



1  
00:00:04,789 --> 00:00:02,550  
on this episode of skeptico

2  
00:00:06,309 --> 00:00:04,799  
okay meditation works thinking about

3  
00:00:07,670 --> 00:00:06,319  
thinking can change the physical

4  
00:00:09,190 --> 00:00:07,680  
structure of your brain that's what

5  
00:00:12,070 --> 00:00:09,200  
you're reporting

6  
00:00:15,430 --> 00:00:12,080  
but wait a minute that's a total game

7  
00:00:18,710 --> 00:00:15,440  
changer for science i mean 20 years ago

8  
00:00:20,630 --> 00:00:18,720  
if you told scientists that in material

9  
00:00:22,470 --> 00:00:20,640  
thoughts you know this thinking stuff

10  
00:00:23,670 --> 00:00:22,480  
which isn't supposed to do anything

11  
00:00:26,470 --> 00:00:23,680  
which is supposed to be just an

12  
00:00:29,509 --> 00:00:26,480  
epiphenomena of the brain if you told

13  
00:00:31,349 --> 00:00:29,519

them that that can rewire your brain

14

00:00:34,549 --> 00:00:31,359

they would have laughed you out of the

15

00:00:36,790 --> 00:00:34,559

halls of academia so the one thing that

16

00:00:38,790 --> 00:00:36,800

i guess did kind of ping me as i'm

17

00:00:40,790 --> 00:00:38,800

reading the book is haven't we kind of

18

00:00:43,670 --> 00:00:40,800

buried the lead here

19

00:00:45,910 --> 00:00:43,680

well a couple things science is a

20

00:00:47,910 --> 00:00:45,920

journey of discovery right where you're

21

00:00:50,630 --> 00:00:47,920

wrong all the time and then you're that

22

00:00:51,510 --> 00:00:50,640

you're operating on a thesis that uh

23

00:00:54,150 --> 00:00:51,520

that's

24

00:00:56,310 --> 00:00:54,160

good enough and then uh somebody comes

25

00:00:59,430 --> 00:00:56,320

along and disproves it and you improve

26

00:01:03,110 --> 00:00:59,440

uh yeah there for a long time uh there

27

00:01:05,830 --> 00:01:03,120

was the idea it was received wisdom in

28

00:01:07,910 --> 00:01:05,840

in uh medical and scientific circles

29

00:01:10,310 --> 00:01:07,920

that the brain stopped changing after a

30

00:01:12,070 --> 00:01:10,320

certain age i believe but now what this

31

00:01:14,070 --> 00:01:12,080

new meditation with the new meditation

32

00:01:16,270 --> 00:01:14,080

research has proved is that the brain is

33

00:01:18,469 --> 00:01:16,280

plastic and so there's this new term

34

00:01:20,550 --> 00:01:18,479

neuroplasticity uh that in fact the

35

00:01:23,590 --> 00:01:20,560

brain is changing all the time in

36

00:01:37,350 --> 00:01:23,600

response to experience stay with us

37

00:01:40,469 --> 00:01:39,030

welcome to skeptico where we explore

38

00:01:42,950 --> 00:01:40,479

controversial science with leading

39

00:01:44,950 --> 00:01:42,960

researchers thinkers and their critics

40

00:01:47,590 --> 00:01:44,960

i'm your host alex sacaris and on this

41

00:01:51,030 --> 00:01:47,600

episode of skeptical we ask the question

42

00:01:53,510 --> 00:01:51,040

does meditation defy science and i think

43

00:01:55,429 --> 00:01:53,520

it's a very interesting question to talk

44

00:01:57,270 --> 00:01:55,439

about with our guest

45

00:01:59,749 --> 00:01:57,280

dan harris who's written this new york

46

00:02:01,990 --> 00:01:59,759

times best-selling book 10 percent

47

00:02:05,830 --> 00:02:02,000

happier which is a book about his

48

00:02:08,710 --> 00:02:05,840

journey with meditation because i think

49

00:02:10,389 --> 00:02:08,720

like so much of the meditation

50

00:02:13,030 --> 00:02:10,399

information that has become very

51  
00:02:15,510 --> 00:02:13,040  
secularized and there's even some very

52  
00:02:17,430 --> 00:02:15,520  
high profile atheists who are

53  
00:02:19,510 --> 00:02:17,440  
outed as meditators and they don't

54  
00:02:21,350 --> 00:02:19,520  
really explain what that means

55  
00:02:24,630 --> 00:02:21,360  
i think we have to

56  
00:02:27,830 --> 00:02:24,640  
pull back to the underlying question of

57  
00:02:30,309 --> 00:02:27,840  
what does science say about the claims

58  
00:02:31,910 --> 00:02:30,319  
of meditation and i tried to do that

59  
00:02:35,110 --> 00:02:31,920  
with our guest and i think he did a very

60  
00:02:37,750 --> 00:02:35,120  
good job with it it's obviously not his

61  
00:02:39,830 --> 00:02:37,760  
primary focus but i think in a way he's

62  
00:02:42,309 --> 00:02:39,840  
the best person to ask because i think

63  
00:02:46,470 --> 00:02:42,319

it gets to the question of why can't we

64

00:02:49,509 --> 00:02:46,480

pull apart the science behind meditation

65

00:02:52,150 --> 00:02:49,519

and its claims and in particular whether

66

00:02:53,910 --> 00:02:52,160

you are a biological robot whether your

67

00:02:56,309 --> 00:02:53,920

mind equals a brain whether

68

00:02:57,990 --> 00:02:56,319

consciousness is an illusion these are

69

00:03:00,630 --> 00:02:58,000

the fundamental questions that

70

00:03:02,149 --> 00:03:00,640

meditation would seem

71

00:03:04,390 --> 00:03:02,159

to challenge

72

00:03:06,630 --> 00:03:04,400

but we often don't look at those

73

00:03:09,030 --> 00:03:06,640

questions when we talk about meditation

74

00:03:11,030 --> 00:03:09,040

we just talk about being 10 happier

75

00:03:13,030 --> 00:03:11,040

which is very cool and i'm not against

76  
00:03:14,949 --> 00:03:13,040  
that so these are some of the topics we

77  
00:03:16,949 --> 00:03:14,959  
talk about in this interview we also

78  
00:03:19,589 --> 00:03:16,959  
talk about religion which is the other

79  
00:03:22,149 --> 00:03:19,599  
part that we try and pull meditation

80  
00:03:24,790 --> 00:03:22,159  
back from any religious claims and in

81  
00:03:27,110 --> 00:03:24,800  
fact meditation as it's understood as

82  
00:03:29,830 --> 00:03:27,120  
it's been taught does associate itself

83  
00:03:32,229 --> 00:03:29,840  
with some very specific religious claims

84  
00:03:34,550 --> 00:03:32,239  
but that's just more stuff you can pull

85  
00:03:36,630 --> 00:03:34,560  
out of this interview hopefully now i do

86  
00:03:39,270 --> 00:03:36,640  
have a couple of questions along these

87  
00:03:41,990 --> 00:03:39,280  
lines to tee up afterwards and some more

88  
00:03:46,789 --> 00:03:42,000

thoughts so stick around for all of that

89

00:03:49,110 --> 00:03:46,799

here's my interview with dan harris

90

00:03:52,550 --> 00:03:49,120

today we welcome emmy award-winning

91

00:03:55,509 --> 00:03:52,560

journalist and all-around abc news rock

92

00:03:58,149 --> 00:03:55,519

star dan harris to skeptical dan is here

93

00:04:00,630 --> 00:03:58,159

to talk about his recent number one new

94

00:04:02,949 --> 00:04:00,640

york times best-selling book 10

95

00:04:05,429 --> 00:04:02,959

happier how i tamed the voice inside my

96

00:04:08,149 --> 00:04:05,439

head reduced stress without losing my

97

00:04:11,030 --> 00:04:08,159

edge and found self-help that actually

98

00:04:12,869 --> 00:04:11,040

works a true story dan it's great to

99

00:04:14,470 --> 00:04:12,879

have you on skeptico thanks so much for

100

00:04:16,629 --> 00:04:14,480

joining me

101  
00:04:20,150 --> 00:04:16,639  
thanks for having me man appreciate it

102  
00:04:21,990 --> 00:04:20,160  
so your book has been a tremendous

103  
00:04:24,070 --> 00:04:22,000  
inspiration to thousands of people

104  
00:04:26,870 --> 00:04:24,080  
getting them to try mindfulness

105  
00:04:30,230 --> 00:04:26,880  
meditation even if they're skeptical of

106  
00:04:33,189 --> 00:04:30,240  
the spiritual trimmings that often are

107  
00:04:33,990 --> 00:04:33,199  
associated with meditation of any kind

108  
00:04:35,749 --> 00:04:34,000  
so

109  
00:04:38,870 --> 00:04:35,759  
tell folks a little bit about how you

110  
00:04:41,189 --> 00:04:38,880  
went from skeptic to believer

111  
00:04:45,670 --> 00:04:41,199  
well it's a bit of a yarn

112  
00:04:47,189 --> 00:04:45,680  
i guess if you want the whole story you

113  
00:04:49,189 --> 00:04:47,199

can read the book although you don't

114

00:04:50,710 --> 00:04:49,199

have to read the book uh by any by any

115

00:04:53,749 --> 00:04:50,720

means you don't have to read it but but

116

00:04:56,950 --> 00:04:53,759

uh the the short version is um i had a

117

00:05:00,230 --> 00:04:56,960

panic attack on national television

118

00:05:02,070 --> 00:05:00,240

uh on good morning america back in 2004

119

00:05:04,950 --> 00:05:02,080

that was the result of some very dumb

