



**Dr. Karen Jaenke**  
**Skeptiko #353**

1  
00:00:10,580 --> 00:00:09,290  
on this episode of skeptical I want to

2  
00:00:13,580 --> 00:00:10,590  
read folks so they don't think I'm

3  
00:00:15,829 --> 00:00:13,590  
sandbagging you the question I wrote you

4  
00:00:17,599 --> 00:00:15,839  
I said are your students rioting against

5  
00:00:19,760 --> 00:00:17,609  
the university's secular humanists

6  
00:00:22,340 --> 00:00:19,770  
demanding recognition of soul and spirit

7  
00:00:24,560 --> 00:00:22,350  
are they protesting against atheistic

8  
00:00:25,790 --> 00:00:24,570  
feminism I said I'm kidding of course

9  
00:00:27,679 --> 00:00:25,800  
but you get the point

10  
00:00:29,540 --> 00:00:27,689  
the central issue relative the

11  
00:00:32,330 --> 00:00:29,550  
intersection of consciousness and

12  
00:00:34,729 --> 00:00:32,340  
politics seems to have been swallowed in

13  
00:00:37,819 --> 00:00:34,739

shallow thinking ocean of not my

14

00:00:42,889 --> 00:00:37,829

president identity politics I mean the

15

00:00:45,590 --> 00:00:42,899

issue here is that we are more we are

16

00:00:48,770 --> 00:00:45,600

more than biological robots in a

17

00:00:52,459 --> 00:00:48,780

meaningless universe we have a spirit we

18

00:00:54,500 --> 00:00:52,469

have a soul so why not go join arms with

19

00:00:57,470 --> 00:00:54,510

your local seminary students and go

20

00:01:00,860 --> 00:00:57,480

march on Berkeley that's really the the

21

00:01:04,759 --> 00:01:00,870

battle here and it just it mystifies me

22

00:01:08,300 --> 00:01:04,769

how folks in your camp of which I am

23

00:01:12,050 --> 00:01:08,310

part of do not see the divide the real

24

00:01:15,230 --> 00:01:12,060

divide is between atheistic materialism

25

00:01:19,280 --> 00:01:15,240

which is the underlying dogma of science

26

00:01:21,679 --> 00:01:19,290

and kind of creative spiritualism which

27

00:01:23,480 --> 00:01:21,689

is I think what your whole program is

28

00:01:25,580 --> 00:01:23,490

really all about haven't we miss

29

00:01:29,859 --> 00:01:25,590

identified the the real cause of the

30

00:01:36,800 --> 00:01:29,869

friction here yeah I'm not sure uh I

31

00:01:38,749 --> 00:01:36,810

mean I guess Alex you know I'm not as I

32

00:01:40,069 --> 00:01:38,759

mean people are going to be where

33

00:01:43,310 --> 00:01:40,079

they're going to be in their own

34

00:01:45,760 --> 00:01:43,320

conscious evolution if people are you

35

00:01:48,380 --> 00:01:45,770

know in an atheistic world

36

00:01:51,230 --> 00:01:48,390

my sense is they're probably suffering

37

00:01:54,350 --> 00:01:51,240

from that even you know even though they

38

00:01:56,149 --> 00:01:54,360

may be gloating from that so you know I

39

00:01:58,550 --> 00:01:56,159

mean I guess my question to you is why

40

00:02:02,500 --> 00:01:58,560

are you bothered by those people stay

41

00:02:02,510 --> 00:02:09,880

[Music]

