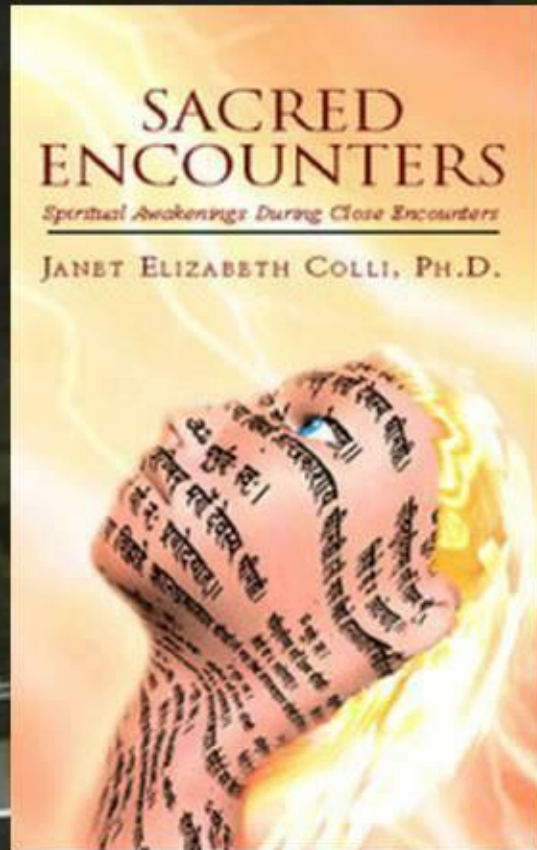


skeptiko.com



TRAUMA OF ALIEN CONTACT

JANET COLLI #212

1
00:00:14,910 --> 00:00:12,280
on this episode of skeptic Oh Alex talks

2
00:00:18,310 --> 00:00:14,920
with dr. Janet Kali about her new book

3
00:00:20,260 --> 00:00:18,320
sacred encounters you have an Iraqi war

4
00:00:23,440 --> 00:00:20,270
veteran who walks into your office and

5
00:00:26,050 --> 00:00:23,450
says I'm suffering post-traumatic stress

6
00:00:27,909 --> 00:00:26,060
syndrome which 20 years ago again was

7
00:00:29,740 --> 00:00:27,919
highly controversial but now we'd say

8
00:00:32,109 --> 00:00:29,750
okay yeah and you'd have a series of

9
00:00:34,720 --> 00:00:32,119
protocols that you might take that

10
00:00:37,590 --> 00:00:34,730
person through what are the limits on

11
00:00:40,120 --> 00:00:37,600
what you can do with someone like that

12
00:00:43,210 --> 00:00:40,130
versus what you do with someone who

13
00:00:46,840 --> 00:00:43,220

comes in and said I think I had an

14

00:00:48,940 --> 00:00:46,850

encounter with alien beings and I've had

15

00:00:51,400 --> 00:00:48,950

this for a long time and it's really

16

00:00:53,350 --> 00:00:51,410

causing me a lot of stress as a

17

00:00:55,060 --> 00:00:53,360

clinician how do you deal with those two

18

00:00:57,460 --> 00:00:55,070

situations how are they similar how are

19

00:01:00,370 --> 00:00:57,470

they different you know what I would say

20

00:01:03,220 --> 00:01:00,380

that the nervous system we don't make up

21

00:01:06,670 --> 00:01:03,230

trauma the signs of trauma are pretty

22

00:01:08,490 --> 00:01:06,680

well recognized now that knowledge and

23

00:01:10,810 --> 00:01:08,500

those experiences pretty much

24

00:01:13,810 --> 00:01:10,820

overwhelmed all of the questions of

25

00:01:16,780 --> 00:01:13,820

while are people making up things you

26

00:01:19,440 --> 00:01:16,790

want to treat it as trauma and to some

27

00:01:23,830 --> 00:01:19,450

degree respect what people are saying

28

00:01:26,620 --> 00:01:23,840

even if you yourself are not sure of the

29

00:01:27,490 --> 00:01:26,630

objective so-called objective reality of

30

00:01:41,330 --> 00:01:27,500

what happened

31

00:01:45,149 --> 00:01:43,590

welcome to skeptical where we explore

32

00:01:47,459 --> 00:01:45,159

controversial science with leading

33

00:01:49,529 --> 00:01:47,469

researchers thinkers and their critics

34

00:01:52,410 --> 00:01:49,539

I'm your host Alex a Karason on this

35

00:01:56,370 --> 00:01:52,420

episode we talk with dr. Janet Coley

36

00:01:58,399 --> 00:01:56,380

about her book sacred encounters now dr.

