

Jurgen Ziewe used lucid dreaming to travel outside of his body and explore other realms of consciousness.



photo by: Jurgen Ziewe

1
00:00:11,509 --> 00:00:09,830
hi everybody it's alex karras from skip

2
00:00:14,140 --> 00:00:11,519
cocom wanted to let you know about an

3
00:00:16,939 --> 00:00:14,150
interview i've just released with

4
00:00:17,380 --> 00:00:16,949
out-of-body experience ER and lucid

5
00:00:21,290 --> 00:00:17,390
dreamer

6
00:00:23,269 --> 00:00:21,300
juergen Ziva very interesting guy you're

7
00:00:24,820 --> 00:00:23,279
gonna collected these Auto Body

8
00:00:27,589 --> 00:00:24,830
experience

9
00:00:29,599 --> 00:00:27,599
Diaries for twenty thirty years before

10
00:00:34,160 --> 00:00:29,609
he published anything he's also quite an

11
00:00:35,990 --> 00:00:34,170
accomplished artist he's he's published

12
00:00:37,940 --> 00:00:36,000
this in some books that have become

13
00:00:41,389 --> 00:00:37,950

quite popular there he is this is his

14

00:00:43,670 --> 00:00:41,399

amazon page vistas of infinity

15

00:00:47,720 --> 00:00:43,680

multi-dimensional man may have heard

16

00:00:50,840 --> 00:00:47,730

about that nice guy very um seems like a

17

00:00:53,090 --> 00:00:50,850

very earnest guy has put out some rather

18

00:00:55,400 --> 00:00:53,100

extraordinary videos talking about his

19

00:00:59,990 --> 00:00:55,410

experience with the dead what happens

20

00:01:03,349 --> 00:01:00,000

after you die other experiences in these

21

00:01:05,179 --> 00:01:03,359

alternative realms of consciousness what

22

00:01:07,130 --> 00:01:05,189

I found particularly interesting with

23

00:01:11,920 --> 00:01:07,140

this interview that I did with uragan is

24

00:01:14,990 --> 00:01:11,930

I asked him about some of the other

25

00:01:18,020 --> 00:01:15,000

out-of-body experience people out there

26

00:01:21,020 --> 00:01:18,030

a while back I interviewed this guy

27

00:01:22,969 --> 00:01:21,030

Robert Bruce very well known throughout

28

00:01:25,190 --> 00:01:22,979

the world has published a couple books

29

00:01:28,160 --> 00:01:25,200

about his extensive experiences outside

30

00:01:30,399 --> 00:01:28,170

of his body now what's interesting about

31

00:01:34,370 --> 00:01:30,409

Robert Bruce is he claims to have

32

00:01:36,800 --> 00:01:34,380

encountered demons and actually been

33

00:01:39,940 --> 00:01:36,810

possessed by these demons and goes to

34

00:01:44,690 --> 00:01:39,950

pretty great lengths to talk about that

35

00:01:47,120 --> 00:01:44,700

now the other person I wanted to compare

36

00:01:49,929 --> 00:01:47,130

your guns account with was someone else

37

00:01:53,510 --> 00:01:49,939

I interviewed awhile ago

38

00:01:55,780 --> 00:01:53,520

Marilyn Hughes and Marilyn's quite

39

00:01:58,850 --> 00:01:55,790

interesting because Marilyn is a

40

00:02:00,889 --> 00:01:58,860

Christian very Christian and her

41

00:02:03,050 --> 00:02:00,899

interpretation of her auto body

42

00:02:04,910 --> 00:02:03,060

experiences are from a very Christian

43

00:02:09,410 --> 00:02:04,920

perspective and also what's interesting

44

00:02:13,160 --> 00:02:09,420

about Marilyn is we did an experiment on

45

00:02:13,940 --> 00:02:13,170

skeptic Oh where she did essentially a

46

00:02:16,880 --> 00:02:13,950

medium

47

00:02:20,660 --> 00:02:16,890

reading for I was a proxy sitter and

48

00:02:24,559 --> 00:02:20,670

there was this woman unfortunately lost

49

00:02:27,559 --> 00:02:24,569

her daughter by suicide and Marilyn was

50

00:02:30,470 --> 00:02:27,569

able to give an incredible account very

51
00:02:35,360 --> 00:02:30,480
evidential of this reading that she did

52
00:02:38,660 --> 00:02:35,370
and but her in general Maryland holds to

53
00:02:41,839 --> 00:02:38,670
a very Christian understanding of her

54
00:02:47,390 --> 00:02:41,849
auto body experience here is her website

55
00:02:49,370 --> 00:02:47,400
where she talks about oh how Jesus isn't

56
00:02:53,780 --> 00:02:49,380
too happy with the way the world is

57
00:02:56,059 --> 00:02:53,790
going kind of thing so this is kind of

58
00:02:59,509 --> 00:02:56,069
an interesting topic to me it's one that

59
00:03:01,759 --> 00:02:59,519
I've covered now several times I think

60
00:03:03,259 --> 00:03:01,769
it fits in with the extended

61
00:03:07,280 --> 00:03:03,269
consciousness stuff in general

62
00:03:09,080 --> 00:03:07,290
near-death experience mediumship all

63
00:03:12,350 --> 00:03:09,090

that stuff I think out-of-body

64

00:03:14,360 --> 00:03:12,360

experience is yet another way that we

65

00:03:17,120 --> 00:03:14,370

don't totally understand but seems to be

66

00:03:19,160 --> 00:03:17,130

out there to access this extended

67

00:03:23,120 --> 00:03:19,170

consciousness realm and it was very

68

00:03:25,069 --> 00:03:23,130

interesting talking to Jurgen so I hope

69

00:03:26,720 --> 00:03:25,079

you enjoy this interview you can find it

70

00:03:28,789 --> 00:03:26,730

either right here it's gonna follow this

71

00:03:31,460 --> 00:03:28,799

on this YouTube presentation but I won't

72

00:03:34,280 --> 00:03:31,470

be in it I'll just play the video or you

73

00:03:37,430 --> 00:03:34,290

can go over to skeptic Oh calm down load

74

00:03:39,710 --> 00:03:37,440

the mp3 obviously for free or you can

75

00:03:40,550 --> 00:03:39,720

get it through iTunes stitcher or

76

00:03:42,740 --> 00:03:40,560

whatever you like

77

00:03:45,710 --> 00:03:42,750

so I hope you enjoy this interview with

78

00:03:49,280 --> 00:03:45,720

Jurgen Ziva on this episode of skeptic

79

00:03:52,069 --> 00:03:49,290

Oh most of the world is living in a

80

00:03:56,120 --> 00:03:52,079

consensus reality that doesn't allow for

81

00:03:59,360 --> 00:03:56,130

this how do you balance that both on a

82

00:04:02,240 --> 00:03:59,370

day-to-day basis now and how did you

83

00:04:03,979 --> 00:04:02,250

deal with it for that long period of

84

00:04:06,050 --> 00:04:03,989

time when you really weren't telling

85

00:04:08,180 --> 00:04:06,060

anyone that this is what was going on

86

00:04:10,370 --> 00:04:08,190

yeah I think the first thing is of

87

00:04:12,770 --> 00:04:10,380

course we are totally focused on the

88

00:04:15,170 --> 00:04:12,780

physical reality and nearly everybody is

89

00:04:17,029 --> 00:04:15,180

and when it comes to our dreams we

90

00:04:19,879 --> 00:04:17,039

hardly pay any attention and be just

91

00:04:22,039 --> 00:04:19,889

dismissing those dreams but the moment

92

00:04:24,860 --> 00:04:22,049

you become aware in your dreams that

93

00:04:26,410 --> 00:04:24,870

just usually happens during lucid dreams

94

00:04:42,390 --> 00:04:26,420

things start

95

00:04:46,480 --> 00:04:44,890

welcome to skeptic aware we explore

96

00:04:48,820 --> 00:04:46,490

controversial science with leading

97

00:04:50,950 --> 00:04:48,830

researchers thinkers and their critics

98

00:04:53,410 --> 00:04:50,960

I'm your host Alex Karras and on this

99

00:04:55,060 --> 00:04:53,420

episode we return to a topic that I

100

00:04:58,120 --> 00:04:55,070

don't think gets enough serious

101
00:05:01,270 --> 00:04:58,130
scientific attention and that is lucid

102
00:05:04,360 --> 00:05:01,280
dreaming and in particular the potential

103
00:05:08,020 --> 00:05:04,370
for lucid dreaming to actually propel us

104
00:05:10,630 --> 00:05:08,030
into other realms of consciousness that

105
00:05:13,720 --> 00:05:10,640
is certainly the assertion of today's

106
00:05:16,240 --> 00:05:13,730
guest Jurgen Ziva a guest who was

107
00:05:17,800 --> 00:05:16,250
introduced to me by you skeptical

108
00:05:20,560 --> 00:05:17,810
listeners in this case Steve who

109
00:05:23,140 --> 00:05:20,570
suggested I talk to Jurgen and it was a

110
00:05:25,120 --> 00:05:23,150
great suggestion and in the process of

111
00:05:27,340 --> 00:05:25,130
doing the interview with Jurgen I did

112
00:05:29,260 --> 00:05:27,350
get back in touch with my own limited

113
00:05:31,240 --> 00:05:29,270

experience with lucid dreaming and I've

114

00:05:32,860 --> 00:05:31,250

talked about it a couple times on the

115

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

show and various interviews but you know

116

00:05:37,240 --> 00:05:34,880

I never even knew what lucid dreaming

117

00:05:39,700 --> 00:05:37,250

was until my oldest son began sharing

118

00:05:41,260 --> 00:05:39,710

his dreams with me his dream stories in

119

00:05:44,350 --> 00:05:41,270

the morning and he talked about these

120

00:05:46,210 --> 00:05:44,360

wild adventures that he had orchestrated

121

00:05:47,620 --> 00:05:46,220

he and insisted that you know he was in

122

00:05:48,880 --> 00:05:47,630

the center of these and making him

123

00:05:50,680 --> 00:05:48,890

happen and he could do whatever he

124

00:05:53,560 --> 00:05:50,690

wanted and all this stuff and initially

125

00:05:55,480 --> 00:05:53,570

I just kind of passed it off as fantasy

126

00:05:57,940 --> 00:05:55,490

I didn't think it was possible and it

127

00:05:59,410 --> 00:05:57,950

was through skeptic oh and doing various

128

00:06:02,680 --> 00:05:59,420

interviews on this show that I learned

129

00:06:04,840 --> 00:06:02,690

that there is really such a phenomena as

130

00:06:07,180 --> 00:06:04,850

lucid dreaming and it's been studied

131

00:06:08,980 --> 00:06:07,190

quite extensively in the laboratory as

132

00:06:10,750 --> 00:06:08,990

well as they can and there's even

133

00:06:12,520 --> 00:06:10,760

practitioners who will put you up at the

134

00:06:15,310 --> 00:06:12,530

Marriott for the weekend and teach you

135

00:06:17,740 --> 00:06:15,320

lucid dreaming in a seminar format so

136

00:06:19,870 --> 00:06:17,750

now people who research dreams have come

137

00:06:22,360 --> 00:06:19,880

around to the reality of lucid dreaming

138

00:06:24,190 --> 00:06:22,370

it's the sense that while you're in your

139

00:06:26,410 --> 00:06:24,200

dream you're aware that you're dreaming

140

00:06:29,050 --> 00:06:26,420

and therefore have the sense of control

141

00:06:32,200 --> 00:06:29,060

in my case I can tell you the first

142

00:06:33,910 --> 00:06:32,210

lucid dream I had was not that amazing

143

00:06:36,070 --> 00:06:33,920

but then it was amazing because it was

144

00:06:39,100 --> 00:06:36,080

my lucid dream but I remember it pretty

145

00:06:40,090 --> 00:06:39,110

clearly I was observing this football

146

00:06:41,950 --> 00:06:40,100

game but it's really

147

00:06:43,990 --> 00:06:41,960

strange football game played on a weird

148

00:06:45,640 --> 00:06:44,000

field and everything seemed kind of out

149

00:06:47,170 --> 00:06:45,650

of proportion and suddenly the thought

150

00:06:50,920 --> 00:06:47,180

crossed my mind

151
00:06:53,740 --> 00:06:50,930
hey this isn't real this must be a dream

152
00:06:55,570 --> 00:06:53,750
because I had been researching lucid

153
00:06:58,390 --> 00:06:55,580
dreaming which by the way is one of the

154
00:07:00,280 --> 00:06:58,400
key triggers if you want to begin lucid

155
00:07:02,650 --> 00:07:00,290
dreaming first step is to observe your

156
00:07:04,390 --> 00:07:02,660
dream but the second step or maybe it's

157
00:07:07,780 --> 00:07:04,400
the first step I don't know is to be

158
00:07:09,310 --> 00:07:07,790
aware that it's possible to become aware

159
00:07:11,860 --> 00:07:09,320
that you're dreaming

160
00:07:13,570 --> 00:07:11,870
in a lucid dream so it turns out that

161
00:07:15,490 --> 00:07:13,580
just the awareness of this can often

162
00:07:17,170 --> 00:07:15,500
trigger lucid dreaming for a lot of

163
00:07:19,930 --> 00:07:17,180

people and that was somewhat the case

164

