

Dr. Richard Miller, for some patients, not recommending yoga is a form of malpractice | 322 |

This clinical psychologist, and researcher has used yoga to dramatically improve the lives of those suffering from PTSD.



1
00:00:10,280 --> 00:00:08,900
on this episode of skeptic oh when I was

2
00:00:13,370 --> 00:00:10,290
watching one of your presentations you

3
00:00:15,320 --> 00:00:13,380
said you know what if I don't give you

4
00:00:16,939 --> 00:00:15,330
this protocol right now if I don't give

5
00:00:19,790 --> 00:00:16,949
this to you at least a little bit I

6
00:00:22,460 --> 00:00:19,800
would consider it medical malpractice as

7
00:00:25,790 --> 00:00:22,470
a clinical psychologist I know this is

8
00:00:28,460 --> 00:00:25,800
effective and you have to experience now

9
00:00:31,630 --> 00:00:28,470
that's awesome on the one hand of

10
00:00:33,799 --> 00:00:31,640
getting it out there but it also does

11
00:00:37,900 --> 00:00:33,809
bring into focus

12
00:00:40,840 --> 00:00:37,910
just how who out of a line we are in

13
00:00:43,729 --> 00:00:40,850

medicine and in clinical psychology

14

00:00:46,819 --> 00:00:43,739

let me quote you this is a direct quote

15

00:00:51,010 --> 00:00:46,829

from a veteran who took part in one of

16

00:00:54,770 --> 00:00:51,020

our studies in Miami and he said every

17

00:00:57,020 --> 00:00:54,780

intervention I've had to date to help me

18

00:00:59,240 --> 00:00:57,030

heal through my post-traumatic stress

19

00:01:02,180 --> 00:00:59,250

has always started with what's wrong

20

00:01:04,399 --> 00:01:02,190

with me and trying to show me what's

21

00:01:07,429 --> 00:01:04,409

wrong with me and how to fix and change

22

00:01:09,469 --> 00:01:07,439

what's wrong with me he said you're the

23

00:01:12,230 --> 00:01:09,479

first protocol you're the first

24

00:01:15,410 --> 00:01:12,240

intervention that has started with

25

00:01:17,480 --> 00:01:15,420

what's right about me and now that I

26
00:01:19,960 --> 00:01:17,490
know what's right about me I'm willing

27
00:01:34,770 --> 00:01:19,970
to face my worst nightmares

28
00:01:38,680 --> 00:01:37,030
welcome to skeptic Oh where we explore

29
00:01:41,080 --> 00:01:38,690
controversial science with leading

30
00:01:42,820 --> 00:01:41,090
researchers thinkers and their critics

31
00:01:45,520 --> 00:01:42,830
now you know from listening to this show

32
00:01:47,740 --> 00:01:45,530
that I love science and I love the

33
00:01:50,140 --> 00:01:47,750
logical rational reasonable approach to

34
00:01:52,780 --> 00:01:50,150
things but you can probably also tell

35
00:01:56,200 --> 00:01:52,790
that I'm trying to marry that with an

36
00:01:59,140 --> 00:01:56,210
approach to spirituality and engagement

37
00:02:01,420 --> 00:01:59,150
with spirituality if you will and along

38
00:02:03,360 --> 00:02:01,430

the way along the journey of skeptic Oh

39

00:02:06,010 --> 00:02:03,370

at the same time I've been pursuing

40

00:02:08,740 --> 00:02:06,020

spiritual practices as well but I have

41

00:02:10,480 --> 00:02:08,750

had this pull towards yoga for a long

42

00:02:13,150 --> 00:02:10,490

long time and it's been an amazing

43

00:02:15,580 --> 00:02:13,160

experience for me because it's taken me

44

00:02:17,980 --> 00:02:15,590

in a lot of different places beyond the

45

00:02:19,990 --> 00:02:17,990

practice of sitting there and doing

46

00:02:22,449 --> 00:02:20,000

these asanas and breathing and doing all

47

00:02:24,880 --> 00:02:22,459

that stuff so when I ran across the work

48

00:02:26,830 --> 00:02:24,890

of today's guest Richard Miller a lot of

49

00:02:29,979 --> 00:02:26,840

the ideas that he was talking about were

50

00:02:31,930 --> 00:02:29,989

not unfamiliar to me but at the same

51
00:02:34,000 --> 00:02:31,940
time I found somebody who was really

52
00:02:36,970 --> 00:02:34,010
putting some of these things together in

53
00:02:39,160 --> 00:02:36,980
a new and powerful way and as I say in

54
00:02:40,540 --> 00:02:39,170
the interview I was just drawn to him

55
00:02:42,850 --> 00:02:40,550
because I listened to one of his

56
00:02:45,310 --> 00:02:42,860
lectures and it immediately seemed to

57
00:02:47,560 --> 00:02:45,320
work for me now as I say in the

58
00:02:49,530 --> 00:02:47,570
interview I've included that at the end

59
00:02:51,630 --> 00:02:49,540
of this show so give a listen to that I

60
00:02:54,220 --> 00:02:51,640
mixed it in with a little bit of

61
00:02:56,800 --> 00:02:54,230
meditative Creative Commons music and

62
00:02:58,690 --> 00:02:56,810
I'm including that at the end also have

63
00:03:00,940 --> 00:02:58,700

it as a separate download if you wanted

64

00:03:03,400 --> 00:03:00,950

if you find it useful so the exciting

65

00:03:05,860 --> 00:03:03,410

thing about Richard's work is it seems

66

00:03:08,800 --> 00:03:05,870

to work at least for people like me it's

67

00:03:10,840 --> 00:03:08,810

piling up a lot of points scientifically

68

00:03:13,300 --> 00:03:10,850

as well and of course as we've said so

69

00:03:16,720 --> 00:03:13,310

many times in this show there is really

70

00:03:19,720 --> 00:03:16,730

no way that this technique should pile

71

00:03:22,479 --> 00:03:19,730

up points scientifically there's no way

72

00:03:26,020 --> 00:03:22,489

in our therapeutic models that this

73

00:03:27,520 --> 00:03:26,030

should work if mind equals brain ah but

74

00:03:29,830 --> 00:03:27,530

that's another show for another time

75

00:03:32,230 --> 00:03:29,840

let's get on to my conversation with

76

00:03:35,020 --> 00:03:32,240

Richard Miller today we welcome dr.

