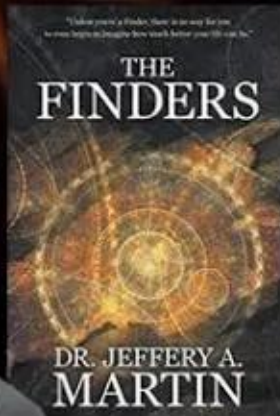


Jeffery Martin

Skeptiko #406



Skeptiko Topics:

Consciousness Science
Parapsychology
Near-Death Experience
Spirituality
Skeptics/Skepticism
Psi
Psychics & Mediums
Atheism
UFO
Neuroscience
Conspiracy Theories
Contactee Experience
OBE

1
00:00:11,419 --> 00:00:07,750
yeah

2
00:00:13,190 --> 00:00:11,429
what a am i right that's Seth

3
00:00:15,470 --> 00:00:13,200
Rogen and James Franco from the movie

4
00:00:18,650 --> 00:00:15,480
the interview no you're not he's not

5
00:00:21,910 --> 00:00:18,660
being a he's peanut

6
00:00:24,560 --> 00:00:21,920
butter and jealous he's not Joey he's

7
00:00:26,740 --> 00:00:24,570
talking about haters at the interview I

8
00:00:30,349 --> 00:00:26,750
have coming up with Jeffrey Martin is

9
00:00:32,690 --> 00:00:30,359
quite long extensive talks about a

10
00:00:35,209 --> 00:00:32,700
million different things if you will but

11
00:00:38,690 --> 00:00:35,219
one of the points I had pull out cuz it

12
00:00:41,479 --> 00:00:38,700
just intrigues me is the hater aspect of

13
00:00:44,270 --> 00:00:41,489

it here's a guy who by all accounts has

14

00:00:46,910 --> 00:00:44,280

made some major strides in advancing the

15

00:00:49,630 --> 00:00:46,920

ball in terms of our understanding of

16

00:00:52,850 --> 00:00:49,640

consciousness and more importantly our

17

00:00:55,720 --> 00:00:52,860

understanding of how the transcending of

18

00:00:58,939 --> 00:00:55,730

consciousness in a kind of non-dual way

19

00:01:01,880 --> 00:00:58,949

relates to well-being so there's some

20

00:01:04,700 --> 00:01:01,890

social science research combined with

21

00:01:09,950 --> 00:01:04,710

some practical shut up and meditate

22

00:01:10,429 --> 00:01:09,960

stuff that is truly stunning but haters

23

00:01:13,190 --> 00:01:10,439

gonna hate

24

00:01:15,890 --> 00:01:13,200

it's so unique what you've done we just

25

00:01:17,600 --> 00:01:15,900

can't stress that enough whether people

26

00:01:20,320 --> 00:01:17,610

like it or don't like it

27

00:01:22,789 --> 00:01:20,330

whether you're that grumpy Buddhist

28

00:01:25,310 --> 00:01:22,799

neuroscience type who's sitting there

29

00:01:27,770 --> 00:01:25,320

going this isn't it or whether you're a

30

00:01:29,690 --> 00:01:27,780

spiritual seeker who's so attached to

31

00:01:32,090 --> 00:01:29,700

your own tradition that you feel like

32

00:01:34,550 --> 00:01:32,100

this guy is gonna take the secret sauce

33

00:01:36,950 --> 00:01:34,560

out of what you already know there's all

34

00:01:38,210 --> 00:01:36,960

sorts of reasons to be a hater on this

35

00:01:39,890 --> 00:01:38,220

stuff and I'm sure you've encountered

36

00:01:41,539 --> 00:01:39,900

all of them yeah you know we have a

37

00:01:42,830 --> 00:01:41,549

scientific framework not a religious

38

00:01:45,319 --> 00:01:42,840

framework right I'm not a religious

39

00:01:48,230 --> 00:01:45,329

scholar you know we have had such a

40

00:01:50,780 --> 00:01:48,240

massive amount of hostility directed at

41

00:01:52,969 --> 00:01:50,790

us in recent years as we've conducted

42

00:01:54,740 --> 00:01:52,979

these experiments and as we've been sort

43

00:01:57,380 --> 00:01:54,750

of more routinely transitioning people

44

00:01:59,810 --> 00:01:57,390

from these various systems and we've

45

00:02:01,490 --> 00:01:59,820

done I feel like a lot of outreach we've

46

00:02:04,670 --> 00:02:01,500

allowed a lot of people from those

47

00:02:06,980 --> 00:02:04,680

systems to use our programs for free or

48

00:02:08,779 --> 00:02:06,990

even subsidizing them in other ways or

49

00:02:10,070 --> 00:02:08,789

even adapting things in other ways and

50

00:02:11,360 --> 00:02:10,080

allowing them to run them in person

51
00:02:13,580 --> 00:02:11,370
because they're more comfortable running

52
00:02:14,180 --> 00:02:13,590
things in person you know I feel like

53
00:02:15,920 --> 00:02:14,190
we've done

54
00:02:18,050 --> 00:02:15,930
as much as we can do to really sort of

55
00:02:21,620 --> 00:02:18,060
reach out and yet there's still just

56
00:02:24,350 --> 00:02:21,630
such hostility that comes from those

57
00:02:26,780 --> 00:02:24,360
folks and you know I I mean how happy

58
00:02:29,030 --> 00:02:26,790
can you really be if you're that hostile

59
00:02:32,630 --> 00:02:29,040
if you're really experiencing this stuff

60
00:02:34,190 --> 00:02:32,640
it's hard to be that hostile like I said

61
00:02:36,530 --> 00:02:34,200
there's a lot to this interview and I'm

62
00:02:38,750 --> 00:02:36,540
tempted to stack up a bunch of clips so

63
00:02:40,040 --> 00:02:38,760

you've listened to what I think are all

64

00:02:41,360 --> 00:02:40,050

the most important parts of this

65

00:02:42,920 --> 00:02:41,370

interview but I'm not going to do that

66

00:02:45,110 --> 00:02:42,930

I'm just going to throw it to the wind

67

00:02:47,300 --> 00:02:45,120

and see what you pull out of it

68

00:02:52,260 --> 00:02:47,310

stick around my interview with dr.

69

00:03:00,619 --> 00:02:52,270

Jeffrey Martin is up next on skeptic Oh

70

00:03:03,780 --> 00:03:00,629

[Music]

71

00:03:07,860 --> 00:03:03,790

today's guest has a new book titled the

72

00:03:10,320 --> 00:03:07,870

finders now let me read you a couple of

73

00:03:12,570 --> 00:03:10,330

blurbs from the back of this book the

74

00:03:16,619 --> 00:03:12,580

first is from a now neuropsychiatry dr.

75

00:03:20,130 --> 00:03:16,629

Peter fennec if the Nobel Prize existed

76

00:03:22,350 --> 00:03:20,140

for psychology the work done by dr.