00:07:22,030 --> 00:07:19,940

for me anyways back to this dream I had

165

00:07:24,640 --> 00:07:22,040

this thought it crossed my mind hey this

166

00:07:26,440 --> 00:07:24,650

must be a dream and with that I did what

167

00:07:28,570 --> 00:07:26,450

a lot of lucid dreamers will tell you is

168

00:07:30,070 --> 00:07:28,580

one of the first things they do I said

169

00:07:31,570 --> 00:07:30,080

I'm a dream I should be able to do

170

00:07:34,330 --> 00:07:31,580

whatever I want I'm gonna take flight

171

00:07:36,190 --> 00:07:34,340

and I just jumped with the and I just

172

00:07:39,040 --> 00:07:36,200

jumped with the idea that I'm gonna fly

173

00:07:40,900 --> 00:07:39,050

and well who the hole I flew I was off

174

00:07:42,520 --> 00:07:40,910

in the air and I was flying and I was

175

00:07:44,830 --> 00:07:42,530

above everything it's really cool it

176

00:07:47,080 --> 00:07:44,840

really felt like flying so since then

177

00:07:48,490 --> 00:07:47,090

I've had a bunch of lucid dreams they

178

00:07:50,380 --> 00:07:48,500

don't happen all the time they seem to

179

00:07:53,050 --> 00:07:50,390

happen more often during these

180

00:07:54,550 --> 00:07:53,060

hypnagogic states like when you wake up

181

00:07:56,320 --> 00:07:54,560

early in the morning and then you fall

182

00:07:58,810 --> 00:07:56,330

back asleep or when you first fall

183

00:08:00,250 --> 00:07:58,820

asleep at night those are classically

184

00:08:02,380 --> 00:08:00,260

the times when people have lucid dreams

185

00:08:04,660 --> 00:08:02,390

and that seems to be case for me but the

186

00:08:06,970 --> 00:08:04,670

reason I bring all this up is for two

187

00:08:09,700 --> 00:08:06,980

reasons first I don't think lucid

188

00:08:13,420 --> 00:08:09,710

dreaming is talked about enough as

189

00:08:15,220 --> 00:08:13,430

really being a stark departure from our

190

00:08:18,370 --> 00:08:15,230

ordinary understanding of consciousness

191

00:08:21,280 --> 00:08:18,380

and it is because lucid dreaming makes

192

00:08:24,130 --> 00:08:21,290

it clear experientially to us that we

193

00:08:26,500 --> 00:08:24,140

are in the observer mode of reality we

194

00:08:28,830 --> 00:08:26,510

are observing this reality that's

195

00:08:32,800 --> 00:08:28,840

unfolding and of course as you know

196

00:08:35,320 --> 00:08:32,810

doesn't bode well with our current model

197

00:08:37,089 --> 00:08:35,330

of consciousness but the other thing

198

00:08:40,540 --> 00:08:37,099

that's particularly interesting about

199

00:08:44,830 --> 00:08:40,550

lucid dreaming is how it is often a

200

00:08:48,160 --> 00:08:44,840

gateway to more extensive travels into

201
00:08:49,450 --> 00:08:48,170
these extended consciousness realms many

202
00:08:51,250 --> 00:08:49,460
people will tell you that they started

203
00:08:53,780 --> 00:08:51,260
out lucid dreaming and then they moved

204
00:08:55,640 --> 00:08:53,790
on to out-of-body travel

205
00:08:58,040 --> 00:08:55,650
and these other dimensions of

206
00:09:01,010 --> 00:08:58,050
consciousness that is certainly the

207
00:09:04,010 --> 00:09:01,020
account of today's guest Jurgen Ziva

208
00:09:07,460 --> 00:09:04,020
whose compiled the largest database that

209
00:09:10,250 --> 00:09:07,470
I know of of these accounts of lucid

210
00:09:12,770 --> 00:09:10,260
dreaming as a mode of travel into these

211
00:09:15,170 --> 00:09:12,780
extended consciousness realms

212
00:09:17,900 --> 00:09:15,180
now his accounts are quite challenging

213
00:09:20,570 --> 00:09:17,910

they're really outside the norm of what

214

00:09:23,450 --> 00:09:20,580

we experience and what we understand

215

00:09:24,950 --> 00:09:23,460

reality to be but isn't that what makes

216

00:09:27,020 --> 00:09:24,960

it fun in the first place

217

00:09:29,330 --> 00:09:27,030

what I tried to do in this interview was

218

00:09:32,120 --> 00:09:29,340

connect some of your guns thoughts

219

00:09:34,850 --> 00:09:32,130

experiences and ideas with some of the

220

00:09:37,100 --> 00:09:34,860

other guests you've heard on skeptic oh

221

00:09:39,530 --> 00:09:37,110

you can be the judge of whether or not

222

00:09:41,630 --> 00:09:39,540

those connections are there and whether

223

00:09:43,100 --> 00:09:41,640

they provide us any further insight into

224

00:09:45,200 --> 00:09:43,110

what's going on

225

00:09:47,690 --> 00:09:45,210

all in all was a really interesting

226

00:09:51,680 --> 00:09:47,700

dialogue from a very sincere and

227

00:09:54,080 --> 00:09:51,690

dedicated explorer of extended

228

00:10:17,870 --> 00:09:54,090

consciousness I hope you enjoy this

229

00:10:23,430 --> 00:10:21,060

today we welcome Jurgen Ziva to skeptic

230

00:10:26,310 --> 00:10:23,440

of Jurgen had a very successful career

231

00:10:29,510 --> 00:10:26,320

as an artist and illustrator but is

232

00:10:33,270 --> 00:10:29,520

probably much better known as a longtime

233

00:10:36,360 --> 00:10:33,280

out-of-body experience er who compiled a

234

00:10:38,400 --> 00:10:36,370

40 year journal in private of his

235

00:10:41,510 --> 00:10:38,410

experiences in this extended

236

00:10:43,920 --> 00:10:41,520

consciousness realm before publishing

237

00:10:46,500 --> 00:10:43,930

multi-dimensional man he's gone on to

238

00:10:49,080 --> 00:10:46,510

publish several books since then this is

239

00:10:51,900 --> 00:10:49,090

an amazing body of work from a very

240

00:10:54,540 --> 00:10:51,910

interesting gentleman who I'm so glad

241

00:10:57,150 --> 00:10:54,550

that a skeptical listener insisted that

242

00:10:59,220 --> 00:10:57,160

we bring on the show and I'm very happy

243

00:11:03,990 --> 00:10:59,230

to welcome you to sceptical you're good

244

00:11:06,300 --> 00:11:04,000

I don't go to you well it's very great

245

00:11:09,630 --> 00:11:06,310

to talk to you too so let me give folks

246

00:11:12,540 --> 00:11:09,640

a thumbnail sketch of your background

247

00:11:15,180 --> 00:11:12,550

and then we can kind of jump off from

248

00:11:18,030 --> 00:11:15,190

there I think because I have interviewed

249

00:11:20,370 --> 00:11:18,040

several out-of-body experiences before

250

00:11:23,880 --> 00:11:20,380

as well as a handful of people who've

251
00:11:24,900 --> 00:11:23,890
researched this phenomena I I think a

252
00:11:29,820 --> 00:11:24,910
lot of people are going to be familiar

253
00:11:32,670 --> 00:11:29,830
with the basic idea but again your case

254
00:11:34,680 --> 00:11:32,680
is totally unique and yet it fits in

255
00:11:36,960 --> 00:11:34,690
with a pattern that we've seen before so

256
00:11:39,600 --> 00:11:36,970
you're practicing meditation you are

257
00:11:42,270 --> 00:11:39,610
very deeply and intently practicing it

258
00:11:45,090 --> 00:11:42,280
and then suddenly you're catapulted out

259
00:11:47,880 --> 00:11:45,100
of your body and you experience this

260
00:11:49,700 --> 00:11:47,890
other realm one thing that's very unique

261
00:11:53,910 --> 00:11:49,710
in your case is you kept this diary

262
00:11:56,010 --> 00:11:53,920
detailing these experiences for 40 years

263
00:11:57,930 --> 00:11:56,020

which is really quite remarkable and

264

00:12:00,240 --> 00:11:57,940

then you came back and you started

265

00:12:03,440 --> 00:12:00,250

sharing those experiences with other

266

00:12:06,030 --> 00:12:03,450

people who were understandably

267

00:12:08,160 --> 00:12:06,040

fascinated and gained a lot from what

268

00:12:09,990 --> 00:12:08,170

you had to share you've formed a little

269

00:12:13,230 --> 00:12:10,000

community and that's what eventually led

270

00:12:16,470 --> 00:12:13,240

you to write these very interesting

271

00:12:17,850 --> 00:12:16,480

books what else should we add to that

272

00:12:19,920 --> 00:12:17,860

background to help people understand

273

00:12:23,519 --> 00:12:19,930

where you're coming from I think that's

274

00:12:27,600 --> 00:12:23,529

basically it really but I don't think my

275

00:12:29,639 --> 00:12:27,610

meditation helped of course to focus

276

00:12:33,060 --> 00:12:29,649

attention when I had out-of-body

277

00:12:36,480 --> 00:12:33,070

experiences so I was able to prolong

278

00:12:39,300 --> 00:12:36,490

them and also I by device various

279

00:12:43,829 --> 00:12:39,310

techniques to bring back the information

280

00:12:46,680 --> 00:12:43,839

and retain very detailed memory really I

281

00:12:48,150 --> 00:12:46,690

think that's that together is recording

282

00:12:51,870 --> 00:12:48,160

it always have to get a much more

283

00:12:55,019 --> 00:12:51,880

comprehensive picture because these

284

00:12:56,939 --> 00:12:55,029

experiences can easily get lost you know

285

00:12:59,939 --> 00:12:56,949

if you don't follow some sort of

286

00:13:03,060 --> 00:12:59,949

discipline which is an interesting topic

287

00:13:05,790 --> 00:13:03,070

in and of itself and we want to talk

288

00:13:07,620 --> 00:13:05,800

about in a minute the connection or what

289

00:13:11,250 --> 00:13:07,630

we proposes might be the connection

290

00:13:12,660 --> 00:13:11,260

between memory and this extended

291

00:13:15,620 --> 00:13:12,670

consciousness realm I mean there's a

292

00:13:19,740 --> 00:13:15,630

whole there are dozens and dozens of

293

00:13:22,980 --> 00:13:19,750

potential PhD thesis --is waiting for

294

00:13:24,329 --> 00:13:22,990

someone to explore all these realms one

295

00:13:25,650 --> 00:13:24,339

of the things I feel obligated to do

296

00:13:28,290 --> 00:13:25,660

right from the beginning is to

297

00:13:31,769 --> 00:13:28,300

acknowledge with you that what we're

298

00:13:34,530 --> 00:13:31,779

talking about here is just beyond what

299

00:13:37,079 --> 00:13:34,540

most people are even willing to consider

300

00:13:39,900 --> 00:13:37,089

and even though as I mentioned I've

301

00:13:42,629 --> 00:13:39,910

interviewed several very respectable

302

00:13:44,579 --> 00:13:42,639

people who have had similar Autobody

303

00:13:46,079 --> 00:13:44,589

experiences through various means and

304

00:13:47,790 --> 00:13:46,089

we'll talk about some of those in a

305

00:13:50,670 --> 00:13:47,800

minute and I've interviewed researchers

306

00:13:53,340 --> 00:13:50,680

who have as best they could try and nail

307

00:13:56,750 --> 00:13:53,350

down what is going on and whether we can

308

00:13:59,040 --> 00:13:56,760

extend beyond our brain as your

309

00:14:01,199 --> 00:13:59,050

experiences suggestion they say yes

310

00:14:04,769 --> 00:14:01,209

confidently but I always feel obligated

311

00:14:07,800 --> 00:14:04,779

to come back and kind of remind us that

312

00:14:10,590 --> 00:14:07,810

most of the world is living in a

313

00:14:14,639 --> 00:14:10,600

consensus reality that doesn't allow for

314

00:14:18,329 --> 00:14:14,649

this how do how do you kind of balance

315

00:14:21,840 --> 00:14:18,339

that both on a day-to-day basis now and

316

00:14:23,610 --> 00:14:21,850

how did you deal with it for that long

317

00:14:25,889 --> 00:14:23,620

period of time when you really weren't

318

00:14:28,650 --> 00:14:25,899

telling anyone that this is what was

319

00:14:30,410 --> 00:14:28,660

going on yeah I think the first thing is

320

00:14:32,569 --> 00:14:30,420

of course we are totally for

321

00:14:34,879 --> 00:14:32,579

was on the physical reality nearly

322

00:14:37,280 --> 00:14:34,889

everybody is and when it comes to our

323

00:14:40,069 --> 00:14:37,290

dreams the hadi paying attention and we

324

00:14:42,230 --> 00:14:40,079

just dismiss them as dreams but the

325

00:14:45,110 --> 00:14:42,240

moment you become aware in your dreams

