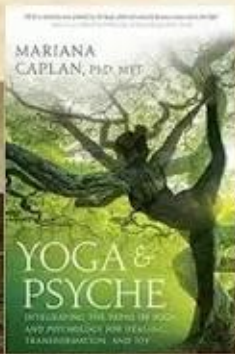


Mariana Caplan

skeptiko 382



1
00:00:09,440 --> 00:00:07,700
welcome to skeptical where we explore

2
00:00:12,339 --> 00:00:09,450
controversial science with leading

3
00:00:16,129 --> 00:00:12,349
researchers thinkers and their critics

4
00:00:20,000 --> 00:00:16,139
my guest today is Mariana Kaplan who has

5
00:00:22,310 --> 00:00:20,010
a new book yoga and psyche Mariana

6
00:00:24,769 --> 00:00:22,320
welcome thanks so much for joining me

7
00:00:27,859 --> 00:00:24,779
sir pleasure to be here looking forward

8
00:00:30,679 --> 00:00:27,869
to it I am too I was so excited to read

9
00:00:33,080 --> 00:00:30,689
this book I'm such a yogi and I have

10
00:00:35,990 --> 00:00:33,090
done such a yogi for so long and I think

11
00:00:39,830 --> 00:00:36,000
that anyone who's ever stepped on the

12
00:00:43,970 --> 00:00:39,840
mat and had a sense that more is going

13
00:00:47,209 --> 00:00:43,980

on than just these poses I think is

14

00:00:49,010 --> 00:00:47,219

gonna get the gist of the book but but

15

00:00:51,500 --> 00:00:49,020

tell us you have such a fantastic

16

00:00:53,209 --> 00:00:51,510

background to write this book tell us

17

00:00:56,600 --> 00:00:53,219

what you're getting at in the connection

18

00:00:57,889 --> 00:00:56,610

between yoga and psychology and then we

19

00:01:02,119 --> 00:00:57,899

can take it from there

20

00:01:05,390 --> 00:01:02,129

great so so my whole adult life has been

21

00:01:07,850 --> 00:01:05,400

spent studying studying practicing

22

00:01:10,910 --> 00:01:07,860

teaching in these parallel traditions

23

00:01:13,070 --> 00:01:10,920

though I I really do prioritize at the

24

00:01:16,780 --> 00:01:13,080

role of students when we're talking

25

00:01:20,240 --> 00:01:16,790

about something as vast as yoga or as

26
00:01:22,580 --> 00:01:20,250
deep as as a psyche which is connected

27
00:01:24,410 --> 00:01:22,590
to the world of psychology you're a very

28
00:01:26,330 --> 00:01:24,420
practical pragmatic person which I think

29
00:01:28,460 --> 00:01:26,340
goes with these two together I mean

30
00:01:30,499 --> 00:01:28,470
Yogi's most Yogi's they get on that mat

31
00:01:34,190 --> 00:01:30,509
and get on that mat every day and have

32
00:01:36,469 --> 00:01:34,200
the discipline to do it become or are by

33
00:01:38,890 --> 00:01:36,479
nature very practical pragmatic you are

34
00:01:41,270 --> 00:01:38,900
and you also bring that to your

35
00:01:43,399 --> 00:01:41,280
psychology work too to your therapy work

36
00:01:45,050 --> 00:01:43,409
we should mention people besides you

37
00:01:46,249 --> 00:01:45,060
know you've written some other very

38
00:01:48,319 --> 00:01:46,259

interesting books that we're going to

39

00:01:48,830 --> 00:01:48,329

talk about the guru question half way up

40

00:01:51,170 --> 00:01:48,840

the mountain

41

00:01:52,940 --> 00:01:51,180

eyes wide open which is some of the work

42

00:01:56,870 --> 00:01:52,950

that initially drew me to you because

43

00:01:58,789 --> 00:01:56,880

you are very again practical in very

44

00:02:01,399 --> 00:01:58,799

forthright in saying hey we need to

45

00:02:03,289 --> 00:02:01,409

exercise discernment in this spiritual

46

00:02:05,300 --> 00:02:03,299

path too and then there's this other

47

00:02:08,479 --> 00:02:05,310

side of you that actually is this people

48

00:02:11,180 --> 00:02:08,489

helper side the psychologist therapist

49

00:02:12,860 --> 00:02:11,190

and I get the sense from listening to

50

00:02:16,399 --> 00:02:12,870

you and reading about

51
00:02:18,530 --> 00:02:16,409
your work that you encounter a lot of

52
00:02:22,100 --> 00:02:18,540
people in your therapy work who are on

53
00:02:25,070 --> 00:02:22,110
this journey either as spiritual seekers

54
00:02:28,039 --> 00:02:25,080
or as yoga students or as yoga teachers

55
00:02:30,050 --> 00:02:28,049
so that's become a whole part of your

56
00:02:32,089 --> 00:02:30,060
practice as well right tell people

57
00:02:34,940 --> 00:02:32,099
really quickly before we get in to the

58
00:02:38,210 --> 00:02:34,950
bulk of this interview your your therapy

59
00:02:39,770 --> 00:02:38,220
work and how that you know fits into

60
00:02:41,899 --> 00:02:39,780
this yeah

61
00:02:44,059 --> 00:02:41,909
so and I'm glad you asked because I

62
00:02:46,970 --> 00:02:44,069
spend three days of my life

63
00:02:50,349 --> 00:02:46,980

every week for years on end as a

64

00:02:52,789 --> 00:02:50,359

psychotherapist in a broad sense I will

65

00:02:56,059 --> 00:02:52,799

work with and include anyone in my

66

00:02:58,640 --> 00:02:56,069

practice because I feel that life is

67

00:03:01,819 --> 00:02:58,650

essentially spiritual or spirituality is

68

00:03:04,819 --> 00:03:01,829

essentially human however we put it hope

69

00:03:06,740 --> 00:03:04,829

people have a sense for who you are from

70

00:03:08,750 --> 00:03:06,750

that introduction but I was hoping we

71

00:03:11,330 --> 00:03:08,760

could do is kind of enter into this

72

00:03:13,940 --> 00:03:11,340

conversation this dialogue along the

73

00:03:16,460 --> 00:03:13,950

lines of what we talked about on skeptic

74

00:03:19,190 --> 00:03:16,470

oh and that'll give a listen to this

75

00:03:20,720 --> 00:03:19,200

show a reference point to you your

76

00:03:22,460 --> 00:03:20,730

fantastic book people got to buy this

77

00:03:23,900 --> 00:03:22,470

book if you stepped onto the yoga mat

78

00:03:26,690 --> 00:03:23,910

and you've thought there's something

79

00:03:28,339 --> 00:03:26,700

more to this like maybe there's some

80

00:03:30,319 --> 00:03:28,349

psychology that's going on maybe there's

81

00:03:33,650 --> 00:03:30,329

a reason why I start crying halfway

82

00:03:35,479 --> 00:03:33,660

through my my yoga session or the reason

83

00:03:38,990 --> 00:03:35,489

what I see all the time in yoga is

84

00:03:41,720 --> 00:03:39,000

people who can't sit for or lie down for

85

00:03:43,280 --> 00:03:41,730

a minute and shavasana no they pack

86

00:03:45,740 --> 00:03:43,290

stuff up and they want to leave it's

87

00:03:48,319 --> 00:03:45,750

like do you maybe think something's

88

00:03:50,210 --> 00:03:48,329

going on there with you that you feel

89

00:03:53,360 --> 00:03:50,220

like you have to leave you can't sit

90

00:03:55,789 --> 00:03:53,370

there quietly for a minute so these are

91

00:03:58,460 --> 00:03:55,799

the things I want to talk about kind of

92

00:04:00,140 --> 00:03:58,470

not directly from the standpoint of the

93

00:04:02,449 --> 00:04:00,150

book but kind of in general so I thought

94

00:04:07,580 --> 00:04:02,459

what we might do is start with some very

95

00:04:10,159 --> 00:04:07,590

basic definitions of stuff that people

96

00:04:13,430 --> 00:04:10,169

have to know to understand where you're

97

00:04:16,370 --> 00:04:13,440

coming from psychology everybody knows

98

00:04:20,629 --> 00:04:16,380

what it is but tell us what you think it

99

00:04:21,240 --> 00:04:20,639

is from the perspective of your work as

100

00:04:24,240 --> 00:04:21,250

so the

101

00:04:27,000 --> 00:04:24,250

psychology as contrasted with yoga

102

00:04:30,900 --> 00:04:27,010

yoga's 2,500 to 5,000 years old

103

00:04:34,230 --> 00:04:30,910

psychology is about 138 years old and so

104

00:04:39,330 --> 00:04:34,240

psychology as a field is emerging but

105

00:04:42,870 --> 00:04:39,340

the psyche right so an individual unique

106

00:04:46,050 --> 00:04:42,880

aspect of the self that's somewhat

107

00:04:47,760 --> 00:04:46,060

distinct from from this unifying

108

00:04:51,630 --> 00:04:47,770

consciousness it's unique and its

109

00:04:54,930 --> 00:04:51,640

particular and its individual and it's

110

00:04:56,400 --> 00:04:54,940

most likely extends well beyond our

111

00:04:58,530 --> 00:04:56,410

individual lifetime into

112

00:05:01,860 --> 00:04:58,540

intergenerational sleep a lot of that

113

00:05:04,260 --> 00:05:01,870

doesn't fall under psychology and you

114

00:05:06,810 --> 00:05:04,270

have the PhD after your name and you

115

00:05:09,210 --> 00:05:06,820

have to you know you have friends that

116

00:05:12,450 --> 00:05:09,220

go to APA or maybe you go to APA you

117

00:05:13,980 --> 00:05:12,460

know there's so I'm gonna put a pin in

118

00:05:16,620 --> 00:05:13,990

that we'll talk about that later

119

00:05:18,659 --> 00:05:16,630

yoga real quickly what is as people

120

00:05:20,220 --> 00:05:18,669

understand it and what is it you know

121

00:05:22,140 --> 00:05:20,230

you had an interesting experience the

122

00:05:24,950 --> 00:05:22,150

first person that you encountered at a

123

00:05:28,080 --> 00:05:24,960

very young age had a much broader

124

00:05:30,840 --> 00:05:28,090

probably a closer to the original

125

00:05:32,880 --> 00:05:30,850

definition of what a yogi is but what's

126

00:05:35,700 --> 00:05:32,890

yoga from the standpoint of what most

127

00:05:37,740 --> 00:05:35,710

people think Yoga is well that's a

128

00:05:40,560 --> 00:05:37,750

complex question I mean most people may

129

00:05:44,640 --> 00:05:40,570

think that yoga's a set of exercises

130

00:05:46,530 --> 00:05:44,650

practiced by thin flexible people who

131

00:05:49,260 --> 00:05:46,540

look you know something like a Yoga

132

00:05:52,409 --> 00:05:49,270

Journal cover right so many people think

133

00:05:54,390 --> 00:05:52,419

of yoga is a series of exercises and a

134

00:05:55,800 --> 00:05:54,400

little funny story my dad's 86 he's

135

00:05:57,480 --> 00:05:55,810

trying to read my book and he said him

136

00:05:59,750 --> 00:05:57,490

I'm really trying to read my book but

137

00:06:01,830 --> 00:05:59,760

the problem is I don't know what yoga is

138

00:06:02,880 --> 00:06:01,840

I'm gonna have to look that up and I

139

00:06:06,090 --> 00:06:02,890

said you don't have to look it up you

140

00:06:10,250 --> 00:06:06,100

can just ask me I'm right here personal

141

00:06:14,520 --> 00:06:10,260

psychology transpersonal psychology has

142

00:06:16,800 --> 00:06:14,530

I did an article with with a couple of

143

00:06:17,880 --> 00:06:16,810

students about surveying 50 people in

144

00:06:23,090 --> 00:06:17,890

the field so they all had different

145

00:06:27,440 --> 00:06:23,100

definitions but what I would say is that

146

00:06:31,440 --> 00:06:27,450

it's a full spectrum psychology so it

147

00:06:32,930 --> 00:06:31,450

attends not only to our what traditional

148

00:06:35,150 --> 00:06:32,940

psychology attends to to our

149

00:06:40,780 --> 00:06:35,160

relationship issues addiction

150

00:06:43,700 --> 00:06:40,790

wounds neuroses psychoses extends into

151
00:06:46,450 --> 00:06:43,710
into the full spectrum of what is

152
00:06:48,710 --> 00:06:46,460
possible for a human being to develop as

153
00:06:51,680 --> 00:06:48,720
and one of those things I appreciate

154
00:06:55,280 --> 00:06:51,690
about transpersonal psychology and what

155
00:06:58,280 --> 00:06:55,290
it can provide is that as we are opening

156
00:07:01,970 --> 00:06:58,290
and becoming more of ourselves there's

157
00:07:03,920 --> 00:07:01,980
new levels of obstacles or challenges so

158
00:07:06,800 --> 00:07:03,930
it's a psychology that attends to all

159
00:07:11,480 --> 00:07:06,810
all levels of human development and

160
00:07:14,720 --> 00:07:11,490
awareness somatic psychology somatic

161
00:07:17,120 --> 00:07:14,730
psychology includes the body in in the

162
00:07:19,460 --> 00:07:17,130
psychology and in in the in the

163
00:07:23,420 --> 00:07:19,470

therapeutic process and I practice this

164

00:07:27,260 --> 00:07:23,430

all the time with clients so psychology

165

00:07:29,600 --> 00:07:27,270

starts to drop into the body where where

166

00:07:31,520 --> 00:07:29,610

our whole conditioning lives inside of

167

00:07:35,000 --> 00:07:31,530

our nervous system right the yoga does

168

00:07:38,030 --> 00:07:35,010

it in a different way and in my 20-plus

169

00:07:41,180 --> 00:07:38,040

years as a as a therapist the turning

170

00:07:43,910 --> 00:07:41,190

point was my my discovery and then

171

00:07:49,190 --> 00:07:43,920

training further in informatics because

172

00:07:52,280 --> 00:07:49,200

when we bring the life of the body into

173

00:07:56,120 --> 00:07:52,290

our into our healing of our story of our

174

00:08:00,380 --> 00:07:56,130

wounds I find that it is more efficient

175

00:08:03,680 --> 00:08:00,390

or enlivening and often more movement

176

00:08:06,230 --> 00:08:03,690

happens okay the reason I bring these up

177

00:08:09,920 --> 00:08:06,240

is just to be fair or to anchor people I

178

00:08:13,040 --> 00:08:09,930

mean there's a huge gulf here there's a

179

00:08:15,830 --> 00:08:13,050

few huge chasm in psychology between

180

00:08:18,350 --> 00:08:15,840

traditional psychology psychology as we

181

00:08:20,870 --> 00:08:18,360

know it psychology as our kids are

182

00:08:22,340 --> 00:08:20,880

likely to encounter it in school and the

183

00:08:24,860 --> 00:08:22,350

kind of stuff you're talking about and

184

00:08:26,270 --> 00:08:24,870

it's not that this gap can't be bridged

185

00:08:28,190 --> 00:08:26,280

or that you don't bridge it quite

186

00:08:31,490 --> 00:08:28,200

beautifully but it's controversial to

187

00:08:32,810 --> 00:08:31,500

say transpersonal psychology I've talked

188

00:08:34,520 --> 00:08:32,820

to a bunch of those people I've talked

189

00:08:37,520 --> 00:08:34,530

to some of the founders and they're

190

00:08:40,219 --> 00:08:37,530

Outsiders they are outside group you

191

00:08:41,930 --> 00:08:40,229

know and that's okay somatic psychology

192

00:08:47,450 --> 00:08:41,940

the way you said it is awesome it's

193

00:08:48,730 --> 00:08:47,460

beautiful I get it that our psyche winds

194

00:08:51,400 --> 00:08:48,740

up manifesting

195

00:08:53,590 --> 00:08:51,410

self into our physical being and that

196

00:08:55,449 --> 00:08:53,600

when we move our be when we move our

197

00:08:57,400 --> 00:08:55,459

body in a certain way when we stretch it

198

00:09:01,030 --> 00:08:57,410

when we breathe when we do these

199

00:09:02,769 --> 00:09:01,040

postures stuff happens and that's what

200

00:09:05,380 --> 00:09:02,779

you're studying and that's what you're

201
00:09:06,670 --> 00:09:05,390
bringing to the table and again like I

202
00:09:08,650 --> 00:09:06,680
told people from the book the book is

203
00:09:10,720 --> 00:09:08,660
very practical in a lot of ways it's a

204
00:09:13,269 --> 00:09:10,730
toolbox you know it's like do this and

205
00:09:15,970 --> 00:09:13,279
notice this and see what happens in your

206
00:09:18,670 --> 00:09:15,980
making the case for somatic psychology

207
00:09:20,650 --> 00:09:18,680
if it is controversial or people who are

208
00:09:23,650 --> 00:09:20,660
apprehensive or saying hey that sounds

209
00:09:26,530 --> 00:09:23,660
like new-age crap one you have the sides

210
00:09:29,160 --> 00:09:26,540
to back it up but two you can go on the

211
00:09:31,230 --> 00:09:29,170
mat and see if that turns out to be true

212
00:09:34,840 --> 00:09:31,240
neuroplasticity

213
00:09:38,920 --> 00:09:34,850

so that's the principle that that our

214

00:09:42,040 --> 00:09:38,930

our brain is not fixated like the

215

00:09:46,590 --> 00:09:42,050

story's not over that but as we change

216

00:09:50,380 --> 00:09:46,600

our breaths our posture our our

217

00:09:52,720 --> 00:09:50,390

attention right which is all things that

218

00:09:54,699 --> 00:09:52,730

psychology addresses but in some many

219

00:09:57,699 --> 00:09:54,709

ways meditation and yoga address even

220

00:10:00,970 --> 00:09:57,709

even more effectively that we can

221

00:10:02,800 --> 00:10:00,980

actually change our brain as they change

222

00:10:04,780 --> 00:10:02,810

and let me just interject because we've

223

00:10:07,120 --> 00:10:04,790

talked about neuroplasticity a lot on

224

00:10:08,560 --> 00:10:07,130

this show because I think what a lot of

225

00:10:12,280 --> 00:10:08,570

folks don't realize is that it

226

00:10:15,639 --> 00:10:12,290

completely undermines science as we know

227

00:10:19,449 --> 00:10:15,649

it it completely undermines this model

228

00:10:22,480 --> 00:10:19,459

that we are these biological robots that

229

00:10:25,120 --> 00:10:22,490

we are purely a function of our brain

230

00:10:28,510 --> 00:10:25,130

that were nothing more and what

231

00:10:31,540 --> 00:10:28,520

neuroplasticity tells us is that I think

232

00:10:34,510 --> 00:10:31,550

therefore I am but I always get a little

233

00:10:37,990 --> 00:10:34,520

bit nervous even the way you cast it

234

00:10:40,750 --> 00:10:38,000

there when we hear neuroscience types

235

00:10:43,210 --> 00:10:40,760

talk about the discoveries of

236

00:10:45,490 --> 00:10:43,220

neuroplasticity I mean these nitwits

237

00:10:48,190 --> 00:10:45,500

discovered neuroplasticity in the same

238

00:10:50,319 --> 00:10:48,200

way that Christopher Columbus discovered

239

00:10:53,500 --> 00:10:50,329

America you know I mean our best

240

00:10:56,260 --> 00:10:53,510

evidence is that the continent over here

241

00:10:58,449 --> 00:10:56,270

was here before the guy sailed off on

242

00:11:01,590 --> 00:10:58,459

the water you know and that's the same

243

00:11:02,920 --> 00:11:01,600

thing with neuroplasticity this is how

244

00:11:10,630 --> 00:11:02,930

consciousness

245

00:11:12,579 --> 00:11:10,640

the brain is probably fundamental and is

246

00:11:15,490 --> 00:11:12,589

creating the brain in this co-creation

247

00:11:18,070 --> 00:11:15,500

process so this idea that now we can

248

00:11:19,930 --> 00:11:18,080

celebrate because neuroscience has

249

00:11:22,329 --> 00:11:19,940

ordained that they've discovered

250

00:11:25,480 --> 00:11:22,339

neuroplasticity it's [h__h]

