



**CAN A PSYCHIC
MEDIUM
HELP RELIEVE
GRIEF?**

DR. JULIE BEISCHEL

skeptiko.com

1
00:00:11,600 --> 00:00:09,320
on this episode of skeptic Oh Alex talks

2
00:00:13,430 --> 00:00:11,610
with dr. Julie by she'll about her new

3
00:00:15,410 --> 00:00:13,440
book among mediums

4
00:00:18,650 --> 00:00:15,420
okay there's these people that report

5
00:00:21,080 --> 00:00:18,660
this condition will call it grief we

6
00:00:23,929 --> 00:00:21,090
treat this condition on a regular basis

7
00:00:26,269 --> 00:00:23,939
we send them to a talking psychologist

8
00:00:27,769 --> 00:00:26,279
or psychiatrist and that person talks

9
00:00:29,900 --> 00:00:27,779
tuck tuck tuck tuck tuck tuck tuck and

10
00:00:31,669 --> 00:00:29,910
then we measure afterwards and sometimes

11
00:00:34,729 --> 00:00:31,679
they're better sometimes they're not

12
00:00:36,620 --> 00:00:34,739
or we send them in and they get some

13
00:00:37,880 --> 00:00:36,630

kind of Pharma logical treatment they

14

00:00:39,950 --> 00:00:37,890

get these little pills and they take

15

00:00:42,290 --> 00:00:39,960

them pop pop pop pop and they either get

16

00:00:44,930 --> 00:00:42,300

better or they don't and we measure that

17

00:00:47,090 --> 00:00:44,940

and I think what you've suggested is hey

18

00:00:49,279 --> 00:00:47,100

here's some other people that report

19

00:00:51,590 --> 00:00:49,289

that they have this reading with a

20

00:00:53,959 --> 00:00:51,600

medium and in the same way we're

21

00:00:56,360 --> 00:00:53,969

measuring these other things we can

22

00:00:58,639 --> 00:00:56,370

measure in the same way whether or not

23

00:01:01,250 --> 00:00:58,649

they showed any improvement and this

24

00:01:03,920 --> 00:01:01,260

grief experience they had after a

25

00:01:06,560 --> 00:01:03,930

reading yeah and you know that's my

26

00:01:10,340 --> 00:01:06,570

training right it's drug trials and I

27

00:01:11,420 --> 00:01:10,350

designed a protocol and it is you know

28

00:01:13,730 --> 00:01:11,430

there's a control group and a treatment

29

00:01:15,170 --> 00:01:13,740

group just like a drug trial and except

30

00:01:18,289 --> 00:01:15,180

instead of a drug gets a mediumship

31

00:01:19,880 --> 00:01:18,299

reading and I designed this very

32

00:01:22,550 --> 00:01:19,890

specific protocol using a standardized

33

00:01:25,609 --> 00:01:22,560

grief instrument and two different

34

00:01:27,350 --> 00:01:25,619

funders have not found it to be what

35

00:01:30,730 --> 00:01:27,360

they were looking for but it needs to

36

00:01:34,249 --> 00:01:30,740

get done so we're now in the process of

37

00:01:36,410 --> 00:01:34,259

reaching out to the public to try and

38

00:01:37,580 --> 00:01:36,420

get support for that study because it

39

00:01:50,649 --> 00:01:37,590

really needs to be done

40

00:01:54,469 --> 00:01:52,850

welcome to skeptic Oh where we explore

41

00:01:57,020 --> 00:01:54,479

controversial science with leading

42

00:01:59,030 --> 00:01:57,030

researchers thinkers and their critics

43

00:02:01,039 --> 00:01:59,040

I'm your host Alex Icarus and on this

44

00:02:04,070 --> 00:02:01,049

episode of skeptic oh we're going to

45

00:02:06,590 --> 00:02:04,080

look at mediums and medium communication

46

00:02:09,589 --> 00:02:06,600

research the best person to do that with

47

00:02:11,570 --> 00:02:09,599

as far as I know is dr. Julie by shell

48

00:02:14,000 --> 00:02:11,580

from the wind bridge Institute who we've

49

00:02:15,530 --> 00:02:14,010

had on previously she has a new book

50

00:02:18,080 --> 00:02:15,540

that you're gonna hear about titled

51
00:02:19,820 --> 00:02:18,090
among mediums but before we get to the

52
00:02:22,630 --> 00:02:19,830
interview I wanted to bring your

53
00:02:26,690 --> 00:02:22,640
attention to a blog that I ran across

54
00:02:28,940 --> 00:02:26,700
titled Paris psychotherapy ex very

55
00:02:31,729 --> 00:02:28,950
fascinating work by a guy named dr.

56
00:02:34,340 --> 00:02:31,739
Jerry gora who is a therapist in

57
00:02:36,440 --> 00:02:34,350
Connecticut who focuses a lot of his

58
00:02:39,800 --> 00:02:36,450
practice on helping people deal with

59
00:02:42,170 --> 00:02:39,810
various kinds of paranormal phenomena as

60
00:02:44,630 --> 00:02:42,180
you can imagine this is a much needed

61
00:02:46,309 --> 00:02:44,640
area of work and it's great to see

62
00:02:48,740 --> 00:02:46,319
people sticking their neck out and

63
00:02:50,240 --> 00:02:48,750

trying to help in this area and the

64

00:02:51,979 --> 00:02:50,250

other reason to mention dr. Gorrie is he

65

00:02:54,770 --> 00:02:51,989

really does have an excellent blog I've

66

00:02:57,440 --> 00:02:54,780

enjoyed reading it and I asked him to

67

00:03:01,009 --> 00:02:57,450

prepare a short introduction to himself

68

00:03:02,390 --> 00:03:01,019

in his blog and here it is hello Alex

69

00:03:04,069 --> 00:03:02,400

this is sceptical enthusiast

70

00:03:06,170 --> 00:03:04,079

psychotherapist and writer jelg aura

71

00:03:08,690 --> 00:03:06,180

first I want to thank you for your kudos

72

00:03:10,190 --> 00:03:08,700

on my blog in my latest article someone

73

00:03:11,660 --> 00:03:10,200

has orbited the paranormal field for a

74

00:03:13,699 --> 00:03:11,670

while now I'd have to say it's an honor

75

00:03:15,560 --> 00:03:13,709

being invited to share here as I

76
00:03:17,330 --> 00:03:15,570
consider your show the very best sort of

77
00:03:19,910 --> 00:03:17,340
the NPR of alternative programming if

78
00:03:21,380 --> 00:03:19,920
you'll accept such a thing I'd also like

79
00:03:23,300 --> 00:03:21,390
to invite your listeners to check out my

80
00:03:24,860 --> 00:03:23,310
blog Paris psychotherapy ex where I

81
00:03:26,780 --> 00:03:24,870
write about my research and explore

82
00:03:29,090 --> 00:03:26,790
aspects of the paranormal puzzle among

83
00:03:31,520 --> 00:03:29,100
other things as a psychotherapist who

84
00:03:33,500 --> 00:03:31,530
works primarily with family systems our

85
00:03:35,390 --> 00:03:33,510
bread and butter has come and learning

86
00:03:37,550 --> 00:03:35,400
to address problems by looking at the

87
00:03:39,199 --> 00:03:37,560
function of any symptom as its the

88
00:03:41,599 --> 00:03:39,209

symptoms which hold all the good stuff

89

00:03:44,360 --> 00:03:41,609

expressing potential and exposing the

90

00:03:46,160 --> 00:03:44,370

barriers transformation in my blog I do

91

00:03:48,020 --> 00:03:46,170

just pretty much the same thing but now

92

00:03:49,670 --> 00:03:48,030

I'm doing it with the unexplained my

93

00:03:52,220 --> 00:03:49,680

most recent article chasing ghosts from

94

00:03:54,259 --> 00:03:52,230

the outside in explore the psychodynamic

95

00:03:56,479 --> 00:03:54,269

roots of the Western anti experiential

96

00:03:58,310 --> 00:03:56,489

bias and theorizing institution of

97

00:04:00,259 --> 00:03:58,320

science itself could be nothing more

98

00:04:02,360 --> 00:04:00,269

than a cultural reaction or a life

99

00:04:03,380 --> 00:04:02,370

jacket of sorts an expression that's

100

00:04:05,300 --> 00:04:03,390

rooted in our collect

101
00:04:08,000 --> 00:04:05,310
fear of going deeper to experience your

102
00:04:09,559 --> 00:04:08,010
true interior nature's once again thanks

103
00:04:10,960 --> 00:04:09,569
Alex for the opportunity and keep up the

104
00:04:13,250 --> 00:04:10,970
good work you're doing amazing things

105
00:04:14,809 --> 00:04:13,260
for those of you like to keep up with my

106
00:04:16,940 --> 00:04:14,819
research and get a look at my blog you

107
00:04:19,160 --> 00:04:16,950
can find it at Paris psychotherapy X

108
00:04:22,970 --> 00:04:19,170
that's all one word para

109
00:04:24,560 --> 00:04:22,980
psychotherapy X dot blog spot.com so be

110
00:04:26,930 --> 00:04:24,570
sure to check that out we'll have a link

111
00:04:29,780 --> 00:04:26,940
to it in the show notes but for now

112
00:04:33,980 --> 00:04:29,790
let's move on to my interview with dr.

