



skeptiko.com

**OUT-OF-BODY EXPERIENCES
AREN'T ALL ABOUT
ANGELS AND DEMONS**

187. GRAHAM NICHOLLS

1
00:00:14,830 --> 00:00:12,490
on this episode of skeptic Oh Alex talks

2
00:00:17,160 --> 00:00:14,840
with Graham Nichols well both those

3
00:00:20,170 --> 00:00:17,170
people talk about a much more rich

4
00:00:22,929 --> 00:00:20,180
spiritual landscape that they feel like

5
00:00:24,550 --> 00:00:22,939
they've traversed and come come back and

6
00:00:27,040 --> 00:00:24,560
tell us about and they'll tell you about

7
00:00:29,260 --> 00:00:27,050
lower levels they'll tell you about

8
00:00:32,080 --> 00:00:29,270
different kinds of beings including what

9
00:00:34,840 --> 00:00:32,090
we would call evil or demonic beings and

10
00:00:36,970 --> 00:00:34,850
then hierarchical beings up to things

11
00:00:38,500 --> 00:00:36,980
that we would associate with a lot of

12
00:00:40,299 --> 00:00:38,510
religious traditions or they'll tell you

13
00:00:42,220 --> 00:00:40,309

directly that they're related to some

14

00:00:44,770 --> 00:00:42,230

religious traditions and I don't know

15

00:00:46,390 --> 00:00:44,780

how we can really have such a wall and

16

00:00:48,910 --> 00:00:46,400

say well you know it's all gonna be

17

00:00:51,400 --> 00:00:48,920

explained I don't feel there's a wall I

18

00:00:53,260 --> 00:00:51,410

feel that I explored a lot of those

19

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

kinds of ideas but not just me

20

00:00:57,760 --> 00:00:55,280

personally also the people I work with

21

00:01:00,040 --> 00:00:57,770

it's not that I've ever dismissed it

22

00:01:02,110 --> 00:01:00,050

it's more than I've tried to say what is

23

00:01:05,679 --> 00:01:02,120

this really what's going on and try to

24

00:01:07,780 --> 00:01:05,689

really dig beyond the preconceptions and

25

00:01:10,120 --> 00:01:07,790

step outside of the box of it and say

26

00:01:12,640 --> 00:01:10,130

well you know what might actually be

27

00:01:15,370 --> 00:01:12,650

going on rather than just going with the

28

00:01:19,510 --> 00:01:15,380

pre pre assumption that oh it's it's all

29

00:01:20,649 --> 00:01:19,520

spiritual and demons and angels and that

30

00:01:35,770 --> 00:01:20,659

kind of thing

31

00:01:39,590 --> 00:01:37,999

welcome to skeptic oh where we explore

32

00:01:42,109 --> 00:01:39,600

controversial science with leading

33

00:01:44,120 --> 00:01:42,119

researchers thinkers and their critics

34

00:01:45,740 --> 00:01:44,130

I'm your host Alexei Karras and on this

35

00:01:47,919 --> 00:01:45,750

episode of skeptic oh we're going to

36

00:01:50,120 --> 00:01:47,929

return to the topic of out-of-body

37

00:01:52,339 --> 00:01:50,130

experience as you just heard in the

38

00:01:54,499 --> 00:01:52,349

introduction Graham Nichols is joining

39

00:01:57,319 --> 00:01:54,509

us again and he has a fascinating take

40

00:01:59,839 --> 00:01:57,329

on not only what this phenomena is and

41

00:02:02,569 --> 00:01:59,849

how we can prove that it's real but also

42

00:02:05,289 --> 00:02:02,579

some very concrete advice about how you

43

00:02:08,960 --> 00:02:05,299

can experience an out-of-body experience

44

00:02:12,380 --> 00:02:08,970

yourself anyway here's my interview with

45

00:02:15,440 --> 00:02:12,390

Graham Nichols today we welcome back to

46

00:02:18,080 --> 00:02:15,450

skeptic OH out-of-body experience expert

47

00:02:19,990 --> 00:02:18,090

Graham Nichols Graham is here to talk

48

00:02:23,990 --> 00:02:20,000

about his fascinating new book

49

00:02:25,699 --> 00:02:24,000

navigating the out-of-body experience hi

50

00:02:28,430 --> 00:02:25,709

Graham it's so great to have you back on

51
00:02:32,240 --> 00:02:28,440
skeptical oh hi Alex it's great take me

52
00:02:35,089 --> 00:02:32,250
back on so here we are and I was looking

53
00:02:36,890 --> 00:02:35,099
over your new book fascinating

54
00:02:40,430 --> 00:02:36,900
fascinating and one of the things that

55
00:02:43,699 --> 00:02:40,440
really struck me is on one hand it's a

56
00:02:45,229 --> 00:02:43,709
very practical book and it says right in

57
00:02:46,699 --> 00:02:45,239
there that the aim of this book is to

58
00:02:48,890 --> 00:02:46,709
help you have an out-of-body experience

59
00:02:50,180 --> 00:02:48,900
which is fascinating and we want to talk

60
00:02:52,520 --> 00:02:50,190
about that because you really take a

61
00:02:53,839 --> 00:02:52,530
rather novel approach to kind of

62
00:02:56,180 --> 00:02:53,849
throwing a whole bunch of different

63
00:02:58,940 --> 00:02:56,190

techniques at folks and you actually

64

00:03:02,599 --> 00:02:58,950

have a really sound scientific basis for

65

00:03:04,879 --> 00:03:02,609

why you think that varied approach might

66

00:03:05,900 --> 00:03:04,889

work for people but at the same time and

67

00:03:08,300 --> 00:03:05,910

this is the other part of the book I

68

00:03:10,520 --> 00:03:08,310

want to talk about the book is very much

69

00:03:13,940 --> 00:03:10,530

about the science of out-of-body

70

00:03:17,509 --> 00:03:13,950

experience and the science related

71

00:03:19,309 --> 00:03:17,519

questions that it raises so so first

72

00:03:20,720 --> 00:03:19,319

maybe you can say am I getting that

73

00:03:24,140 --> 00:03:20,730

right are there really kind of these two

74

00:03:26,539 --> 00:03:24,150

aspects to the book sure yeah very much

75

00:03:30,379 --> 00:03:26,549

so I wanted to move it away from the

76

00:03:32,990 --> 00:03:30,389

heavily esoteric angle that's common in

77

00:03:35,750 --> 00:03:33,000

a lot of books and I also really wanted

78

00:03:38,300 --> 00:03:35,760

to base the techniques on something

79

00:03:41,140 --> 00:03:38,310

solid and just go out there and see what

80

00:03:43,729 --> 00:03:41,150

actually works rather than just

81

00:03:46,589 --> 00:03:43,739

repeating what so many books and so many

82

00:03:49,589 --> 00:03:46,599

other people have been saying for you

83

00:03:52,349 --> 00:03:49,599

over a hundred years I wanted to see if

84

00:03:54,569 --> 00:03:52,359

well does this stuff really actually do

85

00:03:57,449 --> 00:03:54,579

what people say and do we really have

86

00:03:59,250 --> 00:03:57,459

silver cords and energy bodies and all

87

00:04:01,619 --> 00:03:59,260

of these kinds of things that are talked

88

00:04:04,440 --> 00:04:01,629

about so commonly so yeah that was

89

00:04:06,270 --> 00:04:04,450

really the aim okay good so I tell you

90

00:04:09,300 --> 00:04:06,280

what let's leave aside for a second

91

00:04:12,659 --> 00:04:09,310

these scientific questions about OBEs

92

00:04:13,830 --> 00:04:12,669

including whether they really exist

93

00:04:15,030 --> 00:04:13,840

whether there really is such a thing

94

00:04:17,610 --> 00:04:15,040

because I guess that would be one of the

95

00:04:19,170 --> 00:04:17,620

first scientific questions and also I

96

00:04:21,749 --> 00:04:19,180

think we should leave aside for a minute

97

00:04:23,670 --> 00:04:21,759

the philosophical questions about what

98

00:04:26,520 --> 00:04:23,680

what this would might mean for

99

00:04:28,529 --> 00:04:26,530

consciousness materialism questions to

100

00:04:30,560 --> 00:04:28,539

the soul all that kind of stuff and

101

00:04:33,360 --> 00:04:30,570

let's talk about the practical

102

00:04:34,469 --> 00:04:33,370

applications because I think that's

103

00:04:37,890 --> 00:04:34,479

where a lot of people are going to be

104

00:04:40,560 --> 00:04:37,900

coming at this from tell us about your

105

00:04:43,020 --> 00:04:40,570

approach to helping people have these

106

00:04:46,110 --> 00:04:43,030

experiences well I think with my

107

00:04:47,850 --> 00:04:46,120

approach as well as the scientific thing

108

00:04:50,909 --> 00:04:47,860

stuff that I've already mentioned I

109

00:04:52,830 --> 00:04:50,919

think another thing that I really was

110