77

00:03:37,090 --> 00:03:35,030

Richard Miller to skeptic Oh Richard is

78

00:03:40,270 --> 00:03:37,100

a clinical psychologist and

79

00:03:44,560 --> 00:03:40,280

founder of eye rest an organization that

80

00:03:46,930 --> 00:03:44,570

offers an integrated yogic healing

81

00:03:49,120 --> 00:03:46,940

practice that richard has developed over

82

00:03:51,250 --> 00:03:49,130

the years and this practice has been

83

00:03:54,040 --> 00:03:51,260

shown to be so effective in clinical

84

00:03:55,990 --> 00:03:54,050

trials that the United States military

85

00:03:58,410 --> 00:03:56,000

has adopted it for use in treating

86

00:04:01,060 --> 00:03:58,420

post-traumatic stress disorder in

87

00:04:03,910 --> 00:04:01,070

hundreds of military hospitals and

88

00:04:07,990 --> 00:04:03,920

clinics around the country now how

89

00:04:10,390 --> 00:04:08,000

Richard got the army to let yoga in the

90

00:04:12,790 --> 00:04:10,400

back door is just one of the many

91

00:04:15,400 --> 00:04:12,800

stories I hope we get into today before

92

00:04:17,229 --> 00:04:15,410

we get too much further Richard welcome

93

00:04:20,140 --> 00:04:17,239

to skeptic oh thanks so much for joining

94

00:04:23,350 --> 00:04:20,150

me good morning I like thanks for having

95

00:04:26,950 --> 00:04:23,360

me on your program delighted you know we

96

00:04:30,310 --> 00:04:26,960

both share a deep love and appreciation

97

00:04:33,370 --> 00:04:30,320

for yoga and even though I can't sit in

98

00:04:36,700 --> 00:04:33,380

full Lotus anywhere nearly as

99

00:04:40,480 --> 00:04:36,710

beautifully as you do when I was reading

100

00:04:43,780 --> 00:04:40,490

her bio I was struck by this early

101
00:04:46,090 --> 00:04:43,790
experience you had with yoga and I

102
00:04:49,630 --> 00:04:46,100
realized that we shared a very similar

103
00:04:51,490 --> 00:04:49,640
kind of first experience that I don't

104
00:04:54,340 --> 00:04:51,500
know how these things play themselves

105
00:04:56,860 --> 00:04:54,350
out I'm sure we can kind of have some

106
00:04:59,620 --> 00:04:56,870
ideas about that but maybe you could

107
00:05:00,610 --> 00:04:59,630
start by sharing that little story

108
00:05:03,940 --> 00:05:00,620
because I thought it was kind of

109
00:05:05,110 --> 00:05:03,950
interesting and speaks a lot to a lot of

110
00:05:08,380 --> 00:05:05,120
things that have happened in your life

111
00:05:12,040 --> 00:05:08,390
sure and just one beginning comment

112
00:05:14,950 --> 00:05:12,050
thank goodness it doesn't depend on our

113
00:05:17,680 --> 00:05:14,960

posture and Lotus and anything we do to

114

00:05:21,580 --> 00:05:17,690

be who we are we are just lovely beings

115

00:05:23,790 --> 00:05:21,590

however and wherever we are you know my

116

00:05:27,630 --> 00:05:23,800

first experience with yoga was quite

117

00:05:30,700 --> 00:05:27,640

accidental and quite profoundly

118

00:05:33,750 --> 00:05:30,710

transformative the story I shared with

119

00:05:36,760 --> 00:05:33,760

you and I first came to San Francisco I

120

00:05:39,340 --> 00:05:36,770

was looking to meet people and wandered

121

00:05:41,260 --> 00:05:39,350

into taking a yoga class with the

122

00:05:43,810 --> 00:05:41,270

thought that I might be able to meet

123

00:05:47,409 --> 00:05:43,820

some interesting people having never

124

00:05:49,180 --> 00:05:47,419

studied yoga before and as I walked into

125

00:05:50,890 --> 00:05:49,190

the first class it turned

126

00:05:53,320 --> 00:05:50,900

out that they decided to teach the

127

00:05:56,530 --> 00:05:53,330

12-week course in silence except for the

128

00:05:58,840 --> 00:05:56,540

teachers instruction so I wandered in

129

00:06:00,610 --> 00:05:58,850

the door and walked out each of the 12

130

00:06:02,200 --> 00:06:00,620

weeks never met anyone because

131

00:06:04,030 --> 00:06:02,210

everything was in silence from the

132

00:06:07,080 --> 00:06:04,040

moment I entered and left the the

133

00:06:10,030 --> 00:06:07,090

building but I like to say that first

134

00:06:12,880 --> 00:06:10,040

class at the end when the teacher was

135

00:06:15,940 --> 00:06:12,890

introducing us to a meditative form of

136

00:06:20,770 --> 00:06:15,950

what I now know is yoga nidra I had a

137

00:06:25,440 --> 00:06:20,780

profound experience where all sense of

138

00:06:30,370 --> 00:06:25,450

myself as separate dropped away

139

00:06:34,240 --> 00:06:30,380

unexpectedly and I found myself with a

140

00:06:36,550 --> 00:06:34,250

deep inner feeling of being in harmony

141

00:06:39,910 --> 00:06:36,560

and in tune with the entire universe and

142

00:06:43,540 --> 00:06:39,920

when I walked out and came home that

143

00:06:46,360 --> 00:06:43,550

night a deep kind of vow rose in my

144

00:06:51,460 --> 00:06:46,370

heart to try to understand one what just

145

00:06:54,520 --> 00:06:51,470

happened and to how might I nourish and

146

00:06:56,800 --> 00:06:54,530

propagate this profound understanding

147

00:07:00,070 --> 00:06:56,810

which lasted for some days and then

148

00:07:02,800 --> 00:07:00,080

slowly faded but what it did bring for

149

00:07:04,630 --> 00:07:02,810

me is a sense of coming home to myself

150

00:07:08,880 --> 00:07:04,640

in a way that I had never experienced

151
00:07:13,720 --> 00:07:08,890
before that moment a deep profound peace

152
00:07:16,300 --> 00:07:13,730
and just a celebration of homecoming I

153
00:07:18,490 --> 00:07:16,310
would say you know that's awesome and

154
00:07:22,450 --> 00:07:18,500
you are now speaking to a group of

155
00:07:24,970 --> 00:07:22,460
people that will resonate to that story

156
00:07:28,480 --> 00:07:24,980
at least some of that my audience will

157
00:07:30,909 --> 00:07:28,490
but like me some of them will also want

158
00:07:33,880 --> 00:07:30,919
to kind of jump over on this other side

159
00:07:35,530 --> 00:07:33,890
of bringing that down and want to

160
00:07:38,920 --> 00:07:35,540
struggle to pin that down to something

161
00:07:41,140 --> 00:07:38,930
more concrete something drugg wrap our

162
00:07:42,940 --> 00:07:41,150
arms around and one of the things that's

163
00:07:45,520 --> 00:07:42,950

interesting about you and your

164

00:07:49,180 --> 00:07:45,530

background is you embody that as well

165

00:07:51,760 --> 00:07:49,190

you embody that scientific background

166

00:07:54,280 --> 00:07:51,770

you're a clinical psychologist and as

167

00:07:56,260 --> 00:07:54,290

you were led through this journey that

168

00:08:00,340 --> 00:07:56,270

you rhond you were forced to bring a

169

00:08:02,800 --> 00:08:00,350

great deal of rigor and science to what

170

00:08:05,110 --> 00:08:02,810

you do in order to work with

171

00:08:08,020 --> 00:08:05,120

for example the United States military

172

00:08:10,629 --> 00:08:08,030

so you're someone a skilled researcher

173

00:08:13,510 --> 00:08:10,639

skilled clinical psychologists published

174

00:08:15,220 --> 00:08:13,520

some amazing results about this yogic

175

00:08:17,350 --> 00:08:15,230

meditation protocol that you've

176
00:08:20,080 --> 00:08:17,360
developed published it in peer-reviewed

177
00:08:22,840 --> 00:08:20,090
journals passed muster with some very

178
00:08:24,730 --> 00:08:22,850
tough-minded military folks who aren't

179
00:08:27,210 --> 00:08:24,740
willy-nilly about just letting people

180
00:08:29,950 --> 00:08:27,220
come in and do stuff to their soldiers

181
00:08:34,240 --> 00:08:29,960
can you tell us a little bit about that

182
00:08:38,200 --> 00:08:34,250
side of who you are and what you've

183
00:08:41,800 --> 00:08:38,210
brought in that area yes I grew up in a

184
00:08:45,310 --> 00:08:41,810
scientific medically oriented family my

185
00:08:47,800 --> 00:08:45,320
dad was a surgeon and we had long

186
00:08:51,220 --> 00:08:47,810
conversations about science and medicine

187
00:08:54,579 --> 00:08:51,230
as I grew up and I grew up in a way

188
00:08:56,560 --> 00:08:54,589

reading medical textbooks was on my way

189

00:08:59,200 --> 00:08:56,570

to go to medical school and realize that

190

00:09:01,930 --> 00:08:59,210

psychology was really my calling and

191

00:09:04,390 --> 00:09:01,940

ended up going into clinical psychology

192

00:09:07,570 --> 00:09:04,400

but along the way it occurred to me as I

193

00:09:10,260 --> 00:09:07,580

was studying the teachings of yoga and

194

00:09:15,120 --> 00:09:10,270

different approaches to spirituality

195

00:09:18,850 --> 00:09:15,130

that many of the readings were

196

00:09:22,060 --> 00:09:18,860

propagated on more or less a belief of

197

00:09:25,270 --> 00:09:22,070

trust me and as a scientifically

198

00:09:28,480 --> 00:09:25,280

oriented Westerner trust me doesn't

199

00:09:30,490 --> 00:09:28,490

really resonate so much with me I wanted

200

00:09:34,600 --> 00:09:30,500

to understand how does this actually

201
00:09:39,090 --> 00:09:34,610
work and so I started reading into the

202
00:09:44,079 --> 00:09:39,100
literature in the 70s and 80s and then

203
00:09:45,850 --> 00:09:44,089
in nineteen 2004 the military called me

204
00:09:49,800 --> 00:09:45,860
and asked if I would be interested in

205
00:09:52,630 --> 00:09:49,810
partaking in a study of my protocol with

206
00:09:56,650 --> 00:09:52,640
veterans and active duty coming back

207
00:09:59,769 --> 00:09:56,660
from the war front with PTSD so I said

208
00:10:03,340 --> 00:09:59,779
fantastic we entered into a study and as

209
00:10:05,380 --> 00:10:03,350
a result the results we got were so

210
00:10:07,630 --> 00:10:05,390
effective they hired the teacher that I

211
00:10:11,410 --> 00:10:07,640
had trained who was teaching in the

212
00:10:12,920 --> 00:10:11,420
study to teach the protocol to all

213
00:10:14,600 --> 00:10:12,930

returning

214

00:10:17,780 --> 00:10:14,610

wounded warriors through Walter Reed

215

00:10:19,490 --> 00:10:17,790

Army Medical Center if they opted for

216

00:10:25,700 --> 00:10:19,500

that option as part of their healing

217

00:10:27,950 --> 00:10:25,710

program particular study launched what I

218

00:10:31,310 --> 00:10:27,960

would never have imagined a whole series

219

00:10:33,550 --> 00:10:31,320

of studies so to date we've got over 25

220

00:10:36,980 --> 00:10:33,560

research studies that had been done from

221

00:10:40,370 --> 00:10:36,990

Walter Reed Miami VA Brooke Army Medical

222

00:10:42,590 --> 00:10:40,380

Center now we've got one about to start

223