42

00:02:13,759 --> 00:02:12,080

welcome to skeptic Oh where we explore

43

00:02:16,430 --> 00:02:13,769

controversial science and spirituality

44

00:02:17,600 --> 00:02:16,440

with leading researchers thinkers and

45

00:02:19,699 --> 00:02:17,610

their critics

46

00:02:22,729 --> 00:02:19,709

I'm your host Alex Karras and this week

47

00:02:25,699 --> 00:02:22,739

a listener suggested guest and I think a

48

00:02:28,190 --> 00:02:25,709

pretty good one dr. Karen janky heads up

49

00:02:30,860 --> 00:02:28,200

a program on consciousness at JFK

50

00:02:33,350 --> 00:02:30,870

University so there's really two topics

51  
00:02:35,600 --> 00:02:33,360  
I sought to explore in my interview with

52  
00:02:37,069 --> 00:02:35,610  
Karen and she did a fabulous job I

53  
00:02:38,569 --> 00:02:37,079  
really appreciate her coming on and

54  
00:02:40,190 --> 00:02:38,579  
talking about them because they were

55  
00:02:41,750 --> 00:02:40,200  
both kind of pushing a little bit but I

56  
00:02:44,089 --> 00:02:41,760  
think she does a great job of putting

57  
00:02:45,970 --> 00:02:44,099  
forth a new and different perspective

58  
00:02:49,339 --> 00:02:45,980  
and those two issues are one

59  
00:02:52,490 --> 00:02:49,349  
consciousness from a transpersonal

60  
00:02:54,520 --> 00:02:52,500  
philosophy spiritual perspective that is

61  
00:02:57,349 --> 00:02:54,530  
kind of doing an end run on the

62  
00:02:59,809 --> 00:02:57,359  
scientific neuroscience debate about

63  
00:03:02,569 --> 00:02:59,819

consciousness can we take that path

64

00:03:04,479 --> 00:03:02,579

where does that path lead what are the

65

00:03:06,949 --> 00:03:04,489

issues surrounding that kind of

66

00:03:08,479 --> 00:03:06,959

expansion of consciousness without ever

67

00:03:11,420 --> 00:03:08,489

really defining what consciousness is

68

00:03:14,300 --> 00:03:11,430

kind of thing so that's number one and

69

00:03:16,220 --> 00:03:14,310

the second issue is since JFK University

70

00:03:18,800 --> 00:03:16,230

here University is very outwardly

71

00:03:21,460 --> 00:03:18,810

socially oriented what is the

72

00:03:25,039 --> 00:03:21,470

intersection between consciousness and

73

00:03:27,440 --> 00:03:25,049

politics and in particular this expanded

74

00:03:29,780 --> 00:03:27,450

view of consciousness and politics how

75

00:03:31,819 --> 00:03:29,790

does that play out how do we how might

76

00:03:36,470 --> 00:03:31,829

our understanding of this idea of

77

00:03:38,240 --> 00:03:36,480

consciousness inform right action so

78

00:03:40,909 --> 00:03:38,250

those are the two topics that I wanted

79

00:03:43,670 --> 00:03:40,919

to talk about and I did with our guest

80

00:03:46,280 --> 00:03:43,680

this week dr. Karen janky I hope you

81

00:03:49,129 --> 00:03:46,290

enjoy the interview today we welcome

82

00:03:51,020 --> 00:03:49,139

Karen janky - skeptic Oh dr. janky is

83

00:03:54,170 --> 00:03:51,030

chair of the consciousness and

84

00:03:56,869 --> 00:03:54,180

transformative Studies program at John F

85

00:03:59,629 --> 00:03:56,879

Kennedy University in the San Francisco

86

00:04:02,659 --> 00:03:59,639

Bay Area a program whose mission is to

87

00:04:05,809 --> 00:04:02,669

explore and expand consciousness and

88

00:04:08,259 --> 00:04:05,819

human potential and to foster conscious

89

00:04:11,080 --> 00:04:08,269

leadership in service of personnel

90

00:04:14,750 --> 00:04:11,090

organizational cultural and ecological

91

00:04:17,839 --> 00:04:14,760

change so Karen with that introduction

92

00:04:20,089 --> 00:04:17,849

and very great interesting mission

93

00:04:22,310 --> 00:04:20,099

statement welcome to skeptic oh thanks

94

00:04:24,320 --> 00:04:22,320

for joining me thank you for inviting me

95

00:04:26,750 --> 00:04:24,330

let's pleasure you were recommended to

96

00:04:29,210 --> 00:04:26,760

me by a listener and I thought it would

97

00:04:31,760 --> 00:04:29,220

be a good fit since the main focus of

98

00:04:33,590 --> 00:04:31,770

our show is consciousness science but

99

00:04:35,450 --> 00:04:33,600

then you know I started digging into

100

00:04:36,710 --> 00:04:35,460

more of what you're doing up there at

101

00:04:40,820 --> 00:04:36,720

the very interesting

102

00:04:42,380 --> 00:04:40,830

JFK University and I was we kind of

103

00:04:43,880 --> 00:04:42,390

exchanged some emails back and I said

104

00:04:46,010 --> 00:04:43,890

hey what are you talking about with this

105

00:04:48,080 --> 00:04:46,020

consciousness thing you seem to be

106

00:04:50,060 --> 00:04:48,090

coming at it from a different direction

107

00:04:51,740 --> 00:04:50,070

so as we were just chatting about you're

108

00:04:54,650 --> 00:04:51,750

not poked at you a little bit in the in

109

00:04:57,740 --> 00:04:54,660

my emails and you in some very

110

00:05:00,830 --> 00:04:57,750

appropriate interesting intelligent ways

111

00:05:03,710 --> 00:05:00,840

kind of poked back at me so I think

112

00:05:06,470 --> 00:05:03,720

we're going to have a good chat and I

113

00:05:07,850 --> 00:05:06,480

want to talk about JFK University I want

114

00:05:10,250 --> 00:05:07,860

to talk with a program the very

115

00:05:15,740 --> 00:05:10,260

interesting program you have going on

116

00:05:17,870 --> 00:05:15,750

there but let me start with this Karen

117

00:05:20,840 --> 00:05:17,880

what is consciousness

118

00:05:22,610 --> 00:05:20,850

what do you understand and what is your

119

00:05:25,940 --> 00:05:22,620

working definition of what consciousness

120

00:05:28,430 --> 00:05:25,950

is well I'm really glad you asked that

121

00:05:30,980 --> 00:05:28,440

question because that term gets thrown

122

00:05:35,390 --> 00:05:30,990

around in so many different ways in

123

00:05:37,240 --> 00:05:35,400

everyday language and I think you know

124

00:05:39,200 --> 00:05:37,250

if you start mixing up different

125

00:05:41,060 --> 00:05:39,210

understandings of consciousness then of

126

00:05:46,910 --> 00:05:41,070

course you have a mixed up conversation

127

00:05:51,920 --> 00:05:46,920

from the start so I mean I think some

128

00:05:54,410 --> 00:05:51,930

people speak about consciousness as mind

129

00:05:58,340 --> 00:05:54,420

in general referring to that the mental

130

00:06:00,320 --> 00:05:58,350

process involving all organizations and

131

00:06:02,060 --> 00:06:00,330

some people speak about it as the

132

00:06:04,870 --> 00:06:02,070

reflective consciousness that human

133

00:06:06,800 --> 00:06:04,880

beings have and which is you know

134

00:06:08,480 --> 00:06:06,810

generally considered to be a higher

135

00:06:11,600 --> 00:06:08,490

order of consciousness so I think we

136

00:06:13,640 --> 00:06:11,610

have to be really clear about which

137

00:06:15,920 --> 00:06:13,650

definition we're using or which aspect

138

00:06:17,360 --> 00:06:15,930

of consciousness we're looking at I mean

139

00:06:21,530 --> 00:06:17,370

in an everyday sense you could say

140

00:06:23,750 --> 00:06:21,540

consciousness refers to sentience or

141

00:06:28,100 --> 00:06:23,760

awareness those are and sometimes it's

142

00:06:33,320 --> 00:06:28,110

you know referred to as mind as opposed

143

00:06:35,990 --> 00:06:33,330

to matter the to me one of the

144

00:06:40,940 --> 00:06:36,000

clarifying ways to think about

145

00:06:43,820 --> 00:06:40,950

justice is to draw on living systems

146

00:06:48,860 --> 00:06:43,830

theory and basically living systems

147

00:06:52,100 --> 00:06:48,870

theory says that mind is present at all

148

00:06:54,200 --> 00:06:52,110

levels of matter in other words whatever

149

00:06:57,170 --> 00:06:54,210

of what every system in the universe

150

00:07:00,170 --> 00:06:57,180

does from the particle to the universe

151  
00:07:03,560 --> 00:07:00,180  
as a whole is process information and

152  
00:07:06,680 --> 00:07:03,570  
process and exchange energy and so that

153  
00:07:09,100 --> 00:07:06,690  
information processing function that's

154  
00:07:12,290 --> 00:07:09,110  
present in you know even in particles

155  
00:07:14,990 --> 00:07:12,300  
you could think of as the beginning of a

156  
00:07:16,820 --> 00:07:15,000  
kind of consciousness you know I mean

157  
00:07:18,560 --> 00:07:16,830  
you could be you could use information

158  
00:07:20,990 --> 00:07:18,570  
processing as a definition of

159  
00:07:23,330 --> 00:07:21,000  
consciousness that we're taking in

160  
00:07:26,300 --> 00:07:23,340  
information from the world processing it

161  
00:07:28,390 --> 00:07:26,310  
and that is guiding our interactions

162  
00:07:32,270 --> 00:07:28,400  
with the world so if you speak about

163  
00:07:34,340 --> 00:07:32,280

consciousness in that way as kind of a

164

00:07:35,960 --> 00:07:34,350

you know and then I mean I think we have

165

00:07:38,870 --> 00:07:35,970

to allow that there's a spectrum of

166

00:07:41,450 --> 00:07:38,880

consciousness in Moore's at more

167

00:07:44,150 --> 00:07:41,460

sophisticated levels you know presumably

168

00:07:47,420 --> 00:07:44,160

going up to human beings at least those

169

00:07:49,400 --> 00:07:47,430

we credit ourselves having the highest

170

00:07:53,120 --> 00:07:49,410

forms of consciousness of which we can

171

00:07:55,159 --> 00:07:53,130

question some of that to from actually

172

00:07:59,450 --> 00:07:55,169

from a systems perspective of we're the

173

00:08:01,640 --> 00:07:59,460

only species on the planet that has ever

174

00:08:04,010 --> 00:08:01,650

you know systematically destroyed its

175

00:08:06,710 --> 00:08:04,020

own environment okay but hold on before

176

00:08:09,920 --> 00:08:06,720

we get off into kind of too far into the

177

00:08:12,469 --> 00:08:09,930

social issues and any even ecologic 'el

178

00:08:14,000 --> 00:08:12,479

issues which I kind of understand where

179

00:08:15,710 --> 00:08:14,010

you're going there but you can see with

180

00:08:17,990 --> 00:08:15,720

the line gets a little bit fuzzy I mean

181

00:08:19,310 --> 00:08:18,000

let's bring it back into focus it with

182

00:08:22,210 --> 00:08:19,320

some of the questions that you were just

183

00:08:25,010 --> 00:08:22,220

asking there is consciousness and

184

00:08:27,050 --> 00:08:25,020

epiphenomena of the brain and this is

185

00:08:30,440 --> 00:08:27,060

something we're just chatting about a

186

00:08:32,750 --> 00:08:30,450

second ago because I was saying you know

187

00:08:35,420 --> 00:08:32,760

Karen it kind of seems like you're doing

188

00:08:38,270 --> 00:08:35,430

an end run on neuroscience I mean if we

189

00:08:40,839 --> 00:08:38,280

go over and ask a neuroscientist like I

190

00:08:44,150 --> 00:08:40,849

have many times on this show is

191

00:08:46,670 --> 00:08:44,160

consciousness created by the brain they

192

00:08:49,000 --> 00:08:46,680

emphatically say yes

193

00:08:51,280 --> 00:08:49,010

consciousness is a

194

