

Dr. Don DeGracia

Skeptiko 388



Skeptiko Topics:

Consciousness Science

Parapsychology

Near-Death Experience

Spirituality

Skeptics/Skepticism

Psi

Psychics & Mediums

Atheism

UFO

Neuroscience

Conspiracy Theories

Contactee Experience

OBE

1
00:00:11,150 --> 00:00:07,940
hey everybody I've an interview coming

2
00:00:13,549 --> 00:00:11,160
up in just a minute with dr. Donald de

3
00:00:15,709 --> 00:00:13,559
gracia from Wayne State University

4
00:00:17,120 --> 00:00:15,719
School of Medicine and I wanted to do a

5
00:00:18,560 --> 00:00:17,130
little bit of an intro because I kind of

6
00:00:22,759 --> 00:00:18,570
screwed up the intro when I was talking

7
00:00:26,179 --> 00:00:22,769
to Don Don is a brilliant guy and what

8
00:00:29,330 --> 00:00:26,189
he does as his day job is way over my

9
00:00:33,250 --> 00:00:29,340
head he works at the School of Medicine

10
00:00:36,920 --> 00:00:33,260
in doing some very advanced research on

11
00:00:39,080 --> 00:00:36,930
stroke victims and cell death a National

12
00:00:42,440 --> 00:00:39,090
Institute of Health grants and other

13
00:00:44,950 --> 00:00:42,450

stuff that I don't totally understand he

14

00:00:47,479 --> 00:00:44,960

has a totally different approach to it a

15

00:00:50,090 --> 00:00:47,489

nonlinear approach because so he's tried

16

00:00:52,100 --> 00:00:50,100

to incorporate other models and other

17

00:00:54,319 --> 00:00:52,110

paradigms but what you'll hear in this

18

00:00:57,410 --> 00:00:54,329

interview is that none of that stuff

19

00:01:00,889 --> 00:00:57,420

really matters that's not what Don's

20

00:01:03,520 --> 00:01:00,899

about what Don's about is really

21

00:01:06,050 --> 00:01:03,530

something much deeper to do with

22

00:01:09,620 --> 00:01:06,060

spirituality the nature of consciousness

23

00:01:13,580 --> 00:01:09,630

and what everything is really all about

24

00:01:16,070 --> 00:01:13,590

he's an absolutely fabulous guest one of

25

00:01:18,080 --> 00:01:16,080

my favorites particularly because I

26

00:01:20,390 --> 00:01:18,090

would hear about him in a lot of other

27

00:01:22,850 --> 00:01:20,400

places you won't see a lot of interviews

28

00:01:23,359 --> 00:01:22,860

with him he's not out there pumping

29

00:01:32,080 --> 00:01:23,369

books

30

00:01:36,280 --> 00:01:32,090

thinking is just imaginative unique and

31

00:01:39,679 --> 00:01:36,290

he's not afraid to tell it like it is

32

00:01:42,999 --> 00:01:39,689

so it's an interview I really enjoyed

33

00:01:45,830 --> 00:01:43,009

doing I hope you enjoy listening to it

34

00:01:48,830 --> 00:01:45,840

so we already told folks you're there at

35

00:01:53,240 --> 00:01:48,840

Wayne State University in the Department

36

00:01:55,999 --> 00:01:53,250

of physiology your professor and you've

37

00:01:57,350 --> 00:01:56,009

but you have this secret life you have a

38

00:01:58,700 --> 00:01:57,360

couple of secret lives but one of your

39

00:02:00,469 --> 00:01:58,710

secret what are you see your lives is

40

00:02:02,780 --> 00:02:00,479

you're really into comics and you're

41

00:02:05,030 --> 00:02:02,790

wearing your comic-con what what tee

42

00:02:08,749 --> 00:02:05,040

shirt are you wearing they're Black

43

00:02:10,100 --> 00:02:08,759

Panthers there we go sit that's the

44

00:02:11,800 --> 00:02:10,110

original black panther for all the black

45

00:02:15,880 --> 00:02:11,810

panther friends out there

46

00:02:19,449 --> 00:02:15,890

so okay you don't shy away from it but

47

00:02:22,449 --> 00:02:19,459

you also have this other secret life of

48

00:02:25,180 --> 00:02:22,459

a yogi and I think that is so cool and

49

00:02:27,670 --> 00:02:25,190

and we relate to each other because I'm

50

00:02:31,300 --> 00:02:27,680

a yogi and anyone's a yogi who says

51
00:02:33,220 --> 00:02:31,310
their yogi you know I had a car yeah

52
00:02:35,920 --> 00:02:33,230
well it's it's true cuz I had a guy on

53
00:02:39,100 --> 00:02:35,930
the show recently and the guys at total

54
00:02:41,890 --> 00:02:39,110
in my opinion total Pretender in terms

55
00:02:45,040 --> 00:02:41,900
of this kind of deeply spiritual kind of

56
00:02:46,509 --> 00:02:45,050
what wise kind of guy so you know we

57
00:02:48,580 --> 00:02:46,519
kind of got into a little I said Yama

58
00:02:50,320 --> 00:02:48,590
yogi and it goes what what kind of yogi

59
00:02:53,020 --> 00:02:50,330
but you know what's your heritage what

60
00:02:56,440 --> 00:02:53,030
what we can retreat did you go to kind

61
00:03:00,190 --> 00:02:56,450
of thing and it's like oh man yogi is a

62
00:03:02,890 --> 00:03:00,200
state of mind it's a philosophical ship

63
00:03:05,080 --> 00:03:02,900

it's no one can be a yogi right there is

64

00:03:08,110 --> 00:03:05,090

what's your a yogi you're not a yogi

65

00:03:10,809 --> 00:03:08,120

anymore cuz it transcends that but I I

66

00:03:14,710 --> 00:03:10,819

kind of don't want to get too that's I

67

00:03:17,229 --> 00:03:14,720

agree with that completely that's one of

68

00:03:19,180 --> 00:03:17,239

the awkward things about and I talk

69

00:03:23,979 --> 00:03:19,190

about yoga because people ask me what I

70

00:03:25,300 --> 00:03:23,989

do do I practice meditation do Yama and

71

00:03:27,759 --> 00:03:25,310

niyama that's what I do

72

00:03:31,420 --> 00:03:27,769

I'm not advanced enough to do meditation

73

00:03:34,330 --> 00:03:31,430

yeah explain it's the truth explain

74

00:03:36,190 --> 00:03:34,340

that's awesome it's awesome explain

75

00:03:37,830 --> 00:03:36,200

explain them what do you know in both

76

00:03:41,130 --> 00:03:37,840

what is science and and you know

77

00:03:44,970 --> 00:03:41,140

consciousness i define Yama and Yama as

78

00:03:47,020 --> 00:03:44,980

reading writing and arithmetic of yoga

79

00:03:49,420 --> 00:03:47,030

and do reading writing and arithmetic

80

00:03:51,520 --> 00:03:49,430

you can't do anything in the real world

81

00:03:53,680 --> 00:03:51,530

if you don't have Yama and Yama you

82

00:03:56,080 --> 00:03:53,690

can't do yoga for example in Yama you

83

00:03:58,030 --> 00:03:56,090

have like celibacy is one of them which

84

00:04:01,569 --> 00:03:58,040

is one of the more drastic one being

85

00:04:04,000 --> 00:04:01,579

unselfish there's a whole bunch in on

86

00:04:06,580 --> 00:04:04,010

harmful things like to make up the list

87

00:04:08,580 --> 00:04:06,590

of the Yama's and then the jnanis is

88

00:04:12,400 --> 00:04:08,590

like studying the spiritual scriptures

89

00:04:16,920 --> 00:04:12,410

and meditation is of that and what they

90

00:04:21,620 --> 00:04:16,930

really amount to is that yama is the

91

00:04:23,330 --> 00:04:21,630

world itself loosens its grip on you

92

00:04:25,310 --> 00:04:23,340

it's all designed to help you loosen

93

00:04:26,750 --> 00:04:25,320

your grip on the world because you know

94

00:04:28,280 --> 00:04:26,760

I mean there's background to this it's

95

00:04:30,680 --> 00:04:28,290

kind of hard to throw there now the blue

96

00:04:32,960 --> 00:04:30,690

you have to in this is what I think when

97

00:04:34,820 --> 00:04:32,970

you say you're just a yogi anybody can

98

00:04:37,160 --> 00:04:34,830

be yogi with the state of mind well it

99

00:04:39,950 --> 00:04:37,170

thirds that realizing that the world

100

00:04:41,840 --> 00:04:39,960

isn't what it seems to be right you

101
00:04:43,730 --> 00:04:41,850
start to question it you start to wonder

102
00:04:45,290 --> 00:04:43,740
what the hell is going on what is this

103
00:04:48,110 --> 00:04:45,300
all about and once you get to a certain

104
00:04:49,520 --> 00:04:48,120
level of sophistication you realize the

105
00:04:52,460 --> 00:04:49,530
world is not really something you can

106
00:04:54,200 --> 00:04:52,470
grab punch you right now it you just

107
00:04:57,620 --> 00:04:54,210
start to feel out you really do become

108
00:05:00,740 --> 00:04:57,630
skeptical right your little of skeptical

109
00:05:02,930 --> 00:05:00,750
is really great the whole enterprise

110
00:05:05,330 --> 00:05:02,940
because well you know it's it's

111
00:05:09,550 --> 00:05:05,340
interesting I've told the story many

112
00:05:12,520 --> 00:05:09,560
times but it's one of those

113
00:05:14,810 --> 00:05:12,530

serendipitous there are no coincidences

114

00:05:17,480 --> 00:05:14,820

coincidence but I chose the name skeptic

115

00:05:19,190 --> 00:05:17,490

Oh without fully appreciating what it

116

00:05:21,520 --> 00:05:19,200

was all about and then I went and read

117

00:05:24,710 --> 00:05:21,530

about these Greek philosophers and

118

00:05:28,730 --> 00:05:24,720

skeptic Coase was their philosophy and I

119

00:05:33,200 --> 00:05:28,740

love the the tagline it was inquiry to

120

00:05:35,030 --> 00:05:33,210

perpetuate doubt and I thought wow isn't

121

00:05:35,870 --> 00:05:35,040

that wonderful isn't that what it's

122

00:05:40,180 --> 00:05:35,880

always about

123

00:05:42,770 --> 00:05:40,190

because doubt doubt is is spiritual

124

00:05:44,150 --> 00:05:42,780

that's the pathway into yoga there's no

125

00:05:45,380 --> 00:05:44,160

question it's the pathway to you other

126

00:05:47,270 --> 00:05:45,390

so one of the things they talked about

127

00:05:50,120 --> 00:05:47,280

and you for your consciousness is how

128

00:05:52,190 --> 00:05:50,130

weird Yoga is in our culture very just

129

00:05:55,100 --> 00:05:52,200

it's not real yoga very strange people

130

00:05:57,770 --> 00:05:55,110

sit around on mats and go into gyms and

131

00:06:00,230 --> 00:05:57,780

exercising and all that I mean draws a

132

00:06:03,920 --> 00:06:00,240

little bit on hatha yoga traditions but

133

00:06:09,950 --> 00:06:03,930

it's not yoga you know well but before

134

00:06:13,130 --> 00:06:09,960

you say it's it's not yoga because I get

135

00:06:15,650 --> 00:06:13,140

your point but in a way it it it loses

136

00:06:18,470 --> 00:06:15,660

it too because I want to return back to

137

00:06:20,780 --> 00:06:18,480

the Yama Yama thing because it always

138

00:06:23,600 --> 00:06:20,790

gets me when people talk and maybe we'll

139

00:06:25,550 --> 00:06:23,610

talk later like about you know Aleister

140

00:06:27,590 --> 00:06:25,560

Crowley and there Aleister Crowley fans

141

00:06:30,350 --> 00:06:27,600

and I always want to say yeah but he was

142

00:06:32,840 --> 00:06:30,360

a despicable human being by every

143

00:06:33,990 --> 00:06:32,850

measure by by the way he lived his life

144

00:06:35,760 --> 00:06:34,000

no

145

00:06:38,430 --> 00:06:35,770

would model their life for their

146

00:06:42,390 --> 00:06:38,440

spiritual path after this person and to

147

00:06:44,250 --> 00:06:42,400

me but that's the the yama niyama it

148

00:06:45,660 --> 00:06:44,260

becomes self-evident I mean if you're a

149

00:06:49,260 --> 00:06:45,670

creepy dude

150

00:06:51,750 --> 00:06:49,270

then you're not a guy no matter you know

151
00:06:53,160 --> 00:06:51,760
what kind of poses you can do where no

152
00:06:55,710 --> 00:06:53,170
matter how long you can hold your breath

153
00:06:58,890 --> 00:06:55,720
or no matter what state you can achieve

154
00:07:00,750 --> 00:06:58,900
with it doesn't matter it's all

155
00:07:03,150 --> 00:07:00,760
delusional if you don't have Yama in the

156
00:07:05,550 --> 00:07:03,160
Yama down so yeah like I said in the

157
00:07:08,970 --> 00:07:05,560
book basically to make it the same Yama

158
00:07:11,940 --> 00:07:08,980
is loosening loosening the grip that the

159
00:07:14,060 --> 00:07:11,950
world has on you and then jnana is what

160
00:07:16,250 --> 00:07:14,070
do you replace it with

161
00:07:18,830 --> 00:07:16,260
which is a part of it the very first

162
00:07:20,840 --> 00:07:18,840
step is out and questioning and then

163
00:07:22,460 --> 00:07:20,850

that's why court of Nehemiah is studying

164

00:07:24,320 --> 00:07:22,470

the scriptures the Hindu scriptures

165

00:07:27,230 --> 00:07:24,330

because they start to fill your mind

166

00:07:29,690 --> 00:07:27,240

with alternatives to the world and they

167

00:07:33,650 --> 00:07:29,700

start to you know it explain to you what

168

00:07:37,640 --> 00:07:33,660

it found what you know what's a parent

169

00:07:41,270 --> 00:07:37,650

you're sinful and then that becomes to

170

00:07:43,550 --> 00:07:41,280

start and then from there it plays a

171

00:07:44,600 --> 00:07:43,560

role all the way up till the end all the

172

00:07:46,610 --> 00:07:44,610

way up till the end it becomes your

173

00:07:50,780 --> 00:07:46,620

shield that protects you from all of the

174

00:07:52,720 --> 00:07:50,790

digital influences that you encounter as

175

00:07:57,740 --> 00:07:52,730

you go deeper and deeper into the other

176

00:08:00,460 --> 00:07:57,750

practices well I wanted to I wanted to

177

00:08:02,590 --> 00:08:00,470

draw people's attention to two of your

178

00:08:06,140 --> 00:08:02,600

excellent books you've written several

179

00:08:09,050 --> 00:08:06,150

these books are amazing a lot of them

180

00:08:11,150 --> 00:08:09,060

grew out of your blog and a series of

181

00:08:13,400 --> 00:08:11,160

blog posts that you've done you've made

182

00:08:14,210 --> 00:08:13,410

these books available for free on your

183

00:08:18,920 --> 00:08:14,220

website

184

00:08:21,110 --> 00:08:18,930

Don dag com that's do n deg calm we'll

185

00:08:23,390 --> 00:08:21,120

have a link in the show notes and we're

186

00:08:26,060 --> 00:08:23,400

kind of pulling from two of those books

187

00:08:28,100 --> 00:08:26,070

one what is science and we did an

188

00:08:30,410 --> 00:08:28,110

interview a few years ago on that that's

189

00:08:32,180 --> 00:08:30,420

really brilliant in terms of what you've

190

00:08:34,490 --> 00:08:32,190

done in that book and I want to

191

00:08:37,010 --> 00:08:34,500

reference that again in a minute and the

192

00:08:39,440 --> 00:08:37,020

second is the yogic view of

193

00:08:41,930 --> 00:08:39,450

consciousness that you're alluding to

194

00:08:45,560 --> 00:08:41,940

where you really take a scholars

195

00:08:48,250 --> 00:08:45,570

approach to understanding the Yoga

196

00:08:50,600 --> 00:08:48,260

Sutras and breaking them down and

197

00:08:53,000 --> 00:08:50,610

analyzing them from a bunch of different

198

00:08:54,350 --> 00:08:53,010

ways and you've been alluding to that

199

00:08:57,320 --> 00:08:54,360

talking about that a little bit right

200

00:09:01,220 --> 00:08:57,330

now but I'd like you to maybe talk a

201
00:09:04,700 --> 00:09:01,230
little bit about first of all the chain

202
00:09:07,030 --> 00:09:04,710
of consciousness concept that you bring

203
00:09:10,850 --> 00:09:07,040
to this in order to help people

204
00:09:15,820 --> 00:09:10,860
understand a yogic view of what is

205
00:09:19,430 --> 00:09:15,830
consciousness and then you have a rather

206
00:09:22,760 --> 00:09:19,440
fascinating diagram in the book as well

207
00:09:26,000 --> 00:09:22,770
that it kind of shows a a projector and

208
00:09:27,740 --> 00:09:26,010
then a the cave of consciousness and

209
00:09:30,080 --> 00:09:27,750
immanuel kant's

210
00:09:32,570 --> 00:09:30,090
transcendent consciousness and the

211
00:09:35,000 --> 00:09:32,580
screen and you can maybe talk people

212
00:09:38,710 --> 00:09:35,010
through that who are listening who can't

213
00:09:43,580 --> 00:09:38,720

see it but can you tackle those to the

214

00:09:45,320 --> 00:09:43,590

chain of consciousness and this let's do

215

00:09:47,800 --> 00:09:45,330

the diagram first because that's the

216

00:09:50,390 --> 00:09:47,810

core of the whole book is based on that

217

00:09:52,970 --> 00:09:50,400

before we get too deep into it one of

218

00:09:56,510 --> 00:09:52,980

the issues is I don't know if I would

219

00:09:57,770 --> 00:09:56,520

call it scholarly per se it's you know

220

00:09:59,840 --> 00:09:57,780

I'd kind of addressed that my

221

00:10:03,380 --> 00:09:59,850

introduction it approaches whatever

222

00:10:05,060 --> 00:10:03,390

needs needs to be right sometimes it's

223

00:10:06,970 --> 00:10:05,070

kind of scholarly but sometimes it's

224

00:10:09,200 --> 00:10:06,980

very sarcastic and even sardonic