00:10:44,870 --> 00:10:42,600

at Chicago VA we've had them at

224

00:10:48,050 --> 00:10:44,880

universities and different private

225

00:10:51,680 --> 00:10:48,060

settings so we've been studying how does

226

00:10:53,960 --> 00:10:51,690

this protocol actually affect things

227

00:10:57,170 --> 00:10:53,970

like post-traumatic stress chronic pain

228

00:10:59,060 --> 00:10:57,180

anxiety sleep disorders as well as

229

00:11:02,930 --> 00:10:59,070

propagate a deep inner sense of

230

00:11:05,930 --> 00:11:02,940

well-being so I'm glad to say I can now

231

00:11:08,210 --> 00:11:05,940

answer the question don't just trust me

232

00:11:10,880 --> 00:11:08,220

here are the results that we have that

233

00:11:13,519 --> 00:11:10,890

are statistically showing that this

234

00:11:16,720 --> 00:11:13,529

particular approach to meditation does

235

00:11:20,240 --> 00:11:16,730

work and here's what it does and can do

236

00:11:23,180 --> 00:11:20,250

for you and to date I've trained over

237

00:11:25,850 --> 00:11:23,190

3,000 teachers worldwide who are now

238

00:11:27,760 --> 00:11:25,860

bringing this into their different

239

00:11:31,730 --> 00:11:27,770

settings in North America Australia

240

00:11:35,870 --> 00:11:31,740

England Australia Germany so it's quite

241

00:11:39,380 --> 00:11:35,880

amazing to see how I think the science

242

00:11:41,930 --> 00:11:39,390

has propagated and helps support the

243

00:11:45,260 --> 00:11:41,940

coming home of this protocol into so

244

00:11:47,630 --> 00:11:45,270

many locations and and Richard just

245

00:11:50,269 --> 00:11:47,640

let's interject that that is through

246

00:11:52,850 --> 00:11:50,279

this organization that you've found it

247

00:11:55,910 --> 00:11:52,860

that people can find called arrest and

248

00:11:57,650 --> 00:11:55,920

that's where the training is kind of

249

00:12:00,910 --> 00:11:57,660

funneled through and where you've

250

00:12:04,130 --> 00:12:00,920

brought all this technology if you will

251

00:12:06,500 --> 00:12:04,140

to a focal point is that right it is

252

00:12:08,569 --> 00:12:06,510

true and and there's a funny story here

253

00:12:10,430 --> 00:12:08,579

when I first came to the military or

254

00:12:13,130 --> 00:12:10,440

they came to me they said would you

255

00:12:17,300 --> 00:12:13,140

change the name of your protocol which

256

00:12:19,730 --> 00:12:17,310

was back then called yoga nidra and they

257

00:12:22,730 --> 00:12:19,740

said we don't we don't do yoga we're

258

00:12:25,730 --> 00:12:22,740

military and yoga is for sissies

259

00:12:26,810 --> 00:12:25,740

actually one fella said to me and so I

260

00:12:29,500 --> 00:12:26,820

thought long and hard

261

00:12:32,060 --> 00:12:29,510

and trained changed the name to

262

00:12:34,910 --> 00:12:32,070

integrative restoration integrative

263

00:12:37,490 --> 00:12:34,920

because it integrates our psychology and

264

00:12:41,720 --> 00:12:37,500

our it gives us a grounded sense of self

265

00:12:44,750 --> 00:12:41,730

and restoration because it restores

266

00:12:47,480 --> 00:12:44,760

something to us that never capable of

267

00:12:50,540 --> 00:12:47,490

being heard or harmed that's always

268

00:12:55,070 --> 00:12:50,550

whole and then I thought of the acronym

269

00:12:57,680 --> 00:12:55,080

I rest a small eye because it's helping

270

00:13:01,220 --> 00:12:57,690

kind of put our ego in its rightful

271

00:13:04,460 --> 00:13:01,230

place and rest for restoration the

272

00:13:08,690 --> 00:13:04,470

military said that's fantastic we can do

273

00:13:10,760 --> 00:13:08,700

integrative restoration I rest but then

274

00:13:12,140 --> 00:13:10,770

at the end of the study after a few

275

00:13:13,700 --> 00:13:12,150

months they came back to me and they

276

00:13:17,510 --> 00:13:13,710

said you know we like what you're doing

277

00:13:20,570 --> 00:13:17,520

this is showing great results with our

278

00:13:23,350 --> 00:13:20,580

military or veterans so you can call it

279

00:13:26,750 --> 00:13:23,360

yoga knitter if you want so we've

280

00:13:27,530 --> 00:13:26,760

created the name integrative restoration

281

00:13:31,400 --> 00:13:27,540

I rest

282

00:13:33,620 --> 00:13:31,410

Yoga Nidra meditation that way we can go

283

00:13:35,600 --> 00:13:33,630

into military settings homeless shelters

284

00:13:37,610 --> 00:13:35,610

we're now working with women who've been

285

00:13:39,470 --> 00:13:37,620

rescued from human trafficking and we

286

00:13:42,710 --> 00:13:39,480

can call it integrative restoration that

287

00:13:46,280 --> 00:13:42,720

has a nice secular ring to it but if I

288

00:13:48,230 --> 00:13:46,290

go into a yoga oriented group I can call

289

00:13:50,540 --> 00:13:48,240

it yoga nidra or if I go into a

290

00:13:53,840 --> 00:13:50,550

meditation oriented group I can call it

291

00:13:56,060 --> 00:13:53,850

meditation so the long and the short is

292

00:13:58,550 --> 00:13:56,070

we're trying to bring it to different

293

00:14:04,370 --> 00:13:58,560

groups showing that it's actually a

294

00:14:06,340 --> 00:14:04,380

secular program anybody can utilize it

295

00:14:09,290 --> 00:14:06,350

irregardless of their philosophical

296

00:14:13,000 --> 00:14:09,300

religious or spherical spiritual stance

297

00:14:16,220 --> 00:14:13,010

it's really basically a series of

298

00:14:19,190 --> 00:14:16,230

inquiries that we make experiments that

299

00:14:23,630 --> 00:14:19,200

we make into who we are and how we

300

00:14:25,520 --> 00:14:23,640

function and it's been shown now to heal

301
00:14:28,550 --> 00:14:25,530
help heal things like post-traumatic

302
00:14:30,710 --> 00:14:28,560
stress and anxiety and help people get a

303
00:14:32,840 --> 00:14:30,720
good night's sleep now Richard I want

304
00:14:35,470 --> 00:14:32,850
folks to know that I watched one of your

305
00:14:38,480 --> 00:14:35,480
videos oh I don't know a few months ago

306
00:14:40,400 --> 00:14:38,490
where you gave a condensed version of

307
00:14:43,610 --> 00:14:40,410
this meditation protocol

308
00:14:45,410 --> 00:14:43,620
and personally I found it so powerful so

309
00:14:48,379 --> 00:14:45,420
meaningful useful whatever word you want

310
00:14:51,710 --> 00:14:48,389
to put there that I've incorporated it

311
00:14:53,150 --> 00:14:51,720
into my regular practice I actually mix

312
00:14:55,369 --> 00:14:53,160
it in full music and with your

313
00:14:56,569 --> 00:14:55,379

permission I'm going to play that at the

314

00:14:58,369 --> 00:14:56,579

end of this interview because there's

315

00:15:00,259 --> 00:14:58,379

really no there's no substitute for

316

00:15:04,040 --> 00:15:00,269

talking about it then there is for

317

00:15:08,179 --> 00:15:04,050

hearing this and hearing just the little

318

00:15:10,400 --> 00:15:08,189

unique ways that you have adapted you

319

00:15:14,800 --> 00:15:10,410

know almost anyone out there is going to

320

00:15:17,689 --> 00:15:14,810

be familiar with some kind of meditation

321

00:15:20,059 --> 00:15:17,699

protocol if you will someone doing a

322

00:15:22,009 --> 00:15:20,069

guided meditation kind of thing but you

323

00:15:24,769 --> 00:15:22,019

do a couple of unique things in there

324

00:15:27,530 --> 00:15:24,779

that I want people to experience for

325

00:15:29,030 --> 00:15:27,540

themselves and just see if it has any of

326

00:15:30,499 --> 00:15:29,040

these amazing effects that we're talking

327

00:15:32,449 --> 00:15:30,509

about so with your permission I will

328

00:15:35,600 --> 00:15:32,459

play that at the end of this interview

329

00:15:38,319 --> 00:15:35,610

great I like I like what you're saying a

330

00:15:41,030 --> 00:15:38,329

picture is worth a thousand words

331

00:15:42,619 --> 00:15:41,040

actually experiencing it is what we want

332

00:15:45,429 --> 00:15:42,629

we can talk till we're blue in the face

333

00:15:46,579 --> 00:15:45,439

but the experience is the most important

334

00:15:48,860 --> 00:15:46,589

okay

335

00:15:51,079 --> 00:15:48,870

so then let's switch gears for a minute

336

00:15:55,129 --> 00:15:51,089

because I hope by now you get the sense

337

00:15:57,170 --> 00:15:55,139

that I am with you man I am with the I'm

338

00:15:59,540 --> 00:15:57,180

supportive of what you're doing I want

339

00:16:02,420 --> 00:15:59,550

everyone to experience it because I

340

00:16:05,059 --> 00:16:02,430

think if you're at the right place in

341

00:16:07,009 --> 00:16:05,069

your life in your journey and your

342

00:16:09,139 --> 00:16:07,019

practice whatever this could be

343

00:16:12,620 --> 00:16:09,149

meaningful to you but now that I've said

344

00:16:15,980 --> 00:16:12,630

that I want to kind of pick at a couple

345

00:16:17,600 --> 00:16:15,990

of things that I think interface with

346

00:16:21,019 --> 00:16:17,610

some of the topics we've talked about

347

00:16:23,689 --> 00:16:21,029

here on skeptic oh and I think our non

348

00:16:26,059 --> 00:16:23,699

at the back of the mind of me and other

349

00:16:28,579 --> 00:16:26,069

people who look at this stuff but of

350

00:16:29,689 --> 00:16:28,589

course go for great great great let's

351

00:16:34,069 --> 00:16:29,699

start with this let's start with

352

00:16:35,929 --> 00:16:34,079

malpractice I love this that when I was

353

00:16:37,519 --> 00:16:35,939

watching one of your presentations one

354

00:16:40,639 --> 00:16:37,529

of the things you started with in and I

355

00:16:42,559 --> 00:16:40,649

saw a certain animation to give certain

356

00:16:45,949 --> 00:16:42,569

energy to your talk you said you know

357

00:16:47,840 --> 00:16:45,959

what if I don't give you this protocol

358

00:16:49,610 --> 00:16:47,850

right now if I don't give this to you at

359

00:16:52,309 --> 00:16:49,620

least a little bit I would consider it

360

00:16:53,750 --> 00:16:52,319

medical malpractice as a clinical

361

00:16:55,970 --> 00:16:53,760

psychologist I know

362

00:16:59,810 --> 00:16:55,980

this is effective and you have to

363

00:17:02,300 --> 00:16:59,820

experience now that's awesome on the one

364

00:17:05,659 --> 00:17:02,310

hand of getting it out there but it also

365

00:17:09,760 --> 00:17:05,669

does bring into focus

366

00:17:13,329 --> 00:17:09,770

just how out of a line we are in

367

00:17:15,559 --> 00:17:13,339

medicine and in clinical psychology with

368

00:17:18,230 --> 00:17:15,569

some of these kind of practices