113
00:04:35,450 --> 00:04:33,990

Julie by shal today we welcome dr. Julie

114

00:04:37,730 --> 00:04:35,460

behold a skeptic Oh

115

00:04:39,890 --> 00:04:37,740

as founder and head of research at the

116

00:04:42,380 --> 00:04:39,900

wind bridge Institute Julie is one of

117

00:04:45,380 --> 00:04:42,390

the world's leading researchers studying

118

00:04:47,840 --> 00:04:45,390

psychic mediums Julie holds a PhD in

119

00:04:50,030 --> 00:04:47,850

pharmacology and toxicology from the

120

00:04:53,950 --> 00:04:50,040

University of Arizona and is here to

121

00:04:57,820 --> 00:04:53,960

talk about her new book among mediums a

122

00:05:00,620 --> 00:04:57,830

scientists quest for answers dr. bhathal

123

00:05:03,200 --> 00:05:00,630

welcome or I guess for those of us with

124

00:05:06,260 --> 00:05:03,210

a long memory I should say welcome back

125

00:05:10,310 --> 00:05:06,270

to skeptic oh thank you so much for

126

00:05:11,930 --> 00:05:10,320

having me okay yeah it's great so Julie

127

00:05:14,180 --> 00:05:11,940

you've written a wonderful little book

128

00:05:16,730 --> 00:05:14,190

here and it's not just me saying that

129

00:05:18,890 --> 00:05:16,740

you have some great endorsements for the

130

00:05:23,240 --> 00:05:18,900

book as well you know where I thought we

131

00:05:26,000 --> 00:05:23,250

might start is the story in the book

132

00:05:29,570 --> 00:05:26,010

about your very first reading because I

133

00:05:32,000 --> 00:05:29,580

think it's not only in introduction into

134

00:05:34,870 --> 00:05:32,010

the way you came to research this topic

135

00:05:37,760 --> 00:05:34,880

as a scientist but it also I think is

136

00:05:39,560 --> 00:05:37,770

relatable for a lot of folks because

137

00:05:46,060 --> 00:05:39,570

it's the way that they come in contact

138

00:05:55,700 --> 00:05:51,380

story is detailed in great in the book

139

00:05:57,140 --> 00:05:55,710

but the bottom line is when I was in

140

00:06:00,350 --> 00:05:57,150

graduate school my mother committed

141

00:06:03,080 --> 00:06:00,360

suicide and a couple years later the

142

00:06:06,260 --> 00:06:03,090

John Edward was very big that crossing

143

00:06:08,120 --> 00:06:06,270

over show is very big on TV and in my

144

00:06:10,460 --> 00:06:08,130

background I you know like you said my

145

00:06:13,339 --> 00:06:10,470

degrees in this hard science and I was

146

00:06:15,110 --> 00:06:13,349

my family's from the Midwest and you

147

00:06:16,580 --> 00:06:15,120

know mediums was never something that we

148

00:06:16,970 --> 00:06:16,590

even I didn't even know what a medium

149

00:06:19,790 --> 00:06:16,980

was

150

00:06:24,290 --> 00:06:19,800

so I saw this guy on TV and the people

151
00:06:25,820 --> 00:06:24,300
looked moved and that they you know were

152
00:06:27,590 --> 00:06:25,830
the people on the show we're reporting

153
00:06:30,020 --> 00:06:27,600
that what he was saying was accurate so

154
00:06:31,340 --> 00:06:30,030
I thought well that's really interesting

155
00:06:34,820 --> 00:06:31,350
but you know I'm a scientist I would

156
00:06:38,570 --> 00:06:34,830
have to see it for myself so I got a

157
00:06:40,550 --> 00:06:38,580
reading and I had known a little bit

158
00:06:43,700 --> 00:06:40,560
about cold reading and the kinds of

159
00:06:45,560 --> 00:06:43,710
things that a medium can guess just by

160
00:06:49,600 --> 00:06:45,570
looking at you were talking with you and

161
00:06:52,280 --> 00:06:49,610
so I I knew to only say yes or no and

162
00:06:53,930 --> 00:06:52,290
and those kinds of things go ahead let

163
00:06:56,000 --> 00:06:53,940

me interject a couple of things because

164

00:06:58,040 --> 00:06:56,010

you do a great job and tell a great

165

00:07:00,980 --> 00:06:58,050

story in the book about this reading and

166

00:07:03,950 --> 00:07:00,990

the lengths the to code to to prevent

167

00:07:06,650 --> 00:07:03,960

yourself from providing any of that kind

168

00:07:08,510 --> 00:07:06,660

of information to the to the medium

169

00:07:10,730 --> 00:07:08,520

which as you say people generally talk

170

00:07:13,340 --> 00:07:10,740

about cold reading where the medium is

171

00:07:15,500 --> 00:07:13,350

saying I see an S or is that an M and

172

00:07:18,350 --> 00:07:15,510

zit in your past or maybe in your future

173

00:07:20,720 --> 00:07:18,360

so you were you were well-prepared for

174

00:07:22,400 --> 00:07:20,730

that maybe even over prepared as you say

175

00:07:24,920 --> 00:07:22,410

in your story and I guess the other

176

00:07:26,800 --> 00:07:24,930

thing that struck me and I can attest to

177

00:07:30,260 --> 00:07:26,810

this from my own experience with mediums

178

00:07:31,850 --> 00:07:30,270

and similar to you you know when I first

179

00:07:34,100 --> 00:07:31,860

went and I kind of prepared myself and

180

00:07:36,110 --> 00:07:34,110

it's really not that hard to do right I

181

00:07:38,240 --> 00:07:36,120

mean a lot of mediums I'd say even the

182

00:07:41,480 --> 00:07:38,250

majority mediums aren't really fishing

183

00:07:44,510 --> 00:07:41,490

for that data as we can be led to

184

00:07:46,160 --> 00:07:44,520

believe but are kind of not wanting more

185

00:07:49,910 --> 00:07:46,170

information but anyways back to your

186

00:08:03,140 --> 00:07:49,920

story you prepared yourself quite quite

187

00:08:06,830 --> 00:08:03,150

a bit for this reading didn't you but

188

00:08:09,980 --> 00:08:06,840

you know I have come to realize that

189

00:08:12,080 --> 00:08:09,990

that's that doesn't work one of the

190

00:08:13,970 --> 00:08:12,090

alternative explanations for where a

191

00:08:15,680 --> 00:08:13,980

medium gets her information is right

192

00:08:17,930 --> 00:08:15,690

from the sitter right from the living

193

00:08:20,690 --> 00:08:17,940

person wanting the reading so if I know

194

00:08:22,490 --> 00:08:20,700

the answer to the code that still and

195

00:08:24,380 --> 00:08:22,500

she gets it it still she still could be

196

00:08:26,480 --> 00:08:24,390

getting it for me it doesn't demonstrate

197

00:08:27,950 --> 00:08:26,490

that she's talking to my mom she still

198

00:08:29,240 --> 00:08:27,960

could be getting that information right

199

00:08:30,920 --> 00:08:29,250

for me because I know the answer to the

200

00:08:34,130 --> 00:08:30,930

code so I recommend that

201
00:08:36,159 --> 00:08:34,140
people just let it happen as it happens

202
00:08:38,240 --> 00:08:36,169
because the deceased are clever in my

203
00:08:41,300 --> 00:08:38,250
experience and they will find a way to

204
00:08:42,649 --> 00:08:41,310
demonstrate that it is indeed them and

205
00:08:46,190 --> 00:08:42,659
like you said I think that it's an

206
00:08:48,940 --> 00:08:46,200
important point that good mediums prefer

207
00:08:51,350 --> 00:08:48,950
to have no information from you and they

208
00:08:53,240 --> 00:08:51,360
they would prefer to Shushi you if it

209
00:08:55,460 --> 00:08:53,250
wasn't rude when you try and tell them

210
00:08:59,000 --> 00:08:55,470
things during the reading you know we

211
00:09:01,370 --> 00:08:59,010
have when we do our certification of new

212
00:09:03,620 --> 00:09:01,380
mediums when we do our step five in our

213
00:09:07,850 --> 00:09:03,630

eight step procedure our step five test

214

00:09:12,410 --> 00:09:07,860

readings there's a number of readings

215

00:09:13,880 --> 00:09:12,420

within the testing so there's quintuple

216

00:09:15,440 --> 00:09:13,890

blind readings of that get scored by

217

00:09:16,820 --> 00:09:15,450

email men that once those are scored we

218

00:09:19,250 --> 00:09:16,830

get the medium and the sitter on the

219

00:09:22,070 --> 00:09:19,260

phone and in the first part the SID the

220

00:09:23,269 --> 00:09:22,080

medium the sitter can hear the medium

221

00:09:24,949 --> 00:09:23,279

but the medium doesn't have any

222

00:09:26,990 --> 00:09:24,959

information about the sitter not even

223

00:09:28,400 --> 00:09:27,000

the gender or anything and so then the

224

00:09:31,010 --> 00:09:28,410

sitter scores that part where the medium

225

00:09:34,639 --> 00:09:31,020

is talking and then the second part I

226

00:09:36,260 --> 00:09:34,649

say okay now the medium can ask the

227

00:09:38,570 --> 00:09:36,270

sitter yes-or-no questions and the

228

00:09:41,930 --> 00:09:38,580

sitter can respond with Yes No maybe

229

00:09:43,730 --> 00:09:41,940

sort over I don't know and more often

230

00:09:45,079 --> 00:09:43,740

than not far more often than not the

231

00:09:47,750 --> 00:09:45,089

medium doesn't ask the sitter any

232

00:09:50,780 --> 00:09:47,760

questions she just keeps going because

233

00:09:52,190 --> 00:09:50,790

she did the feedback in my opinion again

234

00:09:54,740 --> 00:09:52,200

there's so many pieces of this we

235

00:09:56,780 --> 00:09:54,750

haven't studied specifically but my

236

00:09:59,390 --> 00:09:56,790

understanding is that mediumship seems

237

00:10:02,000 --> 00:09:59,400

to be a right brained process and when

238

00:10:04,220 --> 00:10:02,010

you start to bring logic into it the

239

00:10:06,410 --> 00:10:04,230

left brain gets in the way so you start

240

00:10:09,110 --> 00:10:06,420

asking questions and making assessments

241

00:10:11,660 --> 00:10:09,120

the left brain wants to take over and

242

00:10:13,610 --> 00:10:11,670

that kind of ruins it for the medium so

243

00:10:15,410 --> 00:10:13,620

yeah the a good medium the less

244

00:10:17,210 --> 00:10:15,420

information they know that's what they

245

00:10:20,449 --> 00:10:17,220

prefer right

246

00:10:22,640 --> 00:10:20,459

and then obviously without telling the

247

00:10:25,550 --> 00:10:22,650

whole story the conclusion of that

248

00:10:28,250 --> 00:10:25,560

reading left you with the feeling that

249

00:10:30,530 --> 00:10:28,260

there was something to this and that you

250

00:10:35,510 --> 00:10:30,540

might have in fact connected with your

251
00:10:38,090 --> 00:10:35,520
deceased mother right yeah you know she

252
00:10:42,050 --> 00:10:38,100
didn't say anything mm or any of those

253
00:10:45,020 --> 00:10:42,060
kind of things and and I was so

254
00:10:47,390 --> 00:10:45,030
skeptical not skip yeah openly

255
00:10:49,370 --> 00:10:47,400
like the real skeptical right I didn't

256
00:10:53,240 --> 00:10:49,380
know what it was until I went there to

257
00:10:55,010 --> 00:10:53,250
to [h__\h] to gather some data and I made

258
00:10:57,080 --> 00:10:55,020
assumptions about how it works so I

259
00:10:58,670 --> 00:10:57,090
thought that oh she must just be on the

260
00:11:01,040 --> 00:10:58,680
phone with my mom so she should be able

261
00:11:03,830 --> 00:11:01,050
to get every single thing perfectly

262
00:11:07,280 --> 00:11:03,840
right and so she at one point one of the

263
00:11:10,250 --> 00:11:07,290

big things was she said oh there's a

264

00:11:18,710 --> 00:11:10,260

Dalmatian dog with your mom and I was

265

00:11:23,270 --> 00:11:18,720

like and she was like come on like at

266

00:11:25,340 --> 00:11:23,280

that point I had my skepticism but you

267

00:11:28,180 --> 00:11:25,350

know if my mom was gonna show her like

268

00:11:30,800 --> 00:11:28,190

oh talk about our dog that would that's

269

00:11:32,570 --> 00:11:30,810

unique you know show Redell nation that

270

00:11:35,750 --> 00:11:32,580

all because if she showed her like our

271

00:11:37,520 --> 00:11:35,760

weird dog that was half black lab and

272

00:11:40,160 --> 00:11:37,530