225

00:10:11,540 --> 00:10:09,210

sometimes I think it's funny you know I

226

00:10:14,660 --> 00:10:11,550

laugh at my own jokes though make nerdy

227

00:10:17,240 --> 00:10:14,670

I don't know oh there's what but done

228

00:10:20,420 --> 00:10:17,250

you're you're monopoly whenever you talk

229

00:10:24,080 --> 00:10:20,430

Don you're talking a pretty fricking

230

00:10:27,530 --> 00:10:24,090

high level intellectually for most

231

00:10:28,790 --> 00:10:27,540

people so it's great that you can you

232

00:10:30,560 --> 00:10:28,800

know bring it down with the

233

00:10:32,829 --> 00:10:30,570

self-deprecating humor and all the rest

234

00:10:35,750 --> 00:10:32,839

of that but I want people to know that

235

00:10:38,510 --> 00:10:35,760

that's why I wanted them to get a little

236

00:10:41,690 --> 00:10:38,520

bit of an introduction to who you are a

237

00:10:43,850 --> 00:10:41,700

serious heavyweight guy in terms of

238

00:10:44,870 --> 00:10:43,860

intellectually and that comes through so

239

00:10:48,110 --> 00:10:44,880

the fact that you can make it readable

240

00:10:50,690 --> 00:10:48,120

great but I'm sorry go ahead let's talk

241

00:10:52,400 --> 00:10:50,700

about that anyway yeah that graphic it's

242

00:10:55,010 --> 00:10:52,410

the core of the book I mean that came

243

00:10:57,800 --> 00:10:55,020

from nice try to understand vanderloos

244

00:11:02,990 --> 00:10:57,810

book the conquest of illusion and he

245

00:11:06,590 --> 00:11:03,000

basically discusses that idea and over

246

00:11:08,210 --> 00:11:06,600

the years it's kind of that's the way

247

00:11:11,570 --> 00:11:08,220

I've been able to model it and this is

248

00:11:14,930 --> 00:11:11,580

essentially the structure of what we are

249

00:11:17,420 --> 00:11:14,940

right here and it's a really amazing

250

00:11:20,000 --> 00:11:17,430

thing because it reconciles so much of

251
00:11:22,550 --> 00:11:20,010
Western philosophy is subsumed within

252
00:11:24,860 --> 00:11:22,560
this diagram and it also unites Western

253
00:11:29,170 --> 00:11:24,870
and Eastern philosophy and the idea

254
00:11:32,420 --> 00:11:29,180
basically isn't it it's large measure

255
00:11:34,730 --> 00:11:32,430
made out of based on the Plato's

256
00:11:36,560 --> 00:11:34,740
allegory of the cave which I presume

257
00:11:39,199 --> 00:11:36,570
especially your listeners are familiar

258
00:11:41,000 --> 00:11:39,209
with please go over it please go over it

259
00:11:43,340 --> 00:11:41,010
one more time because I

260
00:11:45,350 --> 00:11:43,350
to hear it five times before I really

261
00:11:48,470 --> 00:11:45,360
got it anyway

262
00:11:50,450 --> 00:11:48,480
what Plato's allegory yeah Plato's

263
00:11:52,640 --> 00:11:50,460

allegory give people the basics in it

264

00:11:56,000 --> 00:11:52,650

right so he talked about these prisoners

265

00:11:59,300 --> 00:11:56,010

who were chained with they're facing a

266

00:12:00,950 --> 00:11:59,310

cave wall and then behind them into the

267

00:12:02,900 --> 00:12:00,960

entrance of the cave you know light came

268

00:12:06,500 --> 00:12:02,910

through and they saw shadows moving on

269

00:12:08,660 --> 00:12:06,510

the wall and these prisoners concocted a

270

00:12:10,100 --> 00:12:08,670

whole cosmology basically based on the

271

00:12:11,390 --> 00:12:10,110

way the shadows moved on the wall

272

00:12:15,290 --> 00:12:11,400

because that's all they knew was the

273

00:12:17,690 --> 00:12:15,300

shadow and in the in the allegory one of

274

00:12:19,400 --> 00:12:17,700

the prisoners work experience chains and

275

00:12:21,050 --> 00:12:19,410

he turns around and sees that the

276

00:12:23,530 --> 00:12:21,060

shadows were just shadows in the

277

00:12:26,540 --> 00:12:23,540

projection of the world outside of cave

278

00:12:28,850 --> 00:12:26,550

and you know initially he's completely

279

00:12:30,470 --> 00:12:28,860

unfounded and doesn't have any ability

280

00:12:32,540 --> 00:12:30,480

to interpret you know he's like blinded

281

00:12:34,730 --> 00:12:32,550

by the light that's coming through the

282

00:12:37,940 --> 00:12:34,740

entrance it would eventually adapt and

283

00:12:39,560 --> 00:12:37,950

and that's you know now experienced in

284

00:12:41,210 --> 00:12:39,570

the real world and then the clincher is

285

00:12:44,450 --> 00:12:41,220

he comes back to tell the people in the

286

00:12:47,330 --> 00:12:44,460

cave that these are just shadows none of

287

00:12:50,660 --> 00:12:47,340

this is real and they all reject him

288

00:12:53,630 --> 00:12:50,670

they think he's insane oh it's a

289

00:12:56,390 --> 00:12:53,640

beautiful metaphor for a million things

290

00:12:58,100 --> 00:12:56,400

but it provides a model of the nature of

291

00:13:02,300 --> 00:12:58,110

our mind and so that basically the idea

292

00:13:04,820 --> 00:13:02,310

is is that our mind is like a balloon

293

00:13:09,570 --> 00:13:04,830

there's no outside there's only the

294

00:13:11,820 --> 00:13:09,580

inside there's no outside do it and II

295

00:13:13,560 --> 00:13:11,830

surface of the balloon is screened and

296

00:13:16,350 --> 00:13:13,570

this is our direct immediate everyday

297

00:13:18,470 --> 00:13:16,360

awareness or consciousness sensory

298

00:13:21,090 --> 00:13:18,480

perceptions our awareness of the world

299

00:13:22,830 --> 00:13:21,100

clogs our emotions that's all the stuff

300

00:13:25,610 --> 00:13:22,840

that everything that we're consciously

301
00:13:29,340 --> 00:13:25,620
aware of is the screen of consciousness

302
00:13:32,280 --> 00:13:29,350
but then idea of the cave in the model

303
00:13:35,070 --> 00:13:32,290
here is that screen itself what appears

304
00:13:37,410 --> 00:13:35,080
on the screen is caused by stuff inside

305
00:13:40,260 --> 00:13:37,420
the cave which in the West we call our

306
00:13:42,090 --> 00:13:40,270
subconscious or unconscious mind right

307
00:13:44,280 --> 00:13:42,100
and it's kind of like the idea in yoga

308
00:13:47,040 --> 00:13:44,290
they use the metaphor of a body of water

309
00:13:49,500 --> 00:13:47,050
where the surface of the water is our

310
00:13:51,450 --> 00:13:49,510
surface consciousness and then things

311
00:13:53,220 --> 00:13:51,460
the currents and Eddie's underneath the

312
00:13:57,510 --> 00:13:53,230
water or what caused the waves on the

313
00:13:59,910 --> 00:13:57,520

surface and then main element of this

314

00:14:01,830 --> 00:13:59,920

though is that all the way at the very

315

00:14:04,230 --> 00:14:01,840

bottom of the cave at the very center of

316

00:14:07,440 --> 00:14:04,240

it here's this hole and through this

317

00:14:09,060 --> 00:14:07,450

hole comes this light and it's all

318

00:14:12,570 --> 00:14:09,070

metaphorical what comes through the hole

319

00:14:16,050 --> 00:14:12,580

is consciousness itself and this then is

320

00:14:19,320 --> 00:14:16,060

a model of what yoga and the idea of

321

00:14:22,020 --> 00:14:19,330

what yoga is is freeing yourself turning

322

00:14:24,030 --> 00:14:22,030

around from that screen moving through

323

00:14:27,120 --> 00:14:24,040

the cave finding that hole that

324

00:14:29,280 --> 00:14:27,130

consciousness comes through passing

325

00:14:30,990 --> 00:14:29,290

through that hole so in the diagram here

326

00:14:33,000 --> 00:14:31,000

the hole is called the Bindu which is

327

00:14:36,750 --> 00:14:33,010

the term that comes out of as meri

328

00:14:39,690 --> 00:14:36,760

Shiva's 'm you know that's from around

329

00:14:42,210 --> 00:14:39,700

900 AD very sophisticated way to think

330

00:14:44,640 --> 00:14:42,220

and he passed through the Bindu and

331

00:14:48,420 --> 00:14:44,650

bingo you enter the real world the

332

00:14:51,330 --> 00:14:48,430

absolute that's the analog of leaving

333

00:14:53,340 --> 00:14:51,340

the cave Plato's cave and you enter the

334

00:14:55,950 --> 00:14:53,350

real world the world of reality which

335

00:14:57,810 --> 00:14:55,960

there is a number of different names for

336

00:15:01,050 --> 00:14:57,820

it in Hinduism they tend to call it

337

00:15:03,240 --> 00:15:01,060

Brahman or in throughout the book I call

338

00:15:05,310 --> 00:15:03,250

it the absolute because that's probably

339

00:15:09,390 --> 00:15:05,320

the best term our infinity is another

340

00:15:12,780 --> 00:15:09,400

good parent views or God all of them are

341

00:15:15,690 --> 00:15:12,790

synonymous so this is an idea of the

342

00:15:17,670 --> 00:15:15,700

nature of what we are it's a model based

343

00:15:20,400 --> 00:15:17,680

on yoga based on the teachings of yoga

344

00:15:23,520 --> 00:15:20,410

and how it explains how yoga works

345

00:15:24,840 --> 00:15:23,530

yeah touch on a manual cot because I

346

00:15:27,450 --> 00:15:24,850

think there's an interesting connection

347

00:15:30,660 --> 00:15:27,460

there he's not a yogi and he's another

348

00:15:32,790 --> 00:15:30,670

guy he's saying the same thing in a way

349

00:15:34,560 --> 00:15:32,800

that maybe we can better understand it

350

00:15:35,880 --> 00:15:34,570

yeah through his intellect he understood

351

00:15:37,560 --> 00:15:35,890

so one of the things this is something

352

00:15:39,660 --> 00:15:37,570

actually I teach it at pants

353

00:15:42,060 --> 00:15:39,670

neurophysiology course I'll be in this

354

00:15:44,430 --> 00:15:42,070

year and one of the things I do is I

355

00:15:46,590 --> 00:15:44,440

introduce the students through the these

356

00:15:49,350 --> 00:15:46,600

philosophical concepts like idealism and

357

00:15:51,210 --> 00:15:49,360

materialism and Buddhism and the

358

00:15:53,700 --> 00:15:51,220

different philosophical points of the

359

00:15:55,170 --> 00:15:53,710

mind because they're all basically

360

00:16:02,340 --> 00:15:55,180

trained to be materialists without

361

00:16:04,710 --> 00:16:02,350

knowing it and so basically what did he

362

00:16:06,300 --> 00:16:04,720

was idealist that idealism says that the

363

00:16:08,910 --> 00:16:06,310

world exists in our mind that there is

364

00:16:10,500 --> 00:16:08,920

no world outside of our mind and it

365

00:16:13,860 --> 00:16:10,510

really it's the actually the most

366

00:16:16,200 --> 00:16:13,870

logical thing because what we perceive

367

00:16:19,020 --> 00:16:16,210

with our senses we we understand it only

368

00:16:21,180 --> 00:16:19,030

as through our mind it's all purely

369

00:16:22,890 --> 00:16:21,190

mental the world we perceive is purely

370

00:16:25,500 --> 00:16:22,900

mental now we've talked about that a

371

00:16:27,990 --> 00:16:25,510

bunch on this plot on this show but I

372

00:16:31,700 --> 00:16:28,000

want to go back and just hit that point

373

00:16:36,300 --> 00:16:31,710

one more time because on one hand it's

374

00:16:38,670 --> 00:16:36,310

so self evident that we kind of have a

375

00:16:42,060 --> 00:16:38,680

natural way of either brushing past it

376

00:16:45,660 --> 00:16:42,070

or recall it recoiling from it but what

377

00:16:49,530 --> 00:16:45,670

you're saying is everything we could

378

00:16:52,200 --> 00:16:49,540

possibly experience is experienced in

379

00:16:55,260 --> 00:16:52,210

our mind absolutely you're right it's

380

00:16:57,120 --> 00:16:55,270

just so unbelievably obvious you you

381

00:16:58,440 --> 00:16:57,130

once you get it the light bulb goes on

382

00:16:59,130 --> 00:16:58,450

and you're just like oh my god how could

383

00:17:01,800 --> 00:16:59,140

it be otherwise

384

00:17:05,220 --> 00:17:01,810

or you recoil from it because it's just

385

00:17:07,110 --> 00:17:05,230

so alien to you on first hearing and you

386

00:17:09,510 --> 00:17:07,120

know if you have that reaction over time

387

00:17:12,630 --> 00:17:09,520

you'll initially we dissolve yourself to

388

00:17:15,179 --> 00:17:12,640

because there's no way out of hold on

389

00:17:18,000 --> 00:17:15,189

nope no weed no absolutely not true

390

00:17:21,840 --> 00:17:18,010

right there's all these folks running

391

00:17:25,530 --> 00:17:21,850

around measuring stuff believing that

392

00:17:28,920 --> 00:17:25,540

the reality that they're experiencing is

393

00:17:31,770 --> 00:17:28,930

real they are not thinking of those

394

00:17:33,570 --> 00:17:31,780

that's quite never went on they never

395

00:17:35,550 --> 00:17:33,580

got it they never understood that what

396

00:17:37,560 --> 00:17:35,560

being said so so let's make sure we

397

00:17:41,570 --> 00:17:37,570

understand as I'm kind of ranting on

398

00:17:45,120 --> 00:17:41,580

there I mean how does not fully

399

00:17:49,260 --> 00:17:45,130

realizing that or accepting it manifest

400

00:17:51,930 --> 00:17:49,270

itself in the world that we live in and

401
00:17:57,170 --> 00:17:51,940
in particular we can talk about science

402
00:18:00,090 --> 00:17:57,180
if you want how does it it's basically

403
00:18:02,550 --> 00:18:00,100
Vanderloo called it fence realism of

404
00:18:04,950 --> 00:18:02,560
formative sense realism other people use

405
00:18:06,660 --> 00:18:04,960
that term - so where you perceive the

406
00:18:09,170 --> 00:18:06,670
world with your senses and you believe

407
00:18:11,700 --> 00:18:09,180
that it is out there outside of you

408
00:18:15,060 --> 00:18:11,710
right so the stuff that you see on the

409
00:18:17,850 --> 00:18:15,070
screen the world the trees the clouds

410
00:18:21,030 --> 00:18:17,860
the other people the planet stars all

411
00:18:23,370 --> 00:18:21,040
that that's sense realism and you

412
00:18:26,790 --> 00:18:23,380
believe that it is exactly as it appears

413
00:18:28,850 --> 00:18:26,800

in your awareness you completely ignore

414

00:18:31,440 --> 00:18:28,860

the fact that your awareness is

415

00:18:34,860 --> 00:18:31,450

containing those things but those things

416

00:18:37,220 --> 00:18:34,870

exist only in your awareness when I

417

00:18:40,070 --> 00:18:37,230

introduce is a way of kind of

418

00:18:44,430 --> 00:18:40,080

jump-starting that whole thing is the

419

00:18:46,680 --> 00:18:44,440

the shut up and calculate thing right so

420

00:18:48,540 --> 00:18:46,690

it's not really naked you know shut up

421

00:18:50,460 --> 00:18:48,550

and calculate actually in the

422

00:18:51,720 --> 00:18:50,470

intervening time since we've been - you

423

00:18:53,360 --> 00:18:51,730

know since the last time I talked to you

424

00:18:56,760 --> 00:18:53,370

have come to appreciate it in a way that

425

00:18:59,250 --> 00:18:56,770

attitude is kind of humbling itself

426

00:19:01,140 --> 00:18:59,260

before what we're talking about right

427

00:19:06,530 --> 00:19:01,150

because I had kind of quantum mechanics

428

00:19:09,690 --> 00:19:06,540

and quantum mechanics presents an

429

00:19:12,020 --> 00:19:09,700

apprehensive of the world that's

430

00:19:18,210 --> 00:19:12,030

completely inconsistent with what we

431

00:19:19,740 --> 00:19:18,220

perceive and so the logic is a we don't

432

00:19:23,490 --> 00:19:19,750

know everything our senses are not

433

00:19:26,850 --> 00:19:23,500

everything and whatever's going on this

434

00:19:29,940 --> 00:19:26,860

works and so just shut up and calculate

435

00:19:33,080 --> 00:19:29,950

well I agree with I agree with part of

436

00:19:36,510 --> 00:19:33,090

that but if they made that first

437

00:19:38,340 --> 00:19:36,520

philosophical leap or they became

438

00:19:41,940 --> 00:19:38,350

grounded in it then I could agree with

439

00:19:44,160 --> 00:19:41,950

you if they fully embrace the we really

440

00:19:46,320 --> 00:19:44,170

don't know what the hell is going on but

441

00:19:46,790 --> 00:19:46,330

what I would say to that is I think the

442

00:19:49,370 --> 00:19:46,800

people

443

00:19:51,080 --> 00:19:49,380

that invented that viewpoint for example

444

00:19:53,480 --> 00:19:51,090

niels bohr the more I've learned about

445

00:19:55,760 --> 00:19:53,490

Niels Bohr yeah but not Richard Hyndman

446

00:19:58,340 --> 00:19:55,770

not Richard Fineman I don't think

447

00:20:01,250 --> 00:19:58,350

Richard Fineman really got that at that

448

00:20:03,710 --> 00:20:01,260