251
00:11:27,449 --> 00:11:25,490
they've just stumbled across just like

252
00:11:31,540 --> 00:11:27,459
Christopher Columbus stumbled across

253
00:11:34,740 --> 00:11:31,550
what all the real deep wisdoms already

254
00:11:38,050 --> 00:11:34,750
knew is that we are in meshed in

255
00:11:40,900 --> 00:11:38,060
consciousness and that is reflecting

256
00:11:43,930 --> 00:11:40,910
down in our body and in our brain and

257
00:11:48,579 --> 00:11:43,940
that that's what's really going on right

258
00:11:50,610 --> 00:11:48,589
I agree with you and I attended a

259
00:11:53,260 --> 00:11:50,620
training last year with one of the

260
00:11:56,070 --> 00:11:53,270
world's famous neuroscientists and that

261
00:11:59,110 --> 00:11:56,080
conclusion of the three days was that

262
00:12:00,519 --> 00:11:59,120
social engagement is one of the most

263
00:12:04,960 --> 00:12:00,529

healing things in the world I mean

264

00:12:08,530 --> 00:12:04,970

that's his whole life of study and for

265

00:12:10,960 --> 00:12:08,540

me what I what I appreciate about

266

00:12:13,060 --> 00:12:10,970

neuroscience because I'm not really a

267

00:12:14,949 --> 00:12:13,070

neuroscience class I put it in the book

268

00:12:18,460 --> 00:12:14,959

because I feel like it's important to

269

00:12:21,070 --> 00:12:18,470

include is that by science validating

270

00:12:22,540 --> 00:12:21,080

and studying right the effects of

271

00:12:25,000 --> 00:12:22,550

consciousness the effects of yoga the

272

00:12:27,670 --> 00:12:25,010

effects of meditation it is enabling

273

00:12:30,699 --> 00:12:27,680

these things who have you know an access

274

00:12:33,640 --> 00:12:30,709

point in to work with veterans and

275

00:12:36,040 --> 00:12:33,650

hospitals and you know even even as far

276

00:12:38,140 --> 00:12:36,050

as insurance I think will see young will

277

00:12:41,230 --> 00:12:38,150

see a time in our lives where insurance

278

00:12:44,860 --> 00:12:41,240

may support yoga a meditation like it's

279

00:12:47,620 --> 00:12:44,870

it's it's it's it's the stamp that's

280

00:12:49,180 --> 00:12:47,630

connecting these traditions to a more

281

00:12:50,769 --> 00:12:49,190

mainstream society because all the

282

00:12:54,490 --> 00:12:50,779

science is backing in and I think that's

283

00:12:58,449 --> 00:12:54,500

pretty great yeah maybe last one

284

00:13:00,519 --> 00:12:58,459

spirituality broadly let's talk about

285

00:13:03,010 --> 00:13:00,529

how we under what we understand when we

286

00:13:05,400 --> 00:13:03,020

say spirituality I think that human

287

00:13:08,680 --> 00:13:05,410

beings have an essential deeper nature

288

00:13:10,060 --> 00:13:08,690

we can call spiritual or anything else

289

00:13:18,129 --> 00:13:10,070

and

290

00:13:21,999 --> 00:13:18,139

up to it is is is there for the taking

291

00:13:24,249 --> 00:13:22,009

great so the the basic flow of The

292

00:13:27,309 --> 00:13:24,259

Skeptical thing is based on these three

293

00:13:30,490 --> 00:13:27,319

ideas one follow the data and we'll

294

00:13:31,900 --> 00:13:30,500

start there you have talked about this

295

00:13:36,040 --> 00:13:31,910

interspersed that's already in the

296

00:13:39,220 --> 00:13:36,050

conversation but you go to great lengths

297

00:13:42,189 --> 00:13:39,230

to point out the data the science behind

298

00:13:45,519 --> 00:13:42,199

what you're claiming because a lot of

299

00:13:47,590 --> 00:13:45,529

folks coming at this not from the yoga

300

00:13:49,629 --> 00:13:47,600

community not from the non-dual

301

00:13:53,079 --> 00:13:49,639

community not from the spiritual

302

00:13:56,110 --> 00:13:53,089

community will you know you know because

303

00:13:58,749 --> 00:13:56,120

you live this they're like that's I'm

304

00:14:01,300 --> 00:13:58,759

sure make the case for yoga and

305

00:14:04,210 --> 00:14:01,310

psychology what's the science what's the

306

00:14:08,160 --> 00:14:04,220

most compelling science that you cite in

307

00:14:11,259 --> 00:14:08,170

the book that you think makes the case

308

00:14:14,170 --> 00:14:11,269

so with two doctoral students several

309

00:14:16,150 --> 00:14:14,180

years ago I worked to survey all the

310

00:14:19,420 --> 00:14:16,160

academic research to date at that time

311

00:14:21,579 --> 00:14:19,430

not only in yoga and psychology yoga

312

00:14:26,069 --> 00:14:21,589

neuroscience yoga and trauma trauma and

313

00:14:28,780 --> 00:14:26,079

psychology mindfulness and and

314

00:14:31,870 --> 00:14:28,790

psychology and so forth and we amassed

315

00:14:36,129 --> 00:14:31,880

over we we surveyed over 200 published

316

00:14:39,240 --> 00:14:36,139

academic articles and and we collected

317

00:14:42,220 --> 00:14:39,250

you know we summarized it for people and

318

00:14:45,280 --> 00:14:42,230

essentially there's ample scientific

319

00:14:48,069 --> 00:14:45,290

documentation at Yoga even without the

320

00:14:50,019 --> 00:14:48,079

psychology right this this most basic

321

00:14:52,929 --> 00:14:50,029

practice of physical postures for a

322

00:14:56,829 --> 00:14:52,939

period of time - all the extra goodies I

323

00:15:00,309 --> 00:14:56,839

think are so enhancing um addresses and

324

00:15:02,620 --> 00:15:00,319

has proven to be beneficial for just

325

00:15:05,980 --> 00:15:02,630

name a handful and anxiety and

326

00:15:08,850 --> 00:15:05,990

depression eating disorders suicide

327

00:15:14,920 --> 00:15:08,860

prevention autoimmune disorders

328

00:15:18,970 --> 00:15:14,930

well-being attention deficit disorders

329

00:15:20,290 --> 00:15:18,980

and so so there's a huge list all the

330

00:15:22,569 --> 00:15:20,300

sciences summarized and a

331

00:15:23,260 --> 00:15:22,579

people-friendly book and people-friendly

332

00:15:26,110 --> 00:15:23,270

way in the

333

00:15:29,170 --> 00:15:26,120

but basically the science has shown

334

00:15:31,330 --> 00:15:29,180

yoga's benefits on on most major

335

00:15:33,400 --> 00:15:31,340

categories in the DSM which is the

336

00:15:37,120 --> 00:15:33,410

diagnostic Statistical Manual that has

337

00:15:39,910 --> 00:15:37,130

ala the it's the most mainstream and

338

00:15:42,070 --> 00:15:39,920

useful in many ways texts to survey all

339

00:15:44,920 --> 00:15:42,080

the psychological disorders known in the

340

00:15:46,120 --> 00:15:44,930

Western world know the benefits all of

341

00:15:48,850 --> 00:15:46,130

them when used in the right way right

342

00:15:53,110 --> 00:15:48,860

quantity okay so the second part of this

343

00:15:53,980 --> 00:15:53,120

process the sceptical process is like

344

00:15:57,700 --> 00:15:53,990

I'm on a treasure hunt

345

00:16:01,570 --> 00:15:57,710

oh I said did you watch the video that I

346

00:16:03,040 --> 00:16:01,580

said - didn't have time was five minutes

347

00:16:04,480 --> 00:16:03,050

out of your day you would have seen the

348

00:16:06,250 --> 00:16:04,490

whole presentation so you would have

349

00:16:09,640 --> 00:16:06,260

known what's coming so you're waiting

350

00:16:11,380 --> 00:16:09,650

that's your decision to wing it so

351

00:16:13,480 --> 00:16:11,390

that's cool so the second part this

352

00:16:16,570 --> 00:16:13,490

process for sceptical so look for the

353

00:16:19,570 --> 00:16:16,580

conspiracy because really a true the

354

00:16:23,560 --> 00:16:19,580

conspiracy and truth go hand in hand

355

00:16:25,570 --> 00:16:23,570

truth seeking is about this bravery to

356

00:16:28,540 --> 00:16:25,580

follow the data wherever it leads

357

00:16:30,330 --> 00:16:28,550

because sometimes the data leads us in

358

00:16:33,610 --> 00:16:30,340

places that we wouldn't expect

359

00:16:36,340 --> 00:16:33,620

psychology is a classic example here is

360

00:16:37,690 --> 00:16:36,350

a book by this fantastic I know her is

361

00:16:41,110 --> 00:16:37,700

my book that I wrote a couple years ago

362

00:16:43,990 --> 00:16:41,120

and the point is that when science gets

363

00:16:48,330 --> 00:16:44,000

consciousness wrong like it has

364

00:16:50,910 --> 00:16:48,340

completely consistently systematically

365

00:16:53,020 --> 00:16:50,920

intentionally in that they know

366

00:16:55,660 --> 00:16:53,030

consciousness doesn't work in this

367

00:16:57,670 --> 00:16:55,670

strictly materialistic way but they act

368

00:17:00,040 --> 00:16:57,680

like it does because it serves certain

369

00:17:03,130 --> 00:17:00,050

benefits well when you get consciousness

370

00:17:05,520 --> 00:17:03,140

wrong nothing else really makes sense

371

00:17:08,110 --> 00:17:05,530

and that certainly is the case with

372

00:17:10,870 --> 00:17:08,120

psychology I mean if we're going to look

373

00:17:13,960 --> 00:17:10,880

at psychology more broadly and I love

374

00:17:17,199 --> 00:17:13,970

and appreciate your work as a psychology

375

00:17:20,770 --> 00:17:17,209

outsider but let's get real with the way

376

00:17:23,829 --> 00:17:20,780

that most people encounter psychology or

377

00:17:26,470 --> 00:17:23,839

may encounter therapy particularly if

378

00:17:29,400 --> 00:17:26,480

they're experiencing the kind of

379

00:17:32,320 --> 00:17:29,410

problems the kind of issues the kind of

380

00:17:34,690 --> 00:17:32,330

spiritual emergency kind of situations

381

00:17:36,540 --> 00:17:34,700

that thankfully you're there to help

382

00:17:38,910 --> 00:17:36,550

support people in

383

00:17:41,400 --> 00:17:38,920

most people go to the doctor and they're

384

00:17:42,810 --> 00:17:41,410

just in the system man they're getting a

385

00:17:45,120 --> 00:17:42,820

firm but they're getting a pill and

386

00:17:47,520 --> 00:17:45,130

they're saying take this they're still

387

00:17:49,410 --> 00:17:47,530

getting put down maybe it's not quite as

388

00:17:51,480 --> 00:17:49,420

direct it's more subtle but it's like

389

00:17:54,480 --> 00:17:51,490

you're crazy there's something wrong

390

00:17:58,100 --> 00:17:54,490

with you and until we're real about this

391

00:18:01,230 --> 00:17:58,110

and real about the causes of why

392

00:18:04,230 --> 00:18:01,240

psychology has don't go down this farm

393

00:18:06,870 --> 00:18:04,240

illogical model and has pushed it even

394

00:18:09,960 --> 00:18:06,880

when the data comes back and says hey

395

00:18:13,320 --> 00:18:09,970

you know depression mild depression

396

00:18:18,090 --> 00:18:13,330

these multibillion-dollar industry it is

397

00:18:20,220 --> 00:18:18,100

not more effective than placebo but we

398

00:18:22,830 --> 00:18:20,230

still sell billions of dollars of this

399

00:18:25,200 --> 00:18:22,840

so I love that you say maybe it will

400

00:18:25,710 --> 00:18:25,210

just grow out of this and keep going

401
00:18:33,330 --> 00:18:25,720

guys

402
00:18:35,790 --> 00:18:33,340

financial interest including things the

403
00:18:39,000 --> 00:18:35,800

way they are so what are the changes

404
00:18:42,030 --> 00:18:39,010

that you've seen in your career and how

405
00:18:44,040 --> 00:18:42,040

can we how can we expedite it and don't

406
00:18:48,240 --> 00:18:44,050

we need to call these people out it's

407
00:18:51,150 --> 00:18:48,250

not all you know join hands and sing

408
00:18:53,070 --> 00:18:51,160

Kumbaya I mean there's some devious

409
00:18:57,780 --> 00:18:53,080

stuff going out there going on out there

410
00:18:59,970 --> 00:18:57,790

in psychology I agree with with

411
00:19:02,670 --> 00:18:59,980

everything you said right when when we

412
00:19:06,120 --> 00:19:02,680