369

00:17:19,640 --> 00:17:18,240

techniques protocols whatever we want to

370

00:17:21,530 --> 00:17:19,650

talk about it so can you address that

371

00:17:23,510 --> 00:17:21,540

from both angles of what you mean by

372

00:17:25,610 --> 00:17:23,520

malpractice I I think I got the first

373

00:17:28,010 --> 00:17:25,620

part right but correct it but the second

374

00:17:30,650 --> 00:17:28,020

part is you know you're not kind of

375

00:17:35,060 --> 00:17:30,660

likely to run into this if you just walk

376

00:17:38,840 --> 00:17:35,070

into the the local clinical psychologist

377

00:17:42,020 --> 00:17:38,850

no let me quote you this is a direct

378

00:17:45,220 --> 00:17:42,030

quote from a veteran who took part in

379

00:17:49,730 --> 00:17:45,230

one of our studies in Miami and he said

380

00:17:51,740 --> 00:17:49,740

every intervention I've had to date to

381

00:17:54,320 --> 00:17:51,750

help me heal through my post-traumatic

382

00:17:57,200 --> 00:17:54,330

stress has always started with what's

383

00:17:59,450 --> 00:17:57,210

wrong with me and trying to show me

384

00:18:02,510 --> 00:17:59,460

what's wrong with me and how to fix and

385

00:18:04,580 --> 00:18:02,520

change what's wrong with me he said

386

00:18:07,610 --> 00:18:04,590

you're the first protocol you're the

387

00:18:10,789 --> 00:18:07,620

first intervention that has started with

388

00:18:12,860 --> 00:18:10,799

what's right about me and now that I

389

00:18:16,039 --> 00:18:12,870

know what's right about me I'm willing

390

00:18:19,220 --> 00:18:16,049

to face my worst nightmares but I

391

00:18:22,580 --> 00:18:19,230

realize now I'm not broken there's not

392

00:18:25,850 --> 00:18:22,590

something wrong with me there are things

393

00:18:30,830 --> 00:18:25,860

in my body in my mind that need changing

394

00:18:33,560 --> 00:18:30,840

and fixing and helping but not me so and

395

00:18:35,780 --> 00:18:33,570

he also went on to say why didn't I get

396

00:18:37,159 --> 00:18:35,790

this when I first started this journey

397

00:18:40,549 --> 00:18:37,169

of trying to heal my post-traumatic

398

00:18:44,110 --> 00:18:40,559

stress and I've heard this now countless

399

00:18:46,700 --> 00:18:44,120

times from military soldiers veterans

400

00:18:50,030 --> 00:18:46,710

homeless all the different people that

401
00:18:53,419 --> 00:18:50,040
we work with what I'm trying to do right

402
00:18:55,100 --> 00:18:53,429
at the start is show people something

403
00:18:59,240 --> 00:18:55,110
about themselves something about

404
00:19:03,560 --> 00:18:59,250
ourselves all of us that's not broken

405
00:19:07,159 --> 00:19:03,570
can't be harmed has never been heard her

406
00:19:07,549 --> 00:19:07,169
harmed has always been whole so I'm

407
00:19:10,460 --> 00:19:07,559
trying

408
00:19:13,519 --> 00:19:10,470
to help people start from wholeness and

409
00:19:16,100 --> 00:19:13,529
then look at what does need fixing or

410
00:19:19,430 --> 00:19:16,110
changing but we're not trying to fix or

411
00:19:23,180 --> 00:19:19,440
change to become whole we're realizing

412
00:19:25,009 --> 00:19:23,190
we are whole we start from here and so

413
00:19:28,159 --> 00:19:25,019

we realize there's not something about

414

00:19:30,499 --> 00:19:28,169

me that's broken but there are things

415

00:19:32,869 --> 00:19:30,509

about my body and my mind that need

416

00:19:36,950 --> 00:19:32,879

fixing and that do feel broken it's up

417

00:19:40,639 --> 00:19:36,960

it's a radical kind of reorientation

418

00:19:43,519 --> 00:19:40,649

when I work with people and I'll tell

419

00:19:45,830 --> 00:19:43,529

you a clinical story I was working with

420

00:19:48,680 --> 00:19:45,840

a woman who came to me with severe

421

00:19:51,529 --> 00:19:48,690

depression some years ago and she had

422

00:19:54,889 --> 00:19:51,539

been through many forms of psychiatry

423

00:19:57,440 --> 00:19:54,899

and medical medicinal interventions

424

00:20:01,249 --> 00:19:57,450

nothing had worked with her depression

425

00:20:04,159 --> 00:20:01,259

and I started by asking her would you be

426
00:20:06,200 --> 00:20:04,169
willing to make an experiment and let me

427
00:20:09,859 --> 00:20:06,210
try something with you and she said okay

428
00:20:11,989 --> 00:20:09,869
so I ran her through this very simple

429
00:20:13,909 --> 00:20:11,999
protocol where I'm introducing her to

430
00:20:15,799 --> 00:20:13,919
this but I think of within ourselves

431
00:20:19,460 --> 00:20:15,809
that's always whole and never been

432
00:20:21,739 --> 00:20:19,470
broken and within about 20 minutes she

433
00:20:24,980 --> 00:20:21,749
was sitting in a place within herself

434
00:20:28,909 --> 00:20:24,990
where she felt not broken not something

435
00:20:30,590 --> 00:20:28,919
wrong with me and then we started

436
00:20:32,600 --> 00:20:30,600
addressing her depression and what were

437
00:20:35,029 --> 00:20:32,610
the underlying symptoms that might have

438
00:20:37,279 --> 00:20:35,039

been causing or what are the underlying

439

00:20:40,210 --> 00:20:37,289

causes that might have been giving her

440

00:20:43,879 --> 00:20:40,220

rise to her symptoms the thing that was

441

00:20:46,009 --> 00:20:43,889

most interesting to me she came back the

442

00:20:48,049 --> 00:20:46,019

second session and she said I want to

443

00:20:49,970 --> 00:20:48,059

let you know that when I was working

444

00:20:52,220 --> 00:20:49,980

with you in that first session I really

445

00:20:55,369 --> 00:20:52,230

did feel this sense of something within

446

00:20:58,609 --> 00:20:55,379

me that's not broken isn't depressed and

447

00:21:01,399 --> 00:20:58,619

never has been even as I'm feeling this

448

00:21:04,580 --> 00:21:01,409

depression and when I left your office

449

00:21:07,430 --> 00:21:04,590

what it did is it gave me hope it

450

00:21:09,470 --> 00:21:07,440

reinstalled a sense of hope in me that I

451

00:21:11,779 --> 00:21:09,480

can actually work and overcome my

452

00:21:13,730 --> 00:21:11,789

depression and we work together very

453

00:21:16,940 --> 00:21:13,740

successfully over about a year and a

454

00:21:19,639 --> 00:21:16,950

half her depression did clear up but we

455

00:21:20,960 --> 00:21:19,649

always started each session from this

456

00:21:24,049 --> 00:21:20,970

place of wholeness

457

00:21:27,799 --> 00:21:24,059

really letting her know that she wasn't

458

00:21:30,440 --> 00:21:27,809

broken she wasn't depressed but feelings

459

00:21:32,419 --> 00:21:30,450

of depression sensations of depression

460

00:21:35,860 --> 00:21:32,429

were present in her body in her mind

461

00:21:38,330 --> 00:21:35,870

that then we begin to seriously address

462

00:21:41,870 --> 00:21:38,340

it's a very different starting point we

463

00:21:44,930 --> 00:21:41,880

don't work to heal into wholeness we

464

00:21:48,799 --> 00:21:44,940

work from wholeness in whatever healing

465

00:21:50,630 --> 00:21:48,809

we need to do fantastic let me kind of

466

00:21:52,669 --> 00:21:50,640

get at this a slightly different way I

467

00:21:54,680 --> 00:21:52,679

want to get into kind of philosophy of

468

00:21:56,600 --> 00:21:54,690

science a little bit talk a little bit

469

00:21:59,029 --> 00:21:56,610

about consciousness and materialism I

470

00:22:01,549 --> 00:21:59,039

was reading an excellent interview you

471

00:22:03,380 --> 00:22:01,559

did with Vikram's it's a of the sutra

472

00:22:06,320 --> 00:22:03,390

journal in which you said interestingly

473

00:22:08,480 --> 00:22:06,330

the modern materialistic view is being

474

00:22:10,730 --> 00:22:08,490

thoroughly challenged by neuroscience

475

00:22:14,299 --> 00:22:10,740

and quantum research which are revealing

476
00:22:16,850 --> 00:22:14,309
two distinct ways the brain perceives

477
00:22:19,730 --> 00:22:16,860
reality and then you list those two ways

478
00:22:22,640 --> 00:22:19,740
one from a dualistic Tom's time space

479
00:22:24,770 --> 00:22:22,650
separate self material perspective what

480
00:22:27,680 --> 00:22:24,780
you're really saying is that's science

481
00:22:29,779 --> 00:22:27,690
man that is science as we know it and I

482
00:22:34,430 --> 00:22:29,789
said they're also viewing it from a

483
00:22:38,539 --> 00:22:34,440
non-local no time-space no self this non

484
00:22:41,600 --> 00:22:38,549
dual spiritually enlightenment path

485
00:22:43,190 --> 00:22:41,610
awakening path that we kind of hear

486
00:22:44,960 --> 00:22:43,200
about but a lot of people don't even

487
00:22:46,880 --> 00:22:44,970
make that connection I have to say a lot

488
00:22:49,310 --> 00:22:46,890

of people listening to this interview

489

00:22:52,279 --> 00:22:49,320

are not necessarily making the

490

00:22:54,950 --> 00:22:52,289

connection between what they're hearing

491

00:22:58,580 --> 00:22:54,960

about this quantum physics quantum mind

492

00:23:00,260 --> 00:22:58,590

thing and the non-dual thing but I'm

493

00:23:02,990 --> 00:23:00,270

blabbering on here I want to get to that

494

00:23:07,070 --> 00:23:03,000

secondly first I want to challenge that

495

00:23:09,710 --> 00:23:07,080

notion that neuroscience that modern

496

00:23:12,950 --> 00:23:09,720

neuroscience is really ready to let go

497

00:23:15,470 --> 00:23:12,960

of materialism man I don't see it at all

498

00:23:20,090 --> 00:23:15,480

and I think sometimes we do a disservice

499

00:23:22,549 --> 00:23:20,100

to folks like the folks who walk into

500

00:23:24,909 --> 00:23:22,559

the office of their local clinical

501
00:23:27,110 --> 00:23:24,919
psychologist after experiencing a

502
00:23:28,940 --> 00:23:27,120
spiritually transformative experience

503
00:23:31,100 --> 00:23:28,950
and are told here are your meds

504
00:23:34,310 --> 00:23:31,110
you're crazy let's stop that voice

505
00:23:34,810 --> 00:23:34,320
inside your head and that they have one

506
00:23:37,300 --> 00:23:34,820
expiry

507
00:23:40,390 --> 00:23:37,310
and then they hear folks like you and

508
00:23:43,150 --> 00:23:40,400
other folks who say wow you know modern

509
00:23:45,760 --> 00:23:43,160
medicine is changing in neuroscience is

510
00:23:48,160 --> 00:23:45,770
really opening up and and things are

511
00:23:50,200 --> 00:23:48,170
looking different no they're they're

512
00:23:53,830 --> 00:23:50,210
really not neuroscience isn't letting go

513
00:23:56,050 --> 00:23:53,840

materialism let's let's take a slightly

514