00:04:55,050 --> 00:04:52,840

noticing more and more as I work with

111

00:04:57,870 --> 00:04:55,060

people over time is that people are very

112

00:05:00,629 --> 00:04:57,880

different and that some people will have

113

00:05:03,029 --> 00:05:00,639

particular skills in a certain area and

114

00:05:05,100 --> 00:05:03,039

other people will have completely

115

00:05:07,469 --> 00:05:05,110

different skills I mean it's it's yeah

116

00:05:09,330 --> 00:05:07,479

you seem to take this NLP approach the

117

00:05:10,830 --> 00:05:09,340

neuro linguistic programming now you can

118

00:05:13,560 --> 00:05:10,840

which I thought was fascinating

119

00:05:16,140 --> 00:05:13,570

tell us how you how you came to to

120

00:05:19,710 --> 00:05:16,150

include that in this because it just

121

00:05:23,399 --> 00:05:19,720

made sense really this idea of modeling

122

00:05:25,350 --> 00:05:23,409

what someone actually does when when

123

00:05:27,120 --> 00:05:25,360

when they're having the experience and

124

00:05:29,060 --> 00:05:27,130

then seeing if I can apply it to

125

00:05:31,529 --> 00:05:29,070

different people and then seeing maybe

126

00:05:33,779 --> 00:05:31,539

more visual people might work better

127

00:05:35,850 --> 00:05:33,789

with a with more of a visual technique

128

00:05:38,010 --> 00:05:35,860

and another person because I was just

129

00:05:39,930 --> 00:05:38,020

finding that constantly when I was

130

00:05:42,390 --> 00:05:39,940

working with someone I'd offer them a

131

00:05:46,469 --> 00:05:42,400

technique and and they might say oh I

132

00:05:48,540 --> 00:05:46,479

can't visualize or oh I can't I am NOT

133

00:05:50,520 --> 00:05:48,550

very physical I have various health

134

00:05:52,200 --> 00:05:50,530

issues or or whatever all different

135

00:05:54,360 --> 00:05:52,210

things would come up when I'm working

136

00:05:57,689 --> 00:05:54,370

with them and it just became apparent to

137

00:05:59,550 --> 00:05:57,699

me well fit the techniques to the person

138

00:06:00,460 --> 00:05:59,560

rather than trying to fit the person to

139

00:06:03,490 --> 00:06:00,470

the techniques

140

00:06:05,740 --> 00:06:03,500

great great so you know just for folks

141

00:06:07,600 --> 00:06:05,750

who maybe aren't totally up to speed on

142

00:06:09,700 --> 00:06:07,610

that it's as you mentioned there you

143

00:06:12,490 --> 00:06:09,710

know some people are just drawn to let's

144

00:06:14,410 --> 00:06:12,500

say auditory stimulation you know these

145

00:06:16,600 --> 00:06:14,420

are the people who like to listen to

146

00:06:18,160 --> 00:06:16,610

music more and can really feel a

147

00:06:19,810 --> 00:06:18,170

connection with it you know that would

148

00:06:21,370 --> 00:06:19,820

be kind of one side and then some people

149

00:06:22,960 --> 00:06:21,380

obviously are more visual and maybe

150

00:06:25,690 --> 00:06:22,970

they're more of a dreamer kind of type

151
00:06:28,030 --> 00:06:25,700
and and so that's what in reading the

152
00:06:29,830 --> 00:06:28,040
book you've just kind of say go with it

153
00:06:31,960 --> 00:06:29,840
go with whatever your kind of natural

154
00:06:34,210 --> 00:06:31,970
inclination is because as you've

155
00:06:37,330 --> 00:06:34,220
discovered in your auto body experience

156
00:06:39,220 --> 00:06:37,340
work all three of all those sensory

157
00:06:41,200 --> 00:06:39,230
modalities are represented in the

158
00:06:43,540 --> 00:06:41,210
experience so it's not like an either/or

159
00:06:45,550 --> 00:06:43,550
thing you can just kind of emphasize one

160
00:06:48,160 --> 00:06:45,560
or the other two as a starting point am

161
00:06:51,520 --> 00:06:48,170
I getting that part right yeah totally I

162
00:06:53,920 --> 00:06:51,530
I think I think it is a it is a factor

163
00:06:56,560 --> 00:06:53,930

that you can really go with with the

164

00:06:58,990 --> 00:06:56,570

person's major skill or major sensory

165

00:07:01,540 --> 00:06:59,000

focus but then also bringing or bring in

166

00:07:04,030 --> 00:07:01,550

all the other senses as well so it's

167

00:07:06,460 --> 00:07:04,040

this it's looking at the person as a

168

00:07:08,110 --> 00:07:06,470

whole look at a complete approach that

169

00:07:10,390 --> 00:07:08,120

are very personalized approach I mean

170

00:07:12,640 --> 00:07:10,400

even bringing in emotions and things

171

00:07:15,340 --> 00:07:12,650

like that you know using an emotional

172

00:07:17,100 --> 00:07:15,350

focus such as another person working

173

00:07:19,480 --> 00:07:17,110

with another person so there's this

174

00:07:21,970 --> 00:07:19,490

building of connection which again is

175

00:07:24,250 --> 00:07:21,980

backed up with telepathy research and

176

00:07:27,190 --> 00:07:24,260

things like that there's a strong link

177

00:07:29,290 --> 00:07:27,200

between individuals and you know that

178

00:07:31,300 --> 00:07:29,300

can that can really help with the

179

00:07:33,730 --> 00:07:31,310

success rate of someone learning as well

180

00:07:35,470 --> 00:07:33,740

so it's it's all about looking at the

181

00:07:37,930 --> 00:07:35,480

science looking at the individual and

182

00:07:41,010 --> 00:07:37,940

and really working out the best approach

183

00:07:43,750 --> 00:07:41,020

for that person you know Graham another

184

00:07:45,730 --> 00:07:43,760

aspect of your technique that seemed

185

00:07:47,580 --> 00:07:45,740

interesting to me and maybe you want to

186

00:07:50,290 --> 00:07:47,590

talk about is this idea of immersion

187

00:07:51,909 --> 00:07:50,300

what are you what are you driving at

188

00:07:55,420 --> 00:07:51,919

there and how did you come up with that

189

00:07:58,240 --> 00:07:55,430

I suppose in an in a sense it came from

190

00:08:02,590 --> 00:07:58,250

this hypnosis idea again I think back in

191

00:08:05,260 --> 00:08:02,600

the late 90s about 98 I was working on

192

00:08:08,080 --> 00:08:05,270

the first of the immersive structures

193

00:08:10,779 --> 00:08:08,090

that I built specifically to induce

194

00:08:13,510 --> 00:08:10,789

ovaries and tell folks a little bit

195

00:08:14,290 --> 00:08:13,520

about that that's set up in that project

196

00:08:18,040 --> 00:08:14,300

because I think

197

00:08:21,550 --> 00:08:18,050

fascinating well the first structure I

198

00:08:25,149 --> 00:08:21,560

ever built was called epicene and it was

199

00:08:28,029 --> 00:08:25,159

essentially a steel structure like a

200

00:08:31,390 --> 00:08:28,039

like a kind of cage that was designed to

201
00:08:33,790 --> 00:08:31,400
suspend a platform a kind of bed in in

202
00:08:36,579 --> 00:08:33,800
the center and that was suspended by

203
00:08:39,579 --> 00:08:36,589
steel wire so it was very the way I was

204
00:08:41,519 --> 00:08:39,589
almost invisible so when someone walked

205
00:08:44,650 --> 00:08:41,529
in they would almost see just this

206
00:08:47,470 --> 00:08:44,660
floating platform essentially they would

207
00:08:51,639 --> 00:08:47,480
get on to that and it would flatten out

208
00:08:55,210 --> 00:08:51,649
and feel very much like floating and

209
00:08:57,519 --> 00:08:55,220
then there would be some of this the

210
00:09:02,170 --> 00:08:57,529
early version of my infra liminal sound

211
00:09:04,600 --> 00:09:02,180
technology and also a spoken hypnotic

212
00:09:07,750 --> 00:09:04,610
induction so it had it had a few

213
00:09:10,630 --> 00:09:07,760

different levels to it so the idea was

214

00:09:13,509 --> 00:09:10,640

that using all of those senses and the

215

00:09:14,920 --> 00:09:13,519

idea of suggesting to the person that

216

00:09:19,360 --> 00:09:14,930

they were floating putting them into

217

00:09:21,250 --> 00:09:19,370

that context would increase the the

218

00:09:23,500 --> 00:09:21,260

chances that it would trigger something

219

00:09:26,380 --> 00:09:23,510

unconsciously 'only lead to the