120

00:05:06,790 --> 00:05:04,960

behavior in my personal life i had

121

00:05:09,909 --> 00:05:06,800

i had spent a lot of time in war zones

122

00:05:11,270 --> 00:05:09,919

as a reporter and and frankly had not

123

00:05:13,510 --> 00:05:11,280

thought about what the psychological

124

00:05:16,150 --> 00:05:13,520

consequences might be and then then i

125

00:05:18,950 --> 00:05:16,160

sort of got depressed and very stupidly

126  
00:05:21,670 --> 00:05:18,960  
self-medicated with recreational drugs

127  
00:05:23,749 --> 00:05:21,680  
uh including cocaine and and that

128  
00:05:25,670 --> 00:05:23,759  
i later learned you know artificially

129  
00:05:27,270 --> 00:05:25,680  
raised the level of adrenal adrenaline

130  
00:05:28,629 --> 00:05:27,280  
in my brain and and

131  
00:05:30,230 --> 00:05:28,639  
helped

132  
00:05:32,070 --> 00:05:30,240  
provoke this panic attack on live

133  
00:05:33,990 --> 00:05:32,080  
television um

134  
00:05:35,749 --> 00:05:34,000  
and that through a sort of not just on

135  
00:05:38,469 --> 00:05:35,759  
live television this is good moaning

136  
00:05:40,070 --> 00:05:38,479  
america right so this is like millions

137  
00:05:40,909 --> 00:05:40,080  
of people watching

138  
00:05:43,909 --> 00:05:40,919

yeah

139

00:05:45,909 --> 00:05:43,919

5.019 million people uh

140

00:05:47,749 --> 00:05:45,919

according to the nielsen ratings

141

00:05:49,909 --> 00:05:47,759

and yeah i just basically lost the

142

00:05:51,749 --> 00:05:49,919

ability to breathe or continue speaking

143

00:05:53,270 --> 00:05:51,759

um in the middle of my little newscast

144

00:05:54,950 --> 00:05:53,280

and i had to sort of put it in the

145

00:05:57,430 --> 00:05:54,960

middle and toss it back to the main

146

00:05:59,990 --> 00:05:57,440

hosts of the show who at that time were

147

00:06:03,670 --> 00:06:00,000

diane sawyer and charlie gibson and

148

00:06:06,150 --> 00:06:03,680

um and that that kind of set me on a

149

00:06:10,309 --> 00:06:06,160

a long road that ultimately led to

150

00:06:13,270 --> 00:06:10,319

meditation but but i i i

151  
00:06:14,469 --> 00:06:13,280  
i would just say the least

152  
00:06:17,029 --> 00:06:14,479  
skeptical

153  
00:06:17,830 --> 00:06:17,039  
about meditation i i thought it was only

154  
00:06:19,909 --> 00:06:17,840  
for

155  
00:06:22,230 --> 00:06:19,919  
hippies and freaks and and people who

156  
00:06:24,790 --> 00:06:22,240  
are really into aromatherapy and john

157  
00:06:27,189 --> 00:06:24,800  
tesh and ultimate frisbee

158  
00:06:30,230 --> 00:06:27,199  
uh and who used the word namaste

159  
00:06:32,469 --> 00:06:30,240  
unironically and i was you know not at

160  
00:06:34,790 --> 00:06:32,479  
all your typical meditator and what

161  
00:06:36,870 --> 00:06:34,800  
changed my mind was really the science

162  
00:06:38,710 --> 00:06:36,880  
uh and that that there's a

163  
00:06:41,110 --> 00:06:38,720

there's been an explosion of scientific

164

00:06:43,990 --> 00:06:41,120

research into the benefits of meditation

165

00:06:45,909 --> 00:06:44,000

which um is still in its early stages to

166

00:06:47,670 --> 00:06:45,919

be sure but it's

167

00:06:49,189 --> 00:06:47,680

strongly suggest that there's a long

168

00:06:50,230 --> 00:06:49,199

list of health benefits including you

169

00:06:52,390 --> 00:06:50,240

know lowering your blood pressure

170

00:06:54,870 --> 00:06:52,400

boosting your immune system and most

171

00:06:56,710 --> 00:06:54,880

intriguingly you know rewiring key parts

172

00:06:58,629 --> 00:06:56,720

of your brain and that's really what got

173

00:06:59,670 --> 00:06:58,639

me into uh that would that's what put me

174

00:07:02,790 --> 00:06:59,680

over the hump

175

00:07:05,830 --> 00:07:02,800

right and the book 10 happier is really

176

00:07:08,469 --> 00:07:05,840

i think engaging because it does

177

00:07:09,909 --> 00:07:08,479

chronicle that story of and it mixes in

178

00:07:12,790 --> 00:07:09,919

all these cool little stories about

179

00:07:15,110 --> 00:07:12,800

being a journalist at that level but it

180

00:07:17,110 --> 00:07:15,120

it really chronicles this

181

00:07:19,029 --> 00:07:17,120

mission that you're on to kind of sort

182

00:07:20,870 --> 00:07:19,039

through all this stuff

183

00:07:22,469 --> 00:07:20,880

tell folks a little bit i found it

184

00:07:24,070 --> 00:07:22,479

interesting the title of your book kind

185

00:07:26,150 --> 00:07:24,080

of has an interesting

186

00:07:27,670 --> 00:07:26,160

story behind it what do you mean by 10

187

00:07:29,270 --> 00:07:27,680

percent happier and it's a little bit of

188

00:07:31,110 --> 00:07:29,280

a joke and i love a little bit of a joke

189

00:07:33,189 --> 00:07:31,120

in there because it's got an interesting

190

00:07:36,230 --> 00:07:33,199

twist to it

191

00:07:38,629 --> 00:07:36,240

yeah yeah it's it's absurdly uh

192

00:07:41,110 --> 00:07:38,639

unscientific uh i am not actually

193

00:07:43,510 --> 00:07:41,120

promising a ten percent happiness booth

194

00:07:49,350 --> 00:07:45,990

when i when i first got interested in

195

00:07:52,550 --> 00:07:49,360

meditation it was uh hard to explain to

196

00:07:56,230 --> 00:07:52,560

my colleagues in the uh hard bitten news

197

00:07:59,430 --> 00:07:56,240

uh news universe and i struggled with

198

00:08:01,110 --> 00:07:59,440

how to communicate about it and

199

00:08:02,869 --> 00:08:01,120

sometimes i would just clam up and get

200

00:08:04,150 --> 00:08:02,879

all weird and awkward and other times i

201

00:08:06,950 --> 00:08:04,160

would get

202

00:08:08,070 --> 00:08:06,960

off-puttingly overly emphatic about all

203

00:08:09,990 --> 00:08:08,080

the benefits

204

00:08:11,670 --> 00:08:10,000

and i couldn't figure out how to strike

205

00:08:13,990 --> 00:08:11,680

a night balance in the middle and then

206

00:08:16,070 --> 00:08:14,000

one day i was having um

207

00:08:19,189 --> 00:08:16,080

another in a long series of uh of

208

00:08:21,909 --> 00:08:19,199

conversations with uh colleagues that

209

00:08:23,350 --> 00:08:21,919

that ran along the lines of um why are

210

00:08:25,110 --> 00:08:23,360

you meditating what's the matter with

211

00:08:26,390 --> 00:08:25,120

you or something along those lines and i

212

00:08:28,550 --> 00:08:26,400

was having this conversation with my

213

00:08:29,670 --> 00:08:28,560

friend chris who i'd known for a long

214

00:08:30,869 --> 00:08:29,680

time and

215

00:08:32,550 --> 00:08:30,879

she she was

216

00:08:34,790 --> 00:08:32,560

asking me about the meditation thing and

217

00:08:37,029 --> 00:08:34,800

i and i just blurted out oh i do because

218

00:08:39,430 --> 00:08:37,039

it makes me about 10 happy

219

00:08:41,829 --> 00:08:39,440

and in that moment i could see that the

220

00:08:43,990 --> 00:08:41,839

look of scorn on her face was

221

00:08:44,870 --> 00:08:44,000

transformed to something approaching

222

00:08:47,190 --> 00:08:44,880

interest

223

00:08:48,710 --> 00:08:47,200

and i realized that that was this was my

224

00:08:50,710 --> 00:08:48,720

stick this is the right way to pitch

225

00:08:53,430 --> 00:08:50,720

this because

226

00:08:55,509 --> 00:08:53,440

for too long uh in the worlds of

227

00:08:57,509 --> 00:08:55,519

self-help and spirituality people have

228

00:08:58,710 --> 00:08:57,519

been promising silver bullets and they

229

00:08:59,670 --> 00:08:58,720

don't exist

230

00:09:00,470 --> 00:08:59,680

and

231

00:09:03,269 --> 00:09:00,480

uh

232

00:09:06,230 --> 00:09:03,279

so instead of peddling reckless hope it

233

00:09:08,949 --> 00:09:06,240

seemed to me that i could uh reposition

234

00:09:11,509 --> 00:09:08,959

you know something that is a significant

235

00:09:13,829 --> 00:09:11,519

value add is a good return on investment

236

00:09:16,310 --> 00:09:13,839

et cetera et cetera but isn't gonna you

237

00:09:18,070 --> 00:09:16,320

know fix everything yeah now there's

238

00:09:20,150 --> 00:09:18,080

some interesting parts of that that

239

00:09:22,790 --> 00:09:20,160

we're gonna wanna pull apart or i'm

240

00:09:25,030 --> 00:09:22,800

gonna wanna pull apart but i i do

241

00:09:27,269 --> 00:09:25,040

respect and really

242

00:09:29,269 --> 00:09:27,279

understand the need to kind of bypass

243

00:09:30,949 --> 00:09:29,279

