to just look at

1598

00:57:16,470 --> 00:57:14,400

all this

1599

00:57:19,270 --> 00:57:16,480

and you know how much fun can you have

1600

00:57:21,190 --> 00:57:19,280

how much glamour how much of this

1601
00:57:23,430 --> 00:57:21,200
this titillating excitement that the

1602
00:57:25,270 --> 00:57:23,440
western cultures provide you know if

1603
00:57:27,430 --> 00:57:25,280
you're some power mad

1604
00:57:29,190 --> 00:57:27,440
person you know i mean it's all of these

1605
00:57:30,870 --> 00:57:29,200
things are not too different from any

1606
00:57:32,710 --> 00:57:30,880
kind of addiction right they just keep

1607
00:57:34,950 --> 00:57:32,720
compounding compounding getting bigger

1608
00:57:37,670 --> 00:57:34,960
bigger when where does it stop

1609
00:57:39,910 --> 00:57:37,680
and you realize it doesn't stop it it's

1610
00:57:41,750 --> 00:57:39,920
limit you know it's limited by our form

1611
00:57:44,549 --> 00:57:41,760
but it potentially

1612
00:57:46,710 --> 00:57:44,559
could just go on to infinity right and

1613
00:57:48,470 --> 00:57:46,720

at some point people have some

1614

00:57:50,390 --> 00:57:48,480

experience along these lines where they

1615

00:57:53,190 --> 00:57:50,400

just realize that like there's got to be

1616

00:57:54,870 --> 00:57:53,200

a totally like it's not working it's not

1617

00:57:55,910 --> 00:57:54,880

working and so you've got to go some

1618

00:57:57,990 --> 00:57:55,920

other way

1619

00:58:00,230 --> 00:57:58,000

you know in my case it actually has come

1620

00:58:02,710 --> 00:58:00,240

about through just being an intellectual

1621

00:58:04,710 --> 00:58:02,720

through studying ideas and contemplating

1622

00:58:06,789 --> 00:58:04,720

all these different meanings

1623

00:58:08,390 --> 00:58:06,799

and realizing that like

1624

00:58:10,549 --> 00:58:08,400

just holding you know it's kind of a

1625

00:58:12,309 --> 00:58:10,559

very simple insight by just holding an

1626

00:58:14,390 --> 00:58:12,319

idea in my mind and thinking that it

1627

00:58:16,150 --> 00:58:14,400

means anything other than i'm holding an

1628

00:58:18,069 --> 00:58:16,160

idea in my mind

1629

00:58:19,670 --> 00:58:18,079

that's that's what i realized right i

1630

00:58:21,190 --> 00:58:19,680

can't hold an idea in my mind and

1631

00:58:23,030 --> 00:58:21,200

believe it's anything other than that

1632

00:58:24,470 --> 00:58:23,040

now that's where my head is at like i

1633

00:58:25,829 --> 00:58:24,480

can't think the world is this or the

1634

00:58:27,910 --> 00:58:25,839

world is that or i am this or

1635

00:58:30,309 --> 00:58:27,920

consciousness is that or whatever it's

1636

00:58:33,270 --> 00:58:30,319

just an idea in my mind

1637

00:58:36,470 --> 00:58:33,280

i can't recreate my existence in my mind

1638

00:58:39,270 --> 00:58:36,480

i can't recreate existence in ideas

1639

00:58:40,870 --> 00:58:39,280

you can't step back into the illusion of

1640

00:58:42,549 --> 00:58:40,880

well it's that well you know i

1641

00:58:45,349 --> 00:58:42,559

experience ideas as part of my

1642

00:58:47,349 --> 00:58:45,359

experience and what i experience is

1643

00:58:48,789 --> 00:58:47,359

experience i live i'm alive i have all

1644

00:58:50,630 --> 00:58:48,799

these things that i go through day in

1645

00:58:51,510 --> 00:58:50,640

and day out like you and everybody else

1646

00:58:55,109 --> 00:58:51,520

and

1647

00:58:57,270 --> 00:58:55,119

things about it but i don't believe

1648

00:58:59,829 --> 00:58:57,280

anything i think about it because i

1649

00:59:01,750 --> 00:58:59,839

don't know i really just don't know and

1650

00:59:03,349 --> 00:59:01,760

so i keep studying and trying to learn

1651
00:59:06,549 --> 00:59:03,359
and you know and that's kind of what's

1652
00:59:08,630 --> 00:59:06,559
led me into this yoga stuff is trying to

1653
00:59:11,030 --> 00:59:08,640
you know continue to pursue that because

1654
00:59:12,789 --> 00:59:11,040
like you know i may i have one statement

1655
00:59:15,190 --> 00:59:12,799
in the book just one sentence that you

1656
00:59:16,630 --> 00:59:15,200
know if you don't understand like what

1657
00:59:18,309 --> 00:59:16,640
kant was saying

1658
00:59:19,990 --> 00:59:18,319
about his whole idea of transcendental

1659
00:59:22,630 --> 00:59:20,000
idealism that

