



# SCIENCE IGNORES CONSCIOUSNESS

**PETER RUSSELL**

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1  
00:00:11,419 --> 00:00:09,290  
on this episode of skeptic Oh Alex talks

2  
00:00:14,480 --> 00:00:11,429  
with well-known author and consciousness

3  
00:00:17,120 --> 00:00:14,490  
Explorer Peter Russell what this

4  
00:00:19,370 --> 00:00:17,130  
mind-brain duality this consciousness

5  
00:00:22,040 --> 00:00:19,380  
issue really says is that you know what

6  
00:00:24,050 --> 00:00:22,050  
we really can't measure things the way

7  
00:00:26,179 --> 00:00:24,060  
that we thought we could consciousness

8  
00:00:28,400 --> 00:00:26,189  
is absolutely fundamental without

9  
00:00:30,019 --> 00:00:28,410  
consciousness there'd be no science you

10  
00:00:32,810 --> 00:00:30,029  
could say it's the fundamental tool of

11  
00:00:33,530 --> 00:00:32,820  
science and yet is totally ignored by

12  
00:00:47,660 --> 00:00:33,540  
science

13  
00:00:51,450 --> 00:00:49,860

welcome to skeptic aware we explore

14

00:00:53,819 --> 00:00:51,460

controversial science with leading

15

00:00:56,219 --> 00:00:53,829

researchers thinkers and their critics

16

00:00:59,459 --> 00:00:56,229

I'm your host Alex Icarus and on this

17

00:01:02,099 --> 00:00:59,469

episode Peter Russell joins us Peter is

18

00:01:03,779 --> 00:01:02,109

a well-known author and thinker among

19

00:01:06,480 --> 00:01:03,789

people who are interested in human

20

00:01:08,460 --> 00:01:06,490

consciousness in science it was a great

21

00:01:12,149 --> 00:01:08,470

pleasure to talk to him here's my

22

00:01:14,669 --> 00:01:12,159

dialogue today we welcome well-known

23

00:01:17,370 --> 00:01:14,679

author teacher and consciousness

24

00:01:19,770 --> 00:01:17,380

Explorer Peter Russell - skeptic Oh

25

00:01:23,430 --> 00:01:19,780

Peter's books include the global brain

26

00:01:26,070 --> 00:01:23,440

waking up in time and from science to

27

00:01:28,309 --> 00:01:26,080

God there are so many interesting things

28

00:01:31,800 --> 00:01:28,319

we might like to talk about today so

29

00:01:33,539 --> 00:01:31,810

let's get right to it Peter thank you so

30

00:01:35,730 --> 00:01:33,549

much for joining me on skeptic oh and

31

00:01:38,809 --> 00:01:35,740

welcome it's lovely to be with you you

32

00:01:42,389 --> 00:01:38,819

know I have to say you know the term

33

00:01:44,340 --> 00:01:42,399

pioneer gets thrown around a lot but

34

00:01:46,410 --> 00:01:44,350

when it comes to your work with

35

00:01:49,109 --> 00:01:46,420

consciousness science in particular the

36

00:01:51,869 --> 00:01:49,119

intersection of this idea of

37

00:01:54,150 --> 00:01:51,879

consciousness and spirituality you

38

00:01:57,029 --> 00:01:54,160

really are a pioneer I mean you were in

39

00:01:59,699 --> 00:01:57,039

this so early what tell us a little bit

40

00:02:02,550 --> 00:01:59,709

about that background and how you became

41

00:02:04,410 --> 00:02:02,560

how you came to be such a prominent

42

00:02:07,889 --> 00:02:04,420

teacher writer and really put yourself

43

00:02:09,570 --> 00:02:07,899

out there in this area yes I mean I

44

00:02:11,250 --> 00:02:09,580

think I think I became prominent just

45

00:02:13,020 --> 00:02:11,260

because as you say I was in there very

46

00:02:17,220 --> 00:02:13,030

early on when very few people were

47

00:02:19,550 --> 00:02:17,230

thinking this way and it came out of a

48

00:02:23,190 --> 00:02:19,560

mixture of things in me I was a

49

00:02:25,440 --> 00:02:23,200

scientist by inclination and by training

50

00:02:27,750 --> 00:02:25,450

I'd gone to Cambridge University in

51  
00:02:28,979 --> 00:02:27,760  
England studying mathematics you know

52  
00:02:31,530 --> 00:02:28,989  
probably all the best places in the

53  
00:02:33,360 --> 00:02:31,540  
world you can study math I was under

54  
00:02:35,759 --> 00:02:33,370  
Stephen Hawking's wing for a while he

55  
00:02:38,369 --> 00:02:35,769  
was my tutor and loved it

56  
00:02:40,860 --> 00:02:38,379  
during Cerreto physics and then later

57  
00:02:42,990 --> 00:02:40,870  
moved into psychology so I had that

58  
00:02:44,729 --> 00:02:43,000  
whole scientific training which I really

59  
00:02:46,770 --> 00:02:44,739  
value and is still with me I mean people

60  
00:02:49,080 --> 00:02:46,780  
often diss science but it's actually

61  
00:02:51,240 --> 00:02:49,090  
it's an incredible training in terms of

62  
00:02:53,730 --> 00:02:51,250  
just but only an understanding of the

63  
00:02:56,449 --> 00:02:53,740

world but how to look at the world so

64

00:02:57,510 --> 00:02:56,459

that that's one aspect of it and then I

65

00:03:00,000 --> 00:02:57,520

also

66

00:03:02,880 --> 00:03:00,010

it had an ongoing interest all my life

67

00:03:04,890 --> 00:03:02,890

in the mind and consciousness you know

68

00:03:07,650 --> 00:03:04,900

as a teenager I was doing things

69

00:03:09,720 --> 00:03:07,660

teenagers do so you know exploring

70

00:03:11,460 --> 00:03:09,730

self-hypnosis and flashing lights in

71

00:03:14,070 --> 00:03:11,470

front of my eyes and spinning around you

72

00:03:16,980 --> 00:03:14,080

know just exploring altered states just

73

00:03:19,770 --> 00:03:16,990

realizing you know we can we can change

74

00:03:23,970 --> 00:03:19,780

the way we see things and that led me

75

00:03:25,860 --> 00:03:23,980

into reading of well in math in my

76  
00:03:27,510 --> 00:03:25,870  
teenage years I was reading about Yogi's

77  
00:03:30,270 --> 00:03:27,520  
and things but remember this is back in

78  
00:03:32,850 --> 00:03:30,280  
the late fifties early sixties when they

79  
00:03:35,040 --> 00:03:32,860  
you know the perceptions of Yogi's then

80  
00:03:38,490 --> 00:03:35,050  
were people who could lie on beds of

81  
00:03:40,950 --> 00:03:38,500  
nails or you know swallow things and not

82  
00:03:42,720 --> 00:03:40,960  
be harmed by them I'm very different

83  
00:03:45,240 --> 00:03:42,730  
from the idea of yoga that's now become

84  
00:03:47,040 --> 00:03:45,250  
so widespread in the West but so that

85  
00:03:49,710 --> 00:03:47,050  
interest was there and that led me into

86  
00:03:52,370 --> 00:03:49,720  
an interested Eastern philosophy and

87  
00:03:55,080 --> 00:03:52,380  
meditation and I went out to India and

88  
00:03:57,930 --> 00:03:55,090

studied meditation at that time I'd got

89

00:03:59,790 --> 00:03:57,940

involved in TM Transcendental Meditation

90

00:04:02,070 --> 00:03:59,800

but Peter hold on let me interject here

91

00:04:04,170 --> 00:04:02,080

because I think we all do this when we

92

00:04:06,630 --> 00:04:04,180

talk about our story and we try and

93

00:04:08,220 --> 00:04:06,640

weave together this tapestry but there

94

00:04:10,530 --> 00:04:08,230

is a big shift there right and an

95

00:04:12,600 --> 00:04:10,540

interesting one I'd like to explore so

96

00:04:15,390 --> 00:04:12,610

you're this Cambridge physicist

97

00:04:17,310 --> 00:04:15,400

mathematician science guy as you

98

00:04:19,560 --> 00:04:17,320

described in your book from science to

99

00:04:23,340 --> 00:04:19,570

God you're just natural love and

100

00:04:25,920 --> 00:04:23,350

inclination to science but you know that

101

00:04:27,870 --> 00:04:25,930

there is quite a schism a lot of times

102

00:04:30,770 --> 00:04:27,880

between the science types the

103

00:04:34,500 --> 00:04:30,780

mathematics types yes and people who are

104

00:04:36,480 --> 00:04:34,510

traipsing off to India to explore what

105

00:04:38,880 --> 00:04:36,490

they're reading about Yogi's it's

106

00:04:41,760 --> 00:04:38,890

wonderful I get it but I think that

107

00:04:47,430 --> 00:04:41,770

needs a little bit more filling in there

108

00:04:49,170 --> 00:04:47,440

okay I think I the reason I began to

109

00:04:51,659 --> 00:04:49,180

sort of explore that more actively was a

110

00:04:55,020 --> 00:04:51,669

realization that physics wasn't going to

111

00:04:56,850 --> 00:04:55,030

answer everything and one of the sort of

112

00:04:59,159 --> 00:04:56,860

not quite an epiphany but one of those

113

00:05:02,640 --> 00:04:59,169

moments of like a weight little

114

00:05:04,110 --> 00:05:02,650

awakening was when I realized I could

115

00:05:06,330 --> 00:05:04,120

study hydrogen

116

00:05:07,680 --> 00:05:06,340

you know solving physics of hydrogen

117

00:05:09,240 --> 00:05:07,690

which is a great intellectual

118

00:05:11,410 --> 00:05:09,250

achievement of Western science to

119

00:05:13,690 --> 00:05:11,420

actually soul shredding this equation

120

00:05:16,390 --> 00:05:13,700

and yet you know the whole universe had

121

00:05:19,990 --> 00:05:16,400

evolved out of hydrogen this you know

122

00:05:22,870 --> 00:05:20,000

odorless colorless gas and here and it

123

00:05:26,110 --> 00:05:22,880

evolved into a being like me who could

124

00:05:29,110 --> 00:05:26,120

study hydrogen as like what has happened

125

00:05:31,510 --> 00:05:29,120

here how on earth did hydrogen evolve

126

00:05:35,200 --> 00:05:31,520

into a system that could study itself

127

00:05:37,000 --> 00:05:35,210

and that was that it sort of blew my

128

00:05:39,490 --> 00:05:37,010

mind and it was really like how had

129

00:05:43,090 --> 00:05:39,500

consciousness come into existence in the

130

00:05:46,480 --> 00:05:43,100

universe why is it just a load of atoms

131

00:05:49,330 --> 00:05:46,490

evolving molecules you can even predict

132

00:05:50,800 --> 00:05:49,340

life but why should life be conscious

133

00:05:52,840 --> 00:05:50,810

why was there consciousness in the

134

00:05:56,160 --> 00:05:52,850

universe in the first place that was

135

00:05:59,800 --> 00:05:56,170

that was the question that really got me

136

00:06:02,020 --> 00:05:59,810

the old sort of mind mind brain problem

137

00:06:04,420 --> 00:06:02,030

why does the brain have a mind yeah yeah

138

00:06:06,510 --> 00:06:04,430

but what I think is fascinating is you

139

00:06:10,810 --> 00:06:06,520

approached it come from kind of this

140

00:06:12,910 --> 00:06:10,820