the whole culture war debate about

244

00:09:33,350 --> 00:09:30,959

science spirituality and that whole

245

00:09:35,190 --> 00:09:33,360

thing which i think you do and and that

246

00:09:36,230 --> 00:09:35,200

transcends it with that one ten percent

247

00:09:38,470 --> 00:09:36,240

happier you want to be ten percent

248

00:09:40,710 --> 00:09:38,480

happier take a look you know but as you

249

00:09:41,509 --> 00:09:40,720

alluded to before what really hooked you

250

00:09:44,389 --> 00:09:41,519

in

251

00:09:46,710 --> 00:09:44,399

is the research so tell folks

252

00:09:48,710 --> 00:09:46,720

thumbnail sketch of what you found

253

00:09:50,870 --> 00:09:48,720

because you talked to some of the top

254

00:09:52,310 --> 00:09:50,880

neuroscientists from universities like

255

00:09:55,590 --> 00:09:52,320

harvard and yale and all the right

256

00:09:58,630 --> 00:09:56,949

uh well when it comes to the

257

00:10:01,269 --> 00:09:58,640

neuroscience which i think is truly the

258

00:10:02,790 --> 00:10:01,279

most interesting stuff um

259

00:10:04,550 --> 00:10:02,800

and again i can't emphasize strongly

260

00:10:06,389 --> 00:10:04,560

enough that this this this body of

261

00:10:08,310 --> 00:10:06,399

research is really still in its infancy

262

00:10:09,910 --> 00:10:08,320

but the early findings

263

00:10:12,790 --> 00:10:09,920

indicate that you're essentially sort of

264

00:10:15,030 --> 00:10:12,800

performing a version of neurosurgery on

265

00:10:16,550 --> 00:10:15,040

yourself when you meditate you're

266

00:10:17,509 --> 00:10:16,560

changing your own brain

267

00:10:18,949 --> 00:10:17,519

and

268

00:10:20,550 --> 00:10:18,959

um

269

00:10:22,150 --> 00:10:20,560

i'll give you just one study in

270

00:10:25,030 --> 00:10:22,160

particular that i think is compelling

271

00:10:26,550 --> 00:10:25,040

it's done in 2011 at harvard where they

272

00:10:27,670 --> 00:10:26,560

took people who had never meditated

273

00:10:30,630 --> 00:10:27,680

before

274

00:10:32,870 --> 00:10:30,640

uh and they gave them a an eight week

275

00:10:34,470 --> 00:10:32,880

meditation class by which i don't mean

276

00:10:36,550 --> 00:10:34,480

that they were like doing nothing but

277

00:10:38,949 --> 00:10:36,560

meditating all day just that they were

278

00:10:40,710 --> 00:10:38,959

doing short daily doses of meditation

279

00:10:42,150 --> 00:10:40,720

over the course of eight weeks and they

280

00:10:44,470 --> 00:10:42,160

scanned their brains at the beginning of

281

00:10:47,110 --> 00:10:44,480

those eight weeks and then at the end of

282

00:10:49,670 --> 00:10:47,120

the eight weeks after the class and what

283

00:10:51,590 --> 00:10:49,680

they found is that the area that in the

284

00:10:53,030 --> 00:10:51,600

areas of the brain associated with

285

00:10:56,550 --> 00:10:53,040

self-awareness

286

00:10:58,790 --> 00:10:56,560

and compassion the gray matter literally

287

00:11:00,710 --> 00:10:58,800

grew and in the area of the brain

288

00:11:02,470 --> 00:11:00,720

associated with stress the gray matter

289

00:11:04,630 --> 00:11:02,480

literally shrank

290

00:11:06,710 --> 00:11:04,640

so that's just one particularly juicy

291

00:11:08,230 --> 00:11:06,720

little nugget but there's there are

292

00:11:10,069 --> 00:11:08,240

loads of other examples i can give you

293

00:11:12,069 --> 00:11:10,079

depending on how much time you have that

294

00:11:14,470 --> 00:11:12,079

really speak to

295

00:11:16,710 --> 00:11:14,480

uh the potential power of this practice

296

00:11:19,350 --> 00:11:16,720

and which is a very simple

297

00:11:20,630 --> 00:11:19,360

and secular practice yeah that that

298

00:11:22,150 --> 00:11:20,640

secular part is kind of interesting

299

00:11:23,910 --> 00:11:22,160

we'll get into that but you know

300

00:11:26,630 --> 00:11:23,920

stopping right there on the science full

301  
00:11:28,310 --> 00:11:26,640  
stop because okay meditation works

302  
00:11:30,069 --> 00:11:28,320  
thinking about thinking can change the

303  
00:11:31,670 --> 00:11:30,079  
physical structure of your brain that's

304  
00:11:34,550 --> 00:11:31,680  
what you're reporting

305  
00:11:37,910 --> 00:11:34,560  
but wait a minute that's a total game

306  
00:11:41,269 --> 00:11:37,920  
changer for science i mean 20 years ago

307  
00:11:43,190 --> 00:11:41,279  
if you told scientists that immaterial

308  
00:11:45,030 --> 00:11:43,200  
thoughts you know this thinking stuff

309  
00:11:46,230 --> 00:11:45,040  
which isn't supposed to do anything

310  
00:11:49,030 --> 00:11:46,240  
which is supposed to be just an

311  
00:11:52,069 --> 00:11:49,040  
epiphenomenon of the brain if you told

312  
00:11:53,910 --> 00:11:52,079  
them that that can rewire your brain

313  
00:11:57,110 --> 00:11:53,920

they would have laughed you out of the

314

00:11:59,350 --> 00:11:57,120

halls of academia so the one thing that

315

00:12:01,350 --> 00:11:59,360

i guess did kind of ping me as i'm

316

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

reading the book is haven't we kind of

317

00:12:05,910 --> 00:12:04,800

buried the lead here with this research

318

00:12:08,230 --> 00:12:05,920

that's so

319

00:12:10,470 --> 00:12:08,240

is kind of obscure to most people

320

00:12:12,310 --> 00:12:10,480

hopefully not with your book

321

00:12:14,550 --> 00:12:12,320

that's bringing it to the fore but this

322

00:12:16,790 --> 00:12:14,560

is really a game changer for science i

323

00:12:18,949 --> 00:12:16,800

think in a fundamental way that can kind

324

00:12:20,710 --> 00:12:18,959

of get downplayed with uh just oh it's

325

00:12:23,110 --> 00:12:20,720

just meditation don't worry about its

326

00:12:25,910 --> 00:12:23,120

stuff do you have any thoughts on that

327

00:12:27,030 --> 00:12:25,920

well a couple things one um

328

00:12:28,389 --> 00:12:27,040

science

329

00:12:29,509 --> 00:12:28,399

is uh

330

00:12:30,949 --> 00:12:29,519

a

331

00:12:33,110 --> 00:12:30,959

um

332

00:12:35,110 --> 00:12:33,120

a journey of discovery right where

333

00:12:37,670 --> 00:12:35,120

you're wrong all the time and you're

334

00:12:38,949 --> 00:12:37,680

that you're operating on a thesis that

335

00:12:41,590 --> 00:12:38,959

uh that's

336

00:12:43,990 --> 00:12:41,600

good enough and then uh somebody comes

337

00:12:46,949 --> 00:12:44,000

along and disproves it and you improve

338

00:12:49,030 --> 00:12:46,959

uh and that's just the way science works

339

00:12:52,150 --> 00:12:49,040

uh and so

340

00:12:56,389 --> 00:12:52,160

yeah there for a long time uh there was

341

00:12:58,949 --> 00:12:56,399

the idea it was received wisdom in in

342

00:13:01,190 --> 00:12:58,959

medical and scientific um

343

00:13:03,030 --> 00:13:01,200

circles that the brain stopped changing

344

00:13:05,430 --> 00:13:03,040

after a certain age i believe

345

00:13:06,870 --> 00:13:05,440

maybe in your early 20s but now what

346

00:13:08,870 --> 00:13:06,880

this new meditation with the new

347

00:13:10,629 --> 00:13:08,880

meditation research has proved is that

348

00:13:11,629 --> 00:13:10,639

the brain is plastic and so there's this

349

00:13:13,829 --> 00:13:11,639

new term

350

00:13:15,910 --> 00:13:13,839

neuroplasticity uh that in fact the

351

00:13:19,350 --> 00:13:15,920

brain is changing all the time in

352

00:13:21,190 --> 00:13:19,360

response to experience and um

353

00:13:24,790 --> 00:13:21,200

and which means that you can train the

354

00:13:27,590 --> 00:13:24,800

brain which is an enormously liberating

355

00:13:29,590 --> 00:13:27,600

idea because i think a lot of us assume

356

00:13:31,350 --> 00:13:29,600

either consciously or subconsciously

357

00:13:32,870 --> 00:13:31,360

that happiness

358

00:13:36,069 --> 00:13:32,880

is contingent

359

00:13:37,990 --> 00:13:36,079

solely upon exogenous factors such as

360

00:13:39,829 --> 00:13:38,000

the quality of our childhood what's

361

00:13:42,150 --> 00:13:39,839

happening at work how are things going

362

00:13:43,430 --> 00:13:42,160

in our marriage etc etc

363

00:13:46,389 --> 00:13:43,440

not to say that those things aren't

364

00:13:49,030 --> 00:13:46,399

important they are important but in fact

365

00:13:51,190 --> 00:13:49,040

happiness can actually be a skill for

366

00:13:53,590 --> 00:13:51,200