1660
00:59:25,190 --> 00:59:22,640
what we perceive is in our minds

1661
00:59:26,470 --> 00:59:25,200
and that we don't have access to the

1662
00:59:28,390 --> 00:59:26,480
essence of the things that we're

1663
00:59:30,150 --> 00:59:28,400

perceiving

1664

00:59:32,390 --> 00:59:30,160

through our minds

1665

00:59:34,230 --> 00:59:32,400

that's kind of the basis of of what i'm

1666

00:59:35,589 --> 00:59:34,240

getting at here and

1667

00:59:37,430 --> 00:59:35,599

there's more

1668

00:59:39,910 --> 00:59:37,440

well that you know you exist you're a

1669

00:59:42,069 --> 00:59:39,920

real thing right you have some essence i

1670

00:59:45,030 --> 00:59:42,079

only see a superficial surface of it

1671

00:59:47,829 --> 00:59:45,040

right i get certain cues clues stimuli

1672

00:59:49,510 --> 00:59:47,839

it builds a certain idea in my mind what

1673

00:59:51,190 --> 00:59:49,520

i know is that idea in my mind i don't

1674

00:59:52,710 --> 00:59:51,200

know your essence at all

1675

00:59:55,589 --> 00:59:52,720

right i just know

1676

00:59:57,990 --> 00:59:55,599

the the kind of artifacts of what your

1677

00:59:58,950 --> 00:59:58,000

essence leaves in my mind that's what i

1678

01:00:01,109 --> 00:59:58,960

know

1679

01:00:02,549 --> 01:00:01,119

and so what are you really how would i

1680

01:00:04,230 --> 01:00:02,559

get at that question

1681

01:00:05,990 --> 01:00:04,240

right there's what am i going to do cut

1682

01:00:08,069 --> 01:00:06,000

you open and dissect you weigh your

1683

01:00:09,990 --> 01:00:08,079

brain what how do you get at that

1684

01:00:12,549 --> 01:00:10,000

question see and that's the weird thing

1685

01:00:14,069 --> 01:00:12,559

when you study yoga it's like no you go

1686

01:00:15,990 --> 01:00:14,079

inside yourself all the way to the

1687

01:00:18,069 --> 01:00:16,000

center and not only are you there but

1688

01:00:20,150 --> 01:00:18,079

everything else in infinity is there

1689

01:00:21,990 --> 01:00:20,160

that's that's the that's the the carrot

1690

01:00:23,750 --> 01:00:22,000

they hold out in yoga

1691

01:00:25,349 --> 01:00:23,760

i and i mean it's it's completely

1692

01:00:27,190 --> 01:00:25,359

fantastic and unbelievable from a

1693

01:00:28,870 --> 01:00:27,200

western viewpoint right and the only

1694

01:00:30,870 --> 01:00:28,880

reason i can take it seriously is i've

1695

01:00:32,390 --> 01:00:30,880

gone through large swarths of the

1696

01:00:34,710 --> 01:00:32,400

western viewpoint

1697

01:00:36,549 --> 01:00:34,720

and it all looks like the wizard of oz

1698

01:00:38,309 --> 01:00:36,559

to me i pulled back the curtain right

1699

01:00:39,990 --> 01:00:38,319

it's just this little shriveled man

1700

01:00:44,150 --> 01:00:40,000

there's not any

1701

01:00:46,309 --> 01:00:44,160

glamour it's all hypnotism and when you

1702

01:00:49,510 --> 01:00:46,319

see through that there's not really much

1703

01:00:51,589 --> 01:00:49,520

there but the yogic tradition isn't

1704

01:00:54,470 --> 01:00:51,599

perfect either i mean that's the other

1705

01:00:56,549 --> 01:00:54,480

paradox is we can look at the culture we

1706

01:00:58,069 --> 01:00:56,559

can look at tradition we can look at

1707

01:01:00,309 --> 01:00:58,079

some of the

1708

01:01:02,630 --> 01:01:00,319

the great giants in it that have been

1709

01:01:05,829 --> 01:01:02,640

exposed and this is having some of the

1710

01:01:07,910 --> 01:01:05,839

same human frailties that we all fall

1711

01:01:11,030 --> 01:01:07,920

victim of and it's not just a recent

1712

01:01:14,549 --> 01:01:11,040

phenomena that goes back for long long

1713

01:01:17,430 --> 01:01:14,559

periods of time and it it it raises the

1714

01:01:19,109 --> 01:01:17,440

same kind of questions the other paradox

1715

01:01:22,230 --> 01:01:19,119

i see that i can't overcome with the

1716

01:01:25,030 --> 01:01:22,240

whole non-dual community including a lot

1717

01:01:28,390 --> 01:01:25,040

of the yogic people is this desperation

1718

01:01:30,950 --> 01:01:28,400

to achieve something along those lines

1719

01:01:33,109 --> 01:01:30,960

it's like well wait a minute i mean what

1720

01:01:34,390 --> 01:01:33,119

how would that even make any sense you

1721

01:01:36,630 --> 01:01:34,400

know i

1722