220

00:09:28,750 --> 00:09:26,390

out-of-body experience and I found that

221

00:09:31,389 --> 00:09:28,760

very quickly with the infra liminal

222

00:09:34,960 --> 00:09:31,399

sound that the vibrational state became

223

00:09:37,420 --> 00:09:34,970

very very common up to 90 plus percent

224

00:09:40,300 --> 00:09:37,430

of people were getting the vibrational

225

00:09:42,670 --> 00:09:40,310

state and then a certain percentage of

226

00:09:45,100 --> 00:09:42,680

people beyond that would go into going

227

00:09:48,190 --> 00:09:45,110

to either some kind of remote

228

00:09:50,560 --> 00:09:48,200

perceptions such as hearing or

229

00:09:52,360 --> 00:09:50,570

perceiving things a distance seeing

230

00:09:54,430 --> 00:09:52,370

things a distance or the full

231

00:09:56,920 --> 00:09:54,440

out-of-body experience well that those

232

00:10:00,490 --> 00:09:56,930

are just some astounding figures

233

00:10:02,380 --> 00:10:00,500

percentage-wise especially in a pretty

234

00:10:03,310 --> 00:10:02,390

controlled experiment in terms of

235

00:10:04,840 --> 00:10:03,320

everyone's going through the same

236

00:10:06,670 --> 00:10:04,850

experience you can ask them for and

237

00:10:08,920 --> 00:10:06,680

after that's pretty impressive it's very

238

00:10:11,500 --> 00:10:08,930

impressive let's let's talk a little bit

239

00:10:13,030 --> 00:10:11,510

about science and I want to start out

240

00:10:14,949 --> 00:10:13,040

with one of the things you said in the

241

00:10:16,870 --> 00:10:14,959

book that just struck man oh if there's

242

00:10:18,759 --> 00:10:16,880

anything wrong with it but you say the

243

00:10:20,439 --> 00:10:18,769

design of your techniques is drawn

244

00:10:22,720 --> 00:10:20,449

primarily from the science of

245

00:10:26,110 --> 00:10:22,730

parapsychology you want to tell folks

246

00:10:27,730 --> 00:10:26,120

how specifically parapsychology research

247

00:10:30,580 --> 00:10:27,740

has kind of

248

00:10:31,990 --> 00:10:30,590

informed some of these decisions you've

249

00:10:36,060 --> 00:10:32,000

made and techniques you've developed

250

00:10:40,060 --> 00:10:36,070

well I think I think they've given this

251

00:10:41,890 --> 00:10:40,070

underlying inspiration in in terms of

252

00:10:45,210 --> 00:10:41,900

looking at people like Michael Persinger

253

00:10:50,110 --> 00:10:45,220

z' research with the god helmet or or

254

00:10:52,360 --> 00:10:50,120

the research of Robert Monroe or you

255

00:10:54,850 --> 00:10:52,370

know even my work with Rupert Sheldrake

256

00:10:57,310 --> 00:10:54,860

and the idea of telepathy and the

257

00:11:00,970 --> 00:10:57,320

emotional connection between people and

258

00:11:05,290 --> 00:11:00,980

just thinking about this idea of is an

259

00:11:08,140 --> 00:11:05,300

out-of-body experience actually a psy

260

00:11:10,600 --> 00:11:08,150

experience when all of the all of these

261

00:11:15,220 --> 00:11:10,610

senses are activated if you like so if

262

00:11:17,350 --> 00:11:15,230

you think about it in terms of a psychic

263

00:11:21,040 --> 00:11:17,360

might describe that there clairaudient

264

00:11:23,140 --> 00:11:21,050

or that they're clairvoyant or whatever

265

00:11:25,330 --> 00:11:23,150

they'll you tell they're often have one

266

00:11:26,680 --> 00:11:25,340

sense of sense that's more developed

267

00:11:28,210 --> 00:11:26,690

than another and they're their

268

00:11:30,730 --> 00:11:28,220

information will come through in that

269

00:11:33,430 --> 00:11:30,740

way a few of my friends who are mediums

270

00:11:35,740 --> 00:11:33,440

often talk in that kind of context so

271

00:11:37,300 --> 00:11:35,750

that gave me the the idea that maybe

272

00:11:40,410 --> 00:11:37,310

what we're dealing with is an

273

00:11:42,700 --> 00:11:40,420

out-of-body experience is actually where

274

00:11:45,210 --> 00:11:42,710

those psychic functions are all

275

00:11:47,470 --> 00:11:45,220

activated so that it's like a complete

276

00:11:50,980 --> 00:11:47,480

multi-sensory experience because in a

277

00:11:53,260 --> 00:11:50,990

way I I don't we're obviously not really

278

00:11:55,630 --> 00:11:53,270

experiencing senses when we're out in

279

00:11:57,820 --> 00:11:55,640

that situation because I mean we're not

280

00:12:00,280 --> 00:11:57,830

we're not seeing light through lenses in

281

00:12:02,740 --> 00:12:00,290

a physical body kind of context there

282

00:12:06,810 --> 00:12:02,750

must be something else at play so it

283

00:12:09,070 --> 00:12:06,820

seems to me that we're almost

284

00:12:11,230 --> 00:12:09,080

translating the information that's

285

00:12:13,540 --> 00:12:11,240

coming through in whatever form that

286

00:12:15,910 --> 00:12:13,550

might be and as we're translating that

287

00:12:18,010 --> 00:12:15,920

information we do it into something

288

00:12:21,370 --> 00:12:18,020

that's familiar or understandable and

289

00:12:23,650 --> 00:12:21,380

that's more of a why it's in a kind of

290

00:12:26,320 --> 00:12:23,660

sensory context I think but I think

291

00:12:28,030 --> 00:12:26,330

that's also why one sense can be more

292

00:12:30,610 --> 00:12:28,040

developed than another or maybe one

293

00:12:32,770 --> 00:12:30,620

sense won't be active at all things like

294

00:12:34,120 --> 00:12:32,780

that that's fantastic

295

00:12:36,970 --> 00:12:34,130

speculation I mean it's really

296

00:12:38,470 --> 00:12:36,980

interesting at the same time I just I

297

00:12:40,210 --> 00:12:38,480

feel challenged in a way you know I

298

00:12:41,230 --> 00:12:40,220

remember interviewing Raymond Moody and

299

00:12:42,730 --> 00:12:41,240

he we talked about

300

00:12:44,650 --> 00:12:42,740

near-death experience and you'd say it's

301

00:12:46,630 --> 00:12:44,660

pre-scientific pre-scientific aunt used

302

00:12:48,880 --> 00:12:46,640

to always rub me you know in the way

303

00:12:51,040 --> 00:12:48,890

that dr. Raymond moody can kind of grind

304

00:12:53,290 --> 00:12:51,050

a little bit on stuff where he's in the

305

00:12:55,840 --> 00:12:53,300

middle of something and can't just come

306

00:12:59,380 --> 00:12:55,850

out and say it but in thinking about

307

00:13:02,880 --> 00:12:59,390

that I wonder if we are pre-scientific

308

00:13:05,680 --> 00:13:02,890

or maybe even post scientific because

309

00:13:08,160 --> 00:13:05,690

when you talk about those things and you

310

00:13:10,480 --> 00:13:08,170

talk about well that maybe we are

311

00:13:12,550 --> 00:13:10,490

reinterpreting what impressions were

312

00:13:14,920 --> 00:13:12,560

getting and putting them in sensory

313

00:13:18,180 --> 00:13:14,930

terms so that they can be reintegrated

314

00:13:21,340 --> 00:13:18,190

into our experience isn't that all

315

00:13:23,110 --> 00:13:21,350

necessarily by definition outside of

316

00:13:25,420 --> 00:13:23,120

what we can really wrap our arms around

317

00:13:27,760 --> 00:13:25,430

in terms of measuring in terms of

318

00:13:30,220 --> 00:13:27,770

science I mean now we can't even

319

00:13:32,350 --> 00:13:30,230

identify these variables let alone

320

00:13:34,660 --> 00:13:32,360

pretend that we're controlling for them

321

00:13:37,570 --> 00:13:34,670

in some kind of experiment don't we have

322

00:13:40,449 --> 00:13:37,580

a fundamental problem with science as

323

00:13:43,480 --> 00:13:40,459

soon as we step into this realm of

324

00:13:45,699 --> 00:13:43,490

consciousness beyond our body um I think

325

00:13:48,280 --> 00:13:45,709

I have to agree with you to a certain

326

00:13:50,290 --> 00:13:48,290

degree I think yeah we are we are in a

327

00:13:53,079 --> 00:13:50,300

situation where at this point in time

328

00:13:55,870 --> 00:13:53,089

we're not quite there for sure this and

329

00:13:58,690 --> 00:13:55,880

there's so little OBE research that's

