



**Dr. Rupert Sheldrake**  
**Skeptiko #376**



1  
00:00:15,780 --> 00:00:11,820  
I was walking the road to Santiago de

2  
00:00:18,210 --> 00:00:15,790  
Compostela 800 garages like this one

3  
00:00:21,420 --> 00:00:18,220  
Martin Sheen went on in the 2011 movie

4  
00:00:23,930 --> 00:00:21,430  
the way have become extremely popular in

5  
00:00:26,570 --> 00:00:23,940  
recent years and years

6  
00:00:29,050 --> 00:00:26,580  
the way is a very personal journey mr.

7  
00:00:32,450 --> 00:00:29,060  
Avery Daniel was my only child

8  
00:00:37,760 --> 00:00:32,460  
gonna walk the Camino de Santiago both

9  
00:00:40,240 --> 00:00:37,770  
of us come this is no way and according

10  
00:00:43,310 --> 00:00:40,250  
to today's guest dr. Rupert Sheldrake

11  
00:00:46,189 --> 00:00:43,320  
pilgrimages are just one example of the

12  
00:00:49,640 --> 00:00:46,199  
kind of spiritual practices whose

13  
00:00:51,920 --> 00:00:49,650

benefits have support in science in fact

14

00:00:55,610 --> 00:00:51,930

that's the title of dr. sheldricks new

15

00:00:57,080 --> 00:00:55,620

book science and spiritual practices so

16

00:01:00,680 --> 00:00:57,090

we're going to talk about that in this

17

00:01:04,100 --> 00:01:00,690

upcoming interview but in true skeptical

18

00:01:06,370 --> 00:01:04,110

fashion I also pushed dr. Sheldrick a

19

00:01:08,630 --> 00:01:06,380

little bit on how this new emerging

20

00:01:13,270 --> 00:01:08,640

interface between science and

21

00:01:16,340 --> 00:01:13,280

spirituality might really work

22

00:01:19,910 --> 00:01:16,350

maybe I mean you're kind of advocating

23

00:01:23,090 --> 00:01:19,920

shut up and calculate becomes shut up

24

00:01:25,370 --> 00:01:23,100

and meditate yes I mean I think that

25

00:01:27,859 --> 00:01:25,380

actually at the basis of all spiritual

26  
00:01:30,980 --> 00:01:27,869  
traditions and religions experiences the

27  
00:01:34,180 --> 00:01:30,990  
primary the primary driver I think is

28  
00:01:37,490 --> 00:01:34,190  
what is in it for those people not a

29  
00:01:40,460 --> 00:01:37,500  
belief system as you know I'm a great

30  
00:01:43,160 --> 00:01:40,470  
admirer of dr. sheldricks work and this

31  
00:01:44,960 --> 00:01:43,170  
book certainly doesn't disappoint oh

32  
00:01:48,020 --> 00:01:44,970  
just one more thing before we get

33  
00:01:49,639 --> 00:01:48,030  
started there's a little popping at the

34  
00:01:51,380 --> 00:01:49,649  
very beginning of this interview it

35  
00:01:54,169 --> 00:01:51,390  
clears up in just a minute or two so

36  
00:01:56,630 --> 00:01:54,179  
please hang with me for all of that

37  
00:01:57,490 --> 00:01:56,640  
here's my interview with dr. Rupert

38  
00:02:07,219 --> 00:01:57,500

Sheldrake

39

00:02:13,350 --> 00:02:10,710

today I'm so happy to welcome back dr.

40

00:02:15,540 --> 00:02:13,360

Rupert Sheldrake to skeptic Oh dr.