recursive scientific kind of mode you

141

00:06:14,770 --> 00:06:12,920

know just digging deeper and deeper into

142

00:06:17,680 --> 00:06:14,780

science and I find that fascinating

143

00:06:20,050 --> 00:06:17,690

because for me you know I really have

144

00:06:21,280 --> 00:06:20,060

come at it from a kind of a different

145

00:06:23,290 --> 00:06:21,290

perspective totally different

146

00:06:25,840 --> 00:06:23,300

perspective although I see the same

147

00:06:28,360 --> 00:06:25,850

things you know I was really more I

148

00:06:32,070 --> 00:06:28,370

guess growing up kind of more of an

149

00:06:34,480 --> 00:06:32,080

engineering oriented computer oriented

150

00:06:36,250 --> 00:06:34,490

entrepreneurial oriented you know I want

151  
00:06:38,830 --> 00:06:36,260  
to make money I want to make things and

152  
00:06:41,080 --> 00:06:38,840  
make money and as you described in your

153  
00:06:43,990 --> 00:06:41,090  
book you know you talk about your early

154  
00:06:46,360 --> 00:06:44,000  
just fascination with science you know

155  
00:06:48,580 --> 00:06:46,370  
how sound travels through air how metal

156  
00:06:50,560 --> 00:06:48,590  
expands you know that wasn't me I never

157  
00:06:52,240 --> 00:06:50,570  
paid any attention that I was like how

158  
00:06:54,720 --> 00:06:52,250  
can we go out and make a book but at the

159  
00:06:59,320 --> 00:06:54,730  
same time I found the same kind of

160  
00:07:02,140 --> 00:06:59,330  
interest for me in yogic ideas or

161  
00:07:03,840 --> 00:07:02,150  
west-eastern versus Western thought but

162  
00:07:06,610 --> 00:07:03,850  
I just took at it from a very practical

163  
00:07:08,290 --> 00:07:06,620

well is this right or is this right

164

00:07:10,540 --> 00:07:08,300

what's the kind of most efficient and

165

00:07:13,360 --> 00:07:10,550

yeah kind of an engineering perspective

166

00:07:16,260 --> 00:07:13,370

and I bring that up because in your book

167

00:07:18,730 --> 00:07:16,270

you talk about your frustration with

168

00:07:20,650 --> 00:07:18,740

that we need new models for

169

00:07:23,950 --> 00:07:20,660

consciousness and this is early on you

170

00:07:25,190 --> 00:07:23,960

know as opposed to I guess the way I

171

00:07:27,950 --> 00:07:25,200

always saw it is

172

00:07:29,930 --> 00:07:27,960

hey we got a paradigm that's broken here

173

00:07:33,140 --> 00:07:29,940

it doesn't work anymore it's no big deal

174

00:07:35,450 --> 00:07:33,150

it's like AOL you know we're both old

175

00:07:38,090 --> 00:07:35,460

enough to remember you've got mail oh

176

00:07:40,580 --> 00:07:38,100

well I mean it was the dominant paradigm

177

00:07:42,800 --> 00:07:40,590

and it's gone it just disappeared it's

178

00:07:45,320 --> 00:07:42,810

no longer AOL Time Warner even changed

179

00:07:48,580 --> 00:07:45,330

the name of that back so I wonder if

180

00:07:51,800 --> 00:07:48,590

science has a harder time with these

181

00:07:54,050 --> 00:07:51,810

paradigm shifts and even you as as much

182

00:07:56,390 --> 00:07:54,060

of a pioneer as you are still looks for

183

00:07:58,520 --> 00:07:56,400

new models of consciousness rather than

184

00:07:59,930 --> 00:07:58,530

to say oh you know what science is

185

00:08:02,120 --> 00:07:59,940

broken science doesn't see that I'll

186

00:08:05,800 --> 00:08:02,130

never see it it's AOL it'll be in the

187

00:08:10,640 --> 00:08:05,810

dustbin of history let's just move on

188

00:08:12,170 --> 00:08:10,650

right yes that's interesting I think you

189

00:08:13,460 --> 00:08:12,180

know where's you're the engineer wanting

190

00:08:16,220 --> 00:08:13,470

to make things work I wanted to

191

00:08:17,930 --> 00:08:16,230

understand things and I wanted to

192

00:08:20,060 --> 00:08:17,940

understand the mind understand

193

00:08:22,310 --> 00:08:20,070

consciousness and I could see you know

194

00:08:25,700 --> 00:08:22,320

the current scientific paradigm wasn't

195

00:08:28,430 --> 00:08:25,710

working but what I want to do was find

196

00:08:30,620 --> 00:08:28,440

out what was the new paradigm how could

197

00:08:33,260 --> 00:08:30,630

interface with the old paradigm so I

198

00:08:34,880 --> 00:08:33,270

think my path is being much more about

199

00:08:37,700 --> 00:08:34,890

understanding things and wanting to

200

00:08:39,620 --> 00:08:37,710

really dig in and how is it how do

201  
00:08:42,650 --> 00:08:39,630  
things work how does what does the new

202  
00:08:44,510 --> 00:08:42,660  
paradigm look like and how can I share

203  
00:08:47,990 --> 00:08:44,520  
this with other people what I'm seeing

204  
00:08:49,820 --> 00:08:48,000  
so you out probably making things

205  
00:08:52,700 --> 00:08:49,830  
products businesses

206  
00:08:55,730 --> 00:08:52,710  
I was out sort of working with ideas

207  
00:08:57,700 --> 00:08:55,740  
making books that sort of thing so what

208  
00:09:01,580 --> 00:08:57,710  
did you find what is the driving

209  
00:09:04,460 --> 00:09:01,590  
paradigm shift that you discovered for

210  
00:09:06,740 --> 00:09:04,470  
me it's that consciousness is not

211  
00:09:09,560 --> 00:09:06,750  
something that's created by the brain

212  
00:09:12,290 --> 00:09:09,570  
clearly the brain creates what we

213  
00:09:14,120 --> 00:09:12,300

experience and if I'm seeing you know a

214

00:09:15,350 --> 00:09:14,130

tree it's creating the experience of

215

00:09:17,690 --> 00:09:15,360

seeing a tree if I'm falling in love

216

00:09:22,310 --> 00:09:17,700

that corresponds to brain activity but

217

00:09:23,930 --> 00:09:22,320

the actual capacity to be aware I don't

218

00:09:27,010 --> 00:09:23,940

think is created by the brain I think

219

00:09:30,310 --> 00:09:27,020

that is actually a universal

220

00:09:32,540 --> 00:09:30,320

characteristic of the whole cosmos and

221

00:09:34,340 --> 00:09:32,550

what has happened with human beings is

222

00:09:36,260 --> 00:09:34,350

we've evolved to a state where we are

223

00:09:39,170 --> 00:09:36,270

conscious that we are conscious we are

224

00:09:41,690 --> 00:09:39,180

self-aware but I don't think awareness

225

00:09:43,400 --> 00:09:41,700

comes out of matter I could almost argue

226

00:09:46,580 --> 00:09:43,410

the other way around that our experience

227

00:09:49,490 --> 00:09:46,590

of matter comes out of awareness and

228

00:09:51,920 --> 00:09:49,500

that to me is a complete reversal of the

229

00:09:53,690 --> 00:09:51,930

current paradigm and it's a hard thing

230

00:09:56,330 --> 00:09:53,700

to get across to people because you know

231

00:09:59,780 --> 00:09:56,340

as you intimate we hold on to our belief

232

00:10:01,550 --> 00:09:59,790

systems probably more dogged ly than we

233

00:10:04,070 --> 00:10:01,560

hold on to anything else you know we'll

234

00:10:06,890 --> 00:10:04,080

change jobs were changed houses were

235

00:10:08,900 --> 00:10:06,900

change partners will even change gender

236

00:10:11,720 --> 00:10:08,910

these days but changing our fundamental

237

00:10:13,070 --> 00:10:11,730

belief system is difficult where there

238

00:10:15,980 --> 00:10:13,080

was a religious belief system or a

239

00:10:18,350 --> 00:10:15,990

scientific belief system I think it was

240

00:10:20,810 --> 00:10:18,360

wasn't it Niels Bohr who said science

241

00:10:22,280 --> 00:10:20,820

changes not because scientists changed

242

00:10:25,640 --> 00:10:22,290

their mind but the old one has died out

243

00:10:28,550 --> 00:10:25,650

yeah I think that's true I took it one

244

00:10:32,330 --> 00:10:28,560

step further and say you know is science

245

00:10:35,780 --> 00:10:32,340

so fundamentally flawed that we can no

246

00:10:38,450 --> 00:10:35,790

longer use it you know a few years ago I

247

00:10:42,130 --> 00:10:38,460

had a chance to interview biologists

248

00:10:45,470 --> 00:10:42,140

elizabeth's a Taurus have you ever heard

249

00:10:46,460 --> 00:10:45,480

she's such a wonderful person and you

250

00:10:48,880 --> 00:10:46,470

know she's someone who's obviously

251  
00:10:51,800 --> 00:10:48,890  
looked at these kind of big picture

252  
00:10:53,150 --> 00:10:51,810  
cross-cultural aspects of science and I

253  
00:10:54,620 --> 00:10:53,160  
was just listening to the interview and

254  
00:10:56,390 --> 00:10:54,630  
one of the things really kind of jumped

255  
00:10:59,360 --> 00:10:56,400  
out at me and that is you know we're the

256  
00:11:01,880 --> 00:10:59,370  
only culture in which our science

257  
00:11:04,940 --> 00:11:01,890  
assumes that we can observe our

258  
00:11:06,890 --> 00:11:04,950  
environment without affecting it Wow

259  
00:11:08,990 --> 00:11:06,900  
that's kind of interesting kind of

260  
00:11:11,720 --> 00:11:09,000  
profound because it is one of the

261  
00:11:13,610 --> 00:11:11,730  
fundamental assumptions and we've known

262  
00:11:14,690 --> 00:11:13,620  
you as a physicist can really speak to

263  
00:11:15,980 --> 00:11:14,700

this and I hope you will I mean we've

264

00:11:17,720 --> 00:11:15,990

known for the at least the last hundred

265

00:11:20,360 --> 00:11:17,730

years that it's completely not true

266

00:11:23,450 --> 00:11:20,370

right I mean quantum physics has told us

267

00:11:26,540 --> 00:11:23,460

the observer effect has told us that no

268

00:11:28,970 --> 00:11:26,550

we cannot observe something without

269

00:11:32,060 --> 00:11:28,980

affecting it okay we've got a wealth of

270

00:11:33,860 --> 00:11:32,070

stuff to go ahead with it firstly just

271

00:11:36,050 --> 00:11:33,870

to go back I don't think science is

272

00:11:37,910 --> 00:11:36,060

fundamentally flawed first of all it's

273

00:11:40,940 --> 00:11:37,920

all just things between science as a

274

00:11:43,250 --> 00:11:40,950

process of arriving at truth which is

275

00:11:45,830 --> 00:11:43,260

the scientific method and the current

276

00:11:47,420 --> 00:11:45,840

scientific paradigm which is the current

277

00:11:50,750 --> 00:11:47,430

worldview which has been arrived at

278

00:11:51,320 --> 00:11:50,760