326

00:14:46,930 --> 00:14:45,120

which is usually happens during lucid

327

00:14:50,540 --> 00:14:46,940

dreams things start changing

328

00:14:53,569 --> 00:14:50,550

dramatically but when you have an

329

00:14:56,480 --> 00:14:53,579

out-of-body experience and which is very

330

00:14:58,879 --> 00:14:56,490

of Matins from a lucid dream or can

331

00:15:02,150 --> 00:14:58,889

happen from a lucid dream then you

332

00:15:05,829 --> 00:15:02,160

suddenly are in a position to take

333

00:15:11,110 --> 00:15:05,839

control of the experience and also

334

00:15:14,720 --> 00:15:11,120

that's what I did I disintegrated or

335

00:15:17,420 --> 00:15:14,730

interrupted the dream narrative which

336

00:15:20,990 --> 00:15:17,430

which is a lucid dream which is usually

337

00:15:24,590 --> 00:15:21,000

comes out of the takes its content from

338

00:15:27,500 --> 00:15:24,600

the subconscious and by doing so you

339

00:15:29,720 --> 00:15:27,510

then after you dismantle the dream

340

00:15:32,360 --> 00:15:29,730

narrative you then find yourself in a

341

00:15:35,689 --> 00:15:32,370

new consensus reality which is just as

342

00:15:38,079 --> 00:15:35,699

real as our physical reality and this is

343

00:15:42,370 --> 00:15:38,089

where things become really interesting

344

00:15:45,590 --> 00:15:42,380

interesting indeed and interesting in

345

00:15:47,389 --> 00:15:45,600

maybe some challenging ways that we

346

00:15:49,519 --> 00:15:47,399

don't always explore we you know one of

347

00:15:52,280 --> 00:15:49,529

the things I thought we might do in this

348

00:15:55,130 --> 00:15:52,290

interview jürgen is you have produced

349

00:15:57,829 --> 00:15:55,140

some excellent YouTube videos that

350

00:16:00,110 --> 00:15:57,839

anyone can go and check out you also

351
00:16:03,319 --> 00:16:00,120
have a terrific website and a great book

352
00:16:04,610 --> 00:16:03,329
too so I love the approach of your book

353
00:16:07,670 --> 00:16:04,620
you're very open

354
00:16:10,699 --> 00:16:07,680
you're very the the artist in you comes

355
00:16:13,610 --> 00:16:10,709
out in terms of you you have kind of an

356
00:16:16,309 --> 00:16:13,620
open mindedness and creativity at the

357
00:16:19,309 --> 00:16:16,319
same time that's really refreshing but

358
00:16:24,439 --> 00:16:19,319
what I thought would be most useful to

359
00:16:28,090 --> 00:16:24,449
my listeners is to try and probe maybe

360
00:16:30,710 --> 00:16:28,100
the controversies or the the the

361
00:16:33,800 --> 00:16:30,720
disparity between these different

362
00:16:36,559 --> 00:16:33,810
accounts we get with this extended

363
00:16:38,990 --> 00:16:36,569

consciousness including out-of-body

364

00:16:40,400 --> 00:16:39,000

experiences and if that doesn't make any

365

00:16:41,870 --> 00:16:40,410

sense let me give me an example of what

366

00:16:44,140 --> 00:16:41,880

I mean

367

00:16:48,830 --> 00:16:44,150

a few months ago I interviewed this guy

368

00:16:52,070 --> 00:16:48,840

his name is Anne McCormack and he had an

369

00:16:55,490 --> 00:16:52,080

incredible near-death experience during

370

00:16:57,260 --> 00:16:55,500

which he saw Jesus now

371

00:16:59,540 --> 00:16:57,270

as you and I know most people just

372

00:17:01,340 --> 00:16:59,550

dismiss this out of hand it's a oh it's

373

00:17:03,200 --> 00:17:01,350

a hallucination or if they're hardcore

374

00:17:07,699 --> 00:17:03,210

Christians they go it's the spirit of

375

00:17:09,439 --> 00:17:07,709

Jesus you know but what I want to do and

376

00:17:12,829 --> 00:17:09,449

I shouldn't be so flippant because I'm

377

00:17:15,260 --> 00:17:12,839

not sure what he experienced right and

378

00:17:17,270 --> 00:17:15,270

in my conversation with him is a very

379

00:17:20,780 --> 00:17:17,280

difficult conversation because he has

380

00:17:25,130 --> 00:17:20,790

totally reabsorbed his experience which

381

00:17:27,290 --> 00:17:25,140

I take to be genuine I have no reason to

382

00:17:29,990 --> 00:17:27,300

doubt in the same way that I don't doubt

383

00:17:32,330 --> 00:17:30,000

that you've accessed this extended

384

00:17:34,790 --> 00:17:32,340

consciousness realm I have no reason to

385

00:17:37,010 --> 00:17:34,800

doubt that in McCormick's access this

386

00:17:39,200 --> 00:17:37,020

extended consciousness realm when he

387

00:17:41,570 --> 00:17:39,210

died because one of the reasons I don't

388

00:17:43,940 --> 00:17:41,580

doubt it is because I've interviewed the

389

00:17:45,860 --> 00:17:43,950

researchers who interviewed thousands of

390

00:17:48,400 --> 00:17:45,870

people who have had the exact same

391

00:17:51,710 --> 00:17:48,410

experience and some of them do encounter

392

00:17:55,520 --> 00:17:51,720

Jesus but the real question for you and

393

00:17:59,360 --> 00:17:55,530

I is what does this tell us about this

394

00:18:01,040 --> 00:17:59,370

extended consciousness realm and and

395

00:18:02,300 --> 00:18:01,050

I'll just leave it at that but I guess

396

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

might and I won't leave it at that

397

00:18:05,690 --> 00:18:04,170

because my follow-up question is you

398

00:18:07,430 --> 00:18:05,700

talked about some well you have a

399

00:18:11,300 --> 00:18:07,440

wonderful way of talking about the

400

00:18:15,560 --> 00:18:11,310

island of reality that we create from

401
00:18:17,990 --> 00:18:15,570
the vast sea of consciousness but you

402
00:18:20,900 --> 00:18:18,000
talk about that in this realm in our

403
00:18:23,540 --> 00:18:20,910
conscious waking state might that also

404
00:18:26,300 --> 00:18:23,550
be true in this extended realm too and

405
00:18:29,810 --> 00:18:26,310
is that what ian is experiencing or what

406
00:18:32,510 --> 00:18:29,820
is he experiencing yeah I think I think

407
00:18:36,470 --> 00:18:32,520
what some people experience is they draw

408
00:18:39,470 --> 00:18:36,480
from their from their cultural

409
00:18:41,090 --> 00:18:39,480
background very often you know and find

410
00:18:44,600 --> 00:18:41,100
somebody if you go to a high-dimensional

411
00:18:46,730 --> 00:18:44,610
rams will find the dimensions are much

412
00:18:49,730 --> 00:18:46,740
more sublime much more beautiful they're

413
00:18:52,520 --> 00:18:49,740

stripped of the course physical aspects

414

00:18:53,360 --> 00:18:52,530

that we experience here and you get into

415

00:18:57,110 --> 00:18:53,370

Rams

416

00:19:00,020 --> 00:18:57,120

which I described you become get closer

417

00:19:02,590 --> 00:19:00,030

to home there's an element where you

418

00:19:05,300 --> 00:19:02,600

feel more and more at home the more

419

00:19:07,700 --> 00:19:05,310

inside you turn your attention the more

420

00:19:11,350 --> 00:19:07,710

you come to your soul's consciousness

421

00:19:14,690 --> 00:19:11,360

and what you'll see more turn Leslie

422

00:19:19,670 --> 00:19:14,700

experience is that the people on these

423

00:19:23,510 --> 00:19:19,680

realms who are separate individuals they

424

00:19:25,910 --> 00:19:23,520

are also much more beautiful are more

425

00:19:29,810 --> 00:19:25,920

attractive and more sublime they've

426

00:19:32,360 --> 00:19:29,820

stripped all the negative aspects out of

427

00:19:35,500 --> 00:19:32,370

their personality because it's the

428

00:19:40,190 --> 00:19:35,510

negative aspects which tie them to the

429

00:19:41,840 --> 00:19:40,200

to the lower consciousness levels but on

430

00:19:44,060 --> 00:19:41,850

these higher consciousness levels all

431

00:19:46,580 --> 00:19:44,070

the negative aspects have been stripped

432

00:19:49,340 --> 00:19:46,590

away and when you first get to these

433

00:19:51,580 --> 00:19:49,350

higher ion efforts and you encounter

434

00:19:56,030 --> 00:19:51,590

these people the first thing people will

435

00:20:01,250 --> 00:19:56,040

think of as angels because they've got

436

00:20:05,780 --> 00:20:01,260

an almost super natural beauty and

437

00:20:08,120 --> 00:20:05,790

attractiveness you know and and also and

438

00:20:10,580 --> 00:20:08,130

that is just ordinary people who you

439

00:20:13,700 --> 00:20:10,590

find on that level of consciousness on

440

00:20:17,390 --> 00:20:13,710

that dimensional never and I've got to

441

00:20:20,710 --> 00:20:17,400

add that for each level of consciousness

442

00:20:23,600 --> 00:20:20,720

we can experience there is an equivalent

443

00:20:28,010 --> 00:20:23,610

dimensional reality consensus reality

444

00:20:32,210 --> 00:20:28,020

where people similarly minded can mix

445

00:20:34,880 --> 00:20:32,220

and be together now I found when going

446

00:20:38,420 --> 00:20:34,890

to the higher levels the people you meet

447

00:20:40,460 --> 00:20:38,430

there are almost a result exception

448

00:20:44,060 --> 00:20:40,470

they're very attractive very sublime

449

00:20:46,490 --> 00:20:44,070

very beautiful very positive people you

450

00:20:49,610 --> 00:20:46,500

know and then of course you get various

451
00:20:52,880 --> 00:20:49,620
other categories of people as you would

452
00:20:56,240 --> 00:20:52,890
get on this level who are wiser who are

453
00:20:58,670 --> 00:20:56,250
more evolved more highly developed and

454
00:21:02,630 --> 00:20:58,680
so on and these people may well come

455
00:21:05,900 --> 00:21:02,640
across as as like an avatar or a wise

456
00:21:07,560 --> 00:21:05,910
person or even a God you know and is

457
00:21:12,810 --> 00:21:07,570
quite easy to put

458
00:21:16,499 --> 00:21:12,820
our own cultural background into these

459
00:21:19,259 --> 00:21:16,509
people but I can't really say that

460
00:21:22,469 --> 00:21:19,269
that's an accurate description is

461
00:21:24,389 --> 00:21:22,479
absolute certainty because you know I've

462
00:21:26,779 --> 00:21:24,399
only really scratched the surface but I

463
00:21:30,539 --> 00:21:26,789

personally haven't actually met any

464

00:21:33,570 --> 00:21:30,549

religious figures you know except I have

465

00:21:37,349 --> 00:21:33,580

met which I documented in my first book

466

00:21:40,289 --> 00:21:37,359

I I met a Chinese ancient sort of sage

467

00:21:42,930 --> 00:21:40,299

who put me through a training program in

468

00:21:45,299 --> 00:21:42,940

order to access these higher states of

469

00:21:47,669 --> 00:21:45,309

consciousness I

470

00:21:49,979 --> 00:21:47,679

well first off I appreciate you being so

471

00:21:51,779 --> 00:21:49,989

so honest and open like I said before

472

00:21:54,269 --> 00:21:51,789

this is what folks will find when they

473

00:21:57,690 --> 00:21:54,279

encounter your website in your work you

474

00:21:59,609 --> 00:21:57,700

really don't you talk very definitively

475

00:22:01,909 --> 00:21:59,619

about what you've explored but at the

476

00:22:04,320 --> 00:22:01,919

same time you talk about it as you're

477

00:22:06,210 --> 00:22:04,330

you being the reporter you being the

478

00:22:07,830 --> 00:22:06,220

experiencer and there's a limit to what

479

00:22:09,659 --> 00:22:07,840

you've experienced and reported so I

480

00:22:12,570 --> 00:22:09,669

really respect that and I think that's

481

00:22:15,359 --> 00:22:12,580

to be admired it's the only way to kind

482

00:22:17,549 --> 00:22:15,369

of trace this territory but let me

483

00:22:20,489 --> 00:22:17,559

return to the topic of Jesus because I

484

00:22:22,889 --> 00:22:20,499

think it's so so important to so many

485

00:22:25,979 --> 00:22:22,899

people and I think it should be you know

486

00:22:27,960 --> 00:22:25,989

there's a near-death experience research

487

00:22:31,589 --> 00:22:27,970

or very well known but a guy named dr.