half Dalmatian like she she wouldn't

273

00:11:42,050 --> 00:11:40,170

recognize what that was but she knows

274

00:11:43,820 --> 00:11:42,060

what a Dalmatian looks like so she you

275

00:11:47,060 --> 00:11:43,830

know she got her to say Dalmatian then

276

00:11:50,090 --> 00:11:47,070

that's that's meaningful

277

00:11:52,370 --> 00:11:50,100

so if yeah she was pretty frustrated

278

00:11:55,760 --> 00:11:52,380

with singing by the end of it but I

279

00:11:58,360 --> 00:11:55,770

think that's the thing is that part of

280

00:12:00,350 --> 00:11:58,370

why I wrote this book was to sort of

281

00:12:03,890 --> 00:12:00,360

combat some of these misconceptions

282

00:12:07,220 --> 00:12:03,900

about what what we know about mediumship

283

00:12:09,770 --> 00:12:07,230

how it works and what you can expect and

284

00:12:11,660 --> 00:12:09,780

I think you know the the rise of this

285

00:12:13,010 --> 00:12:11,670

topic in the popular culture is sort of

286

00:12:14,780 --> 00:12:13,020

we talked about it like it's a

287

00:12:17,420 --> 00:12:14,790

double-edged sword right it brings

288

00:12:19,520 --> 00:12:17,430

attention to the topic so then maybe

289

00:12:21,320 --> 00:12:19,530

people will find us and maybe you know

290

00:12:24,470 --> 00:12:21,330

we can get the word out about our work

291

00:12:27,470 --> 00:12:24,480

but then the other side of it is it's

292

00:12:30,530 --> 00:12:27,480

represented incorrectly a lot of times

293

00:12:32,900 --> 00:12:30,540

and highly edited right so a lot I've

294

00:12:35,510 --> 00:12:32,910

heard from our mediums on our team that

295

00:12:37,670 --> 00:12:35,520

since there been a lot of shows TV shows

296

00:12:40,910 --> 00:12:37,680

about mediums now that their client base

297

00:12:42,500 --> 00:12:40,920

is saying like what the heck the mediums

298

00:12:44,660 --> 00:12:42,510

on TV are a hundred percent correct like

299

00:12:46,730 --> 00:12:44,670

why are you making mistakes but no

300

00:12:51,410 --> 00:12:46,740

medium is 100% correct that's highly

301
00:12:54,350 --> 00:12:51,420
edited I imagine and so that people are

302
00:12:56,600 --> 00:12:54,360
expecting things from based on what

303
00:12:58,040 --> 00:12:56,610
they've seen on TV from that mediums in

304
00:13:03,139 --> 00:12:58,050
reality can't

305
00:13:06,410 --> 00:13:03,149
five right and so Julie as anyone who's

306
00:13:10,519 --> 00:13:06,420
listening can now fully appreciate you

307
00:13:12,850 --> 00:13:10,529
are truly a scientist and are very

308
00:13:16,130 --> 00:13:12,860
invested in taking a very scientific

309
00:13:17,720 --> 00:13:16,140
perspective on this topic that I think

310
00:13:19,190 --> 00:13:17,730
one of the things that really struck me

311
00:13:22,250 --> 00:13:19,200
in the book and I really enjoyed about

312
00:13:25,579 --> 00:13:22,260
the book was how you broke down in very

313
00:13:28,460 --> 00:13:25,589

simple terms even the entry point into

314

00:13:31,130 --> 00:13:28,470

this topic from a scientific perspective

315

00:13:32,840 --> 00:13:31,140

because I think it's it's really the

316

00:13:35,530 --> 00:13:32,850

biggest stumbling point there's a lot of

317

00:13:38,150 --> 00:13:35,540

folks that say oh psychic mediums that's

318

00:13:41,240 --> 00:13:38,160

pseudoscience and you could never

319

00:13:44,120 --> 00:13:41,250

approach it scientifically and what you

320

00:13:47,150 --> 00:13:44,130

do in the book is break it down and a

321

00:13:49,400 --> 00:13:47,160

step by step approach and you start with

322

00:13:53,120 --> 00:13:49,410

saying you know the first step would be

323

00:13:55,100 --> 00:13:53,130

just to make an observation and you know

324

00:13:58,850 --> 00:13:55,110

you make the observation that hey there

325

00:14:02,000 --> 00:13:58,860

is this medium and she can she claims to

326

00:14:04,250 --> 00:14:02,010

be getting this information from the

327

00:14:06,410 --> 00:14:04,260

dead but I wanted to recast that

328

00:14:09,470 --> 00:14:06,420

observation a little bit because I think

329

00:14:13,250 --> 00:14:09,480

that part of the problem we run into is

330

00:14:16,610 --> 00:14:13,260

we don't fully appreciate the

331

00:14:20,690 --> 00:14:16,620

observation and to me the observation is

332

00:14:24,139 --> 00:14:20,700

that throughout time across every

333

00:14:27,380 --> 00:14:24,149

culture so many great minds that we know

334

00:14:30,590 --> 00:14:27,390

of in science in literature in the arts

335

00:14:33,650 --> 00:14:30,600

have claimed that they've observed this

336

00:14:36,560 --> 00:14:33,660

phenomenon either you know directly with

337

00:14:38,900 --> 00:14:36,570

spirit communication or specifically in

338

00:14:41,030 --> 00:14:38,910

your case that there are these specially

339

00:14:44,449 --> 00:14:41,040

gifted people that have allowed them to

340

00:14:47,090 --> 00:14:44,459

connect with deceased loved ones so I

341

00:14:50,060 --> 00:14:47,100

think sometimes when we even speck out

342

00:14:53,540 --> 00:14:50,070

this space we make it sound a little

343

00:14:56,540 --> 00:14:53,550

more humble than we should be in terms

344

00:14:59,090 --> 00:14:56,550

of saying you know the counter to this

345

00:15:01,340 --> 00:14:59,100

that this is not what we've observed

346

00:15:02,960 --> 00:15:01,350

that this hasn't happened thousands and

347

00:15:06,829 --> 00:15:02,970

thousands of times with the people we

348

00:15:10,819 --> 00:15:06,839

respect most is really kind of it's kind

349

00:15:11,720 --> 00:15:10,829

of absurd to - to even suggest that we

350

00:15:15,129 --> 00:15:11,730

shouldn't look

351

00:15:17,600 --> 00:15:15,139

this seriously given the large amount of

352

00:15:20,030 --> 00:15:17,610

observations we've had of this phenomena

353

00:15:22,100 --> 00:15:20,040

do you have any thoughts on that impetus

354

00:15:23,900 --> 00:15:22,110

yeah that's a really good point right

355

00:15:25,670 --> 00:15:23,910

yeah the observation is this didn't

356

00:15:30,500 --> 00:15:25,680

happen this one time this happened

357

00:15:32,569 --> 00:15:30,510

millions of times and I'm in a pure cyst

358

00:15:35,060 --> 00:15:32,579

right so I have to how can I bring it

359

00:15:37,879 --> 00:15:35,070

into the lab how can I study it over and

360

00:15:40,569 --> 00:15:37,889

over and over again and so that's that's

361

00:15:43,790 --> 00:15:40,579

the way that I took and it's really just

362

00:15:46,699 --> 00:15:43,800

the proper word would be ignorant to say

363

00:15:48,530 --> 00:15:46,709

that scientists incapable of addressing

364

00:15:51,639 --> 00:15:48,540

something anything

365

00:15:55,009 --> 00:15:51,649

science is a tool and it's a and it's a

366

00:15:56,689 --> 00:15:55,019

process so if you have a topic and you

367

00:15:59,389 --> 00:15:56,699

can make an observation that you can

368

00:16:01,790 --> 00:15:59,399

apply the scientific method to it so

369

00:16:10,040 --> 00:16:01,800

that's I think that's just it's not

370

00:16:12,019 --> 00:16:10,050

understanding I think one things you go

371

00:16:13,819 --> 00:16:12,029

on and I really like this so you talk

372

00:16:15,910 --> 00:16:13,829

about the scientific method you spray

373

00:16:18,530 --> 00:16:15,920

kit down step one is observe eight is

374

00:16:21,290 --> 00:16:18,540

observation in this case we observe this

375

00:16:24,430 --> 00:16:21,300

phenomena and then you say step two is

376

00:16:28,370 --> 00:16:24,440

really a tricky part in this particular

377

00:16:30,680 --> 00:16:28,380

case of psychic medium or medium istic

378

00:16:33,920 --> 00:16:30,690

communication with the deceased and

379

00:16:37,129 --> 00:16:33,930

that's that we want to jump to a

380

00:16:40,100 --> 00:16:37,139

question that may be going too far and

381

00:16:42,650 --> 00:16:40,110

in you in your case you say you know we

382

00:16:45,170 --> 00:16:42,660

don't really want to start with the

383

00:16:51,170 --> 00:16:45,180

question that these mediums are talking

384

00:16:53,150 --> 00:16:51,180

with the dead right how do you so we

385

00:16:56,319 --> 00:16:53,160

have to back up and say you know at the

386

00:16:58,610 --> 00:16:56,329

very base of it what what can we ask and

387

00:17:00,860 --> 00:16:58,620

that would be are they reporting

388

00:17:03,740 --> 00:17:00,870

accurate and specific information about

389

00:17:07,329 --> 00:17:03,750

the deceased once we establish that then

390

00:17:09,919 --> 00:17:07,339

we can start over with a new hypothesis

391

00:17:12,079 --> 00:17:09,929

you know if the answer is yes to that

392

00:17:14,030 --> 00:17:12,089

question yes they are getting accurate

393

00:17:15,860 --> 00:17:14,040

and specific information about the

394

00:17:18,350 --> 00:17:15,870

disease and we've eliminated all other

395

00:17:20,689 --> 00:17:18,360

explanations then we can go to the thing

396

00:17:22,100 --> 00:17:20,699

okay where are they getting this

397

00:17:23,210 --> 00:17:22,110

information if it isn't through any

398

00:17:25,340 --> 00:17:23,220

normal

399

00:17:27,230 --> 00:17:25,350

you know then our hypothesis is they're

400

00:17:28,670 --> 00:17:27,240

talking to the dead or they're getting

401

00:17:31,070 --> 00:17:28,680

it from the sitter you know

402

00:17:33,440 --> 00:17:31,080

telepathically or that sort of thing but

403

00:17:41,120 --> 00:17:33,450

yeah you can't start out there talking I

404

00:17:44,990 --> 00:17:41,130

mean you can that's right and I think

405

00:17:46,280 --> 00:17:45,000

that that also is where the skeptics and

406

00:17:49,160 --> 00:17:46,290

I don't just mean the professional

407

00:17:50,870 --> 00:17:49,170

skeptics but the the scoffers as well

408

00:17:53,510 --> 00:17:50,880

and the people who have a strong vested

409

00:17:56,330 --> 00:17:53,520

interest not to even go there which is

410

00:17:59,120 --> 00:17:56,340

what really is behind this they want to

411

00:18:02,300 --> 00:17:59,130

frame things differently so that it

412

00:18:04,160 --> 00:18:02,310

creates a question that can't really be

413

00:18:05,780 --> 00:18:04,170

answered scientifically and what I think

414

00:18:07,700 --> 00:18:05,790

you do a wonderful job in the book is

415

00:18:09,410 --> 00:18:07,710

saying you know when I first heard that

416

00:18:12,260 --> 00:18:09,420

I go wow that's really a good point

417

00:18:14,210 --> 00:18:12,270

because anyone can look at and say yeah

418

00:18:17,600 --> 00:18:14,220

that does seem to be a question that we

419

00:18:20,360 --> 00:18:17,610

could scientifically ask an answer and

420

00:18:23,510 --> 00:18:20,370

that is here's a person who says she's

421

00:18:26,150 --> 00:18:23,520

able to get this information is she able

422

00:18:28,070 --> 00:18:26,160

to get specific and accurate information

423

00:18:30,980 --> 00:18:28,080

how we are we ought to be able to do

424

00:18:33,530 --> 00:18:30,990

that we can test true or false right if

425

00:18:35,210 --> 00:18:33,540

what she's saying is true and I think a

426

00:18:37,610 --> 00:18:35,220

really important piece of that is the

427

00:18:40,430 --> 00:18:37,620

only person that can gauge whether what

428

00:18:43,040 --> 00:18:40,440

the medium is saying it's accurate is

429

00:18:45,710 --> 00:18:43,050

the sitter right even if you sat down

430

00:18:49,070 --> 00:18:45,720

with the sitter for two weeks 24 hours a

