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**URGES SCIENCE TO
EXAMINE THE
SUPERNORMAL**

DEAN RADIN #216

1
00:00:11,610 --> 00:00:09,400
on this episode of skeptic Oh Alex talks

2
00:00:15,280 --> 00:00:11,620
with dr. Dean Radin about his new book

3
00:00:17,109 --> 00:00:15,290
super normal science yoga and the

4
00:00:17,859 --> 00:00:17,119
evidence for extraordinary psychic

5
00:00:21,390 --> 00:00:17,869
abilities

6
00:00:23,740 --> 00:00:21,400
these yogic traditions don't point to

7
00:00:25,120 --> 00:00:23,750
super normal powers that's not what

8
00:00:27,130 --> 00:00:25,130
they're about and in fact they go to

9
00:00:28,929 --> 00:00:27,140
great lengths to say hey it's not about

10
00:00:30,999 --> 00:00:28,939
these super normal powers don't worry

11
00:00:33,819 --> 00:00:31,009
about them if we're not willing to

12
00:00:36,639 --> 00:00:33,829
tackle the divine we're kind of playing

13
00:00:40,119 --> 00:00:36,649

a different game but are we playing the

14

00:00:41,740 --> 00:00:40,129

game it's true that the yogic path and

15

00:00:43,650 --> 00:00:41,750

many of these other mystical paths are

16

00:00:47,349 --> 00:00:43,660

basically pointing to enlightenment

17

00:00:49,509 --> 00:00:47,359

enlightenment is so far away from where

18

00:00:52,060 --> 00:00:49,519

science is that it's probably too far a

19

00:00:54,520 --> 00:00:52,070

reach for now and it's also true that

20

00:00:56,290 --> 00:00:54,530

these traditions say you're going to

21

00:00:57,700 --> 00:00:56,300

bump into these psychic things and don't

22

00:00:59,349 --> 00:00:57,710

pay attention to them because they're

23

00:01:00,970 --> 00:00:59,359

just yardsticks on the way to something

24

00:01:03,669 --> 00:01:00,980

more interesting well we're in the

25

00:01:06,870 --> 00:01:03,679

modern age now and what science is is

26

00:01:09,670 --> 00:01:06,880

able to do is study not the depths of

27

00:01:11,890 --> 00:01:09,680

enlightenment but we certainly can study

28

00:01:14,500 --> 00:01:11,900

the very place where mind and matter

29

00:01:16,390 --> 00:01:14,510

meet it's where the deep subjective and

30

00:01:18,550 --> 00:01:16,400

deep objective meet and that is psychic

31

00:01:19,930 --> 00:01:18,560

phenomena if we're interested in the

32

00:01:22,990 --> 00:01:19,940

nature of consciousness we need to

33

00:01:24,280 --> 00:01:23,000

expand it to exactly in the place where

34

00:01:38,109 --> 00:01:24,290

the Yogi's said don't pay much attention

35

00:01:42,050 --> 00:01:40,370

welcome to skeptic Oh where we explore

36

00:01:44,570 --> 00:01:42,060

controversial science with leading

37

00:01:46,760 --> 00:01:44,580

researchers thinkers and their critics

38

00:01:49,219 --> 00:01:46,770

I'm your host Aleksic Harrison on this

39

00:01:50,920 --> 00:01:49,229

episode Dean Radin returns to skip the

40

00:01:53,240 --> 00:01:50,930

code to talk about his new book

41

00:01:56,149 --> 00:01:53,250

supernormal when we did the special

42

00:01:58,430 --> 00:01:56,159

200th episode of skeptic oh the guest

43

00:02:01,999 --> 00:01:58,440

that folks said they most wanted to hear

44

00:02:03,830 --> 00:02:02,009

from again was dr. Dean Radin so with

45

00:02:06,740 --> 00:02:03,840

his new book coming out I thought it was

46

00:02:09,350 --> 00:02:06,750

a great opportunity to reconnect dr.

47

00:02:13,820 --> 00:02:09,360

Raiden to all of us on skeptic oh here's

48

00:02:16,580 --> 00:02:13,830

my interview with dr. Dean Radin today

49

00:02:18,610 --> 00:02:16,590

we welcome dr. Dean Radin - skeptic oh

50

00:02:22,070 --> 00:02:18,620

he's here to talk about his new book

51
00:02:24,440 --> 00:02:22,080
supernormal science yoga and the

52
00:02:27,229 --> 00:02:24,450
evidence for extraordinary psychic

53
00:02:29,330 --> 00:02:27,239
abilities dr. Raiden of course is chief

54
00:02:32,180 --> 00:02:29,340
scientist at the Institute of noetic

55
00:02:34,070 --> 00:02:32,190
Sciences where he's become one of the

56
00:02:36,680 --> 00:02:34,080
world's best-known researchers on

57
00:02:39,020 --> 00:02:36,690
extended human consciousness his two

58
00:02:41,870 --> 00:02:39,030
previous books the conscious universe

59
00:02:44,930 --> 00:02:41,880
and entangled Minds were truly

60
00:02:48,110 --> 00:02:44,940
groundbreaking and provide the

61
00:02:51,289 --> 00:02:48,120
scientific foundation for much of the

62
00:02:53,810 --> 00:02:51,299
current interest there is in this field

63
00:02:55,009 --> 00:02:53,820

dr. Raiden welcome - skeptic oh thanks

64

00:02:57,910 --> 00:02:55,019

so much for joining me

65

00:03:01,880 --> 00:02:57,920

thanks Alex it's a pleasure to be here

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00:03:04,880 --> 00:03:01,890

so a lot of people are very excited

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00:03:07,940 --> 00:03:04,890