level I mean he because no but then what

449

00:20:06,470 --> 00:20:03,720

happened is it just became a ritual and

450

00:20:08,020 --> 00:20:06,480

people mindlessly repeated it exactly

451
00:20:09,650 --> 00:20:08,030
and then it just became another

452
00:20:13,130 --> 00:20:09,660
institution kind of like

453
00:20:15,110 --> 00:20:13,140
institutionalized religion there's

454
00:20:18,140 --> 00:20:15,120
there's two problems with shutup and

455
00:20:21,800 --> 00:20:18,150
calculate one as you've just described

456
00:20:25,190 --> 00:20:21,810
it can it can mesmerize you into

457
00:20:27,620 --> 00:20:25,200
forgetting the philosophical quandary

458
00:20:28,880 --> 00:20:27,630
that you were attempting to get out of

459
00:20:31,460 --> 00:20:28,890
with the whole thing

460
00:20:34,760 --> 00:20:31,470
and number two along the lines that

461
00:20:38,870 --> 00:20:34,770
you've kind of talked about too you can

462
00:20:41,420 --> 00:20:38,880
become romanced with the tools that it

463
00:20:43,490 --> 00:20:41,430

creates so you don't right now right now

464

00:20:44,990 --> 00:20:43,500

we're like right rectly over the center

465

00:20:48,220 --> 00:20:45,000

of a concept I used throughout the whole

466

00:20:50,480 --> 00:20:48,230

book there's one of my knives or donek

467

00:20:53,300 --> 00:20:50,490

booth points of what I call

468

00:20:55,120 --> 00:20:53,310

philosophical pygmies man in particular

469

00:20:57,770 --> 00:20:55,130

is meant to refer to modern physics

470

00:21:00,350 --> 00:20:57,780

right I love modern physics I think it's

471

00:21:02,030 --> 00:21:00,360

one of the greatest contributions of

472

00:21:05,180 --> 00:21:02,040

Western science and what's happened over

473

00:21:06,500 --> 00:21:05,190

the centuries is generated a large part

474

00:21:09,170 --> 00:21:06,510

of the population out there right now

475

00:21:11,900 --> 00:21:09,180

piccalilli with foolish laymen oriented

476

00:21:13,610 --> 00:21:11,910

stuff their philosophical pity not

477

00:21:16,220 --> 00:21:13,620

Einstein they're not Schrodinger they're

478

00:21:19,360 --> 00:21:16,230

not bore not Newton they're not even

479

00:21:21,530 --> 00:21:19,370

Galileo those guys were all driven by

480

00:21:24,320 --> 00:21:21,540

really great stuff and one of the things

481

00:21:26,240 --> 00:21:24,330

I do in the book as I contrast Herrmann

482

00:21:29,030 --> 00:21:26,250

file who was in my opinion one of the

483

00:21:31,250 --> 00:21:29,040

last really great physicists because I

484

00:21:33,160 --> 00:21:31,260

mean he was super towering he was better

485

00:21:36,590 --> 00:21:33,170

than Einstein better than Schrodinger

486

00:21:40,490 --> 00:21:36,600

because he mixed philosophy religion

487

00:21:43,310 --> 00:21:40,500

math and science and to him a beautiful

488

00:21:46,490 --> 00:21:43,320

harmony of mathematical physics proved

489

00:21:47,920 --> 00:21:46,500

that God created everything

490

00:21:51,340 --> 00:21:47,930

there was the last time you heard

491

00:21:53,630 --> 00:21:51,350

prominent important physicists say that

492

00:21:56,990 --> 00:21:53,640

well how about this how about just

493

00:21:59,570 --> 00:21:57,000

contrasting what you just said with you

494

00:22:02,810 --> 00:21:59,580

know one of our science elites Steven

495

00:22:05,510 --> 00:22:02,820

Hawkings who says philosophy is dead

496

00:22:12,110 --> 00:22:05,520

write philosophical papers right there

497

00:22:14,330 --> 00:22:12,120

this big with respect to yeah yeah I

498

00:22:16,550 --> 00:22:14,340

don't even know if he's a pygmy anymore

499

00:22:19,760 --> 00:22:16,560

when he says philosophy is dead he's

500

00:22:22,310 --> 00:22:19,770

kind of so arrogant yeah well an

501
00:22:23,090 --> 00:22:22,320
arrogance a sign of being ignorant and

502
00:22:26,090 --> 00:22:23,100
that's all it is

503
00:22:27,980 --> 00:22:26,100
and so I make I have no compunctions I

504
00:22:30,080 --> 00:22:27,990
pull no punches I smack the

505
00:22:31,640 --> 00:22:30,090
philosophical peas around every chance I

506
00:22:33,950 --> 00:22:31,650
can because they deserve it they're

507
00:22:35,840 --> 00:22:33,960
stupid you know one of I've spent a lot

508
00:22:38,690 --> 00:22:35,850
of time thinking about this how did the

509
00:22:41,330 --> 00:22:38,700
generation come about and it relates to

510
00:22:45,050 --> 00:22:41,340
a lot of changes in you know that really

511
00:22:47,630 --> 00:22:45,060
took off in the 20s and 30s with you see

512
00:22:50,980 --> 00:22:47,640
Cuba start you see it was modern

513
00:22:53,090 --> 00:22:50,990

philosophy there was just this general

514

00:22:55,010 --> 00:22:53,100

generation and if you look at the route

515

00:22:57,110 --> 00:22:55,020

where did that whole thing come from I

516

00:22:59,810 --> 00:22:57,120

honestly believe and I say this in my

517

00:23:01,790 --> 00:22:59,820

writings that came from hunt because I

518

00:23:05,990 --> 00:23:01,800

after Cod there was nothing left but he

519

00:23:09,560 --> 00:23:06,000

said the world presents itself is in our

520

00:23:10,970 --> 00:23:09,570

mind we can make the assumption that

521

00:23:12,920 --> 00:23:10,980

there's something outside they're

522

00:23:15,080 --> 00:23:12,930

putting the presentation in our mind

523

00:23:16,850 --> 00:23:15,090

that's the transcendental we'll never

524

00:23:18,740 --> 00:23:16,860

know it's inaccessible because the only

525

00:23:21,230 --> 00:23:18,750

way we know is through our mind I mean

526

00:23:22,940 --> 00:23:21,240

he was uh he was D turning point in

527

00:23:26,150 --> 00:23:22,950

Western philosophy there's no question

528

00:23:28,640 --> 00:23:26,160

and he formulated he wouldn't when did

529

00:23:32,540 --> 00:23:28,650

he write his pretty book I think it was

530

00:23:33,830 --> 00:23:32,550

published in 1774 somewhere rather

531

00:23:36,170 --> 00:23:33,840

pretty close to when the American

532

00:23:39,170 --> 00:23:36,180

Revolution happened it was a revolution

533

00:23:42,620 --> 00:23:39,180

in Western thinking so it was kind of

534

00:23:45,379 --> 00:23:42,630

Court according with the time and in

535

00:23:47,180 --> 00:23:45,389

that he said that

536

00:23:49,129 --> 00:23:47,190

only hypothesize that a real world

537

00:23:51,109 --> 00:23:49,139

exists we can never know it for real

538

00:23:53,479 --> 00:23:51,119

because that world is outside of our

539

00:23:55,430 --> 00:23:53,489

mind and all we can know is what is in

540

00:23:59,629 --> 00:23:55,440

our mind so how can we know it's

541

00:24:01,579 --> 00:23:59,639

literally a contradiction to think that

542

00:24:04,369 --> 00:24:01,589

you can know something that's outside

543

00:24:06,440 --> 00:24:04,379

your mind inside your mind you just it

544

00:24:07,879 --> 00:24:06,450

makes no sense it's a contradiction and

545

00:24:09,169 --> 00:24:07,889

so that thing outside of our mind that

546

00:24:12,619 --> 00:24:09,179

we can never know he called the

547

00:24:14,599 --> 00:24:12,629

transcendental and so what what's

548

00:24:17,779 --> 00:24:14,609

interesting and how it ties into yoga is

549

00:24:19,190 --> 00:24:17,789

yoga is the method to not know the

550

00:24:20,119 --> 00:24:19,200

transcendental but to be the

551

00:24:22,940 --> 00:24:20,129

transcendental

552

00:24:26,239 --> 00:24:22,950

yoga teaches you how to escape this trap

553

00:24:28,489 --> 00:24:26,249

akan identified of being in our mind and

554

00:24:30,979 --> 00:24:28,499

it allows us to enter the transcendental

555

00:24:33,699 --> 00:24:30,989

and to be the transcendental that they

556

00:24:36,079 --> 00:24:33,709

call of various things nirvana in yoga

557

00:24:39,849 --> 00:24:36,089

sutras is called Cavalia which means

558

00:24:43,489 --> 00:24:39,859

alone it's the one the one that's alone

559

00:24:46,940 --> 00:24:43,499

think of that or however you want to say

560

00:24:48,769 --> 00:24:46,950

it okay all right let's let's leave that

561

00:24:50,659 --> 00:24:48,779

it there because I'm already I'm gonna I

562

00:24:54,019 --> 00:24:50,669

got a million things I'd love to talk to

563

00:24:57,199 --> 00:24:54,029

you about talk to this Don talk to this

564

00:25:00,879 --> 00:24:57,209

because I love the way you lay out and

565

00:25:03,529 --> 00:25:00,889

lay bare academia as it's currently

566

00:25:06,289 --> 00:25:03,539

misunderstood science is naive and

567

00:25:08,180 --> 00:25:06,299

humanities are bitter and I think that's

568

00:25:10,369 --> 00:25:08,190

really kind of a cool thing to talk

569

00:25:13,069 --> 00:25:10,379

about both because both aspects of it

570

00:25:16,729 --> 00:25:13,079

because if you don't understand both you

571

00:25:19,299 --> 00:25:16,739

don't understand the dilemma that's

572

00:25:21,979 --> 00:25:19,309

right well you know that idea comes from

573

00:25:24,619 --> 00:25:21,989

writings of an author from the 1950s

574

00:25:26,269 --> 00:25:24,629

named CP snow who was engineer who wrote

575

00:25:27,889 --> 00:25:26,279

about a thing called the cultures that

576

00:25:30,619 --> 00:25:27,899

even by the 50s had become very apparent

577

00:25:32,899 --> 00:25:30,629

and one hand you had the sciences and

578

00:25:35,089 --> 00:25:32,909

their worldview and then you had the

579

00:25:37,129 --> 00:25:35,099

humanities who were completely divorced

580

00:25:39,649 --> 00:25:37,139

from the sciences so academia itself

581

00:25:42,079 --> 00:25:39,659

invited along and they never

582

00:25:44,629 --> 00:25:42,089

communicated with each other and if you

583

00:25:48,889 --> 00:25:44,639

trace this backwards again it's my

584

00:25:52,310 --> 00:25:48,899

assertion that the vision started with

585

00:25:54,619 --> 00:25:52,320

that that was the turning point of all

586

00:25:56,479 --> 00:25:54,629

of this because I er you know science

587

00:25:59,340 --> 00:25:56,489

used to be called natural philosophy and

588

00:26:01,320 --> 00:25:59,350

through the 16 and 1700s

589

00:26:03,090 --> 00:26:01,330

scientists were not only highly

590

00:26:05,250 --> 00:26:03,100

religious but they were very adept in

591

00:26:08,070 --> 00:26:05,260

philosophy they contributed looking

592

00:26:09,870 --> 00:26:08,080

Leibniz Leibniz is a great example he

593

00:26:12,690 --> 00:26:09,880

contributed so much to philosophy and

594

00:26:15,150 --> 00:26:12,700

science Newton too in his own although

595

00:26:19,140 --> 00:26:15,160

he was much inferior to my past I always

596

00:26:22,080 --> 00:26:19,150

have to slide in there like this guy but

597

00:26:27,720 --> 00:26:22,090

by the time of Conte they had separated

598

00:26:30,630 --> 00:26:27,730

and con's idealism humanities now became

599

00:26:33,299 --> 00:26:30,640

totally inward focused right there was

600

00:26:35,430 --> 00:26:33,309

no it was all just human creation period

601
00:26:37,470 --> 00:26:35,440
and then the science is literally just

602
00:26:39,720 --> 00:26:37,480
ignored cause let me fast forward a bit

603
00:26:41,909 --> 00:26:39,730
because one of the ways that I think

604
00:26:45,240 --> 00:26:41,919
what you're saying will resonate with

605
00:26:47,700 --> 00:26:45,250
people is the word arrogance that you've

606
00:26:49,529 --> 00:26:47,710
just used a minute ago were ignorant

607
00:26:51,659 --> 00:26:49,539
when it comes to the part of science and

608
00:26:54,480 --> 00:26:51,669
I like the way that you put it is it's

609
00:26:58,470 --> 00:26:54,490
not so much that they've created this

610
00:27:01,529 --> 00:26:58,480
obviously flawed model of reality being

611
00:27:03,360 --> 00:27:01,539
outside but that they've turned it into

612
00:27:05,340 --> 00:27:03,370
an echo chamber where they really

613
00:27:08,340 --> 00:27:05,350

believe this [h__h] themselves this

614

00:27:12,029 --> 00:27:08,350

[h__h] and it becomes a Dogma so their

615

00:27:14,370 --> 00:27:12,039

naivete was getting past the shutup and

616

00:27:16,230 --> 00:27:14,380

calculate which is useful for building

617

00:27:18,779 --> 00:27:16,240

certain things but then turning it into

618

00:27:21,840 --> 00:27:18,789

a religion scientism and saying it's

619

00:27:25,500 --> 00:27:21,850

true but the way you contrast I love the

620

00:27:28,230 --> 00:27:25,510

way that you say humanities are bitter

621

00:27:31,230 --> 00:27:28,240

because so the humanities sit over there

622

00:27:33,450 --> 00:27:31,240

and they say well as you point out well

623

00:27:37,289 --> 00:27:33,460

at least we understand that there is

624

00:27:39,120 --> 00:27:37,299

such a thing as culture society but an

625

00:27:40,830 --> 00:27:39,130

idealism right I mean ideal the

626

00:27:42,419 --> 00:27:40,840

philosophy is now squarely in the

627

00:27:45,180 --> 00:27:42,429

humanities it's no longer part of

628

00:27:47,310 --> 00:27:45,190

science and so yeah these people they've

629

00:27:49,409 --> 00:27:47,320

been pushed out of the center because

630

00:27:51,029 --> 00:27:49,419

through most of Western history the

631

00:27:53,070 --> 00:27:51,039

humanities were the center right the

632

00:27:54,870 --> 00:27:53,080

study of language the study of arts the

633

00:27:57,659 --> 00:27:54,880

study of philosophy and science was just

634

00:28:00,240 --> 00:27:57,669

a side branch but now we say we say what

635

00:28:02,909 --> 00:28:00,250

hey philosophy department where's your

636

00:28:05,070 --> 00:28:02,919

freaking iPhone where's your iPhone show

637

00:28:07,770 --> 00:28:05,080

me your iPhone you haven't given me

638

00:28:10,049 --> 00:28:07,780

anything so there's writer that's cite

639

00:28:11,710 --> 00:28:10,059

in the you know in a scientist just has

640

00:28:13,330 --> 00:28:11,720

an attitude of

641

00:28:15,159 --> 00:28:13,340

what you have to say you walk off the

642

00:28:16,600 --> 00:28:15,169

roof and you'll gravity will pull you to

643

00:28:19,029 --> 00:28:16,610

the ground until you just like it will

644

00:28:21,159 --> 00:28:19,039

everybody else oh shut up that's kind of

645

00:28:23,080 --> 00:28:21,169

the scientists added you didn't it has

646

00:28:25,029 --> 00:28:23,090

it's made humanities very bitter because

647

00:28:27,100 --> 00:28:25,039

they're no longer the center of action

648

00:28:30,010 --> 00:28:27,110

in the world right Kyra whole world is

649

00:28:31,450 --> 00:28:30,020

driven by science and technology and so

650

00:28:32,740 --> 00:28:31,460

these people what have they done they've

651

00:28:34,630 --> 00:28:32,750

they've lost their mind they've

652

00:28:36,010 --> 00:28:34,640

literally gone insane and you can see

653

00:28:41,740 --> 00:28:36,020

this beginning at the turn of the

654

00:28:43,870 --> 00:28:41,750

century with Russell and yeah Bertrand

655

00:28:46,840 --> 00:28:43,880

Russell me he's the beginning of the

656

00:28:49,390 --> 00:28:46,850

insanity of philosophy that guy I just I

657

00:28:51,460 --> 00:28:49,400

really don't like him very much and he

658

00:28:54,370 --> 00:28:51,470

failed at everything he failed that math

659

00:28:57,669 --> 00:28:54,380

he made up he was a bad philosopher he

660

00:28:59,740 --> 00:28:57,679

basically he thought he he he literally

661

00:29:02,950 --> 00:28:59,750

just asserted that idealism is wrong

662

00:29:07,600 --> 00:29:02,960

because up to the brown you know the

663

00:29:10,659 --> 00:29:07,610

year 1900 idealism dominated philosophy

664

00:29:13,840 --> 00:29:10,669

because it's in arguable if you did it

665

00:29:16,450 --> 00:29:13,850

you can argue with idealism but Richard

666

00:29:19,390 --> 00:29:16,460

Russell just said some quote of him that

667

00:29:21,279 --> 00:29:19,400

I read where he said it was just so felt

668

00:29:23,289 --> 00:29:21,289

so liberated to run through the green

669

00:29:26,620 --> 00:29:23,299

grass of the field realizing that green

670

00:29:28,750 --> 00:29:26,630

grass is real look what is this its

671

00:29:33,870 --> 00:29:28,760

emotionalism it's like the stupid

672

00:29:36,100 --> 00:29:33,880

emotionalism it gave a damn bro and

673