431

00:18:51,020 --> 00:18:49,080

day and had them tell you everything

432

00:18:52,490 --> 00:18:51,030

they knew about this dead person that

433

00:18:55,790 --> 00:18:52,500

they were gonna get the medium to talk

434

00:18:57,470 --> 00:18:55,800

to and then you the reading happened and

435

00:18:59,030 --> 00:18:57,480

you had all this information without

436

00:19:00,800 --> 00:18:59,040

fail there would be something that the

437

00:19:03,040 --> 00:19:00,810

sitter had forgotten or whatever the

438

00:19:05,480 --> 00:19:03,050

only person that can make sense of the

439

00:19:07,220 --> 00:19:05,490

reading is the sitter it's intended for

440

00:19:09,230 --> 00:19:07,230

the sitter it's communication between

441

00:19:11,330 --> 00:19:09,240

two people who had a relationship a

442

00:19:14,270 --> 00:19:11,340

third party can't determine what's

443

00:19:16,670 --> 00:19:14,280

important or not and that's why I have

444

00:19:19,100 --> 00:19:16,680

not included in the book any transcripts

445

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

of readings because the only person that

446

00:19:23,450 --> 00:19:21,210

can gauge whether those things are

447

00:19:26,360 --> 00:19:23,460

indeed accurate important is the sitter

448

00:19:28,610 --> 00:19:26,370

you know someone else may say oh well a

449

00:19:31,070 --> 00:19:28,620

lot of people have Dalmatians well that

450

00:19:34,100 --> 00:19:31,080

doesn't matter it's important to me and

451
00:19:36,530 --> 00:19:34,110
my mom and we didn't have any other kind

452
00:19:38,150 --> 00:19:36,540
of dog we didn't so that's that

453
00:19:42,710 --> 00:19:38,160
totally unique she didn't mention any

454
00:19:44,180 --> 00:19:42,720
other kind of dog and so that I think

455
00:19:46,340 --> 00:19:44,190
that's a point that you know a lot of

456
00:19:47,480 --> 00:19:46,350
times we did a lot of emails from people

457
00:19:48,980 --> 00:19:47,490
saying why don't you post the

458
00:19:51,350 --> 00:19:48,990
transcripts and then we could see if

459
00:19:54,470 --> 00:19:51,360
they were good mediums no you couldn't

460
00:19:56,360 --> 00:19:54,480
because they are your readings the only

461
00:19:58,990 --> 00:19:56,370
person that can gauge whether a reading

462
00:20:01,940 --> 00:19:59,000
is meaningful and accurate is the sitter

463
00:20:05,540 --> 00:20:01,950

good point and I think it's another area

464

00:20:08,090 --> 00:20:05,550

where people who are really inclined to

465

00:20:11,030 --> 00:20:08,100

disbelieve this the professional

466

00:20:13,040 --> 00:20:11,040

skeptics professional scoffer types kind

467

00:20:15,170 --> 00:20:13,050

of want to jump in there and what

468

00:20:16,610 --> 00:20:15,180

they're failing to acknowledge is

469

00:20:19,490 --> 00:20:16,620

something that we all know and that

470

00:20:21,980 --> 00:20:19,500

there's a lot of this kind of subjective

471

00:20:24,110 --> 00:20:21,990

first-person evaluation that goes on in

472

00:20:26,380 --> 00:20:24,120

science and then particularly you know

473

00:20:29,390 --> 00:20:26,390

where you started with in terms of

474

00:20:31,520 --> 00:20:29,400

pharmacology and toxicology and also in

475

00:20:34,340 --> 00:20:31,530

a lot of medical research that's all we

476
00:20:36,430 --> 00:20:34,350
have is a first person's account do you

477
00:20:41,600 --> 00:20:36,440
feel better are you

478
00:20:44,150 --> 00:20:41,610
still pain exactly so this idea that you

479
00:20:46,340 --> 00:20:44,160
know first person suggests subjective

480
00:20:50,420 --> 00:20:46,350
experience isn't something we can

481
00:20:52,970 --> 00:20:50,430
measure is just silly at face value but

482
00:20:54,580 --> 00:20:52,980
it's just more of the the game that we

483
00:20:56,210 --> 00:20:54,590
have to play when we talk about

484
00:20:58,160 --> 00:20:56,220
communication with the dead than

485
00:20:59,960 --> 00:20:58,170
immediately everyone wants on tense up

486
00:21:07,960 --> 00:20:59,970
and say no you can't go there you can't

487
00:21:13,610 --> 00:21:07,970
do yeah science is us is a list of steps

488
00:21:15,650 --> 00:21:13,620

and people forget that the thing

489

00:21:18,650 --> 00:21:15,660

performing the steps is a human being

490

00:21:21,260 --> 00:21:18,660

and and us lots of scientists like to

491

00:21:23,920 --> 00:21:21,270

think that they can remain objective to

492

00:21:26,750 --> 00:21:23,930

what they're studying but they can't and

493

00:21:29,270 --> 00:21:26,760

because you were a person and you have a

494

00:21:31,430 --> 00:21:29,280

human brain you will always have diocese

495

00:21:34,220 --> 00:21:31,440

and you always have assumptions and so

496

00:21:35,750 --> 00:21:34,230

the best you can do is address your

497

00:21:37,760 --> 00:21:35,760

assumptions and so recognize your

498

00:21:39,680 --> 00:21:37,770

assumptions and so a lot of times you

499

00:21:41,450 --> 00:21:39,690

know there have been papers published in

500

00:21:44,090 --> 00:21:41,460

peer-reviewed journals where scientists

501
00:21:45,860 --> 00:21:44,100
got negative results from mediums but

502
00:21:47,780 --> 00:21:45,870
there were a lot of assumptions like

503
00:21:49,250 --> 00:21:47,790
okay well if I put them in this box and

504
00:21:49,740 --> 00:21:49,260
I make them do this thing but I think

505
00:21:53,010 --> 00:21:49,750
they

506
00:21:55,050 --> 00:21:53,020
do it then I will have disproof in that

507
00:21:56,820 --> 00:21:55,060
mediums are real and that's just silly

508
00:21:59,280 --> 00:21:56,830
and I make a big point of that in my

509
00:22:00,960 --> 00:21:59,290
book that there are two pieces of a good

510
00:22:03,990 --> 00:22:00,970
experiment and this doesn't just apply

511
00:22:06,360 --> 00:22:04,000
to mediumship it's you know any of these

512
00:22:08,160 --> 00:22:06,370
sort of anomalous phenomena need these

513
00:22:11,460 --> 00:22:08,170

pieces in an experiment and that's

514

00:22:14,130 --> 00:22:11,470

optimal controls part of me optimal

515

00:22:16,500 --> 00:22:14,140

environment and maximum controls so you

516

00:22:20,070 --> 00:22:16,510

want to study the thing as it exists in

517

00:22:23,190 --> 00:22:20,080

nature right so we can't put the medium

518

00:22:24,990 --> 00:22:23,200

and give her a famous person's name and

519

00:22:26,700 --> 00:22:25,000

say tell me things about the famous

520

00:22:29,220 --> 00:22:26,710

person like she doesn't know the famous

521

00:22:30,810 --> 00:22:29,230

bird like the famous person's loved ones

522

00:22:32,940 --> 00:22:30,820

aren't with her they're not wanting the

523

00:22:34,500 --> 00:22:32,950

reading she can't just reach out into

524

00:22:37,620 --> 00:22:34,510

the ether and get any information she

525

00:22:39,420 --> 00:22:37,630

wants it's as if the process is people

526

00:22:41,190 --> 00:22:39,430

come to her and they want to hear from

527

00:22:42,810 --> 00:22:41,200

their loved ones who have died and she

528

00:22:44,460 --> 00:22:42,820

provide for that information so you have

529

00:22:47,310 --> 00:22:44,470

to study that you have to study what the

530

00:22:49,230 --> 00:22:47,320

thing is and go back and tell us because

531

00:22:51,090 --> 00:22:49,240

we don't want to skip over that because

532

00:22:53,280 --> 00:22:51,100

it's a real important point that you

533

00:22:56,490 --> 00:22:53,290

make and I love the analogy you give in

534

00:22:59,640 --> 00:22:56,500

the book you say no more could you study

535

00:23:02,700 --> 00:22:59,650

a medium in an unnatural way than you

536

00:23:05,700 --> 00:23:02,710

could study an acorn by putting it on a

537

00:23:11,250 --> 00:23:05,710

lab table and saying grow now grow come

538

00:23:14,340 --> 00:23:11,260

on what's wrong with you right and in

539

00:23:17,130 --> 00:23:14,350

this case though how do we decide how do

540

00:23:19,470 --> 00:23:17,140

we determine what is this natural

541

00:23:23,490 --> 00:23:19,480

because it sounds a little bit fuzzy

542

00:23:25,680 --> 00:23:23,500

when we say the natural mediumistic kind

543

00:23:31,950 --> 00:23:25,690

of environment well how do we get there

544

00:23:33,630 --> 00:23:31,960

so with our professional full-time

545

00:23:36,180 --> 00:23:33,640

mediums this is what they do for a

546

00:23:38,640 --> 00:23:36,190

living and so they have a way that they

547

00:23:41,670 --> 00:23:38,650

do what they do and a lot of times it

548

00:23:47,310 --> 00:23:41,680

involves a sitter calling them on the

549

00:23:49,170 --> 00:23:47,320

phone and vice versa and they have some

550

00:23:50,760 --> 00:23:49,180

kind of nugget of information sometimes

551
00:23:53,070 --> 00:23:50,770
some of them prefer to know the

552
00:23:54,750 --> 00:23:53,080
relationship some want to know the first

553
00:23:57,330 --> 00:23:54,760
name of the deceased person

554
00:23:59,400 --> 00:23:57,340
you know sometimes chips the sitter

555
00:24:02,019 --> 00:23:59,410
being on the phone is enough of the

556
00:24:04,299 --> 00:24:02,029
Nugget and

557
00:24:07,269 --> 00:24:04,309
excuse me then they provide the

558
00:24:08,919 --> 00:24:07,279
information about that person and so we

559
00:24:13,060 --> 00:24:08,929
have to mimic that situation because

560
00:24:14,769 --> 00:24:13,070
that's what they do in real life great

561
00:24:17,619 --> 00:24:14,779
that's one thing great and we should

562
00:24:20,859 --> 00:24:17,629
also point out that and you alluded to

563
00:24:25,029 --> 00:24:20,869

this but if you're a deep bunker hey

564

00:24:27,459 --> 00:24:25,039

this is a great way to derail any of

565

00:24:30,369 --> 00:24:27,469

these experiments because you can really

566

00:24:33,399 --> 00:24:30,379

muck them up in a way that not a lot of

567

00:24:36,700 --> 00:24:33,409

people are going to pick up on right so

568

00:24:39,849 --> 00:24:36,710

whether it's mediums or any as you said

569

00:24:42,639 --> 00:24:39,859

any of these paranormal psyche and of

570

00:24:45,009 --> 00:24:42,649

phenomena you can just start changing

571

00:24:46,389 --> 00:24:45,019

the environment and without knowing and

572

00:24:49,060 --> 00:24:46,399

you have a pretty good chance of mixing

573

00:24:51,430 --> 00:24:49,070

of messing these things up right yeah

574

00:24:53,560 --> 00:24:51,440

and the same thing with you can you know

575

00:24:55,570 --> 00:24:53,570

control your phenomenon right out of

576

00:24:59,409 --> 00:24:55,580

existence right you can you can impose

577

00:25:02,799 --> 00:24:59,419

too many rules on it that now it can't

578

00:25:05,919 --> 00:25:02,809

even exist anymore and you know that's a

579

00:25:08,739 --> 00:25:05,929

good thing to do at what point can you

580

00:25:10,029 --> 00:25:08,749

make the phenomenon disappear so you can

581

00:25:11,469 --> 00:25:10,039

say okay it can happen like this and

582

00:25:14,049 --> 00:25:11,479

this and this but not like this

583

00:25:17,289 --> 00:25:14,059

so now you have the line where you you

584

00:25:19,659 --> 00:25:17,299

know it you can't pass it and in you

585

00:25:22,570 --> 00:25:19,669

know in these fields the resources are

586

00:25:26,229 --> 00:25:22,580

so limited that we don't have the option

587

00:25:29,680 --> 00:25:26,239

to do that so I have to just optimize it

588

00:25:32,079 --> 00:25:29,690

the best I can while controlling for all

589

00:25:33,879 --> 00:25:32,089

the other explanations for where the

590

00:25:36,039 --> 00:25:33,889