about this new book of yours supernatural

68

00:03:12,740 --> 00:03:07,950

can you start just by telling us briefly

69

00:03:16,009 --> 00:03:12,750

what it's about well one way of getting

70

00:03:18,530 --> 00:03:16,019

into the topic is that you may know that

71

00:03:22,729 --> 00:03:18,540

the Dalai Lama for years now has been

72

00:03:26,390 --> 00:03:22,739

having dialogues with scientists on the

73

00:03:30,800 --> 00:03:26,400

relationship between Buddhist ideas and

74

00:03:34,009 --> 00:03:30,810

practice and and science both primarily

75

00:03:36,020 --> 00:03:34,019

physics and the neurosciences and one of

76

00:03:38,569 --> 00:03:36,030

the things that you you see when you

77

00:03:39,860 --> 00:03:38,579

read the transcripts of what goes on in

78

00:03:41,539 --> 00:03:39,870

these meetings and of course they've

79

00:03:45,199 --> 00:03:41,549

spawned a number of popular books as

80

00:03:48,320 --> 00:03:45,209

well is that the the Dalai Lama is very

81

00:03:50,809 --> 00:03:48,330

interested in in science and the

82

00:03:52,880 --> 00:03:50,819

practice of science of what science is

83

00:03:55,309 --> 00:03:52,890

and he has said many times said if

84

00:03:57,259 --> 00:03:55,319

science demonstrates that something

85

00:03:59,660 --> 00:03:57,269

about Buddhist practice or beliefs are

86

00:04:01,490 --> 00:03:59,670

incorrect that they'll change their

87

00:04:05,449 --> 00:04:01,500

beliefs and practices they're they're

88

00:04:08,300 --> 00:04:05,459

after the truth so so that's laudable

89

00:04:10,190 --> 00:04:08,310

and and you would hope then that this

90

00:04:13,069 --> 00:04:10,200

the same would be true on the scientific

91

00:04:14,839 --> 00:04:13,079

side that if some scientific assumptions

92

00:04:16,580 --> 00:04:14,849

turn out not to be completely correct

93

00:04:19,819 --> 00:04:16,590

that scientists will correct them as

94

00:04:21,349 --> 00:04:19,829

well but after reading the transcripts

95

00:04:25,070 --> 00:04:21,359

you see that what we're dealing with is

96

00:04:27,560 --> 00:04:25,080

in asymmetry that there's a lot of

97

00:04:30,140 --> 00:04:27,570

interest on the part of the Buddhists on

98

00:04:32,270 --> 00:04:30,150

what science has to say but there's so

99

00:04:35,570 --> 00:04:32,280

far very little interest on part of

100

00:04:40,249 --> 00:04:35,580

science on what Buddhism has to say and

101
00:04:42,740 --> 00:04:40,259
you see this in stark contrast when the

102
00:04:45,469 --> 00:04:42,750
Dalai Lama repeatedly tries to bring up

103
00:04:48,499 --> 00:04:45,479
issues about reincarnation and about the

104
00:04:50,330 --> 00:04:48,509
use of the the oracle and and other

105
00:04:53,629 --> 00:04:50,340
things that we might consider to be

106
00:04:56,390 --> 00:04:53,639
psychic phenomena or related to that and

107
00:04:57,980 --> 00:04:56,400
the scientists present usually know

108
00:05:00,439 --> 00:04:57,990
nothing about these topics and they

109
00:05:02,360 --> 00:05:00,449
dismiss them they dismiss them in a kind

110
00:05:04,909 --> 00:05:02,370
and gentle way so they don't piss off

111
00:05:07,010 --> 00:05:04,919
the Dalai Lama but nevertheless they say

112
00:05:10,730 --> 00:05:07,020
there's no evidence we can now go on to

113
00:05:12,890 --> 00:05:10,740

other topics and and this is I was just

114

00:05:16,610 --> 00:05:12,900

struck with this because for one thing

115

00:05:18,730 --> 00:05:16,620

it it really shows that the people that

116

00:05:21,680 --> 00:05:18,740

are talking to the Dalai Lama are very

117

00:05:23,420 --> 00:05:21,690

straightforward mainstream very good at

118

00:05:26,149 --> 00:05:23,430

what they do but they don't actually

119

00:05:29,779 --> 00:05:26,159

know what they're talking about when

120

00:05:31,490 --> 00:05:29,789

they dismiss these topics and in almost

121

00:05:33,110 --> 00:05:31,500

every meeting either the Dalai Lama or

122

00:05:35,750 --> 00:05:33,120

somebody else that the meaning will try

123

00:05:37,969 --> 00:05:35,760

to raise well what about telepathy what

124

00:05:40,939 --> 00:05:37,979

about what about these issues and

125

00:05:43,070 --> 00:05:40,949

doesn't go anywhere so I was becoming

126
00:05:45,439 --> 00:05:43,080
annoyed at watching this year after year

127
00:05:47,890 --> 00:05:45,449
and I decided to root to write a book

128
00:05:52,279 --> 00:05:47,900
that looked in more detail at the

129
00:05:55,300 --> 00:05:52,289
origins of why why does the Dalai Lama

130
00:05:59,060 --> 00:05:55,310
and other people say these things and

131
00:06:01,250 --> 00:05:59,070
what's wrong with science let's narrow

132
00:06:04,159 --> 00:06:01,260
that down a little bit because the title

133
00:06:07,480 --> 00:06:04,169
supernormal is kind of a nebulous

134
00:06:11,059 --> 00:06:07,490
term specifically Dean what are you

135
00:06:14,149 --> 00:06:11,069
including in that list of super normal

136
00:06:15,860 --> 00:06:14,159
powers in your book and what did you

137
00:06:19,459 --> 00:06:15,870
maybe leave out that could have been

138
00:06:21,429 --> 00:06:19,469

left in well I'm making a distinction

139

00:06:25,249 --> 00:06:21,439

between super normal and supernatural

140

00:06:28,239 --> 00:06:25,259

mm-hmm sometimes you see these words

141

00:06:32,119 --> 00:06:28,249

used synonymously and they're really not

142

00:06:34,580 --> 00:06:32,129

super natural means beyond the natural

143

00:06:36,499 --> 00:06:34,590

world and it's it generally means that

144

00:06:39,619 --> 00:06:36,509

it's something we could consider to be

145

00:06:41,920 --> 00:06:39,629

design divine not of the natural world

146

00:06:46,909 --> 00:06:41,930

above and beyond it in some way

147

00:06:50,570 --> 00:06:46,919

whereas super normal is ordinary normal

148

00:06:53,329 --> 00:06:50,580

stuff but just super bigger more

149

00:06:57,529 --> 00:06:53,339

powerful or more enhanced in some way

150

00:06:59,600 --> 00:06:57,539

and so I'm not intruding into the world

151

00:07:03,019 --> 00:06:59,610

of the divine because I wouldn't know

152

00:07:07,790 --> 00:07:03,029

how to study that anyway but I can look

153

00:07:10,700 --> 00:07:07,800

in detail at normal abilities that are

154

00:07:12,920 --> 00:07:10,710

super in some way and there's a similar

155

00:07:17,329 --> 00:07:12,930

distinction between the words miracle

156

00:07:19,850 --> 00:07:17,339

and Marvel the word miracle assumes a

157

00:07:22,129 --> 00:07:19,860

divine source something happens that is

158