01:01:39,270 --> 01:01:36,640

the the old yogic thing is you know you

1723

01:01:42,390 --> 01:01:39,280

must want enlightenment like a drowning

1724

01:01:45,109 --> 01:01:42,400

man wants air what why i mean isn't that

1725

01:01:46,950 --> 01:01:45,119

the the isn't that kind of contradictory

1726

01:01:49,510 --> 01:01:46,960

to the whole idea why would you want

1727

01:01:52,069 --> 01:01:49,520

anything including enlightenment i mean

1728

01:01:54,150 --> 01:01:52,079

the paradoxes don't stop and and western

1729

01:01:56,069 --> 01:01:54,160

thought i think the western yoga

1730

01:01:57,829 --> 01:01:56,079

tradition has brought a lot of good

1731

01:01:59,910 --> 01:01:57,839

insights and has held the mirror up in

1732

01:02:01,510 --> 01:01:59,920

some ways to the yoga traditions and

1733

01:02:03,030 --> 01:02:01,520

said hey look at your own here

1734

01:02:04,549 --> 01:02:03,040

you know yeah

1735

01:02:07,190 --> 01:02:04,559

that's a very cool point of view i agree

1736

01:02:08,710 --> 01:02:07,200

with that 100 because and that's part of

1737

01:02:10,390 --> 01:02:08,720

why i'm always like in this synthetic

1738

01:02:11,910 --> 01:02:10,400

mode let's mix western and eastern

1739

01:02:13,829 --> 01:02:11,920

thinking we both have good things to

1740

01:02:15,349 --> 01:02:13,839

offer and we both have a bunch of crap

1741

01:02:17,030 --> 01:02:15,359

too and the

1742

01:02:19,109 --> 01:02:17,040

the good things that one has to offer

1743

01:02:21,030 --> 01:02:19,119

helps to illuminate the crap that the

1744

01:02:22,710 --> 01:02:21,040

other one has to offer and

1745

01:02:25,510 --> 01:02:22,720

and i i agree too i don't want to

1746

01:02:27,190 --> 01:02:25,520

glorify indian thought i mean

1747

01:02:29,270 --> 01:02:27,200

you know

1748

01:02:31,829 --> 01:02:29,280

whatever i might say about freedom

1749

01:02:33,750 --> 01:02:31,839

and liberty at least we have that type

1750

01:02:35,750 --> 01:02:33,760

of a society over here right and we

1751

01:02:37,750 --> 01:02:35,760

don't have a caste system right i'm not

1752

01:02:40,630 --> 01:02:37,760

knocking the caste system it has a logic

1753

01:02:43,109 --> 01:02:40,640

to it that is very compelling right but

1754

01:02:45,190 --> 01:02:43,119

even india itself is a modern secular

1755

01:02:46,710 --> 01:02:45,200

state has made the caste system illegal

1756

01:02:48,630 --> 01:02:46,720

right it's part of their constitution

1757

01:02:50,150 --> 01:02:48,640

over there it's illegal well it winds up

1758

01:02:51,910 --> 01:02:50,160

looking like a lot of our religious

1759

01:02:54,230 --> 01:02:51,920

traditions that we might be able to

1760

01:02:57,270 --> 01:02:54,240

trace back to some greater

1761

01:02:59,270 --> 01:02:57,280

wisdom but it's so contorted at this

1762

01:03:02,390 --> 01:02:59,280

point that it has the absolute opposite

1763

01:03:03,829 --> 01:03:02,400

effect yeah exactly yeah yeah so you

1764

01:03:05,829 --> 01:03:03,839

know one of the

1765

01:03:07,910 --> 01:03:05,839

chapter titles and what is science is

1766

01:03:10,150 --> 01:03:07,920

the world is a network of unintelligible

1767

01:03:12,309 --> 01:03:10,160

relationships right that's a swami

1768

01:03:13,670 --> 01:03:12,319

christian on a quote and that's kind of

1769

01:03:14,710 --> 01:03:13,680

what we're sitting here telling each

1770

01:03:16,230 --> 01:03:14,720

other

1771

01:03:17,589 --> 01:03:16,240

you know it is and what can you do you

1772

01:03:20,230 --> 01:03:17,599

sit back and

1773

01:03:21,589 --> 01:03:20,240

what what stance do you take towards it

1774

01:03:23,750 --> 01:03:21,599

i don't know i'm not going to tell

1775

01:03:25,349 --> 01:03:23,760

anybody what to do you know what i'm

1776

01:03:27,430 --> 01:03:25,359

saying sometimes i'm amused by it

1777

01:03:29,829 --> 01:03:27,440

sometimes it freaks me out

1778

01:03:30,630 --> 01:03:29,839

uh all i can figure is that like it's

1779

01:03:32,870 --> 01:03:30,640

just

1780

01:03:35,990 --> 01:03:32,880

you know there's this outer exp

1781

01:03:38,309 --> 01:03:36,000

one way that the the yogis teach it is

1782

01:03:40,069 --> 01:03:38,319

that the surface of life this outer rim

1783

01:03:42,710 --> 01:03:40,079

that we're experiencing of manif of