information could come from so again

591

00:25:38,289 --> 00:25:36,049

optimal environment maximum controls

592

00:25:40,930 --> 00:25:38,299

right so we should touch on maybe just a

593

00:25:44,169 --> 00:25:40,940

little bit more the kind of controls

594

00:25:46,209 --> 00:25:44,179

that you impose since you have I guess

595

00:25:48,209 --> 00:25:46,219

we could say you've written the book on

596

00:25:51,099 --> 00:25:48,219

it or you've written a paper on it in

597

00:25:54,579 --> 00:25:51,109

contemporary methods used in laboratory

598

00:25:57,070 --> 00:25:54,589

based medium research paper that many

599

00:25:58,810 --> 00:25:57,080

people cite who are familiar with this

600

00:26:00,999 --> 00:25:58,820

kind of research as kind of the gold

601
00:26:03,879 --> 00:26:01,009
standard for this kind of research what

602
00:26:06,310 --> 00:26:03,889
were you really looking for in terms of

603
00:26:08,859 --> 00:26:06,320
the most important kinds of controls to

604
00:26:11,049 --> 00:26:08,869
impose on these experiments well we

605
00:26:13,119 --> 00:26:11,059
wanted to eliminate all the explanations

606
00:26:15,230 --> 00:26:13,129
that you know because once the

607
00:26:17,539 --> 00:26:15,240
information is accurate and specific

608
00:26:19,159 --> 00:26:17,549
well yeah well she did a background

609
00:26:21,110 --> 00:26:19,169
check on you that's where she got all

610
00:26:23,440 --> 00:26:21,120
the information so we have to eliminate

611
00:26:25,700 --> 00:26:23,450
all the things that yeah but it's just

612
00:26:27,950 --> 00:26:25,710
blank you have to eliminate all those

613
00:26:29,269 --> 00:26:27,960

blanks that it could be and so cold

614

00:26:34,039 --> 00:26:29,279

reading is the big one

615

00:26:37,299 --> 00:26:34,049

so fishing for information right where

616

00:26:40,130 --> 00:26:37,309

they're getting feedback or they just

617

00:26:42,230 --> 00:26:40,140

Loyd Auerbach was pointed this out to me

618

00:26:43,580 --> 00:26:42,240

that another kind of cold reading that

619

00:26:46,220 --> 00:26:43,590

people sometimes forget about it's just

620

00:26:48,710 --> 00:26:46,230

information so general it could apply to

621

00:26:51,169 --> 00:26:48,720

almost anyone so that's a type of cold

622

00:26:52,580 --> 00:26:51,179

reading as well so to eliminate that we

623

00:26:55,970 --> 00:26:52,590

don't let the medium and the sitter

624

00:26:58,340 --> 00:26:55,980

anywhere near each other and most of any

625

00:26:59,899 --> 00:26:58,350

mediums near me our mediums are all over

626

00:27:01,669 --> 00:26:59,909

the country and I've never even been in

627

00:27:03,980 --> 00:27:01,679

the same room it's probably about half

628

00:27:06,320 --> 00:27:03,990

of it so all our readings take place

629

00:27:08,289 --> 00:27:06,330

over the phone and all the medium it's

630

00:27:10,940 --> 00:27:08,299

just the medium and I on the phone and

631

00:27:12,740 --> 00:27:10,950

we only have the first name of a

632

00:27:14,810 --> 00:27:12,750

deceased person that's all we have and

633

00:27:16,399 --> 00:27:14,820

then during the reading I ask the medium

634

00:27:18,350 --> 00:27:16,409

specific questions tell me what the

635

00:27:19,730 --> 00:27:18,360

deceased person looked like describe

636

00:27:21,620 --> 00:27:19,740

their personality what were their

637

00:27:23,930 --> 00:27:21,630

interest how did they die all

638

00:27:30,710 --> 00:27:23,940

information that you don't know right -

639

00:27:37,399 --> 00:27:34,279

so these controls are way beyond what

640

00:27:39,769 --> 00:27:37,409

any reasonable person would ask for in

641

00:27:42,500 --> 00:27:39,779

terms of really looking at this

642

00:27:45,950 --> 00:27:42,510

phenomena in an open way I mean there's

643

00:27:49,580 --> 00:27:45,960

not a lot of opportunity for any

644

00:27:51,680 --> 00:27:49,590

information exchange other than by some

645

00:27:54,230 --> 00:27:51,690

kind of anomalous means that we don't

646

00:27:56,360 --> 00:27:54,240

understand and of course that I guess is

647

00:27:59,210 --> 00:27:56,370

your result your bottom line your

648

00:28:00,889 --> 00:27:59,220

conclusion right that there must be some

649

00:28:05,060 --> 00:28:00,899

other means of this anomalous

650

00:28:07,789 --> 00:28:05,070

communication right yeah quite

651
00:28:11,570 --> 00:28:07,799
statistically confident that this data

652
00:28:13,130 --> 00:28:11,580
demonstrate that what we call anomalous

653
00:28:14,269 --> 00:28:13,140
information reception so they're

654
00:28:16,700 --> 00:28:14,279
reporting accurate and specific

655
00:28:17,899 --> 00:28:16,710
information about the deceased that they

656
00:28:21,080 --> 00:28:17,909
couldn't have gotten through normal

657
00:28:23,720 --> 00:28:21,090
means without any feedback without any

658
00:28:27,110 --> 00:28:23,730
prior knowledge and without using fraud

659
00:28:28,810 --> 00:28:27,120
or deception so let's talk for a minute

660
00:28:30,820 --> 00:28:28,820
about

661
00:28:33,009 --> 00:28:30,830
guess where we go with this research

662
00:28:35,680 --> 00:28:33,019
what this research means what are the

663
00:28:37,740 --> 00:28:35,690

implications for this research and I

664

00:28:41,110 --> 00:28:37,750

guess the starting point for that is

665

00:28:44,200 --> 00:28:41,120

possible explanations and I gotta say I

666

00:28:45,999 --> 00:28:44,210

was a little disappointed to hear you

667

00:28:47,259 --> 00:28:46,009

say that there are three possible

668

00:28:50,350 --> 00:28:47,269

explanations and they're kind of

669

00:28:55,230 --> 00:28:50,360

neck-and-neck and you included super psy

670

00:28:59,080 --> 00:28:55,240

as a possible explanation oh that's just

671

00:29:01,749 --> 00:28:59,090

completed an interview with Chris Carter

672

00:29:03,850 --> 00:29:01,759

on his new book on the afterlife and we

673

00:29:07,960 --> 00:29:03,860

had a good conversation about just what

674

00:29:11,320 --> 00:29:07,970

a weak explanation that is in terms of

675

00:29:13,480 --> 00:29:11,330

really addressing a large amount of the

676
00:29:16,419 --> 00:29:13,490
data that we have back it just doesn't

677
00:29:19,090 --> 00:29:16,429
seem to to cover it in any significant

678
00:29:21,100 --> 00:29:19,100
way but that I've already laid out my

679
00:29:23,580 --> 00:29:21,110
prejudice there but tell me about the

680
00:29:25,570 --> 00:29:23,590
possible explanations that you see and

681
00:29:43,629 --> 00:29:25,580
how you would evaluate those

682
00:29:46,720 --> 00:29:43,639
possibilities it's just hey what if it

683
00:29:53,769 --> 00:29:46,730
was this it's not it's just a thought

684
00:29:55,570 --> 00:29:53,779
experiment it's not it's not explanation

685
00:29:57,399 --> 00:29:55,580
so I just included it there because

686
00:29:59,289 --> 00:29:57,409
historically that alternative

687
00:30:00,549 --> 00:29:59,299
explanation and we should back up we

688
00:30:02,680 --> 00:30:00,559

should back up for a minute because I

689

00:30:05,019 --> 00:30:02,690

jumped ahead of the game to tell folks

690

00:30:08,139 --> 00:30:05,029

walk them through in somewhat basic

691

00:30:10,990 --> 00:30:08,149

terms what the possible explanations are

692

00:30:15,580 --> 00:30:11,000

for what you've observed for an honest

693

00:30:17,980 --> 00:30:15,590

information reception exactly so we put

694

00:30:21,639 --> 00:30:17,990

it sort of into two schools of thought

695

00:30:25,269 --> 00:30:21,649

one we call cymatics I so somatic means

696

00:30:27,970 --> 00:30:25,279

right so one means body so that

697

00:30:30,639 --> 00:30:27,980

explanation includes that the medium is

698

00:30:32,740 --> 00:30:30,649

accessing the body of information stored

699

00:30:34,539 --> 00:30:32,750

in the universe of that Akashic field or

700

00:30:36,430 --> 00:30:34,549

you know however you want to think of

701
00:30:38,049 --> 00:30:36,440
that so they're not talking to the dead

702
00:30:41,470 --> 00:30:38,059
through just accessing this body of

703
00:30:42,790 --> 00:30:41,480
information or we include in that the

704
00:30:44,800 --> 00:30:42,800
living people

705
00:30:47,470 --> 00:30:44,810
they're they're accessing information

706
00:30:49,900 --> 00:30:47,480
telepathically from living people so we

707
00:30:53,350 --> 00:30:49,910
call that somatic sigh and then that the

708
00:30:56,200 --> 00:30:53,360
second is called survival sigh so there

709
00:30:57,880 --> 00:30:56,210
because in any case they're involved

710
00:30:59,980 --> 00:30:57,890
they're using some kind of side right

711
00:31:03,430 --> 00:30:59,990
because it's anomalous information

712
00:31:05,440 --> 00:31:03,440
transfer so in survival sigh the

713
00:31:07,000 --> 00:31:05,450

explanation states that the medium is

714

00:31:09,940 --> 00:31:07,010

communicating with the survived

715

00:31:11,710 --> 00:31:09,950

consciousness of a once living person

716

00:31:13,570 --> 00:31:11,720

who the consciousness has continued to

717

00:31:16,240 --> 00:31:13,580

exist after the physical death of the

718

00:31:17,980 --> 00:31:16,250

body so that's the communication is

719

00:31:20,070 --> 00:31:17,990

called survival sigh and then sort of

720

00:31:23,050 --> 00:31:20,080

this they're using any other kind of

721

00:31:25,720 --> 00:31:23,060

sigh ability but no dead people are

722

00:31:28,900 --> 00:31:25,730

involved we call that somatic sigh great

723

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

and and then at the end of the book you

724

00:31:34,480 --> 00:31:31,730

come around to saying the the deeper

725

00:31:36,010 --> 00:31:34,490

philosophical spiritual implications for

726

00:31:39,010 --> 00:31:36,020

this which I think we're creeping up to

727

00:31:41,320 --> 00:31:39,020

when we talk about explanations and this

728

00:31:44,320 --> 00:31:41,330

is another area that I thought was was

729

00:31:46,990 --> 00:31:44,330

really really fascinating and I think a

730

00:31:50,920 --> 00:31:47,000

lot of folks would be quite surprised at

731

00:31:53,590 --> 00:31:50,930

your conclusions because one part of

732

00:31:55,210 --> 00:31:53,600

that conclusion is this from your book

733

00:31:58,030 --> 00:31:55,220

among mediums

734

00:32:02,430 --> 00:31:58,040

I don't think however this principle

735

00:32:06,460 --> 00:32:02,440

necessitates a grander spiritual reality

736

00:32:10,150 --> 00:32:06,470

tell us why you think your research

737

00:32:12,790 --> 00:32:10,160

doesn't support the idea of a grander

738

00:32:17,380 --> 00:32:12,800

spiritual reality that's gonna cheese

739

00:32:20,350 --> 00:32:17,390

some people often I wanna make that

740

00:32:23,980 --> 00:32:20,360

clear it neither refutes nor defense so

741

00:32:27,310 --> 00:32:23,990

it just does it I think that was giving

742

00:32:31,180 --> 00:32:27,320

people who don't buy into like the new

743

00:32:33,430 --> 00:32:31,190

agey kind of you know culture that that

744

00:32:35,410 --> 00:32:33,440

is often surrounded by these topics you

745

00:32:38,380 --> 00:32:35,420

still can believe that these not even

746

00:32:41,050 --> 00:32:38,390

believe you still can respect the data

747

00:32:43,390 --> 00:32:41,060

that they that the data demonstrate that

748

00:32:45,340 --> 00:32:43,400

they're reporting accurate and specific

749

00:32:47,650 --> 00:32:45,350

information about the deceased and even

750

00:32:49,900 --> 00:32:47,660