00:29:37,419 --> 00:29:36,110

stupidity became synonymous with

674

00:29:39,630 --> 00:29:37,429

philosophy and then you had

675

00:29:41,980 --> 00:29:39,640

post-modernism structuralism

676

00:29:45,760 --> 00:29:41,990

philosophies that dominated up till now

677

00:29:48,340 --> 00:29:45,770

where it's just absurd beyond belief you

678

00:29:52,270 --> 00:29:48,350

know what philosophy has become is a

679

00:29:53,799 --> 00:29:52,280

joke it's a real insult if the

680

00:29:55,750 --> 00:29:53,809

scientists are an insult to their

681

00:29:57,850 --> 00:29:55,760

heritage the philosophy the modern

682

00:30:00,549 --> 00:29:57,860

philosophy is a even bigger insult

683

00:30:02,649 --> 00:30:00,559

imperative and we're just in a mess

684

00:30:05,799 --> 00:30:02,659

right now it's like a Gordian knot and

685

00:30:07,899 --> 00:30:05,809

it just needs to explode it really again

686

00:30:10,029 --> 00:30:07,909

a certain level though this is the

687

00:30:13,270 --> 00:30:10,039

beauty of being all this in the context

688

00:30:15,100 --> 00:30:13,280

of yoga because when you learn yoga you

689

00:30:16,779 --> 00:30:15,110

just this it comes back to the yamen

690

00:30:19,149 --> 00:30:16,789

jnana this is just the way of the world

691

00:30:22,060 --> 00:30:19,159

it's always rocking back and forth

692

00:30:24,470 --> 00:30:22,070

there's always stuff erupting and

693

00:30:27,049 --> 00:30:24,480

blowing up and going round and round and

694

00:30:29,090 --> 00:30:27,059

way of the world then Yoga is about you

695

00:30:32,690 --> 00:30:29,100

know turning away from the looking in

696

00:30:34,850 --> 00:30:32,700

trying to find that Center trying to

697

00:30:37,190 --> 00:30:34,860

find the source of all of this stuff and

698

00:30:39,530 --> 00:30:37,200

not you just turn your back away from

699

00:30:42,549 --> 00:30:39,540

that for a while that's part of yoga you

700

00:30:45,919 --> 00:30:42,559

turn your back that's coming you you

701
00:30:47,840 --> 00:30:45,929
know you know you did a nice run down

702
00:30:50,570 --> 00:30:47,850
there of some of the problems with

703
00:30:51,020 --> 00:30:50,580
science I wanted to bring to your

704
00:30:54,049 --> 00:30:51,030
attention

705
00:30:55,430 --> 00:30:54,059
Henry Bauer who you know and before the

706
00:30:56,690 --> 00:30:55,440
show you're gonna know we're gonna talk

707
00:31:00,289 --> 00:30:56,700
a little bit about Henry Bauer

708
00:31:02,240 --> 00:31:00,299
I love great I think he's I think he's

709
00:31:05,600 --> 00:31:02,250
quite a special guy and one of the

710
00:31:08,510 --> 00:31:05,610
things that I like about his explanation

711
00:31:12,830 --> 00:31:08,520
for the dilemma that we find ourselves

712
00:31:16,190 --> 00:31:12,840
in with regard to science is he explains

713
00:31:17,960 --> 00:31:16,200

it from a market forces standpoint and I

714

00:31:20,360 --> 00:31:17,970

wonder if you had any thoughts on that

715

00:31:22,130 --> 00:31:20,370

especially since you're right in the

716

00:31:25,480 --> 00:31:22,140

middle of that and live that on a day to

717

00:31:29,419 --> 00:31:25,490

day basis and that is so Henry's basic

718

00:31:32,450 --> 00:31:29,429

argument is hey in the 1950s it's after

719

00:31:35,510 --> 00:31:32,460

world war two some science has been

720

00:31:37,850 --> 00:31:35,520

instrumental in helping us win the war

721

00:31:40,250 --> 00:31:37,860

if you will so we're gonna plow all this

722

00:31:42,710 --> 00:31:40,260

money into science and what we wind up

723

00:31:46,850 --> 00:31:42,720

isn't what we wind up with is an

724

00:31:48,650 --> 00:31:46,860

oversupply of scientists well you have

725

00:31:50,720 --> 00:31:48,660

that angle but you know Henry's got this

726

00:31:53,840 --> 00:31:50,730

viewpoint that he like a sociological

727

00:31:56,539 --> 00:31:53,850

view started the very earliest days of

728

00:31:58,549 --> 00:31:56,549

science up till now and variable he

729

00:32:00,830 --> 00:31:58,559

focuses on his conflict of interest

730

00:32:02,390 --> 00:32:00,840

right so in the earliest days like we

731

00:32:04,310 --> 00:32:02,400

mentioned live Nets and Newton and those

732

00:32:07,250 --> 00:32:04,320

as they just did science because it came

733

00:32:10,640 --> 00:32:07,260

out of them were natural right we mozart

734

00:32:12,590 --> 00:32:10,650

made music live nets Galileo Kepler all

735

00:32:15,350 --> 00:32:12,600

these earlier scientists that came out

736

00:32:17,330 --> 00:32:15,360

of them they were natural and then by

737

00:32:19,820 --> 00:32:17,340

the 1800s it had started to become

738

00:32:21,950 --> 00:32:19,830

institutionalized and that's what the

739

00:32:26,120 --> 00:32:21,960

rise of the universities and university

740

00:32:28,430 --> 00:32:26,130

sponsored site and then that led who

741

00:32:29,750 --> 00:32:28,440

could look at Einstein right I mean that

742

00:32:31,430 --> 00:32:29,760

was the whole goal to get into

743

00:32:33,080 --> 00:32:31,440

university had to work at a patent

744

00:32:35,720 --> 00:32:33,090

office for a while before you actually a

745

00:32:38,450 --> 00:32:35,730

real job as a university professor

746

00:32:41,060 --> 00:32:38,460

alright that takes us up to 1900 and

747

00:32:44,660 --> 00:32:41,070

then with all their effort and the

748

00:32:46,850 --> 00:32:44,670

invention of the atomic bomb it all in

749

00:32:48,110 --> 00:32:46,860

government's took a huge interest in it

750

00:32:50,750 --> 00:32:48,120

and it became sponsored by the

751
00:32:52,550 --> 00:32:50,760
government and and then what you're

752
00:32:54,290 --> 00:32:52,560
seeing is this increasing conflict of

753
00:32:57,380 --> 00:32:54,300
interest so when you're a university

754
00:33:00,200 --> 00:32:57,390
professor so it's an idea of keeping

755
00:33:02,630 --> 00:33:00,210
your job you have science to keep your

756
00:33:04,580 --> 00:33:02,640
job right but then they're still COPE

757
00:33:07,010 --> 00:33:04,590
aesthetic right there was economic

758
00:33:08,360 --> 00:33:07,020
interest but you're still you're gonna

759
00:33:10,160 --> 00:33:08,370
lose your job if you lose your

760
00:33:12,110 --> 00:33:10,170
credibility so you still want to do good

761
00:33:14,330 --> 00:33:12,120
science but when it became a

762
00:33:17,330 --> 00:33:14,340
government-sponsored thing and highly

763
00:33:20,600 --> 00:33:17,340

highly commercialized that's when the

764

00:33:23,030 --> 00:33:20,610

conflict of interests became negative

765

00:33:25,610 --> 00:33:23,040

very negative where you would literally

766

00:33:27,350 --> 00:33:25,620

just cheat all right you just cheat and

767

00:33:29,450 --> 00:33:27,360

make or you would get into it solely to

768

00:33:32,380 --> 00:33:29,460

make money and you no longer were a

769

00:33:35,300 --> 00:33:32,390

natural scientist at all you did err I

770

00:33:38,060 --> 00:33:35,310

mean those are there's probably some

771

00:33:39,950 --> 00:33:38,070

kind of continuum there because well it

772

00:33:41,630 --> 00:33:39,960

is it's exactly how he explains it

773

00:33:43,100 --> 00:33:41,640

that's historical continuum that's

774

00:33:48,170 --> 00:33:43,110

gotten worse and worse over time and

775

00:33:49,640 --> 00:33:48,180

today now it's uh you know that's the

776

00:33:50,750 --> 00:33:49,650

big part of it and then coupled with

777

00:33:53,630 --> 00:33:50,760

what you just said about the

778

00:33:56,450 --> 00:33:53,640

demographics of this huge population of

779

00:33:58,460 --> 00:33:56,460

people that are all competing you know

780

00:34:00,800 --> 00:33:58,470

this is reflected in where we started

781

00:34:03,260 --> 00:34:00,810

with NIH France but I do see this in my

782

00:34:07,310 --> 00:34:03,270

everyday life so the NIH grant it's

783

00:34:10,280 --> 00:34:07,320

ordinarily competitive and is much much

784

00:34:10,790 --> 00:34:10,290

more about keeping your job and moving

785

00:34:13,310 --> 00:34:10,800

up

786

00:34:14,150 --> 00:34:13,320

promotional ladder than it is about food

787

00:34:17,240 --> 00:34:14,160

science

788

00:34:19,790 --> 00:34:17,250

ok so heard of that so once after I got

789

00:34:21,350 --> 00:34:19,800

tenured and I was able to really kick

790

00:34:23,150 --> 00:34:21,360

back and start to think about this and

791

00:34:26,750 --> 00:34:23,160

devised the theory that I explained you

792

00:34:29,180 --> 00:34:26,760

earlier now I I submitted that to NIH

793

00:34:31,970 --> 00:34:29,190

two years ago and it got strongly

794

00:34:34,850 --> 00:34:31,980

rejected I mean insultingly rejected

795

00:34:36,650 --> 00:34:34,860

with just shocking it was so a far

796

00:34:37,940 --> 00:34:36,660

afield from the mainstream and so at

797

00:34:39,940 --> 00:34:37,950

that point you see that it be from

798

00:34:42,620 --> 00:34:39,950

threatening these other people because

799

00:34:44,360 --> 00:34:42,630

I'm offering a completely alternative

800

00:34:46,100 --> 00:34:44,370

viewpoint that will wipe out their way

801
00:34:48,340 --> 00:34:46,110
of thinking they've spent their whole

802
00:34:49,770 --> 00:34:48,350
career studying this alphabet soup

803
00:34:52,710 --> 00:34:49,780
molecule or the

804
00:34:55,890 --> 00:34:52,720
alphabet soup molecule and you know say

805
00:34:58,950 --> 00:34:55,900
this is why sells I am a stroke fertile

806
00:35:01,470 --> 00:34:58,960
and you know so there is a tremendous

807
00:35:04,080 --> 00:35:01,480
amount of social inertia and resistance

808
00:35:05,640 --> 00:35:04,090
and the interesting thing too about it

809
00:35:07,590 --> 00:35:05,650
is it's all very much instinctive

810
00:35:09,300 --> 00:35:07,600
animals instinctively protected

811
00:35:10,800 --> 00:35:09,310
territory this is not like if you hate

812
00:35:12,720 --> 00:35:10,810
humanities people where they've read a

813
00:35:14,760 --> 00:35:12,730

lot of philosophy and social science and

814

00:35:16,620 --> 00:35:14,770

they know the factors that are working

815

00:35:20,190 --> 00:35:16,630

here these are just people working from

816

00:35:23,880 --> 00:35:20,200

gut instinct right but if we can

817

00:35:28,050 --> 00:35:23,890

interject a little bit of realism in the

818

00:35:31,290 --> 00:35:28,060

form of conspiracy and conspiratorial

819

00:35:35,040 --> 00:35:31,300

forces this gives greater and greater

820

00:35:38,430 --> 00:35:35,050

power to the people who are one level up

821

00:35:40,770 --> 00:35:38,440

the control system right so if I if I

822

00:35:43,050 --> 00:35:40,780

have all the rats running through the

823

00:35:46,350 --> 00:35:43,060

mazes just that just the way that I want

824

00:35:49,290 --> 00:35:46,360

and I'm the one who has the cheese man I

825

00:35:51,840 --> 00:35:49,300

have more and more power as they're warm

826

00:35:54,830 --> 00:35:51,850

or the rats I mean one of the ways you

827

00:35:57,840 --> 00:35:54,840

know to fill that in with specific so

828

00:35:58,860 --> 00:35:57,850

NIH grant that's tax money right the

829

00:36:01,320 --> 00:35:58,870

funnels through the federal government

830

00:36:03,330 --> 00:36:01,330

we all pay everybody in the country pays

831

00:36:04,890 --> 00:36:03,340

their federal taxes it goes in credit

832

00:36:07,110 --> 00:36:04,900

that goes in the federal budget you know

833

00:36:10,080 --> 00:36:07,120

age thirty billion dollars a year of

834

00:36:12,240 --> 00:36:10,090

federal money in fact and then that gets

835

00:36:15,840 --> 00:36:12,250

VDOT between the administrative costs of

836

00:36:18,270 --> 00:36:15,850

giving out a plan and so those grants

837

00:36:20,910 --> 00:36:18,280

are federal they're subsidized by the

838

00:36:23,640 --> 00:36:20,920

whole society but the main beneficiaries

839

00:36:25,950 --> 00:36:23,650
of it are biotech industry and the

840

00:36:27,720 --> 00:36:25,960
pharmaceutical companies right because

841

00:36:31,230 --> 00:36:27,730
who care do you and your grandma care

842

00:36:33,030 --> 00:36:31,240
about my research no only companies that

843

00:36:34,910 --> 00:36:33,040
are gonna make drugs or make medical

844

00:36:40,220 --> 00:36:34,920
devices so you've got big companies like

845

00:36:42,720 --> 00:36:40,230
Fisher and Sigma and it's just giant

846

00:36:45,390 --> 00:36:42,730
suppliers and then it's also the sole

847

00:36:48,150 --> 00:36:45,400
not of course me and my grandmother care

848

00:36:51,210 --> 00:36:48,160
about your research research the point

849

00:36:54,750 --> 00:36:51,220
really is that we are not represented in

850

00:36:57,720 --> 00:36:54,760
that at the table in terms of letting

851
00:37:00,600 --> 00:36:57,730
are having our force having our voice be

852
00:37:03,010 --> 00:37:00,610
heard because that's the way that I

853
00:37:04,540 --> 00:37:03,020
think that's that's probably we

854
00:37:06,490 --> 00:37:04,550
I mean but what you care about is the

855
00:37:07,990 --> 00:37:06,500
result you don't care about the details

856
00:37:09,730 --> 00:37:08,000
I just want the result you want you know

857
00:37:12,460 --> 00:37:09,740
something when somebody has a stroke

858
00:37:14,490 --> 00:37:12,470
that they get better instead of as it is

859
00:37:17,380 --> 00:37:14,500
now were they just nothing happened

860
00:37:19,090 --> 00:37:17,390
stroke and their brain dies so what is

861
00:37:21,820 --> 00:37:19,100
the future for your research you are

862
00:37:23,790 --> 00:37:21,830
going forward right oh yeah I've started

863
00:37:25,690 --> 00:37:23,800

to apply actually just submitted to a

864

00:37:28,600 --> 00:37:25,700

foundation I've been submitting to

865

00:37:31,060 --> 00:37:28,610

foundation hoping that maybe we can find

866

00:37:33,280 --> 00:37:31,070

more open-minded stuff there I'm not

867

00:37:36,850 --> 00:37:33,290

super optimum realistic I don't want to

868

00:37:39,490 --> 00:37:36,860

say I'm not optimistic and hey listen

869

00:37:42,060 --> 00:37:39,500

it's stupid although karma has kept it

870

00:37:46,300 --> 00:37:42,070

where we have able to slowly but surely

871

00:37:48,280 --> 00:37:46,310

progress this program it is pretty wild

872

00:37:51,310 --> 00:37:48,290

we're like getting to this almost shut

873

00:37:53,530 --> 00:37:51,320

up he'd calculate level yep Theory the

874

00:37:55,900 --> 00:37:53,540

theory has advanced much the mathematics

875

00:37:59,020 --> 00:37:55,910

in fact we just wrote a paper committed

876

00:38:01,150 --> 00:37:59,030

physics journal and did not write reject

877

00:38:02,920 --> 00:38:01,160

it basically just said we don't really

878

00:38:04,840 --> 00:38:02,930

understand why this is important you

879

00:38:07,330 --> 00:38:04,850

know if you could explain to us then we

880

00:38:10,030 --> 00:38:07,340

would be considered so that's that's

881

00:38:13,000 --> 00:38:10,040

actually very optimistic review that's

882

00:38:14,770 --> 00:38:13,010

progress yeah it is progress so you know

883

00:38:18,520 --> 00:38:14,780

that's with the theory and the theory

884

00:38:20,859 --> 00:38:18,530

itself is pretty shocking and something

885

00:38:23,830 --> 00:38:20,869

that I was gonna say earlier we're

886

00:38:25,570 --> 00:38:23,840

talking about this but you know one of

887

00:38:27,910 --> 00:38:25,580

the big differences between what we're

888

00:38:29,650 --> 00:38:27,920

doing in the mainstream way the

889

00:38:31,690 --> 00:38:29,660

mainstream way of doing it is it's

890

00:38:34,480 --> 00:38:31,700

always the same pattern you you

891

00:38:36,609 --> 00:38:34,490

predicted some chemical inside the cell

892

00:38:39,940 --> 00:38:36,619

is causing the death and so you try to

893

00:38:41,440 --> 00:38:39,950

find some drug it stops that chemical

894

00:38:43,630 --> 00:38:41,450

from doing what everybody think it's

895

00:38:45,730 --> 00:38:43,640

good right but what with our

896

00:38:48,790 --> 00:38:45,740

mathematical theory we've already begun

897

00:38:51,400 --> 00:38:48,800

to be able to envision machines you

898

00:38:54,609 --> 00:38:51,410

could create whole new technologies that