37

00:02:00,679 --> 00:01:58,409

Coley is a practicing clinical

38

00:02:04,169 --> 00:02:00,689

psychologist with a background in

39

00:02:06,300 --> 00:02:04,179

transpersonal psychology and her book is

40

00:02:08,699 --> 00:02:06,310

quite remarkable right up our alley in

41

00:02:11,910 --> 00:02:08,709

that it kind of reaches beyond the

42

00:02:14,880 --> 00:02:11,920

normal limits of consciousness and takes

43

00:02:16,339 --> 00:02:14,890

the larger implications of consciousness

44

00:02:19,860 --> 00:02:16,349

research and that is that if

45

00:02:22,680 --> 00:02:19,870

consciousness extends beyond our little

46

00:02:26,009 --> 00:02:22,690

brain then how far does it extend and

47

00:02:28,470 --> 00:02:26,019

she takes that all the way to alien

48

00:02:30,930 --> 00:02:28,480

encounters UFO encounters which is a

49

00:02:33,089 --> 00:02:30,940

topic that I've been interested in a lot

50

00:02:35,460 --> 00:02:33,099

lately because it seems like one of

51
00:02:38,400 --> 00:02:35,470
those taboo topics that despite the

52
00:02:41,220 --> 00:02:38,410
enormous implications of it is avoided

53
00:02:44,789 --> 00:02:41,230
by most people now let me read for you

54
00:02:47,430 --> 00:02:44,799
now let me read for you an Amazon review

55
00:02:49,710 --> 00:02:47,440
of dr. Coley's book again the book is

56
00:02:53,819 --> 00:02:49,720
sacred encounters and here's what one

57
00:02:57,750 --> 00:02:53,829
Amazon reviewer writes I have read a lot

58
00:03:00,539 --> 00:02:57,760
of et / UFO related books and I would

59
00:03:02,129 --> 00:03:00,549
have to put this close to the top in my

60
00:03:04,949 --> 00:03:02,139
own mind there's a progression in

61
00:03:06,870 --> 00:03:04,959
so-called UFO literature at the base

62
00:03:09,300 --> 00:03:06,880
would be older books dealing with the

63
00:03:11,580 --> 00:03:09,310

so-called nuts and bolts of UFO

64

00:03:14,849 --> 00:03:11,590

sightings that have value convincing

65

00:03:17,879 --> 00:03:14,859

skeptics that UFOs are real at the apex

66

00:03:20,610 --> 00:03:17,889

I would place books dealing with wisdom

67

00:03:23,729 --> 00:03:20,620

of star beings or their part in

68

00:03:25,979 --> 00:03:23,739

consciousness transformation sacred

69

00:03:28,530 --> 00:03:25,989

encounters deals extensively with

70

00:03:31,559 --> 00:03:28,540

consciousness transformation in the

71

00:03:34,680 --> 00:03:31,569

lives of contactees that dr. Coley

72

00:03:37,379 --> 00:03:34,690

worked with as the stories unfold we see

73

00:03:40,440 --> 00:03:37,389

the initial extreme fear eventually

74

00:03:43,379 --> 00:03:40,450

replaced by love and feelings of family

75

00:03:46,650 --> 00:03:43,389

or community towards the et beings

76

00:03:49,979 --> 00:03:46,660

they're interacting with now I read for

77

00:03:51,820 --> 00:03:49,989

you that review of the book because we

78

00:03:54,760 --> 00:03:51,830

talk very little

79

00:03:57,820 --> 00:03:54,770

all about the book in this interview and

80

00:04:00,400 --> 00:03:57,830

the reason for that is I don't know if

81

00:04:03,940 --> 00:04:00,410

it's my fault or just the interaction

82

00:04:07,050 --> 00:04:03,950

between me and dr. Coley but I feel like

83

00:04:10,300 --> 00:04:07,060

there's such a big gap here between

84

00:04:14,470 --> 00:04:10,310

believers in this case believers in

85

00:04:16,210 --> 00:04:14,480

alien contact and non-believers and that

86

00:04:19,300 --> 00:04:16,220

is everyone who isn't totally on board

87

00:04:22,060 --> 00:04:19,310

well I feel that gap can't be easily

88

00:04:25,300 --> 00:04:22,070

bridged and maybe it can't be bridged in

89

00:04:29,410 --> 00:04:25,310

a one-hour interview like I tried to do

90

00:04:31,210 --> 00:04:29,420

here but instead where I took it where I

91

00:04:34,360 --> 00:04:31,220

took this interview was an attempt

92

00:04:37,000 --> 00:04:34,370

bridge that gap and as a lead-in to the

93

00:04:40,180 --> 00:04:37,010

interview that I did with dr. Coley let

94

00:04:42,250 --> 00:04:40,190

me play for you some of the conversation

95

00:04:43,780 --> 00:04:42,260

we had before the actual interview

96

00:04:46,990 --> 00:04:43,790

because I think it'll give you a feel

97

00:04:49,720 --> 00:04:47,000

for what I'm talking about here here's a

98

00:04:52,120 --> 00:04:49,730

conversation where dr. Coley asked me

99

00:04:54,430 --> 00:04:52,130

okay who is the skeptical audience and I

100

00:04:56,350 --> 00:04:54,440

tell her and then we get into I think

101
00:04:59,409 --> 00:04:56,360
some of the skeptical kind of issues in

102
00:05:00,550 --> 00:04:59,419
terms of how we know what we know listen

103
00:05:02,440 --> 00:05:00,560
to this for a few minutes and I'll come

104
00:05:03,060 --> 00:05:02,450
back on and tee up the rest of the

105
00:05:05,380 --> 00:05:03,070
interview

106
00:05:08,140 --> 00:05:05,390
how would you characterize your audience

107
00:05:10,630 --> 00:05:08,150
if I might ask no I'm glad you did my

108
00:05:13,720 --> 00:05:10,640
audience is you know very open-minded

109
00:05:15,970 --> 00:05:13,730
and progressive minded so we just kind

110
00:05:17,380 --> 00:05:15,980
of called the skeptical nonsense for

111
00:05:20,320 --> 00:05:17,390
what it is and say you know that's just

112
00:05:23,740 --> 00:05:20,330
a crazy irrational worldview that just

113
00:05:26,200 --> 00:05:23,750

totally doesn't make sense but in the

114

00:05:29,200 --> 00:05:26,210

spirit of doing that I think we have to

115

00:05:32,050 --> 00:05:29,210

remain skeptical as well and when we get

116

00:05:33,070 --> 00:05:32,060

into consciousness there's a lot of

117

00:05:34,659 --> 00:05:33,080

different people saying a lot of

118

00:05:36,820 --> 00:05:34,669

different things out there in the

119

00:05:40,320 --> 00:05:36,830

example I always use is reincarnation

120

00:05:42,340 --> 00:05:40,330

I've had on a variety of people

121

00:05:44,800 --> 00:05:42,350

respectable people and they'll tell you

122

00:05:46,960 --> 00:05:44,810

anything from it's an illusion it

123

00:05:49,000 --> 00:05:46,970

doesn't really happen and that you know

124

00:05:51,040 --> 00:05:49,010

they've ascended to the next level and

125

00:05:52,120 --> 00:05:51,050

their masters spirit guides are saying

126

00:05:54,820 --> 00:05:52,130

there's no such thing as reincarnation

127

00:05:56,920 --> 00:05:54,830

or someone will say there's some

128

00:05:59,880 --> 00:05:56,930

multiple simultaneous reincarnation z'