00:07:24,860 --> 00:07:22,139

cannot be explained through natural

159

00:07:26,089 --> 00:07:24,870

means whereas a Marvel is something

160

00:07:29,420 --> 00:07:26,099

that's extraordinary

161

00:07:31,209 --> 00:07:29,430

so the subtitle of the book is science

162

00:07:33,889 --> 00:07:31,219

yoga and the evidence for extraordinary

163

00:07:36,619 --> 00:07:33,899

psychic abilities and that that then

164

00:07:39,200 --> 00:07:36,629

this is the boundary of what I'm looking

165

00:07:42,409 --> 00:07:39,210

at so tell us a little bit about some of

166

00:07:47,929 --> 00:07:42,419

those extraordinary abilities you look

167

00:07:51,579 --> 00:07:47,939

at in this book well I use yoga and the

168

00:07:55,879 --> 00:07:51,589

cities which is a Sanskrit word meaning

169

00:07:57,769 --> 00:07:55,889

perfection or attainment which is what

170

00:08:00,170 --> 00:07:57,779

is said to occur after advanced

171

00:08:02,329 --> 00:08:00,180

meditative practice and these are the

172

00:08:06,519 --> 00:08:02,339

special abilities that happened and

173

00:08:10,369 --> 00:08:06,529

they're almost all psychic abilities I

174

00:08:12,019 --> 00:08:10,379

use that path the yogic path and I could

175

00:08:13,730 --> 00:08:12,029

have used many others and I do mention

176

00:08:17,209 --> 00:08:13,740

them but I use the yoga path because it

177

00:08:17,750 --> 00:08:17,219

sets how so clearly what the tradition

178

00:08:20,300 --> 00:08:17,760

is

179

00:08:22,880 --> 00:08:20,310

and in meditative traditions on what

180

00:08:25,070 --> 00:08:22,890

kinds of psychic ability you you would

181

00:08:27,260 --> 00:08:25,080

expect to bump into as a result of

182

00:08:29,830 --> 00:08:27,270

practice and they fall into three

183

00:08:33,409 --> 00:08:29,840

classes there is a class that is

184

00:08:36,800 --> 00:08:33,419

exceptional mind-body connections these

185

00:08:38,960 --> 00:08:36,810

are everything from intensely powerful

186

00:08:40,909 --> 00:08:38,970

self-healing like take the placebo

187

00:08:45,380 --> 00:08:40,919

effect and multiply it by a few thousand

188

00:08:49,070 --> 00:08:45,390

times to much more radical claims having

189

00:08:51,560 --> 00:08:49,080

to do with inedia which is in other

190

00:08:53,510 --> 00:08:51,570

words called breatharianism where you

191

00:08:56,920 --> 00:08:53,520

don't have to eat anything and you

192

00:09:00,140 --> 00:08:56,930

apparently live perfectly well two

193

00:09:02,480 --> 00:09:00,150

effects which kind of blur the

194

00:09:05,270 --> 00:09:02,490

distinction between mind matter and body

195

00:09:07,460 --> 00:09:05,280

stuff and this includes levitation it's

196

00:09:09,350 --> 00:09:07,470

a lightening of your body until you

197

00:09:11,900 --> 00:09:09,360

begin to hover and perhaps even a fly

198

00:09:13,820 --> 00:09:11,910

and the opposite of levitation which is

199

00:09:15,950 --> 00:09:13,830

gravitation in which you become

200

00:09:18,200 --> 00:09:15,960

extremely heavy and then there's

201
00:09:20,300 --> 00:09:18,210
SuperSpeed and super-strength and the

202
00:09:22,190 --> 00:09:20,310
whole array of things we associate with

203
00:09:25,430 --> 00:09:22,200
superheroes these are mostly body

204
00:09:28,700 --> 00:09:25,440
related stuff then there's another big

205
00:09:31,700 --> 00:09:28,710
class of clairvoyance in the Yoga Sutras

206
00:09:34,490 --> 00:09:31,710
which is the classical yoga texts the

207
00:09:37,240 --> 00:09:34,500
way that it's described are roughly

208
00:09:40,370 --> 00:09:37,250
twenty different forms of clairvoyance

209
00:09:41,600 --> 00:09:40,380
but they all devolved down to the idea

210
00:09:45,770 --> 00:09:41,610
that we have access to information

211
00:09:47,360 --> 00:09:45,780
that's either at a distance or hidden or

212
00:09:49,010 --> 00:09:47,370
very small they're very big that you

213
00:09:52,460 --> 00:09:49,020

wouldn't normally be able to see and

214

00:09:56,660 --> 00:09:52,470

then a smaller class on direct mind

215

00:10:00,740 --> 00:09:56,670

matter interactions in which the through

216

00:10:02,780 --> 00:10:00,750

thought things will manifest so you you

217

00:10:06,260 --> 00:10:02,790

wish to have a diamond and the diamond

218

00:10:09,710 --> 00:10:06,270

appears that kind of thing so I discuss

219

00:10:11,480 --> 00:10:09,720

the full range but in discussing it I

220

00:10:13,970 --> 00:10:11,490

also make very clear that because this

221

00:10:16,580 --> 00:10:13,980

is a investigation from a scientific

222

00:10:18,050 --> 00:10:16,590

perspective I can really only discuss

223

00:10:20,690 --> 00:10:18,060

with any confidence things that have

224

00:10:22,670 --> 00:10:20,700

been studied in the laboratory for many

225

00:10:26,570 --> 00:10:22,680

decades and has been looked at

226

00:10:27,920 --> 00:10:26,580

repeatedly and that we gained some some

227

00:10:30,290 --> 00:10:27,930

reason to believe that the effects are

228

00:10:31,580 --> 00:10:30,300

real so it really comes down to about

229

00:10:34,490 --> 00:10:31,590

four different classes

230

00:10:36,440 --> 00:10:34,500

of experiments in which we have very

231

00:10:40,040 --> 00:10:36,450

high confidence that some of the

232

00:10:42,830 --> 00:10:40,050

original concepts of the cities these

233

00:10:45,110 --> 00:10:42,840

special powers are true and if those are

234

00:10:47,000 --> 00:10:45,120

true then it raises the plausibility

235

00:10:49,400 --> 00:10:47,010

that some of the other things that have

236

00:10:51,260 --> 00:10:49,410

been described including levitation and

237

00:10:53,750 --> 00:10:51,270

an invisibility and all the rest that

238

00:10:55,730 --> 00:10:53,760

some of that may not be completely

239

00:10:58,280 --> 00:10:55,740

fairytale even though we don't have

240

00:11:00,050 --> 00:10:58,290

good evidence for it today maybe at some

241

00:11:02,570 --> 00:11:00,060

time it did exist or maybe we have the

242

00:11:04,430 --> 00:11:02,580

potential to see those things right

243

00:11:06,010 --> 00:11:04,440

because as you point out those things

244

00:11:10,400 --> 00:11:06,020

are talked about in a very

245

00:11:14,540 --> 00:11:10,410

matter-of-fact way in not only the

246

00:11:17,150 --> 00:11:14,550

ancient Hindu in yogic text but in

247

00:11:20,390 --> 00:11:17,160

contemporary accounts of people's

248

00:11:21,769 --> 00:11:20,400

encounters with various yoga masters

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00:11:23,870 --> 00:11:21,779