77

00:03:25,650 --> 00:03:22,360

Jeffrey Martin and his team would be a

78

00:03:27,150 --> 00:03:25,660

strong contender again that's from Peter

79

00:03:30,050 --> 00:03:27,160

fennec next from well-known

80

00:03:33,750 --> 00:03:30,060

consciousness researcher dr. Alan Combs

81

00:03:38,819 --> 00:03:33,760

in this book dr. Martin takes his place

82

00:03:40,650 --> 00:03:38,829

beside William James and Abram as low to

83

00:03:43,920 --> 00:03:40,660

give us one of the most important and

84

00:03:48,089 --> 00:03:43,930

groundbreaking works on consciousness in

85

00:03:50,039 --> 00:03:48,099

human potential heady stuff dr. Jeffrey

86

00:03:52,020 --> 00:03:50,049

Martin welcome back to skeptic oh so

87

00:03:53,849 --> 00:03:52,030

great to have you here thanks so much

88

00:03:56,610 --> 00:03:53,859

it's great to be here it's wonderful to

89

00:03:58,559 --> 00:03:56,620

see you again likewise and I'm not

90

00:04:01,500 --> 00:03:58,569

really trying to make light of that at

91

00:04:05,699 --> 00:04:01,510

all I think that that really puts this

92

00:04:10,199 --> 00:04:05,709

in context whether you agree with those

93

00:04:13,890 --> 00:04:10,209

blurbs or not their blurbs unlike my

94

00:04:17,699 --> 00:04:13,900

clerks I've read Nobel Prize William

95

00:04:20,279 --> 00:04:17,709

James Maslow what does that feel like

96

00:04:22,800 --> 00:04:20,289

for you we're gonna talk about this

97

00:04:25,440 --> 00:04:22,810

finders course we had you on a few years

98

00:04:27,300 --> 00:04:25,450

ago you were in the middle of it you had

99

00:04:30,350 --> 00:04:27,310

it up and going and it was running but

100

00:04:35,520 --> 00:04:30,360

it just keeps gaining a lot of momentum

101
00:04:37,350 --> 00:04:35,530
what's going on Jeffrey Martin well of

102
00:04:40,290 --> 00:04:37,360
course most of those people we've had

103
00:04:44,940 --> 00:04:40,300
relationships with for you know over ten

104
00:04:47,610 --> 00:04:44,950
years and so they've been trying their

105
00:04:49,650 --> 00:04:47,620
very best to get us to put out more and

106
00:04:52,170 --> 00:04:49,660
more and more information from our data

107
00:04:56,219 --> 00:04:52,180
for a very long time so basically people

108
00:04:57,779 --> 00:04:56,229
have been super excited and thrilled you

109
00:05:00,990 --> 00:04:57,789
know when they got a copy of that book

110
00:05:03,800 --> 00:05:01,000
in their hands because you know they've

111
00:05:06,089 --> 00:05:03,810
been waiting for it frankly for so long

112
00:05:08,700 --> 00:05:06,099
and so if you actually if you go to the

113
00:05:10,380 --> 00:05:08,710

finders book calm I think is the website

114

00:05:12,460 --> 00:05:10,390

you'll see you can see even more I mean

115

00:05:15,439 --> 00:05:12,470

it's it's a crazy array of PEEP

116

00:05:18,499 --> 00:05:15,449

from the head of the transpersonal

117

00:05:21,709 --> 00:05:18,509

psychology association to Deepak Chopra

118

00:05:25,540 --> 00:05:21,719

- you know Peter Fenwick like you said -

119

00:05:29,089 --> 00:05:25,550

just sort of you name it Andy Newberg I

120

00:05:32,540 --> 00:05:29,099

mean there's like no corner of this

121

00:05:34,429 --> 00:05:32,550

world that is sort of left out which is

122

00:05:36,080 --> 00:05:34,439

you know wonderful we're super grateful

123

00:05:38,809 --> 00:05:36,090

for that but of course these have been

124

00:05:41,510 --> 00:05:38,819

people that we've you know generally

125

00:05:43,909 --> 00:05:41,520

worked in some way with for a very very

126
00:05:46,339 --> 00:05:43,919
long time interfaced with and been

127
00:05:48,369 --> 00:05:46,349
involved in either their research or

128
00:05:51,680 --> 00:05:48,379
they're in our research or both

129
00:05:55,339 --> 00:05:51,690
so these it's you know it's a it's a set

130
00:05:57,920 --> 00:05:55,349
of long-standing relationships where

131
00:06:01,520 --> 00:05:57,930
we're absolutely as enthusiastic about

132
00:06:03,469 --> 00:06:01,530
them and what they do with their

133
00:06:05,180 --> 00:06:03,479
research and their work as we are with

134
00:06:07,700 --> 00:06:05,190
ours the one the you know the one

135
00:06:12,740 --> 00:06:07,710
decision that we made actually was to go

136
00:06:15,080 --> 00:06:12,750
with testimonials that were primarily

137
00:06:17,749 --> 00:06:15,090
from people that were involved on the

138
00:06:20,029 --> 00:06:17,759

science yes let me jump in there though

139

00:06:22,189 --> 00:06:20,039

because I'm afraid that I may have

140

00:06:25,219 --> 00:06:22,199

jumped people right into the middle of

141

00:06:28,070 --> 00:06:25,229

this thing and we need to maybe back up

142

00:06:32,089 --> 00:06:28,080

who is for those folks who don't

143

00:06:36,170 --> 00:06:32,099

remember who is dr. Jeffrey Martin and

144

00:06:39,290 --> 00:06:36,180

what is this finder's thing about that's

145

00:06:41,300 --> 00:06:39,300

a good question you know it's funny I

146

00:06:44,240 --> 00:06:41,310

don't feel that relevant in the whole

147

00:06:46,339 --> 00:06:44,250

thing ironically I feel like I've sort

148

00:06:49,100 --> 00:06:46,349

of just been taken along on this journey

149

00:06:50,779 --> 00:06:49,110

that started about 12 years ago really

150

00:06:52,909 --> 00:06:50,789

it started I would say about 15 years

151
00:06:54,680 --> 00:06:52,919
ago I was researching things like

152
00:06:57,680 --> 00:06:54,690
synchronicity and whatnot back then I

153
00:07:01,579 --> 00:06:57,690
was primarily an entrepreneur not so

154
00:07:04,159 --> 00:07:01,589
much a researcher and I you know built a

155
00:07:08,659 --> 00:07:04,169
bunch of companies and done all sorts of

156
00:07:11,360 --> 00:07:08,669
stuff in the media but for all of that

157
00:07:13,430 --> 00:07:11,370
success fundamentally I I was not

158
00:07:14,839 --> 00:07:13,440
unhappy but it just seemed like there

159
00:07:17,390 --> 00:07:14,849
were a lot of people that were happier

160
00:07:21,350 --> 00:07:17,400
than I was and given that I was working

161
00:07:22,790 --> 00:07:21,360
you know all day I felt quite hard and

162
00:07:24,469 --> 00:07:22,800
that I'd done everything that I'd been

163
00:07:26,299 --> 00:07:24,479

told it was supposed to be the things

164

00:07:30,829 --> 00:07:26,309

that made you very happy

165

00:07:31,939 --> 00:07:30,839

it didn't seem really fair right that

166

00:07:36,799 --> 00:07:31,949

there were all these other people that

167

00:07:39,379 --> 00:07:36,809

were happy or that I was and so I really

168

00:07:43,869 --> 00:07:39,389

sort of set out on a quest to figure

169

00:07:46,699 --> 00:07:43,879

that out and that you know here we are

170

00:07:49,369 --> 00:07:46,709

over a dozen years later but a dozen

171

00:07:50,599 --> 00:07:49,379

years into this project and so up to

172

00:07:52,159 --> 00:07:50,609

that point I've done what everybody had

173

00:07:54,439 --> 00:07:52,169

done right I mean I take it a zillion

174

00:07:56,169 --> 00:07:54,449

seminars I'd read my way through all of

175

00:08:00,309 --> 00:07:56,179

the world's philosophies and religions

176

00:08:04,129 --> 00:08:00,319

and practiced stuff here and there and

177

00:08:05,959 --> 00:08:04,139

you know I mean I was decades into that

178

00:08:07,399 --> 00:08:05,969

type of search for wellbeing and I'd

179

00:08:09,559 --> 00:08:07,409

sort of come to the place where I felt

180

00:08:12,289 --> 00:08:09,569

like there really weren't any answers in

181

00:08:14,539 --> 00:08:12,299

any of those directions I'd given up on

182

00:08:17,749 --> 00:08:14,549

all of that for all of that you know

183

00:08:19,549 --> 00:08:17,759

intense amount of effort and it just

184

00:08:21,739 --> 00:08:19,559

occurred to me that you know I probably

185

00:08:25,699 --> 00:08:21,749

was either going to take one of a few

186

00:08:27,889 --> 00:08:25,709

tracks at that time one of the world's

187

00:08:29,389 --> 00:08:27,899

largest media company has had a senior

188

00:08:30,949 --> 00:08:29,399

executive position open to sort of

189

00:08:33,350 --> 00:08:30,959

consolidate and invent the next

190

00:08:34,879 --> 00:08:33,360

generation of media so I was thinking

191

00:08:36,649 --> 00:08:34,889

about that offer which would have seen

192

00:08:38,209 --> 00:08:36,659

me going to New York which was not where

193

00:08:39,499 --> 00:08:38,219

the power base of that company was and

194

00:08:40,759 --> 00:08:39,509

said that didn't seem like politically

195

00:08:43,790 --> 00:08:40,769

the best decision but it did seem like

196

00:08:47,980 --> 00:08:43,800

an interesting job right or continue to

197

00:08:50,389 --> 00:08:47,990

do the same thing with my companies or

198

00:08:52,460 --> 00:08:50,399

really just saying you know I've got to

199

00:08:53,900 --> 00:08:52,470

make a major life shift here and go try

200

00:08:54,379 --> 00:08:53,910

to figure this out which was exactly

201
00:08:57,290 --> 00:08:54,389
what I did

202
00:09:00,199 --> 00:08:57,300
and so I really just sort of liquidated

203
00:09:03,170 --> 00:09:00,209
everything and I went back to school and

204
00:09:05,540 --> 00:09:03,180
I picked up training and neuroscience

205
00:09:08,360 --> 00:09:05,550
and psychology and qualitative research

206
00:09:10,429 --> 00:09:08,370
I tried to go to start of the best

207
00:09:15,410 --> 00:09:10,439
institutions for each one of those

208
00:09:17,389 --> 00:09:15,420
different things and then from there set

209
00:09:19,369 --> 00:09:17,399
out on this course of research or trying

210
00:09:22,400 --> 00:09:19,379
to find the happiest people that I could

211
00:09:24,860 --> 00:09:22,410
to see if I could possibly become one of

212
00:09:26,389 --> 00:09:24,870
them and join their ranks and you're

213
00:09:27,769 --> 00:09:26,399

leaving a couple of parts out of the

214

00:09:28,850 --> 00:09:27,779

story that we kind of cover more in the

215

00:09:31,040 --> 00:09:28,860

first interview so I don't want to

216

00:09:34,249 --> 00:09:31,050

rehash all that but one is that you have

217

00:09:36,169 --> 00:09:34,259

a certain amount of baggage that you're

218

00:09:38,090 --> 00:09:36,179

bringing with you from a spiritual

219

00:09:40,070 --> 00:09:38,100

standpoint in terms of your upbringing

220

00:09:41,960 --> 00:09:40,080

and we all do but

221

00:09:46,190 --> 00:09:41,970

but that's there for you and that's

222

00:09:47,750 --> 00:09:46,200

really cool and number two is you're

223

00:09:49,730 --> 00:09:47,760

putting out there pretty good about who

224

00:09:51,530 --> 00:09:49,740

you are but you're still in a way being

225

00:09:53,990 --> 00:09:51,540

humble I mean you've done some pretty

226
00:09:56,390 --> 00:09:54,000
amazing things before this you know and

227
00:09:59,270 --> 00:09:56,400
you've written and you've accomplished

228
00:10:00,890 --> 00:09:59,280
both in the business world as well as

229
00:10:02,870 --> 00:10:00,900
kind of in some of these other worlds

230
00:10:04,400 --> 00:10:02,880
and and then I guess the other thing is

231
00:10:06,590 --> 00:10:04,410
you know you get into and you're gonna

232
00:10:08,270 --> 00:10:06,600
be a social scientist right so all of a

233
00:10:11,450 --> 00:10:08,280
sudden you're at Harvard and you're read

234
00:10:14,210 --> 00:10:11,460
over on the west coast where at Cal at

235
00:10:15,380 --> 00:10:14,220
CIS CIS you know a number I think which

236
00:10:17,000 --> 00:10:15,390
is I think the number one chronic

237
00:10:18,470 --> 00:10:17,010
qualitative school in the world for

238
00:10:22,910 --> 00:10:18,480

qualitative research you know you just

239

00:10:25,670 --> 00:10:22,920

plow into this stuff that everyone has

240

00:10:30,320 --> 00:10:25,680

looked at and said somebody needs to do

241

00:10:35,440 --> 00:10:30,330

this I think and you do it and now

242

00:10:36,770 --> 00:10:35,450

you've done it so we're still doing it

243

00:10:39,560 --> 00:10:36,780

yeah

244

00:10:41,840 --> 00:10:39,570

but I just want to add that it's it's

245

00:10:44,930 --> 00:10:41,850

quite an amazing journey that you've

246

00:10:46,670 --> 00:10:44,940

been on just amazing it is I I can't

247

00:10:48,560 --> 00:10:46,680

disagree at all it's been an incredible

248

00:10:51,800 --> 00:10:48,570

journey you know I feel like life has

249

00:10:54,050 --> 00:10:51,810

just sort of pulled me along like I've

250

00:10:56,330 --> 00:10:54,060

just sort of been grabbing on to this

251
00:10:58,010 --> 00:10:56,340
tale that's just you know running at

252
00:11:00,500 --> 00:10:58,020
full speed attached to some sort of

253
00:11:02,210 --> 00:11:00,510
creature and I'm just getting sort of

254
00:11:04,880 --> 00:11:02,220
pulled and pulled and pulled and pulled

255
00:11:07,100 --> 00:11:04,890
and pulled further and further and

256
00:11:08,690 --> 00:11:07,110
further and to in this case this rabbit

257
00:11:10,220 --> 00:11:08,700
hole I mean before that yeah it was a

258
00:11:11,930 --> 00:11:10,230
you know it was a bunch of other things

259
00:11:14,570 --> 00:11:11,940
whether it was you know I was

260
00:11:17,000 --> 00:11:14,580
instrumental I think you could easily

261
00:11:18,830 --> 00:11:17,010
say in the digital television revolution