when we talk about calling these people

413
00:19:10,530 --> 00:19:06,130

out you know it brings an image of some

414

00:19:14,850 --> 00:19:10,540

amorphous them and and for me like I

415

00:19:18,930 --> 00:19:14,860

don't know how to do that so I do what I

416

00:19:20,460 --> 00:19:18,940

do know how to do which is I know who

417

00:19:22,050 --> 00:19:20,470

they are because I talk to them all the

418

00:19:24,450 --> 00:19:22,060

time one of the things I try and do is

419

00:19:26,570 --> 00:19:24,460

invite them on the show and I get NYU

420

00:19:29,160 --> 00:19:26,580

professors of psychology I've had many

421

00:19:31,860 --> 00:19:29,170

psychology professors and they will say

422

00:19:33,990 --> 00:19:31,870

categorically that you're that I'm wrong

423

00:19:35,430 --> 00:19:34,000

and that consciousness is a function of

424

00:19:37,920 --> 00:19:35,440

the brain and here's how it works and

425

00:19:40,200 --> 00:19:37,930

the neurological model is winning and

426

00:19:42,360 --> 00:19:40,210

all the rest of that so it's it's not

427

00:19:45,300 --> 00:19:42,370

just playing around when I say them and

428

00:19:49,919 --> 00:19:45,310

us and us it's an ideological divide

429

00:19:55,649 --> 00:19:49,929

that is if you're giving people

430

00:19:57,840 --> 00:19:55,659

high doses of psycho pharmacy crap then

431

00:20:00,060 --> 00:19:57,850

you're doing that because you've bought

432

00:20:02,009 --> 00:20:00,070

into that model you're them that's not

433

00:20:04,470 --> 00:20:02,019

to say that there aren't places in

434

00:20:08,940 --> 00:20:04,480

instances where it's useful but I mean

435

00:20:11,549 --> 00:20:08,950

come on there is a BEM yeah yeah no I

436

00:20:13,590 --> 00:20:11,559

don't I don't disagree I I was just

437

00:20:16,139 --> 00:20:13,600

saying for me when I look at that I

438

00:20:19,019 --> 00:20:16,149

don't know what to do but when I so

439

00:20:22,440 --> 00:20:19,029

maybe this is my optimist but I look at

440

00:20:27,180 --> 00:20:22,450

what I can do right and I can research I

441

00:20:29,549 --> 00:20:27,190

can write I can share I can you know

442

00:20:31,499 --> 00:20:29,559

touch individuals I can touch groups I

443

00:20:33,539 --> 00:20:31,509

can touch larger people larger amounts

444

00:20:35,970 --> 00:20:33,549

of people through writing and when it's

445

00:20:38,070 --> 00:20:35,980

done in a very grounded pragmatic way

446

00:20:41,609 --> 00:20:38,080

with some scientific research included

447

00:20:42,359 --> 00:20:41,619

it's gonna speak more effectively and so

448

00:20:46,139 --> 00:20:42,369

I don't have the answer to your

449

00:20:47,999 --> 00:20:46,149

questions it's like I try to attend to

450

00:20:52,409 --> 00:20:48,009

my own garden and you know include as

451
00:20:55,619 --> 00:20:52,419
many people and that as I can and when I

452
00:20:57,659 --> 00:20:55,629
used to work at California Institute of

453
00:21:00,450 --> 00:20:57,669
integral studies graduate school in San

454
00:21:01,879 --> 00:21:00,460
Francisco I for many years I put

455
00:21:03,930 --> 00:21:01,889
together different lecture series on

456
00:21:05,940 --> 00:21:03,940
controversial topics and spirituality

457
00:21:08,340 --> 00:21:05,950
and I would invite both sides to speak

458
00:21:11,159 --> 00:21:08,350
and I always enjoyed that and and try to

459
00:21:13,710 --> 00:21:11,169
make some bridges and now is the mother

460
00:21:15,570 --> 00:21:13,720
of a young child I it's just not what

461
00:21:18,989 --> 00:21:15,580
I'm doing right now but I'm all for you

462
00:21:21,210 --> 00:21:18,999
doing it you know I'm always a little

463
00:21:23,850 --> 00:21:21,220

bit leery when people say that say hey

464

00:21:26,639 --> 00:21:23,860

you know that's not my thing but I'm all

465

00:21:29,009 --> 00:21:26,649

for you doing it it's like I think we're

466

00:21:31,139 --> 00:21:29,019

all doing it all the time I think that's

467

00:21:35,639 --> 00:21:31,149

the truth-seeking process and I think

468

00:21:38,369 --> 00:21:35,649

that it you you like I say I am a yogi a

469

00:21:40,470 --> 00:21:38,379

better yogi for a lot of years thousands

470

00:21:43,680 --> 00:21:40,480

of classes and when I show up in the

471

00:21:46,289 --> 00:21:43,690

class I think these issues are are there

472

00:21:48,239 --> 00:21:46,299

and are very relevant to people and are

473

00:21:52,109 --> 00:21:48,249

going on with going on with people all

474

00:21:55,950 --> 00:21:52,119

the time in that the way I always put it

475

00:21:59,999 --> 00:21:55,960

is the how can this be questioned mm-hmm

476

00:22:03,010 --> 00:22:00,009

so it's great that you are this entry

477

00:22:05,530 --> 00:22:03,020

point this diving board into the pool

478

00:22:07,780 --> 00:22:05,540

but when they get in the pool a lot of

479

00:22:10,330 --> 00:22:07,790

people pop their head up and they go

480

00:22:13,299 --> 00:22:10,340

wait a minute how can this be

481

00:22:16,000 --> 00:22:13,309

I've been told all this other stuff my

482

00:22:18,760 --> 00:22:16,010

life maybe through my parents maybe down

483

00:22:22,299 --> 00:22:18,770

at church maybe through my doctor I have

484

00:22:26,910 --> 00:22:22,309

these conflict in views how do I resolve

485

00:22:30,160 --> 00:22:26,920

those and I think part of the job is to

486

00:22:31,870 --> 00:22:30,170

lay out that landscape and say you have

487

00:22:35,020 --> 00:22:31,880

to understand that there are other

488

00:22:38,169 --> 00:22:35,030

forces out there that are acting upon

489

00:22:41,799 --> 00:22:38,179

you and you can decide you know which

490

00:22:43,419 --> 00:22:41,809

what your reality is but to pretend that

491

00:22:46,360 --> 00:22:43,429

they're not there I don't think works

492

00:22:49,330 --> 00:22:46,370

and I guess that would lead me into the

493

00:22:52,600 --> 00:22:49,340

next so just to back up on that point I

494

00:22:53,919 --> 00:22:52,610

mean I when I say I'm glad that you're

495

00:22:56,590 --> 00:22:53,929

doing that I don't see that

496

00:22:59,799 --> 00:22:56,600

contradiction I mean I use know most

497

00:23:02,950 --> 00:22:59,809

minutes of the days of my life and I'm

498

00:23:05,530 --> 00:23:02,960

to try to in addition to you know taking

499

00:23:08,860 --> 00:23:05,540

care of who I'm who I'm charged to take

500

00:23:12,220 --> 00:23:08,870

care of to to try to support what I

501
00:23:16,390 --> 00:23:12,230
believe in I just and I think I you know

502
00:23:20,110 --> 00:23:16,400
I I I talked to people on all sides of

503
00:23:23,470 --> 00:23:20,120
the spectrum frequently in a public

504
00:23:28,390 --> 00:23:23,480
setting I just don't have a vision of

505
00:23:32,380 --> 00:23:28,400
how to take on them and change it more

506
00:23:34,900 --> 00:23:32,390
than the ways that I do it that is

507
00:23:37,780 --> 00:23:34,910
totally fair and it's more than fair

508
00:23:40,299 --> 00:23:37,790
because the other part of this

509
00:23:43,230 --> 00:23:40,309
conspiratorial thing that I think is

510
00:23:47,290 --> 00:23:43,240
important to put on the table is the

511
00:23:51,150 --> 00:23:47,300
conspiracy surrounding spirituality and

512
00:23:54,100 --> 00:23:51,160
it's something that you have really

513
00:23:58,169 --> 00:23:54,110

you've dived into quite deeply and

514

00:24:00,910 --> 00:23:58,179

profoundly and and with some real

515

00:24:03,880 --> 00:24:00,920

sensitivity that that I don't see a lot

516

00:24:05,880 --> 00:24:03,890

of people addressing but if I can kind

517

00:24:09,669 --> 00:24:05,890

of set the table and kind of my crude

518

00:24:12,700 --> 00:24:09,679

skeptic away it's that the coexist thing

519

00:24:15,100 --> 00:24:12,710

is [h__h] at it's at its at some core

520

00:24:16,269 --> 00:24:15,110

level that most people don't acknowledge

521

00:24:19,609 --> 00:24:16,279

and

522

00:24:22,009 --> 00:24:19,619

selling eleven-year-old girls into

523

00:24:27,289 --> 00:24:22,019

marriage is not something we should

524

00:24:30,159 --> 00:24:27,299

coexist with mutilation the sexual abuse

525

00:24:34,190 --> 00:24:30,169

of children not something we should

526
00:24:37,099 --> 00:24:34,200
coexist with that isn't the goal the

527
00:24:39,409 --> 00:24:37,109
goal is to develop as you so beautifully

528
00:24:44,629 --> 00:24:39,419
talked about in your books a discernment

529
00:24:48,320 --> 00:24:44,639
a discernment that is both spiritual and

530
00:24:50,599 --> 00:24:48,330
practical in terms of ways that

531
00:24:53,840 --> 00:24:50,609
psychology can tell us that we can

532
00:24:56,359 --> 00:24:53,850
develop morals that are beyond some

533
00:24:59,299 --> 00:24:56,369
little book that's old dusty book that

534
00:25:00,799 --> 00:24:59,309
was written long ago you've written and

535
00:25:02,330 --> 00:25:00,809
thought a lot about this and have

536
00:25:06,349 --> 00:25:02,340
brought some great stuff to the tele

537
00:25:08,869 --> 00:25:06,359
table tell me where you see it at again

538
00:25:10,340 --> 00:25:08,879

not in the kind of crew to beat somebody

539

00:25:13,310 --> 00:25:10,350

over the head way that I said but maybe

540

00:25:15,440 --> 00:25:13,320

in your own way this issue of spiritual

541

00:25:20,810 --> 00:25:15,450

discernment and how it manifests for you

542

00:25:22,989 --> 00:25:20,820

and your clients so as you mentioned

543

00:25:25,249 --> 00:25:22,999

right at the beginning the interview my

544

00:25:26,690 --> 00:25:25,259

I'm not my first exposure to

545

00:25:29,299 --> 00:25:26,700

spirituality my first exposure

546

00:25:31,759 --> 00:25:29,309

spirituality which I which I tell the

547

00:25:34,669 --> 00:25:31,769

story is on myself and several of my

548

00:25:36,619 --> 00:25:34,679

books were with were wearing my own

549

00:25:38,389 --> 00:25:36,629

psychological wounds were mixing with my

550

00:25:40,580 --> 00:25:38,399

own spiritual yearnings and I was

551
00:25:42,619 --> 00:25:40,590
following alcoholic shamans down in

552
00:25:45,109 --> 00:25:42,629
Mexico and getting myself into all kinds

553
00:25:46,759 --> 00:25:45,119
of gnarly situations that I you know

554
00:25:52,009 --> 00:25:46,769
eventually came to support other people

555
00:25:54,739 --> 00:25:52,019
and in doing but by the time I was 25 I

556
00:26:00,560 --> 00:25:54,749
spent a year in the presence of of a

557
00:26:04,310 --> 00:26:00,570
great yogi who who was was so vast in

558
00:26:06,139 --> 00:26:04,320
his being and and not that it just sort

559
00:26:09,139 --> 00:26:06,149
of it's just it not only raised the bar

560
00:26:13,849 --> 00:26:09,149
it just took the bar off it like it

561
00:26:16,399 --> 00:26:13,859
changed my view permanently so again

562
00:26:19,549 --> 00:26:16,409
being based in in Northern California I

563
00:26:21,590 --> 00:26:19,559

I live in this in the center of write

564

00:26:26,299 --> 00:26:21,600

the whole range of spiritual activity

565

00:26:28,129 --> 00:26:26,309

and and other activity so from from

566

00:26:28,850 --> 00:26:28,139

right at the beginning I just felt like

567

00:26:31,299 --> 00:26:28,860

it was

568

00:26:34,520 --> 00:26:31,309

to get really pragmatic and

569

00:26:39,130 --> 00:26:34,530

down-to-earth and separate separate out

570

00:26:46,340 --> 00:26:39,140

strands and and all my work on I'm

571

00:26:49,160 --> 00:26:46,350

pointing out I was on the path and and

572

00:26:52,730 --> 00:26:49,170

places of divergence and it's it's like

573