right that's right

250

00:11:26,150 --> 00:11:23,880

so obviously your book you're making

251
00:11:28,340 --> 00:11:26,160
frequent references to the yogic yogic

252
00:11:31,970 --> 00:11:28,350
tradition and meditation what are your

253
00:11:34,960 --> 00:11:31,980
personal experiences with yoga and

254
00:11:38,090 --> 00:11:34,970
meditation both before the book and

255
00:11:43,940 --> 00:11:38,100
during the the research and the writing

256
00:11:46,340 --> 00:11:43,950
of the book well I've done yoga one form

257
00:11:48,620 --> 00:11:46,350
or another for many years not not for

258
00:11:51,890 --> 00:11:48,630
the past couple of years as as seriously

259
00:11:56,300 --> 00:11:51,900
as they had in the past and I've also

260
00:11:59,240 --> 00:11:56,310
done meditation on and off for over 40

261
00:12:02,990 --> 00:11:59,250
years but when I decided to write a book

262
00:12:05,960 --> 00:12:03,000
on this topic and I looked at the

263
00:12:08,540 --> 00:12:05,970

research that is coming out now both on

264

00:12:11,540 --> 00:12:08,550

yoga and meditation the mental and

265

00:12:14,630 --> 00:12:11,550

physical benefits of meditation I

266

00:12:17,270 --> 00:12:14,640

decided it would basically be stupid not

267

00:12:18,620 --> 00:12:17,280

to meditate it would be stupid in the

268

00:12:21,770 --> 00:12:18,630

same sense that it would be stupid not

269

00:12:23,750 --> 00:12:21,780

to brush your teeth every day that has a

270

00:12:26,960 --> 00:12:23,760

daily practice that you simply do

271

00:12:30,500 --> 00:12:26,970

because it's the right thing to do you

272

00:12:33,880 --> 00:12:30,510

have to meditate now this doesn't mean

273

00:12:36,440 --> 00:12:33,890

that that some people are just naturally

274

00:12:40,670 --> 00:12:36,450

inclined either through temperament or

275

00:12:44,120 --> 00:12:40,680

genetic inheritance that they're they're

276

00:12:46,639 --> 00:12:44,130

very calm and and can and

277

00:12:48,860 --> 00:12:46,649

and controlled in a sense that they're

278

00:12:50,720 --> 00:12:48,870

they're not tightly controlled but they

279

00:12:52,879 --> 00:12:50,730

they don't worry about things they're

280

00:12:54,769 --> 00:12:52,889

not anxious they're they're just a calm

281

00:12:56,360 --> 00:12:54,779

people for a person like that they

282

00:12:59,210 --> 00:12:56,370

probably don't need to meditate too much

283

00:13:02,749 --> 00:12:59,220

because the the stress of the modern age

284

00:13:06,290 --> 00:13:02,759

is that the the disease of the modern

285

00:13:08,749 --> 00:13:06,300

age is stress and so if you can if you

286

00:13:10,790 --> 00:13:08,759

don't find a way to easily control that

287

00:13:14,530 --> 00:13:10,800

or do something about stress it will eat

288

00:13:17,389 --> 00:13:14,540

you alive and I tend to be wired tight

289

00:13:21,430 --> 00:13:17,399

naturally I'm a high high anxious person

290

00:13:24,499 --> 00:13:21,440

and I can tell a dramatic difference

291

00:13:26,749 --> 00:13:24,509

when I'm meditating versus not just in

292

00:13:29,449 --> 00:13:26,759

the way that I feel and how I sleep and

293

00:13:32,900 --> 00:13:29,459

all the other things related to going

294

00:13:34,370 --> 00:13:32,910

about your daily life so the combination

295

00:13:36,439 --> 00:13:34,380

of my past experience with meditation

296

00:13:39,079 --> 00:13:36,449

and also taking what I've written in

297

00:13:41,540 --> 00:13:39,089

this book seriously I decided okay I

298

00:13:43,730 --> 00:13:41,550

really got to do this so I've been I

299

00:13:46,790 --> 00:13:43,740

have a meditation practice they do twice

300

00:13:48,379 --> 00:13:46,800

a day now and have done every single day

301
00:13:52,160 --> 00:13:48,389
for the last two years and I plan on

302
00:13:53,840 --> 00:13:52,170
continuing it because it really it it

303
00:13:56,569 --> 00:13:53,850
primarily just makes me feel a lot

304
00:13:58,639 --> 00:13:56,579
better but having read all of the the

305
00:14:00,980 --> 00:13:58,649
rest of the scientific evidence and a

306
00:14:03,259 --> 00:14:00,990
lot about the yogic lore it may go

307
00:14:05,480 --> 00:14:03,269
beyond that as well mm-hmm in the

308
00:14:08,929 --> 00:14:05,490
introduction to super normal you talked

309
00:14:11,569 --> 00:14:08,939
about the empirical scientific evidence

310
00:14:14,179 --> 00:14:11,579
for these things being overwhelming and

311
00:14:17,240 --> 00:14:14,189
you suggest that it's an opportunity for

312
00:14:20,079 --> 00:14:17,250
science to pull itself up by its

313
00:14:22,819 --> 00:14:20,089

bootstraps tell us what you mean by that

314

00:14:25,040 --> 00:14:22,829

particularly the pull itself up by the

315

00:14:27,949 --> 00:14:25,050

bootstraps why does science need to pull

316

00:14:30,679 --> 00:14:27,959

itself up by the bootstraps well of

317

00:14:33,439 --> 00:14:30,689

course the the phrase means that in

318

00:14:36,319 --> 00:14:33,449

order to make an advancement a major

319

00:14:37,910 --> 00:14:36,329

advancement sometimes you can pull

320

00:14:41,449 --> 00:14:37,920

yourself up by the rungs of a ladder

321

00:14:44,019 --> 00:14:41,459

this is the evolutionary step by step

322

00:14:46,759 --> 00:14:44,029

pulling in a predictable sequence

323

00:14:48,199 --> 00:14:46,769

pulling yourself up by bootstraps is

324

00:14:50,990 --> 00:14:48,209

almost paradoxical because you're

325

00:14:53,389 --> 00:14:51,000

pulling yourself up from the bottom well

326

00:14:55,579 --> 00:14:53,399

how can you do that and you can't do

327

00:14:58,040 --> 00:14:55,589

that in the real world but the concept

328

00:15:00,829 --> 00:14:58,050

is that they

329

00:15:03,949 --> 00:15:00,839

need to make a leap of faith essentially

330

00:15:06,380 --> 00:15:03,959

based on evidence that comes out of your

331

00:15:07,970 --> 00:15:06,390

tradition it's like suddenly there's

332

00:15:09,590 --> 00:15:07,980

another ladder that appears next to you

333

00:15:11,180 --> 00:15:09,600

instead of taking the evolutionary step

334

00:15:13,730 --> 00:15:11,190

up your ladder you'll say well maybe

335

00:15:15,920 --> 00:15:13,740

there's a ladder there that works too so

336

00:15:18,500 --> 00:15:15,930

in this case it means there's a very

337

00:15:21,410 --> 00:15:18,510

long tradition much longer than the

338

00:15:23,569 --> 00:15:21,420

scientific tradition that is not only in

339

00:15:26,090 --> 00:15:23,579

yoga but in many other paths as well

340

00:15:28,940 --> 00:15:26,100

that's that basically I'll say the same

341

00:15:31,100 --> 00:15:28,950

thing that if you if you sit down you

342

00:15:33,889 --> 00:15:31,110

quiet your mind you pay attention to

343

00:15:37,310 --> 00:15:33,899

what's going on deeply subjectively then

344

00:15:41,240 --> 00:15:37,320

whole new worlds appear now the question

345

00:15:43,250 --> 00:15:41,250

here is that psychologists in the last

346

00:15:45,350 --> 00:15:43,260

century spend a fair amount of time with

347

00:15:47,420 --> 00:15:45,360

introspection and trying to figure out

348

00:15:49,730 --> 00:15:47,430

how does the mind work by introspecting

349

00:15:53,990 --> 00:15:49,740

and they didn't get very far with that

350

00:15:56,870 --> 00:15:54,000

and I would say that that has dampened

351

00:15:59,449 --> 00:15:56,880

enthusiasm in psychology for the idea

352

00:16:02,300 --> 00:15:59,459

that you could learn something about the

353

00:16:03,800 --> 00:16:02,310

mind and maybe beyond the mind simply by

354

00:16:06,880 --> 00:16:03,810

paying attention what's going on inside

355

00:16:09,949 --> 00:16:06,890

your head except that the means by which

356

00:16:12,650 --> 00:16:09,959

psychologists were using introspection

357

00:16:15,170 --> 00:16:12,660

was not the same as what meditators do

358

00:16:17,480 --> 00:16:15,180

and so if you follow the original

359

00:16:19,280 --> 00:16:17,490

meditative traditions and of course

360

00:16:20,900 --> 00:16:19,290

there are dozens of different meditative

361

00:16:24,470 --> 00:16:20,910

styles and which may lead to different

362

00:16:27,800 --> 00:16:24,480

insights but if you if you follow those

363

00:16:30,680 --> 00:16:27,810

traditions you find somewhere at the

364

00:16:32,600 --> 00:16:30,690

bottom meaning advanced practice that

365

00:16:35,449 --> 00:16:32,610

they begin to converge in a worldview

366

00:16:38,960 --> 00:16:35,459