which you train yourself just the way

367

00:13:55,030 --> 00:13:53,600

you train your body in the gym that it

368

00:13:58,069 --> 00:13:55,040

is susceptible

369

00:14:00,710 --> 00:13:58,079

to training um and

370

00:14:02,870 --> 00:14:00,720

i i just think that that that that puts

371

00:14:04,710 --> 00:14:02,880

a lot of the responsibility on you but

372

00:14:07,509 --> 00:14:04,720

it is liberating that because it's not

373

00:14:10,150 --> 00:14:07,519

all out of your control and that and

374

00:14:13,269 --> 00:14:10,160

what meditation teaches you to do is to

375

00:14:15,910 --> 00:14:13,279

it's not going to erase your problems

376

00:14:17,590 --> 00:14:15,920

it it it just helps you see them and

377

00:14:19,670 --> 00:14:17,600

handle them differently it puts you in a

378

00:14:21,910 --> 00:14:19,680

different relationship to the problem

379

00:14:23,910 --> 00:14:21,920

and that's a huge value add but there's

380

00:14:25,269 --> 00:14:23,920

just one little tweak i would in your

381

00:14:26,389 --> 00:14:25,279

question this is going back several

382

00:14:29,350 --> 00:14:26,399

minutes now

383

00:14:31,110 --> 00:14:29,360

you use the term thinking about thinking

384

00:14:32,870 --> 00:14:31,120

but in fact it's different you aren't

385

00:14:34,870 --> 00:14:32,880

thinking about thinking you're being

386

00:14:36,949 --> 00:14:34,880

aware of thinking

387

00:14:39,910 --> 00:14:36,959

that's a great point but it kind of begs

388

00:14:42,870 --> 00:14:39,920

the question then again who is aware i

389

00:14:45,350 --> 00:14:42,880

mean this is you're wrapping it into a

390

00:14:47,269 --> 00:14:45,360

really nice package which is awesome and

391

00:14:48,790 --> 00:14:47,279

i really really respect that and i think

392

00:14:51,189 --> 00:14:48,800

everyone should

393

00:14:53,269 --> 00:14:51,199

everyone who whose interest is peaked

394

00:14:55,670 --> 00:14:53,279

who isn't meditating would really

395

00:14:57,829 --> 00:14:55,680

benefit from 10 percent happier because

396

00:14:59,750 --> 00:14:57,839

it really hooks you in but i do think

397

00:15:03,509 --> 00:14:59,760

we're kind of glossing over the

398

00:15:04,310 --> 00:15:03,519

monumental shift in science that that is

399

00:15:07,750 --> 00:15:04,320

in

400

00:15:10,949 --> 00:15:07,760

implied not implied but directly

401  
00:15:12,629 --> 00:15:10,959  
suggested by this by this work and that

402  
00:15:14,470 --> 00:15:12,639  
is that you know i mean you want to

403  
00:15:16,310 --> 00:15:14,480  
break it down into fundamental science

404  
00:15:19,350 --> 00:15:16,320  
take evolution right

405  
00:15:22,949 --> 00:15:19,360  
that's the biggest culture war science

406  
00:15:25,030 --> 00:15:22,959  
debate going well what causes species

407  
00:15:27,750 --> 00:15:25,040  
change well there's only two things

408  
00:15:29,910 --> 00:15:27,760  
right there's genetic mutation and

409  
00:15:32,550 --> 00:15:29,920  
there's response to

410  
00:15:35,030 --> 00:15:32,560  
our environment well now we can add a

411  
00:15:36,470 --> 00:15:35,040  
third thing because apparently from what

412  
00:15:37,750 --> 00:15:36,480  
you're saying what this research

413  
00:15:39,310 --> 00:15:37,760

suggests

414

00:15:42,470 --> 00:15:39,320

is that this self-directed

415

00:15:44,949 --> 00:15:42,480

neuroplasticity can actually change our

416

00:15:46,790 --> 00:15:44,959

physical structure i mean these are the

417

00:15:49,269 --> 00:15:46,800

kind of issues these consciousness

418

00:15:51,509 --> 00:15:49,279

issues have always been at the heart of

419

00:15:53,509 --> 00:15:51,519

scientific debates for the longest time

420

00:15:55,590 --> 00:15:53,519

and i love the idea that oh science will

421

00:15:57,670 --> 00:15:55,600

just catch up science will evolve and

422

00:15:59,749 --> 00:15:57,680

figure itself out but it certainly

423

00:16:02,069 --> 00:15:59,759

hasn't in the last you know this

424

00:16:04,870 --> 00:16:02,079

research has been out there for 25 years

425

00:16:06,550 --> 00:16:04,880

we haven't seen any monumental shift so

426

00:16:08,790 --> 00:16:06,560

i love the way you're doing an end run

427

00:16:11,189 --> 00:16:08,800

on it but do we need to confront these

428

00:16:14,389 --> 00:16:11,199

fundamental paradigm busting

429

00:16:17,590 --> 00:16:14,399

implications of this science or is that

430

00:16:23,990 --> 00:16:22,550

i'm not sure i follow you entirely um

431

00:16:24,790 --> 00:16:24,000

the

432

00:16:27,269 --> 00:16:24,800

you know

433

00:16:29,590 --> 00:16:27,279

when i talk about the ability to

434

00:16:31,430 --> 00:16:29,600

change the structure of the brain i mean

435

00:16:33,590 --> 00:16:31,440

i think about that more like

436

00:16:34,829 --> 00:16:33,600

exercise changing the structure of the

437

00:16:36,389 --> 00:16:34,839

body

438

00:16:37,670 --> 00:16:36,399

um

439

00:16:40,389 --> 00:16:37,680

so

440

00:16:41,430 --> 00:16:40,399

what paradigm are you referring to being

441

00:16:45,590 --> 00:16:41,440

busted

442

00:16:47,990 --> 00:16:45,600

well i mean materialism suggests that

443

00:16:50,310 --> 00:16:48,000

there is no consciousness there is no

444

00:16:51,749 --> 00:16:50,320

voice inside your head it's an illusion

445

00:16:53,509 --> 00:16:51,759

right i mean

446

00:16:56,069 --> 00:16:53,519

richard dawkins you're a biological

447

00:16:58,470 --> 00:16:56,079

robot daniel dennett consciousness is an

448

00:17:01,829 --> 00:16:58,480

illusion i mean these guys are voicing

449

00:17:04,150 --> 00:17:01,839

what science has held to dearly for you

450

00:17:05,189 --> 00:17:04,160

know as long as the last hundred years

451  
00:17:07,829 --> 00:17:05,199  
that

452  
00:17:11,909 --> 00:17:07,839  
he there's just matter there is no

453  
00:17:16,069 --> 00:17:12,789  
well i mean i think that's the

454  
00:17:18,630 --> 00:17:16,079  
fundamental mystery isn't it right that

455  
00:17:20,549 --> 00:17:18,640  
we know that we know things in other

456  
00:17:21,829 --> 00:17:20,559  
words we know that we're having

457  
00:17:23,350 --> 00:17:21,839  
experiences

458  
00:17:25,669 --> 00:17:23,360  
but we don't know

459  
00:17:28,789 --> 00:17:25,679  
who it is that is experiencing it like

460  
00:17:30,310 --> 00:17:28,799  
we you close your eyes and look for

461  
00:17:32,470 --> 00:17:30,320  
alex

462  
00:17:34,070 --> 00:17:32,480  
you're not going to find him in any

463  
00:17:36,630 --> 00:17:34,080

solid form

464

00:17:37,510 --> 00:17:36,640

uh and i don't know the answer to that

465

00:17:38,789 --> 00:17:37,520

question

466

00:17:41,510 --> 00:17:38,799

um

467

00:17:44,150 --> 00:17:41,520

and i would i i would

468

00:17:45,990 --> 00:17:44,160

i would i would just venture to say that

469

00:17:48,150 --> 00:17:46,000

you probably don't either um it is one

470

00:17:49,669 --> 00:17:48,160

of the biggest mysteries with one of the

471

00:17:51,669 --> 00:17:49,679

fundamental mysteries the mysteries of

472

00:17:53,909 --> 00:17:51,679

consciousness so

473

00:17:55,270 --> 00:17:53,919

i mean i certainly think that meditation

474

00:17:57,029 --> 00:17:55,280

brings you

475

00:18:00,070 --> 00:17:57,039

right up to the end of that mystery but

476

00:18:02,549 --> 00:18:00,080

i don't know that it answers it

477

00:18:04,549 --> 00:18:02,559

let's talk a little bit more about these

478

00:18:07,510 --> 00:18:04,559

culture war issues

479

00:18:09,110 --> 00:18:07,520

after all before being uh

480

00:18:11,430 --> 00:18:09,120

embedded in

481

00:18:12,950 --> 00:18:11,440

iraq as a war correspondent you were

482

00:18:15,750 --> 00:18:12,960

embedded in the culture where debate on

483

00:18:17,990 --> 00:18:15,760

religion by your former boss there at

484

00:18:19,510 --> 00:18:18,000

abc news peter jennings

485

00:18:22,710 --> 00:18:19,520

so you know

486

00:18:25,430 --> 00:18:22,720

what a hot culture war debate goes on

487

00:18:26,549 --> 00:18:25,440

about science and spirituality and just

488

00:18:28,789 --> 00:18:26,559

about

489

00:18:30,549 --> 00:18:28,799

how how religion should fit into our

490

00:18:33,029 --> 00:18:30,559

culture

491

00:18:34,230 --> 00:18:33,039

how do you manage and sort out the

492

00:18:35,590 --> 00:18:34,240

spiritual