899

00:38:56,260 --> 00:38:54,619

you can create whatever may be like an

900

00:38:57,730 --> 00:38:56,270

MRI machine or something like that but

901
00:39:01,599 --> 00:38:57,740
you take and you put the stroke patient

902
00:39:05,410 --> 00:39:01,609
in it to be able to identify the extent

903
00:39:07,960 --> 00:39:05,420
of their stroke and calculate therapy

904
00:39:13,010 --> 00:39:07,970
and apply it even wine or something like

905
00:39:18,320 --> 00:39:13,020
light or radiation not wrong and so

906
00:39:21,590 --> 00:39:18,330
this is you know help me out with this

907
00:39:24,950 --> 00:39:21,600
one Don when you get consciousness wrong

908
00:39:27,590 --> 00:39:24,960
now we've talked a lot about science and

909
00:39:29,510 --> 00:39:27,600
some people call it science bashing I

910
00:39:32,270 --> 00:39:29,520
don't consider it that way I think it's

911
00:39:34,160 --> 00:39:32,280
I wrote a book a couple years ago why

912
00:39:36,710 --> 00:39:34,170
science is wrong about almost everything

913
00:39:39,740 --> 00:39:36,720

and the basic premise was that if you

914

00:39:42,650 --> 00:39:39,750

get consciousness wrong in the way

915

00:39:46,100 --> 00:39:42,660

you're describing it then it's hard

916

00:39:56,420 --> 00:39:46,110

really to get much of anything right you

917

00:40:00,320 --> 00:39:56,430

talk about I will I absolutely will but

918

00:40:02,360 --> 00:40:00,330

to expound on that point because it's

919

00:40:04,730 --> 00:40:02,370

frustrating for me to have to explain to

920

00:40:07,220 --> 00:40:04,740

people even people I really like and

921

00:40:10,070 --> 00:40:07,230

respect like Rupert Sheldrake you know

922

00:40:12,380 --> 00:40:10,080

Cambridge biologist but just recoil

923

00:40:14,450 --> 00:40:12,390

again at the idea that science is wrong

924

00:40:17,120 --> 00:40:14,460

about almost everything no wait wait

925

00:40:20,030 --> 00:40:17,130

they're right about lasers they're right

926

00:40:20,450 --> 00:40:20,040

about all of it you're right you're

927

00:40:22,850 --> 00:40:20,460

right

928

00:40:25,760 --> 00:40:22,860

Deena comes back to Codd see we can only

929

00:40:28,040 --> 00:40:25,770

go back to edit everything that appears

930

00:40:30,800 --> 00:40:28,050

to be outside of us is actually in our

931

00:40:33,110 --> 00:40:30,810

mind if we don't understand how our mind

932

00:40:35,600 --> 00:40:33,120

works you really don't understand how

933

00:40:37,430 --> 00:40:35,610

those things were and this is why we're

934

00:40:39,380 --> 00:40:37,440

faced with this shut up and populate

935

00:40:41,690 --> 00:40:39,390

paradox on the mechanics because now all

936

00:40:43,940 --> 00:40:41,700

of a sudden were confronted ever since

937

00:40:45,170 --> 00:40:43,950

the quantum mechanics in the 1930s we've

938

00:40:47,210 --> 00:40:45,180

been confronted with the fact that

939

00:40:49,880 --> 00:40:47,220

whatever this transcendental thing is

940

00:40:51,560 --> 00:40:49,890

that God is talking about is nothing at

941

00:40:54,320 --> 00:40:51,570

all like what our senses perceive the

942

00:40:58,010 --> 00:40:54,330

world to be our senses are perceiving

943

00:41:01,220 --> 00:40:58,020

some very narrow very narrow window into

944

00:41:03,080 --> 00:41:01,230

what it really is and so that right

945

00:41:07,160 --> 00:41:03,090

there should cause everybody to be

946

00:41:10,070 --> 00:41:07,170

highly skeptical about realism it's a

947

00:41:11,930 --> 00:41:10,080

viewpoint let's pound on that a little

948

00:41:15,710 --> 00:41:11,940

bit further and I want to draw people's

949

00:41:18,140 --> 00:41:15,720

attention to some of your writings one

950

00:41:21,200 --> 00:41:18,150

as an excellent article you wrote for

951
00:41:23,470 --> 00:41:21,210
edge magazine which is a publication of

952
00:41:26,750 --> 00:41:23,480
the journal for scientific exploration

953
00:41:29,330 --> 00:41:26,760
and you wrote an article about

954
00:41:32,330 --> 00:41:29,340
beyond neuroscience you're really saying

955
00:41:34,400 --> 00:41:32,340
all the same things but you it's

956
00:41:36,560 --> 00:41:34,410
interesting that when you apply it to a

957
00:41:39,050 --> 00:41:36,570
different field like neuroscience and

958
00:41:41,690 --> 00:41:39,060
you say hey beware of all those pretty

959
00:41:44,720 --> 00:41:41,700
pictures that you see on your fMRI

960
00:41:47,510 --> 00:41:44,730
because you may be interpreting them

961
00:41:51,050 --> 00:41:47,520
differently than they really are it

962
00:41:53,060 --> 00:41:51,060
helps people I guess maybe get a little

963
00:41:56,300 --> 00:41:53,070

bit closer to what you're really talking

964

00:41:59,720 --> 00:41:56,310

about here so if you can break that down

965

00:42:03,580 --> 00:41:59,730

in terms of beyond neuroscience cuz we

966

00:42:06,109 --> 00:42:03,590

sure do love neuroscience sure so ok

967

00:42:08,240 --> 00:42:06,119

first thing to say is that article was

968

00:42:10,099 --> 00:42:08,250

written as it's almost a little

969

00:42:12,530 --> 00:42:10,109

precursor of the book of yogic view of

970

00:42:16,130 --> 00:42:12,540

consciousness it was a follow-up to that

971

00:42:18,620 --> 00:42:16,140

SSE talked on the internet which also

972

00:42:20,540 --> 00:42:18,630

was a precursor to the book it's up on

973

00:42:22,220 --> 00:42:20,550

the internet but I just had to repost it

974

00:42:23,690 --> 00:42:22,230

because he had it like unlisted or

975

00:42:25,730 --> 00:42:23,700

private or something like that no one

976

00:42:27,620 --> 00:42:25,740

could find it I downloaded it and

977

00:42:31,280 --> 00:42:27,630

reuploaded it and we'll talk about it

978

00:42:36,500 --> 00:42:31,290

that way no one could find it oh wow I

979

00:42:38,510 --> 00:42:36,510

didn't I didn't anyway so yeah it all

980

00:42:40,370 --> 00:42:38,520

comes back to Khan right so everything

981

00:42:42,260 --> 00:42:40,380

that we perceive with our senses the

982

00:42:43,730 --> 00:42:42,270

idea is if you assume that the

983

00:42:45,200 --> 00:42:43,740

transcendental there is something

984

00:42:48,140 --> 00:42:45,210

outside of our mind if you make that

985

00:42:50,510 --> 00:42:48,150

assumption you can't assume that

986

00:42:53,540 --> 00:42:50,520

whatever that is has the same form as

987

00:42:56,300 --> 00:42:53,550

it's in our mind right so when we

988

00:42:57,980 --> 00:42:56,310

perceive something in our mind as I

989

00:42:59,900 --> 00:42:57,990

actually address this in yoga of

990

00:43:02,599 --> 00:42:59,910

consciousness and I chose an example of

991

00:43:04,880 --> 00:43:02,609

holograph ok so a holograph have you've

992

00:43:06,859 --> 00:43:04,890

seen a 3d hologram right it looks like

993

00:43:10,220 --> 00:43:06,869

something and you know Louie Armstrong

994

00:43:12,349 --> 00:43:10,230

playing his trombone or whatever in 3d

995

00:43:15,430 --> 00:43:12,359

but if you look at the holographic plate

996

00:43:18,170 --> 00:43:15,440

that Thor is that it just looks like

997

00:43:20,270 --> 00:43:18,180

it's weird kind of semi-beautiful

998

00:43:22,609 --> 00:43:20,280

pattern that has nothing to do it it's

999

00:43:25,700 --> 00:43:22,619

this weird abstract pattern stored on

1000

00:43:27,260 --> 00:43:25,710

the holographic plate beyond but then if

1001
00:43:29,080 --> 00:43:27,270
you do certain manipulation to that

1002
00:43:32,420 --> 00:43:29,090
holographic plate it produces a

1003
00:43:35,900 --> 00:43:32,430
holograph of Louie Armstrong right and

1004
00:43:38,720 --> 00:43:35,910
so that's the metaphor trying to

1005
00:43:42,080 --> 00:43:38,730
understand the link between the

1006
00:43:44,810 --> 00:43:42,090
gentle and the actual appearances in our

1007
00:43:46,460 --> 00:43:44,820
mind so we see Louie Armstrong in our

1008
00:43:48,710 --> 00:43:46,470
mind but in the real world of the

1009
00:43:51,050 --> 00:43:48,720
transcendental it's more like this

1010
00:43:55,940 --> 00:43:51,060
abstract thing that we're only getting a

1011
00:43:57,920 --> 00:43:55,950
certain angler of limited concept on so

1012
00:44:00,440 --> 00:43:57,930
but now introduced neuroscience because

1013
00:44:03,920 --> 00:44:00,450

what I hear you saying is neuroscience

1014

00:44:08,000 --> 00:44:03,930

takes the joke and extends it one level

1015

00:44:10,730 --> 00:44:08,010

further we can take it they say no Don

1016

00:44:13,340 --> 00:44:10,740

we can't we have this nice picture here

1017

00:44:15,500 --> 00:44:13,350

of your mind just look it on it look at

1018

00:44:17,480 --> 00:44:15,510

it on the computer screen and that is

1019

00:44:20,540 --> 00:44:17,490

your mind that's not just your brain

1020

00:44:22,700 --> 00:44:20,550

that is your mind that is cannot I have

1021

00:44:25,250 --> 00:44:22,710

a PhD in this stuff so if you want to go

1022

00:44:27,410 --> 00:44:25,260

there I mean you're like asking for a

1023

00:44:32,690 --> 00:44:27,420

fight what I want you to try and do for

1024

00:44:37,010 --> 00:44:32,700

folks is is connect them to why it's so

1025

00:44:40,430 --> 00:44:37,020

attractive to look at those fMRI eyes why

1026

00:44:43,420 --> 00:44:40,440

it's so alluring and why it's complete

1027

00:44:48,200 --> 00:44:46,220

well yeah so in this advanced neural

1028

00:44:49,940 --> 00:44:48,210

course I give a lecture on brain blood

1029

00:44:54,260 --> 00:44:49,950

flow and lack of blood flow which is

1030

00:44:57,440 --> 00:44:54,270

ischemia agenda but their exercise is

1031

00:45:01,160 --> 00:44:57,450

they have to criticize I give them some

1032

00:45:02,930 --> 00:45:01,170

highly detailed brain anatomy literature

1033

00:45:05,450 --> 00:45:02,940

to read and they have to explain why the

1034

00:45:09,140 --> 00:45:05,460

F MRIs are so unbelievably crude and

1035

00:45:11,900 --> 00:45:09,150

what their fundamental flaw is and flaw

1036

00:45:14,030 --> 00:45:11,910

itself is that there's this concept

1037

00:45:17,750 --> 00:45:14,040

called block design or subtraction

1038

00:45:20,630 --> 00:45:17,760

design and the idea being that here's a

1039

00:45:23,690 --> 00:45:20,640

standard fMRI experimental design where

1040

00:45:25,130 --> 00:45:23,700

let's say you want to study what parts

1041

00:45:27,230 --> 00:45:25,140

of the brain are involved with reading

1042

00:45:28,910 --> 00:45:27,240

so what you'll do is you'll put somebody

1043

00:45:30,710 --> 00:45:28,920

in the fMRI machine and you'll show them

1044

00:45:33,260 --> 00:45:30,720

just images that don't have words and

1045

00:45:35,450 --> 00:45:33,270

that'll activate the eyes and the visual

1046

00:45:37,880 --> 00:45:35,460

parts of the brain then you'll show them

1047

00:45:39,440 --> 00:45:37,890

just word which activates the eye is in

1048

00:45:41,810 --> 00:45:39,450

the visual parts of the brain plus the

1049

00:45:43,550 --> 00:45:41,820

language part and they'll take the scan

1050

00:45:45,740 --> 00:45:43,560

they get in the first instance which is

1051
00:45:49,340 --> 00:45:45,750
just visual activation and subtract that

1052
00:45:51,350 --> 00:45:49,350
from visual plus language activate and

1053
00:45:54,440 --> 00:45:51,360
then the difference they did

1054
00:45:56,930 --> 00:45:54,450
is it then say those are the language

1055
00:45:58,850 --> 00:45:56,940
parts of the brain and once in a while

1056
00:46:00,920 --> 00:45:58,860
it kind of works but in general it does

1057
00:46:02,210 --> 00:46:00,930
not work and the reason it does not work

1058
00:46:03,950 --> 00:46:02,220
goes back to this whole thing of

1059
00:46:05,450 --> 00:46:03,960
nonlinear see when you just add two

1060
00:46:07,310 --> 00:46:05,460
things together they're assuming they're

1061
00:46:08,480 --> 00:46:07,320
linear and when you subtract them

1062
00:46:11,210 --> 00:46:08,490
they're assuming they're just you're

1063
00:46:14,540 --> 00:46:11,220

linearly adding language to the other so

1064

00:46:18,020 --> 00:46:14,550

you can't do that why can't you do that

1065

00:46:19,760 --> 00:46:18,030

why can't you do that break that because

1066

00:46:21,980 --> 00:46:19,770

the system is inherently nonlinear

1067

00:46:24,830 --> 00:46:21,990

that's why but here's the even better

1068

00:46:28,160 --> 00:46:24,840

thing so somewhere around 2000 2003

1069

00:46:31,010 --> 00:46:28,170

years I back up there one second the

1070

00:46:32,870 --> 00:46:31,020

system is inherently nonlinear but the

1071

00:46:34,580 --> 00:46:32,880

linear means that when you can't just

1072

00:46:36,170 --> 00:46:34,590

add things together they don't just

1073

00:46:38,300 --> 00:46:36,180

simple it's not two plus two equals four

1074

00:46:40,820 --> 00:46:38,310

it's more like you've got this item and

1075

00:46:42,860 --> 00:46:40,830

you add this item to it and now it's

1076

00:46:45,260 --> 00:46:42,870

like instead of twice the effect you get

1077

00:46:47,540 --> 00:46:45,270

four times the effect so why are why is

1078

00:46:47,930 --> 00:46:47,550

that fmri I want to belabor this why is

1079

00:46:55,910 --> 00:46:47,940

that

1080

00:46:58,520 --> 00:46:55,920

the fMRI fMRI measures blood flow in the

1081

00:47:02,090 --> 00:46:58,530

brain okay it's measuring the flow of

1082

00:47:04,280 --> 00:47:02,100

blood and first off and this is another

1083

00:47:06,620 --> 00:47:04,290

part of the exercise the question of how

1084

00:47:09,140 --> 00:47:06,630

using the neurons links to blood flow

1085

00:47:11,720 --> 00:47:09,150

that's not been solved there's a several

1086

00:47:13,100 --> 00:47:11,730

theories about it and the students are

1087

00:47:15,290 --> 00:47:13,110

expected to learn those those are they

1088

00:47:16,750 --> 00:47:15,300

they have the form of this ABC kind of

1089

00:47:19,160 --> 00:47:16,760

thing you got to learn these different

1090

00:47:22,160 --> 00:47:19,170

molecules that interact and so forth

1091

00:47:24,860 --> 00:47:22,170

itself is flawed because that assumes a

1092

00:47:28,970 --> 00:47:24,870

linear sequence of events at the

1093

00:47:30,920 --> 00:47:28,980

cellular level and you know heard of the

1094

00:47:32,540 --> 00:47:30,930

anatomy I have them there's actually

1095

00:47:34,520 --> 00:47:32,550

some really good people in the field

1096

00:47:36,710 --> 00:47:34,530

that were very intelligent articles and

1097

00:47:38,660 --> 00:47:36,720

I have them read one that like this is

1098

00:47:40,460 --> 00:47:38,670

an amazing thing that even blows me away

1099

00:47:43,160 --> 00:47:40,470

if you take one square millimeter of

1100

00:47:45,740 --> 00:47:43,170

brain tissue has something like close to

1101

00:47:50,390 --> 00:47:45,750

a million neurons in it some several

1102

00:47:55,490 --> 00:47:50,400

kilometers of axon and unbelievably

1103

00:47:58,220 --> 00:47:55,500

densely packed and that unit one square

1104

00:48:00,890 --> 00:47:58,230

millimeter is a typical voxel of MRI

1105

00:48:02,720 --> 00:48:00,900

technology so you're averaging across

1106

00:48:06,050 --> 00:48:02,730

that whole thing but across a million

1107

00:48:08,300 --> 00:48:06,060

neurons with that what does that mean

1108

00:48:09,620 --> 00:48:08,310

at least temperature we understand

1109

00:48:11,300 --> 00:48:09,630

theoretically because it's just

1110

00:48:13,190 --> 00:48:11,310

molecules in enough stuff but when

1111

00:48:14,720 --> 00:48:13,200

you've got a million neurons interacting

1112

00:48:17,450 --> 00:48:14,730

and you're averaging across all of that

1113

00:48:19,880 --> 00:48:17,460

what does that mean so we can return to

1114

00:48:23,300 --> 00:48:19,890

your analogy about the cell and the cell

1115

00:48:26,360 --> 00:48:23,310

is a city and we keep so we can say well

1116

00:48:28,550 --> 00:48:26,370

that city is no more or we can say that

1117

00:48:30,980 --> 00:48:28,560

city is still functioning but if you

1118

00:48:33,890 --> 00:48:30,990

were inside the city it would make a

1119

00:48:35,960 --> 00:48:33,900

really big difference if the city up and

1120

00:48:38,810 --> 00:48:35,970

move to another place or if it got hit