1784

01:03:45,750 --> 01:03:42,720

manifold-ness of differentness

1785

01:03:47,750 --> 01:03:45,760

is it's like this chaotic bubbling storm

1786

01:03:49,029 --> 01:03:47,760

you know and it's just an eternal level

1787

01:03:51,829 --> 01:03:49,039

of reality

1788

01:03:54,069 --> 01:03:51,839

you know maybe it lasts for 300 trillion

1789

01:03:55,750 --> 01:03:54,079
years and then it ceases for 300

1790

01:03:57,270 --> 01:03:55,760
trillion years and it comes back for 300

1791

01:03:58,470 --> 01:03:57,280
trillion whatever it's not like i'm

1792

01:03:59,430 --> 01:03:58,480
going to see it

1793

01:04:01,109 --> 01:03:59,440
but

1794

01:04:03,029 --> 01:04:01,119
you know that's about the level that

1795

01:04:05,510 --> 01:04:03,039
i've come to look at it at just this

1796

01:04:07,829 --> 01:04:05,520
level of this that we're experiencing it

1797

01:04:10,470 --> 01:04:07,839
is what it is it's good it's bad it's

1798

01:04:11,589 --> 01:04:10,480
just everything you know i mean probably

1799

01:04:14,309 --> 01:04:11,599
the best

1800

01:04:15,910 --> 01:04:14,319
image that i can find that captures it

1801

01:04:17,349 --> 01:04:15,920

is i don't know if you've ever read the

1802

01:04:19,750 --> 01:04:17,359

bhagavad gita

1803

01:04:22,470 --> 01:04:19,760

just parts yeah there's this there's a

1804

01:04:25,190 --> 01:04:22,480

one of the passages where our arjuna

1805

01:04:27,589 --> 01:04:25,200

asks krishna to reveal his true self

1806

01:04:29,029 --> 01:04:27,599

and i swear to god man that is like one

1807

01:04:30,789 --> 01:04:29,039

of my favorite things i've ever read

1808

01:04:33,829 --> 01:04:30,799

because it's literally everything

1809

01:04:36,150 --> 01:04:33,839

literally good bad ugly beautiful just

1810

01:04:37,510 --> 01:04:36,160

everything and that that was really that

1811

01:04:38,950 --> 01:04:37,520

passage i read that when i was in

1812

01:04:41,910 --> 01:04:38,960

college and i'm like

1813

01:04:43,510 --> 01:04:41,920

what this is these people's idea of god

1814

01:04:45,430 --> 01:04:43,520

i mean there was no god in the devil it

1815

01:04:47,589 --> 01:04:45,440

was just all god everything was god

1816

01:04:50,069 --> 01:04:47,599

there was no distinction right it was

1817

01:04:51,109 --> 01:04:50,079

just everything good bad ugly

1818

01:04:52,390 --> 01:04:51,119

all of it

1819

01:04:53,910 --> 01:04:52,400

and that was really the thing that

1820

01:04:55,750 --> 01:04:53,920

hooked me into that way of thinking i'm

1821

01:04:57,750 --> 01:04:55,760

like what who are these people and why

1822

01:04:59,029 --> 01:04:57,760

do they think like this

1823

01:05:01,029 --> 01:04:59,039

and so

1824

01:05:02,069 --> 01:05:01,039

yeah so i don't you know

1825

01:05:04,470 --> 01:05:02,079

it's it's

1826

01:05:06,789 --> 01:05:04,480

what it's done to me is i don't

1827

01:05:08,710 --> 01:05:06,799

there's no way in my human form that i'm

1828

01:05:10,309 --> 01:05:08,720

gonna like really get a grasp on any of

1829

01:05:12,230 --> 01:05:10,319

this stuff and what i've learned again

1830

01:05:13,990 --> 01:05:12,240

is that that 10 000 hours of doing

1831

01:05:16,230 --> 01:05:14,000

science if you just apply yourself and

1832

01:05:17,750 --> 01:05:16,240

keep focused on little specific things

1833

01:05:19,829 --> 01:05:17,760

you can actually make accomplishments

1834

01:05:21,430 --> 01:05:19,839

and get things done and it's a small

1835

01:05:22,390 --> 01:05:21,440

it's a small price to pay in that

1836

01:05:23,990 --> 01:05:22,400

grander

1837

01:05:25,190 --> 01:05:24,000

scheme of things that you just talked

1838

01:05:27,510 --> 01:05:25,200

about as soon as you put it in the

1839

01:05:29,029 --> 01:05:27,520

trillion-year perspective what's ten

1840

01:05:31,430 --> 01:05:29,039

thousand hours

1841

01:05:33,910 --> 01:05:31,440

yeah so so where do you where do you go

1842

01:05:37,510 --> 01:05:33,920

from here don what's uh what's next for

1843

01:05:39,510 --> 01:05:37,520

you uh what are your interests both in

1844

01:05:41,589 --> 01:05:39,520

your paycheck life but probably more

1845

01:05:43,430 --> 01:05:41,599

importantly for what we're talking about

1846

01:05:46,870 --> 01:05:43,440

where do you want to go with this

1847