through the process now the current

279

00:11:52,970 --> 00:11:51,330

worldview

280

00:11:54,970 --> 00:11:52,980

I wouldn't say is funded

281

00:11:57,290 --> 00:11:54,980

mentally flawed I would say it's limited

282

00:12:00,019 --> 00:11:57,300

the what the current world view works

283

00:12:04,009 --> 00:12:00,029

perfectly well when we're working out

284

00:12:06,379 --> 00:12:04,019

you know weather patterns how to design

285

00:12:08,180 --> 00:12:06,389

computer chips which are basically based

286

00:12:10,100 --> 00:12:08,190

on quantum theory engineering

287

00:12:11,870 --> 00:12:10,110

engineering no Peter right that's is

288

00:12:13,910 --> 00:12:11,880

that science or is it engineering

289

00:12:15,980 --> 00:12:13,920

well the engineering is based on science

290

00:12:17,870 --> 00:12:15,990

and if you're doing engineering you need

291

00:12:20,569 --> 00:12:17,880

to know you know these days you need to

292

00:12:22,519 --> 00:12:20,579

really know about say metals composites

293

00:12:24,889 --> 00:12:22,529

their strengths their weaknesses how

294

00:12:28,430 --> 00:12:24,899

they work and all of that comes out of

295

00:12:30,860 --> 00:12:28,440

science so science is always behind

296

00:12:33,019 --> 00:12:30,870

technology and then the technology least

297

00:12:35,030 --> 00:12:33,029

the engineering so there's the science

298

00:12:38,150 --> 00:12:35,040

there but what I want to say is it's

299

00:12:40,430 --> 00:12:38,160

limited and it's limitation this

300

00:12:43,160 --> 00:12:40,440

particular limitation is it doesn't

301  
00:12:45,290 --> 00:12:43,170  
include mind or consciousness within its

302  
00:12:47,480 --> 00:12:45,300  
scope and that's when we start going to

303  
00:12:50,019 --> 00:12:47,490  
those zeros we see its limits it's bit

304  
00:12:52,519 --> 00:12:50,029  
like saying you know utonium physics was

305  
00:12:55,220 --> 00:12:52,529  
fine it was limited it's now just a

306  
00:12:58,699 --> 00:12:55,230  
special case of einstein's physics but

307  
00:13:01,850 --> 00:12:58,709  
we we still drive our cars by Newtonian

308  
00:13:03,980 --> 00:13:01,860  
physics we fly our GPS by einsteinium

309  
00:13:05,720 --> 00:13:03,990  
physics but Newtonian physics is

310  
00:13:08,600 --> 00:13:05,730  
perfectly good for driving down the road

311  
00:13:10,040 --> 00:13:08,610  
and so I will just say the science is

312  
00:13:10,579 --> 00:13:10,050  
limited not floored I just want to make

313  
00:13:12,920 --> 00:13:10,589

that point

314

00:13:15,350 --> 00:13:12,930

great let's let's probe that a little

315

00:13:17,180 --> 00:13:15,360

bit further and this is maybe just a hot

316

00:13:19,100 --> 00:13:17,190

button for me and I love having a

317

00:13:20,660 --> 00:13:19,110

physicist on to talk about it with

318

00:13:22,819 --> 00:13:20,670

because what you're really saying it

319

00:13:26,269 --> 00:13:22,829

comes down to a matter of measurement

320

00:13:29,059 --> 00:13:26,279

right and how closely we want to measure

321

00:13:31,309 --> 00:13:29,069

things I think what this mind-brain

322

00:13:33,590 --> 00:13:31,319

duality this consciousness issue really

323

00:13:35,840 --> 00:13:33,600

says is that you know what we really

324

00:13:37,730 --> 00:13:35,850

can't measure things the way that we

325

00:13:39,650 --> 00:13:37,740

thought we could and in the same way

326

00:13:41,809 --> 00:13:39,660

that when we moved from Newtonian

327

00:13:43,879 --> 00:13:41,819

physics to on Stinney in physics we saw

328

00:13:45,980 --> 00:13:43,889

well you know Newtonian physics is

329

00:13:47,569 --> 00:13:45,990

really kind of an approximation I then

330

00:13:51,079 --> 00:13:47,579

move to consciousness does the same

331

00:13:52,790 --> 00:13:51,089

thing you know we now have to realize

332

00:13:54,170 --> 00:13:52,800

that we have to put an asterisk by

333

00:13:56,509 --> 00:13:54,180

everything we measure because we haven't

334

00:13:59,870 --> 00:13:56,519

factored in consciousness we don't know

335

00:14:02,470 --> 00:13:59,880

how many angels fit on the head of a

336

00:14:05,090 --> 00:14:02,480

needle and yet we now have to seriously

337

00:14:07,129 --> 00:14:05,100

look at that question at least a little

338

00:14:09,769 --> 00:14:07,139

bit we have to factor it in and

339

00:14:12,590 --> 00:14:09,779

don't factor it in so of course I think

340

00:14:14,720 --> 00:14:12,600

there's still elements of Sciences is

341

00:14:17,239 --> 00:14:14,730

okay as long as we look at it from my

342

00:14:20,119 --> 00:14:17,249

perspective as an engineer but in terms

343

00:14:23,210 --> 00:14:20,129

of a form of answering these big-picture

344

00:14:26,780 --> 00:14:23,220

questions of who we are why are we here

345

00:14:28,879 --> 00:14:26,790

I wonder if it really holds any promise

346

00:14:30,799 --> 00:14:28,889

of really getting us closer to that or

347

00:14:33,079 --> 00:14:30,809

if it really is just a tool for

348

00:14:34,909 --> 00:14:33,089

engineers I would yeah I think when it

349

00:14:38,659 --> 00:14:34,919

comes to those big questions science is

350

00:14:40,309 --> 00:14:38,669

not going to help us not our current

351  
00:14:41,989 --> 00:14:40,319  
science anyway no it's not going to help

352  
00:14:44,509 --> 00:14:41,999  
those big questions why are we here

353  
00:14:46,759 --> 00:14:44,519  
what's it about it helps us understand

354  
00:14:49,999 --> 00:14:46,769  
how the world works it doesn't go for

355  
00:14:51,379 --> 00:14:50,009  
those bigger questions well it depends

356  
00:14:52,729 --> 00:14:51,389  
on who you talk to there's a lot of

357  
00:14:55,280 --> 00:14:52,739  
folks there were a lot of times have

358  
00:14:56,960 --> 00:14:55,290  
told us that science can give us those

359  
00:15:00,019 --> 00:14:56,970  
answers and I think we've kind of built

360  
00:15:03,109 --> 00:15:00,029  
our culture around that but I think

361  
00:15:05,299 --> 00:15:03,119  
that's part of what you've explored so

362  
00:15:08,359 --> 00:15:05,309  
wonderfully in your books and in many of

363  
00:15:11,960 --> 00:15:08,369

your lectures is this intersection with

364

00:15:14,869 --> 00:15:11,970

what consciousness means for these

365

00:15:17,090 --> 00:15:14,879

larger spiritual kind of questions can

366

00:15:20,659 --> 00:15:17,100

you tell us how you how you made that

367

00:15:22,549 --> 00:15:20,669

leap I think it was through I mean so

368

00:15:24,319 --> 00:15:22,559

just observing my own experience in

369

00:15:27,590 --> 00:15:24,329

meditation I think that's been a

370

00:15:30,650 --> 00:15:27,600

fundamental thing is in a way

371

00:15:33,979 --> 00:15:30,660

recognizing that all of what we call the

372

00:15:35,509 --> 00:15:33,989

material world is actually an appearance

373

00:15:37,840 --> 00:15:35,519

in the mind and in that sense

374

00:15:41,629 --> 00:15:37,850

consciousness is really fundamental and

375

00:15:44,179 --> 00:15:41,639

comes before the material world in the

376

00:15:47,350 --> 00:15:44,189

sense that all they ever know is my

377

00:15:50,269 --> 00:15:47,360

experience and it's out of my experience

378

00:15:53,449 --> 00:15:50,279

that come my ideas and theories and

379

00:15:56,210 --> 00:15:53,459

models of what the world is like and in

380

00:15:58,460 --> 00:15:56,220

that sense just realizing that the

381

00:15:59,989 --> 00:15:58,470

content consciousness is absolutely

382

00:16:02,539 --> 00:15:59,999

fundamental without consciousness

383

00:16:05,659 --> 00:16:02,549

there'd be no science it all takes place

384

00:16:08,329 --> 00:16:05,669

in the mind and yet you could say it's

385

00:16:12,710 --> 00:16:08,339

the fundamental tool of science and yet

386

00:16:14,090 --> 00:16:12,720

is totally ignored by science and you

387

00:16:16,069 --> 00:16:14,100

know the things you were pointing to

388

00:16:19,340 --> 00:16:16,079

earlier like wave particle duality or

389

00:16:20,750 --> 00:16:19,350

how the collapse of the wavefunction or

390

00:16:25,720 --> 00:16:20,760

what's very popular now

391

00:16:29,470 --> 00:16:25,730

the whole idea of nonlocality an

392

00:16:33,020 --> 00:16:29,480

entanglement all of these in some way

393

00:16:35,480 --> 00:16:33,030

involved involved knowing they involve

394

00:16:37,430 --> 00:16:35,490

observing and yet

395

00:16:39,230 --> 00:16:37,440

we're trying to understand them in a

396

00:16:41,120 --> 00:16:39,240

model that excludes knowing and

397

00:16:44,600 --> 00:16:41,130

observing and so we have this strange

398

00:16:46,370 --> 00:16:44,610

dichotomy that where all our models are

399

00:16:48,380 --> 00:16:46,380

generated in consciousness everything we

400

00:16:51,380 --> 00:16:48,390

know is in consciousness and then we

401  
00:16:55,040 --> 00:16:51,390  
forget that and think that the outside

402  
00:16:57,560 --> 00:16:55,050  
world is real and fixed and we then try

403  
00:17:00,110 --> 00:16:57,570  
to understand it it's it to me it's all

404  
00:17:02,480 --> 00:17:00,120  
back to front in the moment and I think

405  
00:17:03,860 --> 00:17:02,490  
that's why physics is it's just going to

406  
00:17:04,970 --> 00:17:03,870  
dig itself deeper and deeper into

407  
00:17:07,100 --> 00:17:04,980  
trouble in this way

408  
00:17:09,260 --> 00:17:07,110  
yeah expound on that because that's

409  
00:17:11,240 --> 00:17:09,270  
where I was really going yeah I wonder

410  
00:17:13,130 --> 00:17:11,250  
if it's all that sounds like a wonderful

411  
00:17:17,630 --> 00:17:13,140  
British expression it's all back to

412  
00:17:21,350 --> 00:17:17,640  
front I mean is it so turned around that

413  
00:17:22,130 --> 00:17:21,360

we really can't untangle it from that

414

00:17:24,890 --> 00:17:22,140

perspective

415

00:17:26,420 --> 00:17:24,900

well expound on that a little bit well

416

00:17:29,960 --> 00:17:26,430

what I think I mean if you look at

417

00:17:32,870 --> 00:17:29,970

modern physics look at both the very big

418

00:17:36,200 --> 00:17:32,880