1121

00:48:41,420 --> 00:48:38,820

by an atomic bomb or if various the air

1122

00:48:42,830 --> 00:48:41,430

it got hit by some plague or something

1123

00:48:46,550 --> 00:48:42,840

like that all those things would be very

1124

00:48:50,210 --> 00:48:46,560

different and so there's an analogy here

1125

00:48:52,750 --> 00:48:50,220

like with the fMRI to MRI we got a

1126
00:48:56,540 --> 00:48:52,760
million cells in that volume of one

1127
00:48:58,370 --> 00:48:56,550
voxel one unit of the image so now we're

1128
00:48:59,690 --> 00:48:58,380
dealing with a million cities where they

1129
00:49:02,150 --> 00:48:59,700
happen to be of a million cities that

1130
00:49:05,390 --> 00:49:02,160
are active you're getting this some

1131
00:49:07,130 --> 00:49:05,400
signal coming out that in fact has to do

1132
00:49:10,280 --> 00:49:07,140
with the magnetization properties of

1133
00:49:12,740 --> 00:49:10,290
blood that's the basis of fMRI signal

1134
00:49:14,990 --> 00:49:12,750
right we have hemoglobin and that's a

1135
00:49:17,150 --> 00:49:15,000
magnetic substance in our body and

1136
00:49:19,460 --> 00:49:17,160
you're altering from our eye shoots a

1137
00:49:21,440 --> 00:49:19,470
magnetic wave and alters its

1138
00:49:25,730 --> 00:49:21,450

magnetization and you're getting this

1139

00:49:28,850 --> 00:49:25,740

magnetic signal back out of the machine

1140

00:49:30,080 --> 00:49:28,860

right so what the hell the right so

1141

00:49:32,270 --> 00:49:30,090

we're talking about this unit of a

1142

00:49:33,800 --> 00:49:32,280

million things and you shot there's big

1143

00:49:35,630 --> 00:49:33,810

magnetic pulse into it are actually

1144

00:49:39,410 --> 00:49:35,640

radio frequency that changes the

1145

00:49:41,390 --> 00:49:39,420

magnetization then you could put and

1146

00:49:43,580 --> 00:49:41,400

yeah it really it's it's literally

1147

00:49:45,650 --> 00:49:43,590

voodoo it's literally voodoo and if the

1148

00:49:48,320 --> 00:49:45,660

students don't recognize that and get a

1149

00:49:50,060 --> 00:49:48,330

very bad grade on my exercise Buganda

1150

00:49:51,620 --> 00:49:50,070

it's a matter of just like logically

1151
00:49:53,150 --> 00:49:51,630
going through this because if you're

1152
00:49:55,910 --> 00:49:53,160
scientist and you're really trying to

1153
00:49:59,030 --> 00:49:55,920
reveal the mechanism that's your goal

1154
00:50:01,400 --> 00:49:59,040
right you can't just fluffy arm waving

1155
00:50:04,070 --> 00:50:01,410
stuff and so it's it's a very strict

1156
00:50:05,900 --> 00:50:04,080
strong exercise and they need to explain

1157
00:50:07,520 --> 00:50:05,910
how and the other thing those are the

1158
00:50:07,850 --> 00:50:07,530
hold on it jumped up in there for a

1159
00:50:10,190 --> 00:50:07,860
minute

1160
00:50:13,790 --> 00:50:10,200
and and returned to a point because it's

1161
00:50:15,650 --> 00:50:13,800
it's nice to kind of really fully

1162
00:50:19,070 --> 00:50:15,660
understand the the pluses and the

1163
00:50:19,730 --> 00:50:19,080

minuses because it can be useful in some

1164

00:50:21,350 --> 00:50:19,740

situations

1165

00:50:23,630 --> 00:50:21,360

patience but it's again returning to the

1166

00:50:27,140 --> 00:50:23,640

shutup and calculate thing let's not

1167

00:50:30,680 --> 00:50:27,150

forget what were assumed and we when we

1168

00:50:32,480 --> 00:50:30,690

use that so well komaraiah's it for

1169

00:50:34,580 --> 00:50:32,490

diagnosis in certain types of medical

1170

00:50:36,350 --> 00:50:34,590

illnesses that's the one you can see

1171

00:50:38,210 --> 00:50:36,360

there's clear places where you get

1172

00:50:40,520 --> 00:50:38,220

macroscopic damage in the brain you can

1173

00:50:43,880 --> 00:50:40,530

detect with technology it's really good

1174

00:50:45,530 --> 00:50:43,890

for diagnostic well here's another one I

1175

00:50:47,930 --> 00:50:45,540

throw at you because I'd love to get

1176
00:50:49,940 --> 00:50:47,940
your comment on it because in my world

1177
00:50:51,440 --> 00:50:49,950
and in the people I talked to the other

1178
00:50:54,380 --> 00:50:51,450
thing that's kind of interesting about

1179
00:50:57,740 --> 00:50:54,390
fMRI that's happened lately is go give

1180
00:51:01,040 --> 00:50:57,750
somebody psilocybin and measure do an

1181
00:51:04,730 --> 00:51:01,050
fMRI before and then do an fMRI under

1182
00:51:07,220 --> 00:51:04,740
psilocybin and everything we think we

1183
00:51:09,650 --> 00:51:07,230
know about neuroscience would say wow

1184
00:51:12,859 --> 00:51:09,660
you're having this intense experience

1185
00:51:15,170 --> 00:51:12,869
your fMRI is gonna be lit up there's

1186
00:51:16,580 --> 00:51:15,180
gonna be all this blood flow all over

1187
00:51:18,770 --> 00:51:16,590
the place because you're having this

1188
00:51:22,040 --> 00:51:18,780

exceptional experience and what they

1189

00:51:24,590 --> 00:51:22,050

find not surprising to a yogi like you

1190

00:51:28,340 --> 00:51:24,600

is the opposite they find the shutting

1191

00:51:29,930 --> 00:51:28,350

down of the filters of consciousness I

1192

00:51:31,790 --> 00:51:29,940

am injecting that in that's an

1193

00:51:33,890 --> 00:51:31,800

assumption but there's finding a

1194

00:51:36,590 --> 00:51:33,900

shutting down of certain areas that

1195

00:51:38,870 --> 00:51:36,600

cause this increased awareness so

1196

00:51:43,010 --> 00:51:38,880

there's a tool there we're getting data

1197

00:51:44,990 --> 00:51:43,020

but the data doesn't fit our ontology so

1198

00:51:47,060 --> 00:51:45,000

we kind of reinterpret it in a different

1199

00:51:49,670 --> 00:51:47,070

way what do you think about some of that

1200

00:51:52,910 --> 00:51:49,680

research from David Nutt in the UK and

1201
00:51:55,609 --> 00:51:52,920
other folks like that well one thing

1202
00:51:57,170 --> 00:51:55,619
that I wanted I'm not going to directly

1203
00:51:58,820 --> 00:51:57,180
answer that right away but I wanted to

1204
00:52:01,880 --> 00:51:58,830
circle back to something I was going to

1205
00:52:05,570 --> 00:52:01,890
say about limitations therefore I'm fMRI

1206
00:52:08,359 --> 00:52:05,580
is that but we talked about the linear

1207
00:52:10,250 --> 00:52:08,369
block design subtraction method is that

1208
00:52:12,080 --> 00:52:10,260
you just described as a block design

1209
00:52:13,970 --> 00:52:12,090
experiment right with psilocybin and

1210
00:52:15,740 --> 00:52:13,980
without and then you subtract and you

1211
00:52:18,020 --> 00:52:15,750
get the difference right you literally

1212
00:52:21,050 --> 00:52:18,030
just designed or described as

1213
00:52:23,810 --> 00:52:21,060

subtraction design experiment well I

1214

00:52:28,070 --> 00:52:23,820

started to say this and around 2003 or

1215

00:52:29,480 --> 00:52:28,080

so it was discovered under normal

1216

00:52:31,390 --> 00:52:29,490

conditions when you're just sitting

1217

00:52:33,319 --> 00:52:31,400

there totally doing nothing relaxing

1218

00:52:35,870 --> 00:52:33,329

certain regions of the brain

1219

00:52:38,209 --> 00:52:35,880

are highly active okay and it's called

1220

00:52:39,440 --> 00:52:38,219

the default Network that's what it is

1221

00:52:41,089 --> 00:52:39,450

now there's this whole literature out

1222

00:52:43,759 --> 00:52:41,099

there now about the default Network and

1223

00:52:46,370 --> 00:52:43,769

this explained why often what would

1224

00:52:48,589 --> 00:52:46,380

happen in these subtraction design is

1225

00:52:51,799 --> 00:52:48,599

that you would know going back to our

1226
00:52:53,599 --> 00:52:51,809
simple visual language example it would

1227
00:52:55,999 --> 00:52:53,609
do the subtraction and you'd find like

1228
00:52:57,410 --> 00:52:56,009
some areas will go way down right here

1229
00:52:59,719 --> 00:52:57,420
you're looking for the areas that are

1230
00:53:01,910 --> 00:52:59,729
active in word recognition but you see a

1231
00:53:03,410 --> 00:53:01,920
bunch of obscure areas that you would

1232
00:53:06,109 --> 00:53:03,420
never think anything to do with language

1233
00:53:08,719 --> 00:53:06,119
you see them go down right and what a

1234
00:53:10,609 --> 00:53:08,729
lot of that now can be pinned the fact

1235
00:53:13,519 --> 00:53:10,619
that there's this default network that

1236
00:53:15,890 --> 00:53:13,529
runs and what happens is when we engage

1237
00:53:18,109 --> 00:53:15,900
in specific tasks like say reading or

1238
00:53:19,519 --> 00:53:18,119

playing moving their muscles or

1239

00:53:22,819 --> 00:53:19,529

listening to music or listening to

1240

00:53:24,559 --> 00:53:22,829

language specific tasks and alters the

1241

00:53:26,509 --> 00:53:24,569

behavior of the default network flows

1242

00:53:29,779 --> 00:53:26,519

the default network bound and it acts up

1243

00:53:32,569 --> 00:53:29,789

they the language areas or what have you

1244

00:53:34,819 --> 00:53:32,579

and so that had been in the going on all

1245

00:53:39,819 --> 00:53:34,829

along and nobody knew it right all this

1246

00:53:42,019 --> 00:53:39,829

fMRI data from free 2003 ish is better

1247

00:53:43,999 --> 00:53:42,029

with a real grain of salt how they

1248

00:53:46,729 --> 00:53:44,009

interpret it because they didn't know

1249

00:53:50,359 --> 00:53:46,739

about the default network that just runs

1250

00:53:54,049 --> 00:53:50,369

naturally and the default network now is

1251
00:53:58,549 --> 00:53:54,059
believed to be related to internal

1252
00:54:01,160 --> 00:53:58,559
states like daydreaming just thinking to

1253
00:54:03,289 --> 00:54:01,170
yourself and does it happen in quiet

1254
00:54:06,769 --> 00:54:03,299
state so what you're talking about about

1255
00:54:08,930 --> 00:54:06,779
the psilocybin resolve suggesting that I

1256
00:54:11,049 --> 00:54:08,940
mean it's basically activating the

1257
00:54:13,189 --> 00:54:11,059
default Network and suppressing other

1258
00:54:15,410 --> 00:54:13,199
specific parts of the brain that allow

1259
00:54:16,640 --> 00:54:15,420
us to engage with the world right so

1260
00:54:18,680 --> 00:54:16,650
that result that you described to me

1261
00:54:20,779 --> 00:54:18,690
actually done hearing it for the first

1262
00:54:23,539 --> 00:54:20,789
time make sense because I ever seen that

1263
00:54:28,069 --> 00:54:23,549

before study so here's what I thought

1264

00:54:30,739 --> 00:54:28,079

we'd go next and it's this idea of kind

1265

00:54:33,620 --> 00:54:30,749

of looking at the extremes which I think

1266

00:54:35,959 --> 00:54:33,630

are always advisable in in silent in

1267

00:54:37,150 --> 00:54:35,969

Sciences to look at the anomalies right

1268

00:54:40,549 --> 00:54:37,160

because we get really comfortable

1269

00:54:42,979 --> 00:54:40,559

theories and then we we can never prove

1270

00:54:45,949 --> 00:54:42,989

anything in science but it is pretty

1271

00:54:47,089 --> 00:54:45,959

cool when we disprove things so I think

1272

00:54:49,339 --> 00:54:47,099

the extreme

1273

00:54:50,960 --> 00:54:49,349

cases as we know the anomalies or what

1274

00:54:53,870 --> 00:54:50,970

we want to look and that's where I

1275

00:54:57,410 --> 00:54:53,880

wanted to take you next in an effort to

1276
00:55:00,079 --> 00:54:57,420
maybe challenge what you're saying in a

1277
00:55:03,979 --> 00:55:00,089
way and at the same time develop some

1278
00:55:06,170 --> 00:55:03,989
kind of map of what these extended

1279
00:55:09,559 --> 00:55:06,180
consciousness realms might look like

1280
00:55:12,710 --> 00:55:09,569
because we have to of course start with

1281
00:55:15,109 --> 00:55:12,720
the the really dopey we're biological

1282
00:55:16,849 --> 00:55:15,119
robots and a meaningless universe idea

1283
00:55:20,509 --> 00:55:16,859
of consciousness which requires no

1284
00:55:22,759 --> 00:55:20,519
mapping it requires virtually nothing

1285
00:55:23,900 --> 00:55:22,769
but as soon as we acknowledge all the

1286
00:55:26,420 --> 00:55:23,910
things that you're talking about and

1287
00:55:28,609 --> 00:55:26,430
saying there's this richness to

1288
00:55:30,950 --> 00:55:28,619

consciousness then we have a lot of

1289

00:55:32,809 --> 00:55:30,960

things to look at so the first thing

1290

00:55:35,089 --> 00:55:32,819

that I bring your so the first point

1291

00:55:37,249 --> 00:55:35,099

that I bring your attention to is I have

1292

00:55:39,680 --> 00:55:37,259

to tell my little yoga story you know

1293

00:55:42,620 --> 00:55:39,690

because my very first introduction to

1294

00:55:44,660 --> 00:55:42,630

yoga was probably similar to the way a

1295

00:55:46,670 --> 00:55:44,670

lot of people experience it today and

1296

00:55:50,269 --> 00:55:46,680

that's through a yoga class you know

1297

00:55:52,729 --> 00:55:50,279

with a yoga mat and postures but for me

1298

00:55:55,579 --> 00:55:52,739

way back in the day it was on TV it was

1299

00:55:57,680 --> 00:55:55,589

this public television station and this

1300

00:56:00,349 --> 00:55:57,690

woman who was doing yoga and for

1301

00:56:02,359 --> 00:56:00,359

whatever reason I jumped in the class

1302

00:56:04,549 --> 00:56:02,369

and did the class with her and I always

1303

00:56:07,269 --> 00:56:04,559

remember this at the end of the class

1304

00:56:12,079 --> 00:56:07,279

she goes okay now I want you to lay down

1305

00:56:16,729 --> 00:56:12,089

close your mind and let the thinking

1306

00:56:20,390 --> 00:56:16,739

mind subside and let it stop and for

1307

00:56:23,870 --> 00:56:20,400

just an instant that chatter in my mind

1308

00:56:26,539 --> 00:56:23,880

stopped well of course as a lot of

1309

00:56:29,239 --> 00:56:26,549

people know what happens is that scared

1310

00:56:33,049 --> 00:56:29,249

the crap out of me because up to that

1311

00:56:35,809 --> 00:56:33,059

point I thought that was me I thought

1312

00:56:39,259 --> 00:56:35,819

that voice that was constantly yammering

1313

00:56:44,209 --> 00:56:39,269

on was me and I thought that that's all

1314

00:56:46,579 --> 00:56:44,219

there was of me so that really propelled

1315

00:56:48,079 --> 00:56:46,589

me into saying hey there's something

1316

00:56:50,960 --> 00:56:48,089

here there's something I want to look

1317

00:56:52,880 --> 00:56:50,970

into but my next

1318

00:56:55,430 --> 00:56:52,890

kind of venture into it was to start

1319

00:56:57,650 --> 00:56:55,440

reading books and then eventually start

1320

00:57:00,559 --> 00:56:57,660

taking classes and I was taking

1321

00:57:02,500 --> 00:57:00,569

correspondence classes from a guy who

1322

00:57:05,690 --> 00:57:02,510

wrote that very famous book

1323

00:57:08,210 --> 00:57:05,700

autobiography of a yogi' the Yogananda

1324

00:57:11,210 --> 00:57:08,220

guy who his self-realization fellowship

1325

00:57:13,849 --> 00:57:11,220

temple is about five miles from where I

1326

00:57:16,819 --> 00:57:13,859

sit right here coincidentally but here I

1327

00:57:18,109 --> 00:57:16,829

am on this high-tech entrepreneur who's

1328

00:57:20,480 --> 00:57:18,119

trying to get my business off the ground

1329

00:57:22,790 --> 00:57:20,490

and I'm getting these correspondences

1330

00:57:26,420 --> 00:57:22,800

from the self-realization fellowship

1331

00:57:28,550 --> 00:57:26,430

it's walking rate well it's it's it's

1332

00:57:32,480 --> 00:57:28,560

the story that a lot of us have in terms

1333

00:57:33,980 --> 00:57:32,490

of just how we're led down a path

1334

00:57:36,380 --> 00:57:33,990

whether we want to or not

1335

00:57:38,859 --> 00:57:36,390

but here's the point in all that so

1336

00:57:42,770 --> 00:57:38,869

that's my little story but the point is

1337

00:57:46,059 --> 00:57:42,780

when you start reading Yogananda and you

1338

00:57:49,940 --> 00:57:46,069

read the first 30 pages for most of us

1339

00:57:52,880 --> 00:57:49,950

especially with any kind of grounding

1340

00:57:55,160 --> 00:57:52,890

and Western realism were blown away by

1341

00:57:58,550 --> 00:57:55,170

their miracles I mean is this guy for

1342

00:58:01,550 --> 00:57:58,560

real talking about you know manifesting

1343

00:58:05,089 --> 00:58:01,560

things meals right in front of a by

1344

00:58:07,700 --> 00:58:05,099