00:23:58,630 --> 00:23:56,060

different view which is they're not in

515

00:24:01,600 --> 00:23:58,640

opposition and and I'd like to actually

516

00:24:05,140 --> 00:24:01,610

take the word spiritual and which means

517

00:24:07,420 --> 00:24:05,150

simply an inspiration and in in breath

518

00:24:09,640 --> 00:24:07,430

an ability to have an insight into

519

00:24:12,700 --> 00:24:09,650

something of ourselves that's greater

520

00:24:14,940 --> 00:24:12,710

than our limited sense itself but let me

521

00:24:18,100 --> 00:24:14,950

put that off to the side what

522

00:24:22,420 --> 00:24:18,110

neuroscience is showing is that there

523

00:24:26,140 --> 00:24:22,430

are two very distinct aspects to the way

524

00:24:29,980 --> 00:24:26,150

we see reality one is our genetic coding

525

00:24:33,940 --> 00:24:29,990

through our five senses and our thinking

526
00:24:36,490 --> 00:24:33,950
mind and our eyes our senses which are

527
00:24:40,570 --> 00:24:36,500
programmed to create a sense of border

528
00:24:43,860 --> 00:24:40,580
boundary separate objects so that when I

529
00:24:46,450 --> 00:24:43,870
look at you or I look at a tree I see a

530
00:24:48,580 --> 00:24:46,460
separate object that has borders and

531
00:24:52,090 --> 00:24:48,590
boundaries and limitations that's that

532
00:24:56,440 --> 00:24:52,100
is built into us genetically encoded we

533
00:24:59,070 --> 00:24:56,450
cannot not see separate objects but on

534
00:25:01,600 --> 00:24:59,080
the other standpoint we see that

535
00:25:04,330 --> 00:25:01,610
neurosciences is showing that we can

536
00:25:07,120 --> 00:25:04,340
also step out of that into another we

537
00:25:09,910 --> 00:25:07,130
might say region of our brain which

538
00:25:12,280 --> 00:25:09,920

doesn't know time it doesn't know space

539

00:25:15,610 --> 00:25:12,290

it doesn't have a sense of being

540

00:25:18,880 --> 00:25:15,620

localized or bordered or bound read it

541

00:25:23,200 --> 00:25:18,890

feels itself as this unbound read

542

00:25:27,700 --> 00:25:23,210

infinite outside of time outside of

543

00:25:31,000 --> 00:25:27,710

brokenness and what the protocol like

544

00:25:33,280 --> 00:25:31,010

what I teach does is it opens up both

545

00:25:37,270 --> 00:25:33,290

these will call them channels so that

546

00:25:40,330 --> 00:25:37,280

they're equally viable and operating at

547

00:25:42,460 --> 00:25:40,340

the same time most people have collapsed

548

00:25:45,820 --> 00:25:42,470

only into the one side the more

549

00:25:47,250 --> 00:25:45,830

materialistic time-bound limited sense

550

00:25:49,260 --> 00:25:47,260

of self

551

00:25:51,890 --> 00:25:49,270

and they haven't explored this other

552

00:25:55,920 --> 00:25:51,900

region which we might say meditation and

553

00:25:58,170 --> 00:25:55,930

different approaches do and what I found

554

00:26:01,110 --> 00:25:58,180

in that first experience I would say

555

00:26:04,110 --> 00:26:01,120

with yoga back in 1970 which I didn't

556

00:26:06,600 --> 00:26:04,120

understand then and now I do was in that

557

00:26:09,150 --> 00:26:06,610

moment I opened to this other non

558

00:26:12,840 --> 00:26:09,160

materialistic side of my brain and

559

00:26:15,090 --> 00:26:12,850

nervous system and had a glimpse of what

560

00:26:17,690 --> 00:26:15,100

I would call stepping out of time

561

00:26:21,660 --> 00:26:17,700

stepping out of space and limitation

562

00:26:25,560 --> 00:26:21,670

over the years through my own practices

563

00:26:27,270 --> 00:26:25,570

and also my research into science in a

564

00:26:30,270 --> 00:26:27,280

way I've learned how to integrate these

565

00:26:34,170 --> 00:26:30,280

so they're both now functioning in me I

566

00:26:36,720 --> 00:26:34,180

can see separate objects but yet I feel

567

00:26:38,130 --> 00:26:36,730

something else that transcends that

568

00:26:46,680 --> 00:26:38,140

sense of separation

569

00:26:49,620 --> 00:26:46,690

what that does for us is it opens a deep

570

00:26:52,860 --> 00:26:49,630

quality where we see in a certain manner

571

00:26:56,220 --> 00:26:52,870

of speaking everything has expressions

572

00:26:59,280 --> 00:26:56,230

of our deeper sense of self or nature so

573

00:27:01,470 --> 00:26:59,290

when I look at a tree I see tree but I

574

00:27:05,130 --> 00:27:01,480

also have a sense that the tree isn't

575

00:27:08,120 --> 00:27:05,140

separate from me what that does is it

576

00:27:11,640 --> 00:27:08,130

gives rise to great compassion kindness

577

00:27:13,590 --> 00:27:11,650

respect for everything that I see

578

00:27:16,650 --> 00:27:13,600

because in a way it's an aspect of

579

00:27:20,250 --> 00:27:16,660

myself so it breeds a deep sense of love

580

00:27:22,260 --> 00:27:20,260

and kindness but it also respects border

581

00:27:26,430 --> 00:27:22,270

and boundary and my ability to

582

00:27:28,920 --> 00:27:26,440

differentiate and take actions that

583

00:27:33,750 --> 00:27:28,930

sometimes creates a sense of border and

584

00:27:35,820 --> 00:27:33,760

boundary and safety so these practices

585

00:27:38,870 --> 00:27:35,830

are actually opening up a whole nother

586

00:27:42,270 --> 00:27:38,880

region of our brain that's also

587

00:27:44,820 --> 00:27:42,280

genetically encoded into us most of our

588

00:27:47,790 --> 00:27:44,830

materialistic approaches of psychology

589

00:27:49,680 --> 00:27:47,800

or medicine hasn't really investigated

590

00:27:54,240 --> 00:27:49,690

that other side is kind of dismissed it

591

00:27:57,000 --> 00:27:54,250

now it's opening and I agree with your

592

00:27:59,740 --> 00:27:57,010

statement that neuroscience on one level

593

00:28:02,200 --> 00:27:59,750

is opening these doors on another level

594

00:28:05,130 --> 00:28:02,210

it's met with a lot of skepticism which

595

00:28:08,770 --> 00:28:05,140

i think is is good doubt and skepticism

596

00:28:10,870 --> 00:28:08,780

help us entertain is this really true

597

00:28:12,880 --> 00:28:10,880

and when we keep the science moving

598

00:28:16,270 --> 00:28:12,890

forward so we can really investigate it

599

00:28:19,510 --> 00:28:16,280

but at some point I think those who are

600

00:28:21,460 --> 00:28:19,520

skeptical if they're really open are

601
00:28:23,649 --> 00:28:21,470
gonna have to admit there's a whole

602
00:28:27,120 --> 00:28:23,659
nother domain here and when they start

603
00:28:29,799 --> 00:28:27,130
to experience it it will shift their

604
00:28:32,590 --> 00:28:29,809
understanding of reality and a much more

605
00:28:35,049 --> 00:28:32,600
comprehensive view where we have both

606
00:28:37,299 --> 00:28:35,059
the dualistic framework separations

607
00:28:40,450 --> 00:28:37,309
separate objects that's the domain of

608
00:28:42,700 --> 00:28:40,460
our five senses in mind and this other

609
00:28:45,190 --> 00:28:42,710
domain which doesn't know separation

610
00:28:48,460 --> 00:28:45,200
sees everything as an aspect of

611
00:28:50,440 --> 00:28:48,470
ourselves and that opens a whole nother

612
00:28:52,210 --> 00:28:50,450
way of being in the world and then bring

613
00:28:55,419 --> 00:28:52,220

these two together and they fit very

614

00:28:57,330 --> 00:28:55,429

nicely in an integrative fashion and

615

00:28:59,919 --> 00:28:57,340

that's why I call my protocol

616

00:29:01,960 --> 00:28:59,929

integrative restoration it integrates

617

00:29:05,440 --> 00:29:01,970

these two perspectives in a in a

618

00:29:07,029 --> 00:29:05,450

beautiful way that's great and since I

619

00:29:08,919 --> 00:29:07,039

generally agree with what you're saying

620

00:29:12,669 --> 00:29:08,929

I don't think the boundaries are quite

621

00:29:14,980 --> 00:29:12,679

as distinct and firm as we say I think

622

00:29:17,260 --> 00:29:14,990

it's always blurry for all of us but I'm

623

00:29:18,399 --> 00:29:17,270

sure you'd agree with that one thing I

624

00:29:20,190 --> 00:29:18,409

wanted to highlight that you said

625

00:29:22,240 --> 00:29:20,200

because I love to rail against the

626
00:29:24,700 --> 00:29:22,250
materialistic nonsense because I think

627
00:29:27,880 --> 00:29:24,710
it is so we're so a mesh tin it and our

628
00:29:30,460 --> 00:29:27,890
culture that you can't to say enough

629
00:29:33,190 --> 00:29:30,470
just how we need to wake up from that

630
00:29:35,799 --> 00:29:33,200
nonsense provable nonsense but I digress

631
00:29:37,480 --> 00:29:35,809
again because one of the things you said

632
00:29:39,789 --> 00:29:37,490
that I really want to highlight is less

633
00:29:41,830 --> 00:29:39,799
opposition you said you said Alex you

634
00:29:44,440 --> 00:29:41,840
know maybe it's not a complete

635
00:29:47,140 --> 00:29:44,450
transformation but we do see less

636
00:29:48,970 --> 00:29:47,150
opposition from neuroscience from

637
00:29:50,260 --> 00:29:48,980
materialistic medicine I think that's a

638
00:29:52,620 --> 00:29:50,270

great way of putting it because I think

639

00:29:55,750 --> 00:29:52,630

that's undeniable I think the whole

640

00:29:59,529 --> 00:29:55,760

movement towards you know the quantum

641

00:30:02,970 --> 00:29:59,539

mind pan psychism got a resting-place to

642

00:30:05,799 --> 00:30:02,980

that is in between materialism and a

643

00:30:07,990 --> 00:30:05,809

completely consciousness is fundamental

644

00:30:10,360 --> 00:30:08,000

kind of perspective is kind of evidence

645

00:30:12,250 --> 00:30:10,370

of that and I I think you highlight some

646

00:30:13,600 --> 00:30:12,260

some really good points there let me

647

00:30:15,489 --> 00:30:13,610

come at this as slightly

648

00:30:18,009 --> 00:30:15,499

let me switch over to a completely

649

00:30:20,200 --> 00:30:18,019

different topic but one that I just find

650

00:30:20,799 --> 00:30:20,210

interesting of course you know uh Rupert

651
00:30:23,649 --> 00:30:20,809

Spira

652
00:30:26,499 --> 00:30:23,659

yes right so a very interesting

653
00:30:28,539 --> 00:30:26,509

interesting fantastic non-dual teacher

654
00:30:29,289 --> 00:30:28,549

as well hope to have him on the show not

655
00:30:32,350 --> 00:30:29,299

too long

656
00:30:34,169 --> 00:30:32,360

he said something it really struck me it

657
00:30:38,109 --> 00:30:34,179

says you know enlightenment is not

658
00:30:39,489 --> 00:30:38,119

exotic India is exotic and I thought

659
00:30:41,229 --> 00:30:39,499

that's such a beautiful statement

660
00:30:43,359 --> 00:30:41,239