cut those cosmological questions and the

419

00:17:38,510 --> 00:17:36,210

very small the quantum questions we are

420

00:17:41,420 --> 00:17:38,520

faced with mystery after mystery after

421

00:17:46,640 --> 00:17:41,430

mystery you know the Big Bang black

422

00:17:49,660 --> 00:17:46,650

holes dark matter dark energy all all of

423

00:17:53,540 --> 00:17:49,670

this stuff fundamental particles and

424

00:17:57,370 --> 00:17:53,550

none of it works multiple universes all

425

00:18:00,020 --> 00:17:57,380

this stuff we have lots of questions and

426  
00:18:01,970 --> 00:18:00,030  
we have lots of different models whether

427  
00:18:04,370 --> 00:18:01,980  
it's string theory and they are multiple

428  
00:18:06,920 --> 00:18:04,380  
universe theory all modified Newtonian

429  
00:18:08,900 --> 00:18:06,930  
dynamics theory you know I could list a

430  
00:18:11,180 --> 00:18:08,910  
dozen different theories and they all

431  
00:18:11,930 --> 00:18:11,190  
sort of help out a bit they all have

432  
00:18:15,890 --> 00:18:11,940  
problems

433  
00:18:18,350 --> 00:18:15,900  
nothing really solves the mystery and I

434  
00:18:21,200 --> 00:18:18,360  
think that is because we are working

435  
00:18:24,050 --> 00:18:21,210  
with within a paradigm that does not

436  
00:18:25,970 --> 00:18:24,060  
include consciousness it gets the

437  
00:18:28,760 --> 00:18:25,980  
excludes consciousness and I think we

438  
00:18:31,580 --> 00:18:28,770

are going to be stuck with these you

439

00:18:34,070 --> 00:18:31,590

know incomplete models until someone

440

00:18:35,690 --> 00:18:34,080

comes up with a model that acts

441

00:18:37,220 --> 00:18:35,700

includes consciousness but that would be

442

00:18:40,310 --> 00:18:37,230

anathema for modern science so it's

443

00:18:43,460 --> 00:18:40,320

going to take a real renegade to

444

00:18:45,080 --> 00:18:43,470

actually work in consciousness into the

445

00:18:47,330 --> 00:18:45,090

physical models but I believe that's the

446

00:18:50,029 --> 00:18:47,340

only way we're going to get through this

447

00:18:54,350 --> 00:18:50,039

stage of modern science of just like

448

00:18:58,250 --> 00:18:54,360

just I say full of mysteries and no no

449

00:19:00,110 --> 00:18:58,260

true forerunner as an explanation and I

450

00:19:01,549 --> 00:19:00,120

even wonder if we can do it because I

451

00:19:03,740 --> 00:19:01,559

think it again comes down to this

452

00:19:05,419 --> 00:19:03,750

measurement problem I mean we've kind of

453

00:19:07,669 --> 00:19:05,429

played with the measurement problem a

454

00:19:08,990 --> 00:19:07,679

little bit and Einstein comes along he

455

00:19:10,789 --> 00:19:09,000

says oh wow you know everything's

456

00:19:13,669 --> 00:19:10,799

relative and we can only measure it down

457

00:19:16,100 --> 00:19:13,679

to this what level and Max Planck comes

458

00:19:18,019 --> 00:19:16,110

along same thing you know but we're

459

00:19:19,879 --> 00:19:18,029

still playing with oh we can get there

460

00:19:21,889 --> 00:19:19,889

we can get there yeah I think what

461

00:19:24,200 --> 00:19:21,899

consciousness does is come around and

462

00:19:25,820 --> 00:19:24,210

change the whole game and say no you

463

00:19:28,789 --> 00:19:25,830

guys have been looking at this like a

464

00:19:31,519 --> 00:19:28,799

closed loop system and it's not you know

465

00:19:34,490 --> 00:19:31,529

it's open in some way that we'll never

466

00:19:37,970 --> 00:19:34,500

be able to pin it down and I wonder you

467

00:19:41,149 --> 00:19:37,980

know what kind of system of science what

468

00:19:43,519 --> 00:19:41,159

kind of system of logic really comes out

469

00:19:46,070 --> 00:19:43,529

of that and if it's so different from

470

00:19:48,610 --> 00:19:46,080

the assumptions that we have now if it

471

00:19:53,870 --> 00:19:48,620

is even recognizable to us as

472

00:19:55,730 --> 00:19:53,880

quote-unquote science yes I I don't know

473

00:19:59,210 --> 00:19:55,740

what it's gonna look like I mean that if

474

00:20:01,490 --> 00:19:59,220

I did I'd be getting my Nobel Prize yes

475

00:20:02,750 --> 00:20:01,500

yes well you know let me approach it

476

00:20:06,759 --> 00:20:02,760

this way because you brought up the

477

00:20:09,139 --> 00:20:06,769

topic of meditation yeah I think is

478

00:20:12,049 --> 00:20:09,149

fascinating and I think there's some

479

00:20:14,180 --> 00:20:12,059

parallels to this discussion that we've

480

00:20:17,169 --> 00:20:14,190

had about science and I'd kind of like

481

00:20:20,240 --> 00:20:17,179

to explore those with okay um you are

482

00:20:23,269 --> 00:20:20,250

very experienced meditator and

483

00:20:24,560 --> 00:20:23,279

meditation teacher before we go too far

484

00:20:25,970 --> 00:20:24,570

tell us a little bit about your

485

00:20:28,310 --> 00:20:25,980

background because you are quite

486

00:20:30,830 --> 00:20:28,320

accomplished in and quite well known as

487

00:20:32,480 --> 00:20:30,840

like I say not only a practitioner but

488

00:20:36,350 --> 00:20:32,490

but a teacher of meditation are you not

489

00:20:39,320 --> 00:20:36,360

yes yes but I haven't

490

00:20:41,240 --> 00:20:39,330

I love meditation as I said it started

491

00:20:43,159 --> 00:20:41,250

me off on my journey 40 years ago

492

00:20:45,470 --> 00:20:43,169

getting involved in Transcendental

493

00:20:47,960 --> 00:20:45,480

Meditation and then I've explored other

494

00:20:49,730 --> 00:20:47,970

practices for while I got

495

00:20:53,090 --> 00:20:49,740

involved in Buddhist teaching

496

00:20:55,220 --> 00:20:53,100

mindfulness practices and I've come to

497

00:20:58,130 --> 00:20:55,230

the point now of just looking you know

498

00:21:01,700 --> 00:20:58,140

what is underlying all these practices

499

00:21:04,190 --> 00:21:01,710

and what is the most efficient way of

500

00:21:06,860 --> 00:21:04,200

meditating and one of the things I

501  
00:21:09,500 --> 00:21:06,870  
really got very early very early on in

502  
00:21:12,740 --> 00:21:09,510  
Transcendental Meditation was the whole

503  
00:21:14,810 --> 00:21:12,750  
notion of effortless that any effort

504  
00:21:17,210 --> 00:21:14,820  
you put into meditation any focusing the

505  
00:21:19,610 --> 00:21:17,220  
mind actually just makes it more tense

506  
00:21:21,110 --> 00:21:19,620  
now there's many many traditions that

507  
00:21:24,890 --> 00:21:21,120  
teach effort you've got to concentrate

508  
00:21:27,230 --> 00:21:24,900  
it's very hard and I just realized it's

509  
00:21:29,360 --> 00:21:27,240  
like it's a closed loop there if you if

510  
00:21:31,280 --> 00:21:29,370  
you think it's hard you put effort into

511  
00:21:32,900 --> 00:21:31,290  
it it doesn't work very well

512  
00:21:34,730 --> 00:21:32,910  
you therefore think I need to put more

513  
00:21:36,770 --> 00:21:34,740

effort into it it gets even harder and

514

00:21:38,540 --> 00:21:36,780

you end up with teaching saying oh yes

515

00:21:41,860 --> 00:21:38,550

it's going to take lifetime to practice

516

00:21:45,770 --> 00:21:41,870

to get anywhere my experience has been

517

00:21:48,500 --> 00:21:45,780

the less you try the less effort the

518

00:21:50,530 --> 00:21:48,510

faster the mind relaxes and so what I've

519

00:21:53,780 --> 00:21:50,540

been working with in recent years is

520

00:21:57,050 --> 00:21:53,790

finding different ways different like

521

00:22:00,830 --> 00:21:57,060

little sub techniques that will sort of

522

00:22:03,650 --> 00:22:00,840

weed out even the tiniest seed of effort

523

00:22:06,880 --> 00:22:03,660

the tiniest seed of wanting so for me

524

00:22:09,950 --> 00:22:06,890

it's about letting letting the mind

525

00:22:11,720 --> 00:22:09,960

fully relax and we through you know

526  
00:22:14,680 --> 00:22:11,730  
physical yoga things we can get the body

527  
00:22:17,240 --> 00:22:14,690  
relaxed this is how do we let the mind

528  
00:22:19,610 --> 00:22:17,250  
totally relax and in that total

529  
00:22:22,490 --> 00:22:19,620  
relaxation it's about letting the

530  
00:22:25,940 --> 00:22:22,500  
attention relax and then we just sink

531  
00:22:28,550 --> 00:22:25,950  
back into our own being this our own

532  
00:22:30,620 --> 00:22:28,560  
source and that's that to me is the

533  
00:22:32,720 --> 00:22:30,630  
ultimate goal of meditation whether you

534  
00:22:35,660 --> 00:22:32,730  
call it you know the divine the pure

535  
00:22:37,880 --> 00:22:35,670  
self pure consciousness being pure

536  
00:22:41,480 --> 00:22:37,890  
spirit it doesn't really matter but it's

537  
00:22:44,420 --> 00:22:41,490  
coming back to that state of essence of

538  
00:22:47,360 --> 00:22:44,430

stillness and I'm just interested in how

539

00:22:48,620 --> 00:22:47,370

we can do that so much more easily and

540

00:22:51,410 --> 00:22:48,630

rapidly and that's what I'm teaching

541

00:22:53,540 --> 00:22:51,420

these days is going against the I mean

542

00:22:55,730 --> 00:22:53,550

have a lot of friends who are deeply

543

00:22:57,980 --> 00:22:55,740

involved in traditions and that you know

544

00:23:00,140 --> 00:22:57,990

we have debates about this I say oh all

545

00:23:01,400 --> 00:23:00,150

this preparation is necessary and you

546

00:23:02,900 --> 00:23:01,410

need all these other tech

547

00:23:06,020 --> 00:23:02,910

Meek's and only when you've accomplished

548

00:23:08,030 --> 00:23:06,030

this and the groups I run I'm just

549

00:23:09,950 --> 00:23:08,040

fighting no I think we can go straight

550

00:23:13,130 --> 00:23:09,960

there and that's what I'm interested in

551  
00:23:15,740 --> 00:23:13,140  
because in these times I think we need

552  
00:23:19,330 --> 00:23:15,750  
some sort of practice of stealing the

553  
00:23:21,890 --> 00:23:19,340  
mind so so important in our culture and

554  
00:23:22,760 --> 00:23:21,900  
let's find you how we do that and make

555  
00:23:24,800 --> 00:23:22,770  
it more efficient

556  
00:23:27,860 --> 00:23:24,810  
so that's really what what I'm