41

00:02:17,970 --> 00:02:15,550

Sheldrick who has not only appeared on

42

00:02:20,910 --> 00:02:17,980

skeptic Oh several times over the years

43

00:02:23,730 --> 00:02:20,920

but through his encouragement and

44

00:02:26,820 --> 00:02:23,740

guidance was really instrumental in the

45

00:02:29,580 --> 00:02:26,830

creation this show is truly one of my

46

00:02:32,460 --> 00:02:29,590

favorite guests to have on so Rupert

47

00:02:34,890 --> 00:02:32,470

welcome back so good to talk to you

48

00:02:38,700 --> 00:02:34,900

again they're going to be with you again

49

00:02:41,810 --> 00:02:38,710

I think and the reason for this visit

50

00:02:44,990 --> 00:02:41,820

today is this new book you've written

51  
00:02:47,490 --> 00:02:45,000  
science in spiritual practices

52  
00:02:51,740 --> 00:02:47,500  
transformative experiences and their

53  
00:02:55,110 --> 00:02:51,750  
effects on our bodies brains and health

54  
00:02:57,199 --> 00:02:55,120  
quite new book and as I was saying we're

55  
00:03:00,390 --> 00:02:57,209  
chatting about just a minute ago it is

56  
00:03:02,610 --> 00:03:00,400  
kind of great to see you back out there

57  
00:03:03,840 --> 00:03:02,620  
you know just really hitting the trail

58  
00:03:05,280 --> 00:03:03,850  
with this book doing a lot of

59  
00:03:08,850 --> 00:03:05,290  
appearances it looks like you're doing

60  
00:03:12,060 --> 00:03:08,860  
workshops and also lectures so how's all

61  
00:03:14,009 --> 00:03:12,070  
that going for you well it's going very

62  
00:03:15,870 --> 00:03:14,019  
well and we say father's books only out

63  
00:03:22,320 --> 00:03:15,880

in Britain it's not coming out in the

64

00:03:24,150 --> 00:03:22,330

u.s. - autumn of 2018 but most most

65

00:03:25,530 --> 00:03:24,160

those activities in Britain at the

66

00:03:27,960 --> 00:03:25,540

moment so I didn't have to travel very

67

00:03:31,140 --> 00:03:27,970

far but there's there's a huge amount of

68

00:03:33,449 --> 00:03:31,150

interest in this and you know I'm really

69

00:03:36,030 --> 00:03:33,459

excited about all the themes in this

70

00:03:37,590 --> 00:03:36,040

book well you know we're there there is

71

00:03:40,140 --> 00:03:37,600

a lot of interest I started watching

72

00:03:42,750 --> 00:03:40,150

your interview with Russell Brand and I

73

00:03:47,550 --> 00:03:42,760

thought that was fascinating on a number

74

00:03:50,160 --> 00:03:47,560

of levels how did that go well Russell

75

00:03:52,680 --> 00:03:50,170

Brand is yeah he's an extremely

76

00:03:55,170 --> 00:03:52,690

intelligent person he's got here in

77

00:03:58,590 --> 00:03:55,180

Britain he's very very well known as as

78

00:04:00,630 --> 00:03:58,600

a as a comedian and as a kind of a sort

79

00:04:06,210 --> 00:04:00,640

of public intellectual he wouldn't like

80

00:04:08,850 --> 00:04:06,220

to be called that probably but he's very

81

00:04:09,990 --> 00:04:08,860

curious he's on a kind of spiritual

82

00:04:12,479 --> 00:04:10,000

quest himself

83

00:04:15,750 --> 00:04:12,489

I mean after years of drug addiction

84

00:04:18,690 --> 00:04:15,760

heroin addiction and alcohol addiction

85

00:04:21,300 --> 00:04:18,700

sex addiction etc he did a 12

86

00:04:23,700 --> 00:04:21,310

step program which changed his life and

87

00:04:26,190 --> 00:04:23,710

he's got a new book out himself called

88

00:04:27,840 --> 00:04:26,200

recovery which is about recovering from

89

00:04:33,660 --> 00:04:27,850

addictions and he's on a kind of

90

00:04:35,910 --> 00:04:33,670

spiritual mission at the moment so he

91

00:04:37,740 --> 00:04:35,920

resumed I mean he was curious and

92

00:04:40,200 --> 00:04:37,750

interested about this new book of mine

93

00:04:42,600 --> 00:04:40,210

and we get on extremely well we had a

94

00:04:44,970 --> 00:04:42,610

really good conversation he reaches a

95

00:04:46,590 --> 00:04:44,980

huge audience he does reach a huge

96

00:04:48,060 --> 00:04:46,600

audience and the other thing that I

97

00:04:50,520 --> 00:04:48,070

thought was interesting about the

98

00:04:51,870 --> 00:04:50,530

pairing and the conversation will try

99

00:04:52,680 --> 00:04:51,880

and link to it so everyone can see it

100

00:04:55,730 --> 00:04:52,690

because it was really a great

101

00:04:58,830 --> 00:04:55,740

conversation but I think he's this

102

00:05:02,130 --> 00:04:58,840

transitional transformational kind of

103

00:05:04,350 --> 00:05:02,140

figure in a lot of ways in that you know

104

00:05:07,640 --> 00:05:04,360

in pairing him with you he's calling

105

00:05:10,620 --> 00:05:07,650

on all the old atheistic

106

00:05:13,200 --> 00:05:10,630

materialistic nonsense that you've

107

00:05:14,910 --> 00:05:13,210

called on for so long but he's

108

00:05:16,440 --> 00:05:14,920

doing it in a different way coming at it

109

00:05:18,360 --> 00:05:16,450

from a different angle and he's pulling

110

00:05:22,020 --> 00:05:18,370

in a lot of different people so I think

111

00:05:23,610 --> 00:05:22,030

there's an interesting synergy with that

112

00:05:27,030 --> 00:05:23,620

message even though you're coming at it

113

00:05:30,260 --> 00:05:27,040

from a lot of different ways yes I think

114

00:05:31,890 --> 00:05:30,270

so I mean he's he's become very

115

00:05:34,020 --> 00:05:31,900

disillusioned with the kind of

116

00:05:36,390 --> 00:05:34,030

consumerist society and his message

117

00:05:38,430 --> 00:05:36,400

about addiction is not are you an addict

118

00:05:40,760 --> 00:05:38,440

or not but where are you on the

119

00:05:44,310 --> 00:05:40,770

addiction spectrum you know is it just

120

00:05:47,130 --> 00:05:44,320

compulsive Facebook messaging etc but I

121

00:05:50,730 --> 00:05:47,140

mean he sees Semaan consumerism all

122

00:05:53,250 --> 00:05:50,740

these as forms of addiction and so I've

123

00:05:55,380 --> 00:05:53,260

mostly been interested in a critique of

124

00:05:58,250 --> 00:05:55,390

materialism as a belief system as a

125

00:06:01,010 --> 00:05:58,260

worldview he's more coming to it from

126

00:06:05,280 --> 00:06:01,020

materialism as a lifestyle you know a

127

00:06:08,370 --> 00:06:05,290

consumerist lifestyle but he's extremely

128

00:06:11,670 --> 00:06:08,380

smart and he does get the point about

129

00:06:13,920 --> 00:06:11,680

the the bigger intellectual picture and

130

00:06:17,840 --> 00:06:13,930

in fact one reason that we did this

131

00:06:20,160 --> 00:06:17,850

conversation listed a few months ago he

132

00:06:22,230 --> 00:06:20,170

asked if he could come and talk to me

133

00:06:25,560 --> 00:06:22,240

and this was just a private meeting just

134

00:06:27,840 --> 00:06:25,570

the two of us to discuss the kind of

135

00:06:32,159 --> 00:06:27,850

issues I was discussing in my book

136

00:06:34,050 --> 00:06:32,169

sunset free the science delusion

137

00:06:36,869 --> 00:06:34,060

he wanted to get up to speed on some of

138

00:06:39,390 --> 00:06:36,879

these issues in science and he hasn't

139

00:06:41,610 --> 00:06:39,400

got a scientific background but I must

140

00:06:43,200 --> 00:06:41,620

say in our private conversation it

141

00:06:45,239 --> 00:06:43,210

became very clear to me what an

142

00:06:47,790 --> 00:06:45,249

incredibly quick mind he has and how

143

00:06:50,429 --> 00:06:47,800

quickly he assimilates things and is

144

00:06:53,580 --> 00:06:50,439

able to summarize them yeah that's great

145

00:06:56,279 --> 00:06:53,590

and it as you alluded to what I find is

146

00:06:59,010 --> 00:06:56,289

that you know everyone's trying to just

147

00:07:02,790 --> 00:06:59,020

find a way to get to the other side

148

00:07:05,579 --> 00:07:02,800

because clearly the side of the sciences

149

00:07:07,829 --> 00:07:05,589

we know at the dopey materialism has

150

00:07:09,540 --> 00:07:07,839

never really worked for people but

151  
00:07:12,329 --> 00:07:09,550  
they've just kind of had to carry on

152  
00:07:15,209 --> 00:07:12,339  
because that's the thing and I feel like

153  
00:07:16,439 --> 00:07:15,219  
Russell Brand is is just jumped over to

154  
00:07:19,140 --> 00:07:16,449  
the other side and said oh well of

155  
00:07:21,809 --> 00:07:19,150  
course you know some sort of spiritual

156  
00:07:24,029 --> 00:07:21,819  
deeper awareness of who we are is the

157  
00:07:26,209 --> 00:07:24,039  
only thing that makes sense and I think

158  
00:07:29,339 --> 00:07:26,219  
that's a position that that you've

159  
00:07:32,969 --> 00:07:29,349  
fought long and hard for and have kind

160  
00:07:35,670 --> 00:07:32,979  
of built the case for scientifically so

161  
00:07:37,409 --> 00:07:35,680  
it's just an interesting way of seeing

162  
00:07:39,600 --> 00:07:37,419  
those two things come together because I

163  
00:07:42,779 --> 00:07:39,610

think the Russell Brand approach is

164

00:07:44,550 --> 00:07:42,789

probably where most people find

165

00:07:47,820 --> 00:07:44,560

themselves I mean most people aren't

166

00:07:49,679 --> 00:07:47,830

willing to do the work but it's nice

167

00:07:52,200 --> 00:07:49,689

that when they do say okay is there

168

00:07:54,409 --> 00:07:52,210

anything to really support this new

169

00:07:57,839 --> 00:07:54,419

belief I'm growing into they can turn to

170

00:07:59,969 --> 00:07:57,849

books like yours and say oh wow they're

171

00:08:02,459 --> 00:07:59,979

really they're really as a basis for

172

00:08:03,839 --> 00:08:02,469

this new understanding I have or an old

173

00:08:06,570 --> 00:08:03,849

understanding I have because I think

174

00:08:09,629 --> 00:08:06,580

it's deep within us I think so too

175

00:08:12,059 --> 00:08:09,639

yes I don't know you've been at this for

176

00:08:14,309 --> 00:08:12,069

a while you've fought a lot of good

177

00:08:16,889 --> 00:08:14,319

fights I mean how does it feel to be

178

00:08:20,309 --> 00:08:16,899

proven right doesn't it seem like things

179

00:08:22,409 --> 00:08:20,319

are kind of turning not just turning

180

00:08:23,790 --> 00:08:22,419

your way but I mean do you ever feel

181

00:08:29,159 --> 00:08:23,800

like gloating a little bit and just

182

00:08:31,649 --> 00:08:29,169

saying I told you so well I'd quite

183

00:08:34,050 --> 00:08:31,659

enjoyed gloating I suppose in a little

184

00:08:36,959 --> 00:08:34,060

while but I I don't actually do that

185

00:08:38,819 --> 00:08:36,969

very much because you know one hand is

186

00:08:42,180 --> 00:08:38,829

clear the mood is shifting you know

187

00:08:45,240 --> 00:08:42,190

old-style dogmatic materialism militant

188

00:08:45,560 --> 00:08:45,250

atheism dogmatic skepticism they're

189

00:08:47,930 --> 00:08:45,570

still

190

00:08:51,260 --> 00:08:47,940

around there's two powerful forces and

191

00:08:54,380 --> 00:08:51,270

they're still having a big impact but

192

00:08:56,720 --> 00:08:54,390

they're increasingly a threadbare as

193

00:08:59,860 --> 00:08:56,730

arguments it seems to me and I knew more

194

00:09:02,600 --> 00:08:59,870

and more people are realizing that but

195

00:09:05,300 --> 00:09:02,610

you know we've still got an awfully long

196

00:09:07,520 --> 00:09:05,310

way to go I mean changes in private

197

00:09:10,400 --> 00:09:07,530

attitudes take a long time to work

198

00:09:12,980 --> 00:09:10,410

through into changes in institutions and

199

00:09:14,630 --> 00:09:12,990

so the kinds of things that you and I

200

00:09:17,570 --> 00:09:14,640

have both been talking about for years

201  
00:09:20,120 --> 00:09:17,580  
have virtually zero impact on the

202  
00:09:22,270 --> 00:09:20,130  
curriculum of schools and universities I

203  
00:09:25,100 --> 00:09:22,280  
most students are still educated as if

204  
00:09:29,900 --> 00:09:25,110  
old-style materialism and old-style

205  
00:09:32,720 --> 00:09:29,910  
sciences all there is so it there's in

206  
00:09:34,790 --> 00:09:32,730  
very large areas and public policy

207  
00:09:39,260 --> 00:09:34,800  
education etc remain more or less

208  
00:09:41,240 --> 00:09:39,270  
untouched so I have to remind myself all

209  
00:09:44,090 --> 00:09:41,250  
the time what a long way there is to go

210  
00:09:46,040 --> 00:09:44,100  
in not just in changing hearts and minds

211  
00:09:47,810 --> 00:09:46,050  
of individuals but changing the

212  
00:09:52,070 --> 00:09:47,820  
institutions within which we all

213  
00:09:54,710 --> 00:09:52,080

function true true now if I I do think

214

00:09:57,320 --> 00:09:54,720

that when we're kind of trying to ride

215

00:10:01,040 --> 00:09:57,330

the the wave and really look into the

216

00:10:02,630 --> 00:10:01,050

future they have a hard path forward the

217

00:10:04,430 --> 00:10:02,640

science as we know it types have a

218

00:10:06,200 --> 00:10:04,440

harder and harder path forward and I

219

00:10:08,510 --> 00:10:06,210

think we see that in the fallback

220

00:10:10,760 --> 00:10:08,520

positions they're taking I'm always

221

00:10:13,520 --> 00:10:10,770

reminded of the old you know truth

222

00:10:15,020 --> 00:10:13,530

passes through three stages and it's

223

00:10:18,230 --> 00:10:15,030

ridiculed and then it's violently

224

00:10:20,120 --> 00:10:18,240

opposed and then I think more and more

225

00:10:22,880 --> 00:10:20,130

what I see is we're in the third stage

226

00:10:25,880 --> 00:10:22,890

where science as we know what types are

227

00:10:30,130 --> 00:10:25,890

saying oh yes of course we knew that all

228

00:10:33,850 --> 00:10:30,140

along of course we always knew that the

229

00:10:36,560 --> 00:10:33,860

interconnectedness and the underlying