because he's saying enlightenment is

661
00:30:44,739 --> 00:30:43,369

really this natural part of unfolding

662
00:30:46,840 --> 00:30:44,749

that we can get to from a lot of

663
00:30:49,889 --> 00:30:46,850

different ways and I wonder if we could

664

00:30:52,779 --> 00:30:49,899

say the same thing again as a longtime

665

00:30:54,940 --> 00:30:52,789

practitioner of yoga and yoga student

666

00:30:57,310 --> 00:30:54,950

not anywhere near to the level that you

667

00:31:01,090 --> 00:30:57,320

are but I think we could substitute yoga

668

00:31:04,739 --> 00:31:01,100

in that you know yoga isn't exotic India

669

00:31:08,739 --> 00:31:04,749

is exotic to what extent have we made

670

00:31:11,950 --> 00:31:08,749

these ideas these practices more exotic

671

00:31:16,060 --> 00:31:11,960

than they need to be and is that a

672

00:31:18,099 --> 00:31:16,070

problem that we need to address you you

673

00:31:20,979 --> 00:31:18,109

bring up an excellent point the word

674

00:31:23,680 --> 00:31:20,989

enlightenment I think the word spiritual

675

00:31:27,789 --> 00:31:23,690

I think the word yoga they all summon up

676

00:31:31,299 --> 00:31:27,799

a lot of mystical kind of myths that

677

00:31:35,139 --> 00:31:31,309

need to be broken Yoga for me is simply

678

00:31:39,099 --> 00:31:35,149

a series of experiments we might say we

679

00:31:43,739 --> 00:31:39,109

enter into to investigate how we see

680

00:31:47,109 --> 00:31:43,749

things and to in a way inquire into our

681

00:31:50,649 --> 00:31:47,119

conditioning that makes us see with

682

00:31:52,840 --> 00:31:50,659

often blinders or or in a very limited

683

00:31:56,440 --> 00:31:52,850

way you know if we take the word

684

00:31:59,200 --> 00:31:56,450

enlightenment and light and mint mm-hm

685

00:32:03,720 --> 00:31:59,210

we're just learning to shed light on how

686

00:32:06,879 --> 00:32:03,730

our conditioning has boxed us in and

687

00:32:09,700 --> 00:32:06,889

we're learning to see things that

688

00:32:13,499 --> 00:32:09,710

otherwise we're not aware of because of

689

00:32:19,690 --> 00:32:13,509

our conditioned way we see things so

690

00:32:23,919 --> 00:32:19,700

yoga we might say meditation is simply a

691

00:32:26,620 --> 00:32:23,929

series of ways we inquire into our

692

00:32:29,140 --> 00:32:26,630

conditioning the way we've been

693

00:32:31,810 --> 00:32:29,150

conditioned to see reality in a certain

694

00:32:35,890 --> 00:32:31,820

way and it helps break our conditioning

695

00:32:37,330 --> 00:32:35,900

so we see things afresh we might say so

696

00:32:41,920 --> 00:32:37,340

yeah I agree

697

00:32:44,710 --> 00:32:41,930

this aspect of India is exotic but yoga

698

00:32:47,620 --> 00:32:44,720

to me is just a series of simple

699

00:32:50,070 --> 00:32:47,630

inquiries meditation simple inquiries

700

00:32:51,970 --> 00:32:50,080

that enlighten us it brings new

701
00:32:54,730 --> 00:32:51,980
understandings that we didn't have

702
00:32:59,320 --> 00:32:54,740
before you know the other thing I think

703
00:33:01,030 --> 00:32:59,330
it points to is this often heard quote

704
00:33:02,500 --> 00:33:01,040
you know every great cause begins as a

705
00:33:04,780 --> 00:33:02,510
movement becomes a business and

706
00:33:07,420 --> 00:33:04,790
eventually degrades into a racket and I

707
00:33:10,750 --> 00:33:07,430
think we've all experienced that along

708
00:33:13,090 --> 00:33:10,760
the spiritual path as well as along the

709
00:33:16,780 --> 00:33:13,100
just self-development self-improvement

710
00:33:18,520 --> 00:33:16,790
path how do we avoid that how do you

711
00:33:24,700 --> 00:33:18,530
avoid that do you have any concerns

712
00:33:28,330 --> 00:33:24,710
about that I'm I'm glad I I'm a I'm a

713
00:33:31,660 --> 00:33:28,340

pragmatic optimist I know in the end it

714

00:33:36,550 --> 00:33:31,670

will be overcome and pragmatically I

715

00:33:40,060 --> 00:33:36,560

know it takes time you know you say it

716

00:33:42,550 --> 00:33:40,070

can degenerate into a business the

717

00:33:46,000 --> 00:33:42,560

beauty that I see about us as human

718

00:33:49,210 --> 00:33:46,010

beings is we have an inner compass when

719

00:33:52,830 --> 00:33:49,220

we begin to go away from a truth

720

00:33:55,810 --> 00:33:52,840

something that's really a reality

721

00:33:58,120 --> 00:33:55,820

something in us starts to feel

722

00:34:02,290 --> 00:33:58,130

something's not right here

723

00:34:05,650 --> 00:34:02,300

and we can go away you know far away and

724

00:34:08,050 --> 00:34:05,660

say where yoga degenerates into a

725

00:34:10,659 --> 00:34:08,060

business and whatever however you are

726

00:34:12,399 --> 00:34:10,669

saying it but as we go more and more in

727

00:34:14,590 --> 00:34:12,409

that way we're gonna feel a split within

728

00:34:17,320 --> 00:34:14,600

ourselves something about that doesn't

729

00:34:20,649 --> 00:34:17,330

feel right and eventually my optimist

730

00:34:23,139 --> 00:34:20,659

says that's going to help reorient us

731

00:34:26,770 --> 00:34:23,149

and bring us back to the path that we

732

00:34:29,409 --> 00:34:26,780

may have gone away from so I've been

733

00:34:32,560 --> 00:34:29,419

doing yoga for the last 46 years

734

00:34:35,770 --> 00:34:32,570

meditating for the last 46 years at

735

00:34:37,320 --> 00:34:35,780

first yoga helped open me to great

736

00:34:40,380 --> 00:34:37,330

insights and

737

00:34:42,649 --> 00:34:40,390

I would say I began to stray more into

738

00:34:45,630 --> 00:34:42,659

the more materialist aspects of it and

739

00:34:47,580 --> 00:34:45,640

the more I did that something within me

740

00:34:49,260 --> 00:34:47,590

just didn't feel right and I kept

741

00:34:50,909 --> 00:34:49,270

following what is it about what's

742

00:34:52,800 --> 00:34:50,919

happening that doesn't feel right and it

743

00:34:55,290 --> 00:34:52,810

kept bringing me back to what I will

744

00:34:59,660 --> 00:34:55,300

call a deeper truth and a deeper

745

00:35:02,810 --> 00:34:59,670

understanding so yeah everything

746

00:35:05,220 --> 00:35:02,820

degenerates eventually but

747

00:35:08,910 --> 00:35:05,230

optimistically I hold that eventually

748

00:35:10,920 --> 00:35:08,920

will always come back because we can

749

00:35:14,970 --> 00:35:10,930

only stray away from the ground of truth

750

00:35:19,310 --> 00:35:14,980

so far we see this in the world today

751
00:35:24,000 --> 00:35:19,320
all these acts of racism violence hatred

752
00:35:26,040 --> 00:35:24,010
reactionary movements that's for me

753
00:35:28,610 --> 00:35:26,050
people who are separating and going

754
00:35:31,620 --> 00:35:28,620
farther and farther away from themselves

755
00:35:33,840 --> 00:35:31,630
we can only go so far and then we'll

756
00:35:35,640 --> 00:35:33,850
start that return journey and those of

757
00:35:37,830 --> 00:35:35,650
us who are holding that deeper

758
00:35:43,620 --> 00:35:37,840
understanding because we we went away

759
00:35:47,130 --> 00:35:43,630
and came back we now are able to we're

760
00:35:49,250 --> 00:35:47,140
now able to you know see a deeper truth

761
00:35:52,230 --> 00:35:49,260
here and hopefully help those who are

762
00:35:56,520 --> 00:35:52,240
going off the path come back in their

763
00:35:57,750 --> 00:35:56,530

own right sense of self that's let's go

764

00:36:00,060 --> 00:35:57,760

some and I have no disagree with

765

00:36:02,280 --> 00:36:00,070

anything you're saying it let me kind of

766

00:36:04,800 --> 00:36:02,290

hit you with one more thing that does

767

00:36:07,200 --> 00:36:04,810

always kind of not me a little bit in

768

00:36:10,740 --> 00:36:07,210

terms of the non-dual community and that

769

00:36:14,970 --> 00:36:10,750

is you know there's a lot of people who

770

00:36:18,060 --> 00:36:14,980

on one hand want to agree an experience

771

00:36:20,400 --> 00:36:18,070

of an agreement a synergy with what

772

00:36:22,980 --> 00:36:20,410

you're saying and at the same time have

773

00:36:26,580 --> 00:36:22,990

this sense that you're just kind of

774

00:36:28,770 --> 00:36:26,590

glossing over a lot of life I mean a lot

775

00:36:32,730 --> 00:36:28,780

of ordinary life experience like love

776

00:36:35,190 --> 00:36:32,740

and family and loss and grief and also

777

00:36:37,890 --> 00:36:35,200

some pretty significant non ordinary

778

00:36:40,590 --> 00:36:37,900

life experience near-death experience

779

00:36:43,230 --> 00:36:40,600

where people have these tremendous just

780

00:36:45,000 --> 00:36:43,240

out-of-body experiences and they have

781

00:36:46,470 --> 00:36:45,010

after death communication whether it's

782

00:36:49,140 --> 00:36:46,480

part of a near-death experience or not

783

00:36:51,120 --> 00:36:49,150

or they do some sort of Auto Body astral

784

00:36:52,500 --> 00:36:51,130

challenger abduction

785

00:36:54,020 --> 00:36:52,510

variants which I think you have to take

786

00:36:56,310 --> 00:36:54,030

seriously if you really study it

787

00:36:59,850 --> 00:36:56,320

psychedelics the list goes on and on and

788

00:37:03,540 --> 00:36:59,860

on and I don't think you're saying that

789

00:37:06,870 --> 00:37:03,550

we have to ignore that or minimize that

790

00:37:09,210 --> 00:37:06,880

but do you understand I think the

791

00:37:13,470 --> 00:37:09,220

feeling that some people get that the

792

00:37:15,390 --> 00:37:13,480

simplicity of the non-dual sit down you

793

00:37:16,890 --> 00:37:15,400

know there's a nothingness their return

794

00:37:18,510 --> 00:37:16,900

to the seat of consciousness and

795

00:37:23,040 --> 00:37:18,520

everything falls back into that

796

00:37:27,590 --> 00:37:23,050

consciousness glosses over in a way a

797

00:37:29,820 --> 00:37:27,600

lot of what people are finding most

798

00:37:31,830 --> 00:37:29,830

relevant the stuff that's stirring up

799

00:37:33,240 --> 00:37:31,840

the most for them in their life do you

800

00:37:36,030 --> 00:37:33,250

have a sense for what I'm talking about

801
00:37:39,810 --> 00:37:36,040
and can you address that yeah I think

802
00:37:42,060 --> 00:37:39,820
their basic movements here one is we

803
00:37:44,100 --> 00:37:42,070
find ourselves in a moment in our life

804
00:37:47,430 --> 00:37:44,110
where our life isn't working

805
00:37:50,400 --> 00:37:47,440
something has failed us we're feeling a

806
00:37:52,680 --> 00:37:50,410
sense sometimes of a helplessness a

807