and that worldview is something that

367

00:16:41,600 --> 00:16:38,970

science knows very little about probably

368

00:16:44,210 --> 00:16:41,610

the deepest look into there at this

369

00:16:45,680 --> 00:16:44,220

point has been cyber search because

370

00:16:47,360 --> 00:16:45,690

we're low we're looking at the this

371

00:16:49,610 --> 00:16:47,370

boundary between mind and matter and

372

00:16:53,870 --> 00:16:49,620

that's kind of where these deep

373

00:16:57,110 --> 00:16:53,880

meditative practices begin to to diverge

374

00:16:59,480 --> 00:16:57,120

from what scientific assumptions would

375

00:17:02,240 --> 00:16:59,490

say about the nature of reality and so

376

00:17:04,819 --> 00:17:02,250

what can science learn that about deep

377

00:17:07,010 --> 00:17:04,829

subjectivity I think it has a lot to

378

00:17:08,960 --> 00:17:07,020

learn in the same way that science has

379

00:17:11,150 --> 00:17:08,970

learned a lot more about deep

380

00:17:12,810 --> 00:17:11,160

objectivity than the meditative

381

00:17:14,280 --> 00:17:12,820

traditions have

382

00:17:16,410 --> 00:17:14,290

we have something to learn from that

383

00:17:19,350 --> 00:17:16,420

tradition as well okay but doesn't

384

00:17:22,290 --> 00:17:19,360

science require a kind of closed loop

385

00:17:24,440 --> 00:17:22,300

system that you're exploding both in

386

00:17:27,570 --> 00:17:24,450

this book and in your previous books and

387

00:17:29,490 --> 00:17:27,580

if as you're hinting at again in this

388

00:17:31,590 --> 00:17:29,500

book and in your previous books the

389

00:17:35,280 --> 00:17:31,600

consciousness is somehow fundamental

390

00:17:37,080 --> 00:17:35,290

then why or how can we possibly get

391

00:17:40,170 --> 00:17:37,090

there with a science that's centered

392

00:17:42,360 --> 00:17:40,180

around measuring matter I mean is it

393

00:17:44,160 --> 00:17:42,370

realistic to pull yourself up by the

394

00:17:46,680 --> 00:17:44,170

bootstraps when there's that kind of

395

00:17:49,470 --> 00:17:46,690

huge paradigm shift that has to take

396

00:17:51,420 --> 00:17:49,480

place well when you pull yourself up

397

00:17:53,850 --> 00:17:51,430

from your bootstraps it is it does

398

00:17:57,540 --> 00:17:53,860

require different assumptions and

399

00:17:59,340 --> 00:17:57,550

perhaps different methods but science is

400

00:18:02,340 --> 00:17:59,350

good at that science has developed new

401

00:18:03,780 --> 00:18:02,350

methods as new challenges come along in

402

00:18:05,310 --> 00:18:03,790

fact if we didn't develop new

403

00:18:07,950 --> 00:18:05,320

instruments and new methods we wouldn't

404

00:18:10,980 --> 00:18:07,960

have gotten very far so the nice thing

405

00:18:13,110 --> 00:18:10,990

about Sciences as an open system is that

406

00:18:17,000 --> 00:18:13,120

it is flexible and basically limited

407

00:18:20,040 --> 00:18:17,010

primarily by by our imagination

408

00:18:22,170 --> 00:18:20,050

ultimately the proof in the pudding is

409

00:18:24,990 --> 00:18:22,180

whether people can repeat things and

410

00:18:29,430 --> 00:18:25,000

independently but the means by which we

411

00:18:32,070 --> 00:18:29,440

get to that stage is not fixed okay but

412

00:18:34,020 --> 00:18:32,080

I still wonder if you know we're kind of

413

00:18:36,720 --> 00:18:34,030

nibbling around at the edges of

414

00:18:39,750 --> 00:18:36,730

something that we have to swallow whole

415

00:18:41,370 --> 00:18:39,760

I mean as you mentioned in the book and

416

00:18:44,550 --> 00:18:41,380

you mentioned previously in this

417

00:18:47,670 --> 00:18:44,560

interview these yogic traditions don't

418

00:18:49,140 --> 00:18:47,680

point to super normal powers that's not

419

00:18:51,030 --> 00:18:49,150

what they're about and in fact they go

420

00:18:52,710 --> 00:18:51,040

to great lengths to say hey it's not

421

00:18:55,890 --> 00:18:52,720

about these super normal powers don't

422

00:18:58,740 --> 00:18:55,900

worry about them it's about changing

423

00:19:02,700 --> 00:18:58,750

your connection and how you relate to

424

00:19:05,640 --> 00:19:02,710

for bat lack of a better word God if

425

00:19:08,100 --> 00:19:05,650

we're not willing to tackle the divine

426

00:19:12,090 --> 00:19:08,110

if we throw up our hands and say we

427

00:19:14,010 --> 00:19:12,100

can't measure the divine then we're kind

428

00:19:16,410 --> 00:19:14,020

of playing a different game but are we

429

00:19:18,480 --> 00:19:16,420

playing the game you know are we just

430

00:19:20,980 --> 00:19:18,490

playing some sideshow game over here

431

00:19:24,250 --> 00:19:20,990

that's a very good point

432

00:19:25,870 --> 00:19:24,260

so it's true that the yogic path and

433

00:19:28,480 --> 00:19:25,880

many of these other mystical paths are

434

00:19:31,870 --> 00:19:28,490

basically pointing to enlightenment

435

00:19:34,030 --> 00:19:31,880

enlightenment is so far away from where

436

00:19:37,210 --> 00:19:34,040

science is that it's probably too far a

437

00:19:39,730 --> 00:19:37,220

reach for now and it's also true that

438

00:19:41,380 --> 00:19:39,740

these traditions say you're going to

439

00:19:42,820 --> 00:19:41,390

bump into these psychic things and don't

440

00:19:44,410 --> 00:19:42,830

pay attention to them because they're

441

00:19:48,040 --> 00:19:44,420

just yardsticks on the way to something

442

00:19:51,700 --> 00:19:48,050

more interesting I would say that from

443

00:19:54,400 --> 00:19:51,710

the the ancient traditions and that

444

00:19:55,570 --> 00:19:54,410

advice was probably sound that you know

445

00:19:57,700 --> 00:19:55,580

don't pay much attention to these

446

00:19:59,590 --> 00:19:57,710

strange phenomena because that's not

447

00:20:02,680 --> 00:19:59,600

where you want to go well we're in the

448

00:20:05,880 --> 00:20:02,690

modern age now and what science is is

449

00:20:08,680 --> 00:20:05,890

able to do is study not the depths of

450

00:20:10,870 --> 00:20:08,690

enlightenment but we certainly can study

451

00:20:13,510 --> 00:20:10,880

the very place where mind and matter

452

00:20:15,549 --> 00:20:13,520

meet it's where the deep subjective and

453

00:20:19,390 --> 00:20:15,559

deep objective meet and that is psychic

454

00:20:21,250 --> 00:20:19,400

phenomena so the reason why the book is

455

00:20:23,650 --> 00:20:21,260

an entree into that says you know what

456

00:20:25,780 --> 00:20:23,660

science do you we don't know yet have

457

00:20:27,700 --> 00:20:25,790

scientists how to go all the way down to

458

00:20:30,010 --> 00:20:27,710

or all the way up to the Enlightenment

459

00:20:32,740 --> 00:20:30,020

but we can begin to go much much deeper

460

00:20:35,830 --> 00:20:32,750

than we have before and in the process

461

00:20:38,410 --> 00:20:35,840

of studying the very area that very

462

00:20:40,900 --> 00:20:38,420

boundary that the ancients would say

463

00:20:43,180 --> 00:20:40,910

don't pay attention to well we have to

464

00:20:45,400 --> 00:20:43,190

pay attention to that because if we

465

00:20:47,290 --> 00:20:45,410

ignore it as well we'll never get

466

00:20:49,870 --> 00:20:47,300

anywhere I mean you know we'll continue

467

00:20:52,090 --> 00:20:49,880

to make things in an evolutionary steps

468

00:20:56,020 --> 00:20:52,100

we won't make big new discoveries about

469

00:20:56,980 --> 00:20:56,030

the nature of consciousness so if we're

470

00:20:58,680 --> 00:20:56,990

interested in the nature of

471

00:21:01,450 --> 00:20:58,690

consciousness we need to expand it to

472

00:21:04,210 --> 00:21:01,460

exactly in the place where the Yogi's

473

00:21:06,070 --> 00:21:04,220

that don't pay much attention to and in

474

00:21:08,380 --> 00:21:06,080

and in the process I think we have the

475

00:21:10,840 --> 00:21:08,390

opportunity to learn something not only

476

00:21:13,060 --> 00:21:10,850

new for us but also new for the Yogi's

477

00:21:15,460 --> 00:21:13,070

because you see the Yogi's they didn't

478

00:21:17,169 --> 00:21:15,470

have theoretical concepts like we do

479

00:21:19,630 --> 00:21:17,179

they didn't understand the nature of the

480

00:21:21,580 --> 00:21:19,640

physical world like we do so we have the

481

00:21:24,640 --> 00:21:21,590

possibility of creating something really

482

00:21:28,360 --> 00:21:24,650

new by combining old wisdom with modern

483

00:21:31,570 --> 00:21:28,370