557  
00:23:30,110 --> 00:23:27,870  
interested in is that how that how to

558  
00:23:31,280 --> 00:23:30,120  
have that letting go just really happen

559  
00:23:33,950 --> 00:23:31,290  
as easily as possible

560  
00:23:37,070 --> 00:23:33,960  
right that's fascinating you know of

561  
00:23:39,440 --> 00:23:37,080  
course there's always the the inner play

562  
00:23:41,270 --> 00:23:39,450  
there again like the parallels in in

563  
00:23:44,120 --> 00:23:41,280

science but here it's between you know

564

00:23:45,980 --> 00:23:44,130

this big mind in this little mind you

565

00:23:47,300 --> 00:23:45,990

don't work the monkey mind or all these

566

00:23:49,460 --> 00:23:47,310

things which I I think it's kind of a

567

00:23:50,960 --> 00:23:49,470

derogatory term that I don't like so

568

00:23:53,870 --> 00:23:50,970

much but all right you know what I

569

00:23:56,480 --> 00:23:53,880

wonder as we're talking about this is

570

00:23:59,000 --> 00:23:56,490

that when we talk about meditation

571

00:24:02,030 --> 00:23:59,010

practice and as a practitioner and

572

00:24:04,370 --> 00:24:02,040

techniques and efficiency I get all that

573

00:24:06,320 --> 00:24:04,380

and that's very pragmatic but I wonder

574

00:24:08,570 --> 00:24:06,330

if there isn't a big paradigm shift

575

00:24:10,850 --> 00:24:08,580

there too because to me the paradigm

576

00:24:13,280 --> 00:24:10,860

shift is that you are not your thoughts

577

00:24:15,500 --> 00:24:13,290

right I mean yeah it is fundamentally

578

00:24:18,350 --> 00:24:15,510

what it's all about yes and once we take

579

00:24:21,950 --> 00:24:18,360

that in which is really really hard to

580

00:24:24,740 --> 00:24:21,960

do once we take that in everything

581

00:24:27,170 --> 00:24:24,750

changes because we just have to look at

582

00:24:31,900 --> 00:24:27,180

whatever technique were applying

583

00:24:34,880 --> 00:24:31,910

whatever method were using it's not us

584

00:24:36,710 --> 00:24:34,890

because we are just in this container

585

00:24:39,740 --> 00:24:36,720

but there's this larger consciousness

586

00:24:41,330 --> 00:24:39,750

that were interacting with that we

587

00:24:44,390 --> 00:24:41,340

didn't even realize we were interacting

588

00:24:46,520 --> 00:24:44,400

yes I think this is so important and I

589

00:24:48,380 --> 00:24:46,530

think this is something more and more

590

00:24:50,810 --> 00:24:48,390

people are realizing these days it's

591

00:24:53,510 --> 00:24:50,820

like the right you know I am NOT my

592

00:24:56,780 --> 00:24:53,520

thoughts you know what I am is that

593

00:24:58,370 --> 00:24:56,790

knowing which is a conscious of the

594

00:25:00,710 --> 00:24:58,380

thoughts and the thoughts are appearing

595

00:25:03,320 --> 00:25:00,720

in awareness but we tend to identify

596

00:25:05,570 --> 00:25:03,330

with the thinking but no I'm not the

597

00:25:08,060 --> 00:25:05,580

thought I am that space of awareness in

598

00:25:10,910 --> 00:25:08,070

which it is appearing in the same way I

599

00:25:13,020 --> 00:25:10,920

am that space of awareness within which

600

00:25:15,810 --> 00:25:13,030

the meditation is happening

601  
00:25:17,250 --> 00:25:15,820  
and you know so much meditation is doing

602  
00:25:20,130 --> 00:25:17,260  
something trying to change something

603  
00:25:22,500 --> 00:25:20,140  
make something happen and yet you know

604  
00:25:25,350 --> 00:25:22,510  
that is the little ego I trying to do

605  
00:25:28,590 --> 00:25:25,360  
something whereas that true self is just

606  
00:25:30,060 --> 00:25:28,600  
is there but knowing the experience of

607  
00:25:33,450 --> 00:25:30,070  
meditating that's like we keep coming

608  
00:25:35,940 --> 00:25:33,460  
back to this that that that beingness is

609  
00:25:38,340 --> 00:25:35,950  
always present we don't have to go

610  
00:25:41,010 --> 00:25:38,350  
anywhere or get anything or make

611  
00:25:43,530 --> 00:25:41,020  
anything happen it's about almost like

612  
00:25:46,020 --> 00:25:43,540  
softening the attention and as we soften

613  
00:25:50,490 --> 00:25:46,030

the attention we just recognize ah

614

00:25:52,830 --> 00:25:50,500

this sense of being weak all I has been

615

00:25:53,610 --> 00:25:52,840

there all my life I just didn't

616

00:25:56,280 --> 00:25:53,620

recognize it

617

00:25:58,680 --> 00:25:56,290

missing and I am the same I I was when I

618

00:26:01,530 --> 00:25:58,690

was a teenager when I was 30 years old

619

00:26:03,810 --> 00:26:01,540

as I was yesterday it's always that same

620

00:26:07,170 --> 00:26:03,820

sense of being what my thoughts are

621

00:26:09,660 --> 00:26:07,180

different you know my my values my goals

622

00:26:11,790 --> 00:26:09,670

in life my feelings all of this changing

623

00:26:15,120 --> 00:26:11,800

the whole time and hopefully evolving

624

00:26:19,410 --> 00:26:15,130

but the eye that is there at the center

625

00:26:23,550 --> 00:26:19,420

of it all is that still Center just the

626

00:26:24,720 --> 00:26:23,560

observing of all of this and I think you

627

00:26:27,210 --> 00:26:24,730

know it's that which people are

628

00:26:29,370 --> 00:26:27,220

recognized and we don't have to go

629

00:26:32,640 --> 00:26:29,380

anywhere or do anything or even have any

630

00:26:34,260 --> 00:26:32,650

technique I think you know I was reading

631

00:26:36,090 --> 00:26:34,270

at each a day you said you know in the

632

00:26:38,250 --> 00:26:36,100

end the value of all teachers and

633

00:26:40,710 --> 00:26:38,260

techniques is you come to the point of

634

00:26:44,070 --> 00:26:40,720

realizing you do not need teachers or

635

00:26:45,540 --> 00:26:44,080

techniques mm-hmm and that's it's a few

636

00:26:47,670 --> 00:26:45,550

no it's a paradoxical journey I think

637

00:26:49,500 --> 00:26:47,680

many of us are on that I know I was your

638

00:26:52,710 --> 00:26:49,510

I've been through various practices and

639

00:26:56,550 --> 00:26:52,720

then in the end for me the practice is

640

00:26:59,010 --> 00:26:56,560

just simply noticing that awareness

641

00:27:00,650 --> 00:26:59,020

which is always there and not following

642

00:27:04,050 --> 00:27:00,660

the thought you talked about monkey mind

643

00:27:05,370 --> 00:27:04,060

you know yes the mind goes here and

644

00:27:08,340 --> 00:27:05,380

there it goes from one thought to

645

00:27:10,080 --> 00:27:08,350

another one thought triggers another in

646

00:27:12,450 --> 00:27:10,090

meditation for me it's simply a matter

647

00:27:15,120 --> 00:27:12,460

of just say okay when that happens I'm

648

00:27:16,860 --> 00:27:15,130

not following you this is not the time

649

00:27:18,840 --> 00:27:16,870

to follow a thought and do that later

650

00:27:20,580 --> 00:27:18,850

the rest of life I can follow my

651  
00:27:23,790 --> 00:27:20,590  
thoughts right now it's like thank you

652  
00:27:26,400 --> 00:27:23,800  
not now and if you don't follow the

653  
00:27:28,110 --> 00:27:26,410  
thought you gradually take the

654  
00:27:30,960 --> 00:27:28,120  
fuel away from them you're not adding

655  
00:27:33,060 --> 00:27:30,970  
fuel to the fire and the thoughts just

656  
00:27:35,760 --> 00:27:33,070  
gradually die down on their own if you

657  
00:27:38,970 --> 00:27:35,770  
don't follow them so for me the essence

658  
00:27:41,670 --> 00:27:38,980  
of you know my practice is not following

659  
00:27:44,220 --> 00:27:41,680  
the thought and just noticing the

660  
00:27:46,590 --> 00:27:44,230  
awareness that's always there wonderful

661  
00:27:50,280 --> 00:27:46,600  
but it's tricky isn't it because you

662  
00:27:54,150 --> 00:27:50,290  
knowin ya anyone who's tried this knows

663  
00:27:56,070 --> 00:27:54,160

we're always interacting with that big

664

00:27:58,140 --> 00:27:56,080

mind little mind thing we cannot get

665

00:28:00,390 --> 00:27:58,150

away from it we're in this body and I

666

00:28:03,210 --> 00:28:00,400

think it's those little moments of

667

00:28:05,670 --> 00:28:03,220

realization that I think propel us just

668

00:28:08,340 --> 00:28:05,680

a little bit further yeah I always think

669

00:28:11,280 --> 00:28:08,350

of this experience that I had as a dad

670

00:28:12,810 --> 00:28:11,290

really a few years ago when my oldest

671

00:28:15,480 --> 00:28:12,820

daughter was a little bit younger she

672

00:28:18,060 --> 00:28:15,490

had this fascination like a lot of kids

673

00:28:19,860 --> 00:28:18,070

do with you know these pizza parlors

674

00:28:22,140 --> 00:28:19,870

where you go and you win these little

675

00:28:25,290 --> 00:28:22,150

tickets in the machines and then you go

676

00:28:27,230 --> 00:28:25,300

cash in your tickets for these trinkets

677

00:28:29,610 --> 00:28:27,240

that just aren't worth it and the

678

00:28:31,380 --> 00:28:29,620

economics of it again as a kind of an

679

00:28:33,450 --> 00:28:31,390

entrepreneurial guy it just always kind

680

00:28:35,040 --> 00:28:33,460

of drove me nuts I'm like you know hon

681

00:28:36,990 --> 00:28:35,050

we can go right over here to the store

682

00:28:40,770 --> 00:28:37,000

and buy that thing for our fraction of

683

00:28:43,440 --> 00:28:40,780

what you bent on it but I remember so

684

00:28:45,840 --> 00:28:43,450

clearly standing back a little bit and

685

00:28:48,500 --> 00:28:45,850

seeing her peering into you know the

686

00:28:50,550 --> 00:28:48,510

glass case in deciding what she had and

687

00:28:52,350 --> 00:28:50,560

even though she's my daughter and I love

688

00:28:54,840 --> 00:28:52,360

her I had these thoughts of oh my gosh

689

00:28:57,450 --> 00:28:54,850

you know this kid how naive you know and

690

00:29:01,770 --> 00:28:57,460

then suddenly it dawned on me this is me

691

00:29:04,170 --> 00:29:01,780

this is my life this is what I do I I do

692

00:29:06,570 --> 00:29:04,180

all this stuff to get these little

693

00:29:09,060 --> 00:29:06,580

tickets so I can cash in for these

694

00:29:11,040 --> 00:29:09,070

little trinkets so I can continue to

695

00:29:14,100 --> 00:29:11,050