330

00:14:00,490 --> 00:13:58,700

actually been done I think this there's

331

00:14:02,650 --> 00:14:00,500

still so much potential here to look

332

00:14:04,990 --> 00:14:02,660

into all of those those kinds of

333

00:14:07,269 --> 00:14:05,000

questions I think what I was meaning

334

00:14:09,250 --> 00:14:07,279

more when I was talking about that

335

00:14:12,160 --> 00:14:09,260

inspiration and and those those

336

00:14:14,530 --> 00:14:12,170

speculations as you say it's more in the

337

00:14:18,400 --> 00:14:14,540

sense of looking at it in a practical

338

00:14:21,790 --> 00:14:18,410

way I think I was I was thinking well

339

00:14:24,460 --> 00:14:21,800

how how can we find ways to enhance all

340

00:14:27,400 --> 00:14:24,470

of this in in the sense of allowing

341

00:14:28,900 --> 00:14:27,410

someone to get more successful results

342

00:14:31,569 --> 00:14:28,910

and I think that's what I meant when I

343

00:14:35,670 --> 00:14:31,579

talked about the science underlying what

344

00:14:38,350 --> 00:14:35,680

I was what I was exploring in terms of

345

00:14:40,720 --> 00:14:38,360

looking at it to understand exactly what

346

00:14:43,990 --> 00:14:40,730

the experience is I think we really need

347

00:14:47,139 --> 00:14:44,000

to do some research I think it's it's

348

00:14:50,730 --> 00:14:47,149

crazy that there's so there's so little

349

00:14:53,439 --> 00:14:50,740

that's been done and unfortunately I

350

00:14:55,120 --> 00:14:53,449

haven't really even come across many

351

00:14:58,360 --> 00:14:55,130

scientists who are open

352

00:15:01,180 --> 00:14:58,370

to doing research in this area I've

353

00:15:03,790 --> 00:15:01,190

spoken to a whole a whole range of

354

00:15:06,880 --> 00:15:03,800

scientists since our last interview in

355

00:15:09,880 --> 00:15:06,890

fact about doing some some veridical

356

00:15:12,910 --> 00:15:09,890

research in doing some research in this

357

00:15:15,550 --> 00:15:12,920

area and and most of them we'll all of

358

00:15:18,550 --> 00:15:15,560

them have even been too busy with other

359

00:15:21,100 --> 00:15:18,560

things or or not had had the resources

360

00:15:24,550 --> 00:15:21,110

or whatever so it's a real area that's

361

00:15:26,890 --> 00:15:24,560

just under explored and and that that

362

00:15:29,140 --> 00:15:26,900

amazes me because when you read books

363

00:15:31,450 --> 00:15:29,150

that are exploring the science on the

364

00:15:34,090 --> 00:15:31,460

topic they seem to go back to Robert

365

00:15:37,420 --> 00:15:34,100

Monroe and start talking about the 1960s

366

00:15:39,880 --> 00:15:37,430

and Charles tartes research and it's you

367

00:15:42,370 --> 00:15:39,890

know the miss the miss said experiment

368

00:15:45,100 --> 00:15:42,380

and things like that it's it's it's

369

00:15:48,000 --> 00:15:45,110

crazy really you make a good point

370

00:15:49,780 --> 00:15:48,010

because as you're alluding to

371

00:15:52,570 --> 00:15:49,790

fundamentally it's a very simple

372

00:15:54,840 --> 00:15:52,580

experiment on one level if we ignore the

373

00:15:56,680 --> 00:15:54,850

kind of deeper philosophical materialism

374

00:16:00,430 --> 00:15:56,690

consciousness kind of things and just

375

00:16:03,370 --> 00:16:00,440

say okay are you able to identify

376

00:16:05,590 --> 00:16:03,380

something outside your window or fly a

377

00:16:09,070 --> 00:16:05,600

thousand miles away and and see it I

378

00:16:11,500 --> 00:16:09,080

mean these are high school level kind of

379

00:16:14,410 --> 00:16:11,510

or lower level kind of experiments that

380

00:16:16,510 --> 00:16:14,420

can be done right sure yeah I I think I

381

00:16:19,330 --> 00:16:16,520

think your guest a couple of weeks ago

382

00:16:22,720 --> 00:16:19,340

made a really good point about that of

383

00:16:24,940 --> 00:16:22,730

he he's trying to work in a in a

384

00:16:28,060 --> 00:16:24,950

spontaneous sense looking at the

385

00:16:30,730 --> 00:16:28,070

spontaneous experiences and and I really

386

00:16:33,880 --> 00:16:30,740

agree with that that notion because I

387

00:16:36,490 --> 00:16:33,890

think that historically maybe the

388

00:16:38,530 --> 00:16:36,500

problems that have arisen with doing any

389

00:16:41,350 --> 00:16:38,540

kind of OBE research is literally just

390

00:16:42,790 --> 00:16:41,360

the controllability in the context of

391

00:16:46,090 --> 00:16:42,800

putting someone in the lab and saying

392

00:16:49,290 --> 00:16:46,100

okay now just do this you know on tap

393

00:16:52,750 --> 00:16:49,300

and you know even people of Robert

394

00:16:55,450 --> 00:16:52,760

Monroe's experience found that difficult

395

00:16:58,120 --> 00:16:55,460

to do or there's certain limitations on

396

00:17:00,790 --> 00:16:58,130

doing that and the depth to which the

397

00:17:03,190 --> 00:17:00,800

experience can go etc whereas if it's

398

00:17:06,550 --> 00:17:03,200

done where the experience happens in a

399

00:17:08,559 --> 00:17:06,560

spontaneous context and then that's rien

400

00:17:10,659 --> 00:17:08,569

de afterwards by

401
00:17:13,449 --> 00:17:10,669
people who can verify what took place I

402
00:17:15,579 --> 00:17:13,459
think that's that's a stronger context

403
00:17:17,169 --> 00:17:15,589
if you're an interesting person to ask

404
00:17:19,509 --> 00:17:17,179
since you have both the personal

405
00:17:22,569 --> 00:17:19,519
experience with this as well as

406
00:17:24,850 --> 00:17:22,579
experience in helping and and and

407
00:17:27,960 --> 00:17:24,860
working with so many other people who've

408
00:17:31,720 --> 00:17:27,970
achieved this out-of-body experience

409
00:17:35,049 --> 00:17:31,730
what do you think is going on as it

410
00:17:37,930 --> 00:17:35,059
relates specifically to this mind brain

411
00:17:41,549 --> 00:17:37,940
thing which as we've explored on this

412
00:17:43,930 --> 00:17:41,559
show many many times seems to be clearly

413
00:17:45,610 --> 00:17:43,940

under attack in terms of the

414

00:17:47,200 --> 00:17:45,620

materialistic paradigm that your

415

00:17:49,060 --> 00:17:47,210

consciousness is purely a product your

416

00:17:50,470 --> 00:17:49,070

brain that you are this biological robot

417

00:17:52,899 --> 00:17:50,480

I mean I think that's violated a number

418

00:17:56,499 --> 00:17:52,909

of ways but would you say that this is

419

00:17:58,180 --> 00:17:56,509

clearly violated by your experience with

420

00:18:00,570 --> 00:17:58,190

Auto Body experience in helping other

421

00:18:03,549 --> 00:18:00,580

people or is there some way that maybe

422

00:18:06,549 --> 00:18:03,559

somewhat of a materialistic explanation

423

00:18:08,529 --> 00:18:06,559

for this phenomena is possible I tend to

424

00:18:10,810 --> 00:18:08,539

lean towards that it's a combination

425

00:18:14,980 --> 00:18:10,820

I tend I tend to think that it's maybe

426

00:18:17,379 --> 00:18:14,990

not either/or I think that maybe there

427

00:18:19,299 --> 00:18:17,389

are factors that are dependent upon the

428

00:18:22,240 --> 00:18:19,309

brain and that there are factors that

429

00:18:25,570 --> 00:18:22,250

are extended beyond the brain I tend to

430

00:18:28,110 --> 00:18:25,580

see it something like that I don't think

431

00:18:30,399 --> 00:18:28,120

that the the type of consciousness

432

00:18:33,180 --> 00:18:30,409

experienced when out of the body is

433

00:18:37,269 --> 00:18:33,190

identical to the type of consciousness

434

00:18:40,749 --> 00:18:37,279

experienced within the body it often has

435

00:18:43,090 --> 00:18:40,759

actually more capabilities and more more

436

00:18:46,299 --> 00:18:43,100

possibilities than than you would have

437

00:18:49,269 --> 00:18:46,309

in your in your everyday reality if a

438

00:18:51,700 --> 00:18:49,279

student I was coaching online and just

439

00:18:54,820 --> 00:18:51,710