230

00:10:38,570 --> 00:10:36,570

spirituality if you will of

231

00:10:41,360 --> 00:10:38,580

consciousness has always been there do

232

00:10:44,840 --> 00:10:41,370

you see what do you see is the path

233

00:10:48,710 --> 00:10:44,850

forward for the materialist dogmatic

234

00:10:50,810 --> 00:10:48,720

materialist atheists well I think what's

235

00:10:53,990 --> 00:10:50,820

very interesting is that the younger

236

00:10:56,300 --> 00:10:54,000

generation are actually turning to

237

00:10:57,890 --> 00:10:56,310

spiritual practices I'm the older

238

00:10:59,369 --> 00:10:57,900

generation the sort of Richard Dawkins

239

00:11:01,259 --> 00:10:59,379

and Daniel

240

00:11:04,289 --> 00:11:01,269

then it generation are completely

241

00:11:08,309 --> 00:11:04,299

unreconstructed you know it's old-style

242

00:11:10,650 --> 00:11:08,319

scientism all the way I'm in Dennis case

243

00:11:13,589 --> 00:11:10,660

it's more sophisticated than Dawkins

244

00:11:15,899 --> 00:11:13,599

case but it's still the old that old

245

00:11:18,719 --> 00:11:15,909

belief system what's interesting about

246

00:11:20,549 --> 00:11:18,729

the newer generation of materialists is

247

00:11:22,889 --> 00:11:20,559

that they were actually taking up

248

00:11:24,599 --> 00:11:22,899

spiritual practices Sam Harris for

249

00:11:29,639 --> 00:11:24,609

example who's one of the four new

250

00:11:32,429 --> 00:11:29,649

atheists his most recent book is called

251  
00:11:34,559 --> 00:11:32,439  
waking up and it's about the importance

252  
00:11:36,299 --> 00:11:34,569  
of meditation and he's been meditating

253  
00:11:40,259 --> 00:11:36,309  
for years he's now giving online

254  
00:11:42,329 --> 00:11:40,269  
meditation courses here in Britain one

255  
00:11:46,799 --> 00:11:42,339  
of our leading public atheist Susan

256  
00:11:49,379 --> 00:11:46,809  
Blackmore is a Zen meditators who's

257  
00:11:52,919 --> 00:11:49,389  
recently taken up going to Brazil for

258  
00:11:56,909 --> 00:11:52,929  
Moscow Center sessions which is finding

259  
00:11:59,879 --> 00:11:56,919  
completely transformative so we've got a

260  
00:12:02,819 --> 00:11:59,889  
situation where quite a lot of atheists

261  
00:12:05,009 --> 00:12:02,829  
are now taking up spiritual practices

262  
00:12:09,119 --> 00:12:05,019  
another one is Alain de Botton the

263  
00:12:11,460 --> 00:12:09,129

British philosopher who wrote a book

264

00:12:13,649 --> 00:12:11,470

called religion for atheists he's trying

265

00:12:15,960 --> 00:12:13,659

to reinvent religion for atheists and

266

00:12:19,169 --> 00:12:15,970

here in Britain there's now an atheist

267

00:12:21,629 --> 00:12:19,179

church called the Sunday assembly where

268

00:12:24,149 --> 00:12:21,639

there's at least 70 branches so far

269

00:12:26,129 --> 00:12:24,159

we're atheists meet together on Sunday

270

00:12:29,429 --> 00:12:26,139

mornings to sing hymns to get their old

271

00:12:32,509 --> 00:12:29,439

songs and hear uplifting stories and so

272

00:12:36,749 --> 00:12:32,519

on so they're sort of reinventing

273

00:12:38,609 --> 00:12:36,759

religion I think these are the this is

274

00:12:40,349 --> 00:12:38,619

what makes the whole debate so

275

00:12:42,749 --> 00:12:40,359

interesting at the moment it's no longer

276

00:12:44,729 --> 00:12:42,759

one lot of people say religion and

277

00:12:48,239 --> 00:12:44,739

spirituality are complete rubbish and

278

00:12:50,969 --> 00:12:48,249

nonsense all we need is sort of science

279

00:12:55,409 --> 00:12:50,979

and reason by which they mean scientism

280

00:12:57,689 --> 00:12:55,419

and a kind of limited rationalism what

281

00:13:01,229 --> 00:12:57,699

they're now saying is spiritual practice

282

00:13:04,469 --> 00:13:01,239

is a good few yes but you don't need

283

00:13:06,569 --> 00:13:04,479

religion as a package and in a way I

284

00:13:08,639 --> 00:13:06,579

agree with them I mean the whole point

285

00:13:11,120 --> 00:13:08,649

of my new book science and spiritual

286

00:13:13,460 --> 00:13:11,130

practices is that

287

00:13:15,470 --> 00:13:13,470

there are a whole range of spiritual

288

00:13:17,120 --> 00:13:15,480

practices I discussed seven of them in

289

00:13:19,820 --> 00:13:17,130

the book which have now been

290

00:13:22,070 --> 00:13:19,830

investigated scientifically and which

291

00:13:25,550 --> 00:13:22,080

show that these practices are indeed

292

00:13:28,850 --> 00:13:25,560

very good for you meditation for example

293

00:13:32,450 --> 00:13:28,860

has many benefits and it's done in both

294

00:13:36,230 --> 00:13:32,460

religious and a secular context so it's

295

00:13:39,530 --> 00:13:36,240

possible to do these practices within a

296

00:13:43,490 --> 00:13:39,540

secular context even with some of them

297

00:13:45,440 --> 00:13:43,500

even with atheist worldviews you can

298

00:13:47,390 --> 00:13:45,450

also do them of course in a religious

299

00:13:49,760 --> 00:13:47,400

context so what's interesting at the

300

00:13:51,530 --> 00:13:49,770

moment is it's open it doesn't mean

301

00:13:54,620 --> 00:13:51,540

you've got to be religious to do

302

00:13:56,150 --> 00:13:54,630

spiritual practices and it doesn't mean

303

00:14:00,040 --> 00:13:56,160

you've got to be non-religious to do

304

00:14:03,080 --> 00:14:00,050

them either that it's a much more open

305

00:14:06,380 --> 00:14:03,090

open situation than I've ever been aware

306

00:14:09,050 --> 00:14:06,390

of before in my lifetime let's talk a

307

00:14:11,750 --> 00:14:09,060

little bit more about the book science

308

00:14:15,440 --> 00:14:11,760

and spiritual practices it begins with a

309

00:14:18,290 --> 00:14:15,450

very nice autobiographical sketch of

310

00:14:20,600 --> 00:14:18,300

your career and in particular your

311

00:14:24,370 --> 00:14:20,610

spiritual development leading up to you

312

00:14:28,400 --> 00:14:24,380

becoming a Christian at the age of 34

313

00:14:32,080 --> 00:14:28,410

while in South India practicing a lot of

314

00:14:36,010 --> 00:14:32,090

yogic in Hindu practices I think people

315

00:14:38,060 --> 00:14:36,020

some people are aware of your religious

316

00:14:39,320 --> 00:14:38,070

affiliation in your background but most

317

00:14:40,790 --> 00:14:39,330

people probably aren't and they'll learn

318

00:14:41,900 --> 00:14:40,800

that from the book can you sketch that

319

00:14:45,620 --> 00:14:41,910

out a little bit here

320

00:14:47,960 --> 00:14:45,630

well yes I this briefly it long story of

321

00:14:50,480 --> 00:14:47,970

course but I started out with a

322

00:14:53,090 --> 00:14:50,490

conventional Christian family Methodists

323

00:14:57,140 --> 00:14:53,100

and I went to a conventional Anglican

324

00:14:59,000 --> 00:14:57,150

boarding school in England what we call

325

00:15:03,260 --> 00:14:59,010

public schools but which are of course

326

00:15:07,250 --> 00:15:03,270

private and so I had a fairly

327

00:15:11,420 --> 00:15:07,260

conventional religious education but by

328

00:15:14,060 --> 00:15:11,430

the age of about 14 or 15 I began to

329

00:15:16,250 --> 00:15:14,070

develop atheistic views and my science

330

00:15:18,560 --> 00:15:16,260

teachers encouraged that because for

331

00:15:20,120 --> 00:15:18,570

them science and atheism were just part

332

00:15:22,900 --> 00:15:20,130

of a package deal I mean they went

333

00:15:24,770 --> 00:15:22,910

together and I wanted to be a scientist

334

00:15:26,960 --> 00:15:24,780

so by the time I was

335

00:15:29,720 --> 00:15:26,970

student at Cambridge I was pretty

336

00:15:34,520 --> 00:15:29,730

full-fledged atheist and I remained so

337

00:15:36,140 --> 00:15:34,530

until my late twenties for the same

338

00:15:37,880 --> 00:15:36,150

reasons that lots of other people are

339

00:15:43,360 --> 00:15:37,890

atheist today you know they think the

340

00:15:49,880 --> 00:15:46,460

but won't began to change me was first

341

00:15:52,250 --> 00:15:49,890

of all I went to live in Asia for a year

342

00:15:55,190 --> 00:15:52,260

and I was working at the University of

343

00:15:57,500 --> 00:15:55,200

Malaya in Malaysia on tropical plants

344

00:16:00,320 --> 00:15:57,510

and on the way there I traveled through

345

00:16:02,420 --> 00:16:00,330

India I spent several months and that

346

00:16:05,450 --> 00:16:02,430

was an enormous revelation to me to be

347

00:16:09,170 --> 00:16:05,460

in a culture that had such a deep and

348

00:16:12,920 --> 00:16:09,180

rich tradition with all these temples

349

00:16:17,510 --> 00:16:12,930

and holy men and Saudis and cannabis

350

00:16:20,030 --> 00:16:17,520

smoking holy men in in sitting in caves

351

00:16:21,950 --> 00:16:20,040

and the Himalayas and so on it was a

352

00:16:24,170 --> 00:16:21,960

whole world that I knew nothing about

353

00:16:27,740 --> 00:16:24,180

and which I found tremendously

354

00:16:29,270 --> 00:16:27,750

intriguing and I'd couldn't regard all

355

00:16:31,430 --> 00:16:29,280

these people are stupid they had a

356

00:16:35,270 --> 00:16:31,440

deeper philosophy than most of people I

357

00:16:38,210 --> 00:16:35,280

knew in Cambridge and so I had to take

358

00:16:41,000 --> 00:16:38,220

seriously this whole new perspective and

359

00:16:43,910 --> 00:16:41,010

then I spent a month in Sri Lanka where

360

00:16:46,160 --> 00:16:43,920

I spent some time talking to monks in a

361

00:16:48,230 --> 00:16:46,170

Buddhist monastery and again that gave

362

00:16:51,950 --> 00:16:48,240

me a perspective on the mind which I'd

363

00:16:54,980 --> 00:16:51,960

completely was a completely ignorant of

364

00:16:57,620 --> 00:16:54,990

from my scientific education now I lived

365

00:17:00,140 --> 00:16:57,630

in an Islamic world in Malaya where

366

00:17:02,390 --> 00:17:00,150

people believed in sort of spells and

367

00:17:05,150 --> 00:17:02,400

witch doctors and all that kind of thing

368

00:17:08,540 --> 00:17:05,160

so it was completely different thing but

369

00:17:10,480 --> 00:17:08,550

all of this was opened my mind in new

370

00:17:14,780 --> 00:17:10,490

ways and when I got back to Cambridge

371

00:17:17,060 --> 00:17:14,790

around 1970-71 I discovered psychedelics

372

00:17:20,660 --> 00:17:17,070

and that again had a huge mind-opening

373

00:17:22,940 --> 00:17:20,670

effect so the result of that was I got

374

00:17:27,560 --> 00:17:22,950

interested in meditation started doing

375

00:17:29,000 --> 00:17:27,570

Transcendental Meditation and then got

376

00:17:31,940 --> 00:17:29,010

more and more interested in yoga and

377

00:17:36,200 --> 00:17:31,950

Hindu philosophy then took a job in

378

00:17:38,000 --> 00:17:36,210

India in 1974 I became the principal

379

00:17:39,290 --> 00:17:38,010

plant physiologist

380

00:17:44,480 --> 00:17:39,300

the international crop research

381

00:17:46,160 --> 00:17:44,490

institute in Hyderabad in India and so I

382

00:17:49,700 --> 00:17:46,170

lived in India thereafter for about

383

00:17:54,680 --> 00:17:49,710

seven years and partly because I was so

384

00:17:56,960 --> 00:17:54,690

intrigued by oriental philosophy and the

385

00:17:59,510 --> 00:17:56,970

last thing I expected was being drawn

386

00:18:03,470 --> 00:17:59,520

back towards a Christian path that was I

387

00:18:05,240 --> 00:18:03,480

thought I'd left that far behind me but

388

00:18:08,230 --> 00:18:05,250

the longer I was in India the more I

389

00:18:10,940 --> 00:18:08,240

realized that a great deal about my own

390

00:18:14,150 --> 00:18:10,950

nature and being was shaped by my

391

00:18:15,890 --> 00:18:14,160

Christian background for example I had a

392

00:18:19,430 --> 00:18:15,900

conversation with one of my Hindu

393

00:18:21,770 --> 00:18:19,440

colleagues and a Brahmin and he said

394

00:18:25,130 --> 00:18:21,780

this was an evening after work

395

00:18:26,690 --> 00:18:25,140

and he said why do you do what you do

396

00:18:28,250 --> 00:18:26,700

and I said well I want to help poor

397

00:18:30,650 --> 00:18:28,260

farmers and I want to help poor people

398

00:18:33,470 --> 00:18:30,660

you know it need a better life by

399

00:18:36,380 --> 00:18:33,480

improving cropping systems and breeding

400

00:18:38,540 --> 00:18:36,390

better crops and he said well he said a

401  
00:18:41,240 --> 00:18:38,550  
nicer what about you he said for me it's

402  
00:18:43,490 --> 00:18:41,250  
a job you know it's a good job I said

403  
00:18:45,530 --> 00:18:43,500  
but what about helping people he said if

404  
00:18:47,810 --> 00:18:45,540  
people are poor he said that is their

405  
00:18:49,730 --> 00:18:47,820  
problem it is their Karma that is from

406  
00:18:51,860 --> 00:18:49,740  
their previous life that is not your

407  
00:18:54,200 --> 00:18:51,870  
problem your problem is to look after

408  
00:18:58,580 --> 00:18:54,210  
your own spiritual development he said

409  
00:19:01,120 --> 00:18:58,590  
and I realized so much of southern

410  
00:19:04,880 --> 00:19:01,130  
Buddhism Theravada Buddhism and Hinduism

411  
00:19:08,180 --> 00:19:04,890  
is about following a spiritual path that

412  
00:19:10,550 --> 00:19:08,190  
basically leads to vertical-takeoff for

413  
00:19:13,550 --> 00:19:10,560

those who follow it the rest of the

414

00:19:16,820 --> 00:19:13,560

world is a hopeless place with waves of

415

00:19:19,130 --> 00:19:16,830

reincarnation and samsara and karmic

416

00:19:21,620 --> 00:19:19,140

bondage things are basically getting

417

00:19:24,950 --> 00:19:21,630