01:05:48,150 --> 01:05:46,880

exploration of yoga and consciousness

1848

01:05:49,829 --> 01:05:48,160

well let's say with respect to the

1849

01:05:51,750 --> 01:05:49,839

paycheck life we'll have to we maybe

1850

01:05:53,109 --> 01:05:51,760

should do another talk about that

1851
01:05:55,430 --> 01:05:53,119
because it's very very interesting where

1852
01:05:56,870 --> 01:05:55,440
that's going and and that actually you

1853
01:05:58,710 --> 01:05:56,880
mentioned at the very beginning about

1854
01:06:00,309 --> 01:05:58,720
the non-linear dynamics work that i'm

1855
01:06:02,390 --> 01:06:00,319
doing and believe it or not it was

1856
01:06:05,270 --> 01:06:02,400
completely conditioned by learning all

1857
01:06:08,230 --> 01:06:05,280
these eastern ideas right it's this idea

1858
01:06:10,470 --> 01:06:08,240
that everything is dynamical patterns

1859
01:06:13,510 --> 01:06:10,480
that you learn from studying yoga

1860
01:06:15,829 --> 01:06:13,520
so if that's true well you know i study

1861
01:06:18,710 --> 01:06:15,839
cell death right so why can't cell death

1862
01:06:21,190 --> 01:06:18,720
be a dynamical pattern too right so the

1863
01:06:23,750 --> 01:06:21,200

connection the the the very thought of

1864

01:06:25,109 --> 01:06:23,760

that came from studying these indian

1865

01:06:26,710 --> 01:06:25,119

ideas

1866

01:06:29,029 --> 01:06:26,720

and so that that's all very interesting

1867

01:06:30,870 --> 01:06:29,039

i'm very excited about that and

1868

01:06:33,270 --> 01:06:30,880

i don't want to go off on it too much

1869

01:06:35,190 --> 01:06:33,280

with regard to this other stuff

1870

01:06:37,510 --> 01:06:35,200

i don't know it's just always i kind of

1871

01:06:39,270 --> 01:06:37,520

am like brownie in motion i don't have

1872

01:06:40,470 --> 01:06:39,280

any direction i've never really had any

1873

01:06:42,630 --> 01:06:40,480

direction

1874

01:06:45,029 --> 01:06:42,640

i mean as i learned the yoga ideas they

1875

01:06:47,270 --> 01:06:45,039

exert an influence they're kind of like

1876
01:06:48,549 --> 01:06:47,280
acid in a way they like corrode away all

1877
01:06:51,190 --> 01:06:48,559
the crap

1878
01:06:54,230 --> 01:06:51,200
you know and so there's these basic

1879
01:06:57,589 --> 01:06:54,240
ideas in yoga called yama and niyama

1880
01:06:59,430 --> 01:06:57,599
and they're like the um

1881
01:07:01,270 --> 01:06:59,440
you know the very very like i compare it

1882
01:07:02,789 --> 01:07:01,280
in the book to reading and writing right

1883
01:07:04,789 --> 01:07:02,799
you can't do science unless you know how

1884
01:07:07,589 --> 01:07:04,799
to read and write and you can't do yoga

1885
01:07:09,670 --> 01:07:07,599
unless you do yama niyama yep

1886
01:07:12,069 --> 01:07:09,680
and so

1887
01:07:14,549 --> 01:07:12,079
if anybody asks me do practice yoga i

1888
01:07:16,870 --> 01:07:14,559

can say yes because i just practice yama

1889

01:07:18,789 --> 01:07:16,880

and niyama and go over really just

1890

01:07:21,270 --> 01:07:18,799

quickly what those are because again as

1891

01:07:23,750 --> 01:07:21,280

you allude to most of us spend our life

1892

01:07:26,390 --> 01:07:23,760

just trying to aspire to

1893

01:07:28,309 --> 01:07:26,400

some of the basics there but yeah yeah

1894

01:07:29,589 --> 01:07:28,319

well i mean the idea like i say in the

1895

01:07:31,589 --> 01:07:29,599

book it's kind of like the ten

1896

01:07:32,950 --> 01:07:31,599

commandments but you know you don't do

1897

01:07:34,950 --> 01:07:32,960

it because you're going to go to hell

1898

01:07:36,870 --> 01:07:34,960

you do it because it's the logical

1899

01:07:39,670 --> 01:07:36,880

necessity to move on to the deeper

1900

01:07:41,829 --> 01:07:39,680

stages and it's basically

1901

01:07:44,390 --> 01:07:41,839

the idea of getting rid of all the

1902

01:07:46,549 --> 01:07:44,400

unnecessary stuff in your mind that

1903

01:07:48,950 --> 01:07:46,559

would block you from progressing further

1904

01:07:50,630 --> 01:07:48,960

into yoga and developing those habits

1905

01:07:52,549 --> 01:07:50,640

that will allow you

1906

01:07:54,069 --> 01:07:52,559

to deal with things as they arise later

1907

01:07:57,270 --> 01:07:54,079

on even as you go into more advanced

1908

01:07:58,710 --> 01:07:57,280