493

00:18:37,830 --> 00:18:35,600

and religious

494

00:18:40,549 --> 00:18:37,840

implications and connections of this

495

00:18:42,630 --> 00:18:40,559

meditation practice that you've become a

496

00:18:45,669 --> 00:18:42,640

part of and just in general the

497

00:18:47,510 --> 00:18:45,679

meditation phenomena if you will

498

00:18:49,669 --> 00:18:47,520

you know on the one hand it's simple

499

00:18:50,950 --> 00:18:49,679

right on the one hand

500

00:18:53,430 --> 00:18:50,960

um

501  
00:18:57,909 --> 00:18:54,950  
30 years ago

502  
00:19:00,310 --> 00:18:57,919  
a molecular biologist from mit by the

503  
00:19:02,630 --> 00:19:00,320  
name of john kabat-zinn was at a

504  
00:19:05,590 --> 00:19:02,640  
buddhist meditation center and had a

505  
00:19:08,150 --> 00:19:05,600  
flash of insight and the insight was

506  
00:19:13,029 --> 00:19:10,549  
all these skills that we're learning in

507  
00:19:14,630 --> 00:19:13,039  
a buddhist context

508  
00:19:17,029 --> 00:19:14,640  
could be taken out of the buddhist

509  
00:19:20,789 --> 00:19:17,039  
context stripped of the theology script

510  
00:19:23,029 --> 00:19:20,799  
of the metaphysics and taught simply as

511  
00:19:25,110 --> 00:19:23,039  
um

512  
00:19:28,070 --> 00:19:25,120  
mind training uh

513  
00:19:31,430 --> 00:19:28,080

and he calls it mindfulness-based stress

514

00:19:32,630 --> 00:19:31,440

production and it is completely secular

515

00:19:33,990 --> 00:19:32,640

and now

516

00:19:37,350 --> 00:19:34,000

uh because

517

00:19:39,190 --> 00:19:37,360

john kavan taught it in a it created a

518

00:19:40,549 --> 00:19:39,200

paradigm in which it could be taught a

519

00:19:42,310 --> 00:19:40,559

protocol in which you could be taught

520

00:19:43,669 --> 00:19:42,320

over the course of eight weeks has now

521

00:19:46,470 --> 00:19:43,679

been the the

522

00:19:48,070 --> 00:19:46,480

focus of

523

00:19:50,390 --> 00:19:48,080

an enormous amount of scientific

524

00:19:52,789 --> 00:19:50,400

research uh and

525

00:19:54,870 --> 00:19:52,799

uh so we now have a simple secular and

526

00:19:57,350 --> 00:19:54,880

scientifically validated way to teach

527

00:19:59,909 --> 00:19:57,360

people to meditate um

528

00:20:01,430 --> 00:19:59,919

and so in some ways that kind of just

529

00:20:02,549 --> 00:20:01,440

takes it out of the culture wars

530

00:20:03,830 --> 00:20:02,559

entirely

531

00:20:05,270 --> 00:20:03,840

um

532

00:20:08,310 --> 00:20:05,280

but it's

533

00:20:11,669 --> 00:20:08,320

not that simple on another level because

534

00:20:13,270 --> 00:20:11,679

there's just no question and uh and i

535

00:20:15,590 --> 00:20:13,280

think that this argument is going to

536

00:20:17,590 --> 00:20:15,600

start to be made more vocally as

537

00:20:19,430 --> 00:20:17,600

meditation seeps more strongly into the

538

00:20:20,630 --> 00:20:19,440

mainstream there's just no question that

539

00:20:23,590 --> 00:20:20,640

meditation

540

00:20:24,470 --> 00:20:23,600

derives from an eastern religion

541

00:20:25,909 --> 00:20:24,480

um

542

00:20:27,510 --> 00:20:25,919

and as it

543

00:20:29,590 --> 00:20:27,520

and we've already seen this happen a few

544

00:20:32,230 --> 00:20:29,600

times as it starts as mindfulness

545

00:20:35,750 --> 00:20:32,240

meditation starts to be taught in

546

00:20:39,350 --> 00:20:35,760

schools and and workplaces we're gonna

547

00:20:42,470 --> 00:20:39,360

see people of faith saying no no no

548

00:20:43,990 --> 00:20:42,480

uh i do not approve and uh so we're

549

00:20:45,590 --> 00:20:44,000

gonna have to work this out now it

550

00:20:47,830 --> 00:20:45,600

happens to be my view and now i'm just

551  
00:20:50,710 --> 00:20:47,840  
speaking as

552  
00:20:52,950 --> 00:20:50,720  
the person not as dan the uh abc news

553  
00:20:54,310 --> 00:20:52,960  
anchorman it happens to be my view that

554  
00:20:56,149 --> 00:20:54,320  
that um

555  
00:20:59,750 --> 00:20:56,159  
mindfulness

556  
00:21:02,630 --> 00:20:59,760  
is an innate human capacity

557  
00:21:06,070 --> 00:21:02,640  
uh and it is not a buddhist thing per se

558  
00:21:07,590 --> 00:21:06,080  
the buddha spent 2500 years describing

559  
00:21:10,070 --> 00:21:07,600  
it very well

560  
00:21:12,710 --> 00:21:10,080  
but to teach somebody to boost their

561  
00:21:15,110 --> 00:21:12,720  
ability to be mindful of their own you

562  
00:21:17,909 --> 00:21:15,120  
know more michael about their own your

563  
00:21:20,149 --> 00:21:17,919

life is not necessarily a buddhist thing

564

00:21:22,789 --> 00:21:20,159

just as teaching somebody algebra isn't

565

00:21:26,070 --> 00:21:22,799

necessarily a muslim thing just because

566

00:21:28,830 --> 00:21:26,080

it was invented and perfected by arabs

567

00:21:30,630 --> 00:21:28,840

in baghdad or whatever uh how however

568

00:21:32,549 --> 00:21:30,640

many uh

569

00:21:34,390 --> 00:21:32,559

millennia ago

570

00:21:36,390 --> 00:21:34,400

isn't it a little bit more tricky than

571

00:21:38,710 --> 00:21:36,400

that you know i live here in san diego

572

00:21:41,029 --> 00:21:38,720

and about 30 miles outside of town

573

00:21:44,070 --> 00:21:41,039

there's a zen monastery that was started

574

00:21:46,470 --> 00:21:44,080

by very famous vietnamese buddhist monk

575

00:21:48,950 --> 00:21:46,480

named tiknot han awesome guy you know

576

00:21:51,029 --> 00:21:48,960

nominated for nobel prize for his work

577

00:21:53,750 --> 00:21:51,039

um and i've been out there several times

578

00:21:56,070 --> 00:21:53,760

it's a wonderful place and they teach

579

00:21:57,350 --> 00:21:56,080

mindfulness meditation because as you

580

00:21:58,630 --> 00:21:57,360

just said that's what they've done for

581

00:22:01,990 --> 00:21:58,640

thousands of years

582

00:22:04,310 --> 00:22:02,000

and if anyone experiences a zen-based

583

00:22:05,750 --> 00:22:04,320

mindfulness meditation i mean it is

584

00:22:08,390 --> 00:22:05,760

exactly what you're talking about i mean

585

00:22:11,270 --> 00:22:08,400

there's no theology in there there's no

586

00:22:13,510 --> 00:22:11,280

uh text that you have to read mantras

587

00:22:16,549 --> 00:22:13,520

that you have to say it is just zen it

588

00:22:19,110 --> 00:22:16,559

is sit and and be aware so i i think you

589

00:22:20,310 --> 00:22:19,120

know john cabot zen great deserves a lot

590

00:22:22,070 --> 00:22:20,320

of uh

591

00:22:25,029 --> 00:22:22,080

credit for what he did but you know i

592

00:22:26,870 --> 00:22:25,039

can also take dr alan wallace who i've

593

00:22:29,029 --> 00:22:26,880

interviewed on this show several times

594

00:22:31,110 --> 00:22:29,039

highly skilled in

595

00:22:33,190 --> 00:22:31,120

tibetan buddhism and very close to the

596

00:22:35,750 --> 00:22:33,200

dalai lama has done the same thing has

597

00:22:38,390 --> 00:22:35,760

taken meditation into the lab and done

598

00:22:41,110 --> 00:22:38,400

it and you know made it secular but at

599

00:22:42,950 --> 00:22:41,120

the core of this what these teachers

600

00:22:45,190 --> 00:22:42,960

will tell you and all these zen

601  
00:22:47,350 --> 00:22:45,200  
practitioners will tell you is that the

602  
00:22:49,830 --> 00:22:47,360  
spirituality is inseparable so you can

603  
00:22:51,830 --> 00:22:49,840  
go search for it if you want or not

604  
00:22:54,149 --> 00:22:51,840  
search for it but it's going to find you

605  
00:22:56,950 --> 00:22:54,159  
by going through the process and i think

606  
00:22:58,950 --> 00:22:56,960  
they'd also say and here's the the part

607  
00:23:01,110 --> 00:22:58,960  
that i guess i i guess i'd like you to

608  
00:23:03,350 --> 00:23:01,120  
kind of sort out because it's tricky

609  
00:23:04,789 --> 00:23:03,360  
because on one hand a lot of people look

610  
00:23:07,270 --> 00:23:04,799  
at buddhism and say well that's not

611  
00:23:09,669 --> 00:23:07,280  
really a religion it's more of a process

612  
00:23:11,990 --> 00:23:09,679  
it's more of a science of uh

613  
00:23:14,549 --> 00:23:12,000

introspection which it is but at the

614

00:23:16,950 --> 00:23:14,559

same time tiknot han and the dalai lama

615

00:23:18,630 --> 00:23:16,960

as well have said hey this is no

616

00:23:20,710 --> 00:23:18,640

different than christianity you know

617