play this little game and there's this

696

00:29:17,130 --> 00:29:14,110

other whole other thing going on that I

697

00:29:19,740 --> 00:29:17,140

really access and when I do all the

698

00:29:22,140 --> 00:29:19,750

other stuff looks just like cashing in

699

00:29:26,460 --> 00:29:22,150

tickets for little toys little plastic

700

00:29:28,530 --> 00:29:26,470

toys yes yeah yes absolutely and and I

701  
00:29:29,760 --> 00:29:28,540  
think the cokes were hypnosis here I

702  
00:29:32,310 --> 00:29:29,770  
mean you want your daughter sort of

703  
00:29:34,290 --> 00:29:32,320  
fallen into that cultural hypnosis which

704  
00:29:35,910 --> 00:29:34,300  
has been it's not just it's deliberately

705  
00:29:37,890 --> 00:29:35,920  
done I mean because there's people

706  
00:29:40,130 --> 00:29:37,900  
producing the trinket machines so that

707  
00:29:42,770 --> 00:29:40,140  
they can make money for themselves

708  
00:29:45,350 --> 00:29:42,780  
but I mean the hypnosis is that if we

709  
00:29:47,870 --> 00:29:45,360  
just got the right thing whatever it is

710  
00:29:50,980 --> 00:29:47,880  
we're being told we haven't got we lack

711  
00:29:54,110 --> 00:29:50,990  
something get this you'll feel okay and

712  
00:29:55,970 --> 00:29:54,120  
it works a little bit you know your

713  
00:29:58,100 --> 00:29:55,980

daughter gets her trinket she feels okay

714

00:30:00,920 --> 00:29:58,110

for I don't know five minutes whatever

715

00:30:02,900 --> 00:30:00,930

you know that in our lives we play these

716

00:30:04,490 --> 00:30:02,910

games we get our bits of paper and we go

717

00:30:07,340 --> 00:30:04,500

and exchange them for something else and

718

00:30:08,960 --> 00:30:07,350

we we feel okay we buy you know new

719

00:30:14,300 --> 00:30:08,970

piece of clothing we feel like we feel

720

00:30:16,490 --> 00:30:14,310

great and the hypnosis is we think it's

721

00:30:18,590 --> 00:30:16,500

the getting the trinket or whatever it

722

00:30:22,160 --> 00:30:18,600

is the friendship the great movie the

723

00:30:25,300 --> 00:30:22,170

the gourmet meal we think that's what's

724

00:30:29,210 --> 00:30:25,310

made us happy it's actually ironically

725

00:30:31,070 --> 00:30:29,220

the opposite week we create this content

726

00:30:33,350 --> 00:30:31,080

we haven't got something your daughter

727

00:30:34,940 --> 00:30:33,360

sitting there she's you know there's a

728

00:30:35,870 --> 00:30:34,950

sense of discontent I haven't but I'm

729

00:30:37,520 --> 00:30:35,880

going to get something there's something

730

00:30:41,330 --> 00:30:37,530

missing but I'm going to feel okay when

731

00:30:43,460 --> 00:30:41,340

I get it we create this content and then

732

00:30:46,370 --> 00:30:43,470

and that makes us you know we don't feel

733

00:30:48,800 --> 00:30:46,380

so good and then when we get it the

734

00:30:51,560 --> 00:30:48,810

discontent dissolves and we feel good

735

00:30:53,180 --> 00:30:51,570

but we think it's the the trinket that

736

00:30:56,260 --> 00:30:53,190

makes us feel good instead of realizing

737

00:30:59,240 --> 00:30:56,270

we have temporarily stopped creating

738

00:31:01,310 --> 00:30:59,250

discontent but only temporarily because

739

00:31:02,600 --> 00:31:01,320

then again you know we meet some

740

00:31:05,420 --> 00:31:02,610

something else to some other

741

00:31:07,700 --> 00:31:05,430

advertisement we something comes up we

742

00:31:09,410 --> 00:31:07,710

read something is like Oh something else

743

00:31:12,380 --> 00:31:09,420

I haven't got something else I need and

744

00:31:14,390 --> 00:31:12,390

that to me is what you know an Indian

745

00:31:16,610 --> 00:31:14,400

thought is called the wheel of samsara

746

00:31:19,070 --> 00:31:16,620

it's that endless it literally means to

747

00:31:21,590 --> 00:31:19,080

wander on endlessly we wander on from

748

00:31:23,390 --> 00:31:21,600

one thing to another just hoping if we

749

00:31:27,740 --> 00:31:23,400

finally got enough of the right goodies

750

00:31:29,450 --> 00:31:27,750

we be in everlasting peace so I wonder

751  
00:31:32,300 --> 00:31:29,460  
you know as you're saying that I keep

752  
00:31:34,490 --> 00:31:32,310  
going back to the earlier part of our

753  
00:31:37,100 --> 00:31:34,500  
conversation right and there seem to be

754  
00:31:39,980 --> 00:31:37,110  
a lot of parallels there I'm not sure I

755  
00:31:43,040 --> 00:31:39,990  
can draw my lock what are the parallels

756  
00:31:44,150 --> 00:31:43,050  
between that process it echoes so many

757  
00:31:46,730 --> 00:31:44,160  
of the things we were talking about with

758  
00:31:50,120 --> 00:31:46,740  
science and and science not being able

759  
00:31:52,640 --> 00:31:50,130  
to kind of find itself out of this mess

760  
00:31:53,840 --> 00:31:52,650  
because what it's doing in the same way

761  
00:31:56,870 --> 00:31:53,850  
that you're saying we're kind of

762  
00:31:59,390 --> 00:31:56,880  
creating this need this false need in

763  
00:32:01,340 --> 00:31:59,400

order to fill this false need it seems

764

00:32:06,080 --> 00:32:01,350

to me that that's kind of what science

765

00:32:09,669 --> 00:32:06,090

is doing in a way we're creating or

766

00:32:14,510 --> 00:32:09,679

structuring problems that we can solve

767

00:32:16,820 --> 00:32:14,520

inside of a paradigm that isn't real so

768

00:32:18,350 --> 00:32:16,830

we're creating oh here's a little

769

00:32:21,860 --> 00:32:18,360

mystery that we can go and solve them da

770

00:32:24,320 --> 00:32:21,870

da da da but it's not really related to

771

00:32:26,690 --> 00:32:24,330

these bigger problems the problems that

772

00:32:29,090 --> 00:32:26,700

we really always asked science from the

773

00:32:31,640 --> 00:32:29,100

beginning which you know you kind of

774

00:32:33,230 --> 00:32:31,650

said out of hand that science can't

775

00:32:35,510 --> 00:32:33,240

answer the big-picture questions who are

776

00:32:37,310 --> 00:32:35,520

we why are we here yeah I would go back

777

00:32:39,440 --> 00:32:37,320

and say that's all we ever wanted

778

00:32:41,570 --> 00:32:39,450

science to do in the first place why

779

00:32:43,220 --> 00:32:41,580

have we spent all this time on all these

780

00:32:43,730 --> 00:32:43,230

plastic trinkets and all this other

781

00:32:45,919 --> 00:32:43,740

stuff

782

00:32:48,380 --> 00:32:45,929

all's we ever wanted from science was

783

00:32:50,360 --> 00:32:48,390

who are we why are we here right and if

784

00:32:53,000 --> 00:32:50,370

you take that actually all the way back

785

00:32:56,060 --> 00:32:53,010

the very very first science was

786

00:32:57,890 --> 00:32:56,070

astronomy and it was looking at the sky

787

00:33:00,140 --> 00:32:57,900

at night when we didn't have television

788

00:33:02,720 --> 00:33:00,150

all we had was the campfire and the

789

00:33:05,000 --> 00:33:02,730

Stars and it was the charting of the

790

00:33:07,190 --> 00:33:05,010

stars and the wondering what was going

791

00:33:08,840 --> 00:33:07,200

on in the cosmos which was the why are

792

00:33:11,360 --> 00:33:08,850

we here that was the beginning of

793

00:33:13,490 --> 00:33:11,370

science working all that you know

794

00:33:15,710 --> 00:33:13,500

looking at the Stars looking at the sky

795

00:33:17,210 --> 00:33:15,720

looking out into space no I don't think

796

00:33:21,649 --> 00:33:17,220

it can answer those questions and never

797

00:33:24,409 --> 00:33:21,659

will I think science is and weather

798

00:33:26,240 --> 00:33:24,419

where science goes science leads to

799

00:33:28,430 --> 00:33:26,250

technology always you know when we

800

00:33:31,310 --> 00:33:28,440

discover something is then okay how can

801

00:33:34,760 --> 00:33:31,320

we use this to make something to do

802

00:33:38,149 --> 00:33:34,770

something and then that technology falls

803

00:33:39,560 --> 00:33:38,159

into the service of this belief system

804

00:33:42,529 --> 00:33:39,570

that we just have to make things right

805

00:33:44,390 --> 00:33:42,539

to be happy and so we started building

806

00:33:47,149 --> 00:33:44,400

technologies based on a scientific

807

00:33:48,860 --> 00:33:47,159

understanding of how to make things more

808

00:33:51,799 --> 00:33:48,870

efficient how to make our computers

809

00:33:55,640 --> 00:33:51,809

boot-up faster bigger memory whatever it

810

00:33:58,820 --> 00:33:55,650

is how does you know get our cars more

811

00:34:02,600 --> 00:33:58,830

efficient how to produce whatever it is

812

00:34:05,720 --> 00:34:02,610

that better food is always ultimately

813

00:34:06,930 --> 00:34:05,730

about human satisfaction so technology

814

00:34:08,850 --> 00:34:06,940

feeds

815

00:34:11,130 --> 00:34:08,860

to how to make things more efficient how

816

00:34:13,050 --> 00:34:11,140

to make us happier how to relieve pain

817

00:34:15,630 --> 00:34:13,060

and suffering whatever it is some of

818

00:34:19,700 --> 00:34:15,640

which is you know very honorable but

819

00:34:23,370 --> 00:34:19,710

it's falling into this basic trap that

820

00:34:25,230 --> 00:34:23,380

fulfillment comes from how the world is

821

00:34:27,780 --> 00:34:25,240

from what we have all do and so we're

822

00:34:30,270 --> 00:34:27,790

seeking to make the world better whereas

823

00:34:33,950 --> 00:34:30,280

just about every spiritual teaching on

824

00:34:36,420 --> 00:34:33,960

the planet says in one way or another

825

00:34:38,340 --> 00:34:36,430

fulfillment comes from how you see the

826

00:34:40,890 --> 00:34:38,350

world how you interpret the world it's

827

00:34:43,260 --> 00:34:40,900

not the way the world is it's a response

828

00:34:46,440 --> 00:34:43,270

to it that determines how we feel and

829

00:34:48,360 --> 00:34:46,450

that your science doesn't look at except

830

00:34:50,010 --> 00:34:48,370

maybe in some areas of psychology is

831

00:34:53,490 --> 00:34:50,020

beginning to you know it's interesting

832

00:34:56,550 --> 00:34:53,500

you've now thrown the spirituality track

833