488

00:22:33,570 --> 00:22:31,599

Sam Parr Nia and recently he made this

489

00:22:35,759 --> 00:22:33,580

kind of flip it remark that you'll kind

490

00:22:37,799 --> 00:22:35,769

of hear near-death experience

491

00:22:40,649 --> 00:22:37,809

researchers sometimes make even though

492

00:22:42,299 --> 00:22:40,659

these people are on the they feel like

493

00:22:45,060 --> 00:22:42,309

they're on the battleground with

494

00:22:47,489 --> 00:22:45,070

mainstream science and saying hey guys

495

00:22:50,039 --> 00:22:47,499

look over here there is more we are not

496

00:22:51,839 --> 00:22:50,049

biological robots there is this extended

497

00:22:53,969 --> 00:22:51,849

consciousness realm please please look

498

00:22:55,680 --> 00:22:53,979

at this data but then at the same time

499

00:22:57,690 --> 00:22:55,690

when they encounter these extraordinary

500

00:23:00,349 --> 00:22:57,700

accounts like I'm talking about ends

501
00:23:03,509 --> 00:23:00,359
they say oh well that's just a cultural

502
00:23:06,629 --> 00:23:03,519
overlay that's what that is and I like

503
00:23:08,039 --> 00:23:06,639
how you went in that direction that but

504
00:23:10,019 --> 00:23:08,049
then pulled up short and said well I

505
00:23:12,359 --> 00:23:10,029
don't really know if that's a cultural

506
00:23:14,820 --> 00:23:12,369
overlay and that's been my point is we

507
00:23:17,129 --> 00:23:14,830
don't know about that extended realm you

508
00:23:19,680 --> 00:23:17,139
know we talk we hear about people who go

509
00:23:21,030 --> 00:23:19,690
and they meet these beings and the

510
00:23:23,160 --> 00:23:21,040
beings says here

511
00:23:25,860 --> 00:23:23,170
is my hand where I was crucified on the

512
00:23:29,310 --> 00:23:25,870
cross and I am Jesus and then we don't

513
00:23:31,740 --> 00:23:29,320

know what to make of that and it really

514

00:23:35,670 --> 00:23:31,750

raises the larger question about your

515

00:23:39,270 --> 00:23:35,680

work and that is what can we really take

516

00:23:42,960 --> 00:23:39,280

out of these extended realms and bring

517

00:23:44,760 --> 00:23:42,970

back into our world I always wonder and

518

00:23:46,410 --> 00:23:44,770

worry about that maybe we're looking

519

00:23:49,350 --> 00:23:46,420

through the wrong end of the telescope

520

00:23:51,990 --> 00:23:49,360

when we do that and since that's the

521

00:23:54,900 --> 00:23:52,000

larger reality over there when we try

522

00:23:57,450 --> 00:23:54,910

and jam it back into our reality it

523

00:23:59,880 --> 00:23:57,460

winds up being nonsensical in a lot of

524

00:24:03,530 --> 00:23:59,890

different ways what are your thoughts on

525

00:24:07,260 --> 00:24:03,540

that I mean my explanation is that I

526

00:24:10,200 --> 00:24:07,270

have a strong experience and a strong

527

00:24:13,290 --> 00:24:10,210

feeling that when you move away from

528

00:24:16,110 --> 00:24:13,300

this physical reality you get into a

529

00:24:20,270 --> 00:24:16,120

realm of consciousness which contains

530

00:24:24,450 --> 00:24:20,280

all the data which have ever been

531

00:24:26,940 --> 00:24:24,460

recorded or everything that is known or

532

00:24:30,690 --> 00:24:26,950

unknown about the universes it's like a

533

00:24:32,370 --> 00:24:30,700

massive huge databank you know and and

534

00:24:34,680 --> 00:24:32,380

that's the only way I can explain it

535

00:24:38,130 --> 00:24:34,690

because what happens is for example when

536

00:24:40,140 --> 00:24:38,140

you are on this on this realm and you

537

00:24:43,890 --> 00:24:40,150

for example want to materialize

538

00:24:45,720 --> 00:24:43,900

something by an by an effort of will you

539

00:24:48,540 --> 00:24:45,730

know and say you want to have a cup of

540

00:24:51,060 --> 00:24:48,550

tea you can actually manifest a cup of

541

00:24:54,330 --> 00:24:51,070

tea and then you wonder okay how did

542

00:24:57,000 --> 00:24:54,340

this cup of tea come about and what

543

00:24:59,790 --> 00:24:57,010

happens was in my observation it is

544

00:25:04,050 --> 00:24:59,800

actually already in existence I just

545

00:25:06,360 --> 00:25:04,060

focus focus the data right in front of

546

00:25:09,810 --> 00:25:06,370

me and then he materializes now the

547

00:25:12,750 --> 00:25:09,820

interesting thing was when I when I did

548

00:25:15,870 --> 00:25:12,760

this experiment which I also described

549

00:25:18,180 --> 00:25:15,880

in my book business of infinity that

550

00:25:20,610 --> 00:25:18,190

that I materialize the tea cup but I

551
00:25:23,640 --> 00:25:20,620
wasn't very good at actually manifesting

552
00:25:26,190 --> 00:25:23,650
the tea which tasted a bit watery and

553
00:25:28,830 --> 00:25:26,200
also at the same time I noticed that the

554
00:25:31,230 --> 00:25:28,840
tea cup had a patent which I definitely

555
00:25:35,160 --> 00:25:31,240
didn't intend and I imagined that

556
00:25:38,400 --> 00:25:35,170
subconscious energy sort of

557
00:25:41,010 --> 00:25:38,410
you know adds things from from another

558
00:25:44,820 --> 00:25:41,020
part of the database and it's a very

559
00:25:48,690 --> 00:25:44,830
complex big issue the other thing I

560
00:25:51,990 --> 00:25:48,700
noticed for example was when I observed

561
00:25:55,050 --> 00:25:52,000
a car and the closer I moved to look at

562
00:25:57,330 --> 00:25:55,060
the car the more detail emerge from the

563
00:25:59,820 --> 00:25:57,340

car until it was absolutely crystal

564

00:26:01,590 --> 00:25:59,830

clear and then you open the bonnet in

565

00:26:04,290 --> 00:26:01,600

the car there you will find an engine

566

00:26:07,230 --> 00:26:04,300

and every detail will be in place and

567

00:26:11,250 --> 00:26:07,240

that led me to believe that on this

568

00:26:15,780 --> 00:26:11,260

level basically why our focus we simply

569

00:26:19,110 --> 00:26:15,790

call reality up from from a database a

570

00:26:21,540 --> 00:26:19,120

bit like we would on a computer you know

571

00:26:24,450 --> 00:26:21,550

when we'd call up data from a harddrive

572

00:26:26,840 --> 00:26:24,460

and be manifested on the screen and

573

00:26:29,640 --> 00:26:26,850

that's the only way I can explain it and

574

00:26:32,910 --> 00:26:29,650

and that explains a lot of other things

575

00:26:36,270 --> 00:26:32,920

which I encountered for example and that

576

00:26:39,750 --> 00:26:36,280

could well explain how we are detailed

577

00:26:45,920 --> 00:26:39,760

to people who are separate individuals

578

00:26:53,700 --> 00:26:49,970

status you know that he may then call up

579

00:26:57,090 --> 00:26:53,710

the past images in order to furnish

580

00:26:59,550 --> 00:26:57,100

these encounters and may match them with

581

00:27:01,410 --> 00:26:59,560

our own experience but I don't know I

582

00:27:04,980 --> 00:27:01,420

mean the other thing I found for example

583

00:27:07,920 --> 00:27:04,990

is that these are things which have also

584

00:27:09,840 --> 00:27:07,930

been reported in near-death experience

585

00:27:12,420 --> 00:27:09,850

and that there is a big reception

586

00:27:14,430 --> 00:27:12,430

committee and I had the same experience

587

00:27:16,950 --> 00:27:14,440

I get to a higher level of consciousness

588

00:27:21,480 --> 00:27:16,960

and suddenly there's a cry of the

589

00:27:23,610 --> 00:27:21,490

thousand dangerous you know as I thought

590

00:27:26,400 --> 00:27:23,620

hang on a minute that's a bit bit

591

00:27:29,130 --> 00:27:26,410

far-fetched you know because why would

592

00:27:31,080 --> 00:27:29,140

there be a suddenly a thousand thousand

593

00:27:36,150 --> 00:27:31,090

angels you know be a reception committee

594

00:27:38,730 --> 00:27:36,160

and I when I thought about it I be fed

595

00:27:41,550 --> 00:27:38,740

you know I had the music and everything

596

00:27:44,550 --> 00:27:41,560

the choir everything I simply felt that

597

00:27:46,680 --> 00:27:44,560

I created this my attention always my

598

00:27:50,279 --> 00:27:46,690

feelings bedroll

599

00:27:52,529 --> 00:27:50,289

rolled into place at that time I created

600

00:27:55,409 --> 00:27:52,539

a focal point of Attraction where I

601
00:27:58,529 --> 00:27:55,419
caught these voices up from a universal

602
00:28:02,039 --> 00:27:58,539
database and the angels and I manifested

603
00:28:04,620 --> 00:28:02,049
them but I could be wrong but this is to

604
00:28:07,620 --> 00:28:04,630
me you know that's how I sort of

605
00:28:10,440 --> 00:28:07,630
envisage it especially even when you

606
00:28:12,659 --> 00:28:10,450
think where you are but this space of

607
00:28:15,450 --> 00:28:12,669
consciousness is which is literally an

608
00:28:18,240 --> 00:28:15,460
infinite fascinating and really we're

609
00:28:20,850 --> 00:28:18,250
we're talking around this central issue

610
00:28:22,590 --> 00:28:20,860
that I want to try and approach from a

611
00:28:26,220 --> 00:28:22,600
different angle here for a second and

612
00:28:29,430 --> 00:28:26,230
first let me back up and say I my only

613
00:28:32,070 --> 00:28:29,440

experience with this whole extended

614

00:28:33,570 --> 00:28:32,080

consciousness thing was I interviewed a

615

00:28:35,159 --> 00:28:33,580

gentleman who is an out-of-body

616

00:28:38,580 --> 00:28:35,169

experience ER and had a similar

617

00:28:42,149 --> 00:28:38,590

experience to yourself in that his name

618

00:28:45,270 --> 00:28:42,159

is Graham Nichols and Graham was very

619

00:28:46,980 --> 00:28:45,280

intent on achieving an out-of-body

620

00:28:48,899 --> 00:28:46,990

experience because he read about he said

621

00:28:50,399 --> 00:28:48,909

this is something that's possible I want

622

00:28:51,950 --> 00:28:50,409

to do it which is a little bit different

623

00:28:54,419 --> 00:28:51,960

than you you were just meditating and

624

00:28:57,060 --> 00:28:54,429

spontaneously achieved it he said no I

625

00:29:00,149 --> 00:28:57,070

want to do it so he just been intensely

626
00:29:02,580 --> 00:29:00,159
focused on this meditation technique and

627
00:29:06,630 --> 00:29:02,590
it really probably went through you know

628
00:29:08,580 --> 00:29:06,640
more than 99.9% of people would in terms

629
00:29:11,460 --> 00:29:08,590
of his diligence and his effort and

630
00:29:13,620 --> 00:29:11,470
doing it and then he did achieve he left

631
00:29:15,750 --> 00:29:13,630
his body and then as you described it

632
00:29:17,549 --> 00:29:15,760
took him several years to refine it and

633
00:29:19,560 --> 00:29:17,559
refine it further and further and

634
00:29:22,590 --> 00:29:19,570
further you know so I talked to Graham

635
00:29:24,390 --> 00:29:22,600
and I said okay I'd like to try it with

636
00:29:25,830 --> 00:29:24,400
you you know you teach you teach people

637
00:29:29,399 --> 00:29:25,840
how to do it teach me how to do it and

638
00:29:31,320 --> 00:29:29,409

the way we started was he III really

639

00:29:33,539 --> 00:29:31,330

don't have any kind of paranormal

640

00:29:36,000 --> 00:29:33,549

experiences in my background but I have

641

00:29:38,130 --> 00:29:36,010

these very vivid dreams so he said we

642

00:29:40,409 --> 00:29:38,140

should start with the Dreaming and lo

643

00:29:41,850 --> 00:29:40,419

and behold after working with him and

644

00:29:44,399 --> 00:29:41,860

talking to another friend of mine

645

00:29:47,789 --> 00:29:44,409

through the show dr. Andy Paquette who

646

00:29:50,250 --> 00:29:47,799

is fabulous has a fabulous history of

647

00:29:52,740 --> 00:29:50,260

precognitive dreams and spiritual dreams

648

00:29:55,049 --> 00:29:52,750

I was able to develop a little bit of an

649

00:29:56,669 --> 00:29:55,059

ability to lucid dream and I still do

650

00:29:58,409 --> 00:29:56,679

that to this day and it's rather

651

00:30:00,210 --> 00:29:58,419

interesting but the one thing I

652

00:30:04,020 --> 00:30:00,220

discovered in my lucid dreaming

653

00:30:06,840 --> 00:30:04,030

that totally fits with your experience

654

00:30:10,919 --> 00:30:06,850

is I then discovered that really all my

655

00:30:13,320 --> 00:30:10,929

dreams are lucid dreams it's a matter of

656

00:30:16,470 --> 00:30:13,330

memory in perspective and then I was

657

00:30:20,669 --> 00:30:16,480

constantly creating this dream in

658

00:30:24,350 --> 00:30:20,679

creating this reality yes so I find that

659

00:30:27,060 --> 00:30:24,360

to be consistent with my experience but

660

00:30:29,399 --> 00:30:27,070

there's another aspect of this that I

661

00:30:32,399 --> 00:30:29,409

think is is the part that really

662

00:30:35,220 --> 00:30:32,409

intrigues people and doesn't fit I think

663

00:30:38,580 --> 00:30:35,230

necessarily into that model and that

664

00:30:40,409 --> 00:30:38,590

would be like I just said ends encounter

665

00:30:41,010 --> 00:30:40,419

with Jesus but I'll take it in another

666

00:30:43,830 --> 00:30:41,020

direction

667

00:30:46,649 --> 00:30:43,840

and while back I had an episode I had an

668

00:30:49,529 --> 00:30:46,659

interview with Robert Bruce this was

669

00:30:50,310 --> 00:30:49,539

episode 203 of skeptic Oh probably one

670

00:30:53,100 --> 00:30:50,320

of the best-known

671

00:30:55,649 --> 00:30:53,110

out-of-body experiences in the world

672

00:30:58,529 --> 00:30:55,659

wrote this book astral dynamics which

673

00:31:01,590 --> 00:30:58,539

was hugely successful and many many

674

00:31:05,279 --> 00:31:01,600

people have read it so Roberts account

675

00:31:07,950 --> 00:31:05,289

is of demonic possession that he was

676
00:31:10,470 --> 00:31:07,960
doing a healing he encountered a demon

677
00:31:13,200 --> 00:31:10,480
that demon possessed him in this world

678
00:31:15,270 --> 00:31:13,210
and he battled this demon in this world

679
00:31:19,740 --> 00:31:15,280