00:23:22,390 --> 00:23:20,720

tiknon han living buddha living christ

618

00:23:24,710 --> 00:23:22,400

he's saying you know you just get on

619

00:23:26,630 --> 00:23:24,720

this path however you start it and you

620

00:23:28,710 --> 00:23:26,640

are on the spiritual path it's

621

00:23:31,830 --> 00:23:28,720

undeniable so

622

00:23:34,789 --> 00:23:31,840

is it really can we really

623

00:23:37,510 --> 00:23:34,799

take it and make it secular or as you

624

00:23:40,070 --> 00:23:37,520

meditate are you moving down some

625

00:23:40,950 --> 00:23:40,080

spiritual path because that's what all

626  
00:23:43,270 --> 00:23:40,960  
these

627  
00:23:45,350 --> 00:23:43,280  
practitioners who have thousands and

628  
00:23:48,070 --> 00:23:45,360  
millions and millions of hours that's

629  
00:23:51,430 --> 00:23:48,080  
what they tell us is happening

630  
00:23:53,270 --> 00:23:51,440  
well let me say a bunch of things um

631  
00:23:55,029 --> 00:23:53,280  
one is

632  
00:23:57,190 --> 00:23:55,039  
i have no

633  
00:23:58,549 --> 00:23:57,200  
i have like such a small fraction of

634  
00:24:01,510 --> 00:23:58,559  
experience compared to somebody like

635  
00:24:05,190 --> 00:24:01,520  
kiknot han or the dalai lama

636  
00:24:07,669 --> 00:24:05,200  
or alan wallace uh that

637  
00:24:09,350 --> 00:24:07,679  
that anything i say you and all of your

638  
00:24:11,830 --> 00:24:09,360

listeners should take with a massive

639

00:24:14,070 --> 00:24:11,840

grain of salt because i know buck has

640

00:24:16,789 --> 00:24:14,080

compared to them so

641

00:24:18,070 --> 00:24:16,799

having said that um just a couple of

642

00:24:19,510 --> 00:24:18,080

things that come to mind based on what

643

00:24:21,350 --> 00:24:19,520

you said

644

00:24:23,190 --> 00:24:21,360

i think it's everybody's going to

645

00:24:25,269 --> 00:24:23,200

practice to the extent that

646

00:24:27,029 --> 00:24:25,279

anybody is practicing at all

647

00:24:29,430 --> 00:24:27,039

it will be at different levels we will

648

00:24:32,070 --> 00:24:29,440

all practice at different levels and so

649

00:24:33,510 --> 00:24:32,080

some of us if we take a secular

650

00:24:35,190 --> 00:24:33,520

mindfulness class

651  
00:24:37,830 --> 00:24:35,200  
it will be something that makes us less

652  
00:24:40,390 --> 00:24:37,840  
emotionally reactive and

653  
00:24:43,590 --> 00:24:40,400  
better able to focus and maybe calmer

654  
00:24:45,510 --> 00:24:43,600  
but it's not going to take us into

655  
00:24:47,510 --> 00:24:45,520  
the mystery of consciousness

656  
00:24:49,190 --> 00:24:47,520  
or to

657  
00:24:51,029 --> 00:24:49,200  
force us to

658  
00:24:53,750 --> 00:24:51,039  
um

659  
00:24:55,830 --> 00:24:53,760  
uh into the same territory that the

660  
00:24:57,350 --> 00:24:55,840  
dalai lama and chicano

661  
00:24:58,710 --> 00:24:57,360  
are talking about

662  
00:25:00,950 --> 00:24:58,720  
um

663  
00:25:04,710 --> 00:25:00,960

however in some cases it may

664

00:25:07,510 --> 00:25:04,720

and um i heard it argued that perhaps

665

00:25:09,430 --> 00:25:07,520

all spokes lead to the hub that all

666

00:25:12,310 --> 00:25:09,440

great religions

667

00:25:14,470 --> 00:25:12,320

at the core have something in common and

668

00:25:17,029 --> 00:25:14,480

once you start down any path

669

00:25:18,630 --> 00:25:17,039

you sort of end up if you're doing it in

670

00:25:21,029 --> 00:25:18,640

the right way you'll you'll end up at

671

00:25:22,710 --> 00:25:21,039

the heart of all paths so maybe that's

672

00:25:24,549 --> 00:25:22,720

true i just am such a low-level

673

00:25:26,789 --> 00:25:24,559

practitioner that i can't say so from

674

00:25:29,190 --> 00:25:26,799

personal experience uh and then the

675

00:25:31,029 --> 00:25:29,200

third thing i'd say just is is that look

676  
00:25:32,950 --> 00:25:31,039  
you know

677  
00:25:35,110 --> 00:25:32,960  
i've struggled a little bit with how to

678  
00:25:36,470 --> 00:25:35,120  
position myself in this debate because

679  
00:25:38,390 --> 00:25:36,480  
the truth of the matter is i'm a

680  
00:25:40,470 --> 00:25:38,400  
buddhist right so

681  
00:25:42,630 --> 00:25:40,480  
i'm all for you know mostly when i talk

682  
00:25:44,230 --> 00:25:42,640  
about meditation i emphasize how secular

683  
00:25:45,909 --> 00:25:44,240  
it is but like

684  
00:25:49,750 --> 00:25:45,919  
if i'm going to be honest with myself

685  
00:25:51,990 --> 00:25:49,760  
and with you i'm a buddhist now

686  
00:25:53,909 --> 00:25:52,000  
that is actually that means less and

687  
00:25:56,549 --> 00:25:53,919  
more than you might think

688  
00:25:58,470 --> 00:25:56,559

i mean less than you might think because

689

00:26:00,710 --> 00:25:58,480

i actually think that buddhism is not at

690

00:26:01,590 --> 00:26:00,720

least as i understand or practice it a

691

00:26:02,470 --> 00:26:01,600

faith

692

00:26:04,549 --> 00:26:02,480

um

693

00:26:06,710 --> 00:26:04,559

i am a big fan of a buddhist writer by

694

00:26:08,549 --> 00:26:06,720

the name of stephen bachelor who has

695

00:26:11,269 --> 00:26:08,559

said that buddhism is not something to

696

00:26:12,950 --> 00:26:11,279

believe in it's something to do

697

00:26:15,669 --> 00:26:12,960

and that is the kind of buddhism i

698

00:26:17,269 --> 00:26:15,679

practice which is a um

699

00:26:18,630 --> 00:26:17,279

a way of being in the world where you

700

00:26:20,470 --> 00:26:18,640

are training yourself as much as

701  
00:26:21,990 --> 00:26:20,480  
possible to be self-aware and

702  
00:26:23,029 --> 00:26:22,000  
compassionate to the best of your

703  
00:26:26,310 --> 00:26:23,039  
ability

704  
00:26:27,750 --> 00:26:26,320  
as systematically as possible

705  
00:26:31,269 --> 00:26:27,760  
so

706  
00:26:33,350 --> 00:26:31,279  
means less because it's not a faith and

707  
00:26:34,710 --> 00:26:33,360  
more because actually this is a really

708  
00:26:36,310 --> 00:26:34,720  
compelling way to live your life and a

709  
00:26:38,710 --> 00:26:36,320  
lot of people might want to consider

710  
00:26:39,669 --> 00:26:38,720  
hopping on board um

711  
00:26:42,549 --> 00:26:39,679  
and those

712  
00:26:45,269 --> 00:26:42,559  
consider hopping on board some of them

713  
00:26:49,029 --> 00:26:45,279

might be christians or jews or muslims

714

00:26:50,630 --> 00:26:49,039

or atheists with deeply held beliefs

715

00:26:52,710 --> 00:26:50,640

and i actually think buddhism can

716

00:26:54,630 --> 00:26:52,720

coexist with all that nicely because

717

00:26:56,390 --> 00:26:54,640

it's just about

718

00:26:58,710 --> 00:26:56,400

um you know at least on the level that

719

00:26:59,909 --> 00:26:58,720

i'm practicing it's just about getting

720

00:27:01,350 --> 00:26:59,919

more mindful

721

00:27:03,350 --> 00:27:01,360

more compassionate

722

00:27:06,470 --> 00:27:03,360

awesome and i love that i love the big

723

00:27:08,310 --> 00:27:06,480

tent approach on the other hand i do

724

00:27:10,870 --> 00:27:08,320

have to kind of draw out a distinction

725

00:27:12,390 --> 00:27:10,880

there i mean what part of buddhism are

726

00:27:13,590 --> 00:27:12,400

we going to leave behind are you going

727

00:27:15,190 --> 00:27:13,600

to leave behind

728

00:27:18,789 --> 00:27:15,200

reincarnation are you going to leave

729

00:27:21,510 --> 00:27:18,799

behind karma i mean these are core ideas

730

00:27:23,190 --> 00:27:21,520

that the the buddha not taught but

731

00:27:25,750 --> 00:27:23,200

discovered and

732

00:27:28,549 --> 00:27:25,760

subsequent people have discovered for as

733

00:27:30,230 --> 00:27:28,559

you said for thousands of years now

734

00:27:32,149 --> 00:27:30,240

i don't know can we just leave those

735

00:27:34,470 --> 00:27:32,159

behind and say

736

00:27:35,990 --> 00:27:34,480

say one they're not true or do we say we

737

00:27:36,789 --> 00:27:36,000

don't have to decide if they're true i

738

00:27:38,549 --> 00:27:36,799

mean

739

00:27:40,310 --> 00:27:38,559

how do we sort that out

740

00:27:42,710 --> 00:27:40,320

i said we don't have to decide i mean

741

00:27:44,149 --> 00:27:42,720

the the beauty of the buddha and the

742

00:27:46,710 --> 00:27:44,159

reason why the buddha is a guy that

743

00:27:49,830 --> 00:27:46,720

skeptics like me can line up behind is

744