00:26:56,419 --> 00:26:52,740

all in the surface of of just greater

574

00:27:00,500 --> 00:26:56,429

clarity I don't know I mean people are

575

00:27:03,650 --> 00:27:00,510

encountering encountering spirituality

576

00:27:07,700 --> 00:27:03,660

packaged in some very potentially

577

00:27:11,120 --> 00:27:07,710

dangerous destructive ways don't we need

578

00:27:13,730 --> 00:27:11,130

to acknowledge that you know I met you

579

00:27:15,230 --> 00:27:13,740

through Rick Archer who is just awesome

580

00:27:19,159 --> 00:27:15,240

but we're going to talk about his show

581

00:27:22,340 --> 00:27:19,169

Buddha in the gas pump in a minute like

582

00:27:25,340 --> 00:27:22,350

2,000 pages of published material about

583

00:27:29,060 --> 00:27:25,350

encountering the obstacles and I mean

584

00:27:31,490 --> 00:27:29,070

that's what I've done but let me I get

585

00:27:34,220 --> 00:27:31,500

that but I want to give you a concrete

586

00:27:36,980 --> 00:27:34,230

example I just got an email not too long

587

00:27:38,900 --> 00:27:36,990

ago from someone who said hey love the

588

00:27:41,299 --> 00:27:38,910

show like how you're kind of breaking

589

00:27:43,220 --> 00:27:41,309

this stuff down but I'm kind of

590

00:27:46,840 --> 00:27:43,230

wondering I'm kind of in a little bit of

591

00:27:49,370 --> 00:27:46,850

a you know upset here because I saw the

592

00:27:52,580 --> 00:27:49,380

Netflix documentary very popular in out

593

00:27:56,750 --> 00:27:52,590

wild wild country about Osho and about

594

00:27:59,299 --> 00:27:56,760

the cult in Oregon and her point was as

595

00:28:00,080 --> 00:27:59,309

a true spiritual seeker say I don't know

596

00:28:04,250 --> 00:28:00,090

what to do

597

00:28:07,789 --> 00:28:04,260

I heard that Osho you know did have a

598

00:28:09,380 --> 00:28:07,799

spiritual gift and was able to enlighten

599

00:28:10,669 --> 00:28:09,390

give this people give people the

600

00:28:12,440 --> 00:28:10,679

experience of Awakening and

601
00:28:15,710 --> 00:28:12,450
enlightenment with just the touch or a

602
00:28:18,940 --> 00:28:15,720
look as we hear so many times with gurus

603
00:28:21,650 --> 00:28:18,950
who are then found to have other

604
00:28:25,760 --> 00:28:21,660
problems in their lives and not be

605
00:28:29,299 --> 00:28:25,770
complete people or I think we need to be

606
00:28:32,810 --> 00:28:29,309
able to go is not address that from this

607
00:28:34,970 --> 00:28:32,820
kind of new agey kind of well and I

608
00:28:37,490 --> 00:28:34,980
don't even integrate with what Rick says

609
00:28:39,520 --> 00:28:37,500
you know hey take what you can and leave

610
00:28:42,530 --> 00:28:39,530
the rest kind of thing it's like oh

611
00:28:46,520 --> 00:28:42,540
shell was a creep

612
00:28:48,800 --> 00:28:46,530
he did creepy things to people when we

613
00:28:52,310 --> 00:28:48,810

come at stuff from I think that's what

614

00:28:55,520 --> 00:28:52,320

psychology can kind of ground us in in

615

00:28:58,550 --> 00:28:55,530

some ways is this ability to kind of see

616

00:29:02,480 --> 00:28:58,560

[h__h] the way that it is and call it that

617

00:29:04,880 --> 00:29:02,490

and that's where I see you potentially

618

00:29:07,550 --> 00:29:04,890

operating and bringing something to this

619

00:29:10,190 --> 00:29:07,560

table where you can have a foot in both

620

00:29:13,580 --> 00:29:10,200

but then firmly take a stand and say

621

00:29:17,210 --> 00:29:13,590

look he was a creep and it's pretty easy

622

00:29:19,460 --> 00:29:17,220

to see that Scientology is [h__h] we

623

00:29:21,860 --> 00:29:19,470

don't need to beat around the bush and

624

00:29:24,620 --> 00:29:21,870

you know well you know respect

625

00:29:26,480 --> 00:29:24,630

everyone's beliefs know there's a

626

00:29:30,350 --> 00:29:26,490

certain practical part of that woman who

627

00:29:33,080 --> 00:29:30,360

wrote me the email as well as what a lot

628

00:29:37,250 --> 00:29:33,090

of people deal with and spirituality and

629

00:29:39,890 --> 00:29:37,260

yoga does make it more difficult when we

630

00:29:42,380 --> 00:29:39,900

have these kind of unbelievable

631

00:29:45,350 --> 00:29:42,390

experiences of opening of awakening of

632

00:29:47,600 --> 00:29:45,360

deepening but do you get what I'm

633

00:29:50,510 --> 00:29:47,610

talking about or does any of that relate

634

00:29:52,190 --> 00:29:50,520

to I'm following you following you I'm

635

00:29:55,280 --> 00:29:52,200

not sure where you want me to jump in

636

00:29:58,340 --> 00:29:55,290

here but I hear you was a joke creep can

637

00:30:00,830 --> 00:29:58,350

we say that Rick's TM teacher was here

638

00:30:03,200 --> 00:30:00,840

creep he was a creep they still got all

639

00:30:05,870 --> 00:30:03,210

these people that are still in TM go

640

00:30:08,720 --> 00:30:05,880

read the guy's history he was doing

641

00:30:12,380 --> 00:30:08,730

inappropriate stuff all over the place

642

00:30:16,010 --> 00:30:12,390

why can't we just call this out when we

643

00:30:21,320 --> 00:30:16,020

don't when we act like well you know not

644

00:30:24,470 --> 00:30:21,330

sure I don't think it serves anyone yeah

645

00:30:26,900 --> 00:30:24,480

I mean if I honestly right so when I'm

646

00:30:28,760 --> 00:30:26,910

not doing something public or writing

647

00:30:30,860 --> 00:30:28,770

I'm working in a and a hundred percent

648

00:30:33,380 --> 00:30:30,870

medically sealed confidential container

649

00:30:38,990 --> 00:30:33,390

that's the ethics of my profession all

650

00:30:42,170 --> 00:30:39,000

right so I I know a lot I say a lot that

651

00:30:44,450 --> 00:30:42,180

I bet that it only gets translated into

652

00:30:47,380 --> 00:30:44,460

bait principles and books that protect

653

00:30:50,720 --> 00:30:47,390

people because that's me being ethical

654

00:30:52,970 --> 00:30:50,730

but I've I've dealt few years ago I

655

00:30:55,150 --> 00:30:52,980

dealt with the fallout of a spiritual

656

00:30:59,650 --> 00:30:55,160

scandal that resulted in the young man's

657

00:31:01,570 --> 00:30:59,660

I mean it gets really real you know it's

658

00:31:03,130 --> 00:31:01,580

one thing like when people are hurt and

659

00:31:05,980 --> 00:31:03,140

all their usual power struggles and the

660

00:31:07,960 --> 00:31:05,990

scandals and I dealt with this for 20

661

00:31:09,640 --> 00:31:07,970

years in my private practice and as an

662

00:31:11,830 --> 00:31:09,650

author but then when people start

663

00:31:15,190 --> 00:31:11,840

getting killed right and dying that's a

664

00:31:19,240 --> 00:31:15,200

whole nother level and it's it's sobered

665

00:31:22,930 --> 00:31:19,250

me in moments beyond measure right and I

666

00:31:26,550 --> 00:31:22,940

am always uncompromised and in speaking

667

00:31:29,200 --> 00:31:26,560

what what I feel in those situations so

668

00:31:32,350 --> 00:31:29,210

they repealed what do you what do you

669

00:31:35,350 --> 00:31:32,360

feel about Osho when I feel that Osho is

670

00:31:36,940 --> 00:31:35,360

well I'm not gonna base it just on wild

671

00:31:38,800 --> 00:31:36,950

wild country right which is our new fad

672

00:31:42,100 --> 00:31:38,810

right there's a new there's a new

673

00:31:44,050 --> 00:31:42,110

documentary based on something that tell

674

00:31:45,880 --> 00:31:44,060

I've studied it for quite some time and

675

00:31:47,950 --> 00:31:45,890

read many accounts I thought they did an

676
00:31:50,080 --> 00:31:47,960
X and the job so anything else you want

677
00:31:51,400 --> 00:31:50,090
to bring to the table I get that there's

678
00:31:53,500 --> 00:31:51,410
plenty of people who said they had an

679
00:31:55,330 --> 00:31:53,510
incredible experience with Osho I don't

680
00:31:58,390 --> 00:31:55,340
think that matters I mean I think that

681
00:32:01,710 --> 00:31:58,400
that's what I'm getting at is that so

682
00:32:10,270 --> 00:32:01,720
tell me tell me how you break it down I

683
00:32:11,920 --> 00:32:10,280
break it down and that there it's really

684
00:32:14,200 --> 00:32:11,930
tricky like I'm gonna I'm gonna jump

685
00:32:15,730 --> 00:32:14,210
over to another controversial example

686
00:32:18,970 --> 00:32:15,740
which would be chögyam trungpa rinpoche

687
00:32:20,620 --> 00:32:18,980
right who for people who don't know he

688
00:32:25,540 --> 00:32:20,630

was a bettin buddhist master he was an

689

00:32:27,970 --> 00:32:25,550

alcoholic he was a womanizer he probably

690

00:32:30,760 --> 00:32:27,980

did more single-handedly to bring

691

00:32:36,160 --> 00:32:30,770

Tibetan Buddhism to the West than anyone

692

00:32:39,790 --> 00:32:36,170

else ever his some of his major his

693

00:32:40,360 --> 00:32:39,800

closest students were people like Pema

694

00:32:43,600 --> 00:32:40,370

Chodron

695

00:32:46,960 --> 00:32:43,610

Reggie ray some extraordinary teachers

696

00:32:50,710 --> 00:32:46,970

he founded Naropa University right in in

697

00:32:53,140 --> 00:32:50,720

Boulder Colorado so so this man right

698

00:32:55,000 --> 00:32:53,150

who was clearly flawed and there's

699

00:32:57,520 --> 00:32:55,010

wonderful books out about you know from

700

00:32:59,770 --> 00:32:57,530

his his wife who calls it all out I mean

701
00:33:04,820 --> 00:32:59,780
I don't think and most people are

702
00:33:07,250 --> 00:33:04,830
confused about that and yet

703
00:33:09,889 --> 00:33:07,260
all right Hema children alone like that

704
00:33:12,350 --> 00:33:09,899
the tens of thousands of people who have

705
00:33:13,970 --> 00:33:12,360
still managed to benefit right in spite

706
00:33:15,320 --> 00:33:13,980
of what you would call a creep it

707
00:33:18,740 --> 00:33:15,330
doesn't make it less creepy it doesn't

708
00:33:20,419 --> 00:33:18,750
make any person he hurt you no less

709
00:33:22,730 --> 00:33:20,429
affected it doesn't make it any more

710
00:33:25,490 --> 00:33:22,740
right but there's a certain amount of

711
00:33:27,680 --> 00:33:25,500
complexity in in these situations

712
00:33:29,960 --> 00:33:27,690
because sometimes there's a creepy

713
00:33:33,799 --> 00:33:29,970

teacher and there's really good students

714

00:33:36,470 --> 00:33:33,809

who are earnest and and burning with

715

00:33:38,870 --> 00:33:36,480

passion and eager for discernment so in

716

00:33:41,419 --> 00:33:38,880

spite of this creepy teacher they derive

717

00:33:43,100 --> 00:33:41,429

tremendous benefit and then the teacher

718

00:33:45,289 --> 00:33:43,110

may have a scandal and it falls apart

719

00:33:48,169 --> 00:33:45,299

and then these people band together and

720

00:33:49,610 --> 00:33:48,179

become lifelong allies on the path and

721

00:33:52,250 --> 00:33:49,620

support each other and become more

722

00:33:55,159 --> 00:33:52,260

discerning because of it so I guess I

723

00:33:59,389 --> 00:33:55,169

want to say that that there's there

724

00:34:01,549 --> 00:33:59,399

there is while there's an aspect of

725

00:34:03,669 --> 00:34:01,559

black and white I mean I don't hesitate

726

00:34:06,409 --> 00:34:03,679

to call right from wrong there's a

727

00:34:08,960 --> 00:34:06,419

another layer of complexity that

728

00:34:11,180 --> 00:34:08,970

coexists not you know in your coax this

729

00:34:14,899 --> 00:34:11,190

little new agey thing but but the

730

00:34:18,139 --> 00:34:14,909

coexist because and where I bring it

731

00:34:19,730 --> 00:34:18,149

back to is like we have to if we're

732

00:34:21,740 --> 00:34:19,740

gonna enter into these spiritual

733