and this extended consciousness realm

680
00:31:21,899 --> 00:31:19,750
and this demon was sent off and he says

681
00:31:24,539 --> 00:31:21,909
that he's had similar encounters with

682
00:31:28,169 --> 00:31:24,549
these kind of other spirits in this

683
00:31:31,380 --> 00:31:28,179
other realm now this is the kind of

684
00:31:34,620 --> 00:31:31,390
issue I think that people are trying to

685
00:31:36,240 --> 00:31:34,630
fit into this framework that you're

686
00:31:38,490 --> 00:31:36,250
laying out there because on one hand we

687
00:31:40,770 --> 00:31:38,500
can say there's this field of infinite

688
00:31:43,200 --> 00:31:40,780

consciousness that we are creating our

689

00:31:46,590 --> 00:31:43,210

reality out of but there's another

690

00:31:48,960 --> 00:31:46,600

reality that's very primal to people

691

00:31:51,029 --> 00:31:48,970

that is oh I encountered Jesus or I

692

00:31:53,279 --> 00:31:51,039

encountered Buddha I encountered Krishna

693

00:31:54,930 --> 00:31:53,289

and that's been the guiding force of

694

00:31:56,970 --> 00:31:54,940

their whole life or people are

695

00:32:00,630 --> 00:31:56,980

encountering like Robert Bruce did these

696

00:32:02,549 --> 00:32:00,640

demonic beings or evil spirits so how do

697

00:32:04,919 --> 00:32:02,559

we sort this out I don't know that we

698

00:32:06,600 --> 00:32:04,929

can just you blow by it and go oh well

699

00:32:08,100 --> 00:32:06,610

you know there's this consciousness feel

700

00:32:10,039 --> 00:32:08,110

then it's created out of there I don't

701
00:32:11,730 --> 00:32:10,049
know if that that really hits people's

702
00:32:15,360 --> 00:32:11,740
experience

703
00:32:18,000 --> 00:32:15,370
yeah I think we have the moment we are

704
00:32:20,430 --> 00:32:18,010
born we are sort of endowed with some

705
00:32:23,240 --> 00:32:20,440
sort of genetic program or cultural

706
00:32:26,909 --> 00:32:23,250
program you know and that determines the

707
00:32:29,610 --> 00:32:26,919
experiences we we look for and we find

708
00:32:33,180 --> 00:32:29,620
and so on our educational upbringing and

709
00:32:36,029 --> 00:32:33,190
so on and you know that takes us into a

710
00:32:38,519 --> 00:32:36,039
certain direction in our life and and

711
00:32:41,610 --> 00:32:38,529
then endow us with a certain type of

712
00:32:45,210 --> 00:32:41,620
belief and it is this program which

713
00:32:47,820 --> 00:32:45,220

makes us focus our attention in two in

714

00:32:50,580 --> 00:32:47,830

two distinct directions for example if

715

00:32:54,000 --> 00:32:50,590

we had a very strongly Christian

716

00:32:57,419 --> 00:32:54,010

upbringing we may well focus our

717

00:33:00,389 --> 00:32:57,429

attention into this aspect of the

718

00:33:05,210 --> 00:33:00,399

universe of the infinite universe which

719

00:33:07,980 --> 00:33:05,220

is endowed with question paraphernalia

720

00:33:12,470 --> 00:33:07,990

environments churches belief systems

721

00:33:18,360 --> 00:33:12,480

holy entities and so on and we may well

722

00:33:22,070 --> 00:33:18,370

this our strong focus and passion we may

723

00:33:25,460 --> 00:33:22,080

well draw the essences of these entities

724

00:33:29,940 --> 00:33:25,470

into our awareness and by the mayor

725

00:33:33,649 --> 00:33:29,950

focus of doing so we may actually get a

726

00:33:36,990 --> 00:33:33,659

part or are they in the essence of these

727

00:33:39,980 --> 00:33:37,000

historic beings bring them into our

728

00:33:42,960 --> 00:33:39,990

reality and they may actually act

729

00:33:46,049 --> 00:33:42,970

authentically you know the way we would

730

00:33:49,799 --> 00:33:46,059

expect them track you know I mean this

731

00:33:51,539 --> 00:33:49,809

is just the theory the the same thing

732

00:33:54,269 --> 00:33:51,549

may happen

733

00:33:58,230 --> 00:33:54,279

if you focus on negative aspects of our

734

00:34:01,680 --> 00:33:58,240

personality and you know if he confront

735

00:34:06,720 --> 00:34:01,690

our shadow you know we may draw aspects

736

00:34:09,570 --> 00:34:06,730

of our subconscious into our reality and

737

00:34:13,800 --> 00:34:09,580

then suddenly these these projections

738

00:34:17,040 --> 00:34:13,810

become insoluble negative energies you

739

00:34:19,740 --> 00:34:17,050

know which which may use them as a

740

00:34:24,860 --> 00:34:19,750

vehicle in order to interact with us

741

00:34:28,970 --> 00:34:24,870

these are all sort of concepts which

742

00:34:31,730 --> 00:34:28,980

when you consider that the consciousness

743

00:34:36,380 --> 00:34:31,740

is a very reliable very infinite and

744

00:34:38,060 --> 00:34:36,390

very flexible state completely different

745

00:34:40,340 --> 00:34:38,070

to what we experience on a physical

746

00:34:43,610 --> 00:34:40,350

level you know then you can easily

747

00:34:47,780 --> 00:34:43,620

explain how so many different phenomena

748

00:34:51,350 --> 00:34:47,790

can take place and take on so many forms

749

00:34:54,940 --> 00:34:51,360

and shapes I mean the way I express this

750

00:34:59,470 --> 00:34:54,950

in my book is the difference between

751

00:35:02,360 --> 00:34:59,480

life on the physical level and life

752

00:35:04,970 --> 00:35:02,370

non-physical life is that the moment our

753

00:35:07,670 --> 00:35:04,980

physical body with our physical brain

754

00:35:11,450 --> 00:35:07,680

dies we are left with our subconscious

755

00:35:13,940 --> 00:35:11,460

and all the information which have you

756

00:35:17,120 --> 00:35:13,950

know defined us and then suddenly all

757

00:35:20,270 --> 00:35:17,130

this becomes our external new reality

758

00:35:23,240 --> 00:35:20,280

you know and it's a bit like in a dream

759

00:35:25,160 --> 00:35:23,250

you have a dream you no longer a

760

00:35:28,430 --> 00:35:25,170

physical entity and suddenly the dream

761

00:35:30,580 --> 00:35:28,440

becomes your reality the only difference

762

00:35:34,430 --> 00:35:30,590

is with lucid dreaming and out-of-body

763

00:35:38,330 --> 00:35:34,440

experiences it becomes a tangible heart

764

00:35:42,500 --> 00:35:38,340

solid external reality but in addition

765

00:35:45,860 --> 00:35:42,510

to this it is also infinitely infinitely

766

00:35:48,290 --> 00:35:45,870

complex I hear you on all that you're

767

00:35:51,860 --> 00:35:48,300

gonna but I just have to say you know

768

00:35:54,800 --> 00:35:51,870

maybe I guess this is really the crux of

769

00:35:57,530 --> 00:35:54,810

the of the debate or the divide so

770

00:36:00,200 --> 00:35:57,540

Robert Bruce is saying I didn't just

771

00:36:02,900 --> 00:36:00,210

form this out of a thought form I was

772

00:36:05,960 --> 00:36:02,910

interacting with another individual here

773

00:36:09,080 --> 00:36:05,970

and there was this third entity that was

774

00:36:11,210 --> 00:36:09,090

the spirit entity that was interacting

775

00:36:13,760 --> 00:36:11,220

with both of us you know and I had a

776

00:36:16,130 --> 00:36:13,770

similar experience I interviewed this

777

00:36:17,990 --> 00:36:16,140

woman Marilyn Hughes who I thought was

778

00:36:20,540 --> 00:36:18,000

really interesting because we not only

779

00:36:22,880 --> 00:36:20,550

she's an out-of-body traveler that's

780

00:36:24,890 --> 00:36:22,890

what she reports similar to you but we

781

00:36:26,450 --> 00:36:24,900

actually did an experiment because this

782

00:36:28,640 --> 00:36:26,460

is a during a time when I was

783

00:36:31,880 --> 00:36:28,650

investigating medium communication and

784

00:36:33,560 --> 00:36:31,890

we did a somewhat of a demonstration I

785

00:36:35,450 --> 00:36:33,570

should say rather than an experiment but

786

00:36:38,470 --> 00:36:35,460

was controlled and I thought a very and

787

00:36:42,020 --> 00:36:38,480

she did a very convincing job of

788

00:36:44,750 --> 00:36:42,030

accessing this other realm of deceased

789

00:36:47,059 --> 00:36:44,760

people and assisting this woman who

790

00:36:49,819 --> 00:36:47,069

lived in Texas whose daughter had

791

00:36:52,039 --> 00:36:49,829

committed suicide and she was able to go

792

00:36:53,990 --> 00:36:52,049

this is her report she's able to go to

793

00:36:56,859 --> 00:36:54,000

find the daughter and bring back

794

00:36:58,970 --> 00:36:56,869

information that was extremely

795

00:37:00,859 --> 00:36:58,980

significant to the mother who was

796

00:37:02,359 --> 00:37:00,869

completely blinded from the reading I

797

00:37:04,970 --> 00:37:02,369

was in the middle so she didn't have any

798

00:37:07,190 --> 00:37:04,980

way of knowing any of this stuff but but

799

00:37:10,029 --> 00:37:07,200

I mean if we're gonna say you know

800

00:37:13,880 --> 00:37:10,039

where's the proof Marilyn Hughes

801
00:37:16,730 --> 00:37:13,890
provided proof to me that she had gone

802
00:37:19,279 --> 00:37:16,740
to some other realm access some other

803
00:37:22,039 --> 00:37:19,289
spirit being that being this deceased

804
00:37:23,930 --> 00:37:22,049
daughter and then bringing back then

805
00:37:26,390 --> 00:37:23,940
information transferring it to me and me

806
00:37:29,510 --> 00:37:26,400
giving it to the mother so I always

807
00:37:31,900 --> 00:37:29,520
wonder one when I hear your your talk

808
00:37:34,490 --> 00:37:31,910
and in your work which I find very

809
00:37:36,859 --> 00:37:34,500
fascinating and important in so many

810
00:37:38,839 --> 00:37:36,869
ways but I wonder if we're kind of

811
00:37:41,299 --> 00:37:38,849
missing the point when we talk about

812
00:37:43,760 --> 00:37:41,309
this huge field of consciousness and

813
00:37:46,010 --> 00:37:43,770

we're creating all these islands of our

814

00:37:47,240 --> 00:37:46,020

consensus reality I mean maybe we're

815

00:37:48,980 --> 00:37:47,250

really missing the point

816

00:37:50,779 --> 00:37:48,990

that's what Marilyn would say Marilyn

817

00:37:52,760 --> 00:37:50,789

would say the point is that there are

818

00:37:55,220 --> 00:37:52,770

these beings out there on these other

819

00:37:57,440 --> 00:37:55,230

levels so are they important or are they

820

00:37:59,809 --> 00:37:57,450

just being created by us and they're not

821

00:38:03,140 --> 00:37:59,819

important no absolutely she's absolutely

822

00:38:06,620 --> 00:38:03,150

right because these are tangible

823

00:38:08,870 --> 00:38:06,630

realities made out of individuals the

824

00:38:11,059 --> 00:38:08,880

only difference is that these people

825

00:38:13,760 --> 00:38:11,069

have given up the physical body and now

826

00:38:18,289 --> 00:38:13,770

they are living in an other dimensional

827

00:38:22,010 --> 00:38:18,299

reality and I have met fairly sinister

828

00:38:24,260 --> 00:38:22,020

people myself perhaps perhaps similar to

829

00:38:27,559 --> 00:38:24,270

what Robert brucer may have described

830

00:38:31,130 --> 00:38:27,569

you know they are basically people on on

831

00:38:36,230 --> 00:38:31,140

much lower dimensional level is a very

832

00:38:38,450 --> 00:38:36,240

negative atmosphere in persona but I my

833

00:38:42,109 --> 00:38:38,460

experiences were probably different but

834

00:38:44,630 --> 00:38:42,119

one thing I can confirm is over the

835

00:38:49,020 --> 00:38:44,640

years I have met my my mother who died

836

00:38:51,060 --> 00:38:49,030

in 1970 97

837

00:38:53,390 --> 00:38:51,070

I met her on several occasions and I

838

00:38:56,910 --> 00:38:53,400

three met her and I had conversations

839

00:39:00,390 --> 00:38:56,920

with her and I watched her she progress

840

00:39:05,250 --> 00:39:00,400

and develop and I had conversations with

841

00:39:09,060 --> 00:39:05,260

my wife's brother who died in 2006 and I

842

00:39:14,400 --> 00:39:09,070

met him again and we discussed at great

843

00:39:17,670 --> 00:39:14,410

length but you know where's my phosphate

844

00:39:20,700 --> 00:39:17,680

has gone wrong and so on and I could

845

00:39:23,400 --> 00:39:20,710

even confirm afterwards this my wife and

846

00:39:25,470 --> 00:39:23,410

I gave had some details that she that I

847

00:39:28,530 --> 00:39:25,480

couldn't have known which she confirmed

848

00:39:31,080 --> 00:39:28,540

so I'm absolutely convinced that there

849

00:39:33,540 --> 00:39:31,090

is no such thing as death or

850

00:39:35,910 --> 00:39:33,550

disappearance of individual people once

851
00:39:39,450 --> 00:39:35,920
we we are stripped of our physical body

852
00:39:41,310 --> 00:39:39,460
I would even go so far it is what we

853
00:39:44,670 --> 00:39:41,320
experienced here on the physical level

854
00:39:48,120 --> 00:39:44,680
is only as of a tiny percentage of the

855
00:39:52,020 --> 00:39:48,130
greater reality which we enter into once

856
00:39:54,450 --> 00:39:52,030
we leave our physical body behind you

857
00:39:58,260 --> 00:39:54,460
know so I think what I'm saying is not

858
00:40:02,280 --> 00:39:58,270
in contradiction to what you've just

859
00:40:04,230 --> 00:40:02,290
mentioned Alex right so now then let's

860
00:40:09,210 --> 00:40:04,240
tackle some of the really really big

861
00:40:13,020 --> 00:40:09,220
questions destiny or freewill are we as

862
00:40:14,910 --> 00:40:13,030
you said programmed at birth or as many

863
00:40:17,640 --> 00:40:14,920

others have suggested from the

864

00:40:20,760 --> 00:40:17,650

reincarnation experience before birth or

865

00:40:24,780 --> 00:40:20,770

through a period of many births are we

866

00:40:28,790 --> 00:40:24,790

playing out a destiny in our life or are

867

00:40:32,760 --> 00:40:28,800

we shaping our destiny as we go or both

868

00:40:36,290 --> 00:40:32,770

yes I think there's a bit of I mean we

869

00:40:39,570 --> 00:40:36,300

also a program by you know our

870

00:40:42,000 --> 00:40:39,580