262
00:11:20,510 --> 00:11:18,840
early on and there's all sorts of things

263
00:11:23,840 --> 00:11:20,520

like that so yeah I've had a pretty

264

00:11:25,430 --> 00:11:23,850

interesting track record I liked I you

265

00:11:26,540 --> 00:11:25,440

know it's interesting I was talking to

266

00:11:28,220 --> 00:11:26,550

somebody the other day and they were

267

00:11:29,600 --> 00:11:28,230

like you know if you look back it's it's

268

00:11:31,280 --> 00:11:29,610

kind of fascinating because you've just

269

00:11:32,810 --> 00:11:31,290

sort of consistently been involved in

270

00:11:35,780 --> 00:11:32,820

these projects that affect hundreds of

271

00:11:37,400 --> 00:11:35,790

millions or billions of people and I was

272

00:11:39,830 --> 00:11:37,410

thinking to myself gosh I sure hope this

273

00:11:42,800 --> 00:11:39,840

is another one like that I hope that

274

00:11:44,810 --> 00:11:42,810

that wasn't broken that shade of events

275

00:11:46,940 --> 00:11:44,820

was it brokered what I shifted my life a

276
00:11:48,920 --> 00:11:46,950
dozen years ago and and headed in this

277
00:11:51,200 --> 00:11:48,930
direction will see because I think this

278
00:11:52,760 --> 00:11:51,210
is the one thing you know it wasn't it

279
00:11:53,570 --> 00:11:52,770
wasn't any of the media stuff it wasn't

280
00:11:54,920 --> 00:11:53,580
any of the computer

281
00:11:57,080 --> 00:11:54,930
stuff it wasn't any of the business

282
00:11:59,800 --> 00:11:57,090
stuff wasn't any of the investing stuff

283
00:12:04,130 --> 00:11:59,810
wasn't any of that stuff that I think

284
00:12:06,440 --> 00:12:04,140
really needed to be as widely accessible

285
00:12:08,270 --> 00:12:06,450
as humanly possible I think this is the

286
00:12:11,810 --> 00:12:08,280
stuff it needs to be as widely

287
00:12:13,820 --> 00:12:11,820
accessible as humanly possible and so

288
00:12:16,100 --> 00:12:13,830

you know we're working on that I think

289

00:12:18,470 --> 00:12:16,110

we're a long way from that at this point

290

00:12:20,060 --> 00:12:18,480

but you were getting up every day and

291

00:12:21,530 --> 00:12:20,070

working on it that's for sure well

292

00:12:23,090 --> 00:12:21,540

that's an incredible vision and I

293

00:12:24,890 --> 00:12:23,100

remember the first time that we met

294

00:12:28,010 --> 00:12:24,900

which is now probably five years ago I

295

00:12:30,410 --> 00:12:28,020

can't even count but that was your

296

00:12:32,210 --> 00:12:30,420

vision right then and it just struck me

297

00:12:34,070 --> 00:12:32,220

and it was awesome I think it was

298

00:12:36,080 --> 00:12:34,080

somebody needs to have that vision but

299

00:12:38,000 --> 00:12:36,090

your vision was you're sitting around

300

00:12:40,940 --> 00:12:38,010

with a bunch of people say hey man come

301

00:12:42,710 --> 00:12:40,950

check out my little Sangha here and

302

00:12:46,100 --> 00:12:42,720

let's get a few people together to do a

303

00:12:47,750 --> 00:12:46,110

course and Jeffrey Martin's going yeah

304

00:12:50,690 --> 00:12:47,760

but what if we turned on a billion

305

00:12:53,240 --> 00:12:50,700

people you know what a billion people

306

00:12:55,730 --> 00:12:53,250

woke up what would that be like how

307

00:12:57,380 --> 00:12:55,740

would that be what would the economic

308

00:13:00,020 --> 00:12:57,390

model for that be what would the

309

00:13:04,010 --> 00:13:00,030

technology model for that be what would

310

00:13:06,220 --> 00:13:04,020

the data from that be you know what I

311

00:13:09,470 --> 00:13:06,230

mean and not talking about it in some

312

00:13:12,410 --> 00:13:09,480

new agey kind of the consciousness of

313

00:13:16,370 --> 00:13:12,420

the planet shifting but more from a kind

314

00:13:18,740 --> 00:13:16,380

of Silicon Valley marketing put it in a

315

00:13:22,400 --> 00:13:18,750

spreadsheet kind of thing no what would

316

00:13:25,910 --> 00:13:22,410

that mean if a billion people made this

317

00:13:27,920 --> 00:13:25,920

kind of transition that we say we can

318

00:13:29,750 --> 00:13:27,930

measure so we say we can measure these

319

00:13:31,670 --> 00:13:29,760

kind of things like well-being in these

320

00:13:33,680 --> 00:13:31,680

different ways and we all accept that

321

00:13:36,760 --> 00:13:33,690

that we can to some extent and then

322

00:13:40,250 --> 00:13:36,770

you're saying well what if that shifted

323

00:13:44,090 --> 00:13:40,260

this way for a billion people that's

324

00:13:46,040 --> 00:13:44,100

pretty audacious but you've been true to

325

00:13:49,430 --> 00:13:46,050

it you've been true to it from the very

326

00:13:51,170 --> 00:13:49,440

beginning that said recap for people

327

00:13:55,220 --> 00:13:51,180

because I think it's really important if

328

00:13:57,770 --> 00:13:55,230

someone did nothing other than the first

329

00:14:00,080 --> 00:13:57,780

phase of this work it would have been a

330

00:14:02,180 --> 00:14:00,090

huge contribution huge contribution the

331

00:14:03,470 --> 00:14:02,190

contribution that everyone sits back and

332

00:14:04,760 --> 00:14:03,480

says well somebody should do that

333

00:14:07,129 --> 00:14:04,770

somebody should do that somebody should

334

00:14:10,489 --> 00:14:07,139

do that and you did it in terms of going

335

00:14:13,579 --> 00:14:10,499

to all these communities that say they

336

00:14:15,530 --> 00:14:13,589

nurture this enlightenment awakening

337

00:14:17,239 --> 00:14:15,540

thing and saying okay great

338

00:14:18,799 --> 00:14:17,249

who are they who are the people among

339

00:14:20,509 --> 00:14:18,809

your community who have achieved that

340

00:14:22,340 --> 00:14:20,519

and then you went and talked to them and

341

00:14:24,139 --> 00:14:22,350

now how many of those people this has

342

00:14:25,669 --> 00:14:24,149

been years ago is at the beginning your

343

00:14:28,939 --> 00:14:25,679

research but how many of those people

344

00:14:31,939 --> 00:14:28,949

have you talked to and systematically

345

00:14:33,590 --> 00:14:31,949

tried to understand what they're doing

346

00:14:36,319 --> 00:14:33,600

which is phase one we're not going to

347

00:14:40,159 --> 00:14:36,329

get into Phase two yet but yeah phase

348

00:14:41,960 --> 00:14:40,169

one involved in some cases those long

349

00:14:43,519 --> 00:14:41,970

format interviews the six that's we'll

350

00:14:45,460 --> 00:14:43,529

have our really digging in interviews

351
00:14:47,569 --> 00:14:45,470
some cases repeating those four people

352
00:14:49,549 --> 00:14:47,579
so we have some longitudinal research

353
00:14:52,759 --> 00:14:49,559
subjects that we still you know we'll

354
00:14:56,090 --> 00:14:52,769
check in with to this day at an in depth

355
00:14:58,400 --> 00:14:56,100
kind of way and then you know a lot of

356
00:14:59,900 --> 00:14:58,410
that was giving people a lot of the gold

357
00:15:01,970 --> 00:14:59,910
standard psychology measures that were

358
00:15:04,460 --> 00:15:01,980
out there across the wide range of sub

359
00:15:06,409 --> 00:15:04,470
psychology disciplines from well-being

360
00:15:07,999 --> 00:15:06,419
and positive psychology type stuff to

361
00:15:11,780 --> 00:15:08,009
developmental psychology personality

362
00:15:12,650 --> 00:15:11,790
psychology psychopathology stuff you

363
00:15:15,319 --> 00:15:12,660

name it

364

00:15:18,470 --> 00:15:15,329

and also physiological measurement so

365

00:15:25,519 --> 00:15:18,480

lots of brain stuff heart rate you know

366

00:15:27,499 --> 00:15:25,529

breath breath rate breath gases GSR you

367

00:15:29,449 --> 00:15:27,509

know sort of you name it even one thing

368

00:15:30,859 --> 00:15:29,459

that we haven't made it to yet I think

369

00:15:31,999 --> 00:15:30,869

even when I talked to you last I was

370

00:15:33,739 --> 00:15:32,009

sort of hoping to make it to there

371

00:15:35,809 --> 00:15:33,749

because my friend Deepak Chopra but

372

00:15:37,189 --> 00:15:35,819

harping on me about it at the time he's

373

00:15:38,960 --> 00:15:37,199

an MD you know he's a doctor

374

00:15:40,999 --> 00:15:38,970

and he's still and he's still a doctor

375

00:15:43,460 --> 00:15:41,009

like people think of him as like this

376

00:15:45,259 --> 00:15:43,470

author or whatever else but at heart I

377

00:15:47,239 --> 00:15:45,269

mean he's still basically a physician

378

00:15:49,549 --> 00:15:47,249

and so he was like you know you need to

379

00:15:50,809 --> 00:15:49,559

collect blood on these people and all of

380

00:15:52,100 --> 00:15:50,819

that and we actually have never gotten

381

00:15:53,659 --> 00:15:52,110

around to that I would still like to get

382

00:15:55,249 --> 00:15:53,669

around to looking at genetics and

383

00:15:56,840 --> 00:15:55,259

looking at genetic changes and looking

384

00:15:58,489 --> 00:15:56,850

at blood changes and stuff like that but

385

00:16:01,309 --> 00:15:58,499

you know I'm sort of more on the

386

00:16:04,159 --> 00:16:01,319

neuroscience electrons side for the

387

00:16:06,379 --> 00:16:04,169

horrible not so much at the wet lab side

388

00:16:08,720 --> 00:16:06,389

of the world so so yeah we did all of

389

00:16:10,549 --> 00:16:08,730

that with thought it was about 1,200

390

00:16:13,789 --> 00:16:10,559

people who participated in some way in

391

00:16:15,470 --> 00:16:13,799

that initial phase of the project what

392

00:16:16,729 --> 00:16:15,480

we call phase one of the research

393

00:16:19,519 --> 00:16:16,739

projects it was a lot of people I was

394

00:16:20,809 --> 00:16:19,529

across every you know I think across as

395

00:16:24,679 --> 00:16:20,819

far as I can tell

396

00:16:27,169 --> 00:16:24,689

every major and most major major issue

397

00:16:30,139 --> 00:16:27,179

my nourish you know spiritual and

398

00:16:30,529 --> 00:16:30,149

religious traditions but also beyond

399

00:16:32,449 --> 00:16:30,539

that

400

00:16:35,989 --> 00:16:32,459

okay let's throw some out traditional

401

00:16:38,269 --> 00:16:35,999

Christian Catholic kind of did you hit

402

00:16:40,009 --> 00:16:38,279

that absolutely you know we had all the

403

00:16:42,019 --> 00:16:40,019

Abrahamic traditions someone who

404

00:16:43,699 --> 00:16:42,029

considers himself a Christian mystic did

405

00:16:46,039 --> 00:16:43,709

you have any of those in there oh yeah

406

00:16:47,659 --> 00:16:46,049

for sure and they're they're interesting

407

00:16:49,489 --> 00:16:47,669

because you know the funny thing about

408

00:16:52,579 --> 00:16:49,499

the Abrahamic traditions is that the

409

00:16:54,529 --> 00:16:52,589

Mystics are pushed to the margins and

410

00:16:57,769 --> 00:16:54,539

you know like they're never gonna get on

411

00:17:00,439 --> 00:16:57,779

Christian TV or you know whatever right

412

00:17:04,909 --> 00:17:00,449

they're like I'm so completely

413

00:17:06,289 --> 00:17:04,919

blackballed that it's amazing and I

414

00:17:07,730 --> 00:17:06,299

didn't know that until I started

415

00:17:09,529 --> 00:17:07,740

interviewing them it was fascinating to

416

00:17:11,569 --> 00:17:09,539

find that out you know yeah yeah I'm not

417

00:17:14,210 --> 00:17:11,579

trying to cut that off I'm just trying

418

00:17:17,329 --> 00:17:14,220

to give people a sense because you say

419

00:17:19,369 --> 00:17:17,339

that and I in some ways you're so

420

00:17:23,029 --> 00:17:19,379

comfortable saying it that it doesn't

421

00:17:26,379 --> 00:17:23,039

fully capture what I envisioned it being

422

00:17:29,389 --> 00:17:26,389

like for you to set up these long-form

423

00:17:33,289 --> 00:17:29,399

six-hour interviews and now you're

424

00:17:36,409 --> 00:17:33,299

talking to a Zen master of a particular

425

00:17:39,619 --> 00:17:36,419

branch of Zen Buddhism that's different

426

00:17:41,629 --> 00:17:39,629

from this other slightly different one

427

00:17:43,999 --> 00:17:41,639

over here in this Korean one and this

428

00:17:46,909 --> 00:17:44,009

Vietnamese and you're talking to all of

429

00:17:49,610 --> 00:17:46,919

them in comparing and contrasting and

430

00:17:53,090 --> 00:17:49,620

nexuses Sufi missed or indexes I mean

431

00:17:54,619 --> 00:17:53,100

give people just a sense of how broad

432

00:17:56,090 --> 00:17:54,629

this is there so there are two

433

00:17:59,450 --> 00:17:56,100

interesting things about that the first

434

00:18:02,029 --> 00:17:59,460

is just how incredibly different they

435

00:18:05,570 --> 00:18:02,039

are within the same tradition right and

436

00:18:08,539 --> 00:18:05,580

so like I remember tera vaada Buddhism

437

00:18:10,100 --> 00:18:08,549

was you know this fascinating one

438

00:18:11,990 --> 00:18:10,110

because it turned out that there were a

439

00:18:14,990 --> 00:18:12,000

lot of American terawatt of Buddhist

440

00:18:16,999 --> 00:18:15,000

teachers which made it really convenient

441

00:18:18,289 --> 00:18:17,009

right because language barriers are

442

00:18:20,840 --> 00:18:18,299

brutal when you're trying to get at

443

00:18:22,850 --> 00:18:20,850

someone's internal phenomenology and so

444

00:18:24,889 --> 00:18:22,860

I was like super grateful that we hit

445

00:18:26,899 --> 00:18:24,899