00:37:54,810 --> 00:37:52,690
hopelessness some inner collapse it

808
00:37:59,580 --> 00:37:54,820
might come as an anxiety and depression

809
00:38:02,370 --> 00:37:59,590
whatever and we try all sorts of ways to

810
00:38:05,180 --> 00:38:02,380
go through it and ultimately we may take

811
00:38:07,050 --> 00:38:05,190
up meditation the practices of yoga the

812
00:38:10,020 --> 00:38:07,060
practices that we're talking about here

813
00:38:12,240 --> 00:38:10,030

and there's a moment where we open to

814

00:38:17,100 --> 00:38:12,250

this other realm place which we might

815

00:38:20,520 --> 00:38:17,110

say is timeless and spacious and open

816

00:38:23,790 --> 00:38:20,530

and we sit in that realm for awhile but

817

00:38:26,610 --> 00:38:23,800

then what happens is it brings us back

818

00:38:28,830 --> 00:38:26,620

into life itself where we enter into

819

00:38:32,370 --> 00:38:28,840

these movements as you're talking about

820

00:38:36,630 --> 00:38:32,380

which is relationship how do we move

821

00:38:38,850 --> 00:38:36,640

this in every domain of our life we come

822

00:38:40,500 --> 00:38:38,860

back and I think what happens is we

823

00:38:42,740 --> 00:38:40,510

start to really become a fully

824

00:38:45,930 --> 00:38:42,750

functional human being where we're

825

00:38:48,390 --> 00:38:45,940

friends with our emotions we're friends

826

00:38:51,600 --> 00:38:48,400

with our thoughts we understand these

827

00:38:53,400 --> 00:38:51,610

movements of sadness grief we're not

828

00:38:54,840 --> 00:38:53,410

trying to negate them we're not trying

829

00:38:57,120 --> 00:38:54,850

to transcend them we're actually

830

00:38:59,940 --> 00:38:57,130

grounding more deeply into our basic

831

00:39:02,580 --> 00:38:59,950

humanists we're not trying to trust

832

00:39:03,660 --> 00:39:02,590

transcend them can you pick up on that a

833

00:39:05,670 --> 00:39:03,670

little bit I think that

834

00:39:07,920 --> 00:39:05,680

it's key because especially if I've had

835

00:39:09,930 --> 00:39:07,930

a rather dramatic let's have had a

836

00:39:12,780 --> 00:39:09,940

spiritually transformative experience

837

00:39:16,520 --> 00:39:12,790

that it's impossible for me to get past

838

00:39:19,110 --> 00:39:16,530

I saw Jesus I put my hands where his

839

00:39:22,860 --> 00:39:19,120

wounds are you know that that also

840

00:39:25,580 --> 00:39:22,870

becomes a can become somewhat of a block

841

00:39:28,920 --> 00:39:25,590

even though it propelled me from zero to

842

00:39:32,820 --> 00:39:28,930

fifty it also then becomes I can't get

843

00:39:34,860 --> 00:39:32,830

past that you know when we have an

844

00:39:37,680 --> 00:39:34,870

experience like that it takes time to

845

00:39:39,870 --> 00:39:37,690

integrate it but what it's really asking

846

00:39:43,050 --> 00:39:39,880

us and if you look at the teachings of

847

00:39:46,160 --> 00:39:43,060

Jesus he's asking you to come back into

848

00:39:49,770 --> 00:39:46,170

the world love your neighbor as yourself

849

00:39:53,790 --> 00:39:49,780

bring love back into our relationships

850

00:39:55,880 --> 00:39:53,800

he's also not saying don't dismiss the

851
00:39:58,980 --> 00:39:55,890
violence that are around us and

852
00:40:01,890 --> 00:39:58,990
confronted but confronted not from

853
00:40:04,050 --> 00:40:01,900
that's the enemy over there but that is

854
00:40:09,000 --> 00:40:04,060
an aspect of ourselves that's kind of

855
00:40:10,710 --> 00:40:09,010
gone into separation and gone away from

856
00:40:13,380 --> 00:40:10,720
themselves so we're trying to actually

857
00:40:15,630 --> 00:40:13,390
move into the world in a deeper grounded

858
00:40:20,130 --> 00:40:15,640
sense of love and right action right

859
00:40:22,980 --> 00:40:20,140
speech right thought so what I see is as

860
00:40:25,530 --> 00:40:22,990
I've walked this path yeah there have

861
00:40:28,640 --> 00:40:25,540
been moments of deep transcendence where

862
00:40:32,580 --> 00:40:28,650
I've had to sit in those experiences

863
00:40:34,890 --> 00:40:32,590

hanging out with Jesus hanging out in a

864

00:40:37,890 --> 00:40:34,900

world that you call formless or empty

865

00:40:41,280 --> 00:40:37,900

but then the real movement of meditation

866

00:40:44,130 --> 00:40:41,290

is to come back into the world re ground

867

00:40:46,170 --> 00:40:44,140

back into all the different emotions and

868

00:40:49,350 --> 00:40:46,180

feelings that I have as a human being

869

00:40:51,900 --> 00:40:49,360

and how now do I take that into my

870

00:40:57,750 --> 00:40:51,910

relationships where my relationships now

871

00:41:01,560 --> 00:40:57,760

deepen and are much more what should I

872

00:41:03,210 --> 00:41:01,570

say much more authentic and real than

873

00:41:05,250 --> 00:41:03,220

they may have been before when I was

874

00:41:08,310 --> 00:41:05,260

just caught in certain condition beliefs

875

00:41:11,220 --> 00:41:08,320

so if meditation is really working we're

876

00:41:14,550 --> 00:41:11,230

becoming deeper more profound more

877

00:41:16,870 --> 00:41:14,560

loving and kind human beings not trapped

878

00:41:18,730 --> 00:41:16,880

in mystical experiences

879

00:41:22,269 --> 00:41:18,740

what do you mean trapped in mystical

880

00:41:24,220 --> 00:41:22,279

experience my joke is in the 60s many of

881

00:41:28,599 --> 00:41:24,230

us tried to check into what I call the

882

00:41:30,789 --> 00:41:28,609

ohm hotel we tried to transcend our

883

00:41:33,339 --> 00:41:30,799

basic humanists and emotions of anger

884

00:41:35,799 --> 00:41:33,349

and sadness and grief and what we found

885

00:41:37,420 --> 00:41:35,809

was in the 80s and 90s we had to come

886

00:41:40,450 --> 00:41:37,430

back into the world we had to ground

887

00:41:42,279 --> 00:41:40,460

back into living in the world ground

888

00:41:45,940 --> 00:41:42,289

back into our jobs we had to make a

889

00:41:48,789 --> 00:41:45,950

living we we've got to bring food to the

890

00:41:50,920 --> 00:41:48,799

table and why why to what to what extent

891

00:41:56,470 --> 00:41:50,930

most of us seemed way over engaged in

892

00:41:58,660 --> 00:41:56,480

all that way over engaged in that making

893

00:42:00,730 --> 00:41:58,670

money and getting on our iPhone and

894

00:42:02,620 --> 00:42:00,740

making sure that our emails are up to

895

00:42:05,890 --> 00:42:02,630

date and all the rest of that stuff I

896

00:42:08,349 --> 00:42:05,900

think of course but now we're talking

897

00:42:10,690 --> 00:42:08,359

about balance and harmony if we do too

898

00:42:13,930 --> 00:42:10,700

much of the materialistic striving for

899

00:42:15,759 --> 00:42:13,940

money striving for Fame we will start to

900

00:42:19,690 --> 00:42:15,769

feel something in ourself that isn't

901
00:42:22,630 --> 00:42:19,700
working the practices of meditation help

902
00:42:24,400 --> 00:42:22,640
us look at what isn't working rebalance

903
00:42:26,109 --> 00:42:24,410
and then you know we have to come back

904
00:42:28,720 --> 00:42:26,119
we still have to put food on the table

905
00:42:34,049 --> 00:42:28,730
we still have to have clothes on our

906
00:42:36,670 --> 00:42:34,059
back but now it's more from a sense of

907
00:42:39,999 --> 00:42:36,680
harmony in the sense that we're making

908
00:42:43,089 --> 00:42:40,009
enough money that helps us move forward

909
00:42:44,559 --> 00:42:43,099
in life but we're doing it in a way that

910
00:42:46,720 --> 00:42:44,569
also we're looking at the people around

911
00:42:49,660 --> 00:42:46,730
us as our brothers and sisters how do I

912
00:42:52,089 --> 00:42:49,670
help them when they're struggling so

913
00:42:55,390 --> 00:42:52,099

it's no longer just about me it's about

914

00:42:57,279 --> 00:42:55,400

us and I think that materialistic view

915

00:43:00,730 --> 00:42:57,289

and striving for fame and fortune and

916

00:43:02,680 --> 00:43:00,740

money is all about me when that me has

917

00:43:07,529 --> 00:43:02,690

really seemed through it becomes about

918

00:43:09,970 --> 00:43:07,539

us we are a integrated community here

919

00:43:14,499 --> 00:43:09,980

like-minded people around the world

920

00:43:17,920 --> 00:43:14,509

which we're trying to help not just be

921

00:43:21,069 --> 00:43:17,930

out for myself only Richard tell folks a

922

00:43:23,589 --> 00:43:21,079

little bit more about what you do how

923

00:43:26,259 --> 00:43:23,599

people might run into you on the trail

924

00:43:26,980 --> 00:43:26,269

maybe find some of this training can

925

00:43:30,760 --> 00:43:26,990

they find it

926

00:43:32,080 --> 00:43:30,770

your seminars through some

927

00:43:34,000 --> 00:43:32,090

the other teachers that you've taught

928

00:43:36,610 --> 00:43:34,010

how do people go about if they're gonna

929

00:43:39,940 --> 00:43:36,620

listen to this and if it you know has

930

00:43:41,680 --> 00:43:39,950

that moment of resonance with them then

931

00:43:45,220 --> 00:43:41,690

they want to know more how do they go

932

00:43:50,950 --> 00:43:45,230

about it I think the first part is to go

933

00:43:54,130 --> 00:43:50,960

to the website WWI rest us and they'll

934

00:43:56,050 --> 00:43:54,140

find workshops retreats trainings that I

935

00:44:01,390 --> 00:43:56,060

and my teachers are doing around the

936

00:44:03,910 --> 00:44:01,400

world we also have literature CDs I've

937

00:44:05,500 --> 00:44:03,920

recently written a book called the IRS

938

00:44:06,670 --> 00:44:05,510

program for healing post-traumatic

939

00:44:09,850 --> 00:44:06,680

stress

940

00:44:11,950 --> 00:44:09,860

I've got CDs on how to get a restful

941

00:44:13,630 --> 00:44:11,960

night's sleep because many of the

942

00:44:16,780 --> 00:44:13,640

veterans that we're working with all the

943

00:44:18,700 --> 00:44:16,790

way back to Vietnam Korean and even a

944

00:44:22,240 --> 00:44:18,710

few World War two they said as they do

945

00:44:26,020 --> 00:44:22,250

the IRS program they've gotten the first

946

00:44:28,630 --> 00:44:26,030

good night's sleep since they Vietnam so

947

00:44:31,300 --> 00:44:28,640

they can go to the website I rest dot us

948

00:44:34,240 --> 00:44:31,310

where they'll find plenty of portals

949

00:44:36,360 --> 00:44:34,250

into all of our offerings both here in

950

00:44:38,770 --> 00:44:36,370

the United States and around the world

951

00:44:40,630 --> 00:44:38,780

great our guests again has been dr.