00:08:54,100 --> 00:08:51,290

of the brain when the brain ceases to

195

00:08:58,240 --> 00:08:54,110

human consciousness when the human brain

196

00:09:01,180 --> 00:08:58,250

ceases to function consciousness is no

197

00:09:03,700 --> 00:09:01,190

longer there what is your take on that

198

00:09:06,310 --> 00:09:03,710

well I mean I definitely think that

199

00:09:08,620 --> 00:09:06,320

there is an association of consciousness

200

00:09:11,800 --> 00:09:08,630

with the brain at least human form of

201  
00:09:15,010 --> 00:09:11,810  
consciousness I mean again I I want to

202  
00:09:19,930 --> 00:09:15,020  
open up the door that that consciousness

203  
00:09:22,330 --> 00:09:19,940  
as information processing as processing

204  
00:09:27,150 --> 00:09:22,340  
and organizing life exists at all levels

205  
00:09:29,620 --> 00:09:27,160  
of all systems not just human systems

206  
00:09:32,350 --> 00:09:29,630  
but then when you speak it when you want

207  
00:09:33,760 --> 00:09:32,360  
to speak about self-reflective

208  
00:09:36,340 --> 00:09:33,770  
consciousness the kind of consciousness

209  
00:09:39,550 --> 00:09:36,350  
that seemingly human beings alone

210  
00:09:41,500 --> 00:09:39,560  
possess ie a consciousness that can

211  
00:09:44,650 --> 00:09:41,510  
reflect on itself that can witness

212  
00:09:46,360 --> 00:09:44,660  
itself can observe itself can I just

213  
00:09:49,750 --> 00:09:46,370

interject here with the definition so

214

00:09:51,430 --> 00:09:49,760

let's say working definition whether we

215

00:09:55,780 --> 00:09:51,440

agree with it or not one is that

216

00:10:00,990 --> 00:09:55,790

consciousness is us being aware or any

217

00:10:04,240 --> 00:10:01,000

being being aware that they are aware so

218

00:10:06,190 --> 00:10:04,250

that's self reflective there and and I

219

00:10:07,870 --> 00:10:06,200

don't know that we need to limit that I

220

00:10:11,230 --> 00:10:07,880

mean it's a big open question as you

221

00:10:13,900 --> 00:10:11,240

alluded to is my cat conscious at some

222

00:10:17,830 --> 00:10:13,910

level is my cat somewhat in some way

223

00:10:19,120 --> 00:10:17,840

conscious that it is a sentient being

224

00:10:20,440 --> 00:10:19,130

and they do all these they've done all

225

00:10:22,420 --> 00:10:20,450

these experiments right a lot of you've

226

00:10:23,980 --> 00:10:22,430

seen about with the mirror you know when

227

00:10:26,640 --> 00:10:23,990

they put them ape in front of the mirror

228

00:10:29,350 --> 00:10:26,650

and does the ape realize that the

229

00:10:31,000 --> 00:10:29,360

reflection is not them and you know

230

00:10:33,070 --> 00:10:31,010

there's all this evidence yeah they do

231

00:10:36,310 --> 00:10:33,080

and these are conscious beings and all

232

00:10:39,700 --> 00:10:36,320

that stuff is on the table but another

233

00:10:42,100 --> 00:10:39,710

way of kind of asking this is what is

234

00:10:45,790 --> 00:10:42,110

necessary and sufficient for

235

00:10:47,320 --> 00:10:45,800

consciousness okay so it sounds like

236

00:10:50,410 --> 00:10:47,330

you're meaning self reflective

237

00:10:52,270 --> 00:10:50,420

consciousness well I think that that

238

00:10:53,620 --> 00:10:52,280

when you you talk about in and we'll

239

00:10:56,350 --> 00:10:53,630

talk about your program in a minute but

240

00:11:00,730 --> 00:10:56,360

you talk about you know the parallels

241

00:11:02,510 --> 00:11:00,740

with philosophy psychology and religion

242

00:11:03,440 --> 00:11:02,520

and spirituality when those

243

00:11:05,930 --> 00:11:03,450

people are talking about consciousness

244

00:11:07,910 --> 00:11:05,940

what those people I mean those

245

00:11:09,590 --> 00:11:07,920

disciplines that's what they're talking

246

00:11:11,420 --> 00:11:09,600

about for the most part is this self

247

00:11:14,900 --> 00:11:11,430

reflective consciousness this being

248

00:11:18,170 --> 00:11:14,910

aware that we are our you know we are

249

00:11:20,510 --> 00:11:18,180

here there is something in us there is a

250

00:11:27,680 --> 00:11:20,520

voice inside the machine that we can

251  
00:11:29,900 --> 00:11:27,690  
hear right so I mean I think yeah I mean

252  
00:11:32,150 --> 00:11:29,910  
that is probably an attribute of human

253  
00:11:37,490 --> 00:11:32,160  
beings it's see it does and it does seem

254  
00:11:40,940 --> 00:11:37,500  
that you know a complex nervous system

255  
00:11:43,250 --> 00:11:40,950  
and brain is part of what facilitates

256  
00:11:45,260 --> 00:11:43,260  
that higher-order consciousness the

257  
00:11:48,050 --> 00:11:45,270  
living systems theorists would say that

258  
00:11:50,870 --> 00:11:48,060  
consciousness is an emergent property of

259  
00:11:52,820 --> 00:11:50,880  
the brain and if you understand what

260  
00:11:56,210 --> 00:11:52,830  
they mean by emergent property I mean

261  
00:12:00,080 --> 00:11:56,220  
it's like water is an emergent property

262  
00:12:02,600 --> 00:12:00,090  
the properties of water emerge from the

263  
00:12:06,800 --> 00:12:02,610

union of hydrogen and oxygen

264

00:12:09,350 --> 00:12:06,810

neither hydrogen or oxygen have the same

265

00:12:12,050 --> 00:12:09,360

properties that water has and so you get

266

00:12:15,560 --> 00:12:12,060

this you know in Systems Theory which

267

00:12:18,320 --> 00:12:15,570

I'll defend here I mean it is the I

268

00:12:20,300 --> 00:12:18,330

would say it's replacing physics as the

269

00:12:24,460 --> 00:12:20,310

mother of all Sciences because it's able

270

00:12:28,460 --> 00:12:24,470

to integrate across a disciplines across

271

00:12:31,690 --> 00:12:28,470

biology across neuroscience fit the

272

00:12:34,220 --> 00:12:31,700

physics chemistry it has a wider

273

00:12:36,020 --> 00:12:34,230

explanatory power than any of the

274

00:12:38,960 --> 00:12:36,030

specific disciplines that we've all

275

00:12:41,360 --> 00:12:38,970

grown up with and so in living systems

276

00:12:44,930 --> 00:12:41,370

theory you know there comes a point

277

00:12:48,530 --> 00:12:44,940

where you have this this leap it's like

278

00:12:52,190 --> 00:12:48,540

a quantum leap to a new a new emergent

279

00:12:56,450 --> 00:12:52,200

property arises from a certain level of

280

00:12:58,310 --> 00:12:56,460

complexity and yeah I mean I we kind of

281

00:13:01,130 --> 00:12:58,320

explored that I don't know I got to kind

282

00:13:03,290 --> 00:13:01,140

of call BS on that a little bit I mean I

283

00:13:06,710 --> 00:13:03,300

think the way that the emergent property

284

00:13:09,200 --> 00:13:06,720

principle works more in our natural

285

00:13:11,600 --> 00:13:09,210

world is like my friend Bernardo Kastrup

286

00:13:15,550 --> 00:13:11,610

says is that a whirlpool is an emerging

287

00:13:18,130 --> 00:13:15,560

property of water but there really is no

288

00:13:20,500 --> 00:13:18,140

old pool per se when you get down and we

289

00:13:22,660 --> 00:13:20,510

can model it and we can show how it how

290

00:13:25,360 --> 00:13:22,670

it forms but at the end of the day

291

00:13:27,700 --> 00:13:25,370

there's nothing there's nothing there it

292

00:13:30,519 --> 00:13:27,710

is just water I mean the chemical

293

00:13:32,680 --> 00:13:30,529

transformation between water and the and

294

00:13:34,900 --> 00:13:32,690

the molecules I think is different but

295

00:13:37,000 --> 00:13:34,910

the problem with the emergent property

296

00:13:39,550 --> 00:13:37,010

of the brain thing is I think we're just

297

00:13:43,120 --> 00:13:39,560

kind of on a backslide from where we

298

00:13:45,340 --> 00:13:43,130

were 30 or 40 years ago which was that

299

00:13:46,540 --> 00:13:45,350

consciousness is an illusion there is no

300

00:13:48,910 --> 00:13:46,550

real consciousness

301

00:13:51,700 --> 00:13:48,920

it's just our illusion that we are

302

00:13:53,829 --> 00:13:51,710

conscious famously proposed by

303

00:13:54,820 --> 00:13:53,839

philosopher Daniel Dennett but what I'd

304

00:13:56,650 --> 00:13:54,830

say you know the problem with the

305

00:13:59,470 --> 00:13:56,660

emergent property the brain thing is

306

00:14:02,500 --> 00:13:59,480

just look at the near-death experience

307

00:14:04,510 --> 00:14:02,510

science and all the evidence the

308

00:14:07,540 --> 00:14:04,520

consciousness in some way we don't

309

00:14:11,019 --> 00:14:07,550

understand survives bodily death so if

310

00:14:13,360 --> 00:14:11,029

consciousness survives bodily death then

311

00:14:16,329 --> 00:14:13,370

the emergent property of the brain thing

312

00:14:18,700 --> 00:14:16,339

is kind of out the window have you this

313

00:14:20,800 --> 00:14:18,710

maybe a little bit far outside of your

314

00:14:22,780 --> 00:14:20,810

field but I guess that's my point and

315

00:14:24,910 --> 00:14:22,790

can kind of come to you is I don't think

316

00:14:27,340 --> 00:14:24,920

it is I think until we kind of rustle

317

00:14:30,810 --> 00:14:27,350

these things to the ground we don't

318

00:14:38,070 --> 00:14:30,820

really know where we're where we stand

319

00:14:44,470 --> 00:14:41,920

you know I'm certainly familiar with

320

00:14:47,079 --> 00:14:44,480

that literature and have had

321

00:14:48,850 --> 00:14:47,089

transcendent experiences not well I

322

00:14:51,850 --> 00:14:48,860

guess not near-death experience is not

323

00:14:54,190 --> 00:14:51,860

associated with with an experience of

324

00:14:57,040 --> 00:14:54,200

death I mean I there you know there is a

325

00:15:01,510 --> 00:14:57,050

mystery there about how much

326

00:15:05,440 --> 00:15:01,520

consciousness transcends uh you know

327

00:15:07,690 --> 00:15:05,450

bodily processes maybe let's get off of

328

00:15:09,610 --> 00:15:07,700

this track for a second and talk a

329

00:15:12,340 --> 00:15:09,620

little bit more about you and your

330

00:15:15,100 --> 00:15:12,350

background because I think what you just

331

00:15:18,220 --> 00:15:15,110

alluded to in terms of spiritually

332

00:15:22,720 --> 00:15:18,230

transformative experiences fit very well

333

00:15:25,120 --> 00:15:22,730

into what we might consider in terms of

334

00:15:27,040 --> 00:15:25,130

near-death experience science so let me

335

00:15:28,860 --> 00:15:27,050

back all the way back up because you

336

00:15:31,380 --> 00:15:28,870

have a really interesting background

337

00:15:33,329 --> 00:15:31,390

seminary student at Princeton who then

338

00:15:35,190 --> 00:15:33,339

kind of goes through somewhat of a

339

00:15:38,640 --> 00:15:35,200

transformation of your own so please

340

00:15:41,190 --> 00:15:38,650

tell us that story okay that's it that's

341

00:15:43,950 --> 00:15:41,200

a good place to begin because I think it

342

00:15:46,980 --> 00:15:43,960

really grounds where I've gone with this

343

00:15:50,220 --> 00:15:46,990

field of study is very much comes out of

344

00:15:52,710 --> 00:15:50,230