this version of Buddhism where there

446

00:18:28,850 --> 00:18:26,909

were lots of a lots of people who spoke

447

00:18:31,759 --> 00:18:28,860

English as their first language that she

448

00:18:31,909 --> 00:18:31,769

could go talk to but what was very you

449

00:18:33,440 --> 00:18:31,919

know

450

00:18:35,419 --> 00:18:33,450

frustrating about that

451
00:18:37,460 --> 00:18:35,429
is that like everyone that you talked to

452
00:18:38,899 --> 00:18:37,470
they all had the same general map so it

453
00:18:40,700 --> 00:18:38,909
was all like you know arising and

454
00:18:43,370 --> 00:18:40,710
passing away and stream entry and first

455
00:18:45,129 --> 00:18:43,380
path and all that stuff but like you

456
00:18:47,149 --> 00:18:45,139
would ask them okay well what is your

457
00:18:48,470 --> 00:18:47,159
phenomenological set of characteristics

458
00:18:50,419 --> 00:18:48,480
for determining someone who's reached

459
00:18:53,330 --> 00:18:50,429
first path or whatever writer had stream

460
00:18:55,190 --> 00:18:53,340
entry or whatever and like they were

461
00:18:57,019 --> 00:18:55,200
just so totally different like one

462
00:18:58,850 --> 00:18:57,029
person's list for a rising and passing

463
00:19:01,100 --> 00:18:58,860

away match to another person's list for

464

00:19:02,750 --> 00:19:01,110

stream entry or whatever else and you

465

00:19:05,120 --> 00:19:02,760

just got this sense like you know holy

466

00:19:06,799 --> 00:19:05,130

cow this is kind of nuts so there was a

467

00:19:08,509 --> 00:19:06,809

lot of difficulty around stuff like that

468

00:19:10,430 --> 00:19:08,519

you forget about cross tradition it's

469

00:19:12,470 --> 00:19:10,440

like within the same tradition it was

470

00:19:15,200 --> 00:19:12,480

and it makes sense right because you're

471

00:19:17,600 --> 00:19:15,210

trying to interpret these texts that are

472

00:19:19,250 --> 00:19:17,610

a zillion years old right I mean I

473

00:19:20,930 --> 00:19:19,260

there's this fascinating dissertation

474

00:19:22,759 --> 00:19:20,940

done by this lady named Beryl Seder

475

00:19:23,720 --> 00:19:22,769

well who's I hope I'm pronouncing that

476

00:19:26,120 --> 00:19:23,730

right because I've never actually heard

477

00:19:27,649 --> 00:19:26,130

of pronounce but it was from one of the

478

00:19:29,509 --> 00:19:27,659

universities in Pennsylvania and she

479

00:19:31,669 --> 00:19:29,519

looked at the new thought movement in

480

00:19:34,009 --> 00:19:31,679

America and she was a period historian

481

00:19:35,990 --> 00:19:34,019

right and so she just she was interested

482

00:19:39,379 --> 00:19:36,000

in like women's power dynamics within

483

00:19:41,149 --> 00:19:39,389

society and for whatever bizarre reason

484

00:19:42,799 --> 00:19:41,159

she wound up picking the new thought

485

00:19:46,310 --> 00:19:42,809

movement as the lens to look at that

486

00:19:49,310 --> 00:19:46,320

through for this very hardcore period

487

00:19:51,289 --> 00:19:49,320

historian style dissertation so I ran

488

00:19:54,409 --> 00:19:51,299

across that when I was researching the

489

00:19:56,000 --> 00:19:54,419

self-help community prior to researching

490

00:19:57,620 --> 00:19:56,010

all of this stuff I was looking into

491

00:19:58,820 --> 00:19:57,630

self up community mostly because I was

492

00:20:01,190 --> 00:19:58,830

trying to figure out what I should use

493

00:20:02,990 --> 00:20:01,200

myself you know what what actually might

494

00:20:04,940 --> 00:20:03,000

work in the self-help Commuter to make

495

00:20:08,210 --> 00:20:04,950

me happier right and so I ran across

496

00:20:10,549 --> 00:20:08,220

this this dissertation on the new

497

00:20:11,930 --> 00:20:10,559

thought movement and now the new thought

498

00:20:13,850 --> 00:20:11,940

movement occurred like a hundred and

499

00:20:17,990 --> 00:20:13,860

fifty years ago - 100 years ago or so

500

00:20:20,350 --> 00:20:18,000

you know roughly and so and it occurred

501
00:20:24,049 --> 00:20:20,360
in America and it occurred in English

502
00:20:26,060 --> 00:20:24,059
right and so in theory any of us ought

503
00:20:28,310 --> 00:20:26,070
to be able to pick up one of those books

504
00:20:29,870 --> 00:20:28,320
and understand what the heck they're

505
00:20:31,430 --> 00:20:29,880
saying and of course that's the it's

506
00:20:33,889 --> 00:20:31,440
these are all the books and all the

507
00:20:35,870 --> 00:20:33,899
works that form the foundation of the

508
00:20:38,149 --> 00:20:35,880
modern new thought movement and a lot of

509
00:20:39,740 --> 00:20:38,159
some degree the New Age movement and the

510
00:20:41,389 --> 00:20:39,750
power of thought movement and the secret

511
00:20:44,629 --> 00:20:41,399
and all of them right they all point

512
00:20:46,310 --> 00:20:44,639
back to these people and I think you

513
00:20:47,360 --> 00:20:46,320

know if you go back and you read those

514

00:20:50,210 --> 00:20:47,370

books you think

515

00:20:52,040 --> 00:20:50,220

I totally understand this no problem

516

00:20:54,770 --> 00:20:52,050

right but then you read Barrels

517

00:20:57,260 --> 00:20:54,780

dissertation and you realize that you

518

00:20:59,080 --> 00:20:57,270

don't understand anything that you're

519

00:21:02,799 --> 00:20:59,090

reading that it is embedded in a

520

00:21:07,190 --> 00:21:02,809

socio-economic context that you are so

521

00:21:09,710 --> 00:21:07,200

completely removed from in 2019 you know

522

00:21:12,230 --> 00:21:09,720

I mean the late 1800s and how they were

523

00:21:13,549 --> 00:21:12,240

thinking about spirit being in these

524

00:21:15,620 --> 00:21:13,559

debates that they were having around

525

00:21:16,880 --> 00:21:15,630

with spirit infused in matter or was it

526

00:21:18,470 --> 00:21:16,890

separate from matter and how did that

527

00:21:20,810 --> 00:21:18,480

relate to women's power dynamics and

528

00:21:23,030 --> 00:21:20,820

Society and how is that language all

529

00:21:24,560 --> 00:21:23,040

coded through all of these texts in ways

530

00:21:27,080 --> 00:21:24,570

that you and I would never pick up the

531

00:21:28,850 --> 00:21:27,090

nuances of so we so we read those books

532

00:21:29,930 --> 00:21:28,860

and we're like oh we totally understand

533

00:21:31,730 --> 00:21:29,940

these and the reality is we don't

534

00:21:33,169 --> 00:21:31,740

understand them at all that's what you

535

00:21:35,150 --> 00:21:33,179

learned from reading her dissertation is

536

00:21:37,310 --> 00:21:35,160

you can't read these people's books in

537

00:21:39,980 --> 00:21:37,320

English from like a hundred years ago

538

00:21:41,720 --> 00:21:39,990

and understand their points and

539

00:21:43,280 --> 00:21:41,730

understand the nuances of their points

540

00:21:44,419 --> 00:21:43,290

and so I don't think it's surprising

541

00:21:46,130 --> 00:21:44,429

that if you sit down with a bunch of

542

00:21:49,160 --> 00:21:46,140

Tara vadas Buddhist teachers in the West

543

00:21:51,140 --> 00:21:49,170

and they're deriving their ideas from

544

00:21:53,299 --> 00:21:51,150

books that are hundreds of years old

545

00:21:55,010 --> 00:21:53,309

written in a non-english language that

546

00:21:57,410 --> 00:21:55,020

they can't come to some sort of

547

00:21:59,750 --> 00:21:57,420

agreement on what the phenomenology

548

00:22:01,640 --> 00:21:59,760

should be of their various stages or

549

00:22:03,919 --> 00:22:01,650

even what the end point should look like

550

00:22:05,720 --> 00:22:03,929

of their thing or whatever else right

551
00:22:07,370 --> 00:22:05,730
because we can't understand stuff that

552
00:22:10,280 --> 00:22:07,380
was written 100 years ago for crying out

553
00:22:12,260 --> 00:22:10,290
loud in our own language you and it

554
00:22:14,210 --> 00:22:12,270
seems like it should be clear as day

555
00:22:16,490 --> 00:22:14,220
when we read it you know until you read

556
00:22:18,200 --> 00:22:16,500
a period scholars work that just teaches

557
00:22:20,600 --> 00:22:18,210
you you don't have any idea what you're

558
00:22:22,850 --> 00:22:20,610
actually looking at so I you know I

559
00:22:25,070 --> 00:22:22,860
think these it's it's things like that

560
00:22:26,810 --> 00:22:25,080
that help me to contextualize and you

561
00:22:29,630 --> 00:22:26,820
know just sort of be cool with it when I

562
00:22:31,190 --> 00:22:29,640
sit down with folks because I just sort

563
00:22:32,950 --> 00:22:31,200

of understand the situation that they're

564

00:22:35,120 --> 00:22:32,960

in even if they don't necessarily

565

00:22:36,440 --> 00:22:35,130

understand the situation that they're

566

00:22:37,850 --> 00:22:36,450

and you know you go talk to a bunch of

567

00:22:39,320 --> 00:22:37,860

new thought people today and they all

568

00:22:40,970 --> 00:22:39,330

think that they totally understand that

569

00:22:42,500 --> 00:22:40,980

old New Thought literature you know

570

00:22:44,390 --> 00:22:42,510

they're never gonna run across barrel

571

00:22:46,880 --> 00:22:44,400

Saders dissertation for God's sakes

572

00:22:48,530 --> 00:22:46,890

right or a book she actually turned it

573

00:22:49,640 --> 00:22:48,540

into a book it's watered down a little

574

00:22:51,770 --> 00:22:49,650

bit in the book but it's still a

575

00:22:53,390 --> 00:22:51,780

powerful book it's called each mind a

576

00:22:54,620 --> 00:22:53,400

kingdom or every mind a kingdom or

577

00:22:56,600 --> 00:22:54,630

something like that's if you're into

578

00:22:59,030 --> 00:22:56,610

that kind of thing man that's like an

579

00:22:59,900 --> 00:22:59,040

amazing book well I'm glad that you're

580

00:23:03,560 --> 00:22:59,910

into that kind of

581

00:23:06,500 --> 00:23:03,570

thing I do and I think that's maybe the

582

00:23:10,340 --> 00:23:06,510

the point of this work that you're doing

583

00:23:13,550 --> 00:23:10,350

because you do approach it so much like

584

00:23:17,020 --> 00:23:13,560

a social scientist on one hand and then

585

00:23:20,480 --> 00:23:17,030

on the other hand you're fully in as a

586

00:23:24,620 --> 00:23:20,490

subject as a seeker and you wear those

587

00:23:26,870 --> 00:23:24,630

two hats and you wear them quite bravely

588

00:23:29,570 --> 00:23:26,880

and I love that about you

589

00:23:32,270 --> 00:23:29,580

the methodology were just mentioning the

590

00:23:33,620 --> 00:23:32,280

more I learn about your methodology and

591

00:23:36,020 --> 00:23:33,630

some of the presentations you've done

592

00:23:37,850 --> 00:23:36,030

and talk about it the you know we could

593

00:23:40,220 --> 00:23:37,860

talk probably for hours and some of the

594

00:23:42,740 --> 00:23:40,230

subtleties of what you've discovered

595

00:23:44,570 --> 00:23:42,750

there and how that is important in

596

00:23:47,420 --> 00:23:44,580

understanding your work but I just threw

597

00:23:48,800 --> 00:23:47,430

out a couple is one I love these talks

598

00:23:50,090 --> 00:23:48,810

that you give and you can see you get

599

00:23:52,820 --> 00:23:50,100

pretty passionate about some of these

600

00:23:55,970 --> 00:23:52,830

things but you'll talk about trusting

601
00:23:59,300 --> 00:23:55,980
the current experience of that

602
00:24:01,430 --> 00:23:59,310
participant in these surveys so not what

603
00:24:03,170 --> 00:24:01,440
they thought thirty years ago and they

604
00:24:05,990 --> 00:24:03,180
started their practice but what they

605
00:24:07,730 --> 00:24:06,000
experienced and think now and maybe you

606
00:24:12,020 --> 00:24:07,740
can talk to why that's important and

607
00:24:15,110 --> 00:24:12,030
also like you just mentioned separating

608
00:24:17,000 --> 00:24:15,120
that from what they're supposed to

609
00:24:20,240 --> 00:24:17,010
believe what their tradition teaches

610
00:24:24,050 --> 00:24:20,250
what their texts teach and you seem to

611
00:24:27,110 --> 00:24:24,060
take great pains to really develop a

612
00:24:29,720 --> 00:24:27,120
methodology that needed to focus on the

613
00:24:32,300 --> 00:24:29,730

data in a particular way in order to get

614

00:24:34,100 --> 00:24:32,310

some of the questions that you wanted

615

00:24:37,220 --> 00:24:34,110

answered and I just think that's awesome

616

00:24:39,350 --> 00:24:37,230

do you want to speak to that at all sure

617

00:24:40,750 --> 00:24:39,360

I'm happy to speak to that anything you

618

00:24:42,350 --> 00:24:40,760

really want to talk about it's great

619

00:24:44,960 --> 00:24:42,360

that's right

620

00:24:47,840 --> 00:24:44,970

so I intentionally did not read anything

621

00:24:49,940 --> 00:24:47,850

you know I haven't read any of my

622

00:24:51,920 --> 00:24:49,950

subjects books even though I often would

623

00:24:53,540 --> 00:24:51,930

leave their houses with their books you

624

00:24:55,520 --> 00:24:53,550

know they would give me as a gift if

625

00:24:58,460 --> 00:24:55,530

they could hoping that I would read it

626

00:25:00,680 --> 00:24:58,470

probably but I didn't read any of them

627

00:25:02,690 --> 00:25:00,690

and the reason that I didn't read any of

628

00:25:05,030 --> 00:25:02,700

them is because our project has a very

629

00:25:06,920 --> 00:25:05,040

specific philosophy around that in terms