that the deceased are the consciousness

751
00:32:52,150 --> 00:32:49,910
still around even though the physical

752
00:32:55,200 --> 00:32:52,160
body is dead you can skip behind all

753
00:32:58,620 --> 00:32:55,210
that without needing to believe

754
00:33:02,130 --> 00:32:58,630
in God or heaven or things like that

755
00:33:04,830 --> 00:33:02,140
like you can the you know consciousness

756
00:33:06,960 --> 00:33:04,840
may just have a characteristic of being

757
00:33:08,850 --> 00:33:06,970
able to live outside the body that may

758
00:33:09,630 --> 00:33:08,860
just simply be a characteristic of

759
00:33:13,680 --> 00:33:09,640
consciousness

760
00:33:15,720 --> 00:33:13,690
it doesn't necessitate God or those

761
00:33:18,270 --> 00:33:15,730
heverer you know these these other

762
00:33:20,220 --> 00:33:18,280
things that that words that make some

763
00:33:21,390 --> 00:33:20,230

people uncomfortable so I just wanted to

764

00:33:23,250 --> 00:33:21,400

make that point

765

00:33:24,870 --> 00:33:23,260

see I don't quite agree with that and I

766

00:33:28,460 --> 00:33:24,880

think it's interesting to explore that

767

00:33:31,080 --> 00:33:28,470

because I think that statement in a way

768

00:33:33,960 --> 00:33:31,090

betrays some of the spirit of the

769

00:33:35,550 --> 00:33:33,970

initial question the initial observation

770

00:33:39,000 --> 00:33:35,560

you know I just heard the other day this

771

00:33:43,140 --> 00:33:39,010

quote from Nobel Prize author and

772

00:33:46,190 --> 00:33:43,150

philosopher Albert Kummer and who once

773

00:33:49,140 --> 00:33:46,200

said there's really only one serious

774

00:33:53,520 --> 00:33:49,150

philosophical question and that is

775

00:33:56,040 --> 00:33:53,530

suicide so I think I think what he's

776

00:33:59,180 --> 00:33:56,050

saying is that you know if life really

777

00:34:03,960 --> 00:33:59,190

is meaningless if we are these mere

778

00:34:07,740 --> 00:34:03,970

biological robots then suicide is the

779

00:34:09,510 --> 00:34:07,750

only viable way out of this absurdity

780

00:34:11,160 --> 00:34:09,520

that we kind of find ourselves in

781

00:34:13,350 --> 00:34:11,170

because there is no meaning there is no

782

00:34:15,000 --> 00:34:13,360

meaning to any of this and even if we

783

00:34:16,530 --> 00:34:15,010

try and pin it on our kids or we'll

784

00:34:18,990 --> 00:34:16,540

leave it well we're just leaving them a

785

00:34:21,330 --> 00:34:19,000

meaningless existence we're just passing

786

00:34:24,630 --> 00:34:21,340

that along and I think we could rework

787

00:34:27,030 --> 00:34:24,640

that that statement and scientifically

788

00:34:30,600 --> 00:34:27,040

and say there's only one real serious

789

00:34:32,940 --> 00:34:30,610

scientific question and that is god and

790

00:34:34,980 --> 00:34:32,950

even though we can be uncomfortable with

791

00:34:37,800 --> 00:34:34,990

that and I know a lot of people are

792

00:34:39,120 --> 00:34:37,810

really uncomfortable with that I don't

793

00:34:40,860 --> 00:34:39,130

care how you want to put them you want

794

00:34:42,870 --> 00:34:40,870

to say there's only one real scientific

795

00:34:44,610 --> 00:34:42,880

question it's are we biological robots

796

00:34:46,890 --> 00:34:44,620

there's only one serious scientific

797

00:34:50,550 --> 00:34:46,900

question does the mind equal brain i l

798

00:34:54,240 --> 00:34:50,560

think that it's the same thing of saying

799

00:34:57,390 --> 00:34:54,250

is there consciousness and is that

800

00:34:59,220 --> 00:34:57,400

consciousness somehow meaningful is

801
00:35:02,940 --> 00:34:59,230
there meaning behind it because I think

802
00:35:06,920 --> 00:35:02,950
if there is then I'll think that the

803
00:35:08,440 --> 00:35:06,930
scales tip way on the side of the god

804
00:35:10,210 --> 00:35:08,450
equation even

805
00:35:11,920 --> 00:35:10,220
we can be really uncomfortable with that

806
00:35:15,250 --> 00:35:11,930
that's really kind of where those

807
00:35:18,940 --> 00:35:15,260
implications go and and I just go back

808
00:35:21,069 --> 00:35:18,950
to that very first part of the

809
00:35:23,440 --> 00:35:21,079
scientific method where we say okay we

810
00:35:25,450 --> 00:35:23,450
have this observation thousands of the

811
00:35:29,319 --> 00:35:25,460
greatest minds throughout history have

812
00:35:31,810 --> 00:35:29,329
said survival and now we come back and

813
00:35:35,290 --> 00:35:31,820

we say we look at your dad and we say

814

00:35:38,500 --> 00:35:35,300

your data of that question is confirming

815

00:35:42,010 --> 00:35:38,510

yes it does suggest we are more mine

816

00:35:43,839 --> 00:35:42,020

doesn't equal brain it so in my mind if

817

00:35:47,500 --> 00:35:43,849

we're really going to be honest what it

818

00:35:50,589 --> 00:35:47,510

suggests is more evidence tipping on the

819

00:35:53,140 --> 00:35:50,599

scale of God and even if you don't like

820

00:35:56,500 --> 00:35:53,150

that that's kind of my term why do we

821

00:35:58,359 --> 00:35:56,510

want to try and play this balancing act

822

00:36:00,490 --> 00:35:58,369

and say well it could be it couldn't be

823

00:36:09,819 --> 00:36:00,500

do we really need to go there is that

824

00:36:10,660 --> 00:36:09,829

really scientific so first that's not my

825

00:36:24,520 --> 00:36:10,670

job

826

00:36:27,520 --> 00:36:24,530

the wind bridge Institute for Applied

827

00:36:29,410 --> 00:36:27,530

Research and human potential so at the

828

00:36:31,660 --> 00:36:29,420

end of the day we don't really care

829

00:36:35,200 --> 00:36:31,670

what's happening but how can it help

830

00:36:39,640 --> 00:36:35,210

people and how can we use it so that is

831

00:36:42,370 --> 00:36:39,650

really my main focus so I will leave it

832

00:36:44,950 --> 00:36:42,380

to the philosophers to have this

833

00:36:50,290 --> 00:36:44,960

discussion I think that you're trying to

834

00:36:56,109 --> 00:36:50,300

rope me into but I don't think I

835

00:37:01,630 --> 00:36:56,119

honestly don't think that that you need

836

00:37:03,190 --> 00:37:01,640

to have a bigger you know this idea of

837

00:37:04,809 --> 00:37:03,200

the word spiritual like that just the

838

00:37:07,030 --> 00:37:04,819

recognition that there's something

839

00:37:08,859 --> 00:37:07,040

bigger than me and I think that the

840

00:37:11,589 --> 00:37:08,869

thing that's bigger than you can just be

841

00:37:14,099 --> 00:37:11,599

your relationship with other people that

842

00:37:17,470 --> 00:37:14,109

apparently according to this data

843

00:37:20,770 --> 00:37:17,480

continues even after the person dies and

844

00:37:22,530 --> 00:37:20,780

even after you die and even after your

845

00:37:27,960 --> 00:37:22,540

dog dies

846

00:37:30,060 --> 00:37:27,970

and that that's meaningful in and of

847

00:37:32,250 --> 00:37:30,070

itself like do we have to assign greater

848

00:37:34,410 --> 00:37:32,260

meaning that's pretty cool right there

849

00:37:38,160 --> 00:37:34,420

like that we have that we have to have

850

00:37:40,350 --> 00:37:38,170

like this grander definition of how it's

851
00:37:43,290 --> 00:37:40,360
happening no that's pretty cool right

852
00:37:47,100 --> 00:37:43,300
there well I'm gonna try and rope you in

853
00:37:50,520 --> 00:37:47,110
one more time I'm not sure about needing

854
00:37:52,650 --> 00:37:50,530
a grander vision but I do want to pull

855
00:37:54,540 --> 00:37:52,660
you back into the science game because

856
00:37:56,970 --> 00:37:54,550
that's where I think there's this gap

857
00:37:59,700 --> 00:37:56,980
there's this chasm that we have to cross

858
00:38:01,230 --> 00:37:59,710
over because I think in a way and I

859
00:38:04,200 --> 00:38:01,240
really want to get your opinion on this

860
00:38:07,710 --> 00:38:04,210
because it's interesting to me that your

861
00:38:11,220 --> 00:38:07,720
research to a certain extent invalidates

862
00:38:14,190 --> 00:38:11,230
science as we know it and we can say

863
00:38:15,600 --> 00:38:14,200

science is not a position it's a method

864

00:38:17,970 --> 00:38:15,610

and we can say all those other nice

865

00:38:19,590 --> 00:38:17,980

things but at the end of the day it

866

00:38:21,330 --> 00:38:19,600

seems like there's a lot of kind of

867

00:38:24,390 --> 00:38:21,340

trying to put the genie back in the

868

00:38:27,750 --> 00:38:24,400

bottle here because what your research

869

00:38:30,720 --> 00:38:27,760

suggests is it adds to this growing body

870

00:38:32,700 --> 00:38:30,730

of data that suggests we can't really

871

00:38:35,280 --> 00:38:32,710

measure things in the way you think we

872

00:38:38,900 --> 00:38:35,290

can in the way that's required in

873

00:38:41,430 --> 00:38:38,910

science so we can look at Daryl BEM

874

00:38:43,500 --> 00:38:41,440

experiment famous parapsychology

875

00:38:46,200 --> 00:38:43,510

experiment where he showed that college

876

00:38:49,380 --> 00:38:46,210

students can study a vocabulary test

877

00:38:52,200 --> 00:38:49,390

after they take it and it'll improve the

878

00:38:54,270 --> 00:38:52,210

results before they take it or we can

879

00:38:56,700 --> 00:38:54,280

look at Dean Radin who kind of showed

880

00:38:58,920 --> 00:38:56,710

the same thing with his presentiment

881

00:39:01,230 --> 00:38:58,930

experiment where people know the future

882

00:39:03,420 --> 00:39:01,240

before they have it but when you start

883

00:39:05,910 --> 00:39:03,430

putting that together and we throw your

884

00:39:08,340 --> 00:39:05,920

research in there what I think it does

885

00:39:11,190 --> 00:39:08,350

to our worldview to our scientific

886

00:39:13,740 --> 00:39:11,200

worldview is say you know what we

887

00:39:16,950 --> 00:39:13,750

shouldn't be very sure of anything

888

00:39:19,140 --> 00:39:16,960

because we don't really know what we're

889

00:39:21,390 --> 00:39:19,150

measuring and more to the point of your

890

00:39:24,510 --> 00:39:21,400

research what I think it says to me is

891

00:39:27,390 --> 00:39:24,520

that we always have to have this X

892

00:39:30,060 --> 00:39:27,400

Factor on anything we think we know from

893

00:39:34,050 --> 00:39:30,070

science because we don't know what old

894

00:39:35,579 --> 00:39:34,060

dead Uncle Joe is doing how he fits into

895

00:39:38,519 --> 00:39:35,589

the equation

896

00:39:41,370 --> 00:39:38,529

so forget about the grander spiritual

897

00:39:43,950 --> 00:39:41,380

picture for a minute and just let's

898

00:39:46,079 --> 00:39:43,960

bring it back to science and say doesn't

899

00:39:49,769 --> 00:39:46,089

your research to a certain extent

900

00:39:52,259 --> 00:39:49,779

question the very nature of science in

901
00:40:06,150 --> 00:39:52,269
that it questions our ability to measure

902
00:40:18,150 --> 00:40:06,160
things traditional current scientific

903
00:40:21,329 --> 00:40:18,160
paradigm well wait a minute they're

904
00:40:24,059 --> 00:40:21,339
saying brain makes mind but this data

905
00:40:39,229 --> 00:40:24,069
singing mind survives when the brain is

906
00:40:45,749 --> 00:40:42,870
know oh surprise we don't know

907
00:40:47,609 --> 00:40:45,759
everything and to think that we have

908
00:40:49,579 --> 00:40:47,619
reached the edge of like oh yeah we

909
00:40:52,079 --> 00:40:49,589
understand everything about how

910
00:40:59,009 --> 00:40:52,089
consciousness and life and the universe

911
00:41:02,039 --> 00:40:59,019
works like that's just arrogant yeah it