stages so both yama and niyama have

1909

01:08:02,950 --> 01:07:58,720

several different

1910

01:08:04,789 --> 01:08:02,960

um aspects like um with for example yama

1911

01:08:07,829 --> 01:08:04,799

you're like supposed to tell the truth

1912

01:08:10,069 --> 01:08:07,839

truthfulness right yeah not harm things

1913

01:08:12,150 --> 01:08:10,079

abstinence is one of them which a lot of

1914

01:08:13,029 --> 01:08:12,160

people in the west don't want to hear

1915

01:08:14,230 --> 01:08:13,039

um

1916

01:08:16,789 --> 01:08:14,240

but you know

1917

01:08:18,630 --> 01:08:16,799

the the one of the things way back early

1918

01:08:20,950 --> 01:08:18,640

on when i was in college when i first

1919

01:08:22,789 --> 01:08:20,960

got exposed to the ideas of raja yoga

1920

01:08:24,789 --> 01:08:22,799

and patanjali's yoga

1921

01:08:27,189 --> 01:08:24,799

was about just this one about

1922

01:08:29,030 --> 01:08:27,199

truthfulness because the the book i was

1923

01:08:30,789 --> 01:08:29,040

reading made the point how can you know

1924

01:08:33,590 --> 01:08:30,799

what is truth if you can't tell the

1925

01:08:35,910 --> 01:08:33,600

truth and that has always stuck with me

1926

01:08:38,870 --> 01:08:35,920

just unbelievably and it to this day is

1927

01:08:40,950 --> 01:08:38,880

like a guiding light in my thinking and

1928

01:08:42,950 --> 01:08:40,960

and it's not just like telling the truth

1929

01:08:44,390 --> 01:08:42,960

to somebody else where you might have a

1930

01:08:46,070 --> 01:08:44,400

lie that you're covering up something

1931

01:08:47,829 --> 01:08:46,080

bad you did it's not that it's like

1932

01:08:50,470 --> 01:08:47,839

telling the truth to yourself about deep

1933

01:08:52,390 --> 01:08:50,480

issues right am i delusional do when i

1934

01:08:54,870 --> 01:08:52,400

believe these things is it

1935

01:08:57,030 --> 01:08:54,880

why do i believe x does it make me feel

1936

01:08:58,870 --> 01:08:57,040

good is it does it make me feel more

1937

01:09:01,189 --> 01:08:58,880

important than somebody else you know

1938

01:09:02,950 --> 01:09:01,199

i'm saying it's like that level of truth

1939

01:09:05,189 --> 01:09:02,960

with yourself and it goes hand in hand

1940

01:09:07,669 --> 01:09:05,199

with seeking the truth which is kind of

1941

01:09:08,709 --> 01:09:07,679

a hard thing but we all intuitively know

1942

01:09:11,349 --> 01:09:08,719

when we're

1943

01:09:13,189 --> 01:09:11,359

pushing back our own nonsense and

1944

01:09:15,189 --> 01:09:13,199

seeking a deeper truth i think that's

1945

01:09:17,669 --> 01:09:15,199

part right and so you know these are the

1946

01:09:19,510 --> 01:09:17,679

kind of things that um i find my as i

1947

01:09:22,229 --> 01:09:19,520

read the stuff it's just very natural

1948

01:09:24,070 --> 01:09:22,239

that you know you it makes you think and

1949

01:09:26,789 --> 01:09:24,080

reflect on these things and go oh man

1950

01:09:28,789 --> 01:09:26,799

wow i'm kind of stupid you know i better

1951

01:09:30,149 --> 01:09:28,799

i need to like clean up these different

1952

01:09:31,590 --> 01:09:30,159

parts you know you're right this whole

1953

01:09:33,269 --> 01:09:31,600

idea of like going trying to become

1954

01:09:35,269 --> 01:09:33,279

enlightened and be infinite and all that

1955

01:09:36,550 --> 01:09:35,279

stuff it makes noise i go go drop acid

1956

01:09:39,829 --> 01:09:36,560

and spend the night doing it you're not

1957

01:09:41,990 --> 01:09:39,839

going to want to do it all the time

1958

01:09:44,550 --> 01:09:42,000

that's not the point you know there's

1959

01:09:47,110 --> 01:09:44,560

and even one of the core ideas in the

1960

01:09:48,950 --> 01:09:47,120

the yoga sutras is that if that would

1961

01:09:50,309 --> 01:09:48,960

never come to pass anyways unless you

1962

01:09:52,550 --> 01:09:50,319

clean up your karma like what you

1963

01:09:54,149 --> 01:09:52,560

alluded to right after this life we we

1964

01:09:56,149 --> 01:09:54,159

make all these reverberations in the

1965

01:09:58,149 --> 01:09:56,159

universe it brings us back we keep

1966

01:10:00,709 --> 01:09:58,159

recycling in our lives

1967

01:10:02,149 --> 01:10:00,719

until that stuff cleans up anyway right

1968

01:10:05,189 --> 01:10:02,159

and if there's some greater purpose to