yesterday was talking about an

440

00:18:58,119 --> 00:18:54,830

experience she had where all of her

441

00:19:00,970 --> 00:18:58,129

sensory awareness in fact her sense of

442

00:19:03,580 --> 00:19:00,980

reality itself was more heightened and

443

00:19:08,680 --> 00:19:03,590

more precise in the experience she had

444

00:19:10,060 --> 00:19:08,690

than in in everyday reality on a on a

445

00:19:12,909 --> 00:19:10,070

broader level that I think it's

446

00:19:15,279 --> 00:19:12,919

definitely the case that there appears

447

00:19:18,340 --> 00:19:15,289

to be something happening beyond the

448

00:19:22,480 --> 00:19:18,350

physical brain for sure I I can't see

449

00:19:24,070 --> 00:19:22,490

any other way to approach it really when

450

00:19:26,500 --> 00:19:24,080

when you're when you're dealing with

451
00:19:29,950 --> 00:19:26,510
people who are flatlined for example in

452
00:19:34,320 --> 00:19:29,960
India deaf experience situations and and

453
00:19:36,460 --> 00:19:34,330
even even within the the whole OBE

454
00:19:39,550 --> 00:19:36,470
literature these experiences where

455
00:19:41,380 --> 00:19:39,560
people are so far beyond any way that

456
00:19:43,750 --> 00:19:41,390
they could be working in as in a sensory

457
00:19:45,880 --> 00:19:43,760
context it was somewhat of a lobbed

458
00:19:48,100 --> 00:19:45,890
question and maybe that's unfair but I

459
00:19:51,040 --> 00:19:48,110
like your answer and especially the last

460
00:19:55,600 --> 00:19:51,050
part one of the barriers to this I think

461
00:19:58,120 --> 00:19:55,610
is just how it's so obviously false your

462
00:20:00,160 --> 00:19:58,130
outside of your body having some kind of

463
00:20:03,730 --> 00:20:00,170

sensory experience without your senses

464

00:20:05,620 --> 00:20:03,740

it's clearly violating the mind the mind

465

00:20:08,230 --> 00:20:05,630

equal brain paradigm that we're in

466

00:20:11,170 --> 00:20:08,240

because it's so rigid the materialism as

467

00:20:13,810 --> 00:20:11,180

we understand it as it's taught in our

468

00:20:15,730 --> 00:20:13,820

science curriculum throughout high

469

00:20:18,010 --> 00:20:15,740

school and universities is so rigid that

470

00:20:21,220 --> 00:20:18,020

of course this violates it and the

471

00:20:22,570 --> 00:20:21,230

obvious nough sometimes makes it a

472

00:20:24,220 --> 00:20:22,580

little bit hard where we have to kind of

473

00:20:25,540 --> 00:20:24,230

dance around and go well you know it

474

00:20:28,150 --> 00:20:25,550

could be this could be that it's like

475

00:20:29,740 --> 00:20:28,160

but clear as you say it it might be a

476

00:20:31,180 --> 00:20:29,750

little this might be a little of that

477

00:20:34,270 --> 00:20:31,190

but at the end of the day we have to say

478

00:20:37,780 --> 00:20:34,280

clearly this violates the strict mind

479

00:20:39,730 --> 00:20:37,790

equals brain model for sure and actually

480

00:20:41,200 --> 00:20:39,740

there's another area with all of this

481

00:20:43,660 --> 00:20:41,210

that I'm becoming increasingly

482

00:20:45,850 --> 00:20:43,670

interested in and that's the whole area

483

00:20:47,680 --> 00:20:45,860

where people perceive an apparition of

484

00:20:50,260 --> 00:20:47,690

the person while they're out of their

485

00:20:53,530 --> 00:20:50,270

body which takes place both in in

486

00:20:56,110 --> 00:20:53,540

near-death studies and in and in OVA

487

00:20:58,720 --> 00:20:56,120

experiences some of my students have had

488

00:21:01,330 --> 00:20:58,730

situations where they've seen someone at

489

00:21:03,730 --> 00:21:01,340

they've they've been seen by say their

490

00:21:06,550 --> 00:21:03,740

close partner or whatever at another

491

00:21:08,920 --> 00:21:06,560

location and that that opens up a whole

492

00:21:11,290 --> 00:21:08,930

nother area as well I mean in penny SAR

493

00:21:15,850 --> 00:21:11,300

Tory's research as well they're one of

494

00:21:19,960 --> 00:21:15,860

the significant cases was actually a man

495

00:21:22,180 --> 00:21:19,970

who received his sister and the sister

496

00:21:24,370 --> 00:21:22,190

had actually passed away but he didn't

497

00:21:26,890 --> 00:21:24,380

know that and he was at the point of

498

00:21:30,820 --> 00:21:26,900

dying and he was communicating in the

499

00:21:33,310 --> 00:21:30,830

ward with his sister and then I think it

500

00:21:36,430 --> 00:21:33,320

was about a week later he found that his

501
00:21:39,730 --> 00:21:36,440
sister had actually died so that there's

502
00:21:43,030 --> 00:21:39,740
as these factors the really challenged

503
00:21:45,670 --> 00:21:43,040
and and open up this whole area even

504
00:21:47,830 --> 00:21:45,680
even beyond the idea that just

505
00:21:49,960 --> 00:21:47,840
consciousness and the experience of the

506
00:21:52,780 --> 00:21:49,970
individual but the experience of other

507
00:21:55,660 --> 00:21:52,790
people as well and and this interesting

508
00:21:57,160 --> 00:21:55,670
factor of they often perceive the person

509
00:21:59,320 --> 00:21:57,170
as they actually are at that particular

510
00:22:02,550 --> 00:21:59,330
point in time even down to their clothes

511
00:22:05,470 --> 00:22:02,560
which is interesting again because well

512
00:22:07,030 --> 00:22:05,480
why would you be wearing clothes in this

513
00:22:09,730 --> 00:22:07,040

kind of context I've had I've heard

514

00:22:12,610 --> 00:22:09,740

skeptics bring this kind of idea up or

515

00:22:15,520 --> 00:22:12,620

why why would a ghost wear clothes or

516

00:22:16,990 --> 00:22:15,530

why would a an OBE person be wearing

517

00:22:18,880 --> 00:22:17,000

clothes while they're out of the body

518

00:22:22,240 --> 00:22:18,890

but if you look at it in terms of the

519

00:22:24,340 --> 00:22:22,250

consciousness concept then we think of

520

00:22:26,500 --> 00:22:24,350

ourselves we project ourselves we

521

00:22:29,500 --> 00:22:26,510

experience ourselves in terms of

522

00:22:31,030 --> 00:22:29,510

memories and things like that as wearing

523

00:22:33,370 --> 00:22:31,040

clothes so if we're dealing with some

524

00:22:34,720 --> 00:22:33,380

kind of consciousness at a distance then

525

00:22:37,900 --> 00:22:34,730

it would make sense that we would

526

00:22:40,660 --> 00:22:37,910

project some image of ourselves as we

527

00:22:43,660 --> 00:22:40,670

understand ourselves so there's this

528

00:22:46,480 --> 00:22:43,670

hole of a other area that I find very

529

00:22:49,990 --> 00:22:46,490

fascinating related to all of this or

530

00:22:51,910 --> 00:22:50,000

they are somehow projecting with us or

531

00:22:53,620 --> 00:22:51,920

interacting with us but it always do I

532

00:22:56,530 --> 00:22:53,630

agree with you it does always seem like

533

00:22:59,350 --> 00:22:56,540

a rather strange objection on the part

534

00:23:03,490 --> 00:22:59,360

of a skeptic it's to kind of jump past

535

00:23:05,070 --> 00:23:03,500

the unbelievable nature of experiencing

536

00:23:08,830 --> 00:23:05,080

something outside of your body and then

537

00:23:11,800 --> 00:23:08,840

focus on a detail of the clothes or the

538

00:23:13,600 --> 00:23:11,810

the particular style of the clothes why

539

00:23:15,070 --> 00:23:13,610

would they wear a robe you know I think

540

00:23:16,990 --> 00:23:15,080

interesting but you you've kind of

541

00:23:19,210 --> 00:23:17,000

opened up another area the whole other

542

00:23:21,940 --> 00:23:19,220

area that I think is important that we

543

00:23:23,890 --> 00:23:21,950

get into a little bit because for the

544

00:23:26,200 --> 00:23:23,900

most part your book takes a very I guess

545

00:23:27,610 --> 00:23:26,210

you'd almost say secular approach to

546

00:23:31,360 --> 00:23:27,620

out-of-body experience

547

00:23:33,820 --> 00:23:31,370

but I'm compelled to kind of drive into

548

00:23:36,850 --> 00:23:33,830