952

00:44:42,520 --> 00:44:40,640

Richard Miller it's been fantastic

953

00:44:46,890 --> 00:44:42,530

having you on thanks again so much

954

00:44:54,570 --> 00:44:46,900

Richard thank you Alex okay man that's

955

00:44:57,250 --> 00:44:54,580

it you're great you know I I was so I

956

00:44:59,500 --> 00:44:57,260

woke up this morning after all of this

957

00:45:04,240 --> 00:44:59,510

Orlando Fiasco and I wrote a little

958

00:45:08,200 --> 00:45:04,250

piece on Facebook just about you know

959

00:45:12,130 --> 00:45:08,210

we've got to get over this racism and

960

00:45:14,080 --> 00:45:12,140

hatred and vitriolic diatribes that are

961

00:45:16,750 --> 00:45:14,090

going and just come back to see each

962

00:45:19,780 --> 00:45:16,760

other's brothers and sisters my god how

963

00:45:22,120 --> 00:45:19,790

far do we have to go away from one

964

00:45:23,320 --> 00:45:22,130

another before we finally realize we

965

00:45:25,540 --> 00:45:23,330

need to come back

966

00:45:27,010 --> 00:45:25,550

geez boy I don't I don't know see that's

967

00:45:28,810 --> 00:45:27,020

the part and that if we just kind of

968

00:45:31,390 --> 00:45:28,820

touch down I don't I don't know if I

969

00:45:34,450 --> 00:45:31,400

agree with that I mean you know people

970

00:45:36,130 --> 00:45:34,460

rail against I mean I don't know what's

971

00:45:37,930 --> 00:45:36,140

gonna happen to Orlando how it turns out

972

00:45:39,670 --> 00:45:37,940

to be but if the script is like all the

973

00:45:44,320 --> 00:45:39,680

other scripts it's going to turn out to

974

00:45:46,450 --> 00:45:44,330

be gonna have links to government

975

00:45:48,700 --> 00:45:46,460

run operations that are trying to

976
00:45:51,280 --> 00:45:48,710
undermine the Second Amendment and I

977
00:45:53,410 --> 00:45:51,290
have say that I've never owned a gun in

978
00:45:55,150 --> 00:45:53,420
my life I've only shot a gun one time

979
00:45:57,550 --> 00:45:55,160
when I was in Alaska is that in this

980
00:45:59,890 --> 00:45:57,560
kind of a prank but there are other

981
00:46:02,620 --> 00:45:59,900
forces at play you know not to get

982
00:46:05,140 --> 00:46:02,630
political but Isis is a al Qaeda

983
00:46:08,320 --> 00:46:05,150
operation that is funded by the United

984
00:46:10,570 --> 00:46:08,330
States I mean we do we are the axis of

985
00:46:11,920 --> 00:46:10,580
evil in the world yeah and we do a lot

986
00:46:14,080 --> 00:46:11,930
of wonderful things too and who knows

987
00:46:15,790 --> 00:46:14,090
what would fill that if we weren't there

988
00:46:18,100 --> 00:46:15,800

whether it be Russia or China be a lot

989

00:46:22,060 --> 00:46:18,110

worse but I don't know I mean I think

990

00:46:26,260 --> 00:46:22,070

were word pushed into off accepting

991

00:46:28,660 --> 00:46:26,270

these kind of simplistic ideas about how

992

00:46:30,310 --> 00:46:28,670

the world works and I think that's a

993

00:46:31,990 --> 00:46:30,320

deeper part of what the non-dual

994

00:46:33,580 --> 00:46:32,000

community really has to do is say I

995

00:46:36,550 --> 00:46:33,590

don't have an answer for that

996

00:46:39,100 --> 00:46:36,560

I don't know I don't know how these

997

00:46:42,070 --> 00:46:39,110

forces interact and but I just know my

998

00:46:44,410 --> 00:46:42,080

personal transformation is this my

999

00:46:46,570 --> 00:46:44,420

personal approach for being more loving

1000

00:46:49,050 --> 00:46:46,580

for being more connecting for healing

1001
00:46:51,400 --> 00:46:49,060
myself and the people around me is this

1002
00:46:52,810 --> 00:46:51,410
I'm real uncomfortable when we start

1003
00:46:54,040 --> 00:46:52,820
talking about Orlando because I don't

1004
00:46:57,510 --> 00:46:54,050
know what the happened in Orlando

1005
00:47:00,730 --> 00:46:57,520
and I'm CIA service is like Orlando

1006
00:47:02,890 --> 00:47:00,740
pushes me back to what's my garden that

1007
00:47:06,130 --> 00:47:02,900
I've been given to attend am I really

1008
00:47:08,050 --> 00:47:06,140
tending it and yes everybody has I'm

1009
00:47:10,960 --> 00:47:08,060
convinced their own garden if they would

1010
00:47:13,120 --> 00:47:10,970
only tend it all these aspects wouldn't

1011
00:47:16,840 --> 00:47:13,130
be happening so all that does for me is

1012
00:47:19,390 --> 00:47:16,850
it gets me more more engaged in tending

1013
00:47:21,370 --> 00:47:19,400

the garden I've been I've been given so

1014

00:47:23,860 --> 00:47:21,380

working with the homeless working with

1015

00:47:26,740 --> 00:47:23,870

the women who've been trafficked working

1016

00:47:30,880 --> 00:47:26,750

with the soldiers and working with my my

1017

00:47:33,910 --> 00:47:30,890

neighbors and my my family so yeah I

1018

00:47:36,400 --> 00:47:33,920

think it forces me back into am I doing

1019

00:47:38,980 --> 00:47:36,410

all that I can with the tools that I've

1020

00:47:41,800 --> 00:47:38,990

been given by life I wish everybody

1021

00:47:43,750 --> 00:47:41,810

would just tend their own garden and we

1022

00:47:47,950 --> 00:47:43,760

wouldn't be seeing all this crap going

1023

00:47:49,480 --> 00:47:47,960

on I agree with you okay well thanks

1024

00:47:51,070 --> 00:47:49,490

again so much Richard I really

1025

00:47:52,570 --> 00:47:51,080

appreciate everything that you're doing

1026

00:47:54,400 --> 00:47:52,580

and I will definitely send you a link

1027

00:47:56,020 --> 00:47:54,410

great and I get this thing up in a great

1028

00:47:57,920 --> 00:47:56,030

month

1029

00:47:59,810 --> 00:47:57,930

thanks again to Richard Miller for

1030

00:48:01,820 --> 00:47:59,820

joining me today on skeptic oh one

1031

00:48:04,010 --> 00:48:01,830

question to tee up from this interview

1032

00:48:06,320 --> 00:48:04,020

before I get to Richard's guided

1033

00:48:09,110 --> 00:48:06,330

meditation which is going to immediately

1034

00:48:09,500 --> 00:48:09,120

follow this outro so do stick around for

1035

00:48:12,530 --> 00:48:09,510

that

1036

00:48:15,590 --> 00:48:12,540

why does Richard Miller's meditation

1037

00:48:19,010 --> 00:48:15,600

protocol work why specifically do you

1038

00:48:22,220 --> 00:48:19,020

think this protocol is so effective I

1039

00:48:24,200 --> 00:48:22,230

have some definite strong ideas that are

1040

00:48:26,660 --> 00:48:24,210

my answer to that question but I'd love

1041

00:48:28,100 --> 00:48:26,670

to hear what you think the place to do

1042

00:48:29,840 --> 00:48:28,110

it of course is through the sceptical

1043

00:48:31,460 --> 00:48:29,850

website from there you can bounce on

1044

00:48:33,890 --> 00:48:31,470

over to forum and join a conversation

1045

00:48:36,470 --> 00:48:33,900

leave a Facebook message or a facebook

1046

00:48:38,390 --> 00:48:36,480

comment or just drop me an email the

1047

00:48:40,160 --> 00:48:38,400

important thing is that you connect with

1048

00:48:42,740 --> 00:48:40,170

me connect with the show connect with

1049

00:48:45,710 --> 00:48:42,750

people who are interested in these ideas

1050

00:48:48,460 --> 00:48:45,720

because let's face it it's sometimes

1051
00:48:51,380 --> 00:48:48,470
hard to walk this path in the busy

1052
00:48:54,440 --> 00:48:51,390
materialistic world we live in so

1053
00:48:57,050 --> 00:48:54,450
joining together sharing these ideas

1054
00:48:59,480 --> 00:48:57,060
bolstering each other might make it just

1055
00:49:01,790 --> 00:48:59,490
a little bit easier well that's going to

1056
00:49:04,250 --> 00:49:01,800
do it for this episode of kept Co I have

1057
00:49:07,010 --> 00:49:04,260
some good ones coming up please stay

1058
00:49:10,190 --> 00:49:07,020
with me for all of that until next time

1059
00:49:23,380 --> 00:49:10,200
take care and now do stick around for

1060
00:49:28,720 --> 00:49:26,230
take a moment

1061
00:49:32,349 --> 00:49:28,730
you're not yet ready to go on to the

1062
00:49:35,829 --> 00:49:32,359
next thing of doing and you're just

1063
00:49:48,930 --> 00:49:35,839

sitting here in a delightful sense of

1064

00:50:04,750 --> 00:49:53,130

so just take a moment open to this felt

1065

00:50:19,950 --> 00:50:07,540

for some of us that even maybe the felt

1066

00:50:19,960 --> 00:50:23,180

and as

1067

00:50:23,190 --> 00:50:28,210

you're moving into being

1068

00:50:53,870 --> 00:50:31,150

can you make the shift from being in

1069

00:51:05,130 --> 00:50:57,680

and as being I'd like to ask you five

1070

00:51:18,390 --> 00:51:10,650

so has being how would you describe your

1071

00:51:25,329 --> 00:51:21,980

you're an outermost border

1072

00:51:31,880 --> 00:51:27,920

their innermost

1073

00:51:38,660 --> 00:51:35,830

feel into that for a few moments

1074

00:52:10,989 --> 00:51:38,670

how would I describe

1075

00:52:18,289 --> 00:52:16,039

in the second inquiry as being when

1076
00:52:26,529 --> 00:52:18,299
you're just being what's happening to

1077
00:52:26,539 --> 00:52:58,280
when you're just feeling being

1078
00:53:05,270 --> 00:53:00,740
and so we might ask when you're just

1079
00:53:30,690 --> 00:53:05,280
being what time is it what's your

1080
00:53:38,710 --> 00:53:33,580
so come back to being

1081
00:53:41,370 --> 00:53:38,720
and ask yourself as being do I need

1082
00:54:04,190 --> 00:53:43,589
acquiring it

1083
00:54:04,200 --> 00:54:09,590
do I as being my

1084
00:54:09,600 --> 00:54:32,370
for anything

1085
00:54:32,380 --> 00:54:39,600
has me are you unfamiliar

1086
00:54:39,610 --> 00:55:04,980
all your life

1087
00:55:04,990 --> 00:55:10,099
and the fifth inquiry