methods so Dean as you've pushed this

484

00:21:33,220 --> 00:21:31,580

envelope towards extending consciousness

485

00:21:34,419 --> 00:21:33,230

and realizing there's some limits to how

486

00:21:36,970 --> 00:21:34,429

far we can go

487

00:21:39,639 --> 00:21:36,980

has it changed your approach or your

488

00:21:42,399 --> 00:21:39,649

ideas about how you would approach this

489

00:21:44,230 --> 00:21:42,409

experimentally in your lab you've been

490

00:21:47,799 --> 00:21:44,240

doing this kind of research for a long

491

00:21:50,950 --> 00:21:47,809

time how did investigating these yogic

492

00:21:54,549 --> 00:21:50,960

traditions change where you might want

493

00:21:58,180 --> 00:21:54,559

to go in the future in your lab that's a

494

00:22:01,210 --> 00:21:58,190

fair question one of the things that you

495

00:22:03,430 --> 00:22:01,220

you see when you study the cities and

496

00:22:06,100 --> 00:22:03,440

this is mentioned in the literature is

497

00:22:08,440 --> 00:22:06,110

the difference between spontaneous

498

00:22:10,149 --> 00:22:08,450

psychic phenomena including the the

499

00:22:13,210 --> 00:22:10,159

effects that we study in the laboratory

500

00:22:15,430 --> 00:22:13,220

as compared to what happens when

501
00:22:18,190 --> 00:22:15,440
somebody actually achieves one of the

502
00:22:20,980 --> 00:22:18,200
cities so the cities like if you have a

503
00:22:24,249 --> 00:22:20,990
city of telepathy or clairvoyance it's

504
00:22:26,350 --> 00:22:24,259
not weak in sporadic and sometimes

505
00:22:29,200 --> 00:22:26,360
appears and sometimes doesn't it's a

506
00:22:31,899 --> 00:22:29,210
hundred percent it's there it's like

507
00:22:35,259 --> 00:22:31,909
it's like an ordinary sense and it's

508
00:22:36,789 --> 00:22:35,269
powerful and so obviously I pay

509
00:22:38,710 --> 00:22:36,799
attention to that because it would be

510
00:22:41,470 --> 00:22:38,720
really nice if we can get somebody to do

511
00:22:43,899 --> 00:22:41,480
that in the laboratory and yet we can't

512
00:22:45,279 --> 00:22:43,909
use somebody from the yogic tradition or

513
00:22:46,869 --> 00:22:45,289

one of the other traditions because

514

00:22:49,539 --> 00:22:46,879

they're told not to pay attention to it

515

00:22:52,060 --> 00:22:49,549

or at least not to demonstrate these

516

00:22:54,070 --> 00:22:52,070

abilities and I've already run up

517

00:22:56,680 --> 00:22:54,080

against that with with a very advanced

518

00:22:58,419 --> 00:22:56,690

meditators who when I ask can they do

519

00:23:01,930 --> 00:22:58,429

some of the cities they just smile and

520

00:23:04,299 --> 00:23:01,940

they won't say anything else so we're

521

00:23:06,700 --> 00:23:04,309

kind of stuck there but what we can do

522

00:23:10,840 --> 00:23:06,710

and what we have been starting to do in

523

00:23:12,549 --> 00:23:10,850

in my lab is to use every trick in the

524

00:23:15,509 --> 00:23:12,559

book that we can think of to optimize

525

00:23:19,539 --> 00:23:15,519

the conditions under which somebody can

526

00:23:21,580 --> 00:23:19,549

can achieve higher reliability and this

527

00:23:23,919 --> 00:23:21,590

includes things like the use of

528

00:23:26,440 --> 00:23:23,929

neurofeedback to get people's brain

529

00:23:29,350 --> 00:23:26,450

States into the right condition so that

530

00:23:32,830 --> 00:23:29,360

they can maintain this for example an

531

00:23:34,869 --> 00:23:32,840

alpha state where you're very highly

532

00:23:37,590 --> 00:23:34,879

alert but you have no anxiety behind it

533

00:23:40,779 --> 00:23:37,600

so that that seems to be an important

534

00:23:44,470 --> 00:23:40,789

condition or state to be in of so-called

535

00:23:45,909 --> 00:23:44,480

effortless driving so you can train

536

00:23:49,210 --> 00:23:45,919

people to get there and you can train

537

00:23:52,570 --> 00:23:49,220

them fairly quickly using neuro feed

538

00:23:55,090 --> 00:23:52,580

we can use hypnosis to alter people's

539

00:23:57,159 --> 00:23:55,100

beliefs a little bit because one of the

540

00:23:59,169 --> 00:23:57,169

blocks that we see in these phenomena is

541

00:24:01,390 --> 00:23:59,179

that you maintain enough doubt that

542

00:24:03,549 --> 00:24:01,400

you're basically self-defeating well if

543

00:24:05,350 --> 00:24:03,559

you use if you're susceptible to

544

00:24:09,250 --> 00:24:05,360

hypnosis and that can be changed

545

00:24:10,930 --> 00:24:09,260

you can change at least momentarily what

546

00:24:14,590 --> 00:24:10,940

you believe both consciously and even

547

00:24:17,080 --> 00:24:14,600

unconsciously we can do tests looking at

548

00:24:19,180 --> 00:24:17,090

the difference between your conscious

549

00:24:20,830 --> 00:24:19,190

belief and your unconscious belief

550

00:24:23,020 --> 00:24:20,840

through what's called implicit testing

551

00:24:25,779 --> 00:24:23,030

there are a variety of ways of doing

552

00:24:29,200 --> 00:24:25,789

experiments that reveal how you really

553

00:24:32,169 --> 00:24:29,210

feel how you unconsciously feel about

554

00:24:33,610 --> 00:24:32,179

certain topics including your belief

555

00:24:36,070 --> 00:24:33,620

that you'd be able to do something

556

00:24:39,190 --> 00:24:36,080

psychic in the lab and if it turns out

557

00:24:41,500 --> 00:24:39,200

that you consciously say yeah I could do

558

00:24:44,020 --> 00:24:41,510

this but but unconsciously you're saying

559

00:24:45,850 --> 00:24:44,030

I don't think I can do this well we need

560

00:24:47,470 --> 00:24:45,860

to know that because that would be a way

561

00:24:49,200 --> 00:24:47,480

of discriminating between somebody who's

562

00:24:53,860 --> 00:24:49,210

likely to do better than somebody else

563

00:24:56,620 --> 00:24:53,870

so we're working down a list of ways

564

00:25:00,640 --> 00:24:56,630

that we know of optimizing or suspecting

565

00:25:03,130 --> 00:25:00,650

that it would optimize our ability to to

566

00:25:05,049 --> 00:25:03,140

provide the right concentration the

567

00:25:07,330 --> 00:25:05,059

right motivation the right belief the

568

00:25:09,850 --> 00:25:07,340

right practice the right environment for

569

00:25:12,370 --> 00:25:09,860

doing the experiments everything we can

570

00:25:16,180 --> 00:25:12,380

think of to to see if we can start

571

00:25:17,620 --> 00:25:16,190

moving in the direction of the level of

572

00:25:19,240 --> 00:25:17,630

performance that is described in the

573

00:25:23,490 --> 00:25:19,250

cities as compared to what we normally

574

00:25:26,440 --> 00:25:23,500

see which is sporadic and performance is

575

00:25:28,000 --> 00:25:26,450

buffeted all over the place mm-hmm can

576

00:25:30,190 --> 00:25:28,010

you tell us a little bit about how

577

00:25:35,320 --> 00:25:30,200

that's coming together in some of your

578

00:25:38,590 --> 00:25:35,330

current work well our first approach in

579

00:25:40,600 --> 00:25:38,600

this direction was to is in a mind

580

00:25:44,169 --> 00:25:40,610

matter interaction experiment which is

581

00:25:48,130 --> 00:25:44,179

not published yet but will be soon we

582

00:25:50,230 --> 00:25:48,140

hope and what we did is during the

583

00:25:54,100 --> 00:25:50,240

experiment mind matter interaction

584

00:25:56,530 --> 00:25:54,110

experiment we also took 32 channel EEG

585

00:26:01,480 --> 00:25:56,540

measures and we asked each participant

586

00:26:02,259 --> 00:26:01,490

to take a personality inventory call the

587

00:26:04,180 --> 00:26:02,269

Cloninger

588

00:26:07,389 --> 00:26:04,190

temperament and character inventory and

589

00:26:10,389 --> 00:26:07,399

this is an interesting personality test

590

00:26:12,579 --> 00:26:10,399

because it it assumes that your

591

00:26:16,419 --> 00:26:12,589

temperament your basic temperament is

592

00:26:18,479 --> 00:26:16,429

driven by your biology that the the way

593

00:26:21,219 --> 00:26:18,489

that you approach the world and

594

00:26:23,289 --> 00:26:21,229

fundamental ways is driven by your

595

00:26:24,909 --> 00:26:23,299

genetic inheritance and this was

596

00:26:27,039 --> 00:26:24,919

developed partially as a result of

597

00:26:29,109 --> 00:26:27,049

looking at personality similarities and

598

00:26:33,609 --> 00:26:29,119

temperament similarities among identical

599

00:26:36,369 --> 00:26:33,619

twins and it holds up and then the your

600

00:26:40,269 --> 00:26:36,379

basic temperament is according to this