this question of the spiritual and it

549

00:23:38,140 --> 00:23:36,860

came up in my last episode with Rupert

550

00:23:39,250 --> 00:23:38,150

Sheldrake and unfortunately you haven't

551
00:23:42,040 --> 00:23:39,260
had a chance to listen to that because

552
00:23:43,480 --> 00:23:42,050
it's still being edited but can we

553
00:23:45,670 --> 00:23:43,490
really remove ourselves from the

554
00:23:48,509 --> 00:23:45,680
spiritual questions here because they

555
00:23:51,209 --> 00:23:48,519
just seemed to be so pressing to me and

556
00:23:54,899 --> 00:23:51,219
and their monumental I think they're at

557
00:23:57,479 --> 00:23:54,909
the core of our our culture really and

558
00:23:59,820 --> 00:23:57,489
they're really at the core of of science

559
00:24:01,560 --> 00:23:59,830
although that's obscured a lot times

560
00:24:03,239 --> 00:24:01,570
because we get in these really

561
00:24:06,239 --> 00:24:03,249
ridiculous sidetrack debates about

562
00:24:08,159 --> 00:24:06,249
evolution or about religion and all the

563
00:24:10,409 --> 00:24:08,169

rest of these but I think fundamentally

564

00:24:13,889 --> 00:24:10,419

this is the question we've tasked

565

00:24:18,239 --> 00:24:13,899

science with who are we and then when we

566

00:24:20,519 --> 00:24:18,249

get answers that point us in a spiritual

567

00:24:22,949 --> 00:24:20,529

direction I mean apparitions like you're

568

00:24:24,989 --> 00:24:22,959

talking about are people being deceased

569

00:24:27,149 --> 00:24:24,999

and their consciousness being embodied

570

00:24:28,319 --> 00:24:27,159

and some I can't even say embodied

571

00:24:29,909 --> 00:24:28,329

because we don't know where that

572

00:24:33,119 --> 00:24:29,919

consciousness is but it seems to be able

573

00:24:35,639 --> 00:24:33,129

to interact with us you know to what

574

00:24:37,709 --> 00:24:35,649

extent do we really need to put those

575

00:24:40,349 --> 00:24:37,719

issues first and tackle and try and

576

00:24:43,799 --> 00:24:40,359

understand that spiritual territory in

577

00:24:46,729 --> 00:24:43,809

its broadest sense well I I see them as

578

00:24:49,139 --> 00:24:46,739

interrelated really I don't see I

579

00:24:51,359 --> 00:24:49,149

suppose I don't see the spiritual as

580

00:24:53,849 --> 00:24:51,369

implying the supernatural if if that's

581

00:24:59,699 --> 00:24:53,859

what you're getting at I think I think

582

00:25:02,609 --> 00:24:59,709

for me the spiritual is this this level

583

00:25:05,099 --> 00:25:02,619

of conscious awareness or this idea of

584

00:25:07,729 --> 00:25:05,109

growth and progression and change that

585

00:25:10,589 --> 00:25:07,739

that takes place through all of these

586

00:25:13,199 --> 00:25:10,599

natural factors of reality you know I

587

00:25:16,079 --> 00:25:13,209

think that if that the consciousness

588

00:25:18,539 --> 00:25:16,089

seems to be extended beyond the body in

589

00:25:20,909 --> 00:25:18,549

that we experience all of these things

590

00:25:23,940 --> 00:25:20,919

without the body and and whatever I

591

00:25:26,399 --> 00:25:23,950

think that there's just this underlying

592

00:25:29,789 --> 00:25:26,409

aspect it seems to nature and I think

593

00:25:33,180 --> 00:25:29,799

that that that factor will be identified

594

00:25:35,190 --> 00:25:33,190

and and learnt more about as time goes

595

00:25:37,619 --> 00:25:35,200

on through this kind of science but

596

00:25:39,479 --> 00:25:37,629

isn't it don't we by definition talking

597

00:25:41,729 --> 00:25:39,489

about the supernatural talking about

598

00:25:45,419 --> 00:25:41,739

something beyond nature because nature

599

00:25:48,509 --> 00:25:45,429

is this box that we've drawn around in

600

00:25:51,239 --> 00:25:48,519

science so we can kind of re-engineer

601
00:25:54,479 --> 00:25:51,249
those terms but I think we're talking

602
00:25:57,359 --> 00:25:54,489
about supernatural mmm I think I think

603
00:25:59,899 --> 00:25:57,369
the the definition of nature has maybe

604
00:26:02,070 --> 00:25:59,909
broadened from that kind of idea since

605
00:26:05,640 --> 00:26:02,080
quantum physics and

606
00:26:08,370 --> 00:26:05,650
and areas like that because a lot a lot

607
00:26:12,450 --> 00:26:08,380
of the the notions of how things would

608
00:26:16,080 --> 00:26:12,460
have worked but in the past I think have

609
00:26:17,790 --> 00:26:16,090
now expanded beyond beyond that you know

610
00:26:20,040 --> 00:26:17,800
I don't think we're limited to saying

611
00:26:23,250 --> 00:26:20,050
that everything is black and white and

612
00:26:25,200 --> 00:26:23,260
works in a very mechanical way I think I

613
00:26:28,410 --> 00:26:25,210

think quantum physics has framed that

614

00:26:31,710 --> 00:26:28,420

kind of idea out so I think now we're

615

00:26:34,250 --> 00:26:31,720

still very much exploring how those

616

00:26:37,500 --> 00:26:34,260

interconnections might work on a very

617

00:26:41,210 --> 00:26:37,510

very very tiny level and I think that

618

00:26:44,220 --> 00:26:41,220

that might open up these these

619

00:26:47,310 --> 00:26:44,230

understandings of of what's going on in

620

00:26:49,740 --> 00:26:47,320

in a in a new way so what might have

621

00:26:52,350 --> 00:26:49,750

seemed supernatural I think maybe I just

622

00:26:54,150 --> 00:26:52,360

see that eventually that kind of idea

623

00:26:56,520 --> 00:26:54,160

will just become part of the natural

624

00:27:01,290 --> 00:26:56,530

part of the the world that we understand

625

00:27:05,730 --> 00:27:01,300

by I I think that the OBEs and things

626
00:27:07,620 --> 00:27:05,740
like that will probably be be some kind

627
00:27:08,340 --> 00:27:07,630
of interconnection like Brian Joseph

628
00:27:10,890 --> 00:27:08,350
scens

629
00:27:13,140 --> 00:27:10,900
biological utilization of content on the

630
00:27:15,060 --> 00:27:13,150
gravity this idea that where there are

631
00:27:19,230 --> 00:27:15,070
neurons there are brains that our minds

632
00:27:22,260 --> 00:27:19,240
are extended beyond our beyond the brain

633
00:27:26,130 --> 00:27:22,270
itself through some kind of quantum

634
00:27:28,740 --> 00:27:26,140
mechanism see that's interesting your

635
00:27:30,270 --> 00:27:28,750
answer is very much in line with doctor

636
00:27:33,390 --> 00:27:30,280
Rupert Sheldrake there so you guys are

637
00:27:37,080 --> 00:27:33,400
on the same page and and I'm not I'm not

638
00:27:40,560 --> 00:27:37,090

against that I just I think that once we

639

00:27:43,680 --> 00:27:40,570

cross that chasm we we have to start

640

00:27:46,050 --> 00:27:43,690

trying to incorporate in a whole bunch

641

00:27:47,880 --> 00:27:46,060

of other experiences that before we've

642

00:27:50,100 --> 00:27:47,890

just kind of left on the sidelines and I

643

00:27:51,510 --> 00:27:50,110

don't I I just don't know how we can

644

00:27:53,730 --> 00:27:51,520

walk that fine line the fine line that

645

00:27:57,480 --> 00:27:53,740

you're walking in terms of okay

646

00:27:59,700 --> 00:27:57,490

don't worry science in quotes science

647

00:28:01,680 --> 00:27:59,710

will figure this out eventually I think

648

00:28:03,510 --> 00:28:01,690

once we cross that line then we have to

649

00:28:05,190 --> 00:28:03,520

talk about a little bit you know we're

650

00:28:07,640 --> 00:28:05,200

talking about Robert Bruce you know and

651
00:28:09,960 --> 00:28:07,650
his experience or I was mentioning

652
00:28:12,540 --> 00:28:09,970
Marilyn Hughes a former guest on this

653
00:28:15,660 --> 00:28:12,550
show with out-of-body travel Institute

654
00:28:16,409 --> 00:28:15,670
or something like that but really a lot

655
00:28:17,759 --> 00:28:16,419
of her ideas on

656
00:28:19,830 --> 00:28:17,769
very strange but I have to tell you in

657
00:28:21,539 --> 00:28:19,840
the experiences I've had with her she's

658
00:28:23,729 --> 00:28:21,549
demonstrated to me some rather