worse according to their worldview and

418

00:19:27,820 --> 00:19:24,960

will continue to do so and the only

419

00:19:30,530 --> 00:19:27,830

thing an individual can do is get off

420

00:19:32,420 --> 00:19:30,540

now I realized that in the Jewish and

421

00:19:34,760 --> 00:19:32,430

Christian Christian and Islamic

422

00:19:36,770 --> 00:19:34,770

traditions there's a very different

423

00:19:41,150 --> 00:19:36,780

dimension it's much more about community

424

00:19:43,280 --> 00:19:41,160

about we're in this together and this

425

00:19:45,830 --> 00:19:43,290

very strong sense of interlinking with a

426

00:19:49,730 --> 00:19:45,840

community rather than just an individual

427

00:19:51,139 --> 00:19:49,740

quest maybe realize as much deeper in

428

00:19:53,479 --> 00:19:51,149

the Christian tradition than I

429

00:19:55,940 --> 00:19:53,489

thought and of course my own ideas about

430

00:19:58,180 --> 00:19:55,950

morphic resonance a kind of memory and

431

00:20:02,089 --> 00:19:58,190

collective memory which I'd already

432

00:20:05,029 --> 00:20:02,099

developed at that stage made me realize

433

00:20:07,310 --> 00:20:05,039

that the influence of many generations

434

00:20:10,070 --> 00:20:07,320

of my ancestors in a Christian culture

435

00:20:12,379 --> 00:20:10,080

were going to shape high was whether I

436

00:20:13,849 --> 00:20:12,389

liked it or not and whether I was aware

437

00:20:17,659 --> 00:20:13,859

of it or not and it was better to be

438

00:20:21,169 --> 00:20:17,669

aware of it than not aware of it so I

439

00:20:23,029 --> 00:20:21,179

felt that group being drawn back to a

440

00:20:26,209 --> 00:20:23,039

Christian path made sense for me and

441

00:20:28,969 --> 00:20:26,219

then I met a wonderful question teacher

442

00:20:32,659 --> 00:20:28,979

a monk living in South India in an

443

00:20:35,749 --> 00:20:32,669

ashram father bead griffiths who was a

444

00:20:40,009 --> 00:20:35,759

Benedictine he lived here while the

445

00:20:44,509 --> 00:20:40,019

orange robes of a Indian holy man the

446

00:20:46,849 --> 00:20:44,519

ashram was very simple it was actually

447

00:20:49,219 --> 00:20:46,859

much simpler and more Indian than most

448

00:20:51,019 --> 00:20:49,229

Indian ashrams which at that stage were

449

00:20:53,389 --> 00:20:51,029

completely inundated with foreign

450

00:20:56,079 --> 00:20:53,399

visitors most foreign visitors didn't go

451  
00:21:00,139 --> 00:20:56,089  
to Christian ashrams so it was actually

452  
00:21:02,180 --> 00:21:00,149  
paradoxically more Indian and he brought

453  
00:21:05,029 --> 00:21:02,190  
together a deep understanding of the

454  
00:21:07,549 --> 00:21:05,039  
Hindu philosophical tradition with the

455  
00:21:09,649 --> 00:21:07,559  
Christian mystical tradition I hadn't

456  
00:21:11,329 --> 00:21:09,659  
known much about the Christian mystical

457  
00:21:14,629 --> 00:21:11,339  
tradition people like Meister Eckhart

458  
00:21:17,859 --> 00:21:14,639  
and Hildegard of Bingen and the

459  
00:21:20,419 --> 00:21:17,869  
philosophy of some thomas aquinas and

460  
00:21:21,979 --> 00:21:20,429  
showed me that many of the things I so

461  
00:21:24,079 --> 00:21:21,989  
liked in the Hindu tradition were

462  
00:21:25,909 --> 00:21:24,089  
actually there in the Christian

463  
00:21:28,519 --> 00:21:25,919

tradition has just known had mentioned

464

00:21:30,769 --> 00:21:28,529

that and in the more process inside of

465

00:21:33,560 --> 00:21:30,779

Christianity that part of the Christian

466

00:21:36,259 --> 00:21:33,570

path had been rather blotted out but

467

00:21:40,009 --> 00:21:36,269

it's still a very key part of Orthodox

468

00:21:43,489 --> 00:21:40,019

and Roman Catholic monastic and mystical

469

00:21:46,209 --> 00:21:43,499

spirituality it's anyway to me that was

470

00:21:51,469 --> 00:21:46,219

a kind of bridge that enabled me to

471

00:21:56,109 --> 00:21:51,479

follow rediscover a Christian path while

472

00:21:59,209 --> 00:21:56,119

still doing yoga and meditating and

473

00:22:02,180 --> 00:21:59,219

acknowledging the deep insights of a

474

00:22:04,970 --> 00:22:02,190

Hindu and Buddhist traditions so far the

475

00:22:07,370 --> 00:22:04,980

beads approach was not either/or

476  
00:22:10,070 --> 00:22:07,380  
with both hand and that appealed to me

477  
00:22:13,160 --> 00:22:10,080  
tremendously I much prefer an inclusive

478  
00:22:16,730 --> 00:22:13,170  
approach to an exclusive sectarian one

479  
00:22:19,850 --> 00:22:16,740  
and the problem I have with many people

480  
00:22:21,530 --> 00:22:19,860  
in who made science into religion is

481  
00:22:25,940 --> 00:22:21,540  
that they're kind of shrill though

482  
00:22:27,980 --> 00:22:25,950  
sectarian narrow and dogmatic there are

483  
00:22:29,690 --> 00:22:27,990  
some questions like that I don't meet

484  
00:22:31,010 --> 00:22:29,700  
many of them here in England but I know

485  
00:22:33,410 --> 00:22:31,020  
they exist

486  
00:22:36,020 --> 00:22:33,420  
most people are now that I meet a more

487  
00:22:38,870 --> 00:22:36,030  
inclusive and generous in their view of

488  
00:22:44,300 --> 00:22:38,880

other traditions but for me anyway this

489

00:22:45,920 --> 00:22:44,310

has been a path that makes sense I don't

490

00:22:47,900 --> 00:22:45,930

try to convert people from other

491

00:22:50,300 --> 00:22:47,910

ancestral backgrounds to a Christian

492

00:22:52,430 --> 00:22:50,310

path I think is better than Hindus

493

00:22:55,430 --> 00:22:52,440

follow a Hindu path and Muslims follow a

494

00:22:57,140 --> 00:22:55,440

minimum Muslim path but I do think it's

495

00:23:00,140 --> 00:22:57,150

important for people from the Christian

496

00:23:03,050 --> 00:23:00,150

background to recognize their own

497

00:23:05,390 --> 00:23:03,060

tradition and not simply to try and

498

00:23:08,750 --> 00:23:05,400

reject it but to come to terms with it

499

00:23:10,370 --> 00:23:08,760

in some way that's a whole whole other

500

00:23:12,770 --> 00:23:10,380

subject maybe we'll talk a little bit

501  
00:23:14,090 --> 00:23:12,780  
about that at the end where I was going

502  
00:23:17,840 --> 00:23:14,100  
to bring you to where I think will

503  
00:23:21,460 --> 00:23:17,850  
create an image for people is from the

504  
00:23:25,100 --> 00:23:21,470  
book you say in 1978 there you are

505  
00:23:28,160 --> 00:23:25,110  
living in a palm leaf hatched hut under

506  
00:23:30,740 --> 00:23:28,170  
a banyan tree writing your book you're

507  
00:23:33,920 --> 00:23:30,750  
quite famous and controversial book a

508  
00:23:35,510 --> 00:23:33,930  
new science of life so you know here you

509  
00:23:37,370 --> 00:23:35,520  
are you've gone on that amazing journey

510  
00:23:38,180 --> 00:23:37,380  
that you just talked about you're 34

511  
00:23:41,380 --> 00:23:38,190  
years old

512  
00:23:44,450 --> 00:23:41,390  
you've now reconnected with your

513  
00:23:48,440 --> 00:23:44,460

Christian roots and now you're beginning

514

00:23:51,890 --> 00:23:48,450

this scientific writing career that has

515

00:23:54,800 --> 00:23:51,900

sent you on this path and I I just I had

516

00:23:57,650 --> 00:23:54,810

a new sense for how that has informed

517

00:24:01,280 --> 00:23:57,660

you all along while at the same time

518

00:24:04,280 --> 00:24:01,290

you've kind of let that stay in the

519

00:24:06,530 --> 00:24:04,290

background in terms of being out in

520

00:24:08,780 --> 00:24:06,540

front of your writing and even in in

521

00:24:11,270 --> 00:24:08,790

this book this book is probably more out

522

00:24:15,830 --> 00:24:11,280

there than any of your previous books in

523

00:24:19,340 --> 00:24:15,840

terms of your spiritual orientation but

524

00:24:22,910 --> 00:24:19,350

why have you chosen to to lead with the

525

00:24:24,860 --> 00:24:22,920

science aspect of everything because

526

00:24:27,950 --> 00:24:24,870

you're obviously a deeply spiritual

527

00:24:30,710 --> 00:24:27,960

person why lead with the science what is

528

00:24:33,440 --> 00:24:30,720

science bringing to spirituality that

529

00:24:36,080 --> 00:24:33,450

spirituality needs well I think

530

00:24:38,330 --> 00:24:36,090

potentially quite a lot but the reason

531

00:24:40,700 --> 00:24:38,340

that I've been focusing mostly on the

532

00:24:42,590 --> 00:24:40,710

science is because that is my area of

533

00:24:44,390 --> 00:24:42,600

expertise I'm a scientist

534

00:24:47,300 --> 00:24:44,400

I've studied philosophy and history of

535

00:24:50,210 --> 00:24:47,310

science as well yeah yeah but if the

536

00:24:52,010 --> 00:24:50,220

nature of the world if the nature of the

537

00:24:57,050 --> 00:24:52,020

universe if the nature of our being is

538

00:24:59,360 --> 00:24:57,060

essentially spiritual why why science I

539

00:25:02,720 --> 00:24:59,370

mean as a career there's a job as an

540

00:25:04,700 --> 00:25:02,730

interest I get although because no I see

541

00:25:09,200 --> 00:25:04,710

science itself as a kind of spiritual

542

00:25:13,040 --> 00:25:09,210

path for me it is it's a path of inquiry

543

00:25:15,410 --> 00:25:13,050

and a path that you know if if one

544

00:25:17,510 --> 00:25:15,420

believes that all religious people

545

00:25:19,790 --> 00:25:17,520

believe that there's a consciousness

546

00:25:21,410 --> 00:25:19,800

behind the universe materialists and

547

00:25:23,210 --> 00:25:21,420

atheists believe there isn't they think

548

00:25:25,820 --> 00:25:23,220

the university's unconscious matter

549

00:25:28,070 --> 00:25:25,830

working in accordance with mechanical

550

00:25:30,350 --> 00:25:28,080

laws but if there's a consciousness

551

00:25:34,330 --> 00:25:30,360

underlying nature and underlying the

552

00:25:39,500 --> 00:25:34,340

universe which is I think shared by all

553

00:25:42,200 --> 00:25:39,510

religious traditions and then how does

554

00:25:46,400 --> 00:25:42,210

that consciousness work itself out in

555

00:25:48,290 --> 00:25:46,410

the way nature is and how and what does

556

00:25:53,030 --> 00:25:48,300

nature show us about the underlying

557

00:25:54,560 --> 00:25:53,040

principles so one of my one of the

558

00:25:56,480 --> 00:25:54,570

things I think that it shows us straight

559

00:25:58,640 --> 00:25:56,490

away is that nature's not just

560

00:26:01,430 --> 00:25:58,650

mechanical and unconscious which is the

561

00:26:06,050 --> 00:26:01,440

dogmatic view of most materialists and

562

00:26:08,630 --> 00:26:06,060

atheists so to show that nature is more

563

00:26:10,310 --> 00:26:08,640

than just a mechanical system that

564

00:26:13,220 --> 00:26:10,320

animals and plants and more than that

565

00:26:16,400 --> 00:26:13,230

that minds are more than just brains is

566

00:26:18,500 --> 00:26:16,410

an important part of understanding the

567

00:26:20,090 --> 00:26:18,510

world because it's not just a matter of

568

00:26:23,090 --> 00:26:20,100

spiritual practice as a matter of

569

00:26:26,360 --> 00:26:23,100

understanding and how we bring together

570

00:26:29,030 --> 00:26:26,370

our minds our understanding the practice

571

00:26:33,020 --> 00:26:29,040

of science with a

572

00:26:35,900 --> 00:26:33,030

to a deeper reality and one aspect of

573

00:26:38,300 --> 00:26:35,910

that is for me the the idea there's a

574

00:26:40,400 --> 00:26:38,310

memory in nature because the idea of

575

00:26:42,800 --> 00:26:40,410

morphic resonance is that there's an

576  
00:26:45,080 --> 00:26:42,810  
inherent memory in nature that nature is

577  
00:26:48,460 --> 00:26:45,090  
truly evolutionary radically

578  
00:26:51,440 --> 00:26:48,470  
evolutionary new habits can grow up

579  
00:26:53,390 --> 00:26:51,450  
there's a creative process as well in

580  
00:26:55,670 --> 00:26:53,400  
evolution if it was just habits nothing

581  
00:26:57,620 --> 00:26:55,680  
would change if it's just creativity

582  
00:26:59,300 --> 00:26:57,630  
nothing would stabilize what we have is

583  
00:27:02,000 --> 00:26:59,310  
a kind of interplay of habits and

584  
00:27:05,090 --> 00:27:02,010  
creativity so what is the creativity

585  
00:27:07,280 --> 00:27:05,100  
that underlies the world what to what

586  
00:27:10,460 --> 00:27:07,290  
degree is there a conscious process

587  
00:27:12,880 --> 00:27:10,470  
working in nature and in evolution to

588  
00:27:15,470 --> 00:27:12,890

what extent is it just blind and chance

589

00:27:17,210 --> 00:27:15,480

these are all scientific questions as

590

00:27:19,430 --> 00:27:17,220

well as being spiritual questions

591

00:27:23,780 --> 00:27:19,440

because they help to make sense of where

592

00:27:27,350 --> 00:27:23,790

we are in the world so for me the the to

593

00:27:30,500 --> 00:27:27,360

go on together and although I've most my

594

00:27:33,740 --> 00:27:30,510

books primarily about science and about

595

00:27:36,860 --> 00:27:33,750

how to enlarge the frontiers of science

596

00:27:39,500 --> 00:27:36,870

how to take science further and I'm not

597

00:27:42,880 --> 00:27:39,510

anti science I'm totally Pro science as

598

00:27:46,310 --> 00:27:42,890

my whole endeavor is to try and enlarge

599

00:27:48,470 --> 00:27:46,320

the realm of science the title of my

600

00:27:51,410 --> 00:27:48,480

most recent book in the u.s. science set

601  
00:27:53,510 --> 00:27:51,420  
free is about that I mean the book

602  
00:27:55,910 --> 00:27:53,520  
before science and spiritual practices

603  
00:27:58,040 --> 00:27:55,920  
but I have actually written on these

604  
00:28:00,650 --> 00:27:58,050  