00:34:23,690 --> 00:34:21,750

pursuits we have to take deep imagery of

734

00:34:25,399 --> 00:34:23,700

ourselves I say in my new book I would

735

00:34:28,129 --> 00:34:25,409

like every single yoga teacher and

736

00:34:29,570 --> 00:34:28,139

series practitioner to undergo a series

737

00:34:32,839 --> 00:34:29,580

of depth psychology in their lives

738

00:34:35,419 --> 00:34:32,849

because if we do that and we understand

739

00:34:37,490 --> 00:34:35,429

our own motivations the the chances of

740

00:34:41,270 --> 00:34:37,500

us falling into a scandalous situation

741

00:34:44,030 --> 00:34:41,280

are infinitesimally weird like they're

742

00:34:45,829 --> 00:34:44,040

reduced massively right I began my

743

00:34:48,740 --> 00:34:45,839

spiritual search at an eighteen nineteen

744

00:34:50,480 --> 00:34:48,750

stumble into all of these replicas you

745

00:34:52,639 --> 00:34:50,490

know these teachers that replicated

746

00:34:55,460 --> 00:34:52,649

everything screwed up inside of my own

747

00:34:56,930 --> 00:34:55,470

psyche nowadays I'm not the least bit

748

00:34:58,490 --> 00:34:56,940

worried about falling into those kind of

749

00:35:00,770 --> 00:34:58,500

hands because I understand what's

750

00:35:03,380 --> 00:35:00,780

motivating me and I understand where I'm

751

00:35:05,329 --> 00:35:03,390

gonna fall and so it's like that's the

752

00:35:07,070 --> 00:35:05,339

empowerment like take it back and that's

753

00:35:08,180 --> 00:35:07,080

what I love my books are about take it

754

00:35:12,109 --> 00:35:08,190

back into your own hands

755

00:35:15,440 --> 00:35:12,119

and and then you be yeah you become the

756

00:35:17,450 --> 00:35:15,450

discerning person on the path and your

757

00:35:18,390 --> 00:35:17,460

chances of falling into something that's

758

00:35:21,359 --> 00:35:18,400

gonna

759

00:35:22,829 --> 00:35:21,369

you at that level are very small that

760

00:35:24,420 --> 00:35:22,839

was great Mariana I really appreciate

761

00:35:27,269 --> 00:35:24,430

how you're holding these two separate

762

00:35:29,819 --> 00:35:27,279

ideas together one is that we have to

763

00:35:32,099 --> 00:35:29,829

take control it's kind of like the new

764

00:35:35,099 --> 00:35:32,109

model for medicine right you can no

765

00:35:35,880 --> 00:35:35,109

longer go to the doctor and say doc what

766

00:35:38,250 --> 00:35:35,890

should I do

767

00:35:41,220 --> 00:35:38,260

man if you're not googling your butt off

768

00:35:42,799 --> 00:35:41,230

before you go there forget it and we all

769

00:35:45,420 --> 00:35:42,809

know that it's a shared responsibility

770

00:35:48,120 --> 00:35:45,430

and that's what I hear you saying about

771

00:35:50,849 --> 00:35:48,130

how our spirituality needs to be it

772

00:35:52,859 --> 00:35:50,859

needs to be a shared responsibility we

773

00:35:55,319 --> 00:35:52,869

don't go give our power to Osho we don't

774

00:35:58,529 --> 00:35:55,329

go give our power to the Catholic Church

775

00:36:00,930 --> 00:35:58,539

to anybody there's enough great

776

00:36:03,839 --> 00:36:00,940

information including the kind of stuff

777

00:36:07,230 --> 00:36:03,849

that you're talking about that allows us

778

00:36:09,720 --> 00:36:07,240

to create our own path follow our own

779

00:36:13,200 --> 00:36:09,730

path and find people that can help us

780

00:36:16,470 --> 00:36:13,210

along the path without destroying us and

781

00:36:18,569 --> 00:36:16,480

pushing us two steps back so I love what

782

00:36:21,299 --> 00:36:18,579

you just said and I love how we can find

783

00:36:24,450 --> 00:36:21,309

that in your books so here's the third

784

00:36:25,950 --> 00:36:24,460

kind of area that I like to cover and

785

00:36:28,410 --> 00:36:25,960

I'm going to tee up for this discussion

786

00:36:30,210 --> 00:36:28,420

and that's that in this process the

787

00:36:32,700 --> 00:36:30,220

skeptical process we're following the

788

00:36:34,440 --> 00:36:32,710

data science is going to help us even

789

00:36:36,809 --> 00:36:34,450

though science is clunky and outdated

790

00:36:39,539 --> 00:36:36,819

with their crazy model of consciousness

791

00:36:41,519 --> 00:36:39,549

which is just absurd still the tools we

792

00:36:42,960 --> 00:36:41,529

want like you bring forth in your book

793

00:36:45,029 --> 00:36:42,970

and the studies and showing their

794

00:36:46,799 --> 00:36:45,039

benefits are great the conspiracy

795

00:36:49,170 --> 00:36:46,809

important we can't just take everything

796

00:36:51,569 --> 00:36:49,180

as it's given to us we have to look

797

00:36:55,230 --> 00:36:51,579

deeper but then the third point for me

798

00:36:56,400 --> 00:36:55,240

is to find the deep spirituality the

799

00:36:58,430 --> 00:36:56,410

spirituality that we're talking about

800

00:37:02,370 --> 00:36:58,440

our personal spirituality beyond

801
00:37:04,289 --> 00:37:02,380
religion beyond Dogma but in particular

802
00:37:08,180 --> 00:37:04,299
what I think would be interesting to

803
00:37:12,630 --> 00:37:08,190
dialogue with you about is the aspect of

804
00:37:16,680 --> 00:37:12,640
the spiritual that does marry with the

805
00:37:20,670 --> 00:37:16,690
non-dual and the yogic in a way that I

806
00:37:23,130 --> 00:37:20,680
think you and I can talk about in kind

807
00:37:25,529 --> 00:37:23,140
of an interesting new way I mentioned

808
00:37:28,880 --> 00:37:25,539
before that I really appreciate the work

809
00:37:32,600 --> 00:37:28,890
that Rick does at food at the gas pump

810
00:37:34,760 --> 00:37:32,610
I just want to tee up two quotes that I

811
00:37:37,970 --> 00:37:34,770
think will bring this idea home one is

812
00:37:40,640 --> 00:37:37,980
from of course the hugging saying this

813
00:37:43,730 --> 00:37:40,650

beautiful person that works tirelessly

814

00:37:47,600 --> 00:37:43,740

you know 18 hours a day hugging people

815

00:37:49,010 --> 00:37:47,610

and digging latrines in India but the

816

00:37:50,180 --> 00:37:49,020

point and people may get tired of

817

00:37:53,810 --> 00:37:50,190

hearing me say this but I think it's

818

00:37:55,160 --> 00:37:53,820

such a profound point so the devotees go

819

00:37:58,760 --> 00:37:55,170

to Amen they go

820

00:38:01,520 --> 00:37:58,770

Amma you know you you say that we're not

821

00:38:05,060 --> 00:38:01,530

of this world and that spirituality is

822

00:38:07,160 --> 00:38:05,070

is bigger and yet you're working

823

00:38:09,410 --> 00:38:07,170

tirelessly for this world you know

824

00:38:13,910 --> 00:38:09,420

you're working so hard what is it

825

00:38:20,870 --> 00:38:13,920

it must supposedly says world what world

826

00:38:25,460 --> 00:38:20,880

I get that that propels me forward in a

827

00:38:27,380 --> 00:38:25,470

way that I guess I kind of would I don't

828

00:38:30,110 --> 00:38:27,390

want to say take issue but I'd contrast

829

00:38:33,110 --> 00:38:30,120

that with the quote that you had at your

830

00:38:35,420 --> 00:38:33,120

book that says people come to me saying

831

00:38:38,690 --> 00:38:35,430

they want truth and what they really

832

00:38:42,260 --> 00:38:38,700

want is happiness so let's play around

833

00:38:46,700 --> 00:38:42,270

with that idea how much are we to be in

834

00:38:53,870 --> 00:38:46,710

this world and how much are we to be not

835

00:38:57,020 --> 00:38:53,880

in this world yeah so so Rick Wright who

836

00:39:00,830 --> 00:38:57,030

I very much enjoy collaborating with and

837

00:39:02,420 --> 00:39:00,840

any of the ways that I do he's exploring

838

00:39:04,580 --> 00:39:02,430

more of this non dual approach to

839

00:39:07,520 --> 00:39:04,590

psychotherapy this the traditions that

840

00:39:09,770 --> 00:39:07,530

I've studied in both as a Jewish person

841

00:39:13,250 --> 00:39:09,780

and my studies of Buddhism in my studies

842

00:39:17,690 --> 00:39:13,260

of yoga have been was more in the

843

00:39:19,790 --> 00:39:17,700

tantric traditions and I know we can't

844

00:39:22,280 --> 00:39:19,800

go back we can't go back we just talked

845

00:39:24,110 --> 00:39:22,290

about that the Jewish tradition let's

846

00:39:26,780 --> 00:39:24,120

talk about the Torah and how it's all

847

00:39:29,720 --> 00:39:26,790

[h__h] and the whole Yahweh thing was

848

00:39:31,610 --> 00:39:29,730

just created it we can go back and trace

849

00:39:35,610 --> 00:39:31,620

it I've talked to the scholars that can

850

00:39:40,470 --> 00:39:38,010

no you're talking about well the point

851
00:39:42,240 --> 00:39:40,480
is I don't understand the distinction

852
00:39:47,280 --> 00:39:42,250
when people say wait a minute

853
00:39:49,500 --> 00:39:47,290
I'm from Tantra so say is that what I

854
00:39:52,500 --> 00:39:49,510
appreciate about the Tantra perspective

855
00:39:54,480 --> 00:39:52,510
that I do find in Judaism and I do find

856
00:39:57,180 --> 00:39:54,490
him Buddhism and I do find in yoga I

857
00:40:00,540 --> 00:39:57,190
understand the religious [h__h] and

858
00:40:03,150 --> 00:40:00,550
all of that is that that that

859
00:40:05,370 --> 00:40:03,160
transformation takes place like here and

860
00:40:07,650 --> 00:40:05,380
in this world so I'm not I'm not about

861
00:40:08,910 --> 00:40:07,660
trying to leave this world I can

862
00:40:12,090 --> 00:40:08,920
appreciate the what world

863
00:40:14,010 --> 00:40:12,100

um the what world that we know where

864

00:40:16,170 --> 00:40:14,020

should where Alma is going with that but

865

00:40:18,000 --> 00:40:16,180

but even when I was living in an ashram

866

00:40:19,980 --> 00:40:18,010

and young woman a girlfriend and I were

867

00:40:21,780 --> 00:40:19,990

25 and we used to steal out in the woods

868

00:40:24,210 --> 00:40:21,790

and say like I'll just talk about

869

00:40:25,860 --> 00:40:24,220

getting off the wheel like I like the

870

00:40:27,380 --> 00:40:25,870

wheel I don't want to get off the wheel

871

00:40:30,930 --> 00:40:27,390

why are we trying to get off the wheel

872

00:40:33,690 --> 00:40:30,940

so I've always approached spirituality

873

00:40:36,300 --> 00:40:33,700

as of this world and and what I like

874

00:40:38,460 --> 00:40:36,310

about the mystic side of the Judaism

875

00:40:41,070 --> 00:40:38,470

that I do participate in is it takes it

876

00:40:43,110 --> 00:40:41,080

all back here it's not about leaving

877

00:40:47,070 --> 00:40:43,120

this or transcending this it's it's

878

00:40:48,930 --> 00:40:47,080

taking it all and bringing it here so so

879

00:40:51,240 --> 00:40:48,940

the the point about bringing in a touch

880

00:40:53,220 --> 00:40:51,250

of perspective is it says that that you

881

00:40:55,170 --> 00:40:53,230

know all of life can be used not only

882

00:40:57,710 --> 00:40:55,180

for the purpose of transformation but as

883

00:41:00,990 --> 00:40:57,720

the expression of transformation and

884

00:41:03,480 --> 00:41:01,000

energy what I think always implied in

885

00:41:05,820 --> 00:41:03,490

that the funny thing I find in that is

886

00:41:10,110 --> 00:41:05,830

what's implied is that is that is a

887

00:41:13,410 --> 00:41:10,120

transformation to what is pointing to

888

00:41:16,530 --> 00:41:13,420

what every spiritual master in in

889

00:41:18,390 --> 00:41:16,540

Buddhism and Hinduism has pointed to and

890

00:41:21,180 --> 00:41:18,400

what a lot of the Christian mystics have

891

00:41:24,360 --> 00:41:21,190

pointed to as well and I'm sure some of

892

00:41:27,770 --> 00:41:24,370

the Kabbalah and and Jewish mystics as