912
00:41:04,859 --> 00:41:02,049
makes us think let's reevaluate some

913
00:41:10,999 --> 00:41:04,869

other things let's you know let's retest

914

00:41:14,279 --> 00:41:11,009

you know anything let's make let's

915

00:41:17,969 --> 00:41:14,289

really validate what is an assumption

916

00:41:20,640 --> 00:41:17,979

and you know Julie you just mentioned a

917

00:41:24,380 --> 00:41:20,650

little bit ago that the goal of the wind

918

00:41:27,539 --> 00:41:24,390

bridge Institute is to look at practical

919

00:41:29,339 --> 00:41:27,549

applications for what you're discovering

920

00:41:31,680 --> 00:41:29,349

and what you're finding out and I

921

00:41:34,380 --> 00:41:31,690

thought one thing that struck me both in

922

00:41:37,259 --> 00:41:34,390

the conversation we had a few years ago

923

00:41:41,130 --> 00:41:37,269

as well as in reading your book among

924

00:41:44,309 --> 00:41:41,140

mediums was the connection between this

925

00:41:47,609 --> 00:41:44,319

medium experience getting a psychic

926

00:41:48,959 --> 00:41:47,619

medium in grief and I think it touches

927

00:41:49,200 --> 00:41:48,969

on a couple of things that we've talked

928

00:41:51,510 --> 00:41:49,210

about

929

00:41:54,150 --> 00:41:51,520

here one it touches on on science you

930

00:41:56,070 --> 00:41:54,160

know the mirror if you're of real strict

931

00:41:58,170 --> 00:41:56,080

materialist I mean you have problems

932

00:42:00,180 --> 00:41:58,180

with grief in general you're like what's

933

00:42:03,000 --> 00:42:00,190

that just a little misfiring of your

934

00:42:06,090 --> 00:42:03,010

brain there you know we didn't fix that

935

00:42:09,540 --> 00:42:06,100

talk a little bit about what we know

936

00:42:13,200 --> 00:42:09,550

about grief and what might be the

937

00:42:15,360 --> 00:42:13,210

connection between grief and this kind

938

00:42:18,360 --> 00:42:15,370

of anomalous communication that people

939

00:42:20,580 --> 00:42:18,370

are getting in a mediumistic reading so

940

00:42:23,070 --> 00:42:20,590

what we know about grief is that it is

941

00:42:25,080 --> 00:42:23,080

ubiquitous in all cultures and in the

942

00:42:29,850 --> 00:42:25,090

animal kingdom so it is a natural

943

00:42:32,670 --> 00:42:29,860

process and most of the time like eighty

944

00:42:38,010 --> 00:42:32,680

percent of the time people get to the

945

00:42:40,460 --> 00:42:38,020

end of grief with no outside assistance

946

00:42:43,020 --> 00:42:40,470

like just with their with their natural

947

00:42:47,160 --> 00:42:43,030

support system from their family and

948

00:42:49,500 --> 00:42:47,170

their community and what we also know is

949

00:42:52,080 --> 00:42:49,510

that there are no stages of grief there

950

00:42:53,790 --> 00:42:52,090

are no tasks of grief that everybody

951
00:42:56,360 --> 00:42:53,800
grieves differently and however your

952
00:43:00,120 --> 00:42:56,370
grieving that's good that's good for you

953
00:43:02,760 --> 00:43:00,130
and but there is a smaller percentage of

954
00:43:05,160 --> 00:43:02,770
people that sort of get stuck and that

955
00:43:07,590 --> 00:43:05,170
grief is can be called traumatic grief

956
00:43:10,950 --> 00:43:07,600
or there's a lot of terms different

957
00:43:12,990 --> 00:43:10,960
terms for it and so that's the that's

958
00:43:16,470 --> 00:43:13,000
the clinical population that we would be

959
00:43:20,070 --> 00:43:16,480
interested in and not we but we as the

960
00:43:22,760 --> 00:43:20,080
mental health community those are the

961
00:43:27,540 --> 00:43:22,770
that's you know 20% is that those people

962
00:43:29,670 --> 00:43:27,550
need assistance and so actually I highly

963
00:43:32,730 --> 00:43:29,680

recommend this book called the truth

964

00:43:34,610 --> 00:43:32,740

about grief and a journalist wrote it

965

00:43:37,650 --> 00:43:34,620

about

966

00:43:39,570 --> 00:43:37,660

you know she investigated what we know

967

00:43:42,290 --> 00:43:39,580

about grief and it is fascinating and

968

00:43:45,530 --> 00:43:42,300

one of the the points her name is Ruth

969

00:43:48,000 --> 00:43:45,540

Davis Konigsberg I think is how you say

970

00:43:54,330 --> 00:43:48,010

and

971

00:43:56,099 --> 00:43:54,340

that the United States is one of the

972

00:43:58,410 --> 00:43:56,109

only countries that has a profession

973

00:44:01,230 --> 00:43:58,420

called grief counselor that other

974

00:44:03,270 --> 00:44:01,240

countries recognize other cultures

975

00:44:06,960 --> 00:44:03,280

recognize that you don't need someone

976

00:44:08,520 --> 00:44:06,970

specific to do that and that one of the

977

00:44:12,330 --> 00:44:08,530

other really important things I think is

978

00:44:14,880 --> 00:44:12,340

that there's sort of this grief memoir

979

00:44:18,630 --> 00:44:14,890

culture and so people write books about

980

00:44:20,460 --> 00:44:18,640

their horrifying grieving experience and

981

00:44:22,490 --> 00:44:20,470

so people that's what we hear about and

982

00:44:25,880 --> 00:44:22,500

that's what we see on TV and so people

983

00:44:28,170 --> 00:44:25,890

mistakenly think oh well that must be

984

00:44:31,859 --> 00:44:28,180

normal that must be how people grieve

985

00:44:34,740 --> 00:44:31,869

and it's not right only that if you're

986

00:44:38,670 --> 00:44:34,750

just having a natural grief process if

987

00:44:42,420 --> 00:44:38,680

you're in the 80% you don't write a book

988

00:44:45,080 --> 00:44:42,430

you don't go on TV so people mistakenly

989

00:44:49,590 --> 00:44:45,090

think that these that these really

990

00:44:51,359 --> 00:44:49,600

detrimental horrible breathing

991

00:44:54,870 --> 00:44:51,369

experiences are the norm but they're not

992

00:44:58,440 --> 00:44:54,880

so that's the big piece right there but

993

00:45:01,230 --> 00:44:58,450

again we're this 20% needs assistance

994

00:45:03,000 --> 00:45:01,240

and Julie let me just interject because

995

00:45:07,170 --> 00:45:03,010

back to our kind of I'm we're taking

996

00:45:10,349 --> 00:45:07,180

these very deep personal personally

997

00:45:13,680 --> 00:45:10,359

meaningful topics here and we're looking

998

00:45:15,450 --> 00:45:13,690

at a very stark scientific clinical and

999

00:45:17,670 --> 00:45:15,460

that's great because I think that that

1000

00:45:19,560 --> 00:45:17,680

helps us get some distance from it but

1001

00:45:21,900 --> 00:45:19,570

on this issue of grief if we look at it

1002

00:45:24,210 --> 00:45:21,910

that way as you have it really breaks

1003

00:45:25,950 --> 00:45:24,220

down pretty nicely scientifically okay

1004

00:45:28,920 --> 00:45:25,960

there's these people that report this

1005

00:45:31,410 --> 00:45:28,930

condition will call it grief we treat

1006

00:45:33,990 --> 00:45:31,420

this condition on a regular basis we

1007

00:45:36,390 --> 00:45:34,000

send them to a talking psychologist or

1008

00:45:38,250 --> 00:45:36,400

psychiatrist and that person talks Tok

1009

00:45:39,990 --> 00:45:38,260

Tok Tok Tok Tok Tok Tok and then we

1010

00:45:43,170 --> 00:45:40,000

measure afterwards and sometimes they're

1011

00:45:45,450 --> 00:45:43,180

better sometimes worth or not or we send

1012

00:45:47,040 --> 00:45:45,460

them in and they get some kind of Pharma

1013

00:45:48,990 --> 00:45:47,050

logical treatment they get these little

1014

00:45:50,849 --> 00:45:49,000

pills and they take them pop pop pop pop

1015

00:45:53,220 --> 00:45:50,859

and they either get better or they don't

1016

00:45:55,770 --> 00:45:53,230

and we measure that and I think which

1017

00:45:57,990 --> 00:45:55,780

you've suggest it is hey here are some

1018

00:46:00,450 --> 00:45:58,000

other people the report that they have

1019

00:46:01,140 --> 00:46:00,460

this reading with a medium and in the

1020

00:46:03,299 --> 00:46:01,150

same

1021

00:46:05,430 --> 00:46:03,309

we're measuring these other things and

1022

00:46:07,349 --> 00:46:05,440

we have a high love a vested interest

1023

00:46:09,960 --> 00:46:07,359

and a lot of money is at stake in

1024

00:46:12,720 --> 00:46:09,970

measuring those things we can measure in

1025

00:46:15,390 --> 00:46:12,730

the same way whether or not they showed

1026
00:46:18,690 --> 00:46:15,400
any improvement in this grief experience

1027
00:46:21,900 --> 00:46:18,700
they had after a reading I mean that is

1028
00:46:23,489 --> 00:46:21,910
how it breaks down isn't it yeah and you

1029
00:46:27,769 --> 00:46:23,499
know that's my training right it's drug

1030
00:46:29,910 --> 00:46:27,779
trials and I design a protocol and it's

1031
00:46:31,349 --> 00:46:29,920
you know there's a control group and a

1032
00:46:33,269 --> 00:46:31,359
treatment group just like a drug trial

1033
00:46:36,569 --> 00:46:33,279
and except instead of a drug gets a

1034
00:46:37,950 --> 00:46:36,579
mediumship reading and I designed this

1035
00:46:40,920 --> 00:46:37,960
very specific protocol using a

1036
00:46:43,559 --> 00:46:40,930
standardized grief instrument and two

1037
00:46:45,390 --> 00:46:43,569
different funders have not found it to

1038
00:46:48,509 --> 00:46:45,400

be what they were looking for but it

1039

00:46:52,009 --> 00:46:48,519

needs to get done so we're now in the

1040

00:46:56,549 --> 00:46:52,019

process of reaching out to the public to

1041

00:46:58,200 --> 00:46:56,559

try and get support for that for that

1042

00:47:00,690 --> 00:46:58,210

study because it really needs to be done

1043

00:47:02,730 --> 00:47:00,700

and because you know the same thing with

1044

00:47:06,120 --> 00:47:02,740

like when we just want to look at the

1045

00:47:07,259 --> 00:47:06,130

validity of the mediumship information

1046

00:47:09,210 --> 00:47:07,269

we have to start at the beginning are

1047

00:47:11,249 --> 00:47:09,220

they reporting specific information

1048

00:47:12,420 --> 00:47:11,259

accurate information we have to start at

1049

00:47:14,309 --> 00:47:12,430

the beginning of this does it make

1050

00:47:17,220 --> 00:47:14,319

people feel better we did a pilot study

1051
00:47:19,349 --> 00:47:17,230
and people reported anecdotally that it

1052
00:47:21,509 --> 00:47:19,359
made them feel better and your hunch

1053
00:47:25,079 --> 00:47:21,519
your hunch from doing this research for

1054
00:47:28,349 --> 00:47:25,089
10 years in being on the frontline is

1055
00:47:29,160 --> 00:47:28,359
that as people have reported for a long

1056
00:47:34,289 --> 00:47:29,170
time

1057
00:47:36,359 --> 00:47:34,299
it does help right but we need to

1058
00:47:38,039 --> 00:47:36,369
collect this data so that we can then

1059
00:47:39,749 --> 00:47:38,049
can ask all the questions that come

1060
00:47:42,150 --> 00:47:39,759
after it who does it benefit most

1061
00:47:45,089 --> 00:47:42,160
when is it beneficial what kinds of

1062
00:47:46,859 --> 00:47:45,099
deaths are you know do people benefit

1063
00:47:48,299 --> 00:47:46,869

most from a mediumship reading and I

1064

00:47:50,339 --> 00:47:48,309

want to be clear because this really

1065

00:47:53,009 --> 00:47:50,349

ruffles the feathers ruffles the feathers

1066

00:47:55,559 --> 00:47:53,019

of people in the mental health community

1067

00:47:57,089 --> 00:47:55,569

we are not under any circumstances

1068

00:47:59,430 --> 00:47:57,099

saying that mediumship reading sugar a

1069

00:48:02,579 --> 00:47:59,440

place work with a mental health

1070

00:48:06,359 --> 00:48:02,589

professional that's it's two different

1071

00:48:09,239 --> 00:48:06,369