129

00:06:03,550 --> 00:05:59,890

at the same time I just heard that from

130

00:06:05,230 --> 00:06:03,560

mm-hmm from my last guest dr. Julie

131

00:06:07,120 --> 00:06:05,240

Asante who

132

00:06:09,249 --> 00:06:07,130

is really bright and has written a book

133

00:06:11,860 --> 00:06:09,259

that you know a lot of the top people

134

00:06:13,570 --> 00:06:11,870

really really like and I'm okay with

135

00:06:14,800 --> 00:06:13,580

that but then you know that flies in the

136

00:06:17,640 --> 00:06:14,810

face of somebody else's says well you

137

00:06:22,089 --> 00:06:17,650

can you know from the old spiritual

138

00:06:24,760 --> 00:06:22,099

spiritualism of the early 1900s we learn

139

00:06:27,820 --> 00:06:24,770

that you could reincarnate three times

140

00:06:31,059 --> 00:06:27,830

yeah I mean so I guess what I'm saying

141

00:06:33,070 --> 00:06:31,069

is we need healthy skepticism beyond

142

00:06:36,309 --> 00:06:33,080

this silly ridiculous

143

00:06:38,469 --> 00:06:36,319

you're a biological robot skepticism you

144

00:06:40,990 --> 00:06:38,479

do a great job of this in your book and

145

00:06:42,999 --> 00:06:41,000

that's that this is you speaking I'm a

146

00:06:45,249 --> 00:06:43,009

professional I I'm a people helper

147

00:06:47,170 --> 00:06:45,259

people come to me and I and I help them

148

00:06:49,480 --> 00:06:47,180

and this is what I do so when I get

149

00:06:51,189 --> 00:06:49,490

these anomalous experiences here's how I

150

00:06:52,779 --> 00:06:51,199

process them I say could it be this

151
00:06:54,550 --> 00:06:52,789
could it be this could be this and when

152
00:06:56,890 --> 00:06:54,560
none of those things fall into place

153
00:07:00,460 --> 00:06:56,900
then I say okay now I have to kind of

154
00:07:03,219 --> 00:07:00,470
expand my thinking and go into this yeah

155
00:07:06,460 --> 00:07:03,229
okay you know what a good thing to a

156
00:07:10,629 --> 00:07:06,470
good rule of thumb is I'm not out here

157
00:07:13,270 --> 00:07:10,639
to convince anybody I'm I'm gonna share

158
00:07:15,899 --> 00:07:13,280
my experiences and maybe some of the

159
00:07:19,839 --> 00:07:15,909
people I've worked with or know of and

160
00:07:23,980 --> 00:07:19,849
share a perspective and by sharing that

161
00:07:26,620 --> 00:07:23,990
if people you know if people if it opens

162
00:07:29,649 --> 00:07:26,630
up somebody else's or causes them to see

163
00:07:32,260 --> 00:07:29,659

or think in a new way that's great but I

164

00:07:35,820 --> 00:07:32,270

won't try to convince anybody because

165

00:07:39,309 --> 00:07:35,830

that's that's that's where we run afoul

166

00:07:41,800 --> 00:07:39,319

see you know because you really have as

167

00:07:44,980 --> 00:07:41,810

you say you kind of have to live it and

168

00:07:46,270 --> 00:07:44,990

I can't give any nobody else's in my

169

00:07:48,610 --> 00:07:46,280

body but me

170

00:07:52,990 --> 00:07:48,620

right and so you know if I could do a

171

00:07:56,379 --> 00:07:53,000

Vulcan mind-meld right that that might

172

00:07:58,749 --> 00:07:56,389

work but but I can only kind of you know

173

00:08:02,200 --> 00:07:58,759

open up a window into my reality and you

174

00:08:03,939 --> 00:08:02,210

can look in a bit but but ultimately I'm

175

00:08:06,309 --> 00:08:03,949

not walking around in your shoes and

176

00:08:09,339 --> 00:08:06,319

you're not walking around in mind so I'm

177

00:08:13,810 --> 00:08:09,349

not going to try to convince anyone of

178

00:08:16,750 --> 00:08:13,820

Oh a lien z' exists or not it's just you

179

00:08:17,410 --> 00:08:16,760

want to know what it's like to to be in

180

00:08:19,810 --> 00:08:17,420

this

181

00:08:22,120 --> 00:08:19,820

world I can share that I can share a bit

182

00:08:25,180 --> 00:08:22,130

of that and that's what that's when it

183

00:08:29,560 --> 00:08:25,190

gets interesting the experience thing is

184

00:08:31,510 --> 00:08:29,570

tricky too right because I've run into

185

00:08:34,480 --> 00:08:31,520

people who say well this is this is my

186

00:08:36,250 --> 00:08:34,490

experience I'm sorry you know this is my

187

00:08:38,680 --> 00:08:36,260

experience that's like well no wait a

188

00:08:40,810 --> 00:08:38,690

minute this is what we're this is the

189

00:08:43,450 --> 00:08:40,820

game we're all playing is this consensus

190

00:08:45,700 --> 00:08:43,460

reality game that I can compare my

191

00:08:47,890 --> 00:08:45,710

experience to your experience and then I

192

00:08:49,750 --> 00:08:47,900

can compare it to a larger body of

193

00:08:53,770 --> 00:08:49,760

experiences and I can glean something

194

00:08:56,680 --> 00:08:53,780

out of that okay so that's where we

195

00:08:58,960 --> 00:08:56,690

started and then where we headed was I

196

00:09:02,800 --> 00:08:58,970

guess I'm responsible for taking us

197

00:09:05,160 --> 00:09:02,810

there but kind of deconstruction of how

198

00:09:09,160 --> 00:09:05,170

we even know the transpersonal

199

00:09:11,260 --> 00:09:09,170

psychology is a worthwhile pursuit in

200

00:09:14,500 --> 00:09:11,270

how we would fit some of these

201
00:09:16,720 --> 00:09:14,510
extraordinary experiences into the

202
00:09:19,750 --> 00:09:16,730
scientific model we have for

203
00:09:22,870 --> 00:09:19,760
understanding this of course we didn't

204
00:09:25,240 --> 00:09:22,880
get to the meat of dr. Koh Lee's book

205
00:09:28,060 --> 00:09:25,250
which is fascinating of course and right

206
00:09:29,920 --> 00:09:28,070
up my alley and so relevant to the

207
00:09:33,400 --> 00:09:29,930
topics that I want to get into and that

208
00:09:37,240 --> 00:09:33,410
is the connection between extended

209
00:09:39,490 --> 00:09:37,250
consciousness / spirituality and these

210
00:09:44,020 --> 00:09:39,500
encounters that people seem to be having

211
00:09:46,450 --> 00:09:44,030
with other alien species but maybe we'll

212
00:09:49,810 --> 00:09:46,460
leave that for a future interview for

213
00:09:53,860 --> 00:09:49,820

now here's my dialogue with dr. Janet

214

00:09:57,070 --> 00:09:53,870

Coley today we welcome psychotherapist

215

00:10:00,340 --> 00:09:57,080

and author dr. Janet Elizabeth colita

216

00:10:03,910 --> 00:10:00,350

skeptic Oh to discuss her book sacred

217

00:10:08,290 --> 00:10:03,920

encounters spiritual awakenings during

218

00:10:11,560 --> 00:10:08,300

Close Encounters yes we are going there

219

00:10:13,480 --> 00:10:11,570

with Close Encounters so with dr. Kali

220

00:10:14,080 --> 00:10:13,490

welcome to skeptic oh thanks so much for

221

00:10:15,970 --> 00:10:14,090

joining me

222

00:10:18,460 --> 00:10:15,980

well thank you for having me this is

223

00:10:21,790 --> 00:10:18,470

great well it's gonna be an interesting

224

00:10:24,280 --> 00:10:21,800

ride your topic your book is obviously

225

00:10:27,130 --> 00:10:24,290

going to be very controversial to a

226

00:10:28,810 --> 00:10:27,140

number of people I can only imagine some

227

00:10:29,980 --> 00:10:28,820

of the conversations you've had with

228

00:10:31,580 --> 00:10:29,990

your colleagues

229

00:10:33,320 --> 00:10:31,590

maybe we can get

230

00:10:36,080 --> 00:10:33,330

- that at some point but what I thought

231

00:10:38,720 --> 00:10:36,090

we might do is just start with you

232

00:10:42,470 --> 00:10:38,730

telling us a little bit about yourself

233

00:10:46,250 --> 00:10:42,480

and in particular about your training as

234

00:10:49,640 --> 00:10:46,260

a psychotherapist you know I just had a

235

00:10:52,520 --> 00:10:49,650

story published in Bernie Siegel's book

236

00:10:55,130 --> 00:10:52,530

a book of miracles it's about my

237

00:10:57,950 --> 00:10:55,140

experience with cancer I would have to

238

00:11:03,320 --> 00:10:57,960

say that that's a real starting point

239

00:11:04,760 --> 00:11:03,330

for me in how I got into doing my work

240

00:11:08,180 --> 00:11:04,770

as a psychotherapist

241

00:11:12,230 --> 00:11:08,190

so my write-up is in that book and my

242

00:11:15,920 --> 00:11:12,240

experience in healing was extraordinary

243

00:11:18,430 --> 00:11:15,930

and that is how I got into working with

244

00:11:21,650 --> 00:11:18,440

people that have other extraordinary

245

00:11:24,680 --> 00:11:21,660

experiences so your experience with

246

00:11:27,590 --> 00:11:24,690

cancer led you to want to help other

247

00:11:29,590 --> 00:11:27,600

people so you're a therapist now and

248

00:11:33,080 --> 00:11:29,600

what kind of patients do you work with I

249

00:11:39,290 --> 00:11:33,090

work with all kinds of patients all

250

00:11:42,820 --> 00:11:39,300

kinds of clients but the the work I like

251
00:11:46,220 --> 00:11:42,830
to do best is transpersonal work

252
00:11:50,120 --> 00:11:46,230
transpersonal work generally has has

253
00:11:54,050 --> 00:11:50,130
some sense or some aspect of trauma in

254
00:11:57,410 --> 00:11:54,060
it so you have to have a firm grounding

255
00:12:01,430 --> 00:11:57,420
in trauma which is why I studied

256
00:12:04,000 --> 00:12:01,440
clinical psychology and I take off from

257
00:12:06,470 --> 00:12:04,010
that foundation into the transpersonal

258
00:12:11,390 --> 00:12:06,480
now close encounters are going to fall

259
00:12:13,520 --> 00:12:11,400
into transpersonal psychology it's going

260
00:12:16,870 --> 00:12:13,530
to be non ordinary you're dealing with

261
00:12:19,850 --> 00:12:16,880
altered states so I did my graduate work

262
00:12:23,870 --> 00:12:19,860
with a firm foundation in clinical

263
00:12:26,360 --> 00:12:23,880

psychology but you're taking off from

264

00:12:29,510 --> 00:12:26,370

there and you're including work with the

265

00:12:33,200 --> 00:12:29,520

numinous the sacred the non ordinary and

266

00:12:35,990 --> 00:12:33,210

what is outside the box I knew I wanted

267

00:12:38,630 --> 00:12:36,000

to study close encounters because I read

268

00:12:41,990 --> 00:12:38,640

one of the best cases in US policy that

269

00:12:44,720 --> 00:12:42,000

exists and I resonated and knew that

270

00:12:47,510 --> 00:12:44,730

this woman was in a mystical and offense

271

00:12:50,330 --> 00:12:47,520

mystical experience and I wanted to