659
00:28:26,060 --> 00:28:23,739
remarkable abilities well both those

660
00:28:29,369 --> 00:28:26,070
people talk about a much more rich

661
00:28:31,830 --> 00:28:29,379
spiritual landscape that they feel like

662
00:28:33,479 --> 00:28:31,840
they've traversed and come come back and

663
00:28:35,849 --> 00:28:33,489

tell us about and they'll tell you about

664

00:28:38,190 --> 00:28:35,859

lower levels they'll tell you about

665

00:28:40,979 --> 00:28:38,200

different kinds of beings including what

666

00:28:43,739 --> 00:28:40,989

we would call evil or demonic beings and

667

00:28:45,899 --> 00:28:43,749

then hierarchical beings up to things

668

00:28:47,399 --> 00:28:45,909

that we would associate with a lot of

669

00:28:49,229 --> 00:28:47,409

religious traditions or they'll tell you

670

00:28:51,509 --> 00:28:49,239

directly that they're related to some

671

00:28:54,840 --> 00:28:51,519

religious traditions so I guess my point

672

00:28:58,019 --> 00:28:54,850

is you know I think I think we're

673

00:29:00,840 --> 00:28:58,029

obligated to really take that stuff much

674

00:29:03,599 --> 00:29:00,850

more seriously once we cross over and

675

00:29:07,139 --> 00:29:03,609

say yes this really is happening in a

676

00:29:09,349 --> 00:29:07,149

way that we think is real or scientific

677

00:29:12,599 --> 00:29:09,359

then I think these things come into play

678

00:29:14,639 --> 00:29:12,609

and I don't know how we can really have

679

00:29:17,999 --> 00:29:14,649

such a wall and say well you know it's

680

00:29:20,249 --> 00:29:18,009

all gonna be explained oh sure I mean I

681

00:29:23,369 --> 00:29:20,259

I I don't I don't feel there's a wall I

682

00:29:26,700 --> 00:29:23,379

feel that I I've explored a lot of those

683

00:29:28,859 --> 00:29:26,710

kinds of ideas I mean I've studied the

684

00:29:30,389 --> 00:29:28,869

Kabbalistic interpretations of this

685

00:29:31,710 --> 00:29:30,399

stuff I've looked at the astral

686

00:29:34,919 --> 00:29:31,720

projection in literature

687

00:29:39,840 --> 00:29:34,929

theosophy you know all these all these

688

00:29:42,239 --> 00:29:39,850

different areas I I've studied them over

689

00:29:44,519 --> 00:29:42,249

the years I've been interested in this

690

00:29:47,759 --> 00:29:44,529

kind of area and was probably less

691

00:29:50,220 --> 00:29:47,769

scientific in the past but more and more

692

00:29:53,009 --> 00:29:50,230

I found that those things just didn't

693

00:29:54,779 --> 00:29:53,019

hold up didn't hold up in terms of as

694

00:29:57,210 --> 00:29:54,789

you went and tried to explore them

695

00:29:59,460 --> 00:29:57,220

yourself and and validate them

696

00:30:01,349 --> 00:29:59,470

you couldn't personally validate which i

697

00:30:03,479 --> 00:30:01,359

think is that what you're saying but not

698

00:30:05,460 --> 00:30:03,489

just me personally also the people I

699

00:30:08,159 --> 00:30:05,470

work with and it became more and more

700

00:30:10,470 --> 00:30:08,169

common that that I was realizing that a

701
00:30:12,840 --> 00:30:10,480
lot of the preconceptions I mean a

702
00:30:15,599 --> 00:30:12,850
classic one that that you can talk about

703
00:30:17,310 --> 00:30:15,609
for example is the silver cord when you

704
00:30:19,289 --> 00:30:17,320
read astral projection literature the

705
00:30:22,049 --> 00:30:19,299
silver cord is constantly mentioned

706
00:30:24,029 --> 00:30:22,059
throughout the literature for going

707
00:30:27,180 --> 00:30:24,039
right back probably to Muldoon and

708
00:30:30,300 --> 00:30:27,190
Carrington's famous book in the 1930s

709
00:30:32,940 --> 00:30:30,310
and whatever so you've got this I

710
00:30:34,740 --> 00:30:32,950
dear the silver cord being there but

711
00:30:40,320 --> 00:30:34,750
then when I've actually worked with

712
00:30:43,110 --> 00:30:40,330
people they pretty much unanimously say

713
00:30:45,060 --> 00:30:43,120

to me I haven't seen a silver cord I

714

00:30:46,980 --> 00:30:45,070

haven't experienced one what's going on

715

00:30:49,800 --> 00:30:46,990

what's going wrong is sometimes what

716

00:30:51,720 --> 00:30:49,810

they say to me I think we get into we

717

00:30:55,680 --> 00:30:51,730

get into a problematic area my first

718

00:30:58,380 --> 00:30:55,690

teacher when I was around 15 turned

719

00:31:00,990 --> 00:30:58,390

around to me one day and said Albert of

720

00:31:02,610 --> 00:31:01,000

course you can't see in color when you

721

00:31:05,820 --> 00:31:02,620

have your out-of-body experiences can

722

00:31:09,870 --> 00:31:05,830

you and I looked at him quite confused

723

00:31:11,730 --> 00:31:09,880

by that but because of his his ideas

724

00:31:14,040 --> 00:31:11,740

that he'd drawn from Alice Bailey in

725

00:31:17,460 --> 00:31:14,050

various Theosophical traditions he

726

00:31:20,880 --> 00:31:17,470

believed that you had to be over 18 or a

727

00:31:23,820 --> 00:31:20,890

level of maturity before he would be

728

00:31:26,580 --> 00:31:23,830

able to see in color my experience was

729

00:31:29,270 --> 00:31:26,590

colorful from the beginning my very

730

00:31:33,870 --> 00:31:29,280

first Oh bees were very colorful and

731

00:31:38,970 --> 00:31:33,880

even rich blue energy was around me when

732

00:31:42,510 --> 00:31:38,980

I had my first I ve when I was around 14

733

00:31:45,150 --> 00:31:42,520

so it you know I started to question a

734

00:31:47,460 --> 00:31:45,160

lot of that kind of ideas so it was more

735

00:31:49,740 --> 00:31:47,470

it's not that I've ever dismissed it

736

00:31:51,930 --> 00:31:49,750

it's more that I've tried to say what is

737

00:31:55,410 --> 00:31:51,940

this really what's going on and tried to

738

00:31:57,510 --> 00:31:55,420

really dig beyond the preconceptions and

739

00:31:59,730 --> 00:31:57,520

step outside of the box a bit and say

740

00:32:02,340 --> 00:31:59,740

well you know what might actually be

741

00:32:05,130 --> 00:32:02,350

going on rather than just going with the

742

00:32:09,240 --> 00:32:05,140

pre pre assumption that oh it's it's all

743

00:32:12,450 --> 00:32:09,250

spiritual and demons and angels and that

744

00:32:16,050 --> 00:32:12,460

kind of thing if I saw those things or

745

00:32:18,780 --> 00:32:16,060

if if I saw consistency across cultures

746

00:32:20,970 --> 00:32:18,790

and with everyone I worked with I would

747

00:32:24,390 --> 00:32:20,980

take those things on board but the thing

748

00:32:26,460 --> 00:32:24,400

is is I don't see that so it it doesn't

749

00:32:26,910 --> 00:32:26,470

give me a strong reason to take them on

750

00:32:30,090 --> 00:32:26,920

board

751
00:32:32,070 --> 00:32:30,100
great well so Graham for folks who are

752
00:32:34,380 --> 00:32:32,080
interested in getting their hands on

753
00:32:36,090 --> 00:32:34,390
navigating the out-of-body experience

754
00:32:38,190 --> 00:32:36,100
how do they do that is it is it an

755
00:32:39,870 --> 00:32:38,200
Amazon sure it's on Amazon in the UK can

756
00:32:42,000 --> 00:32:39,880
you also get it from Amazon on the US

757
00:32:43,650 --> 00:32:42,010
well actually it was published in the

758
00:32:46,200 --> 00:32:43,660
u.s. through Llewellyn's

759
00:32:48,210 --> 00:32:46,210
it's it's got very good distribution so

760
00:32:49,920 --> 00:32:48,220
it should be in bookshops and on Amazon

761
00:32:52,380 --> 00:32:49,930
and great so it's easier to get in the

762
00:32:56,130 --> 00:32:52,390
US then they get in the UK huh it is

763
00:32:57,840 --> 00:32:56,140

indeed yeah and tell folks a little bit

764

00:32:59,370 --> 00:32:57,850

about your personal training because I

765

00:33:02,700 --> 00:32:59,380

understand you're still doing that for

766

00:33:04,710 --> 00:33:02,710

people who want to personally have the

767

00:33:05,490 --> 00:33:04,720

best chance of having this kind of

768

00:33:07,800 --> 00:33:05,500