experiences our past experience our

871

00:40:45,450 --> 00:40:42,010

environments and parents in order to act

872

00:40:48,570 --> 00:40:45,460

in a certain manner but on the other

873

00:40:50,960 --> 00:40:48,580

hand we also have got a free will and

874

00:40:54,630 --> 00:40:50,970

I'm personally not hundred percent

875

00:41:01,690 --> 00:40:54,640

convinced that we are totally enslaved

876

00:41:03,850 --> 00:41:01,700

to to come on to a past program you know

877

00:41:06,640 --> 00:41:03,860

I mean for example this becomes very

878

00:41:09,100 --> 00:41:06,650

apparent when you go into the deeper

879

00:41:11,470 --> 00:41:09,110

states of meditation and then you get to

880

00:41:14,320 --> 00:41:11,480

a point where you experience something

881

00:41:17,020 --> 00:41:14,330

which I would call liberation you know

882

00:41:20,680 --> 00:41:17,030

freedom but you suddenly find all the

883

00:41:23,260 --> 00:41:20,690

things you have believed in before here

884

00:41:26,440 --> 00:41:23,270

- am i compelled by these things are

885

00:41:30,550 --> 00:41:26,450

suddenly no longer relevant or they

886

00:41:32,080 --> 00:41:30,560

don't have any any power over you you

887

00:41:35,010 --> 00:41:32,090

know you suddenly find you're in the

888

00:41:37,540 --> 00:41:35,020

state of liberation can actually make

889

00:41:40,090 --> 00:41:37,550

missing limits within the physical world

890

00:41:44,200 --> 00:41:40,100

of course you know are you but you can't

891

00:41:46,990 --> 00:41:44,210

call the shots and you can act free of

892

00:41:49,360 --> 00:41:47,000

your past program that is my experience

893

00:41:54,010 --> 00:41:49,370

so I would say yes there's a bit of

894

00:41:58,350 --> 00:41:54,020

course you know and if unless you find

895

00:42:01,300 --> 00:41:58,360

this point of where you lose your

896

00:42:03,940 --> 00:42:01,310

personal identification you know your

897

00:42:07,720 --> 00:42:03,950

new attachments to your old

898

00:42:09,640 --> 00:42:07,730

identification you need to go past this

899

00:42:12,310 --> 00:42:09,650

point and then you know simultaneously

900

00:42:14,620 --> 00:42:12,320

also move into much higher reality

901
00:42:17,530 --> 00:42:14,630
dimensions in abattoir which are

902
00:42:21,550 --> 00:42:17,540
increasingly more liberating and more

903
00:42:23,320 --> 00:42:21,560
luminous and more beautiful you know

904
00:42:24,130 --> 00:42:23,330
Jurgen you just mentioned again and

905
00:42:27,490 --> 00:42:24,140
we've mentioned throughout this

906
00:42:31,750 --> 00:42:27,500
interview higher levels and it suggests

907
00:42:35,470 --> 00:42:31,760
a hierarchy and many have reported such

908
00:42:39,010 --> 00:42:35,480
a hierarchy ascended masters like where

909
00:42:44,170 --> 00:42:39,020
time at Buddha Jesus Krishna advanced

910
00:42:47,350 --> 00:42:44,180
spirits does this suggest a hierarchy

911
00:42:49,870 --> 00:42:47,360
does this suggest a moral imperative

912
00:42:53,110 --> 00:42:49,880
are we driven in by some evolutionary

913
00:42:55,120 --> 00:42:53,120

force in a direction be it towards good

914

00:42:58,000 --> 00:42:55,130

or or if we want to put it in those

915

00:43:02,830 --> 00:42:58,010

terms or some other way is there god I

916

00:43:06,910 --> 00:43:02,840

guess is the question well I mean the

917

00:43:09,310 --> 00:43:06,920

idea of a hierarchy is perhaps not the

918

00:43:11,990 --> 00:43:09,320

best way of expressing it because I mean

919

00:43:14,660 --> 00:43:12,000

very often I came across

920

00:43:17,300 --> 00:43:14,670

before I had my out-of-body experience I

921

00:43:19,580 --> 00:43:17,310

was told there are seven levels of the

922

00:43:21,770 --> 00:43:19,590

astral plane so in so many of the mental

923

00:43:26,599 --> 00:43:21,780

plane and very early on in the beginning

924

00:43:28,580 --> 00:43:26,609

I was on out of my body and I met people

925

00:43:32,359 --> 00:43:28,590

who actually were permanent inhabitants

926
00:43:35,540 --> 00:43:32,369
and one of the stupid questions I asked

927
00:43:37,640 --> 00:43:35,550
was what level am I on you know and of

928
00:43:41,000 --> 00:43:37,650
course they they looked at me as if I

929
00:43:43,190 --> 00:43:41,010
you know as if I was mad because they

930
00:43:46,630 --> 00:43:43,200
didn't know what I was talking about so

931
00:43:49,910 --> 00:43:46,640
we create we recreate abstraction from

932
00:43:52,070 --> 00:43:49,920
actual experiences in consciousness in

933
00:43:55,339 --> 00:43:52,080
order to make it understand

934
00:43:58,580 --> 00:43:55,349
understandable but I think there is no

935
00:44:03,530 --> 00:43:58,590
such thing as as hierarchies which you

936
00:44:05,690 --> 00:44:03,540
can define in a numeric system you know

937
00:44:10,420 --> 00:44:05,700
when I talk about higher states of

938
00:44:15,650 --> 00:44:10,430

consciousness I mean more awareness more

939

00:44:17,900 --> 00:44:15,660

light more power more energy you know

940

00:44:20,300 --> 00:44:17,910

this sort of thing more the the

941

00:44:23,329 --> 00:44:20,310

consciousness is more expanded more

942

00:44:26,300 --> 00:44:23,339

inclusive and also a higher

943

00:44:29,480 --> 00:44:26,310

consciousness to me means you are closer

944

00:44:32,540 --> 00:44:29,490

to the source whatever of who you are so

945

00:44:35,089 --> 00:44:32,550

there's a feeling that you are you feel

946

00:44:38,180 --> 00:44:35,099

at home you know and this this whole

947

00:44:41,300 --> 00:44:38,190

feeling to me is the best way to

948

00:44:43,820 --> 00:44:41,310

describe how close I am to the source

949

00:44:46,010 --> 00:44:43,830

consciousness and the further I am

950

00:44:49,940 --> 00:44:46,020

removed from the source consciousness

951
00:44:52,339 --> 00:44:49,950
the more alienated I feared you know

952
00:44:56,050 --> 00:44:52,349
until I get back to the physical level

953
00:44:59,660 --> 00:44:56,060
of a physical level most people Olivia

954
00:45:03,650 --> 00:44:59,670
leading fairly alienated lives you know

955
00:45:07,970 --> 00:45:03,660
but when you transcend the boundaries of

956
00:45:10,670 --> 00:45:07,980
the physical world you become closer to

957
00:45:13,040 --> 00:45:10,680
the unity awareness to the source level

958
00:45:16,040 --> 00:45:13,050
and you don't feel this alienation and

959
00:45:19,839 --> 00:45:16,050
when you come to higher dimensional

960
00:45:23,000 --> 00:45:19,849
levels you will simply can trans

961
00:45:25,650 --> 00:45:23,010
transpose your identity to anything any

962
00:45:28,680 --> 00:45:25,660
object you look at and you can see

963
00:45:32,809 --> 00:45:28,690

the water you can be the water you know

964

00:45:36,180 --> 00:45:32,819

if you look at water or the flower this

965

00:45:39,180 --> 00:45:36,190

alienation is totally transcended and

966

00:45:43,020 --> 00:45:39,190

you become consciousness and then the

967

00:45:44,960 --> 00:45:43,030

limits are only dependent on how far you

968

00:45:49,190 --> 00:45:44,970

are able to expand your consciousness

969

00:45:53,240 --> 00:45:49,200

you know and that's my experience that

970

00:45:56,420 --> 00:45:53,250

lower down if you like to use this

971

00:45:59,640 --> 00:45:56,430

description you become more and more

972

00:46:02,549 --> 00:45:59,650

estranged from your source level and

973

00:46:04,349 --> 00:46:02,559

more alienated you know until you in the

974

00:46:07,140 --> 00:46:04,359

physical level and and there's an

975

00:46:09,150 --> 00:46:07,150

suddenly line and outside world yep

976

00:46:11,880 --> 00:46:09,160

you live in an outside world that you

977

00:46:14,789 --> 00:46:11,890

distinguish between you and and the

978

00:46:19,289 --> 00:46:14,799

others or yourself and another Ness and

979

00:46:22,349 --> 00:46:19,299

this this is transcended when you turn

980

00:46:24,029 --> 00:46:22,359

your attention inside I kind of get that

981

00:46:26,720 --> 00:46:24,039

but I want to push this a little bit

982

00:46:31,829 --> 00:46:26,730

further because I think we have this

983

00:46:33,720 --> 00:46:31,839

problem in crossing in merging these

984

00:46:35,430 --> 00:46:33,730

realities that you're talking about I

985

00:46:38,130 --> 00:46:35,440

mean when you mention the term source

986

00:46:40,769 --> 00:46:38,140

and getting closer to the source and the

987

00:46:43,559 --> 00:46:40,779

really you're speaking in terms that

988

00:46:45,990 --> 00:46:43,569

many religious and spiritual people

989

00:46:49,170 --> 00:46:46,000

would immediately identify with and

990

00:46:51,150 --> 00:46:49,180

label that as God and you carefully

991

00:46:53,370 --> 00:46:51,160

don't do that and you also then talk

992

00:46:56,160 --> 00:46:53,380

about alienation and moving away from

993

00:46:59,160 --> 00:46:56,170

that and again these can easily be put

994

00:47:00,930 --> 00:46:59,170

in terms that are very familiar with a

995

00:47:04,980 --> 00:47:00,940

lot of wisdom traditions a lot of

996

00:47:08,730 --> 00:47:04,990

religion so is there a reality to the

997

00:47:12,960 --> 00:47:08,740

concept of God well this is this one

998

00:47:16,410 --> 00:47:12,970

thing really which I this is a subject I

999

00:47:20,819 --> 00:47:16,420

simply feel I'm not authorized or

1000

00:47:24,990 --> 00:47:20,829

qualified to to you know say something

1001
00:47:27,660 --> 00:47:25,000
about I I I can only talk about my

1002
00:47:30,569 --> 00:47:27,670
experience and very early on in the 70s

1003
00:47:33,569 --> 00:47:30,579
I had a unity experience which came

1004
00:47:36,750 --> 00:47:33,579
spontaneous which I described in my my

1005
00:47:38,880 --> 00:47:36,760
first book after I spent months and

1006
00:47:43,019 --> 00:47:38,890
months of meditation so five hours

1007
00:47:45,450 --> 00:47:43,029
today and then I stopped meditating

1008
00:47:48,029 --> 00:47:45,460
because it didn't get me anywhere and I

1009
00:47:50,880 --> 00:47:48,039
decided I wanted to give all this thing

1010
00:47:54,120 --> 00:47:50,890
up for good but then out of the blue I

1011
00:47:56,279 --> 00:47:54,130
suddenly had a experience where I was

1012
00:47:59,910 --> 00:47:56,289
having a mug of coffee and a sandwich

1013
00:48:02,160 --> 00:47:59,920

and suddenly I noticed that neither of

1014

00:48:05,099 --> 00:48:02,170

these objects belong to me and then I

1015

00:48:07,559 --> 00:48:05,109

noticed that even my hands didn't belong

1016

00:48:10,289 --> 00:48:07,569

to me that was some other nests which

1017

00:48:13,230 --> 00:48:10,299

was holding this thing and this went on

1018

00:48:17,089 --> 00:48:13,240

and on and on until I suddenly totally

1019

00:48:18,299 --> 00:48:17,099

this became disembodied and

1020

00:48:21,480 --> 00:48:18,309

depersonalized

1021

00:48:25,230 --> 00:48:21,490

and I was suddenly entered an aluminous

1022

00:48:30,440 --> 00:48:25,240

light which I think many people would

1023

00:48:32,970 --> 00:48:30,450

properly describe it as a you United

1024

00:48:35,849 --> 00:48:32,980

uniting this God or something that was

1025

00:48:38,640 --> 00:48:35,859

an all word present or omnipresent

1026

00:48:41,579 --> 00:48:38,650

awareness there was no separation

1027

00:48:44,999 --> 00:48:41,589

between myself there was just pure

1028

00:48:47,099 --> 00:48:45,009

consciousness and this this had a very

1029

00:48:52,759 --> 00:48:47,109

very powerful effect on me and has never

1030

00:48:56,069 --> 00:48:52,769

left me and but I fine finding that by

1031

00:48:59,279 --> 00:48:56,079

giving it a name I would actually limit

1032

00:49:02,370 --> 00:48:59,289

it so you know and so I it always became

1033

00:49:07,680 --> 00:49:02,380

a little bit of something which I did

1034

00:49:10,289 --> 00:49:07,690

not name or define in any way because it

1035

00:49:13,019 --> 00:49:10,299

was so incredibly infinite and I came

1036

00:49:16,380 --> 00:49:13,029

across this type of consciousness

1037

00:49:19,559 --> 00:49:16,390

I experienced it several times after

1038

00:49:24,269 --> 00:49:19,569

that and most recently the most powerful

1039

00:49:27,920 --> 00:49:24,279

experience I had was in 2013 when I was

1040

00:49:31,559 --> 00:49:27,930

on a retreat in the Scottish mountains

1041

00:49:35,039 --> 00:49:31,569

for a week and I meditated all day long

1042

00:49:38,460 --> 00:49:35,049

and I I documented this as well in my

1043

00:49:43,319 --> 00:49:38,470

book the 10-minute moment and there came

1044

00:49:47,609 --> 00:49:43,329

a point on day 5 where I suddenly was

1045

00:49:51,150 --> 00:49:47,619

confronted with the total dissolution of

1046

00:49:52,560 --> 00:49:51,160

myself of my identity of my ego of any

1047

00:49:55,410 --> 00:49:52,570

sense of self

1048

00:49:57,930 --> 00:49:55,420

and and I became very scared I thought

1049

00:49:59,610 --> 00:49:57,940

the next thing that will happen is I

1050

00:50:02,730 --> 00:49:59,620

cease to exist

1051
00:50:05,670 --> 00:50:02,740
and and the only thing that can now

1052
00:50:07,920 --> 00:50:05,680
happen is that there is a God and it

1053
00:50:11,550 --> 00:50:07,930
feels absolutely dissolved me I will

1054
00:50:15,870 --> 00:50:11,560
lose any sense of identity and I became

1055
00:50:18,450 --> 00:50:15,880
very desperate to to find my my identity

1056
00:50:23,490 --> 00:50:18,460
again my ego and and it took me all day

1057
00:50:25,920 --> 00:50:23,500
to assemble my sense of focus of who I

1058
00:50:28,710 --> 00:50:25,930
was but then something interesting

1059
00:50:30,660 --> 00:50:28,720
happened the following day after I sort

1060
00:50:33,870 --> 00:50:30,670
of got over this which I thought was a

1061
00:50:36,330 --> 00:50:33,880
traumatic experience the following day