272

00:12:53,630 --> 00:12:50,340

study that but it wasn't until I had

273

00:12:57,050 --> 00:12:53,640

cancer that I had the real grounding in

274

00:13:00,280 --> 00:12:57,060

my own personal experience and that's so

275

00:13:04,940 --> 00:13:00,290

necessary you have to have some way to

276

00:13:07,610 --> 00:13:04,950

identify with or resonate or have a

277

00:13:09,980 --> 00:13:07,620

sense of what the people you're working

278

00:13:12,830 --> 00:13:09,990

with are talking about whether that's

279

00:13:16,760 --> 00:13:12,840

some form of trauma and abuse and

280

00:13:20,300 --> 00:13:16,770

dissociation which guess what that's an

281

00:13:21,920 --> 00:13:20,310

altered state - or if you're dealing

282

00:13:24,560 --> 00:13:21,930

with the sacred

283

00:13:26,570 --> 00:13:24,570

I hope I'm giving a little bit of a

284

00:13:30,650 --> 00:13:26,580

perspective you know I've been working

285

00:13:33,380 --> 00:13:30,660

several decades now and so at this point

286

00:13:35,270 --> 00:13:33,390

I'm kind of looking back and and it's

287

00:13:38,960 --> 00:13:35,280

beginning to make more sense than it

288

00:13:42,760 --> 00:13:38,970

ever has yeah I'm still flying into this

289

00:13:45,950 --> 00:13:42,770

from the top level down and saying okay

290

00:13:49,040 --> 00:13:45,960

transpersonal psychology that i think is

291

00:13:51,800 --> 00:13:49,050

still pretty controversial within the

292

00:13:54,170 --> 00:13:51,810

field of psychology as a whole I know my

293

00:13:56,680 --> 00:13:54,180

wife is a psychologist and used to be a

294

00:13:58,970 --> 00:13:56,690

clinical therapist and when

295

00:14:01,070 --> 00:13:58,980

transpersonal psychology was really

296

00:14:03,740 --> 00:14:01,080

first kind of getting its feet on the

297

00:14:06,550 --> 00:14:03,750

ground 20 years ago I think it was much

298

00:14:09,320 --> 00:14:06,560

more controversial what is the state of

299

00:14:11,750 --> 00:14:09,330

transpersonal psychology how was it

300

00:14:14,890 --> 00:14:11,760

accepted within the psychology community

301
00:14:18,080 --> 00:14:14,900
you know what I wouldn't say it so much

302
00:14:21,290 --> 00:14:18,090
not well thought of as it is dissociated

303
00:14:23,800 --> 00:14:21,300
from the rest of psychology it's just

304
00:14:26,570 --> 00:14:23,810
it's out there in its own world and

305
00:14:29,360 --> 00:14:26,580
psychology there is there is literally

306
00:14:31,550 --> 00:14:29,370
no bridge between clinical and

307
00:14:34,580 --> 00:14:31,560
transpersonal psychology that's why I

308
00:14:37,700 --> 00:14:34,590
wrote my second book the dark face of

309
00:14:39,410 --> 00:14:37,710
heaven which isn't out yet but because I

310
00:14:42,230 --> 00:14:39,420
wanted to provide that bridge and the

311
00:14:44,000 --> 00:14:42,240
bridge is trauma there's so much that

312
00:14:46,100 --> 00:14:44,010
needs to be integrated when you have an

313
00:14:47,810 --> 00:14:46,110

experience that's outside the box that

314

00:14:50,330 --> 00:14:47,820

in one way or another you're dealing

315

00:14:54,040 --> 00:14:50,340

with an aspect of trauma isn't there

316

00:14:57,050 --> 00:14:54,050

somewhat of a grudging respect for

317

00:14:58,489 --> 00:14:57,060

transpersonal psychology as it's evolved

318

00:15:01,219 --> 00:14:58,499

over the last 20 years to it

319

00:15:03,699 --> 00:15:01,229

least acknowledged that there's a whole

320

00:15:07,299 --> 00:15:03,709

bunch of people that seemed to be having

321

00:15:11,239 --> 00:15:07,309

experiences that don't fit neatly into

322

00:15:13,039 --> 00:15:11,249

traditional clinical psychology so there

323

00:15:14,749 --> 00:15:13,049

are these experiences and we have to

324

00:15:17,749 --> 00:15:14,759

deal with them be they religious

325

00:15:20,389 --> 00:15:17,759

experiences be they these other kind of

326

00:15:22,819 --> 00:15:20,399

anomalous kind of psychic experiences or

327

00:15:25,999 --> 00:15:22,829

you know really fringy being these kind

328

00:15:28,939 --> 00:15:26,009

of close encounter contact II

329

00:15:31,639 --> 00:15:28,949

experiences so big picture isn't has

330

00:15:34,729 --> 00:15:31,649

isn't transpersonal psychology made a

331

00:15:36,709 --> 00:15:34,739

little bit of headway there well if you

332

00:15:39,109 --> 00:15:36,719

look at the field of near-death studies

333

00:15:41,119 --> 00:15:39,119

everybody now knows what a near-death

334

00:15:43,639 --> 00:15:41,129

experience is I mean you can tune into

335

00:15:46,429 --> 00:15:43,649

the Simpsons and and find the dog having

336

00:15:49,159 --> 00:15:46,439

a near-death experience so sure yes

337

00:15:52,189 --> 00:15:49,169

there have been inroads but the field

338

00:15:55,009 --> 00:15:52,199

itself is largely disconnected and

339

00:15:58,039 --> 00:15:55,019

dissociated frankly I think that the the

340

00:16:01,129 --> 00:15:58,049

role that trauma plays in both clinical

341

00:16:03,739 --> 00:16:01,139

and transpersonal psychology is is the

342

00:16:05,809 --> 00:16:03,749

bridge is the bridge itself that's your

343

00:16:08,539 --> 00:16:05,819

thesis I mean that is an established

344

00:16:11,899 --> 00:16:08,549

that's just kind of what your work is

345

00:16:14,569 --> 00:16:11,909

telling you right right mm-hmm but that

346

00:16:16,249 --> 00:16:14,579

of course is extremely controversial and

347

00:16:18,769 --> 00:16:16,259

not a lot of people would jump on to

348

00:16:21,139 --> 00:16:18,779

that bandwagon right off the bat and I

349

00:16:24,439 --> 00:16:21,149

think part of the reason is that when we

350

00:16:27,259 --> 00:16:24,449

start talking about these non ordinary

351
00:16:30,259 --> 00:16:27,269
experiences don't we have a real problem

352
00:16:32,779 --> 00:16:30,269
in terms of once we go there once we

353
00:16:36,379 --> 00:16:32,789
leap over that chasm and say

354
00:16:39,919 --> 00:16:36,389
consciousness exists on these other non

355
00:16:42,589 --> 00:16:39,929
ordinary levels beyond our kind of day

356
00:16:45,199 --> 00:16:42,599
to day world isn't it kind of a

357
00:16:49,789 --> 00:16:45,209
free-for-all can we really put that back

358
00:16:52,549 --> 00:16:49,799
into an organized systematic way that we

359
00:16:54,739 --> 00:16:52,559
feel comfortable with from an academic

360
00:16:56,959 --> 00:16:54,749
from a clinical psychology from a

361
00:16:58,789 --> 00:16:56,969
medical kind of perspective can we

362
00:17:01,879 --> 00:16:58,799
really get there or is it always going

363
00:17:03,709 --> 00:17:01,889

to be this inability to integrate these

364

00:17:04,850 --> 00:17:03,719

two worlds because that's what I hear I

365

00:17:07,369 --> 00:17:04,860

mean as soon as you start talking about

366

00:17:10,100 --> 00:17:07,379

that that stuff sounds way out there I

367

00:17:12,350 --> 00:17:10,110

think for most people who are grounded

368

00:17:16,340 --> 00:17:12,360

where clinical psychology is

369

00:17:21,559 --> 00:17:16,350

in the mainstream well you know there is

370

00:17:22,610 --> 00:17:21,569

the thing of the topic itself is studied

371

00:17:28,580 --> 00:17:22,620

differently

372

00:17:30,919 --> 00:17:28,590

take a very nonlinear a nonlinear

373

00:17:33,590 --> 00:17:30,929

experience and then provide just a

374

00:17:35,630 --> 00:17:33,600

linear frame to it

375

00:17:38,470 --> 00:17:35,640

and john mack i don't know if you're

376

00:17:41,090 --> 00:17:38,480

familiar with his work the late

377

00:17:42,860 --> 00:17:41,100

psychiatrist the what nobel

378

00:17:45,680 --> 00:17:42,870

prize-winning psychiatrist who worked

379

00:17:48,169 --> 00:17:45,690

with experiencers or alien abductees as

380

00:17:50,060 --> 00:17:48,179

they were called about a decade ago but

381

00:17:52,789 --> 00:17:50,070

he would he would point this out a lot

382

00:17:57,230 --> 00:17:52,799

that that you cannot study this in the

383

00:18:00,440 --> 00:17:57,240

same way that the topic itself you need

384

00:18:02,750 --> 00:18:00,450

to look at it you need to be open to a

385

00:18:04,880 --> 00:18:02,760

different way to look at it as well and

386

00:18:08,090 --> 00:18:04,890

so i guess i have to say is that's the

387

00:18:11,570 --> 00:18:08,100

that's the exciting part about this is

388

00:18:13,990 --> 00:18:11,580

as you start out with a very solid

389

00:18:16,850 --> 00:18:14,000

foundation trauma is the study clinical

390

00:18:20,960 --> 00:18:16,860

psychology you study you know how to

391

00:18:23,990 --> 00:18:20,970

work with altered states of abuse right

392

00:18:27,289 --> 00:18:24,000

and dissociation but then once you're on

393

00:18:29,960 --> 00:18:27,299

the path you start to evolve as well as

394

00:18:32,060 --> 00:18:29,970

a clinician i can only say that that

395

00:18:36,260 --> 00:18:32,070

working with people that have had these

396

00:18:38,409 --> 00:18:36,270

encounters it opens up the door to a

397

00:18:42,049 --> 00:18:38,419

different way to experience life myself

398

00:18:44,180 --> 00:18:42,059

so you know so i can't remain in the old

399

00:18:47,510 --> 00:18:44,190

view of science being totally objective

400

00:18:49,400 --> 00:18:47,520

it cetera hope we're far along now that

401

00:18:52,510 --> 00:18:49,410

we know that that's just not how it is

402

00:18:55,250 --> 00:18:52,520

that our paradigm in our perspective

403

00:18:57,650 --> 00:18:55,260

influences how we're going to study this

404

00:19:02,090 --> 00:18:57,660

and so when you study the numinous

405

00:19:07,850 --> 00:19:02,100

you're opening that door up yourself to

406

00:19:10,250 --> 00:19:07,860

to experiencing something like that even

407

00:19:12,830 --> 00:19:10,260

as you study it you know even as you

408

00:19:17,299 --> 00:19:12,840

treat it i hope that that doesn't sound

409

00:19:19,100 --> 00:19:17,309

too too far out but well i think it's

410

00:19:21,200 --> 00:19:19,110

challenging by the way I think I think

411

00:19:22,940 --> 00:19:21,210

Mac won the Pulitzer Prize

412

00:19:26,900 --> 00:19:22,950

not the Nobel Prize but I get your point

413

00:19:29,030 --> 00:19:26,910