my own life experiences and I guess this

345

00:15:54,740 --> 00:15:52,720

is part of my problem with trying to

346

00:15:57,660 --> 00:15:54,750

discuss consciousness in abstract terms

347

00:16:00,630 --> 00:15:57,670

that are devoid of the biography of the

348

00:16:02,220 --> 00:16:00,640

of the discussant I think that's that's

349

00:16:06,750 --> 00:16:02,230

that's probably that's where you get

350

00:16:08,850 --> 00:16:06,760

into some problematic territory so you

351

00:16:11,220 --> 00:16:08,860

alluded to being in my experience in

352

00:16:16,550 --> 00:16:11,230

seminary I was a spiritual seeker from

353

00:16:19,290 --> 00:16:16,560

early on and in my last year of seminary

354

00:16:21,329 --> 00:16:19,300

and a couple years after I finished

355

00:16:24,930 --> 00:16:21,339

seminary I worked as a prison chaplain

356

00:16:27,570 --> 00:16:24,940

and I was working actually it was in the

357

00:16:30,079 --> 00:16:27,580

late 80s I was working with people with

358

00:16:32,430 --> 00:16:30,089

AIDS I was assigned to an AIDS unit and

359

00:16:37,620 --> 00:16:32,440

this was in the state of New Jersey

360

00:16:39,180 --> 00:16:37,630

there was no cure for AIDS and in

361

00:16:42,269 --> 00:16:39,190

addition to that I was going to visit

362

00:16:43,949 --> 00:16:42,279

the soul woman on death row in the state

363

00:16:46,769 --> 00:16:43,959

of New Jersey at the request of the

364

00:16:48,540 --> 00:16:46,779

administrator of the prison so I was you

365

00:16:52,019 --> 00:16:48,550

know about 30 years old and I was just

366

00:16:54,630 --> 00:16:52,029

completely immersed in death death of

367

00:16:58,079 --> 00:16:54,640

people my age you know the kind of

368

00:17:00,300 --> 00:16:58,089

hovering death of death row and the all

369

00:17:03,510 --> 00:17:00,310

of those experiences and I found that I

370

00:17:08,340 --> 00:17:03,520

did not have the inner resources to cope

371

00:17:10,939 --> 00:17:08,350

with it and so I started in therapy I

372

00:17:15,720 --> 00:17:10,949

went to see a Jungian analyst and

373

00:17:18,990 --> 00:17:15,730

young'uns are so famous for asking -

374

00:17:21,059 --> 00:17:19,000

asking about your dreams and I had not

375

00:17:24,870 --> 00:17:21,069

really paid attention to my dream life

376

00:17:27,210 --> 00:17:24,880

up until that time and but I started

377

00:17:30,200 --> 00:17:27,220

tracking my dreams and remembering them

378

00:17:34,940 --> 00:17:30,210

and I would bring you know the biggest

379

00:17:38,610 --> 00:17:34,950

most jarring puzzling upsetting

380

00:17:41,250 --> 00:17:38,620

challenging dreams that I had to my

381

00:17:42,630 --> 00:17:41,260

therapist and I worked in this way for

382

00:17:46,430 --> 00:17:42,640

about five and a half years

383

00:17:49,590 --> 00:17:46,440

really mining my own consciousness and

384

00:17:53,370 --> 00:17:49,600

being willing to engage with whatever

385

00:17:55,020 --> 00:17:53,380

came up from the dream dream world which

386

00:17:57,120 --> 00:17:55,030

of course the ego has very little

387

00:17:58,770 --> 00:17:57,130

control over all you all you have to do

388

00:18:01,650 --> 00:17:58,780

is try to dictate what dream you're

389

00:18:04,440 --> 00:18:01,660

going to happen you can see how how

390

00:18:09,050 --> 00:18:04,450

impossible that is but I realized early

391

00:18:13,590 --> 00:18:09,060

on that the dreams had a much more

392

00:18:16,740 --> 00:18:13,600

complex and nuanced and emotionally

393

00:18:18,360 --> 00:18:16,750

Laden story about my life then I was

394

00:18:21,770 --> 00:18:18,370

telling myself out of kind of my

395

00:18:26,130 --> 00:18:21,780

suburban a you know middle-class

396

00:18:29,790 --> 00:18:26,140

storyline and that actually is what then

397

00:18:32,940 --> 00:18:29,800

got me to graduate school and in

398

00:18:36,450 --> 00:18:32,950

graduate school I another occurrence

399

00:18:39,360 --> 00:18:36,460

happened around the same time I started

400

00:18:42,750 --> 00:18:39,370

having migraine headaches and they were

401  
00:18:45,690 --> 00:18:42,760  
completely debilitating they were

402  
00:18:49,650 --> 00:18:45,700  
chronic you know so it wasn't something

403  
00:18:52,920 --> 00:18:49,660  
I could ignore and I my thought was you

404  
00:18:56,130 --> 00:18:52,930  
know wow my my body is doing something

405  
00:18:58,200 --> 00:18:56,140  
really dramatic here what is this about

406  
00:19:00,330 --> 00:18:58,210  
why am I suddenly you know basically

407  
00:19:05,700 --> 00:19:00,340  
being hammered over the head with a

408  
00:19:07,710 --> 00:19:05,710  
migraine and uh I in graduate school I

409  
00:19:08,730 --> 00:19:07,720  
was very fortunate to study with

410  
00:19:11,160 --> 00:19:08,740  
stanislav grof

411  
00:19:13,980 --> 00:19:11,170  
who has done quite a bit of work around

412  
00:19:14,910 --> 00:19:13,990  
birth trauma he's a psychiatrist so he

413  
00:19:16,260 --> 00:19:14,920

understood

414

00:19:20,160 --> 00:19:16,270

he'd been to medical school and

415

00:19:23,880 --> 00:19:20,170

understood the biological phases of

416

00:19:25,650 --> 00:19:23,890

birth and did some research tying the

417

00:19:28,650 --> 00:19:25,660

biological phases of birth to the

418

00:19:33,420 --> 00:19:28,660

psychological phases of birth and in his

419

00:19:38,460 --> 00:19:33,430

work he says it that migraine headaches

420

00:19:40,260 --> 00:19:38,470

are one symptom of birth trauma so I got

421

00:19:44,340 --> 00:19:40,270

interested in that question is that

422

00:19:46,770 --> 00:19:44,350

what's going on here and started doing

423

00:19:48,900 --> 00:19:46,780

some research started trying to work

424

00:19:50,640 --> 00:19:48,910

with the migraines consciously I did not

425

00:19:52,230 --> 00:19:50,650

take drugs for them except I mean

426

00:19:54,660 --> 00:19:52,240

occasionally I would take Advil if it

427

00:19:55,700 --> 00:19:54,670

was just you know I had to function in

428

00:19:58,580 --> 00:19:55,710

some way

429

00:20:02,060 --> 00:19:58,590

but I really tried to explore what was

430

00:20:04,399 --> 00:20:02,070

going on in my in my own body and my own

431

00:20:07,399 --> 00:20:04,409

consciousness with these with these

432

00:20:12,100 --> 00:20:07,409

migraine headaches and eventually I was

433

00:20:15,169 --> 00:20:12,110

able to track them back to the beginning

434

00:20:16,850 --> 00:20:15,179

where I would mean basically once a

435

00:20:20,120 --> 00:20:16,860

migraine gets going it's very hard to

436

00:20:22,159 --> 00:20:20,130

reverse it so I had to learn what were

437

00:20:25,159 --> 00:20:22,169

the kind of precursor signs to a

438

00:20:27,320 --> 00:20:25,169

migraine and eventually I was able to

439

00:20:29,269 --> 00:20:27,330

heal myself of the migraines by by

440

00:20:32,210 --> 00:20:29,279

tracking them by really just being very

441

00:20:37,690 --> 00:20:32,220

curious about this you know a kind of

442

00:20:41,960 --> 00:20:37,700

violent process in my in my head and so

443

00:20:45,470 --> 00:20:41,970

that that experience and then piecing

444

00:20:48,289 --> 00:20:45,480

together my birth trauma you know I can

445

00:20:51,740 --> 00:20:48,299

really say that the the jolt of my birth

446

00:20:53,510 --> 00:20:51,750

trauma is what put me on a consciousness

447

00:20:55,909 --> 00:20:53,520

path all the way really before I even

448

00:20:59,630 --> 00:20:55,919

got out of the womb I what my

449

00:21:01,519 --> 00:20:59,640

consciousness was disturbed and of

450

00:21:04,130 --> 00:21:01,529

course you know I coped with it as a

451  
00:21:05,419 --> 00:21:04,140  
child but then as a as I think as soon

452  
00:21:07,730 --> 00:21:05,429  
as I became an adult

453  
00:21:12,289 --> 00:21:07,740  
it was screaming for my attention this

454  
00:21:15,049 --> 00:21:12,299  
history so I'm very aware that you know

455  
00:21:17,360 --> 00:21:15,059  
of the role of trauma and life story in

456  
00:21:19,519 --> 00:21:17,370  
shaping our consciousness and what

457  
00:21:21,289 --> 00:21:19,529  
happened for me basically was that my

458  
00:21:23,690 --> 00:21:21,299  
own consciousness was a problem to me

459  
00:21:27,769 --> 00:21:23,700  
you know it was creating incredible

460  
00:21:29,960 --> 00:21:27,779  
suffering and so my exploration of

461  
00:21:33,440 --> 00:21:29,970  
consciousness is less about the sort of

462  
00:21:36,560 --> 00:21:33,450  
abstract these abstract questions and

463  
00:21:38,539 --> 00:21:36,570

more about the immediacy of my own

464

00:21:41,450 --> 00:21:38,549

experience and how can I live in this

465

00:21:44,690 --> 00:21:41,460

body with this you know traumatized head

466

00:21:47,450 --> 00:21:44,700

and in my research you know back into my

467

00:21:49,789 --> 00:21:47,460

own birth story and early childhood I

468

00:21:52,130 --> 00:21:49,799

realized that I'd had like five head

469

00:21:56,539 --> 00:21:52,140

traumas by the time I was bike riding

470

00:22:00,080 --> 00:21:56,549

age so you know all that jarring of my

471

00:22:05,000 --> 00:22:00,090

head required that I work with my own

472

00:22:06,860 --> 00:22:05,010

consciousness in a way to heal those you

473

00:22:08,220 --> 00:22:06,870

know traumatic disturbances you might

474

00:22:10,380 --> 00:22:08,230

say

475

00:22:14,130 --> 00:22:10,390

and my dreams of course were you know

476

00:22:17,549 --> 00:22:14,140

primary help in that process meditation

477

00:22:19,830 --> 00:22:17,559

has been a help in that process I guess

478

00:22:23,430 --> 00:22:19,840

those are you know it's adults also done

479

00:22:27,210 --> 00:22:23,440

some yoga over at times integrating your

480

00:22:31,080 --> 00:22:27,220

mind and body practices okay

481

00:22:33,510 --> 00:22:31,090

so there's you know that's cool and I'm

482

00:22:36,240 --> 00:22:33,520

all for that and you know you specially

483

00:22:41,130 --> 00:22:36,250

on a personal level I'm still a little

484

00:22:46,590 --> 00:22:41,140

bit struggling with how that fits within

485

00:22:48,539 --> 00:22:46,600

an academic academia scientific kind of

486

00:22:50,580 --> 00:22:48,549

basis and I know you're kind of on the

487

00:22:52,740 --> 00:22:50,590

edges there with transpersonal

488

00:22:55,640 --> 00:22:52,750

psychology and all the rest of that but

489

00:22:58,230 --> 00:22:55,650

I do feel the need to kind of keep

490

00:23:01,289 --> 00:22:58,240

wrestling it down to the ground you know

491

00:23:03,990 --> 00:23:01,299

I sent you a link in the emails that we

492

00:23:05,850 --> 00:23:04,000

had to the consciousness conference at

493

00:23:08,730 --> 00:23:05,860

the University Arizona which is probably

494

00:23:11,010 --> 00:23:08,740

one of the more well-known in this very

495

00:23:14,010 --> 00:23:11,020

small kind of fringy field of

496

00:23:16,530 --> 00:23:14,020