00:34:58,680 --> 00:34:56,560

down on the table as well mixing

834

00:35:01,770 --> 00:34:58,690

metaphors there but you know that's

835

00:35:04,700 --> 00:35:01,780

something you've done a wonderful job of

836

00:35:07,290 --> 00:35:04,710

trying to cross over and in

837

00:35:08,580 --> 00:35:07,300

cross-fertilize but we always have a

838

00:35:10,860 --> 00:35:08,590

tendency to want to kind of pull those

839

00:35:13,100 --> 00:35:10,870

things apart and I wonder in the way

840

00:35:16,950 --> 00:35:13,110

that you just did that is you just

841

00:35:19,560 --> 00:35:16,960

seamlessly went from Sciences inability

842

00:35:22,350 --> 00:35:19,570

to answer these questions to talking

843

00:35:25,220 --> 00:35:22,360

about how spiritual traditions and in

844

00:35:28,260 --> 00:35:25,230

particular in the East contemplative

845

00:35:32,370 --> 00:35:28,270

traditions traditions that just really

846

00:35:35,610 --> 00:35:32,380

go within and say I can by contemplating

847

00:35:38,100 --> 00:35:35,620

this consciousness mechanism that I have

848

00:35:41,700 --> 00:35:38,110

maybe arrived at some questions how do

849

00:35:45,330 --> 00:35:41,710

we transcend and make that new paradigm

850

00:35:47,250 --> 00:35:45,340

leap to allow us to bring in that

851

00:35:49,550 --> 00:35:47,260

information that we have from these

852

00:35:52,500 --> 00:35:49,560

traditions and also from our own

853

00:35:54,680 --> 00:35:52,510

observations our own contemplative work

854

00:35:57,270 --> 00:35:54,690

Wow

855

00:36:00,480 --> 00:35:57,280

good great questions we got another

856

00:36:05,670 --> 00:36:03,150

okay first of all I just like to say you

857

00:36:09,780 --> 00:36:05,680

know I distinguish between spirituality

858

00:36:11,310 --> 00:36:09,790

and religion I think I think all the

859

00:36:14,040 --> 00:36:11,320

great religions started from deep

860

00:36:18,000 --> 00:36:14,050

spiritual insights spiritual awakenings

861

00:36:21,680 --> 00:36:18,010

of people why they they just they had a

862

00:36:24,030 --> 00:36:21,690

realization which is almost it sort of

863

00:36:26,040 --> 00:36:24,040

it's what Aldous Huxley called the

864

00:36:28,109 --> 00:36:26,050

perennial philosophy it comes up again

865

00:36:30,150 --> 00:36:28,119

and again and again and it's about

866

00:36:31,650 --> 00:36:30,160

things we talk about it's about letting

867

00:36:34,620 --> 00:36:31,660

go it's about discovering our true

868

00:36:36,210 --> 00:36:34,630

nature is about realizing the love that

869

00:36:38,160 --> 00:36:36,220

is there within Earth it's about not

870

00:36:40,200 --> 00:36:38,170

chasing material things there's many

871

00:36:42,150 --> 00:36:40,210

different aspects to it and then it gets

872

00:36:44,250 --> 00:36:42,160

absorbed by the culture it gets

873

00:36:47,010 --> 00:36:44,260

translated in different languages and

874

00:36:50,600 --> 00:36:47,020

bits get added on bits gets lost and we

875

00:36:53,430 --> 00:36:50,610

end up with lots of different religions

876

00:36:54,990 --> 00:36:53,440

which look very different so much so

877

00:36:57,960 --> 00:36:55,000

that they start arguing about which one

878

00:36:59,850 --> 00:36:57,970

is right and I'm interested in what is

879

00:37:01,770 --> 00:36:59,860

it underneath them all that's that's

880

00:37:04,320 --> 00:37:01,780

right there's a common core there and

881

00:37:06,450 --> 00:37:04,330

that to me is what I call spirituality

882

00:37:10,710 --> 00:37:06,460

the spiritual traditions there's a

883

00:37:12,960 --> 00:37:10,720

common core and now remind me the second

884

00:37:15,660 --> 00:37:12,970

part of your question again I got well I

885

00:37:18,440 --> 00:37:15,670

think there's also a distinction that

886

00:37:23,640 --> 00:37:18,450

I'd like to hear you make or draw out

887

00:37:27,420 --> 00:37:23,650

between the contemplative traditions and

888

00:37:30,960 --> 00:37:27,430

the spiritual spark you know because the

889

00:37:34,200 --> 00:37:30,970

the spiritual spark almost seems by by

890

00:37:36,150 --> 00:37:34,210

definition to come from the outside and

891

00:37:38,820 --> 00:37:36,160

we don't know because once we get into

892

00:37:42,180 --> 00:37:38,830

that territory once we cross this chasm

893

00:37:44,670 --> 00:37:42,190

and say okay consciousness is not solely

894

00:37:46,590 --> 00:37:44,680

a product of the brain I think we all

895

00:37:49,410 --> 00:37:46,600

realize that kind of all bets are off

896

00:37:50,940 --> 00:37:49,420

we've kind of gone into a zone where

897

00:37:53,430 --> 00:37:50,950

we're just kind of walking our way

898

00:37:55,980 --> 00:37:53,440

through but I think that's something

899

00:37:59,790 --> 00:37:55,990

that that you've explored a little bit

900

00:38:02,040 --> 00:37:59,800

in this crossing over from a very kind

901  
00:38:06,150 --> 00:38:02,050  
of strict formalized way of looking at

902  
00:38:09,270 --> 00:38:06,160  
it to a spiritual kind of divine insight

903  
00:38:12,690 --> 00:38:09,280  
way and in between almost I think

904  
00:38:15,120 --> 00:38:12,700  
sits this contemplative no I'm not going

905  
00:38:17,220 --> 00:38:15,130  
to consider necessarily outside

906  
00:38:19,020 --> 00:38:17,230  
spiritual influences although those

907  
00:38:22,380 --> 00:38:19,030  
might come in but I'm just going to kind

908  
00:38:25,820 --> 00:38:22,390  
of go within and be quiet mm-hmm yes

909  
00:38:28,650 --> 00:38:25,830  
that's been very much yes my approach

910  
00:38:30,150 --> 00:38:28,660  
supported by you know what other people

911  
00:38:32,820 --> 00:38:30,160  
who've done the same there's a lot of

912  
00:38:34,440 --> 00:38:32,830  
guidance and there from people who trod

913  
00:38:37,680 --> 00:38:34,450

that path and gone a lot

914

00:38:39,240 --> 00:38:37,690

further down and than I have and we and

915

00:38:40,950 --> 00:38:39,250

just a another point here coming back to

916

00:38:44,640 --> 00:38:40,960

science I think seeing a science is

917

00:38:46,349 --> 00:38:44,650

studying the phenomenal world when it

918

00:38:49,400 --> 00:38:46,359

calls the material world and I would say

919

00:38:51,630 --> 00:38:49,410

the spiritual conditions are studying

920

00:38:53,760 --> 00:38:51,640

experience itself the arising of

921

00:38:55,589 --> 00:38:53,770

experience and the two of different

922

00:38:58,440 --> 00:38:55,599

fields I don't see any conflict between

923

00:39:00,420 --> 00:38:58,450

science and spirituality only when you

924

00:39:02,790 --> 00:39:00,430

think the spiritual is talking about the

925

00:39:04,680 --> 00:39:02,800

material world then this conflict you

926  
00:39:06,450 --> 00:39:04,690  
saw talked about how the universe began

927  
00:39:09,569 --> 00:39:06,460  
I think the spiritual traditions are

928  
00:39:10,859 --> 00:39:09,579  
talking about what goes on inside us and

929  
00:39:12,990 --> 00:39:10,869  
that's where the contemplative

930  
00:39:16,579 --> 00:39:13,000  
traditions I think are really valuable

931  
00:39:20,220 --> 00:39:16,589  
it's about pausing and being willing to

932  
00:39:23,370 --> 00:39:20,230  
observe what is actually happening in

933  
00:39:26,069 --> 00:39:23,380  
one's own mind and so you know we talked

934  
00:39:27,690 --> 00:39:26,079  
we touched on thoughts you know most of

935  
00:39:29,940 --> 00:39:27,700  
us spend our time wrapped up in thoughts

936  
00:39:31,740 --> 00:39:29,950  
what you called the monkey mind but when

937  
00:39:33,990 --> 00:39:31,750  
you pause as a thoughts begin to settle

938  
00:39:36,450 --> 00:39:34,000

down you think you can begin to notice

939

00:39:39,870 --> 00:39:36,460

how a thought comes into being you can

940

00:39:41,970 --> 00:39:39,880

notice that tiny tiny seed and how that

941

00:39:44,040 --> 00:39:41,980

grows and how this sense of identity

942

00:39:46,650 --> 00:39:44,050

begins to get built into the thought and

943

00:39:48,660 --> 00:39:46,660

as you notice how that's happening you

944

00:39:50,930 --> 00:39:48,670

can see what's happening and you can

945

00:39:54,030 --> 00:39:50,940

then begin to deconstruct it and in that

946

00:39:56,490 --> 00:39:54,040

deconstructing we just return back to

947

00:40:01,290 --> 00:39:56,500

that what I called that sense of being

948

00:40:04,140 --> 00:40:01,300

pure self whatever and there you start

949

00:40:07,470 --> 00:40:04,150

meeting something which I think can be

950

00:40:10,980 --> 00:40:07,480

given you know the name Devine it meets

951  
00:40:13,050 --> 00:40:10,990  
that sort of idea of the divine in many

952  
00:40:15,660 --> 00:40:13,060  
ways of that sense it is the peace of

953  
00:40:20,609 --> 00:40:15,670  
God there's that love of God it is

954  
00:40:22,849 --> 00:40:20,619  
omnipresent always there unchanging it

955  
00:40:25,740 --> 00:40:22,859  
is forgiving all those qualities and

956  
00:40:28,109 --> 00:40:25,750  
then you know in some traditions you

957  
00:40:32,309 --> 00:40:28,119  
would then make that a contact with

958  
00:40:34,319 --> 00:40:32,319  
something outside you beyond you that

959  
00:40:36,420 --> 00:40:34,329  
sort of God or it is something that is

960  
00:40:38,400 --> 00:40:36,430  
transcendent within you how you

961  
00:40:41,819 --> 00:40:38,410  
interpret that I think varies within

962  
00:40:44,880 --> 00:40:41,829  
your culture but I think that is that is

963  
00:40:47,250 --> 00:40:44,890

the universal experience the universal

964

00:40:49,660 --> 00:40:47,260

awakening of realizing

965

00:40:52,799 --> 00:40:49,670

almost everything we're looking for in

966

00:40:56,890 --> 00:40:52,809

essence is already there in ourselves

967

00:40:58,930 --> 00:40:56,900

but it's veiled by the thinking the

968

00:41:00,849 --> 00:40:58,940

planning the doing the wanting the

969

00:41:03,970 --> 00:41:00,859

wishing the hoping the avoiding and all

970

00:41:07,870 --> 00:41:03,980

the stuff we get into fills the mind up

971

00:41:10,780 --> 00:41:07,880