1969

01:10:06,950 --> 01:10:05,199

it or whatever you know i don't know but

1970

01:10:09,110 --> 01:10:06,960

again this idea of karma i mean that

1971

01:10:10,709 --> 01:10:09,120

newton identified karma right that's

1972

01:10:12,950 --> 01:10:10,719

newton's third law for every action

1973

01:10:14,870 --> 01:10:12,960

there's a reaction so it happens in the

1974

01:10:16,790 --> 01:10:14,880

most grossest forms of physical matter

1975

01:10:18,709 --> 01:10:16,800

and it happens all the way up through

1976

01:10:20,709 --> 01:10:18,719

the psychological and spiritual levels

1977

01:10:22,390 --> 01:10:20,719

that we exist at

1978

01:10:24,470 --> 01:10:22,400

and you know

1979

01:10:27,030 --> 01:10:24,480

those are kind of the practical things

1980

01:10:28,470 --> 01:10:27,040

that that i focus on now

1981

01:10:30,870 --> 01:10:28,480

take a minute and tell people what

1982

01:10:32,750 --> 01:10:30,880

they're going to find if they go to your

1983

01:10:34,950 --> 01:10:32,760

excellent website

1984

01:10:37,270 --> 01:10:34,960

d-o-n-d-e-g dot com

1985

01:10:39,110 --> 01:10:37,280

um all my ramblings i just put

1986

01:10:40,950 --> 01:10:39,120

everything up you know when again this

1987

01:10:42,870 --> 01:10:40,960

kind of comes back to the early

1988

01:10:45,270 --> 01:10:42,880

influence of yoga i mean

1989

01:10:46,950 --> 01:10:45,280

somehow my karma is such that the stuff

1990

01:10:48,790 --> 01:10:46,960

i do for my paycheck i'm more than

1991

01:10:49,990 --> 01:10:48,800

satisfied with that and so all this

1992

01:10:52,149 --> 01:10:50,000

other stuff

1993

01:10:54,070 --> 01:10:52,159

that i do it's just give it back to the

1994

01:10:55,350 --> 01:10:54,080

world right the world gave to me i give

1995

01:10:56,630 --> 01:10:55,360

back to the world that's kind of how i

1996

01:10:58,870 --> 01:10:56,640

look at this so

1997

01:11:00,470 --> 01:10:58,880

you know early on where my ego drove me

1998

01:11:01,910 --> 01:11:00,480

a little bit i tried to sell some of my

1999

01:11:04,470 --> 01:11:01,920

material and

2000

01:11:05,590 --> 01:11:04,480

let's see i was called um arrogant other

2001

01:11:07,750 --> 01:11:05,600

people didn't understand what i was

2002

01:11:09,030 --> 01:11:07,760

talking about so i was just like screw

2003

01:11:10,310 --> 01:11:09,040

this and then boom there was the

2004

01:11:12,149 --> 01:11:10,320

internet and

2005

01:11:13,750 --> 01:11:12,159

i made started making friends and

2006

01:11:15,430 --> 01:11:13,760

finding other people with these common

2007

01:11:17,270 --> 01:11:15,440

interests and

2008

01:11:18,950 --> 01:11:17,280

you know i'm all for this spirit of just

2009

01:11:20,229 --> 01:11:18,960

giving the information away it's it's

2010

01:11:22,950 --> 01:11:20,239

kind of like a johnny appleseed

2011

01:11:25,510 --> 01:11:22,960

mentality well it's really quite an

2012

01:11:27,830 --> 01:11:25,520

amazing body of work and we'll obviously

2013

01:11:30,390 --> 01:11:27,840

have links to a lot of this stuff

2014

01:11:31,910 --> 01:11:30,400

in the show notes but i do encourage

2015

01:11:34,310 --> 01:11:31,920

everyone to go to the website check it

2016

01:11:36,709 --> 01:11:34,320

out you'll find something there that'll

2017

01:11:38,950 --> 01:11:36,719

strain your brain in one way or another

2018

01:11:41,189 --> 01:11:38,960

it's just been great having you on the

2019

01:11:44,149 --> 01:11:41,199

phone again our guest has been

2020

01:11:46,870 --> 01:11:44,159

dr donald degrassia at from wayne state

2021

01:11:49,110 --> 01:11:46,880

university school of medicine and from

2022

01:11:51,430 --> 01:11:49,120

d-o-n-d-e-g

2023

01:11:52,470 --> 01:11:51,440

dot com don thanks again so much for

2024

01:11:53,990 --> 01:11:52,480

joining me

2025

01:11:55,510 --> 01:11:54,000

yeah this is this was great alex i

2026

01:11:57,030 --> 01:11:55,520

really appreciate it thank you very much

2027

01:11:59,030 --> 01:11:57,040

for the opportunity

2028

01:12:01,270 --> 01:11:59,040

thanks again to dr degrassi for joining

2029

01:12:03,110 --> 01:12:01,280

me today on skeptico i guess i'd have

2030

01:12:06,070 --> 01:12:03,120

one question to tee up from this

2031

01:12:07,189 --> 01:12:06,080