Pulitzer I'm sorry okay but I get your

414

00:19:31,820 --> 00:19:29,040

point but it's it's challenging right

415

00:19:34,130 --> 00:19:31,830

and and there's some risks associated

416

00:19:37,370 --> 00:19:34,140

with that because certainly as a

417

00:19:39,860 --> 00:19:37,380

clinician getting too close losing a

418

00:19:42,020 --> 00:19:39,870

little bit of that perspective can be

419

00:19:44,299 --> 00:19:42,030

problematic as well I mean how do you

420

00:19:46,430 --> 00:19:44,309

deal with that let me put it in terms of

421

00:19:48,710 --> 00:19:46,440

you have an Iraqi war veteran who walks

422

00:19:52,640 --> 00:19:48,720

into your office and says I'm suffering

423

00:19:54,350 --> 00:19:52,650

post-traumatic stress syndrome which 20

424

00:19:56,600 --> 00:19:54,360

years ago again was highly controversial

425

00:19:58,760 --> 00:19:56,610

but now we'd say okay yeah and you'd

426

00:20:01,640 --> 00:19:58,770

have a series of protocols that you

427

00:20:04,100 --> 00:20:01,650

might take that person through what are

428

00:20:05,240 --> 00:20:04,110

the limits on what you can do with

429

00:20:07,640 --> 00:20:05,250

someone like that

430

00:20:10,760 --> 00:20:07,650

versus what you do with someone who

431

00:20:14,390 --> 00:20:10,770

comes in and said I think I had an

432

00:20:16,460 --> 00:20:14,400

encounter with alien beings and I've had

433

00:20:18,950 --> 00:20:16,470

this for a long time and it's really

434

00:20:20,870 --> 00:20:18,960

causing me a lot of stress as a

435

00:20:22,610 --> 00:20:20,880

clinician how do you deal with those two

436

00:20:23,380 --> 00:20:22,620

situations how are they similar how are

437

00:20:26,299 --> 00:20:23,390

they different

438

00:20:28,250 --> 00:20:26,309

well there are similarities in the sense

439

00:20:32,630 --> 00:20:28,260

of you know if you deal a lot with

440

00:20:35,060 --> 00:20:32,640

people with PTSD with war trauma you're

441

00:20:37,370 --> 00:20:35,070

probably going to get to a point where

442

00:20:39,460 --> 00:20:37,380

where you have to watch for burn now

443

00:20:42,740 --> 00:20:39,470

right you have to watch that you're not

444

00:20:45,590 --> 00:20:42,750

vicariously experiencing their trauma

445

00:20:49,580 --> 00:20:45,600

that you're not also being traumatized

446

00:20:53,149 --> 00:20:49,590

yourself as you treat them and so it's

447

00:20:57,020 --> 00:20:53,159

it's similar with the with dealing with

448

00:21:00,430 --> 00:20:57,030

the non-ordinary as you you want to be

449

00:21:04,549 --> 00:21:00,440

able to tell tell when you yourself are

450

00:21:06,919 --> 00:21:04,559

slipping into the the paradigm that

451
00:21:08,690 --> 00:21:06,929
they're presenting so you have to be

452
00:21:11,360 --> 00:21:08,700
aware of it now there's no way that

453
00:21:13,909 --> 00:21:11,370
you're going to be able to totally wall

454
00:21:17,780 --> 00:21:13,919
that off I mean that that's where the

455
00:21:19,130 --> 00:21:17,790
the Alliance the the therapeutic

456
00:21:21,560 --> 00:21:19,140
Alliance comes in

457
00:21:24,049 --> 00:21:21,570
well what about more on just a practical

458
00:21:26,090 --> 00:21:24,059
sense I mean we've also lived through in

459
00:21:28,669 --> 00:21:26,100
the last 20 years the whole controversy

460
00:21:32,120 --> 00:21:28,679
still unresolved of repressed memories

461
00:21:34,940 --> 00:21:32,130
false memories and just on a more kind

462
00:21:37,880 --> 00:21:34,950
of basic level people having

463
00:21:41,000 --> 00:21:37,890

hallucinations or just in

464

00:21:42,680 --> 00:21:41,010

venting stuff confabulating right so you

465

00:21:44,990 --> 00:21:42,690

have to deal with that that's part of

466

00:21:47,300 --> 00:21:45,000

the therapists job too you know what I

467

00:21:50,810 --> 00:21:47,310

would say that the that the nervous

468

00:21:53,240 --> 00:21:50,820

system we don't make up trauma the signs

469

00:21:56,360 --> 00:21:53,250

of trauma are pretty well recognized now

470

00:21:58,880 --> 00:21:56,370

that knowledge and those experiences

471

00:22:00,890 --> 00:21:58,890

pretty much overwhelmed all of the

472

00:22:04,550 --> 00:22:00,900

questions of while are people making up

473

00:22:07,970 --> 00:22:04,560

things you want to treat it as trauma

474

00:22:11,420 --> 00:22:07,980

and to some degree respect what people

475

00:22:14,660 --> 00:22:11,430

are saying even if you yourself are not

476

00:22:16,970 --> 00:22:14,670

sure of the objective so-called

477

00:22:20,540 --> 00:22:16,980

objective reality of what happened is

478

00:22:23,270 --> 00:22:20,550

you want to be treating that and using

479

00:22:25,190 --> 00:22:23,280

trauma methods I use EMDR a lot I

480

00:22:29,510 --> 00:22:25,200

movement desensitization and

481

00:22:32,480 --> 00:22:29,520

reprocessing and it really does help the

482

00:22:35,150 --> 00:22:32,490

nervous system process things that are

483

00:22:38,150 --> 00:22:35,160

difficult hold on let's let's back up

484

00:22:40,460 --> 00:22:38,160

and tell people a little bit about EMDR

485

00:22:43,700 --> 00:22:40,470

because I think in a way it's a small

486

00:22:45,890 --> 00:22:43,710

little case study in some of the topics

487

00:22:48,800 --> 00:22:45,900

that I've just been probing because from

488

00:22:53,000 --> 00:22:48,810

what I understand the clinical research

489

00:22:55,790 --> 00:22:53,010

on EMDR is quite strong I mean every way

490

00:22:58,880 --> 00:22:55,800

they've tested it it's found to be

491

00:23:01,280 --> 00:22:58,890

efficacious and in different modalities

492

00:23:03,740 --> 00:23:01,290

for different treatments all this stuff

493

00:23:06,470 --> 00:23:03,750

and yet there's still this resistance to

494

00:23:08,720 --> 00:23:06,480

it because what is really the theory

495

00:23:11,240 --> 00:23:08,730

behind it and all the rest so in a lot

496

00:23:12,650 --> 00:23:11,250

of ways it kind of encapsulate some of

497

00:23:15,350 --> 00:23:12,660

the discussion we've been having

498

00:23:17,330 --> 00:23:15,360

can you fill in some of the the sketchy

499

00:23:19,610 --> 00:23:17,340

details that I have there and tell us a

500

00:23:22,730 --> 00:23:19,620

little bit about that oh it's a

501
00:23:25,010 --> 00:23:22,740
bilateral stimulation and it's not just

502
00:23:27,770 --> 00:23:25,020
with eye movements but that's how it

503
00:23:30,680 --> 00:23:27,780
started and and you basically you just

504
00:23:34,130 --> 00:23:30,690
you move the attention of the perps and

505
00:23:35,690 --> 00:23:34,140
from one side to the other from the

506
00:23:37,760 --> 00:23:35,700
right to the left and the right to the

507
00:23:40,130 --> 00:23:37,770
left again and that helps the brain

508
00:23:42,260 --> 00:23:40,140
that's kind of what happens during REM

509
00:23:43,970 --> 00:23:42,270
sleep if you if you know how your eyes

510
00:23:46,730 --> 00:23:43,980
move back and forth when we're dreaming

511
00:23:48,950 --> 00:23:46,740
we're processing material and that's

512
00:23:51,199 --> 00:23:48,960
what you do you just initiate the brains

513
00:23:53,329 --> 00:23:51,209

natural healing mechanism

514

00:23:56,749 --> 00:23:53,339

with that either through eye movements

515

00:23:59,509 --> 00:23:56,759

or or tapping bilateral tapping and I've

516

00:24:01,249 --> 00:23:59,519

used this with all kinds of difficult

517

00:24:06,529 --> 00:24:01,259

situations but I just want to put out

518

00:24:09,649 --> 00:24:06,539

that if people who have had any kind of

519

00:24:12,399 --> 00:24:09,659

non ordinary experience can get

520

00:24:16,939 --> 00:24:12,409

themselves to a mental health

521

00:24:19,430 --> 00:24:16,949

professional and and ask for EMDR it can

522

00:24:22,009 --> 00:24:19,440

really help to bring them out of

523

00:24:24,739 --> 00:24:22,019

whatever state of difficulty they're in

524

00:24:26,930 --> 00:24:24,749

and I've used it with people with what I

525

00:24:29,419 --> 00:24:26,940

consider to be close encounters and it

526

00:24:32,109 --> 00:24:29,429

helps a lot it's just that people at

527

00:24:36,069 --> 00:24:32,119

this point when I talk about

528

00:24:38,689 --> 00:24:36,079

transpersonal psychology being disowned

529

00:24:40,609 --> 00:24:38,699

traditional psychology it's that people

530

00:24:42,799 --> 00:24:40,619

don't realize that you can actually go

531

00:24:44,869 --> 00:24:42,809

to a therapist and you can say I want to

532

00:24:47,869 --> 00:24:44,879

work on something that was really scary

533

00:24:49,669 --> 00:24:47,879

for me when I was out of my body say if

534

00:24:53,479 --> 00:24:49,679

you you know if you can find somebody

535

00:24:56,419 --> 00:24:53,489

that's open it it really does help we're

536

00:25:01,459 --> 00:24:56,429

just in the last few decades realizing

537

00:25:05,359 --> 00:25:01,469

the prevalence of the incidence of

538

00:25:08,180 --> 00:25:05,369

sexual trauma and abuse and and

539

00:25:10,609 --> 00:25:08,190

childhood abuse and the people go to

540

00:25:15,319 --> 00:25:10,619

therapy now for that and I wish that

541

00:25:17,629 --> 00:25:15,329

people were begin to be more open to

542

00:25:22,129 --> 00:25:17,639

dealing with the non-ordinary in a

543

00:25:24,769 --> 00:25:22,139

therapeutic setting that will evolve and

544

00:25:26,899 --> 00:25:24,779

heal some of this split that I see

545

00:25:30,109 --> 00:25:26,909

between you know as we talked about

546

00:25:31,549 --> 00:25:30,119

transpersonal clinical psychology so

547

00:25:34,629 --> 00:25:31,559

people that have had Close Encounters

548

00:25:38,779 --> 00:25:34,639

for example they may not tell anybody

549

00:25:43,039 --> 00:25:38,789

about this for decades and I may be the

550

00:25:45,289 --> 00:25:43,049

first person they tell ok and they come

551
00:25:48,169 --> 00:25:45,299
in and yet you can see that they've held

552
00:25:52,549 --> 00:25:48,179
in they've had to dissociate this and

553
00:25:55,339 --> 00:25:52,559
they've held in some really hard to deal

554
00:25:58,339 --> 00:25:55,349
with aspects of it and that doesn't do

555
00:26:00,529 --> 00:25:58,349
you any good well yeah yeah and and