consciousness studies and there's no

497

00:23:18,659 --> 00:23:16,540

overlap to anything you're saying

498

00:23:21,930 --> 00:23:18,669

right so those people would know Stannis

499

00:23:23,640 --> 00:23:21,940

offed stanislav grof and his interesting

500

00:23:26,549 --> 00:23:23,650

work with psychedelics and then with

501  
00:23:28,650 --> 00:23:26,559  
dream dream work and breathing work and

502  
00:23:31,230 --> 00:23:28,660  
all the rest of that but for the most

503  
00:23:33,210 --> 00:23:31,240  
part these people in the consciousness

504  
00:23:36,630 --> 00:23:33,220  
studies thing no matter how fringy they

505  
00:23:40,799 --> 00:23:36,640  
are are trying to map it back to more of

506  
00:23:43,260 --> 00:23:40,809  
a model that fits into science so as I

507  
00:23:47,039 --> 00:23:43,270  
said at the beginning can we really do

508  
00:23:50,549 --> 00:23:47,049  
an end run on the whole science thing I

509  
00:23:52,860 --> 00:23:50,559  
mean if you go talk to an academic and

510  
00:23:55,919 --> 00:23:52,870  
told them that the jolt of your birth

511  
00:23:58,380 --> 00:23:55,929  
trauma disturbed your consciousness I

512  
00:24:02,850 --> 00:23:58,390  
mean I don't know where they'd go with

513  
00:24:05,880 --> 00:24:02,860

that yeah I mean I understand people

514

00:24:07,740 --> 00:24:05,890

people explore consciousness you know

515

00:24:10,710 --> 00:24:07,750

what I would say from a disembodied

516

00:24:14,600 --> 00:24:10,720

place if you explore consciousness

517

00:24:17,070 --> 00:24:14,610

simply as an abstract concept and aren't

518

00:24:18,649 --> 00:24:17,080

looking at you know the very thing we

519

00:24:21,330 --> 00:24:18,659

were talking about at the beginning the

520

00:24:22,050 --> 00:24:21,340

self-aware part of it where does one

521

00:24:25,350 --> 00:24:22,060

self away

522

00:24:27,150 --> 00:24:25,360

Ernest come into that why are those the

523

00:24:30,630 --> 00:24:27,160

questions that are that are interesting

524

00:24:34,470 --> 00:24:30,640

if my and I'm not willing to that you're

525

00:24:38,010 --> 00:24:34,480

looking for is the shift and and I would

526

00:24:40,920 --> 00:24:38,020

say the program that I that I teach in

527

00:24:43,890 --> 00:24:40,930

embraces this this shift it's not that

528

00:24:46,800 --> 00:24:43,900

we're not interested in in the cotton

529

00:24:53,070 --> 00:24:46,810

the in the principles principal concepts

530

00:24:57,480 --> 00:24:53,080

and principles of science but how uh how

531

00:25:00,230 --> 00:24:57,490

does one's own consciousness dictate the

532

00:25:05,660 --> 00:25:00,240

very questions that are being asked and

533

00:25:08,430 --> 00:25:05,670

you know I think our program that title

534

00:25:11,970 --> 00:25:08,440

consciousness and transformative studies

535

00:25:15,000 --> 00:25:11,980

the transformative part of it actually

536

00:25:17,400 --> 00:25:15,010

refers to the the self work that

537

00:25:22,050 --> 00:25:17,410

students do in the program so we're

538

00:25:24,000 --> 00:25:22,060

interested in what the the process of

539

00:25:27,660 --> 00:25:24,010

transformation of people's own

540

00:25:32,130 --> 00:25:27,670

consciousness and what does that look

541

00:25:35,430 --> 00:25:32,140

like what does it mean to develop one's

542

00:25:40,410 --> 00:25:35,440

own consciousness where is that question

543

00:25:43,110 --> 00:25:40,420

on the table and you know what what

544

00:25:45,750 --> 00:25:43,120

kinds of what kinds of questions emerge

545

00:25:48,390 --> 00:25:45,760

about consciousness from different

546

00:25:50,790 --> 00:25:48,400

levels of consciousness what does it

547

00:25:54,660 --> 00:25:50,800

mean to develop your own consciousness

548

00:25:57,750 --> 00:25:54,670

and I think we would say you know some

549

00:26:01,490 --> 00:25:57,760

of it is skills of self observation some

550

00:26:04,620 --> 00:26:01,500

of it has to do with integration so

551  
00:26:07,920 --> 00:26:04,630  
integration of the fragmented parts of

552  
00:26:09,750 --> 00:26:07,930  
one's own consciousness what does it

553  
00:26:12,660 --> 00:26:09,760  
mean to discipline one's consciousness

554  
00:26:14,790 --> 00:26:12,670  
to have a disciplined consciousness what

555  
00:26:17,030 --> 00:26:14,800  
does it mean to unify one's

556  
00:26:19,980 --> 00:26:17,040  
consciousness so that one's not

557  
00:26:23,640 --> 00:26:19,990  
experiencing or viewing the world from a

558  
00:26:25,920 --> 00:26:23,650  
polarized place so we're I mean the cut

559  
00:26:28,280 --> 00:26:25,930  
the transformative part of our program

560  
00:26:31,110 --> 00:26:28,290  
that's in the title of the program is

561  
00:26:33,810 --> 00:26:31,120  
basically asking the student that comes

562  
00:26:35,890 --> 00:26:33,820  
there to make their own consciousness an

563  
00:26:37,990 --> 00:26:35,900

object of investigation

564

00:26:41,400 --> 00:26:38,000

and I think the leading edge of

565

00:26:44,050 --> 00:26:41,410

consciousness studies is going to be to

566

00:26:46,420 --> 00:26:44,060

work with first-person experiences

567

00:26:49,510 --> 00:26:46,430

because the only consciousness we can

568

00:26:52,240 --> 00:26:49,520

directly observe is our own and so our

569

00:26:54,400 --> 00:26:52,250

own consciousness is really you know I

570

00:26:56,080 --> 00:26:54,410

think a starting place for the

571

00:26:59,470 --> 00:26:56,090

investigation of consciousness if you

572

00:27:02,650 --> 00:26:59,480

skip over that then you end up in all of

573

00:27:05,530 --> 00:27:02,660

these you know I think dead-end alleys

574

00:27:07,620 --> 00:27:05,540

you end up you know with making

575

00:27:10,360 --> 00:27:07,630

metaphysical assumptions about

576

00:27:13,240 --> 00:27:10,370

consciousness that are not grounded in

577

00:27:14,980 --> 00:27:13,250

your own experience so we you know we

578

00:27:17,770 --> 00:27:14,990

take very seriously the kind of

579

00:27:20,170 --> 00:27:17,780

first-person science and you know most

580

00:27:22,150 --> 00:27:20,180

of conventional science isn't willing to

581

00:27:25,060 --> 00:27:22,160

go there and I think there's a bigger

582

00:27:27,010 --> 00:27:25,070

the speaks to a bigger problem about the

583

00:27:31,350 --> 00:27:27,020

relationship between objectivity and

584

00:27:34,360 --> 00:27:31,360

subjectivity so if you pretend that

585

00:27:34,990 --> 00:27:34,370

subjectivity is not present at every

586

00:27:37,480 --> 00:27:35,000

moment

587

00:27:40,120 --> 00:27:37,490

ie subjectivity is consciousness the

588

00:27:44,220 --> 00:27:40,130

researchers own consciousness is present

589

00:27:47,770 --> 00:27:44,230

at all times and to not account for that

590

00:27:49,900 --> 00:27:47,780

in you know in an investigation is is a

591

00:27:52,000 --> 00:27:49,910

distortion well I agree with you

592

00:27:55,230 --> 00:27:52,010

completely but I mean to me that kind of

593

00:27:57,850 --> 00:27:55,240

gets back to the original question so if

594

00:28:00,190 --> 00:27:57,860

we're operating under a paradigm that

595

00:28:02,950 --> 00:28:00,200

says consciousness is an illusion

596

00:28:05,110 --> 00:28:02,960

so therefore experience is fundamentally

597

00:28:07,210 --> 00:28:05,120

an illusion but I never think we make

598

00:28:09,520 --> 00:28:07,220

that explicit so I see where you're

599

00:28:11,320 --> 00:28:09,530

coming from and I totally get that we

600

00:28:13,990 --> 00:28:11,330

have to reintroduce first-person

601  
00:28:16,770 --> 00:28:14,000  
experience but it what about some kind

602  
00:28:20,020 --> 00:28:16,780  
of balance you know I just did interview

603  
00:28:23,310 --> 00:28:20,030  
not too long ago dr. Jeffrey long who I

604  
00:28:26,080 --> 00:28:23,320  
always come my go-to guy he's a

605  
00:28:27,580 --> 00:28:26,090  
oncologist who got really interested in

606  
00:28:29,350 --> 00:28:27,590  
studying near-death experience and has

607  
00:28:32,310 --> 00:28:29,360  
collected the largest database of

608  
00:28:34,720 --> 00:28:32,320  
near-death experiences so now he has

609  
00:28:36,790 --> 00:28:34,730  
first-person experiences and for the

610  
00:28:39,640 --> 00:28:36,800  
super scientific minded I always point

611  
00:28:43,840 --> 00:28:39,650  
out that you know if you go out and do a

612  
00:28:46,600 --> 00:28:43,850  
medical survey on pain if you go out and

613  
00:28:48,900 --> 00:28:46,610

do a medical survey on depression which

614

00:28:51,900 --> 00:28:48,910

are the building blocks for all the

615

00:28:53,430 --> 00:28:51,910

farm illogical solutions we have for

616

00:28:54,990 --> 00:28:53,440

that well that's all first-person

617

00:28:56,790 --> 00:28:55,000

experience you're saying well how did

618

00:28:57,930 --> 00:28:56,800

you feel how did you feel this morning

619

00:29:00,270 --> 00:28:57,940

how did you feel after you took this

620

00:29:02,880 --> 00:29:00,280

medication that's first-person

621

00:29:04,440 --> 00:29:02,890

experience that is a part of science and

622

00:29:07,590 --> 00:29:04,450

we do have a way handling it but I

623

00:29:10,830 --> 00:29:07,600

digress slightly because what jeff has

624

00:29:12,690 --> 00:29:10,840

done is taken spiritually transformative

625

00:29:13,830 --> 00:29:12,700

experiences that's what these people

626  
00:29:15,360 --> 00:29:13,840  
have when they have these near-death

627  
00:29:18,410 --> 00:29:15,370  
experiences there are spiritually

628  
00:29:22,530 --> 00:29:18,420  
transforming and then he's tried to look

629  
00:29:25,650 --> 00:29:22,540  
systematically at that and I think that

630  
00:29:28,020 --> 00:29:25,660  
rigor is important and that's I guess

631  
00:29:29,670 --> 00:29:28,030  
one thing that I guess I'm I'm looking

632  
00:29:31,560 --> 00:29:29,680  
for here a little bit when we say you

633  
00:29:35,160 --> 00:29:31,570  
know hey everyone's first-person

634  
00:29:36,450 --> 00:29:35,170  
experience matters well I don't know

635  
00:29:39,180 --> 00:29:36,460  
don't we have to be a little more

636  
00:29:40,920 --> 00:29:39,190  
systematic than that absolutely no

637  
00:29:42,690 --> 00:29:40,930  
absolutely Alex you're you're totally

638  
00:29:45,150 --> 00:29:42,700

right I mean we have to add some other

639

00:29:48,510 --> 00:29:45,160

things into the mix with first-person

640

00:29:51,000 --> 00:29:48,520

experience one is you know what I was

641

00:29:52,530 --> 00:29:51,010

mentioning earlier what you know the

642

00:29:54,720 --> 00:29:52,540

Buddhists would tell us that an

643

00:29:55,800 --> 00:29:54,730

undisciplined consciousness is an

644

00:29:58,740 --> 00:29:55,810

unreliable

645

00:30:00,360 --> 00:29:58,750

you know observer of truth and this is

646

00:30:01,950 --> 00:30:00,370

where what I was saying earlier about

647

00:30:04,440 --> 00:30:01,960