things I did two books for example with

605  
00:28:03,800 --> 00:28:00,660  
the theologian and philosopher Matthew

606  
00:28:05,780 --> 00:28:03,810  
Fox or one called natural grace

607  
00:28:09,590 --> 00:28:05,790  
dialogues on science and spirituality

608  
00:28:12,770 --> 00:28:09,600  
and another one called the physics of

609  
00:28:15,170 --> 00:28:12,780  
angels and I've also been doing an

610  
00:28:19,460 --> 00:28:15,180  
ongoing series of dialogues with the

611  
00:28:22,030 --> 00:28:19,470  
British philosopher Mark Vernon and with

612  
00:28:24,980 --> 00:28:22,040  
the Bishop of the Episcopal bishop of

613  
00:28:26,630 --> 00:28:24,990

California Mark Andrews who's at Grace

614

00:28:31,580 --> 00:28:26,640

Cathedral who's a great friend of mine

615

00:28:34,250 --> 00:28:31,590

and so this other side of my work is is

616

00:28:37,730 --> 00:28:34,260

all their online informed dialogues and

617

00:28:42,470 --> 00:28:37,740

also in these books so

618

00:28:45,200 --> 00:28:42,480

I see them for me they go together but

619

00:28:47,930 --> 00:28:45,210

this is the first book in which I've

620

00:28:50,649 --> 00:28:47,940

decided or third book in which I brought

621

00:28:54,110 --> 00:28:50,659

together science and spirituality

622

00:28:56,990 --> 00:28:54,120

looking at spiritual practices from the

623

00:28:58,510 --> 00:28:57,000

scientific point of view and the reason

624

00:29:01,940 --> 00:28:58,520

I think that's important is because

625

00:29:03,590 --> 00:29:01,950

first of all spiritual practices which

626

00:29:06,190 --> 00:29:03,600

used to be embedded in the world's

627

00:29:09,200 --> 00:29:06,200

religious traditions can now be

628

00:29:10,669 --> 00:29:09,210

practiced outside those traditions and

629

00:29:12,769 --> 00:29:10,679

we can learn from all the different

630

00:29:14,870 --> 00:29:12,779

traditions like meditation every

631

00:29:18,139 --> 00:29:14,880

religion has its own traditions of

632

00:29:20,990 --> 00:29:18,149

meditation but we can now learn Buddhist

633

00:29:23,870 --> 00:29:21,000

types or Hindu types or Sufi types or

634

00:29:25,340 --> 00:29:23,880

Greek Orthodox types or whatever there's

635

00:29:28,430 --> 00:29:25,350

all these different types of meditation

636

00:29:30,289 --> 00:29:28,440

available now but they've also been

637

00:29:33,260 --> 00:29:30,299

studied scientifically and the science

638

00:29:34,850 --> 00:29:33,270

shows that these practices affect the

639

00:29:38,149 --> 00:29:34,860

brain in particular waves affect

640

00:29:41,090 --> 00:29:38,159

physiology affect health and affect our

641

00:29:44,510 --> 00:29:41,100

mental state protect against depression

642

00:29:48,289 --> 00:29:44,520

for example so I think this is a very

643

00:29:50,269 --> 00:29:48,299

very rich field and I've been interested

644

00:29:53,600 --> 00:29:50,279

through but this is the first time I've

645

00:29:56,029 --> 00:29:53,610

actually put them all together in this

646

00:29:57,860 --> 00:29:56,039

way which is why this book was in some

647

00:30:00,830 --> 00:29:57,870

ways a kind of coming together of these

648

00:30:02,960 --> 00:30:00,840

two different sides of my life which in

649

00:30:06,409 --> 00:30:02,970

my own life of course are combined but

650

00:30:10,130 --> 00:30:06,419

which in the public domain may seem

651  
00:30:12,919 --> 00:30:10,140  
somewhat separate I still struggle and I

652  
00:30:16,370 --> 00:30:12,929  
struggled while reading the book with

653  
00:30:19,100 --> 00:30:16,380  
those two sides I mean there it's just

654  
00:30:22,430 --> 00:30:19,110  
like two ends of the telescope on one

655  
00:30:24,680 --> 00:30:22,440  
hand I certainly get what you're saying

656  
00:30:27,470 --> 00:30:24,690  
and in the book science and spiritual

657  
00:30:29,720 --> 00:30:27,480  
practices you make a strong case for as

658  
00:30:31,490 --> 00:30:29,730  
you are just alluding to look at the

659  
00:30:33,529 --> 00:30:31,500  
science of meditation how can we

660  
00:30:35,690 --> 00:30:33,539  
possibly deny it look at it from a

661  
00:30:37,760 --> 00:30:35,700  
scientific standpoint how can we

662  
00:30:40,250 --> 00:30:37,770  
possibly deny the health benefits we

663  
00:30:42,049 --> 00:30:40,260

can't you further goemon talk about

664

00:30:45,470 --> 00:30:42,059

gratitude or connecting with the

665

00:30:47,299 --> 00:30:45,480

nonhuman world that is and and relating

666

00:30:50,360 --> 00:30:47,309

to plants and on and on we can go

667

00:30:53,000 --> 00:30:50,370

through all the different seven

668

00:30:56,180 --> 00:30:53,010

spiritual practices if you will and then

669

00:30:57,950 --> 00:30:56,190

you you give us the science behind it

670

00:31:00,380 --> 00:30:57,960

and make the case for that from a

671

00:31:02,870 --> 00:31:00,390

scientific standpoint yet at the same

672

00:31:04,880 --> 00:31:02,880

time and you alluded to that this is a

673

00:31:08,510 --> 00:31:04,890

deep part of your being and something

674

00:31:10,580 --> 00:31:08,520

you've explored and mcc's Plourd on this

675

00:31:13,940 --> 00:31:10,590

show as well including an interview with

676  
00:31:17,600 --> 00:31:13,950  
mark vernon who along with you host that

677  
00:31:20,299 --> 00:31:17,610  
very excellent science set free podcast

678  
00:31:22,640 --> 00:31:20,309  
but the other end of the telescope as I

679  
00:31:24,680 --> 00:31:22,650  
was alluding to is that we're talking

680  
00:31:26,930 --> 00:31:24,690  
about spirituality here we're talking

681  
00:31:29,210 --> 00:31:26,940  
about you know the mind of God

682  
00:31:31,540 --> 00:31:29,220  
so are we looking through the wrong end

683  
00:31:34,340 --> 00:31:31,550  
of the telescope when we insist on

684  
00:31:38,080 --> 00:31:34,350  
bringing it down to some scientific

685  
00:31:40,340 --> 00:31:38,090  
studies so we can convince somebody to

686  
00:31:45,880 --> 00:31:40,350  
reconnect with what they already know I

687  
00:31:48,650 --> 00:31:45,890  
understand that as you know may be

688  
00:31:50,330 --> 00:31:48,660

effective in winning the hearts and

689

00:31:52,510 --> 00:31:50,340

minds of the masses kind of in a

690

00:31:55,700 --> 00:31:52,520

political sense but on a deeper

691

00:31:58,150 --> 00:31:55,710

spiritual sense does that really make

692

00:32:01,610 --> 00:31:58,160

sense to science really relate to that

693

00:32:05,030 --> 00:32:01,620

deeper spirituality in us in the way

694

00:32:08,960 --> 00:32:05,040

that you're talking about well I think

695

00:32:11,090 --> 00:32:08,970

it should do and where this becomes the

696

00:32:13,549 --> 00:32:11,100

most pressing question is when we come

697

00:32:16,640 --> 00:32:13,559

to the nature of consciousness because

698

00:32:19,220 --> 00:32:16,650

the area of materialist science that's

699

00:32:21,860 --> 00:32:19,230

weakest is in dealing with consciousness

700

00:32:24,140 --> 00:32:21,870

because after all materialism says

701  
00:32:26,750 --> 00:32:24,150  
matters the only reality and that is

702  
00:32:29,299 --> 00:32:26,760  
unconscious so there's a real problem in

703  
00:32:32,360 --> 00:32:29,309  
explaining why consciousness exists at

704  
00:32:34,310 --> 00:32:32,370  
least in us and that's why it's called

705  
00:32:39,440 --> 00:32:34,320  
the hard problem in the philosophy of

706  
00:32:41,990 --> 00:32:39,450  
mind so if we really want to understand

707  
00:32:44,210 --> 00:32:42,000  
ourselves we all of us grow up in the

708  
00:32:47,120 --> 00:32:44,220  
scientific society we go and see doctors

709  
00:32:49,400 --> 00:32:47,130  
who take our pulse and sometimes do

710  
00:32:53,390 --> 00:32:49,410  
scans of brains and the rest of the body

711  
00:32:55,970 --> 00:32:53,400  
and so on we're engaged in in a world a

712  
00:32:58,130 --> 00:32:55,980  
scientific and technological world now

713  
00:33:02,630 --> 00:32:58,140

we use it everyday computers the

714

00:33:04,060 --> 00:33:02,640

internet smartphones etc so we're

715

00:33:07,359 --> 00:33:04,070

embedded in that world

716

00:33:10,119 --> 00:33:07,369

and I think it's really important to

717

00:33:12,460 --> 00:33:10,129

make a bridge between that and spiritual

718

00:33:15,249 --> 00:33:12,470

practices most of which grew up long

719

00:33:17,950 --> 00:33:15,259

before the Scientific Revolution and the

720

00:33:20,169 --> 00:33:17,960

modern technologies I guess all my

721

00:33:23,049 --> 00:33:20,179

Rupert I guess I'm questioning that

722

00:33:25,389 --> 00:33:23,059

bridge you know you're very inclusive in

723

00:33:28,599 --> 00:33:25,399

the book saying that this is a book that

724

00:33:30,820 --> 00:33:28,609

atheists and secular people can kind of

725

00:33:32,979 --> 00:33:30,830

get into and you said that earlier on

726

00:33:35,710 --> 00:33:32,989

but is that really true aren't there

727

00:33:37,570 --> 00:33:35,720

some fundamental philosophical and

728

00:33:40,419 --> 00:33:37,580

scientific questions as you're just

729

00:33:42,580 --> 00:33:40,429

related to regarding consciousness that

730

00:33:44,469 --> 00:33:42,590

leave people on one side or the other

731

00:33:47,049 --> 00:33:44,479

side of the divide and when we paper

732

00:33:48,820 --> 00:33:47,059

that over and say no here is a bridge is

733

00:33:51,759 --> 00:33:48,830

that really a bridge or do people just

734

00:33:53,979 --> 00:33:51,769

have to take a hard swallow and say gee

735

00:33:56,499 --> 00:33:53,989

you know that isn't true

736

00:33:59,289 --> 00:33:56,509

my understanding of consciousness is

737

00:34:01,779 --> 00:33:59,299

paying a product or a 100% product of my

738

00:34:04,060 --> 00:34:01,789

brain and this dopey materialism that

739

00:34:05,710 --> 00:34:04,070

just isn't true don't they need to take

740

00:34:10,089 --> 00:34:05,720

our heart swallow and accept that to

741

00:34:16,149 --> 00:34:13,260

not as a result of intellectual or

742

00:34:18,940 --> 00:34:16,159

scientific arguments but as a result of

743

00:34:20,470 --> 00:34:18,950

experience and that's the whole point of

744

00:34:23,020 --> 00:34:20,480

spiritual practices they're about

745

00:34:27,039 --> 00:34:23,030

experience rather than about argument

746

00:34:31,359 --> 00:34:27,049

and so now you see meditation is a very

747

00:34:33,760 --> 00:34:31,369

good litmus paper for this because lots

748

00:34:38,079 --> 00:34:33,770

of people meditate you know Christians

749

00:34:40,030 --> 00:34:38,089

Jews Muslims Hindus Buddhists Sikhs many

750

00:34:42,520 --> 00:34:40,040

people have meditated over the centuries

751  
00:34:45,250 --> 00:34:42,530  
and many religious people meditate today

752  
00:34:47,020 --> 00:34:45,260  
but so do millions of people who do it

753  
00:34:50,379 --> 00:34:47,030  
in a completely secular framework

754  
00:34:54,030 --> 00:34:50,389  
including sam Harris and Susan Blackmore

755  
00:34:57,129 --> 00:34:54,040  
both of them card-carrying atheists now

756  
00:34:59,319 --> 00:34:57,139  
they're the interesting thing here you

757  
00:35:01,450 --> 00:34:59,329  
see is that when you meditate if there's

758  
00:35:03,520 --> 00:35:01,460  
an experience of an expansion of

759  
00:35:05,349 --> 00:35:03,530  
consciousness when and you get to know

760  
00:35:08,620 --> 00:35:05,359  
your mind better you see thoughts

761  
00:35:10,690 --> 00:35:08,630  
passing through and but by having

762  
00:35:15,039 --> 00:35:10,700  
another point of view from the breathing

763  
00:35:17,830 --> 00:35:15,049

or the mantra those that sometimes

764

00:35:20,080 --> 00:35:17,840

opening up of a space of being part of

765

00:35:22,630 --> 00:35:20,090

greater consciousness than what we

766

00:35:25,420 --> 00:35:22,640

normally experience the same also

767

00:35:27,850 --> 00:35:25,430

happens to people who take psychedelics

768

00:35:30,390 --> 00:35:27,860

and for some people psychedelics are a

769

00:35:32,650 --> 00:35:30,400

very important rite of passage

770

00:35:36,940 --> 00:35:32,660

particularly those that give near-death

771

00:35:38,440 --> 00:35:36,950

type experiences like DMT so I'm writing

772

00:35:40,810 --> 00:35:38,450

another book and dealing with more

773

00:35:45,670 --> 00:35:40,820

spiritual practices and that includes a

774

00:35:49,810 --> 00:35:45,680

chapter on psychedelics so for people

775

00:35:51,910 --> 00:35:49,820

who had those experiences the the

776

00:35:53,950 --> 00:35:51,920

experience of being part of a far

777

00:35:55,600 --> 00:35:53,960

greater consciousness than one's own

778

00:35:58,510 --> 00:35:55,610

which is a kind of mystical experience

779

00:36:03,120 --> 00:35:58,520

and all these spiritual practices lead

780

00:36:07,830 --> 00:36:05,470

then what do you make of it

781

00:36:10,060 --> 00:36:07,840

you see if you're a complete

782

00:36:11,980 --> 00:36:10,070

card-carrying materialist then you say

783

00:36:13,810 --> 00:36:11,990

oh well this is all just changes new

784

00:36:17,020 --> 00:36:13,820

nerve connections and the brain the

785

00:36:19,900 --> 00:36:17,030

release of dopamine reward systems being

786

00:36:24,040 --> 00:36:19,910

activated there is shutting down of the

787

00:36:28,660 --> 00:36:24,050

default mode Network etc you can say all

788

00:36:33,520 --> 00:36:28,670

that but the experience you have goes

789

00:36:36,880 --> 00:36:33,530

rather far beyond these theories these

790

00:36:38,740 --> 00:36:36,890

observations and and goes far beyond the

791