556
00:26:02,809 --> 00:26:00,539
maybe there's a reason to be cautious I

557
00:26:04,850 --> 00:26:02,819
came in contact with you dr. coldly

558
00:26:08,030 --> 00:26:04,860
through Mike Leland at Hidden

559
00:26:11,470 --> 00:26:08,040
experience podcast and mike tells an

560
00:26:15,320 --> 00:26:11,480
interesting story on in his show about

561
00:26:18,560 --> 00:26:15,330
living in a small town and having a lot

562
00:26:20,630 --> 00:26:18,570
of feelings depression associated with

563
00:26:23,120 --> 00:26:20,640

these experiences that he's had these

564

00:26:25,130 --> 00:26:23,130

anomalous experiences and he goes in to

565

00:26:27,410 --> 00:26:25,140

see a therapist and again he doesn't

566

00:26:29,320 --> 00:26:27,420

claim to have a contact he experienced

567

00:26:32,780 --> 00:26:29,330

he just claims to have these rather

568

00:26:35,539 --> 00:26:32,790

unique anomalous experiences after a

569

00:26:38,270 --> 00:26:35,549

session she goes you know here's the

570

00:26:40,640 --> 00:26:38,280

medication you're disturbed consider

571

00:26:43,520 --> 00:26:40,650

kind of checking yourself in kind of

572

00:26:45,530 --> 00:26:43,530

thing so the reality that people are

573

00:26:51,230 --> 00:26:45,540

going to find if they do seek help is

574

00:26:53,450 --> 00:26:51,240

just a wide spectrum of health care that

575

00:26:56,060 --> 00:26:53,460

they might receive and I think it in

576

00:26:58,730 --> 00:26:56,070

a funny way it goes back to even though

577

00:27:01,100 --> 00:26:58,740

I don't like the way that you kind of

578

00:27:03,590 --> 00:27:01,110

packaged it in terms of that the

579

00:27:05,390 --> 00:27:03,600

therapist is really this partner and

580

00:27:07,669 --> 00:27:05,400

it's all about their experience and we

581

00:27:10,430 --> 00:27:07,679

can't get any kind of separation from it

582

00:27:11,960 --> 00:27:10,440

clearly that is the case and I guess we

583

00:27:14,120 --> 00:27:11,970

should probably just be more open about

584

00:27:16,480 --> 00:27:14,130

it and say you know that therapist is

585

00:27:18,710 --> 00:27:16,490

bringing a whole set of beliefs and

586

00:27:20,480 --> 00:27:18,720

preconceived notions to the table that

587

00:27:21,950 --> 00:27:20,490

can really play into this whole thing

588

00:27:24,730 --> 00:27:21,960

now I want to be clear I'm not saying

589

00:27:27,380 --> 00:27:24,740

there is no separation but I'm saying I

590

00:27:30,020 --> 00:27:27,390

don't think I said there's no separation

591

00:27:31,970 --> 00:27:30,030

I'm saying there is a separation but

592

00:27:35,240 --> 00:27:31,980

it's not going to be some objective a

593

00:27:37,310 --> 00:27:35,250

you know objective reality and wall that

594

00:27:39,950 --> 00:27:37,320

we put up where we're the clinician over

595

00:27:40,850 --> 00:27:39,960

here were the scientist over here and

596

00:27:44,750 --> 00:27:40,860

over there

597

00:27:47,480 --> 00:27:44,760

they're the patient so you know I'm

598

00:27:49,820 --> 00:27:47,490

saying there's got to be some there's

599

00:27:52,190 --> 00:27:49,830

got to be you're going to participate in

600

00:27:54,350 --> 00:27:52,200

some way with these numinous experiences

601
00:27:58,180 --> 00:27:54,360
everybody that's a that studies it

602
00:28:02,260 --> 00:27:58,190
deeply whether it's in the near-death

603
00:28:06,919 --> 00:28:02,270
world your death research or studies

604
00:28:09,799 --> 00:28:06,929
people people are impacted greatly by by

605
00:28:11,900 --> 00:28:09,809
just listening to this okay and so I

606
00:28:16,190 --> 00:28:11,910
just wanted to acknowledge that I don't

607
00:28:18,230 --> 00:28:16,200
say that it's entirely entirely without

608
00:28:20,150 --> 00:28:18,240
boundaries of course not other

609
00:28:23,600 --> 00:28:20,160
I wouldn't call I wouldn't be a doctor

610
00:28:25,850 --> 00:28:23,610
so and there's all sorts of boundaries

611
00:28:28,010 --> 00:28:25,860
you know I had a conversation a while

612
00:28:30,230 --> 00:28:28,020
back with a guy I really like he's the

613
00:28:33,440 --> 00:28:30,240

head of the Religious Studies department

614

00:28:34,850 --> 00:28:33,450

at Rice University every crackle

615

00:28:36,890 --> 00:28:34,860

Geoffrey crapple written some great

616

00:28:39,140 --> 00:28:36,900

books we get all the way through the end

617

00:28:41,419 --> 00:28:39,150

he's obviously dealing with some very

618

00:28:43,220 --> 00:28:41,429

out-there kind of stuff like we are

619

00:28:46,610 --> 00:28:43,230

about consciousness about our connection

620

00:28:49,850 --> 00:28:46,620

to super beings and and all this stuff

621

00:28:52,549 --> 00:28:49,860

at the end of the show we get talking

622

00:28:54,680 --> 00:28:52,559

and he goes but Alex there is a crazy

623

00:28:56,480 --> 00:28:54,690

line out there and we don't want to go

624

00:28:58,549 --> 00:28:56,490

over the crazy line and he keeps talking

625

00:29:01,520 --> 00:28:58,559

about the crazy line of and he's talking

626
00:29:03,799 --> 00:29:01,530
about UFO abductees he's talking about

627
00:29:07,040 --> 00:29:03,809
people that believe that the example he

628
00:29:09,500 --> 00:29:07,050
is people who believe that there's alien

629
00:29:11,240 --> 00:29:09,510
bases underground for example now that's

630
00:29:13,430 --> 00:29:11,250
his crazy line I don't know about that

631
00:29:15,860 --> 00:29:13,440
crazy line but I know I wouldn't

632
00:29:17,930 --> 00:29:15,870
necessarily I don't know I don't know

633
00:29:19,250 --> 00:29:17,940
knowledge of that isn't that interesting

634
00:29:21,320 --> 00:29:19,260
that we are all gonna have a different

635
00:29:23,540 --> 00:29:21,330
crazy line isn't that interesting

636
00:29:26,540 --> 00:29:23,550
and it isn't doesn't that create some

637
00:29:28,310 --> 00:29:26,550
real problems I mean the I am one hand I

638
00:29:30,650 --> 00:29:28,320

appreciate his honesty because we all

639

00:29:32,980 --> 00:29:30,660

have kind of a crazy line but on the

640

00:29:37,580 --> 00:29:32,990

other hand aren't we constantly

641

00:29:38,210 --> 00:29:37,590

redefining this crazy line and that's a

642

00:29:39,919 --> 00:29:38,220

good point

643

00:29:42,140 --> 00:29:39,929

you know it's interested you're talking

644

00:29:44,660 --> 00:29:42,150

about him he's gonna do be he's gonna do

645

00:29:47,380 --> 00:29:44,670

the foreword for my second book make

646

00:29:51,530 --> 00:29:47,390

sure you don't go over the crazy line

647

00:29:53,540 --> 00:29:51,540

that he very much shares the the trauma

648

00:29:56,180 --> 00:29:53,550

can be the introduction into the

649

00:29:58,310 --> 00:29:56,190

numinous and into the sacred and so so

650

00:30:03,200 --> 00:29:58,320

we have common ground we've managed to

651
00:30:06,440 --> 00:30:03,210
cross to cross our own crazy lines into

652
00:30:08,630 --> 00:30:06,450
a common ground ourselves and if we can

653
00:30:10,490 --> 00:30:08,640
do that I'm sure that many other many

654
00:30:13,850 --> 00:30:10,500
other professionals can't oh I do want

655
00:30:16,190 --> 00:30:13,860
to touch upon what you said about going

656
00:30:18,410 --> 00:30:16,200
to a mental health professional I just

657
00:30:22,250 --> 00:30:18,420
want to say is if you get somebody that

658
00:30:24,470 --> 00:30:22,260
says that tries to diagnose and

659
00:30:27,620 --> 00:30:24,480
prescribe you in a way that you don't

660
00:30:31,100 --> 00:30:27,630
feel is appropriate well then then you

661
00:30:31,640 --> 00:30:31,110
move on but you don't stop there is you

662
00:30:34,700 --> 00:30:31,650
know

663
00:30:37,580 --> 00:30:34,710

days people are finding me they look

664

00:30:42,410 --> 00:30:37,590

under spiritual emergency or

665

00:30:44,270 --> 00:30:42,420

transpersonal as well as the MDR but and

666

00:30:47,450 --> 00:30:44,280

there are other clinicians out there but

667

00:30:50,390 --> 00:30:47,460

don't stop there is is if you have a

668

00:30:54,110 --> 00:30:50,400

sense that that their treatment and

669

00:30:57,020 --> 00:30:54,120

their perspective doesn't work for you

670

00:30:59,930 --> 00:30:57,030

then move on but that in and of itself

671

00:31:03,050 --> 00:30:59,940

is you know even even if you're you're

672

00:31:05,630 --> 00:31:03,060

gonna have to push it's going to be

673

00:31:08,930 --> 00:31:05,640

worth it and I just I just want to say

674

00:31:12,260 --> 00:31:08,940

that okay so dr. Cully you've written

675

00:31:14,300 --> 00:31:12,270

this book sacred encounters spiritual

676
00:31:16,760 --> 00:31:14,310
awakenings during close encounters

677
00:31:19,190 --> 00:31:16,770
people get it right from the beginning

678
00:31:21,260 --> 00:31:19,200
what you're talking about can you for a

679
00:31:22,970 --> 00:31:21,270
minute play a little game for me I want

680
00:31:24,860 --> 00:31:22,980
you to play devil's advocate for a

681
00:31:29,780 --> 00:31:24,870
minute because I think it helps define

682
00:31:32,480 --> 00:31:29,790
for people this idea of the crazy line

683
00:31:33,890 --> 00:31:32,490
being a little bit more fuzzy than we

684
00:31:37,580 --> 00:31:33,900
think it is because I think we walk

685
00:31:41,150 --> 00:31:37,590
around like dr. [h__\h] who's a great

686
00:31:42,890 --> 00:31:41,160
guy but has this rigid crazy line and

687
00:31:45,050 --> 00:31:42,900
not realizing that you know what that

688
00:31:47,210 --> 00:31:45,060

crazy lines a lot fuzzier than we think

689

00:31:49,520 --> 00:31:47,220

it is and I think pressing up against

690

00:31:52,130 --> 00:31:49,530

that and realizing it's more fuzzy it's

691

00:31:55,640 --> 00:31:52,140

a very freeing thing the question isn't

692

00:32:02,180 --> 00:31:55,650

how would I explain it away the question

693

00:32:05,750 --> 00:32:02,190

is what do I find along with it that I

694

00:32:09,020 --> 00:32:05,760

also have to watch out for or just be

695

00:32:11,300 --> 00:32:09,030

aware of we used to have a sense that

696

00:32:13,550 --> 00:32:11,310

people who've had these experiences are

697

00:32:16,880 --> 00:32:13,560

wacko that they're going to be a

698

00:32:20,350 --> 00:32:16,890