630

00:25:09,740 --> 00:25:06,930

of a scientific philosophy if you will

631

00:25:12,290 --> 00:25:09,750

and that is that what I really want to

632

00:25:13,580 --> 00:25:12,300

get at is lived experience right and so

633

00:25:15,680 --> 00:25:13,590

I don't I know

634

00:25:18,669 --> 00:25:15,690

that I cannot I know just from sitting

635

00:25:21,769 --> 00:25:18,679

down if it takes six to twelve hours to

636

00:25:24,409 --> 00:25:21,779

get to a point where you think that you

637

00:25:27,649 --> 00:25:24,419

probably understand enough of someone's

638

00:25:30,049 --> 00:25:27,659

phenomenology and they spend the first

639

00:25:32,330 --> 00:25:30,059

atleast hour or two talking exactly like

640

00:25:33,890 --> 00:25:32,340

they would in a book you know and that's

641

00:25:36,590 --> 00:25:33,900

not enough to really understand

642

00:25:39,110 --> 00:25:36,600

therefore not that it takes hours from

643

00:25:41,810 --> 00:25:39,120

that point to really come to some sort

644

00:25:44,090 --> 00:25:41,820

of meaningful understanding that just

645

00:25:45,320 --> 00:25:44,100

you know that tells me that maybe I

646

00:25:46,730 --> 00:25:45,330

should read their books before I sit

647

00:25:48,260 --> 00:25:46,740

down with them as a starting point but I

648

00:25:49,850 --> 00:25:48,270

don't even do that because it's frozen

649

00:25:51,590 --> 00:25:49,860

in time at some point right who knows

650

00:25:53,389 --> 00:25:51,600

how many years ago a book was written I

651

00:25:55,850 --> 00:25:53,399

need to know who they are now I need to

652

00:25:57,950 --> 00:25:55,860

understand their phenomenology now when

653

00:26:01,760 --> 00:25:57,960

you say phenomenology bring that down to

654

00:26:03,740 --> 00:26:01,770

a concrete level that any spiritual

655

00:26:06,950 --> 00:26:03,750

seeker quote-unquote listening to this

656

00:26:10,100 --> 00:26:06,960

show would understand I mean that's kind

657

00:26:11,659 --> 00:26:10,110

of a science II term huh and if it's in

658

00:26:13,340 --> 00:26:11,669

a philosophy term of course it's also

659

00:26:16,310 --> 00:26:13,350

used in philosophy it comes out of

660

00:26:18,380 --> 00:26:16,320

philosophy but basically it's all that

661

00:26:21,110 --> 00:26:18,390

means is trying to understand someone's

662

00:26:23,330 --> 00:26:21,120

internal experience really just trying

663

00:26:25,610 --> 00:26:23,340

to get your arms as much as you possibly

664

00:26:28,130 --> 00:26:25,620

can with as much accuracy and as much

665

00:26:30,980 --> 00:26:28,140

comprehensiveness around someone's

666

00:26:35,149 --> 00:26:30,990

internal way that they are experiencing

667

00:26:38,930 --> 00:26:35,159

feeling of oneness feeling of internal

668

00:26:40,880 --> 00:26:38,940

peace ability to shut down the mind all

669

00:26:42,830 --> 00:26:40,890

these things we hear and then you're

670

00:26:46,039 --> 00:26:42,840

trying to as a social scientist say okay

671

00:26:48,289 --> 00:26:46,049

what does that mean to you not what does

672

00:26:51,110 --> 00:26:48,299

that mean in some religious context or

673

00:26:52,279 --> 00:26:51,120

spiritual context but yeah how does that

674

00:26:55,010 --> 00:26:52,289

show up in your moment to moment

675

00:26:57,049 --> 00:26:55,020

perception and I you know it's

676

00:26:58,190 --> 00:26:57,059

interesting because one of the things

677

00:27:00,680 --> 00:26:58,200

what another one of the fascinating

678

00:27:02,680 --> 00:27:00,690

things that we learned very early on was

679

00:27:06,560 --> 00:27:02,690

that people are not speaking in metaphor

680

00:27:08,840 --> 00:27:06,570

they are trying to speak to you with as

681

00:27:10,730 --> 00:27:08,850

accurate a description in language as

682

00:27:12,529 --> 00:27:10,740

they can of their experience right and

683

00:27:15,529 --> 00:27:12,539

so like one of the things that when they

684

00:27:17,930 --> 00:27:15,539

say oneness like that is an accurate

685

00:27:20,510 --> 00:27:17,940

description to them of their it's as

686

00:27:21,860 --> 00:27:20,520

accurate as they can get in language of

687

00:27:24,020 --> 00:27:21,870

their experience it's not some sort of

688

00:27:26,090 --> 00:27:24,030

metaphor right or when they say when I

689

00:27:26,400 --> 00:27:26,100

transitioned it was an instant and it

690

00:27:28,470 --> 00:27:26,410

was

691

00:27:31,310 --> 00:27:28,480

almost like I woke up from a dream right

692

00:27:34,920 --> 00:27:31,320

that's that that's like as good a

693

00:27:36,900 --> 00:27:34,930

concrete example as they can as they

694

00:27:38,910 --> 00:27:36,910

feel like they can provide you as

695

00:27:41,040 --> 00:27:38,920

another human being they're not trying

696

00:27:42,960 --> 00:27:41,050

to provide some metaphor some loosey

697

00:27:44,760 --> 00:27:42,970

goosey things some get you in the

698

00:27:47,400 --> 00:27:44,770

ballpark type of thing they're like okay

699

00:27:50,430 --> 00:27:47,410

searching my entire experience what is

700

00:27:52,320 --> 00:27:50,440

the most concrete example that I could

701
00:27:54,060 --> 00:27:52,330
provide to this person that I'm talking

702
00:27:55,860 --> 00:27:54,070
to so one thing that's interesting about

703
00:27:58,170 --> 00:27:55,870
this population of people is that they

704
00:28:00,360 --> 00:27:58,180
use their language typically very

705
00:28:02,610 --> 00:28:00,370
precisely and very carefully and

706
00:28:05,250 --> 00:28:02,620
thought-out very carefully and it's

707
00:28:08,730 --> 00:28:05,260
often it's often an attempt to directly

708
00:28:10,440 --> 00:28:08,740
convey their experience and then the

709
00:28:11,760 --> 00:28:10,450
rest of the world sort of sees it

710
00:28:12,210 --> 00:28:11,770
different than that which is sort of

711
00:28:14,370 --> 00:28:12,220
funny

712
00:28:16,110 --> 00:28:14,380
all right people often think Oh waking

713
00:28:18,870 --> 00:28:16,120

up for a dream it's like some metaphor

714

00:28:20,100 --> 00:28:18,880

it's like oh now my mind can spin off in

715

00:28:21,690 --> 00:28:20,110

a thousand different ways that the

716

00:28:24,000 --> 00:28:21,700

person might know they mean like when

717

00:28:26,940 --> 00:28:24,010

you wake up in the morning and you were

718

00:28:28,770 --> 00:28:26,950

having a dream and then suddenly you're

719

00:28:31,440 --> 00:28:28,780

not having a dream and you're awake

720

00:28:33,030 --> 00:28:31,450

they're like that exact experience like

721

00:28:34,680 --> 00:28:33,040

that's what I am referring that's it

722

00:28:36,930 --> 00:28:34,690

it's like that's as close as I could

723

00:28:38,430 --> 00:28:36,940

don't spin it off into some sort of you

724

00:28:40,230 --> 00:28:38,440

know what did I mean metaphorically

725

00:28:42,690 --> 00:28:40,240

about waking up from a dream taking some

726

00:28:44,010 --> 00:28:42,700

poetic license so it's stuff like that

727

00:28:45,630 --> 00:28:44,020

you know from a phenomenological

728

00:28:47,310 --> 00:28:45,640

standpoint that you wind up discovering

729

00:28:49,110 --> 00:28:47,320

I should say phenomenology of course

730

00:28:50,790 --> 00:28:49,120

deals with anybody's internal state not

731

00:28:52,950 --> 00:28:50,800

just these people's internal state it's

732

00:28:54,450 --> 00:28:52,960

a method of inquiry into that but yeah

733

00:28:55,800 --> 00:28:54,460

that's the types of things that these

734

00:28:58,350 --> 00:28:55,810

people would report obviously a

735

00:28:59,550 --> 00:28:58,360

tremendous sense of peace you know

736

00:29:02,820 --> 00:28:59,560

that's really I think the most

737

00:29:06,000 --> 00:29:02,830

fundamental thing for a long time I had

738

00:29:07,950 --> 00:29:06,010

sort of this list of stuff that people

739

00:29:09,570 --> 00:29:07,960

would add stuff to and I would cross

740

00:29:11,730 --> 00:29:09,580

stuff off of and I was always looking

741

00:29:13,200 --> 00:29:11,740

for the common denominator and I think

742

00:29:15,050 --> 00:29:13,210

maybe the last time I was on the show I

743

00:29:17,280 --> 00:29:15,060

don't remember if I told this story but

744

00:29:18,810 --> 00:29:17,290

you know this is one moment where I was

745

00:29:20,580 --> 00:29:18,820

driving from a research interview in

746

00:29:23,460 --> 00:29:20,590

Springfield Illinois up to another one

747

00:29:26,880 --> 00:29:23,470

in Chicago and the person in Springfield

748

00:29:28,140 --> 00:29:26,890

Illinois had crossed the very last item

749

00:29:31,950 --> 00:29:28,150

that I thought was going to be a

750

00:29:33,870 --> 00:29:31,960

commonality off of my list and it was I

751
00:29:37,230 --> 00:29:33,880
was years into it at that point right

752
00:29:39,220 --> 00:29:37,240
and it was just like this devastating

753
00:29:41,820 --> 00:29:39,230
personal moment for me I was

754
00:29:44,590 --> 00:29:41,830
I remember I was like literally crying

755
00:29:46,750 --> 00:29:44,600
for the first part of that drive because

756
00:29:48,310 --> 00:29:46,760
of the impact and that sounds ridiculous

757
00:29:51,149 --> 00:29:48,320
but I was like you know I spent all

758
00:29:53,860 --> 00:29:51,159
these years I spent all this money I

759
00:29:56,529 --> 00:29:53,870
spent I've put in was my heart and soul

760
00:29:59,139 --> 00:29:56,539
into this and it and that last guy just

761
00:30:01,570 --> 00:29:59,149
basically made it fail it was sort of

762
00:30:04,330 --> 00:30:01,580
what it felt like and then by the end of

763
00:30:05,919 --> 00:30:04,340

that Drive by the time I got to there's

764

00:30:09,639 --> 00:30:05,929

little outside Chicago sort of in an

765

00:30:11,950 --> 00:30:09,649

Indiana suburb by the time I reached

766

00:30:13,419 --> 00:30:11,960

there I'd sort of recontextualized and I

767

00:30:15,100 --> 00:30:13,429

realized that I'd been looking at the

768

00:30:18,190 --> 00:30:15,110

trees and had missed the entire forest

769

00:30:21,009 --> 00:30:18,200

and so this list that I had were a list

770

00:30:23,230 --> 00:30:21,019

of trees and they'd caused me to miss

771

00:30:24,789 --> 00:30:23,240

this the overall forest right and that

772

00:30:27,070 --> 00:30:24,799

the thing that was common across all of

773

00:30:29,230 --> 00:30:27,080

these people was sort of this

774

00:30:32,350 --> 00:30:29,240

fundamental shift in their core

775

00:30:34,210 --> 00:30:32,360

psychology away from a sense of

776

00:30:36,700 --> 00:30:34,220

discontentment that's common certainly

777

00:30:39,100 --> 00:30:36,710

was common in me at that time and it's

778

00:30:40,750 --> 00:30:39,110

common in most of the mainstream you

779

00:30:41,830 --> 00:30:40,760

know population of humanity around the

780

00:30:43,930 --> 00:30:41,840

world there's just sort of this

781

00:30:44,980 --> 00:30:43,940

fundamental sense of discontentment that

782

00:30:47,320 --> 00:30:44,990

we all have at the root of our

783

00:30:48,879 --> 00:30:47,330

psychology and it manifests in all kinds

784

00:30:51,610 --> 00:30:48,889

of ways you know in the extremes it's

785

00:30:53,860 --> 00:30:51,620

fear and worry and you know anxiety and

786

00:30:56,110 --> 00:30:53,870

stuff like that but it no matter who you

787

00:30:57,850 --> 00:30:56,120

are no matter how great your life is you

788

00:31:00,789 --> 00:30:57,860

still have the sense that something is

789

00:31:02,740 --> 00:31:00,799

just not quite right and so you know

790

00:31:03,250 --> 00:31:02,750

your mind is constantly trying to figure

791

00:31:05,649 --> 00:31:03,260

that out

792

00:31:07,149 --> 00:31:05,659

and for a normal and this is normal

793

00:31:09,820 --> 00:31:07,159

right this is what psychology would

794

00:31:11,680 --> 00:31:09,830

consider normal and healthy your mind is

795

00:31:13,480 --> 00:31:11,690

just sort of constantly trying to figure

796

00:31:17,159 --> 00:31:13,490

this out you know and it's and it's like

797

00:31:20,680 --> 00:31:17,169

okay well when I have you know a Learjet

798

00:31:23,259 --> 00:31:20,690

then I'll finally be you know then that

799

00:31:25,269 --> 00:31:23,269

that will finally be quenched right and

800

00:31:27,009 --> 00:31:25,279

then you get the Learjet right and

801
00:31:28,960 --> 00:31:27,019
you're like happy for an hour and a half

802
00:31:30,070 --> 00:31:28,970
or something and it's quenched for an

803
00:31:31,450 --> 00:31:30,080
hour and a half or something right and

804
00:31:35,139 --> 00:31:31,460
in your mind it's like okay well the

805
00:31:37,990 --> 00:31:35,149
Learjet didn't do it I must need another

806
00:31:41,169 --> 00:31:38,000
child it's just one more child that I

807
00:31:43,240 --> 00:31:41,179
need and so let's go off insert did not

808
00:31:45,279 --> 00:31:43,250
go right and it's like are like the

809
00:31:47,529 --> 00:31:45,289
normal human mind is just constantly

810
00:31:50,710 --> 00:31:47,539
generating all of these goals most of

811
00:31:52,360 --> 00:31:50,720
you know some human minds generate very

812
00:31:53,090 --> 00:31:52,370
simple goals that can constantly be

813
00:31:55,250 --> 00:31:53,100

achieved

814

00:31:57,650 --> 00:31:55,260