00:27:52,870 --> 00:27:49,840

he didn't he didn't envision anything

745

00:27:54,630 --> 00:27:52,880

like buddhism he was not founding a

746

00:27:56,710 --> 00:27:54,640

religion right but he was clear about

747

00:27:58,070 --> 00:27:56,720

carmen reincarnation we can't take that

748

00:27:59,669 --> 00:27:58,080

out of the equation

749

00:28:01,190 --> 00:27:59,679

yes but you didn't let me finish because

750

00:28:03,269 --> 00:28:01,200

the other thing that's awesome about him

751  
00:28:05,669 --> 00:28:03,279  
if he said i'm going to make a few

752  
00:28:08,789 --> 00:28:05,679  
metaphysical claims but you

753  
00:28:11,190 --> 00:28:08,799  
my followers don't have to believe them

754  
00:28:14,310 --> 00:28:11,200  
take them or leave them find out for

755  
00:28:17,029 --> 00:28:14,320  
yourself and that is

756  
00:28:19,350 --> 00:28:17,039  
why buddhism is so attractive to so many

757  
00:28:20,870 --> 00:28:19,360  
people of science and so many people of

758  
00:28:22,149 --> 00:28:20,880  
no faith like me

759  
00:28:24,470 --> 00:28:22,159  
because

760  
00:28:25,830 --> 00:28:24,480  
he he talks about this stuff and he

761  
00:28:27,590 --> 00:28:25,840  
clearly believes it and a lot of his

762  
00:28:29,990 --> 00:28:27,600  
followers do but he's like you know you

763  
00:28:32,389 --> 00:28:30,000

don't have to you can be a good

764

00:28:35,430 --> 00:28:32,399

practicing buddhist or he would call a

765

00:28:37,830 --> 00:28:35,440

biku meaning just somebody who meditates

766

00:28:39,830 --> 00:28:37,840

um without embracing

767

00:28:40,950 --> 00:28:39,840

things that you can't prove

768

00:28:42,549 --> 00:28:40,960

and

769

00:28:44,389 --> 00:28:42,559

maybe through the depths of your

770

00:28:46,870 --> 00:28:44,399

practice you might encounter

771

00:28:49,430 --> 00:28:46,880

subjective proof of these things but

772

00:28:51,830 --> 00:28:49,440

that's that's your thing um and so

773

00:28:52,710 --> 00:28:51,840

that's the way i practice it which is i

774

00:28:53,590 --> 00:28:52,720

kind of

775

00:28:59,750 --> 00:28:53,600

i

776

00:29:01,269 --> 00:28:59,760

someday somebody could prove

777

00:29:03,029 --> 00:29:01,279

some of this stuff or maybe i'll have

778

00:29:05,029 --> 00:29:03,039

some experience that makes me believe

779

00:29:06,389 --> 00:29:05,039

it's real but at this point i'm not

780

00:29:10,470 --> 00:29:06,399

there but that doesn't mean i'm

781

00:29:12,230 --> 00:29:10,480

discouraged on any level from pursuing

782

00:29:13,990 --> 00:29:12,240

my practice of buddhism and just one

783

00:29:16,870 --> 00:29:14,000

last thing you know i interviewed the

784

00:29:18,310 --> 00:29:16,880

dalai lama and i was a little skeptical

785

00:29:20,710 --> 00:29:18,320

going into my interview with the dalai

786

00:29:23,110 --> 00:29:20,720

lama because he kind of represents the

787

00:29:24,549 --> 00:29:23,120

the version of buddhism with which i am

788

00:29:26,870 --> 00:29:24,559

least comfortable because you know he

789

00:29:29,669 --> 00:29:26,880

goes by the name his holiness and you

790

00:29:30,789 --> 00:29:29,679

know like there's a lot of sectarian

791

00:29:33,669 --> 00:29:30,799

stuff that

792

00:29:35,669 --> 00:29:33,679

swirls around he's just doing the 10

793

00:29:38,230 --> 00:29:35,679

happier stuff dan that's just his form

794

00:29:41,510 --> 00:29:38,240

of 10 happier but go ahead

795

00:29:42,950 --> 00:29:41,520

but anyway so i interviewed him and and

796

00:29:43,990 --> 00:29:42,960

i asked him you know look what if

797

00:29:45,590 --> 00:29:44,000

science

798

00:29:47,590 --> 00:29:45,600

disproved

799

00:29:48,470 --> 00:29:47,600

reincarnation he was like i would drop

800

00:29:52,310 --> 00:29:48,480

it

801  
00:29:54,710 --> 00:29:52,320  
disproves anything that is part of my

802  
00:29:57,029 --> 00:29:54,720  
theology i will disregard it i will

803  
00:30:00,470 --> 00:29:57,039  
disregard the theology not the science

804  
00:30:03,909 --> 00:30:00,480  
so to me that speaks that is such a that

805  
00:30:06,230 --> 00:30:03,919  
is just a reassuring notion that the guy

806  
00:30:08,389 --> 00:30:06,240  
who we most associate with buddhism is

807  
00:30:10,870 --> 00:30:08,399  
like look science trumps everything the

808  
00:30:12,310 --> 00:30:10,880  
truth trumps everything i totally i

809  
00:30:14,389 --> 00:30:12,320  
totally agree with you i think that's

810  
00:30:15,830 --> 00:30:14,399  
awesome i wish there was a reciprocal

811  
00:30:17,430 --> 00:30:15,840  
kind of uh

812  
00:30:19,350 --> 00:30:17,440  
relationship there i mean go to the

813  
00:30:21,430 --> 00:30:19,360

university of virginia ian stevenson

814

00:30:23,350 --> 00:30:21,440

who's now passed away but jim tucker

815

00:30:25,190 --> 00:30:23,360

i've interviewed on on this show i mean

816

00:30:26,870 --> 00:30:25,200

they've proven reincarnation and

817

00:30:28,230 --> 00:30:26,880

published it in peer-reviewed journals

818

00:30:30,789 --> 00:30:28,240

over and over again research that

819

00:30:32,630 --> 00:30:30,799

everyone says is outstanding but it

820

00:30:34,950 --> 00:30:32,640

doesn't turn the ship tell you what one

821

00:30:36,549 --> 00:30:34,960

last area i i just want to touch on and

822

00:30:38,310 --> 00:30:36,559

i really do appreciate

823

00:30:40,710 --> 00:30:38,320

your time and i really appreciate the

824

00:30:42,870 --> 00:30:40,720

book 10 happier which you really do have

825

00:30:44,710 --> 00:30:42,880

to check out if you haven't by now heard

826

00:30:46,310 --> 00:30:44,720

about it i don't know how but you do

827

00:30:49,029 --> 00:30:46,320

need to check it out one of the scenes

828

00:30:51,430 --> 00:30:49,039

from the book that i thought was really

829

00:30:54,789 --> 00:30:51,440

interesting from a skeptical perspective

830

00:30:57,830 --> 00:30:54,799

is this debate between new age guru

831

00:30:59,830 --> 00:30:57,840

depak chopra and well-known atheist sam

832

00:31:02,630 --> 00:30:59,840

harris and it's a great scene from the

833

00:31:05,590 --> 00:31:02,640

book because as it plays out depak kind

834

00:31:08,630 --> 00:31:05,600

of gets crushed in this debate

835

00:31:11,510 --> 00:31:08,640

but for the wrong reasons i mean he's

836

00:31:13,269 --> 00:31:11,520

reporting on the same scientific

837

00:31:15,029 --> 00:31:13,279

discoveries you are he's saying hey

838

00:31:17,350 --> 00:31:15,039

science has always told you you're a

839

00:31:19,269 --> 00:31:17,360

biological robot driven by your brain

840

00:31:21,190 --> 00:31:19,279

that it's all just material you know

841

00:31:23,990 --> 00:31:21,200

there can be no soul there can be no

842

00:31:26,630 --> 00:31:24,000

consciousness and now this science says

843

00:31:29,269 --> 00:31:26,640

it's not true well sam harris because

844

00:31:32,310 --> 00:31:29,279

he's very skilled debater he doesn't

845

00:31:34,950 --> 00:31:32,320

refute any of this he just kind of plays

846

00:31:37,430 --> 00:31:34,960

to the crowd that is predisposed to say

847

00:31:39,990 --> 00:31:37,440

oh science good new age

848

00:31:42,630 --> 00:31:40,000

you know guru is bad and kind of turns

849

00:31:44,310 --> 00:31:42,640

the thing on its head

850

00:31:46,549 --> 00:31:44,320

what are what are your thoughts about

851  
00:31:48,310 --> 00:31:46,559  
how that debate played out

852  
00:31:50,310 --> 00:31:48,320  
my thought is i don't know enough to say

853  
00:31:52,870 --> 00:31:50,320  
anything spark um

854  
00:31:54,630 --> 00:31:52,880  
positive on these issues and and i think

855  
00:31:56,310 --> 00:31:54,640  
it's fascinating just as soon as you

856  
00:31:58,310 --> 00:31:56,320  
start talking about the scientific

857  
00:32:00,870 --> 00:31:58,320  
research about reincarnation i want i

858  
00:32:02,630 --> 00:32:00,880  
made a mental note to myself to ask you

859  
00:32:04,549 --> 00:32:02,640  
to email me that information because i

860  
00:32:06,789 --> 00:32:04,559  
think it's fascinating and i think a lot

861  
00:32:10,230 --> 00:32:06,799  
of the issues that deepak raises are

862  
00:32:12,389 --> 00:32:10,240  
fascinating um i just don't he talks in

863  
00:32:14,870 --> 00:32:12,399

such a way that i find it almost

864

00:32:16,549 --> 00:32:14,880