diagnoseable and abnormal and maybe even

699

00:32:23,690 --> 00:32:20,360

schizophrenic okay that view has changed

700

00:32:26,150 --> 00:32:23,700

well in the last decade and I brought up

701
00:32:29,240 --> 00:32:26,160
John Mac before and he took great pains

702
00:32:31,340 --> 00:32:29,250
to point out that that all kinds of

703
00:32:34,340 --> 00:32:31,350
people have had these experiences and

704
00:32:37,550 --> 00:32:34,350
their professional and professionals

705
00:32:39,950 --> 00:32:37,560
have had this and you know all so we

706
00:32:41,510 --> 00:32:39,960
would like to outline all the many

707
00:32:44,270 --> 00:32:41,520
different kinds of people that have

708
00:32:45,210 --> 00:32:44,280
these encounters and so that took place

709
00:32:48,330 --> 00:32:45,220
within the

710
00:32:56,460 --> 00:32:48,340
last decade what I what I would say now

711
00:32:59,310 --> 00:32:56,470
is what I what I also see is that you

712
00:33:02,970 --> 00:32:59,320
can't say either way you can't say just

713
00:33:07,010 --> 00:33:02,980

just speaking to this makes it authentic

714

00:33:09,659 --> 00:33:07,020

or or makes a person on the other hand a

715

00:33:13,289 --> 00:33:09,669

candidate for mental illness because

716

00:33:15,630 --> 00:33:13,299

you're gonna have cases that bridge both

717

00:33:18,960 --> 00:33:15,640

you're gonna have cases where you can

718

00:33:21,539 --> 00:33:18,970

see something something has happened but

719

00:33:26,340 --> 00:33:21,549

but maybe the framework of the person's

720

00:33:30,600 --> 00:33:26,350

personality right is going to be make

721

00:33:33,480 --> 00:33:30,610

the the experience incoherent you see

722

00:33:35,850 --> 00:33:33,490

now that's a tricky one do you

723

00:33:37,140 --> 00:33:35,860

understand what I'm saying so that so

724

00:33:44,100 --> 00:33:37,150

that you could have somebody with a

725

00:33:47,130 --> 00:33:44,110

personality disorder say or and they so

726

00:33:50,279 --> 00:33:47,140

that their their psyche cannot handle

727

00:33:52,200 --> 00:33:50,289

the energy okay their psyche can't

728

00:33:56,360 --> 00:33:52,210

handle the energy but you can tell that

729

00:34:00,659 --> 00:33:56,370

there's been something something that

730

00:34:02,880 --> 00:34:00,669

you know I'll just use the word numinous

731

00:34:04,770 --> 00:34:02,890

again something numinous or something

732

00:34:06,750 --> 00:34:04,780

extraordinary that they've encountered

733

00:34:09,960 --> 00:34:06,760

but that there you're not gonna get a

734

00:34:13,290 --> 00:34:09,970

real good coherent picture of it because

735

00:34:15,540 --> 00:34:13,300

of the nature of their psyche so I've

736

00:34:18,119 --> 00:34:15,550

gone beyond either saying oh these

737

00:34:21,839 --> 00:34:18,129

people are perfectly ordinary or or

738

00:34:25,169 --> 00:34:21,849

these people are absolutely mentally ill

739

00:34:27,990 --> 00:34:25,179

okay so so and and this tells me that

740

00:34:30,839 --> 00:34:28,000

I'm on the right track because you're

741

00:34:33,149 --> 00:34:30,849

gonna have this with any phenomena on

742

00:34:36,089 --> 00:34:33,159

say I mean you have people going into

743

00:34:38,730 --> 00:34:36,099

war and in some of these you know you

744

00:34:41,240 --> 00:34:38,740

may have somebody that's totally unfit

745

00:34:44,369 --> 00:34:41,250

for that situation and they crack up

746

00:34:47,040 --> 00:34:44,379

okay and so you know they've been

747

00:34:51,419 --> 00:34:47,050

subjected to a trauma that their psyche

748

00:34:54,750 --> 00:34:51,429

just simply can't process and and we we

749

00:34:58,290 --> 00:34:54,760

know that war trauma is real well it's

750

00:35:02,570 --> 00:34:58,300

the same for this phenomenon so I

751

00:35:06,090 --> 00:35:02,580

I have to be aware that the psyche is a

752

00:35:09,300 --> 00:35:06,100

container of itself and it can only

753

00:35:13,860 --> 00:35:09,310

handle so much stress and so much either

754

00:35:16,590 --> 00:35:13,870

they shift to a dynamic that is more

755

00:35:20,780 --> 00:35:16,600

efficient and effective and a higher

756

00:35:23,220 --> 00:35:20,790

order one or they crack under the strain

757

00:35:25,320 --> 00:35:23,230

so that's the most interesting thing to

758

00:35:28,110 --> 00:35:25,330

me is where is that balance you know

759

00:35:31,080 --> 00:35:28,120

when you're working with someone so that

760

00:35:33,630 --> 00:35:31,090

once again what can you tell about the

761

00:35:36,240 --> 00:35:33,640

actual experience apart from the person

762

00:35:38,610 --> 00:35:36,250

that's sitting across from you and and

763

00:35:41,130 --> 00:35:38,620

you know how their psyche is dealt with

764

00:35:44,280 --> 00:35:41,140

it but I'm pretty clear at this point

765

00:35:47,040 --> 00:35:44,290

that there's enough I've seen enough and

766

00:35:49,470 --> 00:35:47,050

I've certainly researched enough that

767

00:35:51,690 --> 00:35:49,480

that there's something let's just say

768

00:35:53,990 --> 00:35:51,700

something out there that there are I

769

00:36:00,500 --> 00:35:54,000

would even go so far as to say beings

770

00:36:04,400 --> 00:36:00,510

beings that are non-human that are

771

00:36:08,100 --> 00:36:04,410

higher of higher order intelligences and

772

00:36:13,710 --> 00:36:08,110

that we can have interaction and that we

773

00:36:15,990 --> 00:36:13,720

can gain enormous Lee from the

774

00:36:18,300 --> 00:36:16,000

interaction and evolve and that's

775

00:36:20,640 --> 00:36:18,310

exactly what's happening I believe on

776

00:36:22,680 --> 00:36:20,650

the planet and you believe that because

777

00:36:25,230 --> 00:36:22,690

your clinical work with people who say

778

00:36:29,580 --> 00:36:25,240

they've encountered these beings oh yes

779

00:36:31,620 --> 00:36:29,590

and your entry point into that is trauma

780

00:36:33,690 --> 00:36:31,630

take us through that connection between

781

00:36:35,880 --> 00:36:33,700

what you just said the trauma that these

782

00:36:38,790 --> 00:36:35,890

folks have experienced and your

783

00:36:40,770 --> 00:36:38,800

conclusion that there are beings that

784

00:36:43,440 --> 00:36:40,780

they're that they're interacting with

785

00:36:47,040 --> 00:36:43,450

number one and that these beings are of

786

00:36:49,830 --> 00:36:47,050

a higher order of consciousness number

787

00:36:52,350 --> 00:36:49,840

two anything that is outside your

788

00:36:55,470 --> 00:36:52,360

ordinary paradigm is going to

789

00:36:57,270 --> 00:36:55,480

potentially be difficult to process

790

00:37:00,320 --> 00:36:57,280

if you encounter something that is

791

00:37:03,450 --> 00:37:00,330

outside of your view of reality outside

792

00:37:05,760 --> 00:37:03,460

of your paradigm that's gonna have to be

793

00:37:08,670 --> 00:37:05,770

processed and your view of reality is

794

00:37:11,430 --> 00:37:08,680

gonna have to expand and that's what I

795

00:37:11,849 --> 00:37:11,440

mean when I say these experiences have

796

00:37:13,859 --> 00:37:11,859

the Powe

797

00:37:17,220 --> 00:37:13,869

potential for expanding ones

798

00:37:19,979 --> 00:37:17,230

consciousness it can be physiological as

799

00:37:22,769 --> 00:37:19,989

well because once you've been through

800

00:37:26,130 --> 00:37:22,779

something that's incredibly traumatic

801
00:37:31,979 --> 00:37:26,140
and you heal from that generally you're

802
00:37:34,109 --> 00:37:31,989
gonna have a a wider range of responses

803
00:37:37,680 --> 00:37:34,119
you're gonna know something about how to

804
00:37:40,019 --> 00:37:37,690
be in your body under great stress so

805
00:37:43,979 --> 00:37:40,029
dealing with the trauma is the first

806
00:37:47,130 --> 00:37:43,989
aspect anything extraordinary has the

807
00:37:50,059 --> 00:37:47,140
potential of being difficult or

808
00:37:52,380 --> 00:37:50,069
traumatic even if the upshot of it is

809
00:37:53,999 --> 00:37:52,390
positive okay

810
00:37:56,519 --> 00:37:54,009
I like the idea I like the whole thing a

811
00:37:58,950 --> 00:37:56,529
trauma being kind of common denominator

812
00:38:01,200 --> 00:37:58,960
here and I like why you say as a

813
00:38:02,880 --> 00:38:01,210

clinician I can feel pretty confident

814

00:38:04,799 --> 00:38:02,890

going into trauma there's a grounding

815

00:38:05,940 --> 00:38:04,809

there that I'd say oh this is trauma we

816

00:38:07,289 --> 00:38:05,950

know it there are the physical

817

00:38:09,809 --> 00:38:07,299

characteristics here the emotional

818

00:38:11,789 --> 00:38:09,819

character Baba Baba I get that and then

819

00:38:13,650 --> 00:38:11,799

I hear you saying that gives you

820

00:38:16,739 --> 00:38:13,660

confidence to say okay there's something

821

00:38:18,870 --> 00:38:16,749

there to work with then how do you get

822

00:38:20,549 --> 00:38:18,880

to the point to where you want you to

823

00:38:23,940 --> 00:38:20,559

support what you just said that is that

824

00:38:27,569 --> 00:38:23,950

what you're working with is people who

825

00:38:31,049 --> 00:38:27,579

have got encountered other beings beings

826

00:38:33,749 --> 00:38:31,059

of a higher ordered consciousness beings

827

00:38:35,789 --> 00:38:33,759

from outside of our solar system how do

828

00:38:38,069 --> 00:38:35,799

you get to all that okay so the first

829

00:38:40,979 --> 00:38:38,079

part was trauma the second part is the

830

00:38:43,650 --> 00:38:40,989

higher-order intelligence or the

831

00:38:47,489 --> 00:38:43,660

higher-order consciousness that people

832

00:38:50,549 --> 00:38:47,499

are capable of of experiencing or

833

00:38:52,910 --> 00:38:50,559

entering as a result and what I'd like

834

00:38:56,039 --> 00:38:52,920

to say is and this goes back to my

835

00:38:59,069 --> 00:38:56,049

mentioning again and again transpersonal

836

00:39:02,099 --> 00:38:59,079

psychology which deals with non ordinary

837

00:39:06,180 --> 00:39:02,109

or altered states of consciousness that

838

00:39:08,729 --> 00:39:06,190

people have had experiences of this

839

00:39:11,940 --> 00:39:08,739

nature with the close encounters that

840

00:39:14,370 --> 00:39:11,950