or maybe you know you do get the learjet

815

00:32:00,409 --> 00:31:57,660

if you have a more complicated you have

816

00:32:02,539 --> 00:32:00,419

a more sort of aggressive human mind

817

00:32:04,159 --> 00:32:02,549

whatever but you know the more of these

818

00:32:06,500 --> 00:32:04,169

things you get the more you sort of give

819

00:32:08,539 --> 00:32:06,510

up on happiness I think it's funny the

820

00:32:10,490 --> 00:32:08,549

most accomplished people you know I know

821

00:32:12,230 --> 00:32:10,500

I've just had the privilege to interact

822

00:32:14,600 --> 00:32:12,240

with a lot of people who sort of run the

823

00:32:16,310 --> 00:32:14,610

world and they're often the most unhappy

824

00:32:18,020 --> 00:32:16,320

people that you can imagine because

825

00:32:19,760 --> 00:32:18,030

they've sort of got everything you know

826

00:32:22,310 --> 00:32:19,770

it's like what goal have they not

827

00:32:25,220 --> 00:32:22,320

achieved in their life by this point and

828

00:32:27,529 --> 00:32:25,230

they've just given up on anything you

829

00:32:29,960 --> 00:32:27,539

know filling that void or ending that

830

00:32:31,610 --> 00:32:29,970

fundamental discontentment and so for

831

00:32:33,649 --> 00:32:31,620

them it's just you know mostly just full

832

00:32:35,419 --> 00:32:33,659

steam ahead on the accomplishment track

833

00:32:37,250 --> 00:32:35,429

because that's what there is right and

834

00:32:38,990 --> 00:32:37,260

at least the more things you win on the

835

00:32:41,120 --> 00:32:39,000

more you get the little brief periods of

836

00:32:43,789 --> 00:32:41,130

peace or whatever else whereas the

837

00:32:45,890 --> 00:32:43,799

average person I think you know lots of

838

00:32:47,570 --> 00:32:45,900

times they think you know they they they

839

00:32:49,399 --> 00:32:47,580

have all of these cultural things that

840

00:32:52,669 --> 00:32:49,409

that they're told that they should get

841

00:32:54,409 --> 00:32:52,679

maybe like a Learjet right and they're

842

00:32:57,260 --> 00:32:54,419

never going to get it and so they just

843

00:32:59,600 --> 00:32:57,270

assume well I could have been happy if I

844

00:33:01,130 --> 00:32:59,610

could have had some of those things

845

00:33:03,500 --> 00:33:01,140

right and so they just sort of accept

846

00:33:04,669 --> 00:33:03,510

their lot you know to some degree but

847

00:33:08,570 --> 00:33:04,679

the reality is it's just this

848

00:33:10,430 --> 00:33:08,580

fundamental heart of human psychology of

849

00:33:12,350 --> 00:33:10,440

traditional human psychology as it seems

850

00:33:14,090 --> 00:33:12,360

to have evolved to this point and what

851

00:33:15,620 --> 00:33:14,100

shifts with fundamental well-being is

852

00:33:17,060 --> 00:33:15,630

the most amazing thing ever

853

00:33:18,260 --> 00:33:17,070

even though it's the most ordinary thing

854

00:33:19,970 --> 00:33:18,270

ever and of course you hear people say

855

00:33:22,490 --> 00:33:19,980

phrases like that and it's very

856

00:33:24,770 --> 00:33:22,500

confusing I think to the average person

857

00:33:26,419 --> 00:33:24,780

but what the it's it's what's so

858

00:33:28,490 --> 00:33:26,429

ordinary about it is there's just like

859

00:33:30,799 --> 00:33:28,500

this little shift that happens way at

860

00:33:32,630 --> 00:33:30,809

the bottom of your psychology away from

861

00:33:34,700 --> 00:33:32,640

that fundamental sense of discontentment

862

00:33:37,700 --> 00:33:34,710

and towards a sense that everything is

863

00:33:42,590 --> 00:33:37,710

really okay when did you know that on

864

00:33:45,770 --> 00:33:42,600

that drive to Chicago okay drive to

865

00:33:48,710 --> 00:33:45,780

Chicago you saw the trees for something

866

00:33:50,419 --> 00:33:48,720

more than trees for a forest and then

867

00:33:53,840 --> 00:33:50,429

you said wait a minute

868

00:33:56,990 --> 00:33:53,850

I can maybe help people get to the

869

00:34:00,370 --> 00:33:57,000

forest and that launches you on this

870

00:34:03,740 --> 00:34:00,380

path of saying okay let's create this

871

00:34:05,720 --> 00:34:03,750

systematized approach to taking what

872

00:34:06,860 --> 00:34:05,730

these people are doing generalizing and

873

00:34:09,770 --> 00:34:06,870

turning into

874

00:34:12,409 --> 00:34:09,780

course if you will and then that becomes

875

00:34:15,649 --> 00:34:12,419

the focus of what you do next and you've

876

00:34:17,450 --> 00:34:15,659

now done that collected an amazing

877

00:34:20,090 --> 00:34:17,460

amount of data all along again the

878

00:34:22,970 --> 00:34:20,100

social scientist in you demands that you

879

00:34:24,470 --> 00:34:22,980

measure measure measure because no one

880

00:34:26,480 --> 00:34:24,480

else everyone else is talking about this

881

00:34:28,669 --> 00:34:26,490

and they're not measuring it in a

882

00:34:31,430 --> 00:34:28,679

way that becomes really important as the

883

00:34:34,220 --> 00:34:31,440

story goes on so bring this more

884

00:34:37,369 --> 00:34:34,230

up-to-date than how that all unfolds so

885

00:34:39,440 --> 00:34:37,379

basically the day came when a phase one

886

00:34:42,020 --> 00:34:39,450

ended and phase one had been us talking

887

00:34:44,030 --> 00:34:42,030

to people who had only experienced who

888

00:34:47,270 --> 00:34:44,040

had already experienced this sometimes

889

00:34:48,590 --> 00:34:47,280

and oftentimes for decades you know that

890

00:34:50,450 --> 00:34:48,600

we had people in the sample that were as

891

00:34:52,100 --> 00:34:50,460

little as over just over a year which

892

00:34:53,659 --> 00:34:52,110

was our minimum cutoff for persistence

893

00:34:56,240 --> 00:34:53,669

we had to be in it for just over a year

894

00:34:59,420 --> 00:34:56,250

persistently all the way up to decades

895

00:35:01,070 --> 00:34:59,430

but motor what our average was I don't

896

00:35:03,530 --> 00:35:01,080

talk about those numbers as much anymore

897

00:35:05,810 --> 00:35:03,540

so they're not in my head for for many

898

00:35:07,340 --> 00:35:05,820

years but I mean I want to say the

899

00:35:08,660 --> 00:35:07,350

average persistence was like seven years

900

00:35:11,780 --> 00:35:08,670

or twelve years or something like that

901
00:35:15,440 --> 00:35:11,790
and so you know most of the sample had

902
00:35:19,970 --> 00:35:15,450
been in it for a while and so what's

903
00:35:22,660 --> 00:35:19,980
interesting is that the the date well

904
00:35:24,950 --> 00:35:22,670
the day basically came when post

905
00:35:27,130 --> 00:35:24,960
analysis was not enough you know you

906
00:35:29,300 --> 00:35:27,140
want to know like what's actually

907
00:35:31,460 --> 00:35:29,310
changing in an individual who were these

908
00:35:32,720 --> 00:35:31,470
people before it was very clear to me

909
00:35:34,250 --> 00:35:32,730
that they were not able to accurately

910
00:35:35,960 --> 00:35:34,260
remember or represent who they were

911
00:35:37,430 --> 00:35:35,970
before you know one of the things that

912
00:35:38,720 --> 00:35:37,440
we know about well-being research in

913
00:35:40,910 --> 00:35:38,730

general is that when somebody gets

914

00:35:42,740 --> 00:35:40,920

happier and if they have a persistent

915

00:35:44,210 --> 00:35:42,750

shift to being happier they sort of

916

00:35:46,670 --> 00:35:44,220

color their entire history with that

917

00:35:49,130 --> 00:35:46,680

happiness you know it's it's frustrating

918

00:35:51,080 --> 00:35:49,140

I think for people that that make legit

919

00:35:52,910 --> 00:35:51,090

self-help products that actually do help

920

00:35:54,350 --> 00:35:52,920

people because those people will often

921

00:35:55,730 --> 00:35:54,360

get to the end of the process and

922

00:35:58,340 --> 00:35:55,740

they're clearly happier but they'll

923

00:35:59,810 --> 00:35:58,350

insist that they're not you know it's

924

00:36:02,780 --> 00:35:59,820

because they've forgotten how unhappy

925

00:36:04,580 --> 00:36:02,790

they were at the beginning of that of

926

00:36:06,560 --> 00:36:04,590

going to that course or whatever it was

927

00:36:13,040 --> 00:36:06,570

you know that shifted them so our human

928

00:36:14,420 --> 00:36:13,050

system renormalize no way to know who

929

00:36:15,680 --> 00:36:14,430

the hell these people were I mean they

930

00:36:17,120 --> 00:36:15,690

were telling me their stories a little

931

00:36:18,620 --> 00:36:17,130

bit about you know who they were before

932

00:36:20,700 --> 00:36:18,630

but I just knew that I couldn't believe

933

00:36:23,190 --> 00:36:20,710

any of it except in broad

934

00:36:25,230 --> 00:36:23,200

strokes and so the day came basically

935

00:36:27,990 --> 00:36:25,240

where we wanted a B data you know where

936

00:36:29,820 --> 00:36:28,000

we wanted before-and-after data and so

937

00:36:34,589 --> 00:36:29,830

that's where the finders course protocol

938

00:36:35,849 --> 00:36:34,599

came from so we started I always

939

00:36:37,140 --> 00:36:35,859

believed that we would get to this with

940

00:36:39,870 --> 00:36:37,150

brain stimulation which is what we're

941

00:36:42,300 --> 00:36:39,880

working on right now hard core like

942

00:36:44,400 --> 00:36:42,310

weird that's our that's one of our two

943

00:36:46,520 --> 00:36:44,410

most major projects right now because

944

00:36:50,790 --> 00:36:46,530

the technology is sort of finally there

945

00:36:52,650 --> 00:36:50,800

but back back then five years ago it was

946

00:36:53,640 --> 00:36:52,660

very clear and I would say six seven

947

00:36:56,370 --> 00:36:53,650

years ago when we first started thinking

948

00:36:59,310 --> 00:36:56,380

about these creating a protocol it was

949

00:37:02,579 --> 00:36:59,320

very clear to me that brain stimulation

950

00:37:04,349 --> 00:37:02,589

was not going to get there you know we

951
00:37:06,599 --> 00:37:04,359
we tried everything at the time I was a

952
00:37:09,260 --> 00:37:06,609
professor in Hong Kong for a year and

953
00:37:11,490 --> 00:37:09,270
doing research interviews in Asia and

954
00:37:13,320 --> 00:37:11,500
being in Hongkong I took advantage of

955
00:37:15,210 --> 00:37:13,330
the you know reduced regulation and

956
00:37:17,250 --> 00:37:15,220
litigious environment and all of that

957
00:37:18,570 --> 00:37:17,260
and we just really went to town we had a

958
00:37:20,839 --> 00:37:18,580
neuroscience lab there at Hong Kong

959
00:37:23,190 --> 00:37:20,849
Polytechnic of a 64 channel AG system

960
00:37:25,950 --> 00:37:23,200
and so we just really went to town

961
00:37:27,240 --> 00:37:25,960
testing brain stem and it was just clear

962
00:37:28,530 --> 00:37:27,250
that none of them were gonna reach the

963
00:37:30,870 --> 00:37:28,540

regions of interest in the brain that

964

00:37:34,470 --> 00:37:30,880

we'd previously identified using other

965

00:37:36,450 --> 00:37:34,480

neuroscience work and so we went back

966

00:37:38,400 --> 00:37:36,460

and we went to the questionnaires that

967

00:37:40,320 --> 00:37:38,410

we had people fill out and all of the

968

00:37:42,240 --> 00:37:40,330

data and just tried to find anything

969

00:37:44,460 --> 00:37:42,250

that might help us get to an a/b model

970

00:37:45,810 --> 00:37:44,470

and this is gonna sound funny probably

971

00:37:49,050 --> 00:37:45,820

to listeners I think it always sounds

972

00:37:51,450 --> 00:37:49,060

funny to people but we asked a question

973

00:37:54,920 --> 00:37:51,460

I mean no kidding right we asked the

974

00:37:57,870 --> 00:37:54,930

question that was so what worked for you

975

00:38:01,290 --> 00:37:57,880

right and people answered that question

976

00:38:03,780 --> 00:38:01,300

right but I didn't actually believe that

977

00:38:05,520 --> 00:38:03,790

we would get accurate answers on that

978

00:38:07,020 --> 00:38:05,530

question and the reason for that is

979

00:38:08,640 --> 00:38:07,030

because one thing that I learned about

980

00:38:10,890 --> 00:38:08,650

spiritual teachers by the time we were

981

00:38:13,260 --> 00:38:10,900

doing serious data analysis was that

982

00:38:14,760 --> 00:38:13,270

they really never taught or talked they

983

00:38:16,170 --> 00:38:14,770

didn't seem to they didn't seem to teach

984

00:38:20,160 --> 00:38:16,180

or talk much about the thing that

985

00:38:21,690 --> 00:38:20,170

actually worked for them and so that's I

986

00:38:24,150 --> 00:38:21,700

know a little bit of a strange puzzle

987

00:38:27,900 --> 00:38:24,160

because you would think that like if you

988

00:38:29,190 --> 00:38:27,910

know what am I most admire and most

989

00:38:30,870 --> 00:38:29,200

significant transition was from

990

00:38:34,200 --> 00:38:30,880

something called headless way which

991

00:38:35,609 --> 00:38:34,210

people can go look up so my own personal

992

00:38:37,470 --> 00:38:35,619

of consciousness came from something

993

00:38:39,780 --> 00:38:37,480

called headless way right a headless way

994

00:38:41,820 --> 00:38:39,790

sounds ridiculous you know it's

995

00:38:44,010 --> 00:38:41,830

basically like you pointing at your face

996

00:38:45,540 --> 00:38:44,020

you know asking yourself do I have a

997

00:38:47,880 --> 00:38:45,550