what does it mean to develop one's own

648

00:30:08,070 --> 00:30:04,450

consciousness to develop one's own

649

00:30:09,810 --> 00:30:08,080

powers of self observation and to end

650

00:30:12,090 --> 00:30:09,820

you know part of what we teach students

651  
00:30:15,780 --> 00:30:12,100  
in the program is they learn multiple

652  
00:30:18,840 --> 00:30:15,790  
lenses you know a mote from effect

653  
00:30:22,170 --> 00:30:18,850  
theory and emotional intelligence to you

654  
00:30:24,960 --> 00:30:22,180  
know psychological schemas to Buddhist

655  
00:30:27,090 --> 00:30:24,970  
you know meditation practices in other

656  
00:30:29,880 --> 00:30:27,100  
words we learn many ways of observing

657  
00:30:34,590 --> 00:30:29,890  
ourselves I have many lenses for observing

658  
00:30:36,900 --> 00:30:34,600  
ourself as well as practices so yes it

659  
00:30:39,810 --> 00:30:36,910  
you need a discipline consciousness to

660  
00:30:42,300 --> 00:30:39,820  
be able to observe you know accurately

661  
00:30:45,990 --> 00:30:42,310  
what what's happening in within your own

662  
00:30:49,680 --> 00:30:46,000  
consciousness then I think you can you

663  
00:30:51,480 --> 00:30:49,690

can I mean the consensus validation of

664

00:30:54,840 --> 00:30:51,490

science does not have to be thrown out

665

00:30:58,020 --> 00:30:54,850

the window you can have multiple reports

666

00:31:00,270 --> 00:30:58,030

of similar experiences from different

667

00:31:02,250 --> 00:31:00,280

people so you if you gathered enough

668

00:31:05,040 --> 00:31:02,260

first-person data on similar

669

00:31:08,610 --> 00:31:05,050

experiences then you have something

670

00:31:11,760 --> 00:31:08,620

wider to you no reference and then

671

00:31:13,530 --> 00:31:11,770

thirdly you you can bring neuro and I

672

00:31:16,860 --> 00:31:13,540

think this is where the cutting edge of

673

00:31:21,090 --> 00:31:16,870

consciousness research needs to go is

674

00:31:24,900 --> 00:31:21,100

you can bring neuroscience you know into

675

00:31:28,740 --> 00:31:24,910

the mix by trying to look at what is

676

00:31:30,690 --> 00:31:28,750

happening in the brain when certain

677

00:31:32,460 --> 00:31:30,700

types of experiences are happening and

678

00:31:36,660 --> 00:31:32,470

this has been done you know I mean this

679

00:31:38,880 --> 00:31:36,670

is how we I came to understand dream in

680

00:31:41,610 --> 00:31:38,890

the dream Studies world you know the

681

00:31:44,370 --> 00:31:41,620

sleep cycle in the 1950s was a

682

00:31:46,620 --> 00:31:44,380

combination of hooking people up to

683

00:31:49,170 --> 00:31:46,630

machines and seeing what was happening

684

00:31:51,120 --> 00:31:49,180

in their brains and waking them up and

685

00:31:53,370 --> 00:31:51,130

getting a self-report of what was going

686

00:31:55,080 --> 00:31:53,380

on in their consciousness that I think

687

00:31:58,220 --> 00:31:55,090

is a you know that's where the future is

688

00:32:02,220 --> 00:31:58,230

is headed is to as we develop more

689

00:32:06,410 --> 00:32:02,230

instrumentation to do the neuroscience

690

00:32:09,450 --> 00:32:06,420

research we can start to combine

691

00:32:11,130 --> 00:32:09,460

first-person experience from reliable

692

00:32:14,460 --> 00:32:11,140

reporters people have trained their

693

00:32:16,770 --> 00:32:14,470

consciousness with with the neuroscience

694

00:32:19,470 --> 00:32:16,780

and get you know burrow in on this

695

00:32:22,640 --> 00:32:19,480

question of what is the relationship

696

00:32:24,750 --> 00:32:22,650

between the brain mechanisms and

697

00:32:26,940 --> 00:32:24,760

experience and I think that's that's

698

00:32:29,040 --> 00:32:26,950

what your sense that's where you're

699

00:32:32,070 --> 00:32:29,050

really interested your interest is is

700

00:32:34,170 --> 00:32:32,080

how do we tie you know we don't want to

701

00:32:37,320 --> 00:32:34,180

from my perspective I'm not willing to

702

00:32:39,840 --> 00:32:37,330

throw out my own experience science

703

00:32:42,390 --> 00:32:39,850

needs to accommodate it you know a study

704

00:32:46,230 --> 00:32:42,400

of consciousness needs to accommodate a

705

00:32:47,430 --> 00:32:46,240

study of experience and and you know

706

00:32:50,010 --> 00:32:47,440

that doesn't mean we throw out the

707

00:32:52,860 --> 00:32:50,020

neuroscience piece I think those self

708

00:32:54,690 --> 00:32:52,870

reports have to be coordinated with you

709

00:32:56,220 --> 00:32:54,700

know processes to understand what's

710

00:32:58,500 --> 00:32:56,230

going on in the brain at the same time

711

00:33:02,100 --> 00:32:58,510

and then we can get closer to this kind

712

00:33:04,020 --> 00:33:02,110

of mystery place of how these two you

713

00:33:07,350 --> 00:33:04,030

know are related to each other

714

00:33:09,200 --> 00:33:07,360

great stuff let's talk about the other

715

00:33:11,940 --> 00:33:09,210

topic I want to kind of bring up was

716

00:33:14,790 --> 00:33:11,950

consciousness and politics because in

717

00:33:15,270 --> 00:33:14,800

your very nicely done mission statement

718

00:33:17,930 --> 00:33:15,280

that

719

00:33:20,330 --> 00:33:17,940

read earlier you know you reference

720

00:33:23,310 --> 00:33:20,340

organizational cultural and ecological

721

00:33:27,090 --> 00:33:23,320

levels of consciousness I think that's a

722

00:33:29,910 --> 00:33:27,100

very very tricky transition to make but

723

00:33:32,940 --> 00:33:29,920

let's also understand that John F

724

00:33:35,400 --> 00:33:32,950

Kennedy University as you say and I've

725

00:33:37,860 --> 00:33:35,410

come to know through researching you and

726

00:33:40,530 --> 00:33:37,870

that's kind of cooked into the DNA of

727

00:33:46,130 --> 00:33:40,540

the university to be socially conscious

728

00:33:49,560 --> 00:33:46,140

and to be proactively socially active so

729

00:33:52,440 --> 00:33:49,570

one let's talk about how we make that

730

00:33:56,460 --> 00:33:52,450

transition what is you know what is

731

00:33:58,800 --> 00:33:56,470

right action in that way and then I'll

732

00:34:00,200 --> 00:33:58,810

come back later and talk specifically

733

00:34:04,080 --> 00:34:00,210

about some of the problems I see with

734

00:34:06,300 --> 00:34:04,090

consciousness and politics yes so I

735

00:34:09,050 --> 00:34:06,310

mentioned in one of our email exchanges

736

00:34:12,570 --> 00:34:09,060

the theory of spiral dynamics and I know

737

00:34:14,190 --> 00:34:12,580

Ken Wilber has appropriated that theory

738

00:34:16,649 --> 00:34:14,200

but it's actually not his original

739

00:34:18,200 --> 00:34:16,659

theory it goes back to a guy named

740

00:34:20,850 --> 00:34:18,210

Claire Graves who was doing

741

00:34:22,950 --> 00:34:20,860

developmental research and this again is

742

00:34:25,260 --> 00:34:22,960

the question about what does it mean to

743

00:34:27,330 --> 00:34:25,270

develop our consciousness both

744

00:34:29,070 --> 00:34:27,340

individually and collectively and I

745

00:34:33,240 --> 00:34:29,080

think that's that's a question that gets

746

00:34:38,040 --> 00:34:33,250

left out in some of some of these you

747

00:34:39,389 --> 00:34:38,050

know mainstream science questions what

748

00:34:43,710 --> 00:34:39,399

does it mean to develop one's own

749

00:34:46,110 --> 00:34:43,720

consciousness and then what does it mean

750

00:34:47,580 --> 00:34:46,120

for a culture to develop its or no

751  
00:34:51,419 --> 00:34:47,590  
organization to develop its own

752  
00:34:53,940 --> 00:34:51,429  
consciousness and that's where Claire

753  
00:34:56,700 --> 00:34:53,950  
graves went and then Don Beck carried on

754  
00:34:58,830 --> 00:34:56,710  
his research along with Christopher

755  
00:35:02,100 --> 00:34:58,840  
Cohen those are really the three main

756  
00:35:05,880 --> 00:35:02,110  
people Ken Wilber appropriated systems

757  
00:35:07,830 --> 00:35:05,890  
dynamics re spiral dynamics into his own

758  
00:35:10,080 --> 00:35:07,840  
theory he's a great you know synthesizer

759  
00:35:12,240 --> 00:35:10,090  
and make loses some things in the

760  
00:35:14,550 --> 00:35:12,250  
process but but it very important

761  
00:35:19,400 --> 00:35:14,560  
interesting Gaia please go ahead well so

762  
00:35:23,850 --> 00:35:19,410  
so we you know after the 2016 election

763  
00:35:27,880 --> 00:35:23,860

so many people are in in my circles were

764

00:35:31,150 --> 00:35:27,890

you know shocked disturbed stunned

765

00:35:33,130 --> 00:35:31,160

at what had happened and you know I

766

00:35:34,749 --> 00:35:33,140

think a lot of liberal California felt

767

00:35:37,450 --> 00:35:34,759

that way and maybe other parts of the

768

00:35:40,989 --> 00:35:37,460

country and so you know when you look

769

00:35:43,660 --> 00:35:40,999

for explanations about how did this

770

00:35:45,759 --> 00:35:43,670

election happen the way it did and what

771

00:35:48,880 --> 00:35:45,769

were the you know the parts that were

772

00:35:51,099 --> 00:35:48,890

involved that allowed Donald Trump to be

773

00:35:54,009 --> 00:35:51,109

elected

774

00:35:56,589 --> 00:35:54,019

I think spiral dynamics has some power

775

00:36:00,910 --> 00:35:56,599

to illuminate a very you know confusing

776

00:36:04,989 --> 00:36:00,920

situation and basically in spiral

777

00:36:07,599 --> 00:36:04,999

dynamics they different colors are used

778

00:36:11,799 --> 00:36:07,609

to code different levels of development

779

00:36:13,569 --> 00:36:11,809

and each level of development in both at

780

00:36:17,529 --> 00:36:13,579

the individual level and at the cultural

781

00:36:22,150 --> 00:36:17,539

level encompasses the prior levels of

782

00:36:24,309 --> 00:36:22,160

development so and there's an overall

783

00:36:26,920 --> 00:36:24,319

movement toward accommodating greater

784

00:36:32,289 --> 00:36:26,930

complexity so in the spiral dynamics

785

00:36:35,019 --> 00:36:32,299

model you know most most conservatives

786

00:36:38,200 --> 00:36:35,029

would be at bullet what they call blue

787

00:36:41,890 --> 00:36:38,210

and orange blue being and kind of an

788

00:36:43,630 --> 00:36:41,900

authoritarian and I should just back up

789

00:36:46,569 --> 00:36:43,640

and say each of these colors are

790

00:36:50,710 --> 00:36:46,579

associated with primary values and

791

00:36:55,390 --> 00:36:50,720

worldview and there are differentiations

792

00:36:57,910 --> 00:36:55,400

as you go through them so blue is a you

793

00:37:01,420 --> 00:36:57,920

know tends to be authoritarian and a

794

00:37:04,630 --> 00:37:01,430

very loyal to truth defined by social

795

00:37:08,890 --> 00:37:04,640

groupings it leads people to obey

796

00:37:11,829 --> 00:37:08,900

Authority and then you have orange which

797

00:37:14,799 --> 00:37:11,839

is entrepreneurial that's the

798

00:37:17,410 --> 00:37:14,809

entrepreneurial spirit and has a