have taken them out of subject-object

841

00:39:18,539 --> 00:39:14,380

consciousness now subject/object

842

00:39:21,809 --> 00:39:18,549

consciousness is pretty much our the

843

00:39:25,200 --> 00:39:21,819

standard domain here on this planet and

844

00:39:25,830 --> 00:39:25,210

which we pretty much see the objects as

845

00:39:29,100 --> 00:39:25,840

separate

846

00:39:33,480 --> 00:39:29,110

and then we somehow as the background

847

00:39:35,250 --> 00:39:33,490

perhaps can perceive the unity with not

848

00:39:38,940 --> 00:39:35,260

with unity consciousness it's the

849

00:39:43,320 --> 00:39:38,950

opposite so you perceive the unity first

850

00:39:45,690 --> 00:39:43,330

and the differences set a secondary a

851
00:39:48,540 --> 00:39:45,700
good example of this is Edgar Mitchell's

852
00:39:51,120 --> 00:39:48,550
experience when he anybody that goes

853
00:39:54,780 --> 00:39:51,130
outside into space it's called the

854
00:39:58,650 --> 00:39:54,790
outlier effect they have a tendency to

855
00:40:02,520 --> 00:39:58,660
have some non-ordinary or some shift of

856
00:40:07,440 --> 00:40:02,530
consciousness happen and so he went into

857
00:40:10,320 --> 00:40:07,450
unity consciousness as part of his his

858
00:40:12,480 --> 00:40:10,330
reentry or is yet right I don't know the

859
00:40:15,170 --> 00:40:12,490
technical term for that but yes when he

860
00:40:18,390 --> 00:40:15,180
was in space when people encounter

861
00:40:20,760 --> 00:40:18,400
something that takes them out of their

862
00:40:23,880 --> 00:40:20,770
ordinary state of consciousness indeed

863
00:40:26,610 --> 00:40:23,890

the the pretty much the common state of

864

00:40:29,940 --> 00:40:26,620

consciousness for Humanity now and

865

00:40:34,650 --> 00:40:29,950

they're brought into non you know into

866

00:40:38,580 --> 00:40:34,660

either unity or a higher-order state of

867

00:40:43,260 --> 00:40:38,590

consciousness then then you look at what

868

00:40:45,330 --> 00:40:43,270

caused that to happen and you look at

869

00:40:48,260 --> 00:40:45,340

the effect of that that's why I'm

870

00:40:52,460 --> 00:40:48,270

studying and working with these people

871

00:40:55,440 --> 00:40:52,470

because it is transforming them and

872

00:40:59,760 --> 00:40:55,450

bringing them into higher-order state

873

00:41:03,870 --> 00:40:59,770

it's the mind that is doing that is

874

00:41:08,640 --> 00:41:03,880

generally already there the the being

875

00:41:10,740 --> 00:41:08,650

that is encountered is already in AI or

876

00:41:14,540 --> 00:41:10,750

order state it's kind of like the way

877

00:41:18,300 --> 00:41:14,550

the Guru system works with Shakti Pot or

878

00:41:21,540 --> 00:41:18,310

darshan is you you step up your

879

00:41:24,240 --> 00:41:21,550

vibration to the level of the Guru

880

00:41:27,540 --> 00:41:24,250

during these periods where you're in

881

00:41:30,720 --> 00:41:27,550

their presence or when they're giving

882

00:41:33,270 --> 00:41:30,730

you an energetic hit right the its it

883

00:41:35,390 --> 00:41:33,280

upgrades your vibration and that's

884

00:41:37,410 --> 00:41:35,400

what's happening during these encounters

885

00:41:38,170 --> 00:41:37,420

so there's there are degrees of

886

00:41:41,440 --> 00:41:38,180

enlightened

887

00:41:44,410 --> 00:41:41,450

and I want to look at what happens in

888

00:41:47,230 --> 00:41:44,420

close encounters when people's state of

889

00:41:50,230 --> 00:41:47,240

consciousness is altered and it affects

890

00:41:52,900 --> 00:41:50,240

their whole life well it's a fascinating

891

00:41:55,359 --> 00:41:52,910

and important body work on so many

892

00:41:57,609 --> 00:41:55,369

levels and as I think we tried to touch

893

00:42:00,789 --> 00:41:57,619

on some of those the first being that

894

00:42:03,039 --> 00:42:00,799

folks who have who feel that they've

895

00:42:06,130 --> 00:42:03,049

been traumatized by these kind of

896

00:42:08,829 --> 00:42:06,140

experiences there there are resources

897

00:42:11,109 --> 00:42:08,839

out there for them to process it deal

898

00:42:14,680 --> 00:42:11,119

with it and hopefully as you're talking

899

00:42:17,279 --> 00:42:14,690

about actually use it to move forward in

900

00:42:19,690 --> 00:42:17,289

their life in a positive way it's a

901
00:42:21,609 --> 00:42:19,700
wonderful book it's going to be very

902
00:42:24,309 --> 00:42:21,619
challenging for a lot of our listeners

903
00:42:27,190 --> 00:42:24,319
to get into but I hope that we've given

904
00:42:29,740 --> 00:42:27,200
them maybe a small sense of why they

905
00:42:32,620 --> 00:42:29,750
might want to go there and explore this

906
00:42:36,039 --> 00:42:32,630
possibility again the book is sacred

907
00:42:39,190 --> 00:42:36,049
encounters spiritual awakenings during

908
00:42:41,920 --> 00:42:39,200
close encounters dr. Janet Elizabeth

909
00:42:45,039 --> 00:42:41,930
Coley is the author and thanks so much

910
00:42:50,710 --> 00:42:45,049
for joining us today dr. Coley you're

911
00:42:52,510 --> 00:42:50,720
welcome thank you for having me thanks

912
00:42:54,910 --> 00:42:52,520
again to dr. Coley for joining me today

913
00:42:56,799 --> 00:42:54,920

on skeptic Oh a couple of questions RT

914

00:42:59,799 --> 00:42:56,809

up from this interview and I think they

915

00:43:01,930 --> 00:42:59,809

center around this idea of experience

916

00:43:04,089 --> 00:43:01,940

because we've bumped up against this

917

00:43:06,490 --> 00:43:04,099

before you know it's interesting of

918

00:43:09,160 --> 00:43:06,500

course because the mainstream science

919

00:43:10,930 --> 00:43:09,170

skeptical argument you'll get against

920

00:43:13,240 --> 00:43:10,940

all these kind of phenomena that we've

921

00:43:15,510 --> 00:43:13,250

explored on this show be they near-death

922

00:43:18,150 --> 00:43:15,520

experience out-of-body experience

923

00:43:21,460 --> 00:43:18,160

precognitive experience all these

924

00:43:23,460 --> 00:43:21,470

experiences those are not scientific we

925

00:43:26,410 --> 00:43:23,470

cannot explore those because they're the

926
00:43:28,510 --> 00:43:26,420
internal experience of an individual and

927
00:43:31,140 --> 00:43:28,520
we can never get there and one thing

928
00:43:33,819 --> 00:43:31,150
that's interesting when you jump over to

929
00:43:35,829 --> 00:43:33,829
psychology and many of the other social

930
00:43:38,829 --> 00:43:35,839
sciences immediately see that that

931
00:43:41,500 --> 00:43:38,839
prohibition against understanding or

932
00:43:43,769 --> 00:43:41,510
exploring human experience doesn't exist

933
00:43:46,930 --> 00:43:43,779
there would be no such thing as

934
00:43:49,900 --> 00:43:46,940
psychology or psychiatry if we weren't

935
00:43:50,859 --> 00:43:49,910
willing to try and understand human

936
00:43:51,220 --> 00:43:50,869
experience

937
00:43:53,859 --> 00:43:51,230
it's

938
00:43:57,010 --> 00:43:53,869

a bizarre claim that's made about this

939

00:43:59,170 --> 00:43:57,020

we can't approach experience so what dr.

940

00:44:01,870 --> 00:43:59,180

Coley does is even more interesting than

941

00:44:04,300 --> 00:44:01,880

that she goes okay I'm in this area of

942

00:44:06,130 --> 00:44:04,310

transpersonal psychology that's really

943

00:44:07,750 --> 00:44:06,140

kind of fringy in terms of trying to

944

00:44:10,540 --> 00:44:07,760

understand these non ordinary

945

00:44:14,050 --> 00:44:10,550

experiences what I'm gonna do is start

946

00:44:16,210 --> 00:44:14,060

from trauma because we understand trauma

947

00:44:18,670 --> 00:44:16,220

we accept that trauma happens and it

948

00:44:20,500 --> 00:44:18,680

leaves these physical markers these

949

00:44:22,180 --> 00:44:20,510

physical scars and people that are

950

00:44:24,849 --> 00:44:22,190

common and they're common throughout all

951
00:44:27,550 --> 00:44:24,859
these experiences but it still begs the

952
00:44:30,670 --> 00:44:27,560
question the larger question of what do

953
00:44:32,920 --> 00:44:30,680
we do with human experience how do we

954
00:44:35,770 --> 00:44:32,930
approach it from a scientific

955
00:44:39,040 --> 00:44:35,780
perspective it's a topic that we've

956
00:44:40,900 --> 00:44:39,050
touched on several different times on

957
00:44:43,060 --> 00:44:40,910
this show but I think it's one that's

958
00:44:45,130 --> 00:44:43,070
worth bringing up again particularly

959
00:44:47,020 --> 00:44:45,140
when we're talking about and trying to

960
00:44:50,349 --> 00:44:47,030
get our arms around these these

961
00:44:53,080 --> 00:44:50,359
experiences that are so outside of what

962
00:44:56,640 --> 00:44:53,090
many people will normally accept and

963
00:44:59,590 --> 00:44:56,650

that is experiences of encounters with

964

00:45:01,420 --> 00:44:59,600

alien beings so there's a bunch of

965

00:45:03,010 --> 00:45:01,430

questions kind of wrapped together in

966

00:45:05,560 --> 00:45:03,020

there so that's probably enough to

967

00:45:07,720 --> 00:45:05,570

tackle from this one show and of course

968

00:45:10,120 --> 00:45:07,730

we'd love to hear from you and have you

969

00:45:12,580 --> 00:45:10,130

offered your opinions and your ideas on

970

00:45:17,560 --> 00:45:12,590

that the place to do it of course is the

971

00:45:19,750 --> 00:45:17,570

Skeptical website at [sk EPT lko com](http://sk.EPT.lko.com) you

972

00:45:22,240 --> 00:45:19,760

can leave a comment right there on the

973

00:45:24,250 --> 00:45:22,250

website or bounce over to our forum and

974

00:45:26,650 --> 00:45:24,260

join the discussion there while you're

975

00:45:29,410 --> 00:45:26,660

at skeptic oh you can check out any of

976

00:45:32,230 --> 00:45:29,420

our over 200 previous shows or drop me a

977

00:45:33,580 --> 00:45:32,240

note via email or Facebook well that's

978

00:45:36,130 --> 00:45:33,590

going to do it for this episode of

979

00:45:39,130 --> 00:45:36,140

skeptic oh I I have several interesting

980

00:45:43,060 --> 00:45:39,140

shows coming up a couple more on this

981

00:45:46,420 --> 00:45:43,070

UFO contactee experience and some other

982

00:45:48,430 --> 00:45:46,430

familiar topics as well please stay with