00:36:40,660 --> 00:36:38,750

dogmas of scientific materialism which

792

00:36:42,910 --> 00:36:40,670

after all is based simply on an act of

793

00:36:44,410 --> 00:36:42,920

faith an assumption that matters the

794

00:36:46,750 --> 00:36:44,420

only reality there's no greater

795

00:36:49,570 --> 00:36:46,760

consciousness in the universe than our

796

00:36:51,720 --> 00:36:49,580

own or possibly that of other animals or

797

00:36:54,370 --> 00:36:51,730

little green men or something but

798

00:36:56,740 --> 00:36:54,380

basically saying the rest of the

799

00:36:58,720 --> 00:36:56,750

universe is unconscious now if you have

800

00:37:00,910 --> 00:36:58,730

experiences through meditation and

801  
00:37:03,130 --> 00:37:00,920  
through other spiritual practices that

802  
00:37:05,680 --> 00:37:03,140  
make you feel your consciousness as part

803  
00:37:08,410 --> 00:37:05,690  
of something far greater that's much

804  
00:37:10,240 --> 00:37:08,420  
more likely to make you accept the

805  
00:37:13,540 --> 00:37:10,250  
possibility that there really is a

806  
00:37:15,340 --> 00:37:13,550  
greater consciousness than some abstract

807  
00:37:17,350 --> 00:37:15,350  
intellectual argument which would never

808  
00:37:19,870 --> 00:37:17,360  
be convincing I very few people have

809  
00:37:22,720 --> 00:37:19,880  
been convinced of the existence of God

810  
00:37:25,150 --> 00:37:22,730  
or the spiritual realm through purely

811  
00:37:28,480 --> 00:37:25,160  
intellectual arguments it mainly comes

812  
00:37:30,640 --> 00:37:28,490  
through experience that's why I think

813  
00:37:31,550 --> 00:37:30,650

these are so important and I think the

814

00:37:35,570 --> 00:37:31,560

people who

815

00:37:37,790 --> 00:37:35,580

meditate we start meditating with a

816

00:37:40,270 --> 00:37:37,800

scientific approach it's going to make

817

00:37:42,830 --> 00:37:40,280

them feel better reduce stress levels

818

00:37:44,930 --> 00:37:42,840

lower blood pressure make them sleep

819

00:37:49,460 --> 00:37:44,940

better at cetera do it for health

820

00:37:51,590 --> 00:37:49,470

benefits may they they may do that start

821

00:37:54,190 --> 00:37:51,600

to start with for scientific reasons or

822

00:37:57,500 --> 00:37:54,200

scientifically validated reasons but

823

00:37:59,720 --> 00:37:57,510

through practicing it they may have

824

00:38:01,490 --> 00:37:59,730

experiences that lead them to see the

825

00:38:03,530 --> 00:38:01,500

world differently to move to a different

826

00:38:05,990 --> 00:38:03,540

perspective and I think that's what's

827

00:38:09,770 --> 00:38:06,000

likely to happen to a lot of secular

828

00:38:11,690 --> 00:38:09,780

meditators so I don't think that meat is

829

00:38:13,850 --> 00:38:11,700

something that's going to happen as a

830

00:38:16,340 --> 00:38:13,860

kind of intellectual leap of faith I

831

00:38:18,380 --> 00:38:16,350

think it's going to be something that

832

00:38:20,960 --> 00:38:18,390

for most people happens as a matter of

833

00:38:22,910 --> 00:38:20,970

experience and then adjusting their

834

00:38:25,700 --> 00:38:22,920

intellectual view to be in better

835

00:38:27,710 --> 00:38:25,710

accordance with their experience so I

836

00:38:31,160 --> 00:38:27,720

think experience comes first for most

837

00:38:34,040 --> 00:38:31,170

people it certainly does for me maybe

838

00:38:36,710 --> 00:38:34,050

I mean you're kind of advocating shut up

839

00:38:42,230 --> 00:38:36,720

and calculate becomes shut up and

840

00:38:44,090 --> 00:38:42,240

meditate well sort of yes I mean I think

841

00:38:45,970 --> 00:38:44,100

that actually at the basis of all

842

00:38:48,500 --> 00:38:45,980

spiritual traditions and religions

843

00:38:52,070 --> 00:38:48,510

experiences the primary the primary

844

00:38:56,030 --> 00:38:52,080

driver I think is what is in it for most

845

00:38:57,950 --> 00:38:56,040

people not a belief system I don't think

846

00:38:59,720 --> 00:38:57,960

I think you know religions do have

847

00:39:03,020 --> 00:38:59,730

belief systems but I don't think their

848

00:39:05,000 --> 00:39:03,030

primary you know most people who go to

849

00:39:07,070 --> 00:39:05,010

church are not going to church because

850

00:39:10,040 --> 00:39:07,080

they've sat down thought about the

851  
00:39:11,600 --> 00:39:10,050  
Christian Creed come to the conclusion

852  
00:39:14,360 --> 00:39:11,610  
every little bit of it is absolutely

853  
00:39:15,650 --> 00:39:14,370  
true and then go to church there are

854  
00:39:18,110 --> 00:39:15,660  
people who go to church because they

855  
00:39:19,970 --> 00:39:18,120  
like singing hymns or in the field part

856  
00:39:23,180 --> 00:39:19,980  
of something bigger than themselves a

857  
00:39:24,680 --> 00:39:23,190  
part of a larger community open to a

858  
00:39:27,440 --> 00:39:24,690  
spiritual dimension through the

859  
00:39:29,480 --> 00:39:27,450  
sacraments and say the Creed because

860  
00:39:31,580 --> 00:39:29,490  
it's part of the service and without

861  
00:39:34,010 --> 00:39:31,590  
often understanding very much about what

862  
00:39:36,170 --> 00:39:34,020  
it's saying I think that's much closer

863  
00:39:39,080 --> 00:39:36,180

to the reality for most people probably

864

00:39:41,870 --> 00:39:39,090

true I'm not totally comfortable with

865

00:39:44,590 --> 00:39:41,880

that I don't I'm less geared that way

866

00:39:48,580 --> 00:39:44,600

I'm more geared towards the rational

867

00:39:51,100 --> 00:39:48,590

knowing before I experienced and I have

868

00:39:54,210 --> 00:39:51,110

to say in talking with so many people

869

00:39:56,770 --> 00:39:54,220

over the years who've had extraordinary

870

00:39:58,990 --> 00:39:56,780

experiences paranormal experiences and

871

00:40:00,580 --> 00:39:59,000

spiritually transformative experiences

872

00:40:03,190 --> 00:40:00,590

one of the things I've always

873

00:40:06,310 --> 00:40:03,200

appreciated about your work is that it

874

00:40:08,800 --> 00:40:06,320

injects science or at least the

875

00:40:10,120 --> 00:40:08,810

scientific method back into the process

876

00:40:12,910 --> 00:40:10,130

and I think a very appropriate way

877

00:40:14,920 --> 00:40:12,920

because the scientific method is about

878

00:40:16,780 --> 00:40:14,930

tools for better thinking I can't tell

879

00:40:20,560 --> 00:40:16,790

you how many times I talk to people and

880

00:40:23,380 --> 00:40:20,570

they say no the spirituality is this way

881

00:40:26,500 --> 00:40:23,390

because that's my experience near-death

882

00:40:28,380 --> 00:40:26,510

experiences are exclusively Christian

883

00:40:30,820 --> 00:40:28,390

because that's my experience

884

00:40:33,670 --> 00:40:30,830

reincarnation doesn't happen because

885

00:40:36,700 --> 00:40:33,680

that's my experience in traveling to the

886

00:40:39,000 --> 00:40:36,710

astral plane and getting this download

887

00:40:41,860 --> 00:40:39,010

of information you balance these two

888

00:40:45,790 --> 00:40:41,870

wonderfully but I think when we kind of

889

00:40:47,620 --> 00:40:45,800

are open to tricking people huh tricking

890

00:40:50,650 --> 00:40:47,630

people into having an experience that

891

00:40:52,840 --> 00:40:50,660

transforms them without at the same time

892

00:40:55,600 --> 00:40:52,850

saying there is which I think you are

893

00:40:58,450 --> 00:40:55,610

saying there's a basis and a method for

894

00:41:01,480 --> 00:40:58,460

understanding this rationally I don't

895

00:41:04,090 --> 00:41:01,490

know I think we shortchange folks well I

896

00:41:06,160 --> 00:41:04,100

mean I totally agree with you Alex I'm

897

00:41:07,750 --> 00:41:06,170

not trying to shortchange anyone the

898

00:41:10,270 --> 00:41:07,760

reason that my book is called science

899

00:41:12,730 --> 00:41:10,280

and spiritual experiences science and

900

00:41:15,340 --> 00:41:12,740

spiritual practices is precisely because

901  
00:41:17,160 --> 00:41:15,350  
I think it's important to have a

902  
00:41:20,560 --> 00:41:17,170  
rational understanding of why these

903  
00:41:23,350 --> 00:41:20,570  
experiences may work and why they work

904  
00:41:25,120 --> 00:41:23,360  
what they might mean and how they might

905  
00:41:28,450 --> 00:41:25,130  
connect to a bigger picture it's

906  
00:41:32,440 --> 00:41:28,460  
precisely for that reason that I try to

907  
00:41:34,540 --> 00:41:32,450  
combine these two you know you've talked

908  
00:41:35,740 --> 00:41:34,550  
peoples in the line of your doing your

909  
00:41:37,900 --> 00:41:35,750  
program who have had these experiences

910  
00:41:40,210 --> 00:41:37,910  
and think you know this is it you know

911  
00:41:42,910 --> 00:41:40,220  
extraterrestrials channeling this and

912  
00:41:44,830 --> 00:41:42,920  
that and so on well I get emails the

913  
00:41:47,500 --> 00:41:44,840

whole time I mean I'm bombarded with

914

00:41:52,000 --> 00:41:47,510

them from people who've had all sorts of

915

00:41:54,070 --> 00:41:52,010

strange experiences and all people have

916

00:41:58,089 --> 00:41:54,080

got strange theories I mean I get all

917

00:42:00,549 --> 00:41:58,099

kinds but I would like you I

918

00:42:04,319 --> 00:42:00,559

it's very important to hold these two

919

00:42:07,239 --> 00:42:04,329

perspectives together and that's why

920

00:42:10,809 --> 00:42:07,249

it's exactly why really I'm trying to

921

00:42:12,729 --> 00:42:10,819

emphasize both in this book not just the

922

00:42:15,430 --> 00:42:12,739

science not just the spiritual

923

00:42:18,039 --> 00:42:15,440

experiences and where I think that our

924

00:42:20,670 --> 00:42:18,049

own understanding has to understand

925

00:42:23,969 --> 00:42:20,680

realized both on experience and on

926

00:42:26,829 --> 00:42:23,979

rational understanding and after all

927

00:42:29,289 --> 00:42:26,839

science is based on the experimental

928

00:42:31,960 --> 00:42:29,299

method and the experimental method is

929

00:42:34,599 --> 00:42:31,970

essentially about experience you know in

930

00:42:40,109 --> 00:42:34,609

French the same word means experience

931

00:42:43,599 --> 00:42:40,119

and experiment experience means both and

932

00:42:46,779 --> 00:42:43,609

experiment or empirical means to do with

933

00:42:49,299 --> 00:42:46,789

experience so in a way science and

934

00:42:53,190 --> 00:42:49,309

spiritual practices are both empirically

935

00:42:57,849 --> 00:42:53,200

rooted they're both rooted in experience

936

00:43:00,660 --> 00:42:57,859

and so there isn't there's only really a

937

00:43:02,979 --> 00:43:00,670

conflict between the two if one has an

938

00:43:04,989 --> 00:43:02,989

ideology of science that rules out

939

00:43:07,479 --> 00:43:04,999

everything spiritual if one has a

940

00:43:09,190 --> 00:43:07,489

scientific worldview that includes the

941

00:43:12,819 --> 00:43:09,200

spiritual at least the possibility of

942

00:43:15,849 --> 00:43:12,829

opens two openings to the spiritual then

943

00:43:18,089 --> 00:43:15,859

the conflict isn't there really in the

944

00:43:23,499 --> 00:43:18,099

same way that it is in the context of

945

00:43:28,120 --> 00:43:23,509

materialism Rupert you make a strong

946

00:43:29,499 --> 00:43:28,130

case for the science of spirituality and

947

00:43:31,140 --> 00:43:29,509

you've you've made it over and over in

948

00:43:33,969 --> 00:43:31,150

this show and in the book it's

949

00:43:37,630 --> 00:43:33,979

overwhelming I think but let's talk

950

00:43:40,120 --> 00:43:37,640

about religion because I sometimes feel

951  
00:43:43,209 --> 00:43:40,130  
like you're letting religion tag along

952  
00:43:46,239 --> 00:43:43,219  
for free on that ride on that science

953  
00:43:48,849 --> 00:43:46,249  
ride in a way that it doesn't deserve I

954  
00:43:51,130 --> 00:43:48,859  
mean I've done a number of shows on

955  
00:43:52,959 --> 00:43:51,140  
Christian apologetics including like I

956  
00:43:54,940 --> 00:43:52,969  
said Mark Vernon who I just think is

957  
00:43:57,969 --> 00:43:54,950  
wonderful and I really enjoyed our

958  
00:44:02,140 --> 00:43:57,979  
conversation on this show but when you

959  
00:44:05,410 --> 00:44:02,150  
dig into Christian apologetics biblical

960  
00:44:09,190 --> 00:44:05,420  
scholarship that they don't hold up well

961  
00:44:11,200 --> 00:44:09,200  
from a scientific standpoint and don't

962  
00:44:15,099 --> 00:44:11,210  
we have to hold that

963  
00:44:17,320 --> 00:44:15,109

hold that lens hold that lens of better

964

00:44:21,099 --> 00:44:17,330

thinking that the scientific method

965

00:44:23,320 --> 00:44:21,109

brings us and say while there may be an

966

00:44:24,849 --> 00:44:23,330

under there is undoubtedly let me go

967

00:44:28,500 --> 00:44:24,859

further there is undoubtedly an

968

00:44:32,589 --> 00:44:28,510

underlying spiritual truth to

969

00:44:36,820 --> 00:44:32,599

Christianity there is also a lot that

970

00:44:41,500 --> 00:44:36,830

needs to be swept out and cleaned up in

971

00:44:45,130 --> 00:44:41,510

terms of the institution the dogma and

972

00:44:47,589 --> 00:44:45,140

the the the practices that don't really

973

00:44:51,400 --> 00:44:47,599

make sense from a from a rational

974

00:44:56,589 --> 00:44:51,410

logical way how do you how do you deal

975

00:45:00,520 --> 00:44:56,599

with with some of that well first of all

976

00:45:06,280 --> 00:45:00,530

I'm not in favor of dogmatic you know

977

00:45:08,410 --> 00:45:06,290

credulity and in terms of you know I'm a

978