1062
00:50:41,070 --> 00:50:36,340
something very beautifully and magically

1063
00:50:43,440 --> 00:50:41,080

happened I suddenly was I was meditating

1064

00:50:45,270 --> 00:50:43,450

over sitting outside my little heart and

1065

00:50:49,860 --> 00:50:45,280

was looking into the landscape and

1066

00:50:52,440 --> 00:50:49,870

suddenly this light has descended on the

1067

00:50:55,740 --> 00:50:52,450

environment the grass and everything

1068

00:50:57,840 --> 00:50:55,750

started glowing my first impression was

1069

00:51:01,650 --> 00:50:57,850

okay that is the sunlight which is

1070

00:51:05,460 --> 00:51:01,660

reflecting but then I noticed about was

1071

00:51:08,280 --> 00:51:05,470

everywhere I literally could see all the

1072

00:51:12,180 --> 00:51:08,290

atoms and then this light sort of came

1073

00:51:16,200 --> 00:51:12,190

into my own being and and I suddenly

1074

00:51:20,160 --> 00:51:16,210

again lost the distinction between who I

1075

00:51:23,820 --> 00:51:20,170

was and and an infinite luminous

1076

00:51:27,150 --> 00:51:23,830

awareness and that was the most powerful

1077

00:51:30,600 --> 00:51:27,160

saying I couldn't even describe what was

1078

00:51:35,490 --> 00:51:30,610

taking place it didn't last long but

1079

00:51:38,430 --> 00:51:35,500

that totally eradicated my idea of who I

1080

00:51:42,090 --> 00:51:38,440

was and even now to this day I'm finding

1081

00:51:45,330 --> 00:51:42,100

it very hard to even remember who I was

1082

00:51:48,740 --> 00:51:45,340

just a couple of days ago if you like

1083

00:51:51,960 --> 00:51:48,750

you know because the sense of otherness

1084

00:51:54,960 --> 00:51:51,970

since then which is now three years ago

1085

00:51:59,100 --> 00:51:54,970

has totally disappeared you know I I

1086

00:52:02,070 --> 00:51:59,110

find when I walk around into town it

1087

00:52:03,780 --> 00:52:02,080

feels as if I'm walking in an extension

1088

00:52:06,930 --> 00:52:03,790

of my living room

1089

00:52:09,330 --> 00:52:06,940

this is there is no outside word anymore

1090

00:52:14,220 --> 00:52:09,340

you know and there's the closest I can

1091

00:52:17,040 --> 00:52:14,230

describe this state of consciousness you

1092

00:52:19,560 --> 00:52:17,050

know which is sort of waiting for us to

1093

00:52:22,290 --> 00:52:19,570

be experienced because my powerful

1094

00:52:22,920 --> 00:52:22,300

feeling is that is at the root of who we

1095

00:52:25,470 --> 00:52:22,930

really are

1096

00:52:27,720 --> 00:52:25,480

and from this state of consciousness we

1097

00:52:30,900 --> 00:52:27,730

really only just start to become human

1098

00:52:36,750 --> 00:52:30,910

beings you know and then develop very

1099

00:52:39,270 --> 00:52:36,760

I'm not focused on on a separated self

1100

00:52:42,330 --> 00:52:39,280

and and this was a very powerful

1101
00:52:45,450 --> 00:52:42,340
experience now I I don't know what to

1102
00:52:47,970 --> 00:52:45,460
say about this how to describe it and I

1103
00:52:50,330 --> 00:52:47,980
don't know where God comes into it you

1104
00:52:54,000 --> 00:52:50,340
know no I I think you've done an

1105
00:52:57,180 --> 00:52:54,010
excellent job of kind of traversing that

1106
00:53:00,210 --> 00:52:57,190
terrain and I'd like the idea that this

1107
00:53:03,180 --> 00:53:00,220
is not knowable and it's almost you get

1108
00:53:06,980 --> 00:53:03,190
the sense that it's almost not something

1109
00:53:09,450 --> 00:53:06,990
that you can should even try and

1110
00:53:11,190 --> 00:53:09,460
verbalize or bring to that level because

1111
00:53:14,520 --> 00:53:11,200
it would somehow be lost you know it's

1112
00:53:17,580 --> 00:53:14,530
interesting that like I know in the

1113
00:53:20,010 --> 00:53:17,590

Muslim tradition Islam they have that

1114

00:53:23,190 --> 00:53:20,020

that there is that edik right to never

1115

00:53:25,440 --> 00:53:23,200

mention the name god it's never supposed

1116

00:53:27,780 --> 00:53:25,450

to be spoken or written I might have

1117

00:53:29,820 --> 00:53:27,790

that a little bit offa the basic idea is

1118

00:53:32,060 --> 00:53:29,830

the same is that you know to try and

1119

00:53:34,260 --> 00:53:32,070

bring it down to that level with somehow

1120

00:53:36,240 --> 00:53:34,270

lessen its its meaning or its

1121

00:53:38,340 --> 00:53:36,250

significant it's art or take us in a

1122

00:53:41,160 --> 00:53:38,350

different direction than where it goes

1123

00:53:43,680 --> 00:53:41,170

so but but here I guess is where that

1124

00:53:45,300 --> 00:53:43,690

that leaves me and and I I love what you

1125

00:53:47,700 --> 00:53:45,310

just brought forth and I think it's so

1126
00:53:50,130 --> 00:53:47,710
important important important that

1127
00:53:53,130 --> 00:53:50,140
people know that you've walked this path

1128
00:53:55,470 --> 00:53:53,140
and that you report it so honestly and

1129
00:53:56,760 --> 00:53:55,480
in such detail with your website and all

1130
00:53:59,820 --> 00:53:56,770
these terrific books that you've

1131
00:54:01,530 --> 00:53:59,830
mentioned and I also think of my friend

1132
00:54:03,090 --> 00:54:01,540
Rick Archer at boot at the gas pump

1133
00:54:06,420 --> 00:54:03,100
who's done an excellent job of

1134
00:54:08,040 --> 00:54:06,430
chronicling similar accounts from people

1135
00:54:10,830 --> 00:54:08,050
who are going through this process of

1136
00:54:12,390 --> 00:54:10,840
enlightenment or awareness whatever you

1137
00:54:14,340 --> 00:54:12,400
want whatever label you want to put on

1138
00:54:16,080 --> 00:54:14,350

it and there's so many many people

1139

00:54:17,339 --> 00:54:16,090

who've who've experienced it in

1140

00:54:20,069 --> 00:54:17,349

different ways you need

1141

00:54:23,489 --> 00:54:20,079

ways but in many ways their their

1142

00:54:25,229 --> 00:54:23,499

similarities that are undeniable I guess

1143

00:54:29,999 --> 00:54:25,239

the question I'm always left with is

1144

00:54:33,630 --> 00:54:30,009

then what are we to make of the reason

1145

00:54:35,910 --> 00:54:33,640

why we're here it doesn't seem adequate

1146

00:54:39,660 --> 00:54:35,920

to say we're here only to transcend

1147

00:54:42,839 --> 00:54:39,670

being here we're here only to get beyond

1148

00:54:45,680 --> 00:54:42,849

being here I that just doesn't fit with

1149

00:54:49,469 --> 00:54:45,690

my understanding of for example

1150

00:54:51,420 --> 00:54:49,479

reincarnation my understanding of and

1151
00:54:53,700 --> 00:54:51,430
again reincarnation from a scientific

1152
00:54:55,380 --> 00:54:53,710
standpoint well-established in the

1153
00:54:57,120 --> 00:54:55,390
research we've interviewed Jim Tucker

1154
00:54:58,589 --> 00:54:57,130
from the University of Virginia there's

1155
00:55:01,289 --> 00:54:58,599
been a lot of research on that the

1156
00:55:03,809 --> 00:55:01,299
research stands up so reincarnation is

1157
00:55:07,440 --> 00:55:03,819
kind of hard to step back step away from

1158
00:55:09,269 --> 00:55:07,450
in a very reality base kind of sense but

1159
00:55:11,969 --> 00:55:09,279
when we look at it from a larger sense

1160
00:55:14,099 --> 00:55:11,979
how are we supposed to understand what

1161
00:55:16,319 --> 00:55:14,109
our purpose is here it doesn't seem

1162
00:55:18,900 --> 00:55:16,329
adequate to say we're here only to

1163
00:55:22,529 --> 00:55:18,910

transcend being here well this is

1164

00:55:26,099 --> 00:55:22,539

exactly what I feel I mean this vice of

1165

00:55:30,660 --> 00:55:26,109

depart with the idea that we are here in

1166

00:55:33,569 --> 00:55:30,670

order to transcend our state we are at

1167

00:55:37,079 --> 00:55:33,579

at the moment and then of escape from it

1168

00:55:40,049 --> 00:55:37,089

and become enlightened being to be in

1169

00:55:44,190 --> 00:55:40,059

some celestial dimension and be a relief

1170

00:55:45,690 --> 00:55:44,200

of all the hassle and all the pain you

1171

00:55:48,209 --> 00:55:45,700

know that is not how I

1172

00:55:51,390 --> 00:55:48,219

I see it I mean my understanding is

1173

00:55:54,620 --> 00:55:51,400

exactly we are here because we are here

1174

00:55:59,190 --> 00:55:54,630

you know we are a part of this reality

1175

00:56:02,160 --> 00:55:59,200

to me that is absolutely fine and if we

1176
00:56:04,529 --> 00:56:02,170
have if we experience hardship and all

1177
00:56:08,009 --> 00:56:04,539
the other things the best thing we can

1178
00:56:11,849 --> 00:56:08,019
do is it is to bring a higher state of

1179
00:56:15,870 --> 00:56:11,859
awareness into this reality and and make

1180
00:56:19,289 --> 00:56:15,880
it illuminated in a sense so that we

1181
00:56:22,200 --> 00:56:19,299
don't feel the extremes of suffering we

1182
00:56:23,940 --> 00:56:22,210
do normally I mean we still suffer by

1183
00:56:26,400 --> 00:56:23,950
the mere fact that we are physical

1184
00:56:29,610 --> 00:56:26,410
beings endowed with physical body

1185
00:56:32,520 --> 00:56:29,620
intenseness pain but

1186
00:56:36,510 --> 00:56:32,530
we sill but we are not associated any

1187
00:56:39,510 --> 00:56:36,520
longer with this limited share which we

1188
00:56:42,600 --> 00:56:39,520

carry around and I think that is the the

1189

00:56:45,540 --> 00:56:42,610

next stage in our evolution if you like

1190

00:56:49,380 --> 00:56:45,550

as human beings that we are able to to

1191

00:56:52,820 --> 00:56:49,390

use the energy forms we carry around

1192

00:56:55,620 --> 00:56:52,830

visit but from an enlightened or

1193

00:56:58,020 --> 00:56:55,630

luminous viewpoint you know so it's

1194

00:57:01,050 --> 00:56:58,030

nothing really I feel that it's we need

1195

00:57:03,690 --> 00:57:01,060

to get away from quite the opposite we

1196

00:57:05,880 --> 00:57:03,700

have to we are here to embrace it

1197

00:57:08,700 --> 00:57:05,890

properly there's a greatest level of

1198

00:57:11,580 --> 00:57:08,710

consciousness and awareness you know and

1199

00:57:16,800 --> 00:57:11,590

penetrate everything we are surrounded

1200

00:57:19,050 --> 00:57:16,810

by to enter reality wholeheartedly not

1201
00:57:21,840 --> 00:57:19,060
not getting away from it and I think

1202
00:57:25,380 --> 00:57:21,850
that that makes suddenly that makes our

1203
00:57:28,260 --> 00:57:25,390
life and our reality incredibly rich and

1204
00:57:31,500 --> 00:57:28,270
woody faceted and it gives us much more

1205
00:57:34,710 --> 00:57:31,510
energy to to bring into this world and

1206
00:57:37,020 --> 00:57:34,720
transform all the shortfalls we have

1207
00:57:39,690 --> 00:57:37,030
created because of our ignorance you

1208
00:57:43,020 --> 00:57:39,700
know and our alienation and that's why

1209
00:57:46,410 --> 00:57:43,030
how I see it wonderfully said I think

1210
00:57:49,020 --> 00:57:46,420
that makes total sense to me you're

1211
00:57:51,930 --> 00:57:49,030
going to tell us where you're going with

1212
00:57:54,420 --> 00:57:51,940
this work now where is this taking you

1213
00:57:57,030 --> 00:57:54,430

in terms of in terms of interacting with

1214

00:57:58,890 --> 00:57:57,040

other people how can people learn about

1215

00:58:00,150 --> 00:57:58,900

what you're doing we already said

1216

00:58:02,250 --> 00:58:00,160

through the website and we'll have links

1217

00:58:04,800 --> 00:58:02,260

to that in the books but how are you

1218

00:58:07,980 --> 00:58:04,810

also engaging with people about what

1219

00:58:11,100 --> 00:58:07,990

you've discovered what I'm doing at the

1220

00:58:13,140 --> 00:58:11,110

moment I mean I'm basically an artist

1221

00:58:15,180 --> 00:58:13,150

I'm a commercial illustrator and I've

1222

00:58:19,170 --> 00:58:15,190

been an artist all my life I earn my

1223

00:58:21,240 --> 00:58:19,180

living as an artist and and I mean there

1224

00:58:25,800 --> 00:58:21,250

are two things I pursue one is

1225

00:58:28,650 --> 00:58:25,810

meditation and I I don't I didn't know

1226
00:58:32,070 --> 00:58:28,660
until about a couple of years ago that I

1227
00:58:34,650 --> 00:58:32,080
was going to write another book you know

1228
00:58:37,830 --> 00:58:34,660
which is business of infinity which are

1229
00:58:40,770 --> 00:58:37,840
the last seven years since the first

1230
00:58:43,580 --> 00:58:40,780
book came out I don't know whether that

1231
00:58:48,090 --> 00:58:43,590
I'm going to continue this but I

1232
00:58:51,240 --> 00:58:48,100
you know that what I experienced at the

1233
00:58:54,210 --> 00:58:51,250
moment so deep meditation gives me

1234
00:58:57,000 --> 00:58:54,220
another new level of deeper experience

1235
00:58:59,250 --> 00:58:57,010
and I feel there's no such thing as

1236
00:59:01,950 --> 00:58:59,260
arriving at a stage I always feel

1237
00:59:05,340 --> 00:59:01,960
wherever I am I'm just at the bottom

1238
00:59:07,470 --> 00:59:05,350

step of an infinite long ladder you know

1239

00:59:09,930 --> 00:59:07,480

so I don't know what's going to happen

1240

00:59:13,050 --> 00:59:09,940

in the next one of seven years but in

1241

00:59:16,140 --> 00:59:13,060

the meantime I'm going to carry on with

1242

00:59:19,640 --> 00:59:16,150

there's my deep meditation and I already

1243

00:59:22,020 --> 00:59:19,650

found there are levels which I

1244

00:59:22,770 --> 00:59:22,030

experienced which I haven't experienced

1245

00:59:24,930 --> 00:59:22,780

before

1246

00:59:27,390 --> 00:59:24,940

which may take me into a totally

1247

00:59:30,930 --> 00:59:27,400

different direction the other thing I'm

1248

00:59:35,400 --> 00:59:30,940

really interested in is as in my work as

1249

00:59:37,920 --> 00:59:35,410

an artist - I'm just getting involved in

1250

00:59:39,660 --> 00:59:37,930

virtual reality and I'm trying to bring

1251

00:59:42,510 --> 00:59:39,670

some of the archetypes