experience

769

00:33:10,500 --> 00:33:07,810

yeah I've developed that whole program

770

00:33:12,630 --> 00:33:10,510

quite a lot so now now I work you know

771

00:33:15,660 --> 00:33:12,640

in a one-on-one way with people over

772

00:33:18,510 --> 00:33:15,670

over a month or two months or however

773

00:33:21,120 --> 00:33:18,520

long they want to work and they get to

774

00:33:23,400 --> 00:33:21,130

use my name preliminary sound technology

775

00:33:25,500 --> 00:33:23,410

through that as well and yeah I just

776

00:33:29,760 --> 00:33:25,510

guide them through work with a

777

00:33:32,730 --> 00:33:29,770

personalized program use a diary that

778

00:33:36,570 --> 00:33:32,740

they can put notes in and then we you

779

00:33:39,360 --> 00:33:36,580

know improve and go step by step through

780

00:33:41,460 --> 00:33:39,370

the process to the easiest way to find

781

00:33:42,990 --> 00:33:41,470

you probably Graham Nichols OBE would

782

00:33:43,440 --> 00:33:43,000

probably get you there on and a Google

783

00:33:46,410 --> 00:33:43,450

search

784

00:33:49,710 --> 00:33:46,420

sure just Graham Nichols home it's this

785

00:33:53,130 --> 00:33:49,720

it comes up top saying awesome with two

786

00:33:54,990 --> 00:33:53,140

L's the two L's okay great you've

787

00:33:58,140 --> 00:33:55,000

mentioned that you've tried to make

788

00:34:00,990 --> 00:33:58,150

connections with researchers to move

789

00:34:03,780 --> 00:34:01,000

this forward in the lab any prospects

790

00:34:06,390 --> 00:34:03,790

for that in the near future I was

791

00:34:08,909 --> 00:34:06,400

talking to a couple of researchers in

792

00:34:11,070 --> 00:34:08,919

the UK who are interested in doing a bit

793

00:34:13,980 --> 00:34:11,080

of research but waiting to see what

794

00:34:17,850 --> 00:34:13,990

happens on that I'm also doing some

795

00:34:21,389 --> 00:34:17,860

research with the infra liminal sound in

796

00:34:23,790 --> 00:34:21,399

terms of beneficial applications for

797

00:34:25,440 --> 00:34:23,800

that working with people with various

798

00:34:27,570 --> 00:34:25,450

problems like drug addiction and things

799

00:34:30,720 --> 00:34:27,580

like that because it seems to get people

800

00:34:33,000 --> 00:34:30,730

to a very positive balancing state of

801
00:34:35,190 --> 00:34:33,010
awareness which seems to help with those

802
00:34:37,139 --> 00:34:35,200
kinds of things it's already been tried

803
00:34:39,659 --> 00:34:37,149
with a small group and there's a

804
00:34:42,149 --> 00:34:39,669
possibly a pilot study happening in

805
00:34:44,610 --> 00:34:42,159
around six months in Ireland so there's

806
00:34:47,360 --> 00:34:44,620
a there's a few exciting things on the

807
00:34:50,399 --> 00:34:47,370
horizon with that well Graham it's

808
00:34:52,649 --> 00:34:50,409
fascinating work and a great book I hope

809
00:34:54,629 --> 00:34:52,659
everyone gets a gets a copy of it and

810
00:34:56,639 --> 00:34:54,639
try some of these techniques but you

811
00:34:57,450 --> 00:34:56,649
have to create some space in your life

812
00:34:59,190 --> 00:34:57,460
and

813
00:35:01,049 --> 00:34:59,200

get into that mode where you can really

814

00:35:02,849 --> 00:35:01,059

relax and let go a little bit which was

815

00:35:04,770 --> 00:35:02,859

a challenge for me but I think it's

816

00:35:06,420 --> 00:35:04,780

really worthwhile that's the luck with

817

00:35:09,140 --> 00:35:06,430

the book and thanks so much for joining

818

00:35:11,250 --> 00:35:09,150

me today thank you you're welcome

819

00:35:12,930 --> 00:35:11,260

thanks again to Graham for joining me

820

00:35:14,579 --> 00:35:12,940

today on skeptic Oh a couple of

821

00:35:17,160 --> 00:35:14,589

questions to tee up from this interview

822

00:35:20,150 --> 00:35:17,170

the first would be what are we to make

823

00:35:22,650 --> 00:35:20,160

of Graham's extraordinary out-of-body

824

00:35:24,240 --> 00:35:22,660

experiences now I have to tell you I've

825

00:35:25,740 --> 00:35:24,250

known Graham for several years and he's

826

00:35:28,620 --> 00:35:25,750

always come across to me as a very

827

00:35:30,720 --> 00:35:28,630

credible guy nothing he said and in the

828

00:35:33,089 --> 00:35:30,730

class that I did with him has ever made

829

00:35:34,950 --> 00:35:33,099

me question that in any way as a matter

830

00:35:37,680 --> 00:35:34,960

of fact it's only bolstered my feeling

831

00:35:40,140 --> 00:35:37,690

that he is legit he is who he says he is

832

00:35:43,950 --> 00:35:40,150

at the same time I wonder how we can

833

00:35:47,280 --> 00:35:43,960

really analyze his experience and how we

834

00:35:49,319 --> 00:35:47,290

can compare it with other experiences

835

00:35:51,210 --> 00:35:49,329

maybe we can't maybe we can maybe these

836

00:35:53,549 --> 00:35:51,220

experiences are so personal that they

837

00:35:55,770 --> 00:35:53,559

can only have personal meaning but then

838

00:35:58,079 --> 00:35:55,780

again that's why I think we approach

839

00:36:00,030 --> 00:35:58,089

these topics in the way that we do from

840

00:36:02,400 --> 00:36:00,040

skeptic Oh from a scientific standpoint

841

00:36:04,530 --> 00:36:02,410

and that is because we want to compare

842

00:36:06,780 --> 00:36:04,540

and contrast them with other people who

843

00:36:08,910 --> 00:36:06,790

seem credible who have these experiences

844

00:36:10,620 --> 00:36:08,920

and maybe have a different take on them

845

00:36:12,890 --> 00:36:10,630

so I guess the question and all that

846

00:36:16,910 --> 00:36:12,900

wrapped up for a forum discussion is

847

00:36:20,280 --> 00:36:16,920

what are we to make of the variety of

848

00:36:23,940 --> 00:36:20,290

extraordinary paranormal experiences and

849

00:36:27,030 --> 00:36:23,950

what methodology can we use to kind of

850

00:36:29,910 --> 00:36:27,040

tease apart what's most for lack of a

851
00:36:32,010 --> 00:36:29,920
better term real and the second question

852
00:36:35,099 --> 00:36:32,020
that I tee up would come back to this

853
00:36:37,980 --> 00:36:35,109
issue of spirituality do you think that

854
00:36:41,609 --> 00:36:37,990
these Auto Body experiences might be

855
00:36:43,980 --> 00:36:41,619
happening in a non spiritual way might

856
00:36:45,660 --> 00:36:43,990
they be something akin to a natural

857
00:36:47,670 --> 00:36:45,670
phenomena and how would we know

858
00:36:50,280 --> 00:36:47,680
something like that so those questions

859
00:36:52,170 --> 00:36:50,290
might not be perfectly formed in the way

860
00:36:54,480 --> 00:36:52,180
that I've said them so far but then

861
00:36:56,640 --> 00:36:54,490
you'll have an opportunity to reform

862
00:36:58,650 --> 00:36:56,650
them and and recast them in the way that

863
00:37:01,049 --> 00:36:58,660

you see fit the place to do that of

864

00:37:04,980 --> 00:37:01,059

course is at The Skeptical website which

865

00:37:06,480 --> 00:37:04,990

you'll find at ske pti k o com

866

00:37:08,640 --> 00:37:06,490

don't forget the K in there and from

867

00:37:10,349 --> 00:37:08,650

there you can link to our forum you can

868

00:37:10,890 --> 00:37:10,359

add a comment to the comment section of

869

00:37:12,960 --> 00:37:10,900

the website

870

00:37:14,940 --> 00:37:12,970

where you can track me down on Facebook

871

00:37:16,500 --> 00:37:14,950

or via email well that's about it for

872

00:37:18,390 --> 00:37:16,510

today I have a number of interesting

873

00:37:21,480 --> 00:37:18,400

interviews coming up we're gonna be

874

00:37:24,300 --> 00:37:21,490

tackling a wide variety of topics in the

875

00:37:28,020 --> 00:37:24,310

next couple months as well as returning

876

00:37:30,060 --> 00:37:28,030

some old tried-and-true territory that I

877

00:37:32,730 --> 00:37:30,070

just can't get away from including

878

00:37:36,480 --> 00:37:32,740

debates with atheists so stick around