head I mean it sounds like the most

998

00:38:49,740 --> 00:38:47,890

ludicrous method ever right and so when

999

00:38:51,390 --> 00:38:49,750

I was interviewing people you know I

1000

00:38:52,710 --> 00:38:51,400

would be like you know well tell me

1001
00:38:55,740 --> 00:38:52,720
about your background they all you know

1002
00:38:57,480 --> 00:38:55,750
twenty-five years of you know this type

1003
00:38:59,160 --> 00:38:57,490
of Tibetan meditation and that's other

1004
00:39:00,390 --> 00:38:59,170
Buddhist meditation before that and

1005
00:39:02,310 --> 00:39:00,400
whatever and I'm like oh is that what

1006
00:39:03,390 --> 00:39:02,320
transitioned you and they were there and

1007
00:39:04,500 --> 00:39:03,400
you would see it like it's almost like a

1008
00:39:05,640 --> 00:39:04,510
deer in the headlights right because

1009
00:39:08,430 --> 00:39:05,650
they didn't want to say it was headless

1010
00:39:10,230 --> 00:39:08,440
way you want to say that they spent 30

1011
00:39:13,020 --> 00:39:10,240
years sitting on a cushion

1012
00:39:15,120 --> 00:39:13,030
you know torturing themselves and then

1013
00:39:16,589 --> 00:39:15,130

they pointed at their face one day and

1014

00:39:19,470 --> 00:39:16,599

that was the thing that transitioned

1015

00:39:22,530 --> 00:39:19,480

them to fundamental well-being right and

1016

00:39:24,359 --> 00:39:22,540

so and so I I just didn't I I never

1017

00:39:25,500 --> 00:39:24,369

bothered to look at the answers on that

1018

00:39:26,670 --> 00:39:25,510

question because I just didn't think

1019

00:39:28,109 --> 00:39:26,680

that they would be accurate but they

1020

00:39:32,490 --> 00:39:28,119

actually did turn out to be accurate so

1021

00:39:34,859 --> 00:39:32,500

that was a bad mistake on my part and we

1022

00:39:36,300 --> 00:39:34,869

were able to sort those into a handful

1023

00:39:37,980 --> 00:39:36,310

of categories you could make it five or

1024

00:39:39,380 --> 00:39:37,990

six categories depending upon how you

1025

00:39:41,520 --> 00:39:39,390

want to think about these methods and

1026

00:39:42,930 --> 00:39:41,530

then we BIST basically started

1027

00:39:44,520 --> 00:39:42,940

systematically trying them out and it

1028

00:39:47,070 --> 00:39:44,530

turned out that they work for a large

1029

00:39:50,400 --> 00:39:47,080

percentage of people so that became the

1030

00:39:52,490 --> 00:39:50,410

protocol and that was a game changer for

1031

00:39:55,230 --> 00:39:52,500

us because then you could invest money

1032

00:39:56,970 --> 00:39:55,240

in research you know up to that point I

1033

00:39:58,290 --> 00:39:56,980

mean you can't just say yeah I can't

1034

00:39:59,760 --> 00:39:58,300

just go into a Buddhist community and

1035

00:40:01,470 --> 00:39:59,770

pick out who's going to transition next

1036

00:40:03,720 --> 00:40:01,480

week so that you can you know measure

1037

00:40:05,190 --> 00:40:03,730

them before and afterward so it would

1038

00:40:07,950 --> 00:40:05,200

have been an expensive and almost an

1039

00:40:10,620 --> 00:40:07,960

impossible proposition but having that

1040

00:40:14,040 --> 00:40:10,630

protocol made that possible

1041

00:40:16,620 --> 00:40:14,050

and so then we had a problem with the

1042

00:40:19,980 --> 00:40:16,630

protocol of people not doing it because

1043

00:40:21,750 --> 00:40:19,990

it's long it's four months it's you know

1044

00:40:24,000 --> 00:40:21,760

at least an hour and a half to two and a

1045

00:40:26,310 --> 00:40:24,010

half hours a day I mean like you've got

1046

00:40:27,870 --> 00:40:26,320

to really want this so when you say

1047

00:40:29,700 --> 00:40:27,880

protocol let's make sure we understand

1048

00:40:32,370 --> 00:40:29,710

there's something out there called the

1049

00:40:34,940 --> 00:40:32,380

finders course you run the finders

1050

00:40:38,370 --> 00:40:34,950

course an online course that is a

1051
00:40:41,160 --> 00:40:38,380
combination of video and small group

1052
00:40:43,740 --> 00:40:41,170
sessions with different exercises you're

1053
00:40:45,560 --> 00:40:43,750
doing protocols you're following both

1054
00:40:48,300 --> 00:40:45,570
inside the group and individually

1055
00:40:50,040 --> 00:40:48,310
including meditation and

1056
00:40:51,990 --> 00:40:50,050
looking positive psychology and

1057
00:40:54,630 --> 00:40:52,000
concluding all these things it's broken

1058
00:40:57,000 --> 00:40:54,640
off it's a 12-week kind of program right

1059
00:41:00,120 --> 00:40:57,010
I think 17 weeks beginning to end now

1060
00:41:02,730 --> 00:41:00,130
okay 17 weeks there's aftercare at the

1061
00:41:04,440 --> 00:41:02,740
end of it there's also a lot of data

1062
00:41:06,870 --> 00:41:04,450
gathering so you're gonna have to fill

1063
00:41:09,020 --> 00:41:06,880

out a bunch of forms at the beginning

1064

00:41:11,580 --> 00:41:09,030

that is gonna kind of like you just said

1065

00:41:13,710 --> 00:41:11,590

pinpoint where you're at so you can't

1066

00:41:15,750 --> 00:41:13,720

fudge the numbers and say I was happy

1067

00:41:17,970 --> 00:41:15,760

any is that you know back here when you

1068

00:41:20,820 --> 00:41:17,980

first did it we ran all the numbers on

1069

00:41:23,070 --> 00:41:20,830

all these standardized well-being

1070

00:41:24,990 --> 00:41:23,080

measures and this is where you're at and

1071

00:41:26,880 --> 00:41:25,000

this is where you're at now and that

1072

00:41:29,970 --> 00:41:26,890

might not matter to you but it matters

1073

00:41:32,430 --> 00:41:29,980

to us because again we're also looking

1074

00:41:33,990 --> 00:41:32,440

at what does this mean for the planet

1075

00:41:36,360 --> 00:41:34,000

what does this mean for a billion people

1076

00:41:38,400 --> 00:41:36,370

and that's always been a goal of this

1077

00:41:42,690 --> 00:41:38,410

and and that is at the time this was

1078

00:41:45,900 --> 00:41:42,700

just a research project but now now it's

1079

00:41:47,760 --> 00:41:45,910

really more of just a product that we're

1080

00:41:49,950 --> 00:41:47,770

deciding to put out there you know we

1081

00:41:53,010 --> 00:41:49,960

reached a point not long ago where I

1082

00:41:56,040 --> 00:41:53,020

would say I mean it's been with in

1083

00:41:58,590 --> 00:41:56,050

recent months of doing this interview

1084

00:42:01,410 --> 00:41:58,600

where we just don't need any more data

1085

00:42:04,410 --> 00:42:01,420

like that you know I mean we've got five

1086

00:42:07,320 --> 00:42:04,420

years of data you know like another

1087

00:42:09,030 --> 00:42:07,330

cohort of data added to that is not

1088

00:42:10,860 --> 00:42:09,040

going to make it more significant it's

1089

00:42:13,980 --> 00:42:10,870

not going to increase the power or the

1090

00:42:15,570 --> 00:42:13,990

statistical power or effect sizes or

1091

00:42:18,090 --> 00:42:15,580

anything like that I mean we just we

1092

00:42:20,010 --> 00:42:18,100

basically just don't need anymore and so

1093

00:42:21,300 --> 00:42:20,020

we've cut way back on the data

1094

00:42:24,060 --> 00:42:21,310

collection part of it and then the

1095

00:42:25,980 --> 00:42:24,070

question for us was do we kill it you

1096

00:42:28,650 --> 00:42:25,990

know or do we continue to make it

1097

00:42:29,790 --> 00:42:28,660

available frankly and we really thought

1098

00:42:32,790 --> 00:42:29,800

about it

1099

00:42:34,200 --> 00:42:32,800

and we decided you know this is as far

1100

00:42:35,910 --> 00:42:34,210

as I know the most effective thing

1101

00:42:37,280 --> 00:42:35,920

that's out there so we probably

1102

00:42:40,080 --> 00:42:37,290

shouldn't kill it

1103

00:42:43,860 --> 00:42:40,090

on the other hand where our research has

1104

00:42:45,270 --> 00:42:43,870

moved on to other areas and so so anyway

1105

00:42:46,950 --> 00:42:45,280

we're keeping it out there and we're in

1106

00:42:49,280 --> 00:42:46,960

the process of transitioning it into

1107

00:42:51,180 --> 00:42:49,290

literally just being an online course

1108

00:42:52,980 --> 00:42:51,190

essentially which is what we which is

1109

00:42:54,450 --> 00:42:52,990

what it looked like from the very

1110

00:42:56,460 --> 00:42:54,460

beginning but we never thought of it

1111

00:42:58,140 --> 00:42:56,470

that way and the reason it looked like

1112

00:42:59,850 --> 00:42:58,150

that was because the way we got people

1113

00:43:01,829 --> 00:42:59,860

to ultimately go all the way through it

1114

00:43:03,569 --> 00:43:01,839

was to make it into what looked like

1115

00:43:05,069 --> 00:43:03,579

class instead of a psychology experiment

1116

00:43:07,979 --> 00:43:05,079

right I mean everybody that's ever

1117

00:43:09,450 --> 00:43:07,989

taught psych 101 knows that even when

1118

00:43:11,789 --> 00:43:09,460

you're even for extra credit

1119

00:43:14,339 --> 00:43:11,799

even for part of their grade you know

1120

00:43:17,190 --> 00:43:14,349

you still can't get people to do like

1121

00:43:20,910 --> 00:43:17,200

middle of odds of experiments over the

1122

00:43:22,620 --> 00:43:20,920

course of you know a semester they still

1123

00:43:24,719 --> 00:43:22,630

will drop out of your experiments and

1124

00:43:26,400 --> 00:43:24,729

significant numbers it's annoying as

1125

00:43:27,839 --> 00:43:26,410

that is and of course most psychology

1126

00:43:29,640 --> 00:43:27,849

research is when you read most

1127

00:43:32,009 --> 00:43:29,650

psychology papers they're basically done

1128

00:43:33,690 --> 00:43:32,019

on undergraduates that are in a psych

1129

00:43:35,279 --> 00:43:33,700

101 class or something like that I mean

1130

00:43:37,979 --> 00:43:35,289

they never say that they very rarely

1131

00:43:40,709 --> 00:43:37,989

admit to that but the vast majority of

1132

00:43:42,690 --> 00:43:40,719

human psychology results or psych 101

1133

00:43:44,609 --> 00:43:42,700

students or whatever who are basically

1134

00:43:46,499 --> 00:43:44,619

forced to do it for part of their grade

1135

00:43:48,180 --> 00:43:46,509

or to get extra credit depending upon

1136

00:43:49,319 --> 00:43:48,190

the institution's policy in the part of

1137

00:43:52,969 --> 00:43:49,329

the world and what the professor can get

1138

00:43:55,769 --> 00:43:52,979

away with for that from our perspective

1139

00:43:58,709 --> 00:43:55,779

what we decided to do we experiment a

1140

00:44:00,539 --> 00:43:58,719

lot of things and then we just decided

1141

00:44:02,130 --> 00:44:00,549

to make it we made it look like a class

1142

00:44:03,450 --> 00:44:02,140

basically we made it look like a public

1143

00:44:04,620 --> 00:44:03,460

class that we were always completely

1144

00:44:06,239 --> 00:44:04,630

straightforward with people that it was

1145

00:44:08,420 --> 00:44:06,249

research they always had signed consent

1146

00:44:11,190 --> 00:44:08,430

documents for the you know I Arby's and

1147

00:44:13,620 --> 00:44:11,200

stuff like that and obviously they had

1148

00:44:15,719 --> 00:44:13,630

to tolerate endless hours of data

1149

00:44:18,029 --> 00:44:15,729

collection in order to take the class

1150

00:44:19,559 --> 00:44:18,039

and all of that so I don't think anybody

1151
00:44:21,209 --> 00:44:19,569
had any illusions about whether or not

1152
00:44:22,799 --> 00:44:21,219
it was not they were actually

1153
00:44:24,870 --> 00:44:22,809
participating it whether or not they

1154
00:44:26,969 --> 00:44:24,880
were you know being studied right the

1155
00:44:29,640 --> 00:44:26,979
headline that we're gonna find in the

1156
00:44:32,219 --> 00:44:29,650
finders and anyone who comes across your

1157
00:44:35,009 --> 00:44:32,229
research the headline is quite dramatic

1158
00:44:39,239 --> 00:44:35,019
and astounding but it is what the data

1159
00:44:41,130 --> 00:44:39,249
is this is phenomenally successful in

1160
00:44:44,279 --> 00:44:41,140
transitioning people to a new state of

1161
00:44:46,529 --> 00:44:44,289
well-being that isn't comparable to

1162
00:44:48,599 --> 00:44:46,539
anything we've seen in the past I mean

1163
00:44:50,749 --> 00:44:48,609

how far can we go with that how far do

1164

00:44:53,400 --> 00:44:50,759

you feel comfortable going with that

1165

00:44:54,959 --> 00:44:53,410

yeah you know people can go to non sinn

1166

00:44:58,049 --> 00:44:54,969

vaka org and look on the publication's

1167

00:44:59,519 --> 00:44:58,059

page and they can see a talk that I gave

1168

00:45:01,140 --> 00:44:59,529

to a division of the American

1169

00:45:03,299 --> 00:45:01,150

Anthropological Association as one of

1170

00:45:05,069 --> 00:45:03,309

their keynotes that has like it's like

1171

00:45:07,109 --> 00:45:05,079

an hour to hour talk or something and

1172

00:45:09,690 --> 00:45:07,119

just has it all in there and so that

1173

00:45:11,819 --> 00:45:09,700

really probably is the last tranche or

1174

00:45:13,289 --> 00:45:11,829

set of data that we will spend a huge

1175

00:45:15,539 --> 00:45:13,299

amount of time analyzing and thinking

1176
00:45:16,200 --> 00:45:15,549
through and so that I would consider

1177
00:45:19,260 --> 00:45:16,210
that or up

1178
00:45:20,820 --> 00:45:19,270
data and so that was a 70% transition

1179
00:45:23,310 --> 00:45:20,830