1252

00:59:46,080 --> 00:59:42,520

into the physical reality for example

1253

00:59:48,960 --> 00:59:46,090

one of the deep meditative experiences

1254

00:59:50,820 --> 00:59:48,970

is a tunnel experience and if you go

1255

00:59:54,780 --> 00:59:50,830

through higher levels of consciousness

1256

00:59:57,750 --> 00:59:54,790

you get incredibly vivid tunnel

1257

01:00:00,810 --> 00:59:57,760

experience which are captured by other

1258

01:00:04,109 --> 01:00:00,820

cultures in forms of mandalas you know

1259

01:00:06,750 --> 01:00:04,119

and the union idea of the self and so on

1260

01:00:11,450 --> 01:00:06,760

and and what I have done I already

1261

01:00:20,120 --> 01:00:15,990

applications and the idea is that people

1262

01:00:22,800 --> 01:00:20,130

actually make a link or it triggers a

1263

01:00:25,410 --> 01:00:22,810

deep inner memory which they may

1264

01:00:28,890 --> 01:00:25,420

recognise and it connects them to their

1265

01:00:30,960 --> 01:00:28,900

inner self and at the feedback I had so

1266

01:00:34,260 --> 01:00:30,970

far is quite promising some people

1267

01:00:35,960 --> 01:00:34,270

described it it is similar all they

1268

01:00:39,540 --> 01:00:35,970

would experience a near-death experience

1269

01:00:43,109 --> 01:00:39,550

like so but other people mentioned words

1270

01:00:45,120 --> 01:00:43,119

like Nirvana or you know so that is

1271

01:00:47,640 --> 01:00:45,130

quite promising I've got a bit of

1272

01:00:49,290 --> 01:00:47,650

feedback from that the thing is of

1273

01:00:51,180 --> 01:00:49,300

course is virtual reality you are

1274

01:00:55,410 --> 01:00:51,190

immersed and surrounded by the

1275

01:00:57,000 --> 01:00:55,420

experience so the the possibility of

1276

01:01:00,240 --> 01:00:57,010

we're releasing a trigger to your

1277

01:01:03,240 --> 01:01:00,250

subconscious is much greater so that's

1278

01:01:06,590 --> 01:01:03,250

the that's about I'm feeling quite

1279

01:01:10,920 --> 01:01:06,600

excited about and also it allows me to

1280

01:01:13,650 --> 01:01:10,930

instead of having flood 3d images which

1281

01:01:17,340 --> 01:01:13,660

I have on my website it allows me to use

1282

01:01:21,600 --> 01:01:17,350

the inspiration of what I gained sooo my

1283

01:01:24,360 --> 01:01:21,610

out-of-body experience to create 3d

1284

01:01:28,110 --> 01:01:24,370

environments people can enter into and

1285

01:01:31,170 --> 01:01:28,120

perhaps also create triggers which then

1286

01:01:34,260 --> 01:01:31,180

when people fall asleep or they they go

1287

01:01:37,860 --> 01:01:34,270

to sleep at night in the dream they may

1288

01:01:40,530 --> 01:01:37,870

suddenly be reminded and they may find a

1289

01:01:43,320 --> 01:01:40,540

lucid trigger in the dream and this the

1290

01:01:47,160 --> 01:01:43,330

work that really interests me combining

1291

01:01:50,760 --> 01:01:47,170

my artistic sort of leaning to create a

1292

01:01:55,200 --> 01:01:50,770

connection within people to trigger

1293

01:01:57,210 --> 01:01:55,210

lucid experiences but awesome so how

1294

01:01:59,280 --> 01:01:57,220

does this actually work

1295

01:02:01,440 --> 01:01:59,290

I mean is it something it's an app that

1296

01:02:05,070 --> 01:02:01,450

people download where do they run it on

1297

01:02:08,420 --> 01:02:05,080

a yes at the moment I'm using the

1298

01:02:11,460 --> 01:02:08,430

development version of the oculus rift

1299

01:02:15,660 --> 01:02:11,470

which is going to be released next year

1300

01:02:17,610 --> 01:02:15,670

as a consumer version then this is some

1301

01:02:20,100 --> 01:02:17,620

and this comes out I don't make the

1302

01:02:22,380 --> 01:02:20,110

these apps freely available so people

1303

01:02:24,810 --> 01:02:22,390

can just go to my website and download

1304

01:02:28,380 --> 01:02:24,820

them and and try it out I want as many

1305

01:02:31,190 --> 01:02:28,390

people as possible to to have the

1306

01:02:35,160 --> 01:02:31,200

possibility of linking up to this

1307

01:02:38,310 --> 01:02:35,170

experience the same way as I some time

1308

01:02:42,330 --> 01:02:38,320

ago I composed a binaural sound which

1309

01:02:44,900 --> 01:02:42,340

includes the mantra and also a shamanic

1310

01:02:48,000 --> 01:02:44,910

beat and I had a lot of positive

1311

01:02:51,300 --> 01:02:48,010

experiences feedback from other people

1312

01:02:55,200 --> 01:02:51,310

who felt the it helped their meditation

1313

01:02:59,550 --> 01:02:55,210

and so on so I want to create and an

1314

01:03:01,230 --> 01:02:59,560

armory of apps and and aids similar to

1315

01:03:04,020 --> 01:03:01,240

what people already do when they write

1316

01:03:08,510 --> 01:03:04,030

books about meditation and so but I want

1317

01:03:11,030 --> 01:03:08,520

to do the same thing in the audiovisual

1318

01:03:15,320 --> 01:03:11,040

Fiat you know and I've linked up with a

1319

01:03:19,240 --> 01:03:15,330

composer who does music which is based

1320

01:03:22,490 --> 01:03:19,250

on mantras and certain reasons and and

1321

01:03:25,340 --> 01:03:22,500

hizmet Eric chance and Sanskrit chants

1322

01:03:27,880 --> 01:03:25,350

and and these go very well together he's

1323

01:03:32,060 --> 01:03:27,890

also been meditating for 40 years and

1324

01:03:33,910 --> 01:03:32,070

his name is Craig Cruz and we hope to

1325

01:03:36,560 --> 01:03:33,920

work together and make these

1326

01:03:38,960 --> 01:03:36,570

applications freely available so people

1327

01:03:42,080 --> 01:03:38,970

can try them out and see if they find

1328

01:03:45,080 --> 01:03:42,090

another entry point into higher

1329

01:03:47,180 --> 01:03:45,090

consciousness awesome and the best place

1330

01:03:50,360 --> 01:03:47,190

for people to find all this is through

1331

01:03:53,240 --> 01:03:50,370

your website multi-dimensional man or is

1332

01:03:55,610 --> 01:03:53,250

there another place yes it they sitting

1333

01:04:00,370 --> 01:03:55,620

from what did I mention man but my other

1334

01:04:05,450 --> 01:04:00,380

website is also Light and Magic core wk

1335

01:04:08,090 --> 01:04:05,460

great light in magic Koda UK great well

1336

01:04:10,370 --> 01:04:08,100

it's a it is a tremendous body of work

1337

01:04:12,320 --> 01:04:10,380

you're making a great contribution it's

1338

01:04:15,110 --> 01:04:12,330

been great talking to you I appreciate

1339

01:04:17,870 --> 01:04:15,120

the the openness and your ability to

1340

01:04:21,470 --> 01:04:17,880

handle all these different issues that

1341

01:04:23,840 --> 01:04:21,480

lie beneath the kind of surface of just

1342

01:04:26,510 --> 01:04:23,850

oh it's it's either true or it's not

1343

01:04:28,670 --> 01:04:26,520

true you know I mean diving deeper is I

1344

01:04:30,650 --> 01:04:28,680

think where so many of them are

1345

01:04:32,750 --> 01:04:30,660

interesting aspects of this really

1346

01:04:35,420 --> 01:04:32,760

emerging you do a great job of that so I

1347

01:04:37,370 --> 01:04:35,430

appreciate it yeah I think we just as

1348

01:04:41,240 --> 01:04:37,380

the beginning yeah I always feared

1349

01:04:43,220 --> 01:04:41,250

whenever I enter these states how much

1350

01:04:45,800 --> 01:04:43,230

we are at the very beginning you know

1351

01:04:49,810 --> 01:04:45,810

and how religious we actually know and I

1352

01:04:53,840 --> 01:04:49,820

hope that gradually build up a consensus

1353

01:04:55,970 --> 01:04:53,850

by gathering a lot more data you know

1354

01:04:58,460 --> 01:04:55,980

and people making all kinds of

1355

01:05:02,780 --> 01:04:58,470

contributions they are experiences

1356

01:05:05,510 --> 01:05:02,790

people publish I have no idea of you

1357

01:05:09,470 --> 01:05:05,520

know and I've no knowledge of so so it

1358

01:05:12,980 --> 01:05:09,480

will help if each one of us creates

1359

01:05:15,950 --> 01:05:12,990

another piece to put into the puzzle and

1360

01:05:19,430 --> 01:05:15,960

hopefully it is a consensus which will

1361

01:05:21,500 --> 01:05:19,440

allow us to build up a picture of off

1362

01:05:22,280 --> 01:05:21,510

the frontiers which you really have been

1363

01:05:25,340 --> 01:05:22,290

explored

1364

01:05:28,070 --> 01:05:25,350

until only a few years ago so so we are

1365

01:05:30,650 --> 01:05:28,080

just at the beginning of something

1366

01:05:34,310 --> 01:05:30,660

totally new and totally unexplored and

1367

01:05:37,130 --> 01:05:34,320

and I think if you need to make a start

1368

01:05:39,050 --> 01:05:37,140

somehow you know and and I'm working I

1369

01:05:41,110 --> 01:05:39,060

like the way you put that I'm always a

1370

01:05:44,300 --> 01:05:41,120

little bit resistant to the

1371

01:05:46,610 --> 01:05:44,310

consciousness revolution thing that so

1372

01:05:50,420 --> 01:05:46,620

many people point to and paradigm shift

1373

01:05:51,830 --> 01:05:50,430

and all that I see it much more like in

1374

01:05:53,690 --> 01:05:51,840

the way that you're talking about is

1375

01:05:56,570 --> 01:05:53,700

that hey it's always evolving it's

1376

01:05:58,760 --> 01:05:56,580

always reshaping and as we build these

1377

01:06:01,220 --> 01:05:58,770

different islands by forming these

1378

01:06:03,440 --> 01:06:01,230

consensus realities of course different

1379

01:06:05,540 --> 01:06:03,450

people are jumping on that island and

1380

01:06:07,940 --> 01:06:05,550

jumping off another island and we don't

1381

01:06:10,720 --> 01:06:07,950

have to be too attached to where it all

1382

01:06:13,340 --> 01:06:10,730

goes we just have to follow the next

1383

01:06:14,450 --> 01:06:13,350

right thing to do and I think everything

1384

01:06:17,510 --> 01:06:14,460

takes care of itself

1385

01:06:19,460 --> 01:06:17,520

yes well it's been great it's been great

1386

01:06:22,010 --> 01:06:19,470

having you on your gonna end please

1387

01:06:25,430 --> 01:06:22,020

let's let's stay in touch and let us

1388

01:06:27,110 --> 01:06:25,440

know when you make some major

1389

01:06:28,670 --> 01:06:27,120

advancements with these apps and we'll

1390

01:06:29,350 --> 01:06:28,680

certainly get the word out as best we

1391

01:07:00,080 --> 01:06:29,360

can

1392

01:07:04,920 --> 01:07:02,760

thanks again to Jurgen ziva for joining

1393

01:07:07,020 --> 01:07:04,930

me today on skeptic oh I have one

1394

01:07:09,390 --> 01:07:07,030

question to tee up from this interview

1395

01:07:11,310 --> 01:07:09,400

and that is what do you make of Jurgen

1396

01:07:14,099 --> 01:07:11,320

Ziva what do you think of his accounts

1397

01:07:16,440 --> 01:07:14,109

of this extended consciousness realm how

1398

01:07:18,240 --> 01:07:16,450

do they compare and contrast with some

1399

01:07:20,940 --> 01:07:18,250

of the other folks you've heard here on

1400

01:07:23,400 --> 01:07:20,950

skeptic oh and while we're at it how are

1401

01:07:25,140 --> 01:07:23,410

we ever to get our arms around all this

1402

01:07:27,720 --> 01:07:25,150

material when there are these

1403

01:07:30,359 --> 01:07:27,730

conflicting and different accounts I

1404

01:07:33,990 --> 01:07:30,369

think Jurgen has a very open minded way

1405

01:07:35,820 --> 01:07:34,000

of including all those as aspects of a

1406

01:07:37,560 --> 01:07:35,830

possibility of a much much greater

1407

01:07:40,589 --> 01:07:37,570

consciousness but what do you think

1408

01:07:43,920 --> 01:07:40,599

about that the place to let me know is

1409

01:07:46,589 --> 01:07:43,930

through the skeptic Oh website at SK EPT

1410

01:07:48,089 --> 01:07:46,599

I K o dot-com you can join the

1411

01:07:49,980 --> 01:07:48,099

discussion at the forum with a couple of

1412

01:07:52,349 --> 01:07:49,990

the new links I added to the website per

1413

01:07:54,890 --> 01:07:52,359

your suggestion or you can drop me a

1414

01:07:56,910 --> 01:07:54,900

note on Facebook or through email of

1415

01:07:59,220 --> 01:07:56,920

course you'll also find on The Skeptical

1416

01:08:01,650 --> 01:07:59,230

website almost 300 episodes of sceptical

1417

01:08:03,870 --> 01:08:01,660

all there for download for free you can

1418

01:08:05,970 --> 01:08:03,880

subscribe and I hope you do through

1419

01:08:07,320 --> 01:08:05,980

iTunes or stitcher or you can just

1420

01:08:09,780 --> 01:08:07,330

download the shows right there through

1421

01:08:11,609 --> 01:08:09,790

the website thanks again to all of you

1422

01:08:13,320 --> 01:08:11,619

who have connected with me in the last

1423

01:08:15,390 --> 01:08:13,330

couple weeks I've really enjoyed the

1424

01:08:17,789 --> 01:08:15,400

emails and the kind words that you're

1425

01:08:19,800 --> 01:08:17,799

sending my way it's so awesome to think

1426

01:08:22,320 --> 01:08:19,810

that we've been able to connect through

1427

01:08:24,570 --> 01:08:22,330

this show it really is such an awesome

1428

01:08:26,070 --> 01:08:24,580

awesome experience to know that we've

1429

01:08:28,680 --> 01:08:26,080

made this connection through this

1430

01:08:30,709 --> 01:08:28,690

strange medium of sending out these

1431

01:08:33,539 --> 01:08:30,719

recorded shows through the internet so

1432

01:08:34,680 --> 01:08:33,549

so cool who would have thought it anyway

1433

01:08:36,749 --> 01:08:34,690

I have a number of interesting shows

1434

01:08:38,610 --> 01:08:36,759

coming up I will roll them out during

1435

01:08:40,559 --> 01:08:38,620

the holiday season probably on the

1436

01:08:42,599 --> 01:08:40,569

regular schedule may be slowed down a

1437

01:08:44,550 --> 01:08:42,609

little bit but they're coming your waste

1438

01:08:46,709 --> 01:08:44,560

so clear up the space on the hard drive

1439

01:08:49,800 --> 01:08:46,719

or iPhone or Rev your listening and