601
00:26:44,229 --> 00:26:40,279
theory is modulated by what they call

602
00:26:46,930 --> 00:26:44,239
character and character is your your

603
00:26:49,509 --> 00:26:46,940
history how events in your life have

604
00:26:51,729 --> 00:26:49,519
shaped and changed your temperament so

605
00:26:54,069 --> 00:26:51,739
the the questionnaire that we give it's

606
00:26:56,440 --> 00:26:54,079
two hundred and forty items it comes out

607
00:26:58,060 --> 00:26:56,450
with different scales showing your

608
00:27:00,699 --> 00:26:58,070
temperament and your person and your

609
00:27:02,680 --> 00:27:00,709
character we have the EEG measures and

610
00:27:04,690 --> 00:27:02,690
we have information on how you how the

611
00:27:06,879 --> 00:27:04,700
people did on the matter interaction

612
00:27:09,579 --> 00:27:06,889
tasks and we look at the correlations

613
00:27:11,349 --> 00:27:09,589

among these different factors and we're

614

00:27:13,449 --> 00:27:11,359

finding some very interesting things and

615

00:27:14,949 --> 00:27:13,459

I'm not going to go into it in any

616

00:27:17,649 --> 00:27:14,959

detail because it's not published yet

617

00:27:20,549 --> 00:27:17,659

but the upshot of it is that it gives us

618

00:27:23,349 --> 00:27:20,559

a better picture on what kinds of people

619

00:27:26,109 --> 00:27:23,359

do well in what kinds of brain states

620

00:27:29,109 --> 00:27:26,119

for for these particular tasks and that

621

00:27:30,940 --> 00:27:29,119

gives us a clue about both who to select

622

00:27:35,589 --> 00:27:30,950

and what kind of brain States to be in

623

00:27:37,209 --> 00:27:35,599

in order to to optimize performance you

624

00:27:40,209 --> 00:27:37,219

know finally doctor Braden I want to

625

00:27:42,099 --> 00:27:40,219

touch on one other topic that I don't

626

00:27:45,159 --> 00:27:42,109

think you talked a lot about you've

627

00:27:48,489 --> 00:27:45,169

built a solid reputation as a scientist

628

00:27:50,829 --> 00:27:48,499

people look to you for the integrity and

629

00:27:53,440 --> 00:27:50,839

the rigor you bring to your work but

630

00:27:56,199 --> 00:27:53,450

you're also whether you want to or not

631

00:27:59,139 --> 00:27:56,209

have been pushed on the front lines of

632

00:28:02,199 --> 00:27:59,149

this worldview battle that's going on

633

00:28:04,389 --> 00:28:02,209

where on one hand we have a culture

634

00:28:06,909 --> 00:28:04,399

that's built on materialism really two

635

00:28:10,089 --> 00:28:06,919

kinds of materialism both scientific

636

00:28:12,609 --> 00:28:10,099

materialism the we are biological robots

637

00:28:13,870 --> 00:28:12,619

life is meaningless the universe is

638

00:28:17,200 --> 00:28:13,880

meaningless

639

00:28:19,780 --> 00:28:17,210

an economic materialism that just kind

640

00:28:23,740 --> 00:28:19,790

of tells us that he who dies with the

641

00:28:26,680 --> 00:28:23,750

most toys wins and I'm wondering given

642

00:28:28,840 --> 00:28:26,690

the extent to which we have to

643

00:28:32,410 --> 00:28:28,850

acknowledge we're just totally a mesh in

644

00:28:35,110 --> 00:28:32,420

this paradigm do you really think we can

645

00:28:37,120 --> 00:28:35,120

navigate out of it I mean you're kind of

646

00:28:39,640 --> 00:28:37,130

painting a picture for how we would do

647

00:28:42,010 --> 00:28:39,650

that with this book and with your body

648

00:28:45,190 --> 00:28:42,020

of research but do you really think

649

00:28:51,240 --> 00:28:45,200

that's possible you mean is it possible

650

00:28:55,440 --> 00:28:51,250

given the the amount of inertia and

651
00:29:00,520 --> 00:28:55,450
economic investment in the status quo

652
00:29:04,180 --> 00:29:00,530
economic political military day-to-day

653
00:29:06,760 --> 00:29:04,190
our technology we are a mess in it when

654
00:29:08,830 --> 00:29:06,770
we talk about transcending it I wonder

655
00:29:11,440 --> 00:29:08,840
if it's if it's one if it's a pipe dream

656
00:29:16,120 --> 00:29:11,450
and two if it's really something we even

657
00:29:19,540 --> 00:29:16,130
want well it's it's a very good question

658
00:29:22,720 --> 00:29:19,550
and I I think on alternate days I'm

659
00:29:26,950 --> 00:29:22,730
optimistic and pessimistic the inertia

660
00:29:28,660 --> 00:29:26,960
is gigantic many people are still

661
00:29:30,790 --> 00:29:28,670
questioning as to whether the climate

662
00:29:35,560 --> 00:29:30,800
change is real or not even in the midst

663
00:29:38,020 --> 00:29:35,570

of extremely unusual weather I live in

664

00:29:42,070 --> 00:29:38,030

Sonoma County in California and

665

00:29:46,450 --> 00:29:42,080

yesterday in Sonoma County there was the

666

00:29:48,940 --> 00:29:46,460

longest run of lightning strikes and the

667

00:29:52,720 --> 00:29:48,950

middle of the night almost out of

668

00:29:55,300 --> 00:29:52,730

nowhere for hours it just stayed in one

669

00:29:58,480 --> 00:29:55,310

particular spot for hours and it lit

670

00:30:00,040 --> 00:29:58,490

something like 20 or 30 fires and people

671

00:30:01,540 --> 00:30:00,050

have lived in Sonoma County for their

672

00:30:03,070 --> 00:30:01,550

entire lives including the newspaper

673

00:30:05,800 --> 00:30:03,080

reporting someone who's 80 years old

674

00:30:07,480 --> 00:30:05,810

saying he had never even heard of

675

00:30:10,330 --> 00:30:07,490

anything like that before happening

676
00:30:12,730 --> 00:30:10,340
anywhere and it never happens to have

677
00:30:15,790 --> 00:30:12,740
lightning storms like this in Sonoma

678
00:30:18,160 --> 00:30:15,800
County so where we are faced almost

679
00:30:19,810 --> 00:30:18,170
daily now with extremely unusual weather

680
00:30:21,880 --> 00:30:19,820
patterns and yet when we look at what's

681
00:30:24,520 --> 00:30:21,890
happening in politics it's as though

682
00:30:27,049 --> 00:30:24,530
this is nothing and it actually doesn't

683
00:30:30,259 --> 00:30:27,059
even matter what the cause is

684
00:30:32,060 --> 00:30:30,269
what matters is that it become a topic

685
00:30:34,159 --> 00:30:32,070
of discussion and what do we do about it

686
00:30:38,720 --> 00:30:34,169
yeah but but that's really problematic

687
00:30:41,659 --> 00:30:38,730
because if we look at climate and we

688
00:30:44,119 --> 00:30:41,669

look at it scientifically it's it's just

689

00:30:47,060 --> 00:30:44,129

another rat's nest I mean the the

690

00:30:50,180 --> 00:30:47,070

biggest news scientifically in climate

691

00:30:53,090 --> 00:30:50,190

has to do with both the UN governing

692

00:30:55,580 --> 00:30:53,100

body and NASA coming out and saying that

693

00:30:58,940 --> 00:30:55,590

in the last 17 years there's been no

694

00:31:01,999 --> 00:30:58,950

global warming so whether we're screwing

695

00:31:05,840 --> 00:31:02,009

up our environment to the extent that we

696

00:31:08,840 --> 00:31:05,850

think we are with co2 gases we can put

697

00:31:12,259 --> 00:31:08,850

that aside for a second and deal with by

698

00:31:15,019 --> 00:31:12,269

the best measures we have these models

699

00:31:17,149 --> 00:31:15,029

that we were all excited about a few

700

00:31:19,399 --> 00:31:17,159

years ago have totally failed us they

701
00:31:21,649 --> 00:31:19,409
haven't predicted what we would expect

702
00:31:23,840 --> 00:31:21,659
to happen given the variables that have

703
00:31:27,019 --> 00:31:23,850
come into it so I don't think it's any

704
00:31:29,629 --> 00:31:27,029
surprise that people are they're stunned

705
00:31:29,960 --> 00:31:29,639
into inaction I mean which way should we

706
00:31:33,169 --> 00:31:29,970
go

707
00:31:36,889 --> 00:31:33,179
moreover the whole global warming thing

708
00:31:40,129 --> 00:31:36,899
was sold to us wrapped up in a just a

709
00:31:43,999 --> 00:31:40,139
goofy carbon trading multi trillion

710
00:31:46,639 --> 00:31:44,009
dollar scam deal that is it can't be

711
00:31:49,310 --> 00:31:46,649
separated from the science so again

712
00:31:52,460 --> 00:31:49,320
doesn't this point to how these things

713
00:31:56,330 --> 00:31:52,470

are a meshed how science is a meshed

714

00:31:59,810 --> 00:31:56,340

with our politics and whatever else is

715

00:32:03,859 --> 00:31:59,820

driving us towards this future that

716

00:32:07,060 --> 00:32:03,869

someone is planning yeah that's that's

717

00:32:09,710 --> 00:32:07,070

where my pessimism arises from that

718

00:32:13,369 --> 00:32:09,720

because of economic interests and

719