location of people shape-shifting so

1345

00:58:09,380 --> 00:58:07,710

this is a real guy Yogananda we have

1346

00:58:11,450 --> 00:58:09,390

pictures of them we have people who

1347

00:58:15,079 --> 00:58:11,460

still remember sitting with him

1348

00:58:18,829 --> 00:58:15,089

people who recount seeing miracles maybe

1349

00:58:23,329 --> 00:58:18,839

not of that magnitude but what are we to

1350

00:58:26,359 --> 00:58:23,339

make of the yoga miracles we hear that

1351
00:58:29,420 --> 00:58:26,369
kind of challenge our understanding of

1352
00:58:32,000 --> 00:58:29,430
how reality works but more importantly

1353
00:58:36,640 --> 00:58:32,010
for our discussion how consciousness

1354
00:58:39,559 --> 00:58:36,650
works you have any thoughts on that done

1355
00:58:41,000 --> 00:58:39,569
well I think what I fallback out of my

1356
00:58:42,950 --> 00:58:41,010
own experience cuz I got into all this

1357
00:58:44,660 --> 00:58:42,960
through theosophy actually you want to

1358
00:58:45,940 --> 00:58:44,670
hear my experience I was thinking about

1359
00:58:48,589 --> 00:58:45,950
this I don't think I shared this with

1360
00:58:51,349 --> 00:58:48,599
absolutely this is pretty amazing so

1361
00:58:53,240 --> 00:58:51,359
when I was a kid my dad used to take us

1362
00:58:55,819 --> 00:58:53,250
to the local flea market on the weekend

1363
00:58:59,660 --> 00:58:55,829

and we just look around at all the junk

1364

00:59:03,770 --> 00:58:59,670

and stuff right I probably was in high

1365

00:59:05,570 --> 00:59:03,780

school so probably 15 or 16 or something

1366

00:59:07,070 --> 00:59:05,580

and one time we were there and there is

1367

00:59:08,840 --> 00:59:07,080

a guy with the table set out he had all

1368

00:59:10,310 --> 00:59:08,850

these buckets right and I'd love to read

1369

00:59:13,100 --> 00:59:10,320

even back then so I went up and looked

1370

00:59:15,560 --> 00:59:13,110

they were weird they were like how to do

1371

00:59:17,240 --> 00:59:15,570

telepathy and astral projection and all

1372

00:59:19,790 --> 00:59:17,250

this weird stuff the guy just looks at

1373

00:59:21,560 --> 00:59:19,800

me and goes I think this one's for you

1374

00:59:26,720 --> 00:59:21,570

and he gives me a book on how to astral

1375

00:59:28,640 --> 00:59:26,730

project and I'm like it's weird so we

1376

00:59:30,050 --> 00:59:28,650

got out to the car to go home and I like

1377

00:59:31,280 --> 00:59:30,060

look at the thing they're like what is

1378

00:59:32,780 --> 00:59:31,290

that word I'm like I don't know it's

1379

00:59:33,580 --> 00:59:32,790

some stupid [h__\h] and I threw it out the

1380

00:59:39,020 --> 00:59:33,590

window

1381

00:59:40,880 --> 00:59:39,030

irony you just never left me because it

1382

00:59:44,450 --> 00:59:40,890

was only within a year or two after that

1383

00:59:47,090 --> 00:59:44,460

that I started to have my history that's

1384

00:59:48,620 --> 00:59:47,100

pretty wild huh okay so pretty well but

1385

00:59:51,070 --> 00:59:48,630

you got to follow it up with the story

1386

00:59:54,860 --> 00:59:51,080

of the first astral projection Oh

1387

00:59:57,440 --> 00:59:54,870

seriously but yeah I don't know if I

1388

00:59:59,570 --> 00:59:57,450

ever shared that with you so it was

1389

01:00:02,510 --> 00:59:59,580

totally spontaneous I could come home

1390

01:00:04,760 --> 01:00:02,520

from school and I used to take naps and

1391

01:00:07,280 --> 01:00:04,770

I'd come home from school I'm laying

1392

01:00:09,410 --> 01:00:07,290

there taking a nap next thing you know I

1393

01:00:12,380 --> 01:00:09,420

wake up and I'm like spinning around the

1394

01:00:15,440 --> 01:00:12,390

periphery of my bedroom at the wall the

1395

01:00:19,820 --> 01:00:15,450

upper wall where the ceiling meets the

1396

01:00:23,060 --> 01:00:19,830

wall literally spinning and I'm like I

1397

01:00:25,430 --> 01:00:23,070

was terrified and yet at the same time I

1398

01:00:28,190 --> 01:00:25,440

it was what is this

1399

01:00:31,610 --> 01:00:28,200

my curiosity common ated over the chair

1400

01:00:33,080 --> 01:00:31,620

I felt this feeling of air but it was

1401

01:00:34,490 --> 01:00:33,090

just like what the hell is going on what

1402

01:00:36,760 --> 01:00:34,500

is going on what it's going and then I

1403

01:00:38,880 --> 01:00:36,770

woke up

1404

01:00:41,710 --> 01:00:38,890

that was my first very first experience

1405

01:00:43,480 --> 01:00:41,720

and that happened to second time and the

1406

01:00:45,490 --> 01:00:43,490

second time the terror was still there

1407

01:00:47,670 --> 01:00:45,500

but it was had much less of an effect on

1408

01:00:50,110 --> 01:00:47,680

because I recognized what had happened

1409

01:00:52,080 --> 01:00:50,120

both of those happened in high school

1410

01:00:55,150 --> 01:00:52,090

and I totally forgot about both of them

1411

01:00:56,680 --> 01:00:55,160

and then I went away to college and you

1412

01:00:59,410 --> 01:00:56,690

know with college you get into all the

1413

01:00:59,950 --> 01:00:59,420

funny stuff though I did not meeting

1414

01:01:02,580 --> 01:00:59,960

this girl

1415

01:01:08,380 --> 01:01:02,590

and she gave me the beaters book about

1416

01:01:10,450 --> 01:01:08,390

astral plane and read it and he talked

1417

01:01:13,240 --> 01:01:10,460

about going to this plane next to ours

1418

01:01:14,560 --> 01:01:13,250

and I just made the connection I'm like

1419

01:01:17,410 --> 01:01:14,570

that must have been what I did in high

1420

01:01:20,350 --> 01:01:17,420

school I look somehow I can naturally go

1421

01:01:23,610 --> 01:01:20,360

there by myself me and my buddy my

1422

01:01:25,720 --> 01:01:23,620

roommate we set up this little contest

1423

01:01:27,400 --> 01:01:25,730

because I'm late you know he read the

1424

01:01:29,700 --> 01:01:27,410

book he was under the stuff to do and it

1425

01:01:32,260 --> 01:01:29,710

was like well let's even go there first

1426

01:01:34,210 --> 01:01:32,270

and we're just like whatever I would

1427

01:01:35,410 --> 01:01:34,220

practice he had practice we tried to see

1428

01:01:37,360 --> 01:01:35,420

if we could get back there and I ended

1429

01:01:41,290 --> 01:01:37,370

up getting back there pretty quickly and

1430

01:01:43,870 --> 01:01:41,300

that was the start of my whole adventure

1431

01:01:45,430 --> 01:01:43,880

and uh working with you know astral

1432

01:01:47,920 --> 01:01:45,440

projection or lucid dreaming whatever

1433

01:01:50,260 --> 01:01:47,930

you want to call it but most of that

1434

01:01:52,450 --> 01:01:50,270

happened when I was in college and done

1435

01:01:56,620 --> 01:01:52,460

maybe should point people to the book

1436

01:01:59,860 --> 01:01:56,630

you wrote isn't it how to Obi I do obe

1437

01:02:03,690 --> 01:01:59,870

yeah yeah so that's up there with my

1438

01:02:06,070 --> 01:02:03,700

other book if you can and I'm dead calm

1439

01:02:07,900 --> 01:02:06,080

download and it actually explains the

1440

01:02:10,390 --> 01:02:07,910

method that I used it does exactly how I

1441

01:02:12,850 --> 01:02:10,400

did it I developed a method that very

1442

01:02:14,800 --> 01:02:12,860

reproducibly worked really well in turns

1443

01:02:17,050 --> 01:02:14,810

out in retrospect it was the same method

1444

01:02:20,020 --> 01:02:17,060

that Stephen LaBerge described as a wake

1445

01:02:24,580 --> 01:02:20,030

induced lucid dream there were wild

1446

01:02:26,880 --> 01:02:24,590

people so back to the question and I'm

1447

01:02:31,500 --> 01:02:26,890

sure you've thought a lot about this

1448

01:02:34,930 --> 01:02:31,510

what does the reality of that extended

1449

01:02:38,200 --> 01:02:34,940

consciousness realm that you tapped into

1450

01:02:41,560 --> 01:02:38,210

and we can only assume some of these

1451

01:02:43,710 --> 01:02:41,570

Yogi's tapped into as well what does

1452

01:02:46,570 --> 01:02:43,720

that say more broadly about our

1453

01:02:50,420 --> 01:02:46,580

understanding of consciousness as we

1454

01:02:53,220 --> 01:02:50,430

experience it on a day-to-day basis

1455

01:02:55,200 --> 01:02:53,230

well one thing it says is a lot of what

1456

01:02:58,140 --> 01:02:55,210

consciousness is is invisible to our

1457

01:03:01,380 --> 01:02:58,150

immediate awareness we're just not

1458

01:03:03,450 --> 01:03:01,390

conscious of it it's unconscious yet it

1459

01:03:05,010 --> 01:03:03,460

conditions our consciousness like I

1460

01:03:06,900 --> 01:03:05,020

spend a lot of time in the book talking

1461

01:03:09,150 --> 01:03:06,910

of that so you might want to use the

1462

01:03:11,519 --> 01:03:09,160

word filter right but these are things

1463

01:03:14,849 --> 01:03:11,529

that affect how we perceive the world

1464

01:03:16,500 --> 01:03:14,859

and how we act and it's also the bait

1465

01:03:18,380 --> 01:03:16,510

we're like we're to creativity and

1466

01:03:20,609 --> 01:03:18,390

inspiration and things like I come from

1467

01:03:22,380 --> 01:03:20,619

right these are the current the

1468

01:03:24,690 --> 01:03:22,390

undercurrent and the cave

1469

01:03:27,779 --> 01:03:24,700

filter up it affects our day-to-day

1470

01:03:32,970 --> 01:03:27,789

behavior among the moment behavior and

1471

01:03:35,700 --> 01:03:32,980

you know if you think like I give the

1472

01:03:38,029 --> 01:03:35,710

example in the book of killed

1473

01:03:40,319 --> 01:03:38,039

discovering the structure of benzene

1474

01:03:43,289 --> 01:03:40,329

right and look at the impact that had on

1475

01:03:45,329 --> 01:03:43,299

the world in a way you might think maybe

1476

01:03:47,210 --> 01:03:45,339

that's a slow-motion example of some of

1477

01:03:50,339 --> 01:03:47,220

these what you're calling yoga miracles

1478

01:03:53,370 --> 01:03:50,349

right maybe these Yogi's who you know I

1479

01:03:54,990 --> 01:03:53,380

just presume that in general they're

1480

01:03:57,150 --> 01:03:55,000

telling the truth of course there is a

1481

01:03:59,269 --> 01:03:57,160

bunch of fakers and posers and stuff

1482

01:04:02,940 --> 01:03:59,279

like that but there says there's this

1483

01:04:04,859 --> 01:04:02,950

ancient tradition that like lost in the

1484

01:04:07,470 --> 01:04:04,869

midst of human history we can't even say

1485

01:04:09,299 --> 01:04:07,480

how old the yoga tradition is I find it

1486

01:04:14,010 --> 01:04:09,309

hard to believe that it would last this

1487

01:04:15,990 --> 01:04:14,020

long if it was all yes right so beyond

1488

01:04:18,210 --> 01:04:16,000

that because I always hate that as an

1489

01:04:20,970 --> 01:04:18,220

explanation is that because we see

1490

01:04:23,910 --> 01:04:20,980

somebody so much fakery that does endure

1491

01:04:26,809 --> 01:04:23,920

for centuries and centuries the other

1492

01:04:30,420 --> 01:04:26,819

thing I'd point out is that our best

1493

01:04:33,870 --> 01:04:30,430

science is pointing to these same things

1494

01:04:37,410 --> 01:04:33,880

it's not really so when we look at the

1495

01:04:39,329 --> 01:04:37,420

side lab as flawed as the parapsychology

1496

01:04:41,789 --> 01:04:39,339

experiments might be in one way or

1497

01:04:43,799 --> 01:04:41,799

another they're pointing towards this if

1498

01:04:46,049 --> 01:04:43,809

we look at near-death experience science

1499

01:04:48,720 --> 01:04:46,059

it's pointing towards it is if we look

1500

01:04:51,480 --> 01:04:48,730

at experiments with my work talking

1501

01:04:54,240 --> 01:04:51,490

about psilocybin or DMT or with

1502

01:04:57,359 --> 01:04:54,250

psychedelics it's pointing towards this

1503

01:04:59,190 --> 01:04:57,369

extended consciousness realm so your

1504

01:05:01,230 --> 01:04:59,200

viewpoint is kind of interesting to me

1505

01:05:03,810 --> 01:05:01,240

because it's like Oy

1506

01:05:05,040 --> 01:05:03,820

say it it's their beats in a round I

1507

01:05:07,609 --> 01:05:05,050

called me in her round and calm the

1508

01:05:09,780 --> 01:05:07,619

plains see having my start in theosophy

1509

01:05:12,080 --> 01:05:09,790

that's the one of the first IDs they

1510

01:05:14,400 --> 01:05:12,090

choose that there's these seven play and

1511

01:05:15,930 --> 01:05:14,410

the one we perceived here with our

1512

01:05:18,000 --> 01:05:15,940

senses and our physical body that

1513

01:05:20,040 --> 01:05:18,010

physical well it's just the lowest the

1514

01:05:22,170 --> 01:05:20,050

crudest development and that idea runs

1515

01:05:24,300 --> 01:05:22,180

through all my readings in the only

1516

01:05:25,920 --> 01:05:24,310

major shift that's happened from my

1517

01:05:28,290 --> 01:05:25,930

earliest when I wrote beyond the

1518

01:05:30,870 --> 01:05:28,300

physical in the early 1990s do you feel

1519

01:05:33,630 --> 01:05:30,880

consciousness like quit making the

1520

01:05:38,090 --> 01:05:33,640

delusional belief that the astral plane

1521

01:05:40,620 --> 01:05:38,100

is out here it's not it's behind here

1522

01:05:44,220 --> 01:05:40,630

turn around and go into the astral plane

1523

01:05:47,280 --> 01:05:44,230

it's deeper in the mind it's a deeper

1524

01:05:50,180 --> 01:05:47,290

level in the mind and so all of these

1525

01:05:52,320 --> 01:05:50,190

and so that's what I picked in the

1526

01:05:54,830 --> 01:05:52,330

consciousness show how these make these

1527

01:05:57,240 --> 01:05:54,840

progressive screens deeper into the cave

1528

01:05:59,700 --> 01:05:57,250

it just exists there's maps there's

1529

01:06:01,920 --> 01:05:59,710

really well established maps there's no

1530

01:06:04,460 --> 01:06:01,930

reason to be coy about it we can sit in

1531

01:06:06,570 --> 01:06:04,470

debate the value of the various map

1532

01:06:09,000 --> 01:06:06,580

again it comes down to people's

1533

01:06:10,859 --> 01:06:09,010

experiences right so like a lot of

1534

01:06:12,690 --> 01:06:10,869

people of experience psychedelic drugs

1535

01:06:15,470 --> 01:06:12,700

so that's a decent one so what that's

1536

01:06:17,820 --> 01:06:15,480

doing is its allowing you to see you man

1537

01:06:22,530 --> 01:06:17,830

simultaneously but you're still in this

1538

01:06:24,270 --> 01:06:22,540

map it's making cracks in the surface so

1539

01:06:28,200 --> 01:06:24,280

to speak and allowing you to see below

1540

01:06:31,099 --> 01:06:28,210

into the other map that's about what's

1541

01:06:33,630 --> 01:06:31,109

going on with that lucid dreaming is

1542

01:06:35,640 --> 01:06:33,640

dreaming in general but those processes

1543

01:06:39,780 --> 01:06:35,650

you're going to the next in or level

1544

01:06:42,060 --> 01:06:39,790

when you die you go to the next so what

1545

01:06:44,040 --> 01:06:42,070

happens when you die is to just lose

1546

01:06:45,270 --> 01:06:44,050

this vehicle and you just go deeper into

1547

01:06:49,770 --> 01:06:45,280

the layers of your mind

1548

01:06:51,599 --> 01:06:49,780

maybe hold that thought so

1549

01:06:53,609 --> 01:06:51,609

Don I know you teach there Wayne State

1550

01:06:56,550 --> 01:06:53,619

University in Detroit and you're from

1551

01:06:58,590 --> 01:06:56,560

Detroit right yeah you know from the

1552

01:07:01,050 --> 01:06:58,600

suburb I always say Detroit just because

1553

01:07:03,599 --> 01:07:01,060

it's easier well I am from the suburbs

1554

01:07:05,609 --> 01:07:03,609

of Chicago but I lived in Detroit for a

1555

01:07:10,109 --> 01:07:05,619

little while as across eight mile many

1556

01:07:12,090 --> 01:07:10,119

times I'm very close yeah famous Eminem

1557

01:07:13,980 --> 01:07:12,100

territory yeah I used to live down and I

1558

01:07:15,120 --> 01:07:13,990

think I told you I used to live down in

1559

01:07:17,150 --> 01:07:15,130

River Rouge

1560

01:07:21,150 --> 01:07:17,160

for a short period of time when I was

1561

01:07:23,370 --> 01:07:21,160

college and I worked down there but the

1562

01:07:27,210 --> 01:07:23,380

nice thing about both Chicago and

1563

01:07:30,509 --> 01:07:27,220

Detroit is you develop a natural kind of

1564

01:07:34,170 --> 01:07:30,519

boost in your immune system to [h__\h]