799

00:37:19,989 --> 00:37:17,420

personal success orientation people

800

00:37:22,630 --> 00:37:19,999

calculating their personal advantage so

801  
00:37:24,759 --> 00:37:22,640  
most people would say the Republican

802  
00:37:27,190 --> 00:37:24,769  
Party is you know kind of a combination

803  
00:37:31,660 --> 00:37:27,200  
of blue and orange and then you have

804  
00:37:34,599 --> 00:37:31,670  
green which is obviously you know focus

805  
00:37:39,430 --> 00:37:34,609  
begin to be focused on environmental

806  
00:37:40,780 --> 00:37:39,440  
issues its humanistic its interested in

807  
00:37:44,140 --> 00:37:40,790  
personal growth and kin

808  
00:37:47,710 --> 00:37:44,150  
unity everyone has a voice it's very

809  
00:37:51,690 --> 00:37:47,720  
egalitarian and so most liberals tend to

810  
00:37:54,940 --> 00:37:51,700  
be at orange or green and then you have

811  
00:37:57,370 --> 00:37:54,950  
yellow is the first level that takes

812  
00:38:00,400 --> 00:37:57,380  
into account systems thinking and

813  
00:38:01,990 --> 00:38:00,410

holistic thinking and this is what we

814

00:38:05,580 --> 00:38:02,000

don't see a lot of in our country so

815

00:38:07,210 --> 00:38:05,590

this tendency of the parties to polarize

816

00:38:10,570 --> 00:38:07,220

against each other

817

00:38:12,690 --> 00:38:10,580

is part of what in the model is called

818

00:38:16,780 --> 00:38:12,700

first here consciousness which is

819

00:38:18,970 --> 00:38:16,790

anytime we polarize with with the other

820

00:38:22,180 --> 00:38:18,980

we're still in first tier consciousness

821

00:38:25,630 --> 00:38:22,190

only when you make that leap to yellow

822

00:38:28,240 --> 00:38:25,640

and then beyond yellow is turquoise do

823

00:38:32,020 --> 00:38:28,250

you get an ability to think systemically

824

00:38:34,300 --> 00:38:32,030

and to take into account all of the

825

00:38:36,400 --> 00:38:34,310

voices yeah but Karen without getting

826

00:38:38,110 --> 00:38:36,410

into politics and kind of staying in the

827

00:38:40,780 --> 00:38:38,120

consciousness level the thing that gets

828

00:38:42,970 --> 00:38:40,790

me is there's a total mismatch these are

829

00:38:45,280 --> 00:38:42,980

secular humanists these are atheists for

830

00:38:48,280 --> 00:38:45,290

the most part who are cooking up these

831

00:38:49,870 --> 00:38:48,290

ideas and that's the mismatch with all

832

00:38:51,490 --> 00:38:49,880

the other stuff we're talking about I

833

00:38:54,460 --> 00:38:51,500

want to read folk so they don't think

834

00:38:56,530 --> 00:38:54,470

I'm sandbagging you the question I wrote

835

00:38:58,180 --> 00:38:56,540

you I said are your students rioting

836

00:39:00,460 --> 00:38:58,190

against the university's secular

837

00:39:02,860 --> 00:39:00,470

humanists demanding recognition of soul

838

00:39:05,590 --> 00:39:02,870

and spirit are they protesting against

839

00:39:06,880 --> 00:39:05,600

atheistic feminism I said I'm kidding of

840

00:39:08,770 --> 00:39:06,890

course but you get the point

841

00:39:10,600 --> 00:39:08,780

the central issue relative the

842

00:39:13,390 --> 00:39:10,610

intersection of consciousness and

843

00:39:15,820 --> 00:39:13,400

politics seems to have been swallowed in

844

00:39:18,910 --> 00:39:15,830

shallow thinking ocean of not my

845

00:39:23,980 --> 00:39:18,920

president identity politics I mean the

846

00:39:26,680 --> 00:39:23,990

issue here is that we are more we are

847

00:39:29,860 --> 00:39:26,690

more than biological robots in a

848

00:39:33,550 --> 00:39:29,870

meaningless universe we have a spirit we

849

00:39:35,590 --> 00:39:33,560

have a soul so why not go join arms with

850

00:39:39,100 --> 00:39:35,600

your local seminary students and go

851  
00:39:42,340 --> 00:39:39,110  
march on Berkeley that's really the the

852  
00:39:47,200 --> 00:39:42,350  
battle here and it just it mystifies me

853  
00:39:50,620 --> 00:39:47,210  
how folks in in your camp of which I am

854  
00:39:54,360 --> 00:39:50,630  
part of do not see the divide the real

855  
00:39:57,540 --> 00:39:54,370  
divide is between atheistic material

856  
00:40:01,590 --> 00:39:57,550  
which is the underlying dogma of science

857  
00:40:04,020 --> 00:40:01,600  
and kind of creative spiritualism which

858  
00:40:05,040 --> 00:40:04,030  
is I think what your whole program is

859  
00:40:07,290 --> 00:40:05,050  
really all about

860  
00:40:09,900 --> 00:40:07,300  
haven't we miss identified the the real

861  
00:40:17,220 --> 00:40:09,910  
cause of the friction here yeah I'm not

862  
00:40:20,370 --> 00:40:17,230  
sure uh I mean I guess Alex you know I

863  
00:40:22,260 --> 00:40:20,380

am not as I mean people are going to be

864

00:40:25,500 --> 00:40:22,270

where they're going to be in their own

865

00:40:27,980 --> 00:40:25,510

conscious evolution if people are you

866

00:40:30,540 --> 00:40:27,990

know in an atheistic world

867

00:40:33,450 --> 00:40:30,550

my sense is they're probably suffering

868

00:40:36,540 --> 00:40:33,460

from that even you know even though they

869

00:40:38,340 --> 00:40:36,550

may be gloating from that so you know I

870

00:40:41,010 --> 00:40:38,350

mean I guess my question to you is why

871

00:40:42,180 --> 00:40:41,020

are you bothered by those people for the

872

00:40:45,660 --> 00:40:42,190

same reason that you know like we're

873

00:40:47,880 --> 00:40:45,670

talking about and we found you know kind

874

00:40:51,150 --> 00:40:47,890

of a bond or a similar thinking in terms

875

00:40:53,340 --> 00:40:51,160

of how we how we move things forward how

876

00:40:55,140 --> 00:40:53,350

we you know we all go through our own

877

00:40:56,670 --> 00:40:55,150

transformation then we want to talk to

878

00:40:59,010 --> 00:40:56,680

other people who are at some point in

879

00:41:01,140 --> 00:40:59,020

that journey right so in talking about

880

00:41:04,340 --> 00:41:01,150

that spiritually transformative

881

00:41:07,560 --> 00:41:04,350

experience journey to me the big

882

00:41:10,350 --> 00:41:07,570

stumbling block for me and for a lot of

883

00:41:14,460 --> 00:41:10,360

people was overcoming this ingrained

884

00:41:16,560 --> 00:41:14,470

dogma that you are nothing that says

885

00:41:17,040 --> 00:41:16,570

what science teaches us um and I four

886

00:41:18,480 --> 00:41:17,050

kids

887

00:41:20,490 --> 00:41:18,490

three of them are still in high school

888

00:41:22,080 --> 00:41:20,500

want them just graduated college I mean

889

00:41:24,900 --> 00:41:22,090

this is what they are indoctrinated with

890

00:41:27,000 --> 00:41:24,910

throughout is that the universe is

891

00:41:29,970 --> 00:41:27,010

meaningless you are therefore

892

00:41:32,250 --> 00:41:29,980

meaningless you are a biological robot

893

00:41:33,870 --> 00:41:32,260

and now we can play all these nice

894

00:41:36,480 --> 00:41:33,880

little games but none of it is really

895

00:41:38,880 --> 00:41:36,490

real and we're not religious people so

896

00:41:42,060 --> 00:41:38,890

we can't really go down that route and

897

00:41:44,730 --> 00:41:42,070

that has all its own problems so where

898

00:41:47,010 --> 00:41:44,740

we left and then we turn and these are

899

00:41:50,160 --> 00:41:47,020

our allies these secular humanists

900

00:41:52,770 --> 00:41:50,170

atheists I don't think so I find more

901  
00:41:55,500 --> 00:41:52,780  
comfort in talking to progressive

902  
00:41:57,510 --> 00:41:55,510  
Christians or Buddhist or people who are

903  
00:42:01,710 --> 00:41:57,520  
at least in the game in terms of

904  
00:42:04,470 --> 00:42:01,720  
thinking about what that more is mm-hmm

905  
00:42:07,020 --> 00:42:04,480  
I mean I you know my experience is that

906  
00:42:08,270 --> 00:42:07,030  
the people who adopt of a meaningless

907  
00:42:10,730 --> 00:42:08,280  
view of

908  
00:42:13,250 --> 00:42:10,740  
wife and the universe suffer for that

909  
00:42:15,890 --> 00:42:13,260  
that that does not come without a price

910  
00:42:18,980 --> 00:42:15,900  
tag again you know I'm referring it back

911  
00:42:20,960 --> 00:42:18,990  
to their own consciousness that's a you

912  
00:42:24,560 --> 00:42:20,970  
know from my perspective that's a very

913  
00:42:26,090 --> 00:42:24,570

contracted way to live and you know but

914

00:42:28,310 --> 00:42:26,100

if people choose to live in that

915

00:42:30,410 --> 00:42:28,320

contracted you know form

916

00:42:32,390 --> 00:42:30,420

I mean I'm gonna allow them to do that

917

00:42:37,130 --> 00:42:32,400

you know and I'm going to do my own

918

00:42:40,850 --> 00:42:37,140

thing and you know my own thing happens

919

00:42:42,980 --> 00:42:40,860

to be about expansion of consciousness

920

00:42:48,650 --> 00:42:42,990

and and obviously meaning you know deep

921

00:42:52,280 --> 00:42:48,660

meaning in every every facet of life so

922

00:42:56,420 --> 00:42:52,290

but you know it's a I think we can look

923

00:42:59,300 --> 00:42:56,430

at the limitations of someone adopting a

924

00:43:01,280 --> 00:42:59,310

meaningless view that kind of cynical

925

00:43:04,010 --> 00:43:01,290

view if someone wants to go through life

926

00:43:06,350 --> 00:43:04,020

that way you know I'm not going to stop

927

00:43:08,510 --> 00:43:06,360

them on but I'm not going to join them

928

00:43:11,240 --> 00:43:08,520

either but you're going to offer an

929

00:43:13,100 --> 00:43:11,250

alternative so so let's talk a little

930

00:43:16,010 --> 00:43:13,110

bit more about because we haven't really

931

00:43:18,430 --> 00:43:16,020

talked about JFK University tell us

932

00:43:21,050 --> 00:43:18,440

specifically what's going on there and

933

00:43:24,620 --> 00:43:21,060

what people are going to find in this

934

00:43:26,720 --> 00:43:24,630

program it's just a master's degree

935

00:43:29,750 --> 00:43:26,730

program or do you also offer a ph.d

936

00:43:32,000 --> 00:43:29,760

program and we don't we it's just a

937

00:43:33,830 --> 00:43:32,010

master's degree we have some where in

938

00:43:38,480 --> 00:43:33,840

sub conversations about a potential

939

00:43:40,460 --> 00:43:38,490

future PhD you know in this area and I

940

00:43:45,140 --> 00:43:40,470

think you know one of the areas that we

941

00:43:46,910 --> 00:43:45,150

might go into is his leadership actually

942

00:43:48,680 --> 00:43:46,920

you know what you find is that if

943

00:43:50,900 --> 00:43:48,690

someone cultivates their own

944

00:43:54,790 --> 00:43:50,910

consciousness integrates does the things

945

00:43:57,530 --> 00:43:54,800

I was mentioning integrates disciplines

946

00:43:59,660 --> 00:43:57,540

unifies their own consciousness their

947

00:44:02,480 --> 00:43:59,670

own consciousness then becomes a force

948

00:44:05,060 --> 00:44:02,490

for you know you might say good in the

949

00:44:09,830 --> 00:44:05,070

world for or for positive change in the

950