893

00:41:31,320 --> 00:41:27,780

well is that fundamentally we're

894

00:41:32,790 --> 00:41:31,330

transcending past this material world so

895

00:41:34,110 --> 00:41:32,800

if you're saying this is the stopping

896

00:41:37,710 --> 00:41:34,120

point and you want to stay here and play

897

00:41:38,820 --> 00:41:37,720

for a while I get that let me so go

898

00:41:40,590 --> 00:41:38,830

ahead I'll let you respond to that and

899

00:41:42,330 --> 00:41:40,600

that's you up another one it's not even

900

00:41:45,330 --> 00:41:42,340

like the last sit here I'm sorry for a

901
00:41:47,730 --> 00:41:45,340
while it's like this is where we live

902
00:41:49,859 --> 00:41:47,740
this is where our relationships happen

903
00:41:52,620 --> 00:41:49,869
this is where whatever inner work we're

904
00:41:54,990 --> 00:41:52,630
doing expresses itself and as you were

905
00:41:57,660 --> 00:41:55,000
saying earlier right it's very clear

906
00:42:00,720 --> 00:41:57,670
that that a large part of our current

907
00:42:03,780 --> 00:42:00,730
world is disintegrated and disconnected

908
00:42:05,370 --> 00:42:03,790
so I think you know what I appreciate

909
00:42:07,650 --> 00:42:05,380
about a lot of the traditions bringing

910
00:42:11,340 --> 00:42:07,660
in social engagement social activism

911
00:42:15,090 --> 00:42:11,350
it's it's just saying like let's let's

912
00:42:16,800 --> 00:42:15,100
take all of that I'm not trying to get

913
00:42:20,010 --> 00:42:16,810

out of here because I'll get out of here

914

00:42:21,630 --> 00:42:20,020

from the time that I'm dead you know who

915

00:42:24,270 --> 00:42:21,640

knows what happens after right I got

916

00:42:27,780 --> 00:42:24,280

we're here now so I think that that that

917

00:42:31,770 --> 00:42:27,790

the the process that we're in is is most

918

00:42:33,300 --> 00:42:31,780

effectively expressed your here and now

919

00:42:36,330 --> 00:42:33,310

and not only with the people around us

920

00:42:39,930 --> 00:42:36,340

but that that's the capacity that that

921

00:42:43,740 --> 00:42:39,940

can can be brought into to change

922

00:42:46,650 --> 00:42:43,750

structures and to to you know to make a

923

00:42:48,300 --> 00:42:46,660

difference in real lives right AMA lives

924

00:42:50,970 --> 00:42:48,310

in some other world but she spends her

925

00:42:54,270 --> 00:42:50,980

her days hugging individuals who are

926
00:42:56,400 --> 00:42:54,280
suffering exactly well I think that's

927
00:42:59,010 --> 00:42:56,410
the point and we can kind of return to

928
00:43:01,080 --> 00:42:59,020
that but I'll make the same point in a

929
00:43:03,810 --> 00:43:01,090
different way another great quote I love

930
00:43:05,250 --> 00:43:03,820
from Rick show and I show an episode

931
00:43:08,430 --> 00:43:05,260
that really slipped under the radar for

932
00:43:11,370 --> 00:43:08,440
a lot of people but for me as is there's

933
00:43:12,930 --> 00:43:11,380
a profoundness to what a profundity to

934
00:43:15,510 --> 00:43:12,940
what this truck driver who never

935
00:43:18,180 --> 00:43:15,520
meditated never practice any non-dual

936
00:43:21,470 --> 00:43:18,190
practice but just thought about things

937
00:43:23,910 --> 00:43:21,480
deeply and came to the conclusion that

938
00:43:27,420 --> 00:43:23,920

it's not going to work out

939

00:43:30,960 --> 00:43:27,430

that's his profound contribution and I

940

00:43:34,020 --> 00:43:30,970

think it's a deep one it's not going to

941

00:43:35,040 --> 00:43:34,030

work out so all my plans for what I want

942

00:43:37,080 --> 00:43:35,050

for my kids

943

00:43:39,300 --> 00:43:37,090

that they're not going to work out all

944

00:43:40,560 --> 00:43:39,310

my plans on my relationship with my wife

945

00:43:42,300 --> 00:43:40,570

and where that should go where my

946

00:43:45,990 --> 00:43:42,310

business should go for what I should do

947

00:43:48,240 --> 00:43:46,000

with my health none of it is going to

948

00:43:50,250 --> 00:43:48,250

work out it's certainly not going to

949

00:43:52,410 --> 00:43:50,260

work out exactly the way that I like and

950

00:43:54,870 --> 00:43:52,420

if I really get into it deeply I'm going

951
00:43:56,820 --> 00:43:54,880
to realize it's really not gonna work

952
00:43:59,700 --> 00:43:56,830
out at all and the reason it's not going

953
00:44:04,200 --> 00:43:59,710
to work out is because of what I'm

954
00:44:06,630 --> 00:44:04,210
said world what world I mean the science

955
00:44:09,180 --> 00:44:06,640
if we go back to following the data the

956
00:44:14,010 --> 00:44:09,190
best model we proudly have for what's

957
00:44:16,380 --> 00:44:14,020
going on is some form of idealism some

958
00:44:20,310 --> 00:44:16,390
form of consciousness being fundamental

959
00:44:24,839 --> 00:44:20,320
of us creating this reality so of course

960
00:44:27,390 --> 00:44:24,849
it's not going to work out doesn't that

961
00:44:30,660 --> 00:44:27,400
put a different spin on what you're

962
00:44:32,760 --> 00:44:30,670
saying in terms of well you know I like

963
00:44:38,280 --> 00:44:32,770

being on the wheel I like trying to be

964

00:44:40,260 --> 00:44:38,290

happy I like all the rest of that didn't

965

00:44:43,589 --> 00:44:40,270

say I like trying to be happy you know

966

00:44:45,870 --> 00:44:43,599

I'm grateful the other tried to be happy

967

00:44:47,070 --> 00:44:45,880

try to be happy being happy I like but

968

00:44:50,040 --> 00:44:47,080

trying to be half they can be a real

969

00:44:52,890 --> 00:44:50,050

pain right and and being disappointed

970

00:44:55,410 --> 00:44:52,900

when I'm not so that so I don't know if

971

00:44:59,970 --> 00:44:55,420

it puts another spin on it I just you

972

00:45:03,210 --> 00:44:59,980

know I think the what I've always done

973

00:45:06,030 --> 00:45:03,220

in my in my books but in my life is is

974

00:45:08,310 --> 00:45:06,040

that we just and what readers have

975

00:45:10,079 --> 00:45:08,320

appreciated is that we take these big

976

00:45:14,190 --> 00:45:10,089

concepts and just let them be about

977

00:45:16,230 --> 00:45:14,200

about you and I and and not not high and

978

00:45:17,760 --> 00:45:16,240

above them where other people live and

979

00:45:21,839 --> 00:45:17,770

where we suppose that we're we're gonna

980

00:45:24,810 --> 00:45:21,849

to get you but but like just just start

981

00:45:28,349 --> 00:45:24,820

here so I much appreciate what's what

982

00:45:31,620 --> 00:45:28,359

that man says and ninety-two because I

983

00:45:34,290 --> 00:45:31,630

have to say that you know I guess the

984

00:45:37,260 --> 00:45:34,300

reason I reacted to the kind of non-dual

985

00:45:40,410 --> 00:45:37,270

versus tantric stuff that that that

986

00:45:44,190 --> 00:45:40,420

supposed juxtaposition is that I don't

987

00:45:47,670 --> 00:45:44,200

see it I see what norio is saying as

988

00:45:50,430 --> 00:45:47,680

being deeply and profoundly putting me

989

00:45:53,070 --> 00:45:50,440

in the now I mean here's a guy who talks

990

00:45:55,020 --> 00:45:53,080

about you know realizing that it's not

991

00:45:57,960 --> 00:45:55,030

going to work out and that bringing him

992

00:46:01,230 --> 00:45:57,970

to where he can sit with his children

993

00:46:05,010 --> 00:46:01,240

and rather than tell them he can sit and

994

00:46:07,380 --> 00:46:05,020

just cry and just say wow you know I can

995

00:46:09,930 --> 00:46:07,390

be there for you right now because I

996

00:46:12,060 --> 00:46:09,940

don't have any expectations about how

997

00:46:13,290 --> 00:46:12,070

it's going to be or what it's going to

998

00:46:15,000 --> 00:46:13,300

be because I

999

00:46:16,920 --> 00:46:15,010

given up on the fact that it's going to

1000

00:46:20,490 --> 00:46:16,930

work out in some particular way so I

1001

00:46:23,250 --> 00:46:20,500

don't see this you know I'm todrick

1002

00:46:24,510 --> 00:46:23,260

I'm non-dual if people are hung up in

1003

00:46:27,360 --> 00:46:24,520

that I think they've missed the point

1004

00:46:29,400 --> 00:46:27,370

I'd go back to a moment when you say you

1005

00:46:31,290 --> 00:46:29,410

know people getting hung up and I'm

1006

00:46:34,380 --> 00:46:31,300

conscious I'm module I had a very

1007

00:46:36,330 --> 00:46:34,390

humbling moments in response to that and

1008

00:46:39,270 --> 00:46:36,340

it was about more than twenty years ago

1009

00:46:40,800 --> 00:46:39,280

and I was interviewing Joan Halifax for

1010

00:46:43,440 --> 00:46:40,810

this book cafe at the mountain that I

1011

00:46:45,180 --> 00:46:43,450

wrote in my 20s and it was a book about

1012

00:46:48,450 --> 00:46:45,190

premature claims to enlightenment

1013

00:46:50,490 --> 00:46:48,460

and I was really making a passionate

1014

00:46:53,850 --> 00:46:50,500

point about people's over-identification

1015

00:46:56,010 --> 00:46:53,860

with but their spirituality and and

1016

00:46:58,980 --> 00:46:56,020

their spiritual resume and all these

1017

00:47:01,800 --> 00:46:58,990

things she stopped me and she said look

1018

00:47:05,760 --> 00:47:01,810

she said I teach Buddhism to prisoners

1019

00:47:08,760 --> 00:47:05,770

on death row and and she says like

1020

00:47:10,860 --> 00:47:08,770

that's really like that's where the

1021

00:47:12,990 --> 00:47:10,870

rubber meets the road and she says for

1022

00:47:14,700 --> 00:47:13,000

me when people are like dressing up as

1023

00:47:16,470 --> 00:47:14,710

enlightened her this or that she said

1024

00:47:18,030 --> 00:47:16,480

it's it's like when you were a young

1025

00:47:21,060 --> 00:47:18,040

girl and you play dress up in your

1026

00:47:23,670 --> 00:47:21,070

mother's closet she said but she said it

1027

00:47:25,740 --> 00:47:23,680

was just it was just a stage you know

1028

00:47:29,310 --> 00:47:25,750

like don't don't even get hung up on

1029

00:47:31,320 --> 00:47:29,320

that and it was super polite because I

1030

00:47:34,020 --> 00:47:31,330

had a real like ax to grind with people

1031

00:47:35,940 --> 00:47:34,030

who were who were caught up in this or

1032

00:47:40,790 --> 00:47:35,950

that and believe me you know I get

1033

00:47:47,040 --> 00:47:40,800

slutted with it and then in some ways I

1034

00:47:48,750 --> 00:47:47,050

um right we can it's we're gonna keep

1035

00:47:50,970 --> 00:47:48,760

growing you know and hopefully in a good

1036

00:47:52,350 --> 00:47:50,980

direction with good with good helpers

1037

00:47:54,240 --> 00:47:52,360

and things are gonna happen I realize

1038

00:47:55,710 --> 00:47:54,250

we're gonna meet old age sickness and

1039

00:47:58,050 --> 00:47:55,720

death you know somebody's gonna die

1040

00:47:59,760 --> 00:47:58,060

we're gonna get sick and we're gonna you

1041

00:48:02,250 --> 00:47:59,770

know we're gonna get chances for real

1042

00:48:05,220 --> 00:48:02,260

wake-up calls and we will make use of

1043

00:48:08,220 --> 00:48:05,230

them or not make use of them but some

1044

00:48:10,170 --> 00:48:08,230

things happen developmentally right by

1045

00:48:13,260 --> 00:48:10,180

just growing up growing up in the path

1046

00:48:16,320 --> 00:48:13,270

growing up in life yeah they hit the mat

1047

00:48:19,340 --> 00:48:16,330

I just I have such a reaction when you

1048

00:48:22,270 --> 00:48:19,350

know if somebody says I'm teaching Zen

1049

00:48:23,980 --> 00:48:22,280

meditation too

1050

00:48:26,500 --> 00:48:23,990

prisoners on death row that's where the

1051

00:48:30,040 --> 00:48:26,510

rubber meets the road [h__h]