00:45:11,829 --> 00:45:08,420

regular practicing Anglican I go to

979

00:45:14,320 --> 00:45:11,839

church almost every Sunday wherever I am

980

00:45:15,940 --> 00:45:14,330

that's one of my practices so I meet a

981

00:45:19,359 --> 00:45:15,950

lot of people who are practicing

982

00:45:22,060 --> 00:45:19,369

Anglicans and the first thing is that

983

00:45:24,430 --> 00:45:22,070

the practically everywhere I meet when I

984

00:45:26,859 --> 00:45:24,440

go to church there's almost no relation

985

00:45:27,849 --> 00:45:26,869

to the caricature of what most people

986

00:45:30,970 --> 00:45:27,859

have in their minds

987

00:45:33,520 --> 00:45:30,980

absolutely what religious people are the

988

00:45:35,890 --> 00:45:33,530

caricatures have kind of mostly shaped

989

00:45:38,500 --> 00:45:35,900

by Southern Baptist fundamentalist or

990

00:45:40,660 --> 00:45:38,510

telly evangelists or creationists or

991

00:45:42,579 --> 00:45:40,670

something well there's actually no

992

00:45:44,170 --> 00:45:42,589

creationists in the Church of England or

993

00:45:46,000 --> 00:45:44,180

in the remnant Catholic Church here in

994

00:45:48,550 --> 00:45:46,010

England or maybe in America that there

995

00:45:53,079 --> 00:45:48,560

aren't here and I practically never meet

996

00:45:55,180 --> 00:45:53,089

them and so that kind of dogmatism that

997

00:45:57,640 --> 00:45:55,190

you know kind of fundamentalist

998

00:46:00,430 --> 00:45:57,650

dogmatism i don't meet in a religious

999

00:46:03,280 --> 00:46:00,440

context in england in my own experience

1000

00:46:07,660 --> 00:46:03,290

I meet it all the time when I encounter

1001  
00:46:09,130 --> 00:46:07,670  
so-called skeptics and atheists right

1002  
00:46:11,530 --> 00:46:09,140  
right but that's not that's not really

1003  
00:46:13,960 --> 00:46:11,540  
the point the point is does that does

1004  
00:46:16,210 --> 00:46:13,970  
the historical Jesus matter does the

1005  
00:46:18,640 --> 00:46:16,220  
historical Jesus of the Bible stand up

1006  
00:46:20,620 --> 00:46:18,650  
does the does biblical scholarship

1007  
00:46:24,200 --> 00:46:20,630  
reveal that the authors of the Bible

1008  
00:46:26,599 --> 00:46:24,210  
aren't weren't who we were told and have

1009  
00:46:29,150 --> 00:46:26,609  
Bend that for a thousand years we've

1010  
00:46:32,150 --> 00:46:29,160  
known that so there's I mean there there

1011  
00:46:35,089 --> 00:46:32,160  
is a there is a fact base there there is

1012  
00:46:36,829 --> 00:46:35,099  
a knowledge base at the end that I think

1013  
00:46:39,170 --> 00:46:36,839

makes a difference I think makes a

1014

00:46:42,140 --> 00:46:39,180

difference and I just am uncomfortable

1015

00:46:43,940 --> 00:46:42,150

with Christians who are too quick to

1016

00:46:46,099 --> 00:46:43,950

gloss over that and say well it doesn't

1017

00:46:49,070 --> 00:46:46,109

it doesn't really make a difference what

1018

00:46:50,660 --> 00:46:49,080

matters is again my experience my

1019

00:46:52,700 --> 00:46:50,670

personal experience with Christ

1020

00:46:55,130 --> 00:46:52,710

consciousness which I would never deny

1021

00:46:57,260 --> 00:46:55,140

anyone their personal experience with

1022

00:47:00,109 --> 00:46:57,270

Christ consciousness but I want to know

1023

00:47:03,230 --> 00:47:00,119

how that how that meshes with the

1024

00:47:05,780 --> 00:47:03,240

historical record that is important oh I

1025

00:47:08,060 --> 00:47:05,790

agree and I mean biblical scholarship

1026  
00:47:10,790 --> 00:47:08,070  
has revealed all sorts of things about

1027  
00:47:14,000 --> 00:47:10,800  
the Bible and it's clear that some

1028  
00:47:18,380 --> 00:47:14,010  
elements of it mythic know there's sort

1029  
00:47:22,700 --> 00:47:18,390  
of stories that grow up that it it is it

1030  
00:47:25,790 --> 00:47:22,710  
literally the case that the Virgin Mary

1031  
00:47:28,990 --> 00:47:25,800  
was intact virgin when she had Jesus

1032  
00:47:31,609 --> 00:47:29,000  
well personally I don't think it is and

1033  
00:47:32,990 --> 00:47:31,619  
there were biblical scholarship players

1034  
00:47:37,099 --> 00:47:33,000  
that role in something like the

1035  
00:47:38,420 --> 00:47:37,109  
so-called virgin birth is you know to

1036  
00:47:39,349 --> 00:47:38,430  
say that the word in the Greek New

1037  
00:47:42,320 --> 00:47:39,359  
Testament

1038  
00:47:45,829 --> 00:47:42,330

Carthor ours means young woman or maiden

1039

00:47:49,820 --> 00:47:45,839

it doesn't it doesn't necessarily imply

1040

00:47:51,770 --> 00:47:49,830

an intact virgin and and you would get

1041

00:47:53,300 --> 00:47:51,780

stories of virgin birth in relation to

1042

00:47:56,120 --> 00:47:53,310

the Buddha and all sorts of other

1043

00:47:59,359 --> 00:47:56,130

historical figures so that looks very

1044

00:48:02,420 --> 00:47:59,369

much like a kind of mythic accretion and

1045

00:48:04,550 --> 00:48:02,430

indeed this is not that I was in my own

1046

00:48:08,839 --> 00:48:04,560

time church here in Hampstead the sermon

1047

00:48:11,930 --> 00:48:08,849

last Sunday the the was saying more or

1048

00:48:13,430 --> 00:48:11,940

less the same thing so it's you know no

1049

00:48:18,349 --> 00:48:13,440

one seemed particularly shocked or

1050

00:48:20,990 --> 00:48:18,359

bothered but the key thing I do think

1051

00:48:23,810 --> 00:48:21,000

Jesus actually existed I do think that

1052

00:48:26,120 --> 00:48:23,820

Jesus actually went round teaching many

1053

00:48:27,980 --> 00:48:26,130

of the things we read about in in the

1054

00:48:32,420 --> 00:48:27,990

New Testament and most biblical

1055

00:48:35,540 --> 00:48:32,430

scholarship suggests that that was the

1056

00:48:36,780 --> 00:48:35,550

case it also suggests that his followers

1057

00:48:40,410 --> 00:48:36,790

believed

1058

00:48:43,380 --> 00:48:40,420

- undergone she reappeared after he was

1059

00:48:45,150 --> 00:48:43,390

crucified and that's why the church got

1060

00:48:48,690 --> 00:48:45,160

going if he hadn't done that it wouldn't

1061

00:48:50,310 --> 00:48:48,700

have done maybe they were it wasn't a

1062

00:48:52,230 --> 00:48:50,320

belief imposed later it was a

1063

00:48:55,140 --> 00:48:52,240

contemporary belief that was very vivid

1064

00:48:56,550 --> 00:48:55,150

for them right and let's just let's just

1065

00:48:59,660 --> 00:48:56,560

leave that let's just leave that hanging

1066

00:49:02,880 --> 00:48:59,670

I don't think that really holds up to

1067

00:49:05,100 --> 00:49:02,890

really careful scrutiny either one of

1068

00:49:06,780 --> 00:49:05,110

those and so I guess my question is

1069

00:49:09,840 --> 00:49:06,790

without diving into that and trying to

1070

00:49:13,890 --> 00:49:09,850

pull all that apart here does that at

1071

00:49:15,750 --> 00:49:13,900

what point does that matter see the

1072

00:49:18,120 --> 00:49:15,760

thing is what point does it matter the

1073

00:49:19,830 --> 00:49:18,130

thing is that well let's just let's take

1074

00:49:22,200 --> 00:49:19,840

the resurrection I mean here's my point

1075

00:49:25,080 --> 00:49:22,210

is I don't I don't think it does matter

1076

00:49:27,330 --> 00:49:25,090

in the way that Christians have been

1077

00:49:30,960 --> 00:49:27,340

told it matters and the way that

1078

00:49:33,110 --> 00:49:30,970

Christians function I mean I just had an

1079

00:49:36,030 --> 00:49:33,120

occasion not too recently to attend a a

1080

00:49:40,290 --> 00:49:36,040

funeral ceremony at a celebration of

1081

00:49:41,790 --> 00:49:40,300

life ceremony at a local church very

1082

00:49:43,110 --> 00:49:41,800

nice church is very well attended those

1083

00:49:45,630 --> 00:49:43,120

wonderful people and like you say you

1084

00:49:47,760 --> 00:49:45,640

know all people that I would enjoy you

1085

00:49:49,980 --> 00:49:47,770

know sitting down over lunch and talking

1086

00:49:52,320 --> 00:49:49,990

to and not the characters that did you

1087

00:49:52,800 --> 00:49:52,330

see but at the same time I mean let's

1088

00:49:57,170 --> 00:49:52,810

get real

1089

00:50:00,690 --> 00:49:57,180

they're holding to a certain set of

1090

00:50:03,150 --> 00:50:00,700

beliefs historical accounts that I don't

1091

00:50:05,340 --> 00:50:03,160

think are hold up to scrutiny and we can

1092

00:50:07,140 --> 00:50:05,350

disagree on that but that are seem to be

1093

00:50:09,870 --> 00:50:07,150

central to what they believe they're not

1094

00:50:11,730 --> 00:50:09,880

at the point of saying it's about where

1095

00:50:13,710 --> 00:50:11,740

I am which is to say you can encounter

1096

00:50:15,870 --> 00:50:13,720

Christ consciousness without ever

1097

00:50:17,670 --> 00:50:15,880

reading the Bible I mean just pray to

1098

00:50:19,800 --> 00:50:17,680

Jesus and Jesus shows up but doesn't

1099

00:50:21,570 --> 00:50:19,810

doesn't matter and and I think every

1100

00:50:24,180 --> 00:50:21,580

religious tradition says that you know

1101

00:50:26,010 --> 00:50:24,190

what I just heard a great story the

1102

00:50:28,590 --> 00:50:26,020

Indian story about the Buffalo boy you

1103

00:50:30,480 --> 00:50:28,600

know the boy who's out hurting Buffalo

1104

00:50:32,760 --> 00:50:30,490

you know and in he sees the Brahmin

1105

00:50:34,740 --> 00:50:32,770

priest and he goes over and says oh you

1106

00:50:37,260 --> 00:50:34,750

know I'm just a humble Buffalo boy help

1107

00:50:38,760 --> 00:50:37,270

me help me you know see God and they all

1108

00:50:41,100 --> 00:50:38,770

kind of snicker and laugh and go hear

1109

00:50:42,360 --> 00:50:41,110

African Buffalo boy so they play a trick

1110

00:50:44,730 --> 00:50:42,370

on him and they say here's what you do

1111

00:50:46,710 --> 00:50:44,740

you go sinned under that tree and say

1112

00:50:48,690 --> 00:50:46,720

buffalo Buffalo buffalo that's your

1113

00:50:50,310 --> 00:50:48,700

mantra so he doesn't know and they're

1114

00:50:51,690 --> 00:50:50,320

Brahman so he goes okay

1115

00:50:53,220 --> 00:50:51,700

and he goes sits under the tree and you

1116

00:50:55,490 --> 00:50:53,230

know how this story is gonna end he sits

1117

00:50:58,260 --> 00:50:55,500

there and he's determined and he says

1118

00:51:00,240 --> 00:50:58,270

Buffalo buffalo buffalo and he meditates

1119

00:51:02,040 --> 00:51:00,250

in and says that mantra over and over

1120

00:51:05,370 --> 00:51:02,050

again and God does come to him because

1121

00:51:07,260 --> 00:51:05,380

God shows up I mean that's I think the

1122

00:51:09,120 --> 00:51:07,270

underlying reality but that doesn't have

1123

00:51:10,890 --> 00:51:09,130

anything to do with the Bible I mean the

1124

00:51:13,110 --> 00:51:10,900

you can have the Bible or not have about

1125

00:51:15,990 --> 00:51:13,120

what God shows up what if that's the

1126

00:51:18,570 --> 00:51:16,000

truth oh well I think it is the truth

1127

00:51:22,590 --> 00:51:18,580

and I'm not saying it's not the truth

1128

00:51:24,960 --> 00:51:22,600

and what I'm saying is that if you know

1129

00:51:27,960 --> 00:51:24,970

I have an option living here in

1130

00:51:29,730 --> 00:51:27,970

Hampstead England on Sundays I can stay

1131

00:51:31,530 --> 00:51:29,740

at home and read the Sunday newspapers

1132

00:51:36,090 --> 00:51:31,540

and I can meditate which I do anyway

1133

00:51:39,300 --> 00:51:36,100

every day and or I can go to a church

1134

00:51:41,610 --> 00:51:39,310

service on Sunday morning where I sing

1135

00:51:43,740 --> 00:51:41,620

beautiful hymns as incredibly beautiful

1136

00:51:47,640 --> 00:51:43,750

music as a community of people I'd like

1137

00:51:49,560 --> 00:51:47,650

and respect I take part in a communion

1138

00:51:52,470 --> 00:51:49,570

that for me is important the Holy

1139

00:51:55,740 --> 00:51:52,480

Communion I take part in collective

1140

00:51:58,200 --> 00:51:55,750

prayers for the welfare of local people

1141

00:52:00,150 --> 00:51:58,210

and people all over the world and I

1142

00:52:02,730 --> 00:52:00,160

usually emerge from that experience

1143

00:52:04,650 --> 00:52:02,740

feeling uplifted and inspired and I

1144

00:52:07,380 --> 00:52:04,660

receive a blessing from the priest and

1145

00:52:10,530 --> 00:52:07,390

beautiful robes and I emerge from that

1146

00:52:15,630 --> 00:52:10,540

feeling uplifted and inspired and better

1147

00:52:17,550 --> 00:52:15,640

than if I hadn't gone and so Camellia

1148

00:52:19,440 --> 00:52:17,560

it's not a question of is this all

1149

00:52:21,540 --> 00:52:19,450

totally true and is every little word of

1150

00:52:24,660 --> 00:52:21,550

the Bible literally true I don't think

1151

00:52:27,540 --> 00:52:24,670

it is but it for me the question is is

1152

00:52:29,880 --> 00:52:27,550

taking part in this ritual this series

1153

00:52:33,150 --> 00:52:29,890

of rituals this communal singing all of

1154

00:52:35,670 --> 00:52:33,160

which are spiritual practices these

1155

00:52:38,910 --> 00:52:35,680

collective spiritual practices is this

1156

00:52:41,130 --> 00:52:38,920

helpful or is it not helpful I do find

1157

00:52:42,990 --> 00:52:41,140

it helpful there are some people who

1158

00:52:44,700 --> 00:52:43,000

don't find it helpful that's fair enough

1159

00:52:48,510 --> 00:52:44,710

I don't think it's necessary for

1160

00:52:51,690 --> 00:52:48,520

salvation or for connecting with the

1161

00:52:54,330 --> 00:52:51,700

other with the ultimate I am NOT saying

1162

00:52:56,880 --> 00:52:54,340

that at all and here in Britain only

1163