things so you know any traditional grief

1072

00:48:13,260 --> 00:48:09,249

professional will tell you that that the

1073

00:48:16,620 --> 00:48:13,270

the purpose of the grief work

1074

00:48:18,240 --> 00:48:16,630

is to redefine the relationship and so a

1075

00:48:20,160 --> 00:48:18,250

mediumship reading is really helpful in

1076

00:48:21,990 --> 00:48:20,170

that because it lets you know that the

1077

00:48:24,300 --> 00:48:22,000

person is still around and still aware

1078

00:48:26,010 --> 00:48:24,310

of your life and still participating in

1079

00:48:28,500 --> 00:48:26,020

your relationship there just don't have

1080

00:48:31,020 --> 00:48:28,510

a body any future that I foresee that I

1081

00:48:34,250 --> 00:48:31,030

hope we get to is working together with

1082

00:48:37,290 --> 00:48:34,260

the grief community in that people can

1083

00:48:39,360 --> 00:48:37,300

grief counselors can have a list of

1084

00:48:41,550 --> 00:48:39,370

mediums that they trust and recommend

1085

00:48:43,710 --> 00:48:41,560

that they can send people to and then

1086

00:48:46,500 --> 00:48:43,720

when they you know and then that we can

1087

00:48:49,200 --> 00:48:46,510

learn when the best time is to send

1088

00:48:51,210 --> 00:48:49,210

people to a medium and then the person

1089

00:48:52,830 --> 00:48:51,220

can take what they learned in the

1090

00:48:54,510 --> 00:48:52,840

mediums burning back to the counselor

1091

00:48:57,600 --> 00:48:54,520

and they can and the counselor can help

1092

00:48:59,220 --> 00:48:57,610

them integrate the information that was

1093

00:49:00,630 --> 00:48:59,230

given during the reading because the

1094

00:49:03,510 --> 00:49:00,640

medium can't do that

1095

00:49:07,620 --> 00:49:03,520

you know she has one job and it is not

1096

00:49:09,210 --> 00:49:07,630

to counsel you it is not to it is to act

1097

00:49:11,400 --> 00:49:09,220

as the medium between you and your

1098

00:49:13,410 --> 00:49:11,410

deceased person so the future that I

1099

00:49:16,470 --> 00:49:13,420

hope to see is this collaboration

1100

00:49:19,440 --> 00:49:16,480

between the two populations and so we're

1101

00:49:21,510 --> 00:49:19,450

interested in working with people and

1102

00:49:23,730 --> 00:49:21,520

and I have no spoken at conferences in

1103

00:49:25,080 --> 00:49:23,740

it and a number of counselors have come

1104

00:49:28,110 --> 00:49:25,090

up to me and been very supportive and

1105

00:49:29,940 --> 00:49:28,120

there's a group called assist the

1106

00:49:31,860 --> 00:49:29,950

American Center for the integration of

1107

00:49:34,350 --> 00:49:31,870

spiritually transformative experiences

1108

00:49:38,160 --> 00:49:34,360

and they're very supportive of this idea

1109

00:49:42,000 --> 00:49:38,170

too that we need to educate the mental

1110

00:49:45,720 --> 00:49:42,010

health professionals about these strange

1111

00:49:47,520 --> 00:49:45,730

kinds of experiences spontaneous or you

1112

00:49:48,900 --> 00:49:47,530

know visiting a medium or those sorts of

1113

00:49:52,980 --> 00:49:48,910

things so that those people are

1114

00:49:55,500 --> 00:49:52,990

qualified to know when it is to you know

1115

00:49:57,780 --> 00:49:55,510

like I said send you to a medium and how

1116

00:49:59,700 --> 00:49:57,790

to help you integrate what happened

1117

00:50:03,360 --> 00:49:59,710

during the reading but we have to start

1118

00:50:05,190 --> 00:50:03,370

it with does it indeed under you know

1119

00:50:07,170 --> 00:50:05,200

experimental conditions with using a

1120

00:50:10,290 --> 00:50:07,180

standardized grief instrument does it

1121

00:50:12,960 --> 00:50:10,300

make people feel better great so Julie

1122

00:50:15,630 --> 00:50:12,970

you've set up a website for the book the

1123

00:50:18,330 --> 00:50:15,640

book title again is among mediums it's

1124

00:50:20,910 --> 00:50:18,340

available on Amazon it's a great read

1125

00:50:23,460 --> 00:50:20,920

you really enjoy it it's only \$4.95 on

1126
00:50:26,310 --> 00:50:23,470
Kindle you set up a website for the book

1127
00:50:26,970 --> 00:50:26,320
and also there's still the wind bridge

1128
00:50:29,310 --> 00:50:26,980
Institute

1129
00:50:31,349 --> 00:50:29,320
to website where folks can go and be

1130
00:50:33,270 --> 00:50:31,359
follow your research become a member and

1131
00:50:36,210 --> 00:50:33,280
all that stuff right right so yeah

1132
00:50:40,080 --> 00:50:36,220
people can go to among mediums calm to

1133
00:50:43,980 --> 00:50:40,090
learn more about the book and they can

1134
00:50:45,720 --> 00:50:43,990
go to wind bridge work to learn more

1135
00:50:49,020 --> 00:50:45,730
about our organization and sign up to

1136
00:50:51,270 --> 00:50:49,030
our email list to be notified when we

1137
00:50:53,670 --> 00:50:51,280
are going forward with this roof study

1138
00:50:55,920 --> 00:50:53,680

and that's nothing well it's been great

1139

00:50:58,470 --> 00:50:55,930

having it on we certainly wish you the

1140

00:51:00,780 --> 00:50:58,480

best of luck not only with the book but

1141

00:51:04,109 --> 00:51:00,790

with this very very important work that

1142

00:51:06,180 --> 00:51:04,119

you do great to talk to you and Julie

1143

00:51:07,620 --> 00:51:06,190

thanks so much for joining you thank you

1144

00:51:14,190 --> 00:51:07,630

can I say one more thing

1145

00:51:19,440 --> 00:51:14,200

of course I'm so sorry I don't have a

1146

00:51:22,290 --> 00:51:19,450

Kindle but you can you can read if

1147

00:51:24,960 --> 00:51:22,300

you're listening to this on any device

1148

00:51:27,540 --> 00:51:24,970

you can read the book on that device so

1149

00:51:30,150 --> 00:51:27,550

there are Kindle free kindle readers for

1150

00:51:31,620 --> 00:51:30,160

almost any device you can think right

1151

00:51:33,750 --> 00:51:31,630

right so you can read it right on your

1152

00:51:36,840 --> 00:51:33,760

on your notebook or your desktop or

1153

00:51:39,510 --> 00:51:36,850

whatever your phone yeah yeah and it's a

1154

00:51:42,300 --> 00:51:39,520

really fun book to read you've made it

1155

00:51:45,000 --> 00:51:42,310

very accessible you've made it very

1156

00:51:47,580 --> 00:51:45,010

personal which is great people feel like

1157

00:51:49,950 --> 00:51:47,590

they're riding right along with you and

1158

00:51:52,410 --> 00:51:49,960

I think anyone who's at all interested

1159

00:51:54,810 --> 00:51:52,420

in this topic will really enjoy it

1160

00:51:57,120 --> 00:51:54,820

so I do hope people pick it up me too

1161

00:51:59,190 --> 00:51:57,130

thanks so much for having me Alex well

1162

00:52:01,170 --> 00:51:59,200

thanks again to dr. by shell for joining

1163

00:52:04,020 --> 00:52:01,180

us today on skeptic oh now I wanted to

1164

00:52:07,230 --> 00:52:04,030

mention to you that Julie has set up a

1165

00:52:09,900 --> 00:52:07,240

website to try and raise some money for

1166

00:52:12,000 --> 00:52:09,910

this research that she's doing this is

1167

00:52:15,150 --> 00:52:12,010

very important research looking at the

1168

00:52:18,870 --> 00:52:15,160

connection between medium readings and

1169

00:52:21,780 --> 00:52:18,880

grief the website is after life science

1170

00:52:24,330 --> 00:52:21,790

comm check that out go over there

1171

00:52:26,700 --> 00:52:24,340

if you have the financial ability see if

1172

00:52:28,710 --> 00:52:26,710

you can lend a hand to Julie to get some

1173

00:52:31,050 --> 00:52:28,720

of this important research done I'll

1174

00:52:33,750 --> 00:52:31,060

have a link up in the show notes

1175

00:52:35,700 --> 00:52:33,760

now let me tea up a couple of questions

1176

00:52:38,240 --> 00:52:35,710

from this episode and they're both

1177

00:52:40,349 --> 00:52:38,250

related to this question of grief and

1178

00:52:42,089 --> 00:52:40,359

medium readings

1179

00:52:44,009 --> 00:52:42,099

the first question would be do you think

1180

00:52:47,220 --> 00:52:44,019

it's legitimate do you think it's worthy

1181

00:52:49,559 --> 00:52:47,230

from a scientific perspective to study

1182

00:52:53,579 --> 00:52:49,569

whether or not medium readings are

1183

00:52:56,279 --> 00:52:53,589

efficacious in relieving grief is this a

1184

00:52:58,710 --> 00:52:56,289

worthy science question and how would

1185

00:53:00,509 --> 00:52:58,720

you frame such a question I think that

1186

00:53:04,019 --> 00:53:00,519

was an interesting part of the dialogue

1187

00:53:06,479 --> 00:53:04,029

with Julie is how she claims that these

1188

00:53:09,180 --> 00:53:06,489

topics which are often looked at as

1189

00:53:11,009 --> 00:53:09,190

pseudoscience are really very scientific

1190

00:53:13,680 --> 00:53:11,019

if you frame them in the right way and

1191

00:53:16,650 --> 00:53:13,690

the second question related would be

1192

00:53:18,059 --> 00:53:16,660

what are the implications of her

1193

00:53:20,339 --> 00:53:18,069

findings which are at this point in

1194

00:53:22,079 --> 00:53:20,349

preliminary but if they panned out and

1195

00:53:24,569 --> 00:53:22,089

let's say there was this provable

1196

00:53:28,140 --> 00:53:24,579

connection between medium readings

1197

00:53:31,620 --> 00:53:28,150

relieving grief for people what would

1198

00:53:33,509 --> 00:53:31,630

that mean to us from a scientific

1199

00:53:35,759 --> 00:53:33,519

perspective I mean the implication

1200

00:53:37,289 --> 00:53:35,769

seemed to go way beyond grief they seem

1201

00:53:39,180 --> 00:53:37,299

to get right at the heart of these

1202

00:53:41,460 --> 00:53:39,190

issues that we talk so much about in

1203

00:53:44,430 --> 00:53:41,470

terms of fundamentally whether we are a

1204

00:53:47,220 --> 00:53:44,440

biological robot whether mind equals

1205

00:53:51,299 --> 00:53:47,230

brain or whether we are something more

1206

00:53:53,430 --> 00:53:51,309

is this paradigm busting research I look

1207

00:53:55,499 --> 00:53:53,440

forward to your thoughts on that and of

1208

00:54:00,029 --> 00:53:55,509

course the place to do that is at The

1209

00:54:02,190 --> 00:54:00,039

Skeptical website ske P tik Oh from

1210

00:54:04,499 --> 00:54:02,200

there you can link on over to our forums

1211

00:54:06,359 --> 00:54:04,509

enjoying the conversation there or leave

1212

00:54:09,479 --> 00:54:06,369

a comment right on the web site of

1213

00:54:11,729 --> 00:54:09,489

course you can also reach me on Facebook

1214

00:54:13,380 --> 00:54:11,739

or through email also through the

1215

00:54:16,019 --> 00:54:13,390

website and while you're there you can

1216

00:54:18,569 --> 00:54:16,029

check out all of our over 200 previous

1217

00:54:20,849 --> 00:54:18,579

episodes of skeptic Oh we'll have a

1218

00:54:23,339 --> 00:54:20,859

number of interesting shows coming up

1219

00:54:25,710 --> 00:54:23,349

we're going to look back at medium

1220

00:54:27,989 --> 00:54:25,720

research of a hundred years ago with

1221

00:54:32,279 --> 00:54:27,999

Michael Tim and look at a fascinating

1222

00:54:34,650 --> 00:54:32,289

new book from dr. Julia Asante so stay

1223

00:54:37,019 --> 00:54:34,660

with us for all of that I do appreciate

1224

00:54:38,999 --> 00:54:37,029

you joining me for these shows for the

1225

00:54:40,979 --> 00:54:39,009

community that we create and for the

1226

00:54:43,349 --> 00:54:40,989

connections that I've made through these

1227

00:54:46,769 --> 00:54:43,359

shows so again thanks for joining me on