1052

00:48:32,920 --> 00:48:30,050

somebody's teaching yoga to middle-aged

1053

00:48:34,780 --> 00:48:32,930

housewives out and Richie ritzy Rancho

1054

00:48:36,660 --> 00:48:34,790

Santa Fe where I live

1055

00:48:40,930 --> 00:48:36,670

that's where the rubber meets the road

1056

00:48:44,560 --> 00:48:40,940

to think that somebody on death row is

1057

00:48:47,230 --> 00:48:44,570

closer to the road than any of us who

1058

00:48:50,380 --> 00:48:47,240

step on a yoga mat anywhere

1059

00:48:55,720 --> 00:48:50,390

Ill think again I I think misses the

1060

00:48:58,660 --> 00:48:55,730

point that wasn't the client well that's

1061

00:48:59,560 --> 00:48:58,670

what she said now I said that she said

1062

00:49:01,060 --> 00:48:59,570

that's where the rubber meets the road

1063

00:49:02,550 --> 00:49:01,070

but that was the point that I that I

1064

00:49:08,080 --> 00:49:02,560

heard isn't the point that you heard

1065

00:49:11,440 --> 00:49:08,090

well help me again he'll be like you

1066

00:49:15,010 --> 00:49:11,450

were you were saying that you know one

1067

00:49:16,780 --> 00:49:15,020

nice I was said something about Tantra

1068

00:49:19,150 --> 00:49:16,790

and people like I do like it Bacon

1069

00:49:22,090 --> 00:49:19,160

Vedanta I do I'm I practiced this and

1070

00:49:27,610 --> 00:49:22,100

I'm only saying that that I hear so much

1071

00:49:29,650 --> 00:49:27,620

of this and and and when I was a younger

1072

00:49:31,360 --> 00:49:29,660

practitioner when I saw people doing

1073

00:49:34,810 --> 00:49:31,370

goddess yoga and all these things that

1074

00:49:39,490 --> 00:49:34,820

just drove me crazy I I had like strong

1075

00:49:41,830 --> 00:49:39,500

feelings about it and and as I grow up

1076
00:49:44,830 --> 00:49:41,840
and like humbles me I just have a little

1077
00:49:47,650 --> 00:49:44,840
bit more patience for people to to move

1078
00:49:49,810 --> 00:49:47,660
through stages and and hopefully you

1079
00:49:52,000 --> 00:49:49,820
know support them with information they

1080
00:49:54,600 --> 00:49:52,010
didn't have and and hopefully you know

1081
00:49:58,720 --> 00:49:54,610
let people grow up and and if they don't

1082
00:50:00,670 --> 00:49:58,730
place my attention somewhere else so she

1083
00:50:03,220 --> 00:50:00,680
was just she was just pointing out you

1084
00:50:05,200 --> 00:50:03,230
know I was I was like via mentally you

1085
00:50:07,150 --> 00:50:05,210
know upset about people who are claiming

1086
00:50:10,180 --> 00:50:07,160
enlightenment prematurely and she's like

1087
00:50:11,770 --> 00:50:10,190
whatever no like no they'll grow up or

1088
00:50:20,320 --> 00:50:11,780

they lost so that was much more of the

1089

00:50:22,540 --> 00:50:20,330

plane okay that's well but it is that

1090

00:50:24,640 --> 00:50:22,550

one but that's okay because you said

1091

00:50:26,080 --> 00:50:24,650

that you know Rick does that's these

1092

00:50:27,700 --> 00:50:26,090

were your words I'll edit this out but

1093

00:50:29,920 --> 00:50:27,710

you said you know Rick does this

1094

00:50:32,740 --> 00:50:29,930

non-dual stuff and I come from this

1095

00:50:34,840 --> 00:50:32,750

Tantra perspective so you set up the

1096

00:50:36,030 --> 00:50:34,850

duality not me and I'm saying I think

1097

00:50:40,590 --> 00:50:36,040

that duality

1098

00:50:42,420 --> 00:50:40,600

is is wrought with problems you know

1099

00:50:44,910 --> 00:50:42,430

it's like when we talked earlier on and

1100

00:50:46,830 --> 00:50:44,920

maybe I won't edit this part out you

1101
00:50:49,050 --> 00:50:46,840
know that them part you know oh well I

1102
00:50:50,580 --> 00:50:49,060
don't like talking about us versus them

1103
00:50:52,410 --> 00:50:50,590
in psychology oh really

1104
00:50:54,660 --> 00:50:52,420
tee it up for me I'll talk about us

1105
00:50:56,880 --> 00:50:54,670
versus them all day long because people

1106
00:51:00,180 --> 00:50:56,890
who believe in the neuroscience model of

1107
00:51:02,880 --> 00:51:00,190
consciousness are to a certain extent in

1108
00:51:04,950 --> 00:51:02,890
some kind of mind control program to

1109
00:51:07,620 --> 00:51:04,960
control our kids and to convince them

1110
00:51:09,480 --> 00:51:07,630
that you know Pharma logical solutions

1111
00:51:12,750 --> 00:51:09,490
to their problems are the way to pursue

1112
00:51:14,340 --> 00:51:12,760
it and it is a battle for a particular

1113
00:51:16,020 --> 00:51:14,350

mindset if you want to talk about

1114

00:51:18,540 --> 00:51:16,030

religion you want to say there's no us

1115

00:51:20,880 --> 00:51:18,550

versus them then I'm gonna say yeah

1116

00:51:22,920 --> 00:51:20,890

there isn't us us versus them and we

1117

00:51:26,160 --> 00:51:22,930

have a Pope that's so attached to the

1118

00:51:28,260 --> 00:51:26,170

pedophilia community inside the Catholic

1119

00:51:31,500 --> 00:51:28,270

Church that it's scary and as closest

1120

00:51:34,590 --> 00:51:31,510

aid for is love for a lifetime aid is

1121

00:51:36,660 --> 00:51:34,600

on trial right now in Australia with

1122

00:51:38,520 --> 00:51:36,670

over a hundred kids that have come

1123

00:51:42,120 --> 00:51:38,530

forward and said this guy repeatedly

1124

00:51:43,890 --> 00:51:42,130

raped them and as we know pedophiles if

1125

00:51:46,020 --> 00:51:43,900

there is when there's smoke like that

1126
00:51:47,670 --> 00:51:46,030
there's fire when a pope has surrounded

1127
00:51:50,550 --> 00:51:47,680
himself with a bunch of people who are

1128
00:51:52,500 --> 00:51:50,560
proven pedophiles then he cannot

1129
00:51:54,960 --> 00:51:52,510
separate that out I don't have friends

1130
00:51:56,430 --> 00:51:54,970
who are pedophiles if I have a friend

1131
00:51:58,020 --> 00:51:56,440
and I find out they're a pedophile

1132
00:52:00,390 --> 00:51:58,030
they're no longer my friend

1133
00:52:02,460 --> 00:52:00,400
we cannot assume with everything that's

1134
00:52:04,230 --> 00:52:02,470
going on that this Pope is not a

1135
00:52:06,590 --> 00:52:04,240
pedophile in fact we should assume the

1136
00:52:10,800 --> 00:52:06,600
opposite we should assume that he is

1137
00:52:12,990 --> 00:52:10,810
until he convincingly presents it as

1138
00:52:14,730 --> 00:52:13,000

that not being true so you want to say

1139

00:52:16,560 --> 00:52:14,740

us-versus-them I'll step forward and say

1140

00:52:19,800 --> 00:52:16,570

us-versus-them I think we have a pet up

1141

00:52:23,150 --> 00:52:19,810

hope so us-versus-them does work

1142

00:52:26,010 --> 00:52:23,160

sometimes it is necessary sometimes and

1143

00:52:27,570 --> 00:52:26,020

your your about that you know and I

1144

00:52:29,850 --> 00:52:27,580

understand you have a professional

1145

00:52:32,220 --> 00:52:29,860

obligation and an ethical obligation and

1146

00:52:34,650 --> 00:52:32,230

this and that I'm just saying you know

1147

00:52:41,010 --> 00:52:34,660

it's okay to call out some of this stuff

1148

00:52:43,050 --> 00:52:41,020

too yeah okay what works what doesn't

1149

00:52:44,880 --> 00:52:43,060

the some thought would be interesting is

1150

00:52:47,190 --> 00:52:44,890

kind of a way to round up this

1151
00:52:49,680 --> 00:52:47,200
discussion of it bring you into kind of

1152
00:52:53,130 --> 00:52:49,690
my world skeptical you know

1153
00:52:56,610 --> 00:52:53,140
here's a guy Professor biology awesome

1154
00:52:58,050 --> 00:52:56,620
guy dr. Rupert Sheldrake the science of

1155
00:53:00,150 --> 00:52:58,060
spiritual practices

1156
00:53:02,640 --> 00:53:00,160
Rupert both wrote the foreword to my

1157
00:53:04,710 --> 00:53:02,650
book he's written so many fantastic

1158
00:53:06,930 --> 00:53:04,720
books is highly regarded he's a

1159
00:53:09,420 --> 00:53:06,940
Christian we had a little bit of a

1160
00:53:11,160 --> 00:53:09,430
discussion about that but you know hey

1161
00:53:13,620 --> 00:53:11,170
here's the science of spiritual

1162
00:53:15,810 --> 00:53:13,630
practices you know pilgrimages are a

1163
00:53:18,870 --> 00:53:15,820

good idea meditation prayer is a good

1164

00:53:21,150 --> 00:53:18,880

idea does this work is this the path

1165

00:53:23,040 --> 00:53:21,160

that people should pursue I'll tee up

1166

00:53:25,800 --> 00:53:23,050

the rest as long as I'm added my other

1167

00:53:29,130 --> 00:53:25,810

friend Gordon white is into chaos magic

1168

00:53:33,750 --> 00:53:29,140

hey chaos magic that's the way that's

1169

00:53:35,820 --> 00:53:33,760

what works here my buddies Tony Robbins

1170

00:53:37,770 --> 00:53:35,830

the Iceman I don't think wim HOF gets

1171

00:53:40,590 --> 00:53:37,780

enough credit as the incredible yogi

1172

00:53:43,380 --> 00:53:40,600

that he is so I do ice baths all the

1173

00:53:46,010 --> 00:53:43,390

time it reminds me that I am NOT my body

1174

00:53:48,690 --> 00:53:46,020

when you're sitting in 35-degree water

1175

00:53:52,080 --> 00:53:48,700

you've got to get that mental focus that

1176
00:53:54,330 --> 00:53:52,090
you are not really there your presence

1177
00:53:56,340 --> 00:53:54,340
your is there but your consciousness is

1178
00:53:58,490 --> 00:53:56,350
separate from that and I think let's see

1179
00:54:01,560 --> 00:53:58,500
if I headed it in and I think certainly

1180
00:54:08,610 --> 00:54:01,570
that's what you're offering up you're

1181
00:54:10,440 --> 00:54:08,620
saying this is what works yoga in the

1182
00:54:13,980 --> 00:54:10,450
way that you're talking about it being

1183
00:54:15,390 --> 00:54:13,990
practiced can work for people so let's

1184
00:54:18,540 --> 00:54:15,400
in the time we have left

1185
00:54:22,170 --> 00:54:18,550
dialog about what works and what doesn't

1186
00:54:24,270 --> 00:54:22,180
because I think it lets Mariana people

1187
00:54:26,040 --> 00:54:24,280
are wondering you know should I look at

1188
00:54:28,110 --> 00:54:26,050

chaos magic I have a lot of people in

1189

00:54:28,890 --> 00:54:28,120

the show who are into chaos magic and

1190

00:54:31,200 --> 00:54:28,900