impossible not almost fully impossible

865

00:32:19,430 --> 00:32:16,559

to understand

866

00:32:21,669 --> 00:32:19,440

yeah no i get you you know it's it's

867

00:32:23,669 --> 00:32:21,679

beyond my current understanding

868

00:32:25,269 --> 00:32:23,679

i would like to understand it so that at

869

00:32:26,310 --> 00:32:25,279

some point in my life i could be on your

870

00:32:29,509 --> 00:32:26,320

podcast

871

00:32:30,710 --> 00:32:29,519

and answer questions um cogently um

872

00:32:32,630 --> 00:32:30,720

but i just would say one last thing

873

00:32:34,549 --> 00:32:32,640

about sam harris which is you might want

874

00:32:36,710 --> 00:32:34,559

to take a look at his most recent book

875

00:32:38,310 --> 00:32:36,720

called waking up um

876

00:32:40,549 --> 00:32:38,320

in which he talks about the fact that

877

00:32:44,070 --> 00:32:40,559

he's a lifelong meditator and

878

00:32:46,389 --> 00:32:44,080

uh it's basically uh one part memoir one

879

00:32:47,509 --> 00:32:46,399

part top science and one part

880

00:32:48,870 --> 00:32:47,519

um

881

00:32:54,830 --> 00:32:48,880

uh

882

00:32:57,830 --> 00:32:54,840

we need to have

883

00:33:00,549 --> 00:32:57,840

a rel um a spirituality that is divorced

884

00:33:01,590 --> 00:33:00,559

from religion and uh

885

00:33:03,190 --> 00:33:01,600

uh

886

00:33:05,110 --> 00:33:03,200

and i i think you might find it

887

00:33:06,710 --> 00:33:05,120

interesting i think he's he's less

888

00:33:08,070 --> 00:33:06,720

hostile to some of these ideas than you

889

00:33:10,470 --> 00:33:08,080

might imagine

890

00:33:11,909 --> 00:33:10,480

my friend rick archer who you spoke with

891

00:33:14,149 --> 00:33:11,919

and who introduced me i think had the

892

00:33:15,669 --> 00:33:14,159

best in private conversation i hope i'm

893

00:33:18,789 --> 00:33:15,679

not outing him here but he had the best

894

00:33:21,110 --> 00:33:18,799

thing about um sam harris he said he

895

00:33:23,750 --> 00:33:21,120

reminds me of a guy with one foot on the

896

00:33:25,509 --> 00:33:23,760

dock and one foot in the boat and uh

897

00:33:27,750 --> 00:33:25,519

that's kind of how i feel i think he

898

00:33:30,149 --> 00:33:27,760

needs to sort that out before uh before

899

00:33:31,509 --> 00:33:30,159

we go too much further but you have done

900

00:33:33,350 --> 00:33:31,519

like i said you're the bodhisattva

901  
00:33:35,350 --> 00:33:33,360  
that's gone over and come back for the

902  
00:33:38,310 --> 00:33:35,360  
rest of us you've done a tremendous job

903  
00:33:40,149 --> 00:33:38,320  
with this book 10 happier thank you so

904  
00:33:41,830 --> 00:33:40,159  
much for spending this time with us dan

905  
00:33:43,269 --> 00:33:41,840  
and best of luck to you

906  
00:33:45,590 --> 00:33:43,279  
my pleasure thank you very much for

907  
00:33:47,350 --> 00:33:45,600  
having me out i appreciate it

908  
00:33:49,750 --> 00:33:47,360  
thanks again to dan harris for joining

909  
00:33:51,990 --> 00:33:49,760  
me today on skeptico i guess the natural

910  
00:33:53,029 --> 00:33:52,000  
question to tee up from this interview

911  
00:33:55,430 --> 00:33:53,039  
is

912  
00:33:58,870 --> 00:33:55,440  
does meditation defy science as we know

913  
00:34:01,350 --> 00:33:58,880

it and i cannot resist answering that

914

00:34:04,310 --> 00:34:01,360

question as i know you know i have so

915

00:34:08,230 --> 00:34:04,320

many times i think it absolutely does

916

00:34:10,869 --> 00:34:08,240

defy this idea that consciousness is an

917

00:34:13,270 --> 00:34:10,879

illusion that consciousness is an

918

00:34:15,750 --> 00:34:13,280

epiphenomena of the brain i don't think

919

00:34:18,950 --> 00:34:15,760

there's any other way to interpret the

920

00:34:21,510 --> 00:34:18,960

data i think neuroplasticity

921

00:34:23,349 --> 00:34:21,520

as we know from talking to ucla school

922

00:34:24,790 --> 00:34:23,359

of medicine psychiatrist and

923

00:34:27,750 --> 00:34:24,800

psychologist

924

00:34:30,109 --> 00:34:27,760

dr jeffrey schwartz who really pioneered

925

00:34:32,550 --> 00:34:30,119

the work into self-directed

926  
00:34:34,950 --> 00:34:32,560  
neuroplasticity that's the conclusion

927  
00:34:37,430 --> 00:34:34,960  
that he comes to i think it's the only

928  
00:34:39,909 --> 00:34:37,440  
logical conclusion to come to

929  
00:34:42,869 --> 00:34:39,919  
the prior assumption was that

930  
00:34:45,109 --> 00:34:42,879  
consciousness is an illusion and one of

931  
00:34:48,389 --> 00:34:45,119  
the definitions of it being an illusion

932  
00:34:51,669 --> 00:34:48,399  
is it cannot do any work consciousness

933  
00:34:55,030 --> 00:34:51,679  
can't do anything if consciousness can

934  
00:34:57,829 --> 00:34:55,040  
do something then it's not an illusion

935  
00:35:00,470 --> 00:34:57,839  
illusions can't do anything but here

936  
00:35:01,430 --> 00:35:00,480  
we've clearly shown that consciousness

937  
00:35:03,910 --> 00:35:01,440  
can

938  
00:35:06,470 --> 00:35:03,920

do something your thoughts your

939

00:35:09,190 --> 00:35:06,480

immaterial thoughts can change the

940

00:35:12,069 --> 00:35:09,200

structure of your brain and i think that

941

00:35:14,710 --> 00:35:12,079

blows our materialistic understanding of

942

00:35:16,710 --> 00:35:14,720

consciousness out of the water but there

943

00:35:19,030 --> 00:35:16,720

you go i've kind of said that before i'm

944

00:35:21,589 --> 00:35:19,040

just kind of saying it again in order to

945

00:35:23,750 --> 00:35:21,599

tee it up and get your thought and your

946

00:35:25,990 --> 00:35:23,760

ideas about that question of course the

947

00:35:28,550 --> 00:35:26,000

place to do that is well

948

00:35:31,349 --> 00:35:28,560

i hope there's many places to do that

949

00:35:33,069 --> 00:35:31,359

but one is through the skeptico website

950

00:35:35,589 --> 00:35:33,079

at

951  
00:35:37,510 --> 00:35:35,599  
s-k-e-p-t-i-k-o dot com you can leave a

952  
00:35:38,870 --> 00:35:37,520  
comment right there or what i really

953  
00:35:41,430 --> 00:35:38,880  
hope you do

954  
00:35:43,390 --> 00:35:41,440  
is go over to the skeptical forum at

955  
00:35:46,630 --> 00:35:43,400  
skeptico dash

956  
00:35:48,550 --> 00:35:46,640  
forum.com and join the discussion there

957  
00:35:50,630 --> 00:35:48,560  
there's a lot of people that come

958  
00:35:52,069 --> 00:35:50,640  
they leave they post for a few months

959  
00:35:54,630 --> 00:35:52,079  
and then they leave and which is

960  
00:35:56,710 --> 00:35:54,640  
fantastic i think that's great so just

961  
00:35:59,430 --> 00:35:56,720  
if you're interested in one show it's

962  
00:36:02,230 --> 00:35:59,440  
not a lifetime commitment to sign up to

963  
00:36:03,829 --> 00:36:02,240

the forum and to post comments but i

964

00:36:05,190 --> 00:36:03,839

think what it does do is it provides

965

00:36:08,790 --> 00:36:05,200

some really

966

00:36:11,109 --> 00:36:08,800

in-depth intelligent debate i'm amazed

967

00:36:13,190 --> 00:36:11,119

at the quality of the people we get over

968

00:36:15,670 --> 00:36:13,200

there and some of the comments and it

969

00:36:18,950 --> 00:36:15,680

doesn't take too many comments of that

970

00:36:20,630 --> 00:36:18,960

quality to really add some deeper

971

00:36:23,510 --> 00:36:20,640

thinking to

972

00:36:25,910 --> 00:36:23,520

make my day so check out the skeptical

973

00:36:27,829 --> 00:36:25,920

forum if you haven't and jump in don't

974

00:36:30,630 --> 00:36:27,839

be afraid there's it isn't as bloody

975

00:36:32,870 --> 00:36:30,640

knuckled as it might seem and we'll make

976

00:36:34,870 --> 00:36:32,880

sure it isn't so you can do that you can

977

00:36:36,790 --> 00:36:34,880

also connect with me on facebook trying

978

00:36:39,430 --> 00:36:36,800

to be more active on facebook and

979

00:36:42,230 --> 00:36:39,440

twitter and come on over there like the

980

00:36:44,230 --> 00:36:42,240

page drop me a note and connect with me

981

00:36:46,630 --> 00:36:44,240

that way as well so i have a number of

982

00:36:48,310 --> 00:36:46,640

interesting shows coming up on skeptico

983

00:36:50,150 --> 00:36:48,320

they're going to be coming out here as

984

00:36:51,829 --> 00:36:50,160

soon as we can get to them

985

00:36:55,589 --> 00:36:51,839

i do hope you stick around for all of