interview what should we make of

2032

01:12:11,910 --> 01:12:07,199

science

2033

01:12:13,750 --> 01:12:11,920

think one of don's points that was

2034

01:12:16,310 --> 01:12:13,760

really fascinating

2035

01:12:19,110 --> 01:12:16,320

is that when he looks at the yogic

2036

01:12:21,430 --> 01:12:19,120

tradition and yogic philosophy he's not

2037

01:12:22,870 --> 01:12:21,440

looking at it through a spiritual lens

2038

01:12:26,310 --> 01:12:22,880

but i get the sense that he's looking at

2039

01:12:29,350 --> 01:12:26,320

it from a scientific lens and saying gee

2040

01:12:31,830 --> 01:12:29,360

have these folks discovered something in

2041

01:12:33,189 --> 01:12:31,840

a different way that we need to pay

2042

01:12:35,510 --> 01:12:33,199

attention to

2043

01:12:37,270 --> 01:12:35,520

and i think that's such a blind spot for

2044

01:12:39,110 --> 01:12:37,280

us in the west

2045

01:12:42,790 --> 01:12:39,120

that i'd like to tee that up as a

2046

01:12:45,669 --> 01:12:42,800

question and that is do other cultures

2047

01:12:48,950 --> 01:12:45,679

offer a science in the way that we think

2048

01:12:51,270 --> 01:12:48,960

about science a science that deserves

2049

01:12:52,709 --> 01:12:51,280

our attention so that's the question i'd

2050

01:12:54,709 --> 01:12:52,719

love to hear your thoughts on that of

2051

01:12:59,350 --> 01:12:54,719

course the place to do it is through the

2052

01:13:00,390 --> 01:12:59,360

skeptico website at s-k-e-p-t-i-k-o

2053

01:13:01,750 --> 01:13:00,400

dot com

2054

01:13:04,709 --> 01:13:01,760

you can leave a message right there on

2055

01:13:06,470 --> 01:13:04,719

the comment section jump over the forum

2056

01:13:08,470 --> 01:13:06,480

or send me an email you can always send

2057

01:13:10,790 --> 01:13:08,480

me an email facebook

2058

01:13:12,550 --> 01:13:10,800

not always super prompt on getting to

2059

01:13:14,229 --> 01:13:12,560

those depending on what's going on but i

2060

01:13:15,350 --> 01:13:14,239

do try and eventually get to all of them

2061

01:13:18,149 --> 01:13:15,360

so if that's the way you want to

2062

01:13:20,070 --> 01:13:18,159

communicate with me that's fine as well

2063

01:13:22,310 --> 01:13:20,080

i have a number of interesting shows

2064

01:13:24,310 --> 01:13:22,320

coming up i have already recorded a

2065

01:13:26,470 --> 01:13:24,320

bunch of shows i'm just in the process

2066

01:13:29,270 --> 01:13:26,480

of getting those out i'm trying to stick

2067

01:13:31,030 --> 01:13:29,280

to my every other week schedule but i

2068

01:13:33,590 --> 01:13:31,040

might have to increase that to get a

2069

01:13:35,590 --> 01:13:33,600

couple of additional little shows that i

2070

01:13:37,830 --> 01:13:35,600

want to get out here but we'll see how

2071

01:13:40,070 --> 01:13:37,840

all that comes now that i've wrapped up

2072

01:13:41,910 --> 01:13:40,080

my book i've been able to dive back into

2073

01:13:45,110 --> 01:13:41,920

the forum and some of the comments on

2074

01:13:48,229 --> 01:13:45,120

the website and i'm reminded of how much

2075

01:13:50,149 --> 01:13:48,239

i enjoy connecting with you the folks

2076

01:13:52,390 --> 01:13:50,159

who listen to this show and are going

2077

01:13:54,790 --> 01:13:52,400

through this skeptico adventure with me

2078

01:13:57,510 --> 01:13:54,800

you're always in my thoughts and i love

2079

01:13:59,669 --> 01:13:57,520

hearing from you and connecting with you

2080

01:14:01,990 --> 01:13:59,679

it's one of the great gifts of this

2081

01:14:04,070 --> 01:14:02,000

thing we call the internet that i can

2082

01:14:05,910 --> 01:14:04,080

connect with people that i don't know

2083

01:14:07,750 --> 01:14:05,920

and then i can actually get to know them

2084

01:14:08,709 --> 01:14:07,760

and there's so many of you who i now

2085

01:14:10,550 --> 01:14:08,719

consider

2086

01:14:13,189 --> 01:14:10,560

friends in the very real sense of the

2087

01:14:15,030 --> 01:14:13,199

word so that's a nice thing and i

2088

01:14:17,270 --> 01:14:15,040

certainly hope that if you do feel a

2089

01:14:20,070 --> 01:14:17,280

desire to reach out and connect with me

2090

01:14:21,910 --> 01:14:20,080

please do and i'll try my best to reach

2091

01:14:25,030 --> 01:14:21,920

back so then that's going to do it for