and that very quiet level of peace

972

00:41:13,170 --> 00:41:10,790

contentment is just veiled then we don't

973

00:41:16,690 --> 00:41:13,180

notice it and that to me where is where

974

00:41:19,450 --> 00:41:16,700

the contemplation comes in of just being

975

00:41:23,020 --> 00:41:19,460

willing to sit and notice what's

976

00:41:24,730 --> 00:41:23,030

actually going on so Peter it's been

977

00:41:27,640 --> 00:41:24,740

quite a ride that you're on and you're

978

00:41:29,230 --> 00:41:27,650

obviously still going strong what kind

979

00:41:31,960 --> 00:41:29,240

of projects are you working on now any

980

00:41:33,809 --> 00:41:31,970

books I know you still write I read a

981

00:41:37,240 --> 00:41:33,819

post recently in The Huffington Post

982

00:41:42,609 --> 00:41:37,250

what's going on with you right now too

983

00:41:45,849 --> 00:41:42,619

many things I I'm working on a new video

984

00:41:47,410 --> 00:41:45,859

on the primacy of consciousness I've got

985

00:41:49,049 --> 00:41:47,420

a video on YouTube which is just a

986

00:41:51,250 --> 00:41:49,059

lecture I gave a few years ago around

987

00:41:53,530 --> 00:41:51,260

ten minute lecture which is sort of gone

988

00:41:55,990 --> 00:41:53,540

viral it's got over third of a million

989

00:41:58,750 --> 00:41:56,000

hits on the primacy of consciousness

990

00:42:00,400 --> 00:41:58,760

which was not made for you know it's a

991

00:42:02,319 --> 00:42:00,410

good video it's just me lecturing with

992

00:42:04,289 --> 00:42:02,329

slides and things but it's got so much

993

00:42:06,339 --> 00:42:04,299

good response I'm now working on

994

00:42:09,069 --> 00:42:06,349

collapsing that down to something like a

995

00:42:12,130 --> 00:42:09,079

20 minute video really refining the

996

00:42:14,710 --> 00:42:12,140

argument taking it deeper and producing

997

00:42:16,000 --> 00:42:14,720

a whole lot of new visuals to go with it

998

00:42:18,460 --> 00:42:16,010

that that's what I'm currently working

999

00:42:20,470 --> 00:42:18,470

on great I've seen that video yeah it's

1000

00:42:22,839 --> 00:42:20,480

great this is gonna be a remake of it

1001  
00:42:25,329 --> 00:42:22,849  
and a refining of it and trying to make

1002  
00:42:27,220 --> 00:42:25,339  
it a lot more pop I think people love it

1003  
00:42:30,210 --> 00:42:27,230  
I want to go for sort of more popular

1004  
00:42:33,069 --> 00:42:30,220  
outreach with the animation things I'm

1005  
00:42:34,510 --> 00:42:33,079  
I've got some new meditation courses I'm

1006  
00:42:36,579 --> 00:42:34,520  
doing online I've got one which has been

1007  
00:42:38,859 --> 00:42:36,589  
quite popular what could make an

1008  
00:42:41,500 --> 00:42:38,869  
advanced version of that I've got a

1009  
00:42:43,569 --> 00:42:41,510  
whole I talked about books I'm not sort

1010  
00:42:45,460 --> 00:42:43,579  
of writing books so much these days it

1011  
00:42:47,380 --> 00:42:45,470  
takes so long to do them and there's a

1012  
00:42:49,720 --> 00:42:47,390  
whole publishing cycle the promotion

1013  
00:42:53,319 --> 00:42:49,730

cycle and things are changing so fast

1014

00:42:55,510 --> 00:42:53,329

I'm working on doing just going either

1015

00:42:58,660 --> 00:42:55,520

straight to audiobook or straight to

1016

00:43:00,290 --> 00:42:58,670

e-book on several subjects I've got one

1017

00:43:02,780 --> 00:43:00,300

on letting go which

1018

00:43:05,390 --> 00:43:02,790

is halfway done book on letting go

1019

00:43:09,350 --> 00:43:05,400

another book which is almost a sequel to

1020

00:43:12,200 --> 00:43:09,360

that on seeking but how the how the

1021

00:43:14,330 --> 00:43:12,210

seeking self arises in consciousness and

1022

00:43:17,770 --> 00:43:14,340

just an understanding of how pure

1023

00:43:20,300 --> 00:43:17,780

consciousness in a way separates into a

1024

00:43:22,010 --> 00:43:20,310

separate sense of self and the rest of

1025

00:43:26,090 --> 00:43:22,020

the world and how that separate sense of

1026

00:43:28,040 --> 00:43:26,100

self ends up seeking something so that's

1027

00:43:30,920 --> 00:43:28,050

something I'm excited by myself at the

1028

00:43:33,860 --> 00:43:30,930

moment just so people know if someone's

1029

00:43:36,320 --> 00:43:33,870

interested in your online meditation

1030

00:43:37,940 --> 00:43:36,330

training what's the easiest way for them

1031

00:43:40,160 --> 00:43:37,950

to find you find that is through your

1032

00:43:41,810 --> 00:43:40,170

website the easiest way to find anything

1033

00:43:45,260 --> 00:43:41,820

of mine is through my website which is

1034

00:43:46,760 --> 00:43:45,270

Peter Russell calm and just make sure

1035

00:43:48,110 --> 00:43:46,770

you have two hours of the Russell

1036

00:43:49,100 --> 00:43:48,120

because otherwise you end up on some

1037

00:43:51,650 --> 00:43:49,110

typo squatter

1038

00:43:53,780 --> 00:43:51,660

but it's Peter it's Peter Russell just

1039

00:43:56,180 --> 00:43:53,790

my name Peter Russell with two hours on

1040

00:43:58,430 --> 00:43:56,190

the Russell and there you can access the

1041

00:44:02,240 --> 00:43:58,440

meditation course there's links to all

1042

00:44:04,160 --> 00:44:02,250

my videos my blogs everything you'll

1043

00:44:07,520 --> 00:44:04,170

find it through the site in one way or

1044

00:44:10,310 --> 00:44:07,530

another my newsletter everything that's

1045

00:44:12,860 --> 00:44:10,320

the portal to access your stuff on

1046

00:44:15,500 --> 00:44:12,870

YouTube whatever it is and if you're on

1047

00:44:17,660 --> 00:44:15,510

my newsletter then you get notifications

1048

00:44:20,270 --> 00:44:17,670

of new things as they come out or you

1049

00:44:23,180 --> 00:44:20,280

subscribe to my youtube channel whatever

1050

00:44:25,910 --> 00:44:23,190

I've been to the website there's just a

1051

00:44:28,010 --> 00:44:25,920

vast amount of information there are

1052

00:44:29,540 --> 00:44:28,020

some great stuff in those YouTube videos

1053

00:44:31,790 --> 00:44:29,550

you mentioned are definitely worth

1054

00:44:34,790 --> 00:44:31,800

watching so I hope people check those

1055

00:44:36,800 --> 00:44:34,800

out as well so Peter thanks again for

1056

00:44:38,470 --> 00:44:36,810

joining me it's been great talking to

1057

00:44:40,910 --> 00:44:38,480

you on sceptical I know we've kind of

1058

00:44:43,640 --> 00:44:40,920

meandered around some different topics

1059

00:44:46,850 --> 00:44:43,650

but I guess I was serving my own needs

1060

00:44:48,500 --> 00:44:46,860

there of interest in this idea of the

1061

00:44:51,350 --> 00:44:48,510

intersection between science and

1062

00:44:52,910 --> 00:44:51,360

meditation in between the the paradigm

1063

00:44:55,730 --> 00:44:52,920

shifts that you've pointed out with

1064

00:44:57,200 --> 00:44:55,740

consciousness that's been great I mean I

1065

00:44:59,510 --> 00:44:57,210

don't mind wandering that I love it I

1066

00:45:02,000 --> 00:44:59,520

think we've covered a lot of good stuff

1067

00:45:04,820 --> 00:45:02,010

and we could go on for hours on any of

1068

00:45:06,500 --> 00:45:04,830

it but it's been great thanks again to

1069

00:45:09,170 --> 00:45:06,510

Peter Russell for joining me today on

1070

00:45:10,400 --> 00:45:09,180

skeptic oh one question to tee up from

1071

00:45:12,200 --> 00:45:10,410

this interview and I'm going to circle

1072

00:45:13,339 --> 00:45:12,210

back and hit this question a couple

1073

00:45:16,489 --> 00:45:13,349

times on upcoming

1074

00:45:18,920 --> 00:45:16,499

and that is do we need to rethink some

1075

00:45:20,809 --> 00:45:18,930

of our basic assumptions about science

1076

00:45:23,509 --> 00:45:20,819

like this measurement issue that I was

1077

00:45:27,229 --> 00:45:23,519

talking about given what we now know

1078

00:45:29,660 --> 00:45:27,239

about consciousness is this the elephant

1079

00:45:32,269 --> 00:45:29,670

in the room is that we can't really

1080

00:45:35,539 --> 00:45:32,279

measure much of anything in science if

1081

00:45:36,469 --> 00:45:35,549

we can't measure consciousness is

1082

00:45:38,509 --> 00:45:36,479

consciousness

1083

00:45:41,180 --> 00:45:38,519

the asterisk at the end of our

1084

00:45:43,699 --> 00:45:41,190

measurements does that fundamentally

1085

00:45:46,729 --> 00:45:43,709

change science in some way that we

1086

00:45:49,009 --> 00:45:46,739

haven't fully recognized you can tell

1087

00:45:50,870 --> 00:45:49,019

that's my proposition as much as it is a

1088

00:45:53,089 --> 00:45:50,880

question but I'd love to get your

1089

00:45:54,620 --> 00:45:53,099

feedback and your thoughts on it of

1090

00:45:59,180 --> 00:45:54,630

course the place to do that is at The

1091

00:46:01,579 --> 00:45:59,190

Skeptical website at ske PTI koat.com

1092

00:46:03,529 --> 00:46:01,589

there you'll find links to all of our

1093

00:46:06,349 --> 00:46:03,539

previous shows that you can download for

1094

00:46:08,569 --> 00:46:06,359

free or subscribe through iTunes you can

1095

00:46:10,729 --> 00:46:08,579

also find an email Facebook link to me

1096

00:46:12,859 --> 00:46:10,739

and then the link to the forum or the

1097

00:46:14,569 --> 00:46:12,869

comment section the website where you

1098

00:46:16,849 --> 00:46:14,579

can join in a discussion with other

1099

00:46:19,759 --> 00:46:16,859

people and tell us what you think a

1100

00:46:22,910 --> 00:46:19,769

number of interesting shows coming up

1101

00:46:24,829 --> 00:46:22,920

many are piling up in my inbox I'm just

1102

00:46:27,559 --> 00:46:24,839

having trouble getting them out on time

1103

00:46:30,439 --> 00:46:27,569

I have other stuff going on but I will

1104

00:46:32,839 --> 00:46:30,449

at least stay with this once every other

1105

00:46:36,529 --> 00:46:32,849

week scheduled and hopefully slip a

1106

00:46:39,589 --> 00:46:36,539

couple more in as well also making nice

1107

00:46:42,739 --> 00:46:39,599

progress on the book and hope to have

1108

00:46:45,499 --> 00:46:42,749

more information on that for you shortly