00:32:15,080 --> 00:32:13,379

because of people who have money and

720

00:32:19,399 --> 00:32:15,090

power wanting to maintain it which means

721

00:32:21,919 --> 00:32:19,409

maintaining the status quo it it's

722

00:32:25,039 --> 00:32:21,929

unlikely that much will change at all

723

00:32:28,700 --> 00:32:25,049

what does push change at least within

724

00:32:30,830 --> 00:32:28,710

scientific world is new and exciting

725

00:32:32,600 --> 00:32:30,840

theories because fortunately a lot of

726

00:32:33,769 --> 00:32:32,610

scientists are kind of like myself and

727

00:32:35,570 --> 00:32:33,779

while we pay attention to what's going

728

00:32:38,440 --> 00:32:35,580

on in the world what we're really driven

729

00:32:39,970 --> 00:32:38,450

by is curiosity about the natural world

730

00:32:42,700 --> 00:32:39,980

and so somebody comes along with

731

00:32:44,349 --> 00:32:42,710

something really cool and interesting it

732

00:32:46,090 --> 00:32:44,359

attracts a lot of scientific attention

733

00:32:48,430 --> 00:32:46,100

even though we don't actually know if

734

00:32:50,499 --> 00:32:48,440

there's a practical use for it now

735

00:32:52,479 --> 00:32:50,509

if it turns out that something is

736

00:32:54,310 --> 00:32:52,489

developed that has a practical use and

737

00:32:55,509 --> 00:32:54,320

it gains even more attention because

738

00:32:59,169 --> 00:32:55,519

there are plenty of people out there who

739

00:33:02,759 --> 00:32:59,179

want to make money based on it so when

740

00:33:04,720 --> 00:33:02,769

I'm optimistic I'm thinking well if

741

00:33:06,340 --> 00:33:04,730

particularly if quantum biology

742

00:33:09,519 --> 00:33:06,350

continues in the direction it's going

743

00:33:11,529 --> 00:33:09,529

then the plausibility case that could be

744

00:33:15,039 --> 00:33:11,539

made for a theoretical underpinning for

745

00:33:17,289 --> 00:33:15,049

for psychic effects can will continually

746

00:33:19,889 --> 00:33:17,299

get better and then people will pay more

747

00:33:22,930 --> 00:33:19,899

attention to the data and ultimately

748

00:33:24,820 --> 00:33:22,940

it'll simply become one more interesting

749

00:33:28,389 --> 00:33:24,830

and curious thing that science can study

750

00:33:30,060 --> 00:33:28,399

and in which case it doesn't matter

751

00:33:33,279 --> 00:33:30,070

what's going on in the rest of the

752

00:33:35,680 --> 00:33:33,289

socio-political context it's something

753

00:33:37,749 --> 00:33:35,690

that will just naturally be absorbed

754

00:33:41,590 --> 00:33:37,759

into science because it's something

755

00:33:44,200 --> 00:33:41,600

that's curious now that said certainly

756

00:33:47,109 --> 00:33:44,210

the topic is still quite taboo it's very

757

00:33:48,849 --> 00:33:47,119

difficult for people to to make a living

758

00:33:50,979 --> 00:33:48,859

in the academic world if they're

759

00:33:52,450 --> 00:33:50,989

interested in this topic but

760

00:33:55,330 --> 00:33:52,460

historically that's been true for other

761

00:33:58,930 --> 00:33:55,340

topics as well and eventually truth will

762

00:34:00,729 --> 00:33:58,940

out and it's simply a matter of more

763

00:34:02,470 --> 00:34:00,739

struggle during the times when it's

764

00:34:05,229 --> 00:34:02,480

taboo but of you know that could change

765

00:34:08,169 --> 00:34:05,239

and it could change quickly well let's

766

00:34:11,289 --> 00:34:08,179

hope truth does win out and if it does I

767

00:34:14,829 --> 00:34:11,299

can bet you that dr. Dean Radin will be

768

00:34:17,740 --> 00:34:14,839

at the tip of the spear the book again

769

00:34:20,559 --> 00:34:17,750

is supernatural science

770

00:34:23,559 --> 00:34:20,569

yoga and the evidence for extraordinary

771

00:34:25,780 --> 00:34:23,569

psychic abilities dr. rena has been a

772

00:34:27,250 --> 00:34:25,790

great pleasure having you on skeptic oh

773

00:34:30,579 --> 00:34:27,260

thanks again so much for joining me

774

00:34:32,589 --> 00:34:30,589

thank you Alex thanks again to dr. Dean

775

00:34:34,720 --> 00:34:32,599

Radin for joining me today on skeptic Oh

776

00:34:36,940 --> 00:34:34,730

a couple of questions on my tee up as a

777

00:34:39,879 --> 00:34:36,950

result of this interview and they both

778

00:34:42,730 --> 00:34:39,889

have to do with the idea of bringing psy

779

00:34:45,220 --> 00:34:42,740

to the lab something Dean Radin of

780

00:34:47,859 --> 00:34:45,230

course has done more to advance than

781

00:34:50,289 --> 00:34:47,869

just about anyone I can think of so the

782

00:34:52,090 --> 00:34:50,299

first question has to do with this idea

783

00:34:54,940 --> 00:34:52,100

of psy

784

00:34:57,610 --> 00:34:54,950

somewhat of a stepping stone along this

785

00:34:59,920 --> 00:34:57,620

continuum towards enlightenment the

786

00:35:02,080 --> 00:34:59,930

enlightenment experience that so many

787

00:35:03,880 --> 00:35:02,090

people from so many different traditions

788

00:35:05,320 --> 00:35:03,890

talk about you can hear me getting a

789

00:35:07,990 --> 00:35:05,330

little bit worked up there because it

790

00:35:12,250 --> 00:35:08,000

again just amazes me that we can just

791

00:35:14,650 --> 00:35:12,260

gloss over this experience that is so

792

00:35:16,630 --> 00:35:14,660

fundamentally profound across cultures

793

00:35:19,480 --> 00:35:16,640

across times this thing we call

794

00:35:20,800 --> 00:35:19,490

enlightenment and yet we're just going

795

00:35:22,870 --> 00:35:20,810

to pretend it doesn't really exist

796

00:35:26,650 --> 00:35:22,880

because it doesn't fit into our paradigm

797

00:35:28,810 --> 00:35:26,660

so the point is is dr. Raiden on the

798

00:35:31,960 --> 00:35:28,820

right track in terms of bringing a

799

00:35:34,750 --> 00:35:31,970

scientific understanding of that process

800

00:35:37,240 --> 00:35:34,760

by looking at sigh what are your

801

00:35:39,490 --> 00:35:37,250

thoughts on his approach to that that

802

00:35:42,520 --> 00:35:39,500

would be question number one question

803

00:35:45,790 --> 00:35:42,530

two is related and that is what is the

804

00:35:47,740 --> 00:35:45,800

best way to bring Sai into the lab dr.

805

00:35:50,440 --> 00:35:47,750

Raiden is pioneering a lot of this work

806

00:35:53,020 --> 00:35:50,450

of course but he's not the only one what

807

00:35:56,530 --> 00:35:53,030

research do you think is most promising

808

00:35:58,800 --> 00:35:56,540

in the area of demonstrating Sai

809

00:36:01,540 --> 00:35:58,810

phenomena under laboratory conditions

810

00:36:03,190 --> 00:36:01,550

should we be looking more towards people

811

00:36:06,130 --> 00:36:03,200

who've demonstrated these extraordinary

812

00:36:08,260 --> 00:36:06,140

abilities in our off-the-charts or

813

00:36:10,030 --> 00:36:08,270

should we look at how this phenomena

814

00:36:12,940 --> 00:36:10,040

manifests itself in the general

815

00:36:16,030 --> 00:36:12,950

population is telepathy the best path to

816

00:36:18,340 --> 00:36:16,040

pursue or is it precognition or

817

00:36:20,470 --> 00:36:18,350

telekinesis or something else would be

818

00:36:24,610 --> 00:36:20,480

interesting to hear what your thoughts

819

00:36:27,160 --> 00:36:24,620

are on the path forward for Sai research

820

00:36:29,410 --> 00:36:27,170

in the lab so I'd love to hear from you

821

00:36:31,600 --> 00:36:29,420

on those topics of course the place to

822

00:36:35,860 --> 00:36:31,610

do it is through the sceptical website

823

00:36:37,750 --> 00:36:35,870

at SK EPT Iko com I love when you

824

00:36:39,280 --> 00:36:37,760

connect with us through the forum where

825

00:36:41,740 --> 00:36:39,290

a lot of people get together and

826

00:36:43,870 --> 00:36:41,750

exchange some interesting ideas you can

827

00:36:45,730 --> 00:36:43,880

also leave a comment directly there on

828

00:36:47,980 --> 00:36:45,740

the website and while you're there of

829

00:36:51,040 --> 00:36:47,990

course you can subscribe to skeptic o

830

00:36:54,040 --> 00:36:51,050

download any of our over 200 previous

831

00:36:57,250 --> 00:36:54,050

shows or connect with me via Facebook or

832

00:36:59,590 --> 00:36:57,260

an email I have a number of interesting

833

00:37:02,500 --> 00:36:59,600

shows coming up they're just piling up

834

00:37:04,360 --> 00:37:02,510

here as summer rolls on for me I hope

835

00:37:05,960 --> 00:37:04,370

you'll stay with me for all of that