say wait a minute

1191

00:54:33,060 --> 00:54:31,210

why not chaos magic that's what that

1192

00:54:34,740 --> 00:54:33,070

should be my starting point you know or

1193

00:54:36,690 --> 00:54:34,750

people coming from a religious

1194

00:54:39,030 --> 00:54:36,700

background like Rupert and saying

1195

00:54:41,400 --> 00:54:39,040

Christianity if I stick to it you know

1196

00:54:42,120 --> 00:54:41,410

that's gonna work for me what works what

1197

00:54:45,090 --> 00:54:42,130

doesn't

1198

00:54:47,100 --> 00:54:45,100

your pragmatics your book is pragmatic

1199

00:54:47,880 --> 00:54:47,110

it's a in a lot of ways it's a toolkit

1200

00:54:50,550 --> 00:54:47,890

kind of book

1201

00:54:55,190 --> 00:54:50,560

how do people address this what works

1202

00:54:58,440 --> 00:54:55,200

what doesn't what works is becoming very

1203

00:55:02,760 --> 00:54:58,450

intelligent practitioners right very

1204

00:55:03,760 --> 00:55:02,770

intelligent people on the path and and

1205

00:55:06,190 --> 00:55:03,770

for me like

1206

00:55:08,560 --> 00:55:06,200

I don't see spiritual life in the West

1207

00:55:10,510 --> 00:55:08,570

working without psychology I don't see

1208

00:55:13,360 --> 00:55:10,520

you spiritual communities functioning

1209

00:55:15,520 --> 00:55:13,370

without without the teachers and

1210

00:55:18,100 --> 00:55:15,530

students doing depth psychological work

1211

00:55:19,270 --> 00:55:18,110

however they're gonna do it especially

1212

00:55:20,860 --> 00:55:19,280

when we're importing in Eastern

1213

00:55:23,650 --> 00:55:20,870

tradition we're gonna drop it in the

1214

00:55:26,170 --> 00:55:23,660

West psychology has the tools and the

1215

00:55:28,300 --> 00:55:26,180

practices that that are going to support

1216

00:55:30,430 --> 00:55:28,310

things that that Eastern importations

1217

00:55:32,970 --> 00:55:30,440

are not going to support but don't we

1218

00:55:36,940 --> 00:55:32,980

have to get past a little bit the

1219

00:55:39,370 --> 00:55:36,950

spiritual relativism like you know well

1220

00:55:41,290 --> 00:55:39,380

it's all everyone we're all doing yoga

1221

00:55:43,300 --> 00:55:41,300

really right here this is with chaos

1222

00:55:44,710 --> 00:55:43,310

magic you know and i garden might have

1223

00:55:46,660 --> 00:55:44,720

the utmost respect for him he's been on

1224

00:55:48,580 --> 00:55:46,670

the show multiple times but a lot of

1225

00:55:50,710 --> 00:55:48,590

times the chaos magic people will say in

1226

00:55:52,120 --> 00:55:50,720

one respect quite correctly and in

1227

00:55:54,280 --> 00:55:52,130

another respect and a completely

1228

00:55:57,190 --> 00:55:54,290

meaningless way hey we're all doings

1229

00:55:59,590 --> 00:55:57,200

we're all doing magic all the time what

1230

00:56:02,860 --> 00:55:59,600

they mean is there is a reality to this

1231

00:56:06,100 --> 00:56:02,870

extended consciousness that does seem to

1232

00:56:08,950 --> 00:56:06,110

be occupied by spirits for lack of a

1233

00:56:11,560 --> 00:56:08,960

better word if we're honest about it

1234

00:56:13,710 --> 00:56:11,570

every spiritual tradition talks about

1235

00:56:17,410 --> 00:56:13,720

this we can't deny it certainly

1236

00:56:20,260 --> 00:56:17,420

Christianity Judaism every the Buddhists

1237

00:56:22,360 --> 00:56:20,270

the Hindus talk about this spiritual

1238

00:56:24,550 --> 00:56:22,370

realm and there being spirits that are

1239

00:56:27,550 --> 00:56:24,560

interacting so we're interacting with

1240

00:56:30,190 --> 00:56:27,560

them so why wouldn't we choose to

1241

00:56:34,180 --> 00:56:30,200

interact with them in a certain way try

1242

00:56:37,090 --> 00:56:34,190

and manage that relationship in a way so

1243

00:56:41,110 --> 00:56:37,100

that is a very specific way of saying

1244

00:56:43,300 --> 00:56:41,120

here's what works what some chaos

1245

00:56:45,220 --> 00:56:43,310

magician folks like to say though is

1246

00:56:46,930 --> 00:56:45,230

that then as soon as you say well what

1247

00:56:49,500 --> 00:56:46,940

about this word about that they go well

1248

00:56:52,540 --> 00:56:49,510

you know your yoga ecology is

1249

00:56:56,620 --> 00:56:52,550

effectively magic at work you know or

1250

00:56:59,320 --> 00:56:56,630

this so don't this relativism I think

1251
00:57:04,180 --> 00:56:59,330
can be a little confusing what is there

1252
00:57:06,700 --> 00:57:04,190
specifically about the yoga psychology

1253
00:57:10,240 --> 00:57:06,710
blend that you've found that makes it

1254
00:57:13,840 --> 00:57:10,250
different from these other paths and in

1255
00:57:16,480 --> 00:57:13,850
your opinion makes it better I mean I

1256
00:57:17,109 --> 00:57:16,490
think your somatic stuff is spoda I

1257
00:57:19,930 --> 00:57:17,119
think it's

1258
00:57:25,180 --> 00:57:19,940
an important distinction that people can

1259
00:57:26,980 --> 00:57:25,190
feel and grab on to is that stuff gets

1260
00:57:30,970 --> 00:57:26,990
caught in the body in ways that we don't

1261
00:57:34,269 --> 00:57:30,980
understand and your practice can change

1262
00:57:36,999 --> 00:57:34,279
that I mean that's my answer to the

1263
00:57:39,069 --> 00:57:37,009

question but what's your answer I don't

1264

00:57:42,009 --> 00:57:39,079

know I don't know how much more to to

1265

00:57:45,579 --> 00:57:42,019

add to that I mean I obviously like to

1266

00:57:47,559 --> 00:57:45,589

think that what I'm offering here is is

1267

00:57:50,289 --> 00:57:47,569

the you know the most effective

1268

00:57:52,450 --> 00:57:50,299

practices and ways to blend these two

1269

00:57:53,440 --> 00:57:52,460

particular traditions but I don't think

1270

00:57:54,970 --> 00:57:53,450

that everyone in the world should be

1271

00:57:57,430 --> 00:57:54,980

doing yoga and psychology this is my

1272

00:57:59,140 --> 00:57:57,440

first book about yoga and psychology my

1273

00:58:03,249 --> 00:57:59,150

other books are about how to support

1274

00:58:06,579 --> 00:58:03,259

people to most effectively have a

1275

00:58:09,069 --> 00:58:06,589

fruitful and and a fruitful journey with

1276

00:58:11,559 --> 00:58:09,079

with most unnecessary suffering on

1277

00:58:14,109 --> 00:58:11,569

whatever path they choose so Mariana

1278

00:58:15,789 --> 00:58:14,119

this is terrific again I think I could

1279

00:58:19,559 --> 00:58:15,799

really really highly recommend this book

1280

00:58:22,839 --> 00:58:19,569

as a practicing yogi and someone who has

1281

00:58:26,109 --> 00:58:22,849

experienced firsthand the psychological

1282

00:58:28,870 --> 00:58:26,119

aspect to yoga I think this book

1283

00:58:32,259 --> 00:58:28,880

explores it in such a terrific way and

1284

00:58:33,729 --> 00:58:32,269

what really impresses me is that people

1285

00:58:36,819 --> 00:58:33,739

who pick up this good book are going to

1286

00:58:38,529 --> 00:58:36,829

find practical ways to take these ideas

1287

00:58:39,880 --> 00:58:38,539

and take them into their practice and to

1288

00:58:42,579 --> 00:58:39,890

try them out and the way you're talking

1289

00:58:43,720 --> 00:58:42,589

about so you know we've covered that we

1290

00:58:46,269 --> 00:58:43,730

haven't really talked about your other

1291

00:58:48,309 --> 00:58:46,279

books but people can find those on your

1292

00:58:50,950 --> 00:58:48,319

website and I also want people to

1293

00:58:54,339 --> 00:58:50,960

understand more of what you do in terms

1294

00:58:57,249 --> 00:58:54,349

of therapy work if they feel drawn to

1295

00:58:59,319 --> 00:58:57,259

you in any way so in the time we have

1296

00:59:01,089 --> 00:58:59,329

left can you tell us more about one

1297

00:59:04,390 --> 00:59:01,099

where they can get the book about your

1298

00:59:08,710 --> 00:59:04,400

website real spirituality and about your

1299

00:59:11,470 --> 00:59:08,720

therapy practice sure thanks so real

1300

00:59:14,380 --> 00:59:11,480

spirituality calm and yoga and psyche

1301

00:59:15,910 --> 00:59:14,390

calm you can link them and you can find

1302

00:59:19,059 --> 00:59:15,920

them through each other or just putting

1303

00:59:20,349 --> 00:59:19,069

my name in Google yoga and psyche calm

1304

00:59:22,809 --> 00:59:20,359

is much more about this material

1305

00:59:25,690 --> 00:59:22,819

specifically it has a whole library of

1306

00:59:29,440 --> 00:59:25,700

all this academic research lots and lots

1307

00:59:33,550 --> 00:59:29,450

of free resources do that specifically

1308

00:59:37,569 --> 00:59:33,560

then as a clinician I do psychotherapy

1309

00:59:39,940 --> 00:59:37,579

and I do spiritual counseling so I work

1310

00:59:42,160 --> 00:59:39,950

in person from my home in Fairfax

1311

00:59:45,160 --> 00:59:42,170

California and I work through video

1312

00:59:47,800 --> 00:59:45,170

anywhere in the world awesome again our

1313

00:59:49,300 --> 00:59:47,810

guest has been Mariana Kaplan Arianna

1314

00:59:51,599 --> 00:59:49,310

thank you so much for joining me on

1315

00:59:54,370 --> 00:59:51,609

skeptic oh my pleasure

1316

00:59:56,260 --> 00:59:54,380

so thanks for watching this video if it

1317

00:59:58,870 --> 00:59:56,270

wasn't really a video but just an audio

1318

01:00:00,400 --> 00:59:58,880

stored as a video I apologize but

1319

01:00:02,410 --> 01:00:00,410

there's more videos out there as well

1320

01:00:04,210 --> 01:00:02,420

but please check out the sceptical

1321

01:00:05,560 --> 01:00:04,220

website you can see it here we cover a

1322

01:00:08,380 --> 01:00:05,570

lot of different stuff you might be

1323

01:00:11,710 --> 01:00:08,390

interested in relating to controversial

1324

01:00:15,130 --> 01:00:11,720

science and spirituality a lot of shows

1325

01:00:18,130 --> 01:00:15,140

up there over 350 of them or so all free

1326

01:00:19,590 --> 01:00:18,140

all available for download so do check

1327

01:00:24,110 --> 01:00:19,600

it out

1328

01:00:26,110 --> 01:00:24,120

[Music]