00:52:59,370 --> 00:52:56,890

about 5% of the population go to church

1164

00:53:02,880 --> 00:52:59,380

regularly so we're talking a very small

1165

00:53:03,870 --> 00:53:02,890

minority 95% have no regular religious

1166

00:53:06,240 --> 00:53:03,880

observance

1167

00:53:08,270 --> 00:53:06,250

so the great majority of people on

1168

00:53:10,980 --> 00:53:08,280

Sunday morning are cleaning their car or

1169

00:53:13,020 --> 00:53:10,990

reading the newspaper or just hanging

1170

00:53:16,710 --> 00:53:13,030

out well I do that all the rest of

1171

00:53:18,570 --> 00:53:16,720

Sunday I don't have a car but I mean I

1172

00:53:22,170 --> 00:53:18,580

do all sorts of things usually have

1173

00:53:24,390 --> 00:53:22,180

quite a bit of fun but so for me the

1174

00:53:26,310 --> 00:53:24,400

issue is not whether it's true whether

1175

00:53:29,040 --> 00:53:26,320

every aspects the Bible is true but

1176

00:53:31,590 --> 00:53:29,050

whether being part of and connecting

1177

00:53:35,040 --> 00:53:31,600

with this tradition is helpful or not

1178

00:53:38,010 --> 00:53:35,050

and I do find it's helpful I find it

1179

00:53:40,320 --> 00:53:38,020

routes me in the local sacred place it

1180

00:53:44,100 --> 00:53:40,330

routes me in sacred time it gives me a

1181

00:53:46,950 --> 00:53:44,110

sense of special time on the relay on

1182

00:53:49,080 --> 00:53:46,960

the Haun's Sunday as being not just all

1183

00:53:51,330 --> 00:53:49,090

about emails and work and another

1184

00:53:54,060 --> 00:53:51,340

dimension to life and to collective

1185

00:53:56,580 --> 00:53:54,070

practice and of course you can have that

1186

00:53:58,320 --> 00:53:56,590

without going to church of course you

1187

00:54:01,110 --> 00:53:58,330

can and I'm not saying everyone should

1188

00:54:03,540 --> 00:54:01,120

or ought to go to church I'm just saying

1189

00:54:05,250 --> 00:54:03,550

for me it's a valuable practice and I

1190

00:54:07,410 --> 00:54:05,260

think it's a valuable practice for a lot

1191

00:54:08,970 --> 00:54:07,420

of other people too and it might be a

1192

00:54:10,470 --> 00:54:08,980

valuable practice for people who've

1193

00:54:13,110 --> 00:54:10,480

never thought of giving it a try it

1194

00:54:15,960 --> 00:54:13,120

might be worth giving it a try so Rupert

1195

00:54:19,830 --> 00:54:15,970

final question for you you just touched

1196

00:54:22,110 --> 00:54:19,840

on several of the seven spiritual

1197

00:54:24,870 --> 00:54:22,120

practices outlined in the new book

1198

00:54:27,180 --> 00:54:24,880

science and spiritual practices you just

1199

00:54:30,930 --> 00:54:27,190

touched on quite beautifully and I think

1200

00:54:34,100 --> 00:54:30,940

very naturally in in talking about your

1201  
00:54:36,810 --> 00:54:34,110  
Christian expression and your Christian

1202  
00:54:39,300 --> 00:54:36,820  
faith and how it manifests in your life

1203  
00:54:42,930 --> 00:54:39,310  
that tell folks what do you think is the

1204  
00:54:46,470 --> 00:54:42,940  
one or two of those spiritual practices

1205  
00:54:51,260 --> 00:54:46,480  
that they're probably not aware of that

1206  
00:54:53,700 --> 00:54:51,270  
you think can be particularly impactful

1207  
00:54:56,130 --> 00:54:53,710  
well I think most people are aware of

1208  
00:54:57,510 --> 00:54:56,140  
the connection with nature aspect which

1209  
00:54:59,520 --> 00:54:57,520  
I talked about and I think that's

1210  
00:55:03,270 --> 00:54:59,530  
something probably for many people is a

1211  
00:55:06,480 --> 00:55:03,280  
very important part but one of the

1212  
00:55:08,580 --> 00:55:06,490  
aspects that's probably more relevant in

1213  
00:55:11,100 --> 00:55:08,590

Britain than in North America but is

1214

00:55:13,290 --> 00:55:11,110

relevant everywhere is the rediscovery

1215

00:55:15,600 --> 00:55:13,300

of pilgrimage going on a Sacred Journey

1216

00:55:17,310 --> 00:55:15,610

and

1217

00:55:20,640 --> 00:55:17,320

in the chapter where I talk about

1218

00:55:23,070 --> 00:55:20,650

pilgrimage I'm particularly interested

1219

00:55:24,960 --> 00:55:23,080

in that because with a group of people

1220

00:55:26,340 --> 00:55:24,970

here in England I'm part of an

1221

00:55:28,320 --> 00:55:26,350

organization called the British

1222

00:55:31,230 --> 00:55:28,330

pilgrimage crust that's reopening the

1223

00:55:34,890 --> 00:55:31,240

ancient foot path pilgrimages throughout

1224

00:55:37,380 --> 00:55:34,900

Britain now we have a course a different

1225

00:55:39,510 --> 00:55:37,390

situation here from North America

1226  
00:55:41,130 --> 00:55:39,520  
because most white Americans were all

1227  
00:55:44,760 --> 00:55:41,140  
white Americans our descendant from

1228  
00:55:47,130 --> 00:55:44,770  
colonists and settlers and the

1229  
00:55:49,170 --> 00:55:47,140  
indigenous people there who did have

1230  
00:55:52,590 --> 00:55:49,180  
lots of sacred places and part of their

1231  
00:55:57,090 --> 00:55:52,600  
culture might not want sort of their

1232  
00:56:01,290 --> 00:55:57,100  
sacred places being taken over by the

1233  
00:56:03,240 --> 00:56:01,300  
white settlers so you know it's a

1234  
00:56:06,690 --> 00:56:03,250  
slightly more difficult situation I mean

1235  
00:56:08,400 --> 00:56:06,700  
I'm a native English and my ancestors

1236  
00:56:12,150 --> 00:56:08,410  
were English for as long as I could

1237  
00:56:14,340 --> 00:56:12,160  
record show and so the sacred places of

1238  
00:56:16,410 --> 00:56:14,350

England which are some pre-christian

1239

00:56:18,830 --> 00:56:16,420

like Stonehenge and under the question

1240

00:56:22,950 --> 00:56:18,840

like Canterbury Cathedral and so on

1241

00:56:24,720 --> 00:56:22,960

Glastonbury and these connect with my

1242

00:56:26,510 --> 00:56:24,730

ancestral traditions I think that this

1243

00:56:28,800 --> 00:56:26,520

is a somewhat harder thing in America

1244

00:56:31,680 --> 00:56:28,810

although I do think that the national

1245

00:56:34,890 --> 00:56:31,690

parks and the state parks are the modern

1246

00:56:37,290 --> 00:56:34,900

equivalent of sacred groves and as I

1247

00:56:39,330 --> 00:56:37,300

discuss in in my book one thing that

1248

00:56:43,680 --> 00:56:39,340

people may not have thought about quite

1249

00:56:46,890 --> 00:56:43,690

in those terms is how sacred groves were

1250

00:56:48,540 --> 00:56:46,900

a very major part of all religions in

1251  
00:56:52,940 --> 00:56:48,550  
the ancient world including the Jewish

1252  
00:56:55,470 --> 00:56:52,950  
religion in Palestine to start with

1253  
00:56:58,680 --> 00:56:55,480  
Abraham had his visions who's sleeping

1254  
00:57:02,970 --> 00:56:58,690  
under a sacred tree is an initial vision

1255  
00:57:05,460 --> 00:57:02,980  
that set him out on his path that this

1256  
00:57:09,540 --> 00:57:05,470  
this connection was I think that

1257  
00:57:11,670 --> 00:57:09,550  
reframing national parks and sanctuaries

1258  
00:57:15,900 --> 00:57:11,680  
nature reserves and so on the sacred

1259  
00:57:19,320 --> 00:57:15,910  
groves helps to see them they're not

1260  
00:57:21,090 --> 00:57:19,330  
just about you know being close to

1261  
00:57:23,220 --> 00:57:21,100  
nature they're not just about going for

1262  
00:57:25,410 --> 00:57:23,230  
walk and getting fresh air and being

1263  
00:57:27,780 --> 00:57:25,420

healthy they have a spiritual dimension

1264

00:57:29,070 --> 00:57:27,790

and this was actually built into the

1265

00:57:31,680 --> 00:57:29,080

national park movement

1266

00:57:34,260 --> 00:57:31,690

the US by John Muir who was very

1267

00:57:37,620 --> 00:57:34,270

spiritually motivated in his struggle to

1268

00:57:42,990 --> 00:57:37,630

conserve these great places and so I

1269

00:57:44,490 --> 00:57:43,000

think a revisionist aced groves of

1270

00:57:47,280 --> 00:57:44,500

North America which has some of the

1271

00:57:50,850 --> 00:57:47,290

finest and greatest in the world

1272

00:57:54,350 --> 00:57:50,860

is something that would perhaps be a new

1273

00:57:57,210 --> 00:57:54,360

take on spirituality for some people

1274

00:57:59,310 --> 00:57:57,220

wonderful wonderful well thank you so

1275

00:58:01,710 --> 00:57:59,320

much for joining me again our guest has

1276  
00:58:04,550 --> 00:58:01,720  
been dr. Rupert Sheldrake his new book

1277  
00:58:06,840 --> 00:58:04,560  
science in spiritual practices

1278  
00:58:10,410 --> 00:58:06,850  
transformative experiences and their

1279  
00:58:13,680 --> 00:58:10,420  
effects on our bodies brains and health

1280  
00:58:15,470 --> 00:58:13,690  
it's a book that is available in

1281  
00:58:17,910 --> 00:58:15,480  
different parts of the world right now

1282  
00:58:19,590 --> 00:58:17,920  
probably when this show comes out you

1283  
00:58:22,650 --> 00:58:19,600  
might have to wait a couple months in

1284  
00:58:25,950 --> 00:58:22,660  
the US but it's worth it I have I've had

1285  
00:58:28,770 --> 00:58:25,960  
the chance to I was able to buy a copy

1286  
00:58:30,690 --> 00:58:28,780  
on Kindle by the way so other people can

1287  
00:58:32,610 --> 00:58:30,700  
do that you just have to fool around on

1288  
00:58:34,560 --> 00:58:32,620

Amazon they have different international

1289

00:58:37,940 --> 00:58:34,570

rights but definitely pick up this book

1290

00:58:40,620 --> 00:58:37,950

it's so so worth it and to connect with

1291

00:58:42,360 --> 00:58:40,630

Rupert through this book is going to be

1292

00:58:44,940 --> 00:58:42,370

a tremendous experience and hopefully

1293

00:58:46,830 --> 00:58:44,950

you all had that experience in the last

1294

00:58:49,230 --> 00:58:46,840

hour in connecting with him Rupert

1295

00:58:52,710 --> 00:58:49,240

thanks again so much for joining me well

1296

00:58:54,150 --> 00:58:52,720

thank you thanks again to dr. Rupert

1297

00:58:56,820 --> 00:58:54,160

Sheldrake for joining me today on

1298

00:59:00,150 --> 00:58:56,830

skeptic oh I guess I'd have one question

1299

00:59:03,390 --> 00:59:00,160

to tee up from this interview and it has

1300

00:59:06,500 --> 00:59:03,400

to do with this emerging interface

1301  
00:59:09,350 --> 00:59:06,510  
between science and spiritual practices

1302  
00:59:11,670 --> 00:59:09,360  
Rupert makes a strong case for the

1303  
00:59:15,060 --> 00:59:11,680  
scientific evidence regarding the

1304  
00:59:17,490 --> 00:59:15,070  
benefits of spiritual practices but I

1305  
00:59:20,370 --> 00:59:17,500  
guess I'd want to take things in a

1306  
00:59:23,520 --> 00:59:20,380  
different direction and look at it from

1307  
00:59:27,300 --> 00:59:23,530  
the standpoint of once we leapfrog past

1308  
00:59:30,000 --> 00:59:27,310  
the dopey materialistic science as we

1309  
00:59:32,930 --> 00:59:30,010  
know it paradigm and truly jump to the

1310  
00:59:36,450 --> 00:59:32,940  
other side of extended consciousness and

1311  
00:59:39,810 --> 00:59:36,460  
spirituality being a reality I'd like to

1312  
00:59:43,079 --> 00:59:39,820  
know how science might interface and

1313  
00:59:46,440 --> 00:59:43,089

inform with the kinds of questions we

1314

00:59:49,709 --> 00:59:46,450

would have as spiritual seekers what

1315

00:59:52,469 --> 00:59:49,719

spiritual practices are best for which

1316

00:59:56,130 --> 00:59:52,479

types of people measured under which

1317

00:59:59,489 --> 00:59:56,140

circumstances and maybe a hint at what

1318

01:00:03,049 --> 00:59:59,499

that would then say about the underlying

1319

01:00:06,299 --> 01:00:03,059

structure and meaning of these extended

1320

01:00:08,519 --> 01:00:06,309

consciousness realms so those would be

1321

01:00:11,099 --> 01:00:08,529

some of the questions that I would have

1322

01:00:13,499 --> 01:00:11,109

in terms of turning the science and

1323

01:00:16,259 --> 01:00:13,509

spirituality thing around a little bit

1324

01:00:18,779 --> 01:00:16,269

I'd love to get your thoughts on that if

1325

01:00:21,089 --> 01:00:18,789

it sparks your interest my question

1326

01:00:23,370 --> 01:00:21,099

there please give me an answer either

1327

01:00:26,579 --> 01:00:23,380

through this sceptical form or just drop

1328

01:00:29,579 --> 01:00:26,589

me an email or comment someplace share

1329

01:00:32,579 --> 01:00:29,589

this and leave a comment and send me a

1330

01:00:35,640 --> 01:00:32,589

link and I'll find it and find a way to

1331

01:00:39,329 --> 01:00:35,650

respond by the way many of you have

1332

01:00:42,019 --> 01:00:39,339

reached out to me regarding my call-out

1333

01:00:45,329 --> 01:00:42,029

for people who might want to help

1334

01:00:47,819 --> 01:00:45,339

skeptic Oh in some way or another again

1335

01:00:50,880 --> 01:00:47,829

it's been a fantastic experience for me

1336

01:00:54,059 --> 01:00:50,890

I love hearing from you I love hearing

1337

01:00:57,420 --> 01:00:54,069

about how your creativity has been

1338

01:01:00,269 --> 01:00:57,430

sparked in some way by this show and I

1339

01:01:02,640 --> 01:01:00,279

love hearing your new and creative ways

1340

01:01:05,309 --> 01:01:02,650

and how you'd like to contribute or

1341

01:01:08,039 --> 01:01:05,319

somehow get involved in this so if that

1342

01:01:10,709 --> 01:01:08,049

does spark your interest I do encourage

1343

01:01:13,650 --> 01:01:10,719

you to contact me I'd love to hear from

1344

01:01:16,799 --> 01:01:13,660

you so I do have a number of interesting

1345

01:01:19,829 --> 01:01:16,809

shows coming up on skeptic oh please do

1346

01:01:24,000 --> 01:01:19,839

stay with me for all of that until next