1565

01:07:37,670 --> 01:07:34,180

I think there's I think there's less

1566

01:07:41,519 --> 01:07:37,680

people who are susceptible to the yogic

1567

01:07:45,719 --> 01:07:41,529

[h__\h] that a lot of people fall for

1568

01:07:48,960 --> 01:07:45,729

you know so even if you look at all the

1569

01:07:52,319 --> 01:07:48,970

scandals that are associated with Yogi's

1570

01:07:55,559 --> 01:07:52,329

that are associated with the sage on the

1571

01:07:57,779 --> 01:07:55,569

stage mentality which is what a lot of

1572

01:08:00,210 --> 01:07:57,789

people are going to hear when they hear

1573

01:08:04,999 --> 01:08:00,220

yoga they hear you talk about yoga and

1574

01:08:07,259 --> 01:08:05,009

they're gonna go fake huckster and

1575

01:08:09,960 --> 01:08:07,269

manipulator because a lot of these

1576

01:08:11,849 --> 01:08:09,970

people have abused what powers they do

1577

01:08:15,599 --> 01:08:11,859

have so it's not that they have powers

1578

01:08:17,999 --> 01:08:15,609

but they've abused him so one of the

1579

01:08:19,859 --> 01:08:18,009

things I say in the book is that it's

1580

01:08:23,999 --> 01:08:19,869

just more proof that pushes you towards

1581

01:08:25,649 --> 01:08:24,009

real yoga well maybe maybe but here's a

1582

01:08:28,439 --> 01:08:25,659

whole new city again it's more of this

1583

01:08:30,809 --> 01:08:28,449

the world is just now when you start to

1584

01:08:33,839 --> 01:08:30,819

realize that the world itself is a bunch

1585

01:08:35,430 --> 01:08:33,849

of empty promises just empty promises

1586

01:08:35,970 --> 01:08:35,440

and that's another empty promise right

1587

01:08:38,339 --> 01:08:35,980

there

1588

01:08:40,439 --> 01:08:38,349

it's those empty promises over and over

1589

01:08:42,169 --> 01:08:40,449

and over and caused you to turn and just

1590

01:08:44,700 --> 01:08:42,179

go what the hell is going on

1591

01:08:47,849 --> 01:08:44,710

where is satisfaction where is

1592

01:08:51,329 --> 01:08:47,859

resolution here's a counter here's a

1593

01:08:54,510 --> 01:08:51,339

counter-argument to that and it's from

1594

01:09:01,169 --> 01:08:54,520

Ken Wilber who many people will know

1595

01:09:02,910 --> 01:09:01,179

very accomplished in terms of yo what's

1596

01:09:07,859 --> 01:09:02,920

that I'm pretty familiar with Ken

1597

01:09:12,329 --> 01:09:07,869

Weber's work so the the crux of Ken

1598

01:09:15,329 --> 01:09:12,339

Wilbur's philosophy or the the crux of

1599

01:09:17,820 --> 01:09:15,339

his contribution is this idea of wake up

1600

01:09:21,919 --> 01:09:17,830

clean up grow up and the idea is that

1601
01:09:24,809 --> 01:09:21,929
when we look at people who have some

1602
01:09:27,999 --> 01:09:24,819
abilities to master these extended

1603
01:09:31,090 --> 01:09:28,009
consciousness realms these abilities to

1604
01:09:33,070 --> 01:09:31,100
maybe perfect some of the yoga skills

1605
01:09:37,030 --> 01:09:33,080
that you're talking about they go from

1606
01:09:39,280 --> 01:09:37,040
the 100 pound dumbbell up to the 200 300

1607
01:09:42,280 --> 01:09:39,290
pound dumbbell and we look up and we go

1608
01:09:44,950 --> 01:09:42,290
wow and then the next thing you know we

1609
01:09:47,170 --> 01:09:44,960
find out that they're screwing every

1610
01:09:48,849 --> 01:09:47,180
student and they're stealing money and

1611
01:09:53,260 --> 01:09:48,859
we're doing all the rest is like well

1612
01:09:55,960 --> 01:09:53,270
hey how can this be I mean this person

1613
01:09:58,090 --> 01:09:55,970

put me in Samadhi with just a look or a

1614

01:10:01,000 --> 01:09:58,100

touch on the forehead I know that's real

1615

01:10:02,890 --> 01:10:01,010

because I experienced it and and beyond

1616

01:10:05,050 --> 01:10:02,900

that we've put them on such a level

1617

01:10:07,540 --> 01:10:05,060

because we've said this enlightenment

1618

01:10:10,720 --> 01:10:07,550

whatever that means or this Awakening is

1619

01:10:14,140 --> 01:10:10,730

the ultimate goal of this whole process

1620

01:10:15,880 --> 01:10:14,150

of yoga along comes Ken Wilber and he

1621

01:10:19,560 --> 01:10:15,890

says you know what we did a little

1622

01:10:23,350 --> 01:10:19,570

western pragmatism here in the form of

1623

01:10:25,479 --> 01:10:23,360

cognitive psychology and self

1624

01:10:27,940 --> 01:10:25,489

development but we need to say just

1625

01:10:30,550 --> 01:10:27,950

because you wake up does it mean that

1626

01:10:33,100 --> 01:10:30,560

you've cleaned up doesn't mean that

1627

01:10:36,430 --> 01:10:33,110

you've dealt with the shadow stuff that

1628

01:10:39,240 --> 01:10:36,440

we all have just from living a normal

1629

01:10:44,280 --> 01:10:39,250

life and it doesn't mean that we haven't

1630

01:10:48,760 --> 01:10:44,290

grown up emotionally and become more

1631

01:10:51,520 --> 01:10:48,770

just more of a responsible person what

1632

01:10:54,130 --> 01:10:51,530

do you think about Ken Wilbur's idea of

1633

01:10:57,580 --> 01:10:54,140

wake up clean up grow up and how does

1634

01:11:01,000 --> 01:10:57,590

that relate to this yogic philosophy

1635

01:11:06,030 --> 01:11:01,010

that we've been talking about yeah this

1636

01:11:08,560 --> 01:11:06,040

way to say Yama niyama expound on that

1637

01:11:10,750 --> 01:11:08,570

right I mean yeah that's what yama

1638

01:11:14,290 --> 01:11:10,760

niyama are coming to grips with all your

1639

01:11:16,030 --> 01:11:14,300

inner demons you can't turn around and

1640

01:11:18,130 --> 01:11:16,040

go through that Bindu and experience the

1641

01:11:20,350 --> 01:11:18,140

absolute but these are magnetic forces

1642

01:11:23,800 --> 01:11:20,360

that prevent you from doing that Don I

1643

01:11:25,690 --> 01:11:23,810

am totally I am totally 100% with you

1644

01:11:27,430 --> 01:11:25,700

and I jumped on that right at the

1645

01:11:30,310 --> 01:11:27,440

beginning because that was always my

1646

01:11:32,770 --> 01:11:30,320

understanding of Yama in the Yama but

1647

01:11:36,220 --> 01:11:32,780

let's deal with the fact that that's not

1648

01:11:38,500 --> 01:11:36,230

how this has played out in our society

1649

01:11:39,660 --> 01:11:38,510

right so that's a good that's what I

1650

01:11:42,330 --> 01:11:39,670

said see when you released

1651
01:11:42,780 --> 01:11:42,340
to understand it and let them Nia and

1652
01:11:45,120 --> 01:11:42,790
Yama

1653
01:11:46,880 --> 01:11:45,130
take over one of the things that's

1654
01:11:48,990 --> 01:11:46,890
happened to me is I'm just really

1655
01:11:50,880 --> 01:11:49,000
manifestation it's like the surface of

1656
01:11:53,160 --> 01:11:50,890
the lake it's the surface of the ocean

1657
01:11:54,810 --> 01:11:53,170
during the storm it's all cloudy and

1658
01:11:56,669 --> 01:11:54,820
crazy and nuts and then you go

1659
01:11:59,430 --> 01:11:56,679
underneath and it's very calm and quiet

1660
01:12:02,280 --> 01:11:59,440
the further down you go the calmer it is

1661
01:12:04,189 --> 01:12:02,290
it's always a storm on the surface

1662
01:12:07,430 --> 01:12:04,199
that's the definition of the surface

1663
01:12:09,990 --> 01:12:07,440

manifestation is poised a mess but here's

1664

01:12:11,490 --> 01:12:10,000

here's the essential truth we're going

1665

01:12:13,860 --> 01:12:11,500

to change it we're not going to change

1666

01:12:15,720 --> 01:12:13,870

it that's the nature of it yeah but but

1667

01:12:17,850 --> 01:12:15,730

here's the essential truth that Ken

1668

01:12:20,520 --> 01:12:17,860

Wilber has tapped into and I think it

1669

01:12:22,800 --> 01:12:20,530

relates back to that wonderful phrase

1670

01:12:25,500 --> 01:12:22,810

that you turned in there in terms of at

1671

01:12:27,209 --> 01:12:25,510

least the humanities understand that we

1672

01:12:29,459 --> 01:12:27,219

live in a culture and that we live in a

1673

01:12:31,080 --> 01:12:29,469

society as opposed to science you

1674

01:12:32,850 --> 01:12:31,090

sometimes you know I always say the

1675

01:12:35,939 --> 01:12:32,860

biologic robot in a meaningless universe

1676

01:12:38,880 --> 01:12:35,949

it's like you don't really even believe

1677

01:12:41,640 --> 01:12:38,890

that stuff so at least humanities raises

1678

01:12:44,220 --> 01:12:41,650

us out of that well in the same way here

1679

01:12:46,890 --> 01:12:44,230

I think with what Ken Wilber is doing is

1680

01:12:49,229 --> 01:12:46,900

saying we've kind of become enamored

1681

01:12:51,840 --> 01:12:49,239

with this idea of enlightenment and

1682

01:12:54,930 --> 01:12:51,850

we've really elevated it to a point and

1683

01:12:57,780 --> 01:12:54,940

we fundamentally misunderstood it so you

1684

01:12:59,700 --> 01:12:57,790

can then introduce the reintroduce Yama

1685

01:13:04,200 --> 01:12:59,710

new Yama - but don't we have to

1686

01:13:08,520 --> 01:13:04,210

acknowledge that even the the the Hindu

1687

01:13:11,070 --> 01:13:08,530

culture for hundreds of years and as

1688

01:13:13,650 --> 01:13:11,080

it's been brought forward into our

1689

01:13:17,729 --> 01:13:13,660

culture and meshed with our culture has

1690

01:13:19,530 --> 01:13:17,739

fundamentally maybe missed this a little

1691

01:13:21,360 --> 01:13:19,540

bit and we can't say everybody has

1692

01:13:23,729 --> 01:13:21,370

because there's obviously a lot of

1693

01:13:25,650 --> 01:13:23,739

people who have gotten it but there's a

1694

01:13:27,120 --> 01:13:25,660

lot of people who've really it's

1695

01:13:28,800 --> 01:13:27,130

actually really interesting what you're

1696

01:13:31,140 --> 01:13:28,810

asking it's really interesting and it's

1697

01:13:34,860 --> 01:13:31,150

complicated its historical right and

1698

01:13:36,180 --> 01:13:34,870

pretty the way that I responded first

1699

01:13:37,620 --> 01:13:36,190

thing that pops into my head to respond

1700

01:13:39,240 --> 01:13:37,630

you notice through the whole of yoga

1701
01:13:41,750 --> 01:13:39,250
consciousness I make no bones about

1702
01:13:43,890 --> 01:13:41,760
referring to Western civilization

1703
01:13:44,790 --> 01:13:43,900
because it only accepts the world

1704
01:13:47,250 --> 01:13:44,800
incentives

1705
01:13:49,580 --> 01:13:47,260
it's just prepare it right in your face

1706
01:13:52,430 --> 01:13:49,590
as I'll get hit with a bone or something

1707
01:13:55,040 --> 01:13:52,440
it's just preparing where

1708
01:13:57,170 --> 01:13:55,050
growing out of a prism you know that's

1709
01:13:59,870 --> 01:13:57,180
one angle the other angle is when you

1710
01:14:01,729 --> 01:13:59,880
look at the manifestation its cyclic

1711
01:14:03,709 --> 01:14:01,739
right so there's times of calm followed

1712
01:14:05,450 --> 01:14:03,719
by times of storm times of calm followed

1713
01:14:07,400 --> 01:14:05,460

by times of storm and that's gonna

1714

01:14:09,890 --> 01:14:07,410

happen culturally too right so you have

1715

01:14:11,360 --> 01:14:09,900

the Pax Romana for 200 years and then

1716

01:14:14,300 --> 01:14:11,370

the perfect age is where it's just all

1717

01:14:15,800 --> 01:14:14,310

chaos alright and so you know

1718

01:14:17,959 --> 01:14:15,810

civilization wise you're going to have

1719

01:14:20,720 --> 01:14:17,969

times at least and then you're gonna

1720

01:14:22,850 --> 01:14:20,730

have just times of chaos it's just it's

1721

01:14:26,090 --> 01:14:22,860

just the nature of the waves see that's

1722

01:14:28,640 --> 01:14:26,100

really like a key idea that teaching the

1723

01:14:30,890 --> 01:14:28,650

Indian philosophy of like the Maya hey

1724

01:14:32,830 --> 01:14:30,900

Maya is manifestation and it's made of

1725

01:14:36,590 --> 01:14:32,840

gunas of what our goodness their wave

1726

01:14:39,070 --> 01:14:36,600

that's all it means is wave and the

1727

01:14:42,590 --> 01:14:39,080

waves can be of three kinds they can be

1728

01:14:45,740 --> 01:14:42,600

like slow or they can be chaotic like

1729

01:14:48,080 --> 01:14:45,750

fire or a storm or tornado or they can

1730

01:14:50,209 --> 01:14:48,090

be harmonious like a lightweight

1731

01:14:52,729 --> 01:14:50,219

satphone you got Rogers timeless and

1732

01:14:54,560 --> 01:14:52,739

thoughtful more eco the more convinced I

1733

01:14:56,660 --> 01:14:54,570

am that that is the fundamental physics

1734

01:14:58,430 --> 01:14:56,670

of all reality that our physics

1735

01:15:01,030 --> 01:14:58,440

eventually will converge that

1736

01:15:03,560 --> 01:15:01,040

understanding because it does explain

1737

01:15:05,689 --> 01:15:03,570

everything around us even the nonlinear

1738

01:15:08,000 --> 01:15:05,699

dynamics that we're slowly falling into

1739

01:15:10,750 --> 01:15:08,010

will be our expression in our culture of

1740

01:15:14,540 --> 01:15:10,760

that basic insight the Hindus discovered

1741

01:15:17,330 --> 01:15:14,550

you know in the times of on a shop very

1742

01:15:18,650 --> 01:15:17,340

however long ago that was but this is

1743

01:15:20,840 --> 01:15:18,660

basic understand that's the nature of

1744

01:15:23,990 --> 01:15:20,850

the manifestation which is just one

1745

01:15:26,540 --> 01:15:24,000

aspect of existent right and so here we

1746

01:15:29,630 --> 01:15:26,550

are in that thing and it has the power

1747

01:15:31,850 --> 01:15:29,640

of my of delusion of garden you had a

1748

01:15:33,140 --> 01:15:31,860

bit can you believe it's real of taking

1749

01:15:35,750 --> 01:15:33,150

the being that is our consciousness

1750

01:15:37,729 --> 01:15:35,760

remember consciousness as the magic

1751

01:15:40,520 --> 01:15:37,739

power of giving being giving existence

1752

01:15:42,490 --> 01:15:40,530

to stuff so hold on down I want to take

1753

01:15:44,600 --> 01:15:42,500

one more shot at this because it you

1754

01:15:48,200 --> 01:15:44,610

where I'm getting where I'm coming from

1755

01:15:51,470 --> 01:15:48,210

is in the same way that the humanities

1756

01:15:53,990 --> 01:15:51,480

acknowledge that there is culture there

1757

01:15:57,200 --> 01:15:54,000

is society at play I think what Ken

1758

01:16:00,890 --> 01:15:57,210

Wilber is tapping into is that we've put

1759

01:16:04,530 --> 01:16:00,900

this process of awakening /

1760

01:16:07,080 --> 01:16:04,540

enlightenment and we've held it to

1761

01:16:10,950 --> 01:16:07,090

the goal we've put it forth as the goal

1762

01:16:12,960 --> 01:16:10,960

of this consciousness evolution and what

1763

01:16:16,110 --> 01:16:12,970

he's calling into question here in a

1764

01:16:19,800 --> 01:16:16,120

very Western barbaric bone on the head

1765

01:16:22,290 --> 01:16:19,810

kind of way is to say maybe not and

1766

01:16:23,130 --> 01:16:22,300

that's a contribution that's something

1767

01:16:26,520 --> 01:16:23,140

different

1768

01:16:28,050 --> 01:16:26,530

that I think we have to examine and we

1769

01:16:30,510 --> 01:16:28,060

can say like you're saying well that

1770

01:16:32,070 --> 01:16:30,520

just got lost and if we go back far

1771

01:16:34,410 --> 01:16:32,080

enough the yama and the new yama

1772

01:16:37,620 --> 01:16:34,420

understood it and stuff like that but

1773

01:16:41,760 --> 01:16:37,630

what does it say that that it is lost

1774

01:16:44,280 --> 01:16:41,770

in so many of the Yogi's that we've

1775

01:16:46,430 --> 01:16:44,290

experienced over the last hundreds of

1776

01:16:49,950 --> 01:16:46,440

years hundreds years who did have

1777

01:16:54,330 --> 01:16:49,960

achieved some kind of mastery of this

1778

01:16:56,640 --> 01:16:54,340

extended consciousness and yet haven't

1779

01:16:59,310 --> 01:16:56,650

grown up and have it cleaned up that's

1780

01:17:01,260 --> 01:16:59,320

the you know in the book I called the

1781

01:17:02,820 --> 01:17:01,270

intermediate zones which I found from an

1782

01:17:04,830 --> 01:17:02,830

author on the internet I can't think of

1783

01:17:08,220 --> 01:17:04,840

his name right now cite him in the book

1784

01:17:10,770 --> 01:17:08,230

but it's like everything from here on

1785

01:17:12,870 --> 01:17:10,780

the screen all the way to the pen dude

1786

01:17:13,290 --> 01:17:12,880

until you pass through the pen do all

1787

01:17:17,250 --> 01:17:13,300

that

1788

01:17:19,950 --> 01:17:17,260

okay viz delusion of delusion if you

1789

01:17:21,480 --> 01:17:19,960

believe any of it you're deluded but the

1790

01:17:24,120 --> 01:17:21,490

thing is and this is the fundamental

1791

01:17:27,260 --> 01:17:24,130

process so this is where I would I don't

1792

01:17:29,910 --> 01:17:27,270

know if I'd say argue with Wilbur but

1793

01:17:31,680 --> 01:17:29,920

under Lou's conception when you become

1794

01:17:35,570 --> 01:17:31,690

the absolute you see there's only one

1795

01:17:37,920 --> 01:17:35,580

thing going on absolute somehow some

1796

01:17:39,290 --> 01:17:37,930

miraculous process that probably humans

1797

01:17:43,970 --> 01:17:39,300

will never be capable of understanding

1798

01:17:47,820 --> 01:17:43,980

like fans out into manifestation and

1799

01:17:49,920 --> 01:17:47,830

manifestation the purpose is to fall

1800

01:17:52,350 --> 01:17:49,930

back into being the absolute and he

1801

01:17:53,700 --> 01:17:52,360

calls it the rhythm of creation it's all

1802

01:17:56,510 --> 01:17:53,710

that exists it's all that's ever existed

1803

01:17:59,100 --> 01:17:56,520

it's turtle it's never not existed

1804

01:18:01,230 --> 01:17:59,110

so you're saying those confuse being

1805

01:18:04,560 --> 01:18:01,240

halfway out of the cave with being out

1806

01:18:06,540 --> 01:18:04,570

of the cave in a nutshell yeah in a

1807

01:18:09,570 --> 01:18:06,550

nutshell yeah that's the intermediate

1808

01:18:12,000 --> 01:18:09,580

zone it's all delusional the log post

1809

01:18:14,310 --> 01:18:12,010

for folks what's up with all that and

1810

01:18:15,690 --> 01:18:14,320

and just bring us up to date on what's

1811

01:18:18,030 --> 01:18:15,700

going on well you know since writing

1812

01:18:20,810 --> 01:18:18,040

your view of consciousness that was

1813

01:18:23,460 --> 01:18:20,820

kind of a how you call a mind clearing

1814

01:18:25,800 --> 01:18:23,470

getting all by thinking at that time out

1815

01:18:26,940 --> 01:18:25,810

on paper and I've I haven't really been

1816

01:18:30,030 --> 01:18:26,950

doing anything because I'm in this

1817

01:18:31,860 --> 01:18:30,040

gestation phase now I'm looking back or

1818

01:18:34,229 --> 01:18:31,870

what I wrote I'm thinking about it I'm

1819

01:18:37,350 --> 01:18:34,239

going to synthesize it at a higher level

1820

01:18:39,420 --> 01:18:37,360

I have an idea for a book about the

1821

01:18:41,550 --> 01:18:39,430

Buddhist but these are all very

1822

01:18:43,770 --> 01:18:41,560

potential right now so things are kind

1823

01:18:46,979 --> 01:18:43,780

of quiet on that one and I really have

1824

01:18:51,050 --> 01:18:46,989

been very focused on my work stuff you

1825

01:18:56,280 --> 01:18:51,060

know looking and trying to promote the

1826

01:19:00,450 --> 01:18:56,290

dynamical theory Sellinger even you know

1827

01:19:01,830 --> 01:19:00,460

I think I said this in in my email to

1828

01:19:03,660 --> 01:19:01,840

you and I'm definitely gonna say it in

1829

01:19:06,330 --> 01:19:03,670

the introduction but I'll repeat it here

1830

01:19:09,570 --> 01:19:06,340

at the end you're a phenomenal

1831

01:19:11,640 --> 01:19:09,580

phenomenal thinker and one of my

1832

01:19:14,479 --> 01:19:11,650

absolute favorite guests that I've ever

1833

01:19:18,080 --> 01:19:14,489

had you know when I started this show

1834

01:19:21,300 --> 01:19:18,090

390 interviews ago or whatever I always

1835

01:19:24,150 --> 01:19:21,310

imagined that there were people out

1836

01:19:26,550 --> 01:19:24,160

there who were truly brilliant truly

1837

01:19:29,160 --> 01:19:26,560

revolutionary who just weren't being

1838

01:19:33,530 --> 01:19:29,170

heard and if ever there was an example

1839

01:19:36,840 --> 01:19:33,540

of someone who fits that who completely

1840

01:19:39,600 --> 01:19:36,850

validates the skeptic omission I think

1841

01:19:42,780 --> 01:19:39,610

it's you and your work because I really

1842

01:19:44,010 --> 01:19:42,790

nice I really it's true I've talked to

1843

01:19:45,750 --> 01:19:44,020

so many folks who have all these

1844

01:19:47,520 --> 01:19:45,760

credentials and all these degrees and

1845

01:19:51,090 --> 01:19:47,530

stuff like that and you just run circles

1846

01:19:53,940 --> 01:19:51,100

around him so it's always so great so

1847

01:19:56,040 --> 01:19:53,950

fun I've taken a long big turn it's been

1848

01:19:57,630 --> 01:19:56,050

great and I think I don't know if I told

1849

01:19:59,580 --> 01:19:57,640

you I'm actually on vacation now anyway

1850

01:20:07,580 --> 01:19:59,590

so this timing and this worked up

1851

01:20:07,590 --> 01:20:18,030

you

1852

01:20:22,320 --> 01:20:20,430

so thanks for watching this video if it

1853

01:20:24,930 --> 01:20:22,330

wasn't really a video but just an audio

1854

01:20:26,490 --> 01:20:24,940

stored as a video I apologize but

1855

01:20:28,470 --> 01:20:26,500

there's more videos out there as well

1856

01:20:30,270 --> 01:20:28,480

but please check out the Skeptical

1857

01:20:31,620 --> 01:20:30,280

website you can see it here we cover a

1858

01:20:34,440 --> 01:20:31,630

lot of different stuff you might be

1859

01:20:37,770 --> 01:20:34,450

interested in relating to controversial

1860

01:20:40,500 --> 01:20:37,780

science and spirituality a lot of shows

1861

01:20:43,320 --> 01:20:40,510

up there over 350 of them are so all

1862

01:20:45,660 --> 01:20:43,330

free all available for download so do