00:44:13,070 --> 00:44:09,840

world and this is you know part of what

951

00:44:14,720 --> 00:44:13,080

the program is is interested in doing

952

00:44:17,780 --> 00:44:14,730

we're interested in turning out people

953

00:44:20,330 --> 00:44:17,790

you as you saw in our in our mission

954

00:44:21,780 --> 00:44:20,340

statement consciousness and action is a

955

00:44:25,240 --> 00:44:21,790

phrase that we use

956

00:44:27,130 --> 00:44:25,250

because we want people to spend quite a

957

00:44:29,470 --> 00:44:27,140

bit of time investigating their own

958

00:44:31,720 --> 00:44:29,480

consciousness working out the problems

959

00:44:34,360 --> 00:44:31,730

in their own consciousness the conflicts

960

00:44:36,160 --> 00:44:34,370

the shadows the hidden parts you know

961

00:44:38,980 --> 00:44:36,170

the black holes I was talking earlier

962

00:44:40,900 --> 00:44:38,990

about my own trauma and the way trauma

963

00:44:43,230 --> 00:44:40,910

basically creates a black hole in

964

00:44:45,880 --> 00:44:43,240

consciousness it creates a kind of

965

00:44:48,520 --> 00:44:45,890

contracted you know contracted response

966

00:44:51,430 --> 00:44:48,530

to life and you know from my perspective

967

00:44:53,590 --> 00:44:51,440

some of these naysayer people that

968

00:44:55,660 --> 00:44:53,600

you're talking about are are caught in a

969

00:44:57,910 --> 00:44:55,670

contraction you know a contraction of

970

00:45:01,540 --> 00:44:57,920

their own consciousness that is not an

971

00:45:03,700 --> 00:45:01,550

enviable enviable place to live so and

972

00:45:07,030 --> 00:45:03,710

most of the students who are drawn to

973

00:45:09,370 --> 00:45:07,040

this program have had some kind of

974

00:45:11,830 --> 00:45:09,380

jarring you know experience to their own

975

00:45:14,050 --> 00:45:11,840

consciousness but that has what and I

976

00:45:18,130 --> 00:45:14,060

think you'll find that's what tends to

977

00:45:19,720 --> 00:45:18,140

wake people up to you know even an

978

00:45:21,370 --> 00:45:19,730

investigation of the topic of

979

00:45:24,280 --> 00:45:21,380

consciousness in their own consciousness

980

00:45:27,580 --> 00:45:24,290

is you know similar in a way similar to

981

00:45:30,100 --> 00:45:27,590

my story it is not always a negative

982

00:45:33,700 --> 00:45:30,110

experience we had a student a few years

983

00:45:36,400 --> 00:45:33,710

ago who had a huge dream where he was

984

00:45:38,460 --> 00:45:36,410

floating above the universe this might

985

00:45:41,290 --> 00:45:38,470

be similar to a near-death experience

986

00:45:47,440 --> 00:45:41,300

floating above the universe or in some

987

00:45:50,920 --> 00:45:47,450

spatial extended spatial area and I got

988

00:45:52,570 --> 00:45:50,930

the communication experienced that and I

989

00:45:56,980 --> 00:45:52,580

think heard a voice that said love is

990

00:46:00,040 --> 00:45:56,990

all there is and very you know and felt

991

00:46:02,380 --> 00:46:00,050

this power of love you know coursing

992

00:46:05,440 --> 00:46:02,390

through his being in in conjunction with

993

00:46:07,510 --> 00:46:05,450

this dream and so you know you can have

994

00:46:09,040 --> 00:46:07,520

the traumatic experience at the negative

995

00:46:12,340 --> 00:46:09,050

end of the spectrum or you can have a

996

00:46:14,860 --> 00:46:12,350

beautiful opening that shows you some

997

00:46:16,990 --> 00:46:14,870

you know other vision of reality than

998

00:46:21,400 --> 00:46:17,000

the dominant paradigm this meaningless

999

00:46:23,020 --> 00:46:21,410

paradigm that you're referencing and so

1000

00:46:27,100 --> 00:46:23,030

what does the person do with an

1001

00:46:30,250 --> 00:46:27,110

experience like that you know it's if

1002

00:46:32,530 --> 00:46:30,260

you if you attempt to go back to your

1003

00:46:34,670 --> 00:46:32,540

normal reality after you have a

1004

00:46:38,060 --> 00:46:34,680

spiritual awakening

1005

00:46:42,440 --> 00:46:38,070

or revelation or an invitation whatever

1006

00:46:45,020 --> 00:46:42,450

you want to call that then you're going

1007

00:46:47,720 --> 00:46:45,030

to be in in probably pretty sorry shape

1008

00:46:50,600 --> 00:46:47,730

you try to bottle that up and package it

1009

00:46:52,070 --> 00:46:50,610

back up and so what happens for people

1010

00:46:56,120 --> 00:46:52,080

is that they want to take that

1011

00:46:58,430 --> 00:46:56,130

experience and in a way make it the

1012

00:47:01,220 --> 00:46:58,440

center of their life that's what these

1013

00:47:05,660 --> 00:47:01,230

near-death type experiences do they have

1014

00:47:08,330 --> 00:47:05,670

this compelling quality that don't want

1015

00:47:11,180 --> 00:47:08,340

to be put back in a box it's you're

1016

00:47:12,980 --> 00:47:11,190

shown a greater reality and the

1017

00:47:15,920 --> 00:47:12,990

challenge then is to live into that

1018

00:47:18,710 --> 00:47:15,930

greater reality and and I would say to

1019

00:47:20,300 --> 00:47:18,720

bring that greater reality back out in

1020

00:47:20,750 --> 00:47:20,310

the world to make a difference in the

1021

00:47:23,660 --> 00:47:20,760

world

1022

00:47:27,290 --> 00:47:23,670

what has that revelatory experience

1023

00:47:29,450 --> 00:47:27,300

shown you that can make life on the

1024

00:47:32,690 --> 00:47:29,460

planet better for for other people and

1025

00:47:35,330 --> 00:47:32,700

other beings and so most of our students

1026  
00:47:37,580 --> 00:47:35,340  
have had something like this in some

1027  
00:47:39,470 --> 00:47:37,590  
cases it's trauma in some cases it's you

1028  
00:47:44,690 --> 00:47:39,480  
know sort of an Enlightenment type of

1029  
00:47:48,050 --> 00:47:44,700  
experience and then they they do not

1030  
00:47:50,680 --> 00:47:48,060  
want to go back to an ordinary job and

1031  
00:47:55,700 --> 00:47:50,690  
back to dominant paradigm thinking and

1032  
00:47:58,610 --> 00:47:55,710  
so they come to this program looking to

1033  
00:48:01,100 --> 00:47:58,620  
integrate that experience I would say to

1034  
00:48:04,250 --> 00:48:01,110  
take that experience from being a

1035  
00:48:06,290 --> 00:48:04,260  
private experience and make it part of

1036  
00:48:08,930 --> 00:48:06,300  
their public identity make it part of

1037  
00:48:11,900 --> 00:48:08,940  
who they come to be known as in their

1038  
00:48:14,360 --> 00:48:11,910

profession and in the world and that's

1039

00:48:15,910 --> 00:48:14,370

that's the common trajectory of the

1040

00:48:20,150 --> 00:48:15,920

students that are drawn to this program

1041

00:48:23,420 --> 00:48:20,160

great stuff so our guests again has been

1042

00:48:27,560 --> 00:48:23,430

dr. Karen janky she you can find her at

1043

00:48:29,750 --> 00:48:27,570

JFK edu great domain there great URL

1044

00:48:31,490 --> 00:48:29,760

it's been great having you on Karen and

1045

00:48:34,190 --> 00:48:31,500

I really appreciate a lot of good stuff

1046

00:48:39,700 --> 00:48:34,200

was shared here so great job thank you

1047

00:48:42,800 --> 00:48:39,710

very much thank you Alex okay Karen yes

1048

00:48:45,080 --> 00:48:42,810

that's good right that's all good yeah

1049

00:48:47,630 --> 00:48:45,090

are you okay with it yeah yeah yeah I

1050

00:48:48,170 --> 00:48:47,640

think was good and I I do appreciate it

1051

00:48:49,790 --> 00:48:48,180

and

1052

00:48:52,220 --> 00:48:49,800

hopefully we can get some people

1053

00:48:53,599 --> 00:48:52,230

checking out what you're doing I love

1054

00:48:56,299 --> 00:48:53,609

your summation there at the end I

1055

00:48:59,329 --> 00:48:56,309

thought that was beautiful about you

1056

00:49:01,849 --> 00:48:59,339

know I love the point about making it

1057

00:49:04,010 --> 00:49:01,859

that we want to make that the central

1058

00:49:06,650 --> 00:49:04,020

focus of our life and you're trying to

1059

00:49:08,750 --> 00:49:06,660

find people away to just one integrate

1060

00:49:11,180 --> 00:49:08,760

that internally and then express it out

1061

00:49:14,780 --> 00:49:11,190

to the world awesome stuff good

1062

00:49:17,780 --> 00:49:14,790

all right um so will you send me the

1063

00:49:20,960 --> 00:49:17,790

link or what happens of course yes I'll

1064

00:49:22,819 --> 00:49:20,970

send you the link it'll be a little bit

1065

00:49:25,250 --> 00:49:22,829

backlog so it might be four weeks or so

1066

00:49:27,500 --> 00:49:25,260

okay I'll send you that link will also

1067

00:49:29,089 --> 00:49:27,510

do a YouTube on it and then you know you

1068

00:49:30,920 --> 00:49:29,099

can share it anywhere you like but I'll

1069

00:49:33,920 --> 00:49:30,930

just try and get it out as best I can

1070

00:49:36,920 --> 00:49:33,930

okay great thank you thank you very much

1071

00:49:38,780 --> 00:49:36,930

take care okay bye bye thanks again to

1072

00:49:40,579 --> 00:49:38,790

dr. Karen Genki for joining me today on

1073

00:49:42,650 --> 00:49:40,589

skeptic oh I guess the one question I

1074

00:49:45,470 --> 00:49:42,660

tee up from this interview is from the

1075

00:49:47,200 --> 00:49:45,480

opening clip have those within academia

1076

00:49:50,059 --> 00:49:47,210

particularly the transpersonal

1077

00:49:52,910 --> 00:49:50,069

psychology types have they miss

1078

00:49:55,910 --> 00:49:52,920

identified the target of their political

1079

00:49:58,400 --> 00:49:55,920

rage so I'd love to hear your thoughts

1080

00:50:00,440 --> 00:49:58,410

on that of course the place to do it is

1081

00:50:02,960 --> 00:50:00,450

through the sceptical website where you

1082

00:50:05,390 --> 00:50:02,970

can jump on over the forum and leave a

1083

00:50:07,940 --> 00:50:05,400

comment there we've had a steady stream

1084

00:50:09,799 --> 00:50:07,950

of new forum members which is always fun

1085

00:50:12,349 --> 00:50:09,809

getting some new voices into the

1086

00:50:14,569 --> 00:50:12,359

conversation so if you want to become

1087

00:50:16,880 --> 00:50:14,579

one of those please visit the skeptical

1088

00:50:19,190 --> 00:50:16,890

forum and join of course it's free as

1089

00:50:21,230 --> 00:50:19,200

are all the shows which you can download

1090

00:50:22,819 --> 00:50:21,240

from the website you can also connect

1091

00:50:24,289 --> 00:50:22,829

with me on various ways send me an email

1092

00:50:27,349 --> 00:50:24,299

people do that all the time I usually

1093

00:50:30,620 --> 00:50:27,359

respond often very quickly but if not

1094

00:50:33,410 --> 00:50:30,630

within a few days so please if you feel

1095

00:50:35,150 --> 00:50:33,420

inclined reach out and connect I have a

1096

00:50:37,220 --> 00:50:35,160

number of interesting shows coming up on

1097

00:50:39,380 --> 00:50:37,230

skeptical a lot of fun stuff to talk

1098

00:50:42,079 --> 00:50:39,390

about I do hope you stay with me for all

1099

00:50:44,960 --> 00:50:42,089

of that until next time take care and