rate essentially to these types of

1180
00:45:25,800 --> 00:45:23,320
things and people can look and they can

1181
00:45:27,900 --> 00:45:25,810
see the Signet mean the you know when

1182
00:45:30,540 --> 00:45:27,910
psychologists look at those numbers they

1183
00:45:32,579 --> 00:45:30,550
look impossible I mean you shouldn't be

1184
00:45:34,440 --> 00:45:32,589
able to have like a 50% drop in

1185
00:45:36,270 --> 00:45:34,450
neuroticism that's a you know your

1186
00:45:38,700 --> 00:45:36,280
personality traits for just to pick one

1187
00:45:40,620 --> 00:45:38,710
example of one piece one tiny piece of

1188
00:45:43,260 --> 00:45:40,630

data your personality traits are

1189

00:45:44,250 --> 00:45:43,270

supposed to be relatively stable you

1190

00:45:47,040 --> 00:45:44,260

know you shouldn't be able to take a

1191

00:45:48,990 --> 00:45:47,050

four month program and have a 50% or up

1192

00:45:51,230 --> 00:45:49,000

in eroticism or whatever right highlight

1193

00:45:54,450 --> 00:45:51,240

a couple other data points stress

1194

00:45:57,180 --> 00:45:54,460

happiness yeah stress happiness there's

1195

00:45:58,920 --> 00:45:57,190

a geez I mean I'm not thinking too much

1196

00:46:01,560 --> 00:45:58,930

about these numbers anymore but I think

1197

00:46:03,800 --> 00:46:01,570

there's like a 40% drop on depression

1198

00:46:06,660 --> 00:46:03,810

measures on the Center for

1199

00:46:07,620 --> 00:46:06,670

epidemiological studies depression

1200

00:46:08,940 --> 00:46:07,630

measure which is one of the main

1201

00:46:10,770 --> 00:46:08,950

depression measures all the measures

1202

00:46:13,200 --> 00:46:10,780

were like major measures you know huge

1203

00:46:15,810 --> 00:46:13,210

shifts and the mysticism type measures

1204

00:46:17,880 --> 00:46:15,820

of course as one would expect I you know

1205

00:46:19,650 --> 00:46:17,890

for me personally one of the most I was

1206

00:46:21,690 --> 00:46:19,660

I would give these presentations every

1207

00:46:23,130 --> 00:46:21,700

year at the interested scientific

1208

00:46:24,420 --> 00:46:23,140

conferences and stuff right they would

1209

00:46:25,920 --> 00:46:24,430

just invite us to present over here

1210

00:46:28,560 --> 00:46:25,930

because who the heck else is doing this

1211

00:46:31,130 --> 00:46:28,570

right and I remember there was there

1212

00:46:33,930 --> 00:46:31,140

were always like a few people that I was

1213

00:46:36,420 --> 00:46:33,940

really waiting to see when I tipped them

1214

00:46:39,380 --> 00:46:36,430

over with data you know like the just

1215

00:46:42,329 --> 00:46:39,390

the die-hard skeptics in the room right

1216

00:46:44,460 --> 00:46:42,339

the people who really just did not want

1217

00:46:46,620 --> 00:46:44,470

to believe our findings in many cases

1218

00:46:47,430 --> 00:46:46,630

because they were Buddhist themselves

1219

00:46:50,070 --> 00:46:47,440

even though they were also

1220

00:46:51,900 --> 00:46:50,080

neuroscientists or whatever else and and

1221

00:46:54,599 --> 00:46:51,910

so they just had they had fundamental

1222

00:46:57,420 --> 00:46:54,609

philosophical ideological beliefs that

1223

00:46:59,820 --> 00:46:57,430

made them diametrically opposed to our

1224

00:47:01,710 --> 00:46:59,830

data and I remember a couple years ago I

1225

00:47:04,230 --> 00:47:01,720

think I was presenting there was one guy

1226

00:47:05,760 --> 00:47:04,240

that was left right and I love him to

1227

00:47:07,800 --> 00:47:05,770

death I won't say who it is by 11 to

1228

00:47:09,900 --> 00:47:07,810

death he's a friend of mine I have

1229

00:47:11,550 --> 00:47:09,910

enormous respect for his work he's he's

1230

00:47:14,790 --> 00:47:11,560

one of I think the most important people

1231

00:47:18,630 --> 00:47:14,800

in the neuroscience of this space but

1232

00:47:19,980 --> 00:47:18,640

you know as close as as much as we like

1233

00:47:22,710 --> 00:47:19,990

each other and as much as respect each

1234

00:47:24,089 --> 00:47:22,720

other you know he was a hardened critic

1235

00:47:25,470 --> 00:47:24,099

of our work for a very long time

1236

00:47:27,660 --> 00:47:25,480

and I remember I was in this one

1237

00:47:29,670 --> 00:47:27,670

presentation and I was just sort of we

1238

00:47:31,260 --> 00:47:29,680

finally had enough pieces of

1239

00:47:33,930 --> 00:47:31,270

between well-being the between the

1240

00:47:36,150 --> 00:47:33,940

well-being and depression stuff and

1241

00:47:38,490 --> 00:47:36,160

between the personality measures stuff

1242

00:47:40,859 --> 00:47:38,500

like the neuroticism drop and I could

1243

00:47:43,890 --> 00:47:40,869

tell that like the one piece of evidence

1244

00:47:47,130 --> 00:47:43,900

that probably tipped it for him was the

1245

00:47:50,130 --> 00:47:47,140

meaning measures so we collected data on

1246

00:47:52,710 --> 00:47:50,140

personal meaning and there is this one

1247

00:47:54,299 --> 00:47:52,720

measure that that looks at meaning in

1248

00:47:55,859 --> 00:47:54,309

two different ways these people are very

1249

00:47:57,180 --> 00:47:55,869

accurately I mean it's of impressive

1250

00:47:59,549 --> 00:47:57,190

work right they've gotten to this with a

1251
00:48:01,559 --> 00:47:59,559
measure and so they look at meaning as

1252
00:48:05,160 --> 00:48:01,569
that what they call presence and search

1253
00:48:07,079 --> 00:48:05,170
and search really is seeking and it's

1254
00:48:08,579 --> 00:48:07,089
like a negative form of meaning making

1255
00:48:11,430 --> 00:48:08,589
but they've found a way to measure it

1256
00:48:13,319 --> 00:48:11,440
and presence is essentially like just

1257
00:48:15,809 --> 00:48:13,329
being at peace with things and so it's

1258
00:48:17,549 --> 00:48:15,819
like the form of meaning you want right

1259
00:48:20,819 --> 00:48:17,559
it's like the positive form of meaning

1260
00:48:24,510 --> 00:48:20,829
that's so elusive for Humanity and we

1261
00:48:27,120 --> 00:48:24,520
had just really clear you know highly

1262
00:48:29,010 --> 00:48:27,130
statistically significant results that

1263
00:48:30,540 --> 00:48:29,020

basically showed that in this population

1264

00:48:33,240 --> 00:48:30,550
of people reporting fundamental

1265

00:48:35,579 --> 00:48:33,250
well-being that you have this the search

1266

00:48:37,980 --> 00:48:35,589
the seeking portion of meaning if you

1267

00:48:40,440 --> 00:48:37,990
will you know really significantly

1268

00:48:42,180 --> 00:48:40,450
dropping and the presence form of

1269

00:48:43,559 --> 00:48:42,190
meaning really significantly increasing

1270

00:48:45,410 --> 00:48:43,569
not and I don't think I've ever

1271

00:48:47,760 --> 00:48:45,420
presented that particular data before

1272

00:48:49,589 --> 00:48:47,770
but I could tell it was that piece and

1273

00:48:51,690 --> 00:48:49,599
also a piece of data on disassociation

1274

00:48:54,089 --> 00:48:51,700
and depersonalization it was just I like

1275

00:48:55,829 --> 00:48:54,099
I could just see his face change you

1276

00:48:57,510 --> 00:48:55,839

know and after that it was there wasn't

1277

00:48:59,520 --> 00:48:57,520

any more criticism it was like you know

1278

00:49:01,829 --> 00:48:59,530

that okay you've you've got the puzzle

1279

00:49:03,480 --> 00:49:01,839

like I'm convinced like you've got the

1280

00:49:05,700 --> 00:49:03,490

puzzle those are all of the puzzle

1281

00:49:08,789 --> 00:49:05,710

pieces that I would need to see that's

1282

00:49:10,589 --> 00:49:08,799

really what we've done but so anyway now

1283

00:49:11,880 --> 00:49:10,599

we're gonna keep we're keeping the

1284

00:49:13,589 --> 00:49:11,890

course out there the course it's

1285

00:49:15,690 --> 00:49:13,599

renowned now it is a course actually

1286

00:49:17,640 --> 00:49:15,700

it's not we're still collecting data

1287

00:49:19,500 --> 00:49:17,650

because we figure why not but we're

1288

00:49:20,940 --> 00:49:19,510

collecting a lot less of it than we've

1289

00:49:22,349 --> 00:49:20,950

ever collected in the past and we think

1290

00:49:23,670 --> 00:49:22,359

you know maybe some PhD student will

1291

00:49:26,250 --> 00:49:23,680

come along someday want to dig into a

1292

00:49:27,950 --> 00:49:26,260

bunch of it or whatever else there's no

1293

00:49:30,299 --> 00:49:27,960

reason to not be collecting the data

1294

00:49:33,480 --> 00:49:30,309

because at the same time people can also

1295

00:49:35,460 --> 00:49:33,490

sort of see their own change we use you

1296

00:49:37,079 --> 00:49:35,470

pens online psychology measures thing

1297

00:49:38,789 --> 00:49:37,089

for a chunk of it and so they can see

1298

00:49:40,380 --> 00:49:38,799

their own before and after results on

1299

00:49:42,510 --> 00:49:40,390

all of these leading measures that's

1300

00:49:43,050 --> 00:49:42,520

basically now actually a class and where

1301

00:49:44,850 --> 00:49:43,060

are Reese

1302

00:49:47,310 --> 00:49:44,860

has moved on to is very different than

1303

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

that let's talk about that because I

1304

00:49:50,730 --> 00:49:49,330

spent a good deal of time rehashing

1305

00:49:52,200 --> 00:49:50,740

stuff that we already talked about but I

1306

00:49:54,180 --> 00:49:52,210

think it's it's important because if you

1307

00:49:56,760 --> 00:49:54,190

jump into the middle of this and just

1308

00:49:59,160 --> 00:49:56,770

talk about what's going forward it's

1309

00:50:00,690 --> 00:49:59,170

such an amazing story it's so unique

1310

00:50:03,630 --> 00:50:00,700

what you've done we just can't stress

1311

00:50:04,500 --> 00:50:03,640

that enough whether people like it or

1312

00:50:07,370 --> 00:50:04,510

don't like it

1313

00:50:09,660 --> 00:50:07,380

whether you're that grumpy Buddhist

1314

00:50:12,150 --> 00:50:09,670

neuroscience type who's sitting there

1315

00:50:14,790 --> 00:50:12,160

going this isn't it or whether you're a

1316

00:50:16,710 --> 00:50:14,800

spiritual seeker who's so attached to

1317

00:50:18,900 --> 00:50:16,720

your own tradition that you feel like

1318

00:50:20,640 --> 00:50:18,910

this guy is going to take the secret

1319

00:50:22,650 --> 00:50:20,650

sauce out of what you already know

1320

00:50:24,960 --> 00:50:22,660

there's all sorts of reasons to be a

1321

00:50:26,820 --> 00:50:24,970

hater on this stuff and I'm sure you've

1322

00:50:28,470 --> 00:50:26,830

encountered all of them but here's what

1323

00:50:29,610 --> 00:50:28,480

happened I sent you this email and said

1324

00:50:32,430 --> 00:50:29,620

hey here's some things we would like to

1325

00:50:34,380 --> 00:50:32,440

talk about you just boomed like laser

1326
00:50:36,120 --> 00:50:34,390
zeroed in said hey I think we've talked

1327
00:50:37,980 --> 00:50:36,130
about a lot of that stuff already here's

1328
00:50:41,310 --> 00:50:37,990
some of the stuff that I think is going

1329
00:50:43,740 --> 00:50:41,320
on right now that would be interesting

1330
00:50:48,990 --> 00:50:43,750
to your listeners so the data that you

1331
00:50:51,600 --> 00:50:49,000
have allows you to scrutinize spiritual

1332
00:50:55,860 --> 00:50:51,610
claims in a way that wasn't possible

1333
00:50:59,190 --> 00:50:55,870
before it's a knife and in your hand you

1334
00:51:01,650 --> 00:50:59,200
are not unwilling to wield that knife

1335
00:51:03,900 --> 00:51:01,660
sometimes at some folks who you think

1336
00:51:06,840 --> 00:51:03,910
deserve it so here's what you say we

1337
00:51:09,150 --> 00:51:06,850
basically feel like those systems that

1338
00:51:11,670 --> 00:51:09,160

is religious systems like Buddhism and

1339

00:51:15,630 --> 00:51:11,680

others have failed for a millennia

1340

00:51:19,170 --> 00:51:15,640

failed humanity essentially except as

1341

00:51:22,350 --> 00:51:19,180

some sort of minimal cultural carrier

1342

00:51:24,780 --> 00:51:22,360

it's not difficult to transition people

1343

00:51:26,970 --> 00:51:24,790

this is what you're saying is hey I've

1344

00:51:28,830 --> 00:51:26,980

been doing this guys we've run it we've

1345

00:51:30,990 --> 00:51:28,840

collected the data we know how to do it

1346

00:51:32,610 --> 00:51:31,000

it's not difficult to transition people

1347

00:51:35,130 --> 00:51:32,620

which everyone thinks is impossible so

1348

00:51:38,760 --> 00:51:35,140

the fact that these systems aren't

1349

00:51:41,880 --> 00:51:38,770

routinely doing it at scale is an

1350

00:51:44,190 --> 00:51:41,890

indication that they're best left in the

1351
00:51:45,930 --> 00:51:44,200
past I mean that's gonna piss a lot of

1352
00:51:48,450 --> 00:51:45,940
people off right there I mean I don't

1353
00:51:51,660 --> 00:51:48,460
care in that in the audience seeing your

1354
00:51:53,340 --> 00:51:51,670
data or not yeah process that yeah you

1355
00:51:54,720 --> 00:51:53,350
know we have a scientific framework not

1356
00:51:55,540 --> 00:51:54,730
a religious framework right I'm not a

1357
00:51:57,520 --> 00:51:55,550
religious sky

1358
00:51:58,960 --> 00:51:57,530
though obviously we've had a lot of

1359
00:52:00,310 --> 00:51:58,970
religious scholars on the project and

1360
00:52:02,590 --> 00:52:00,320
associated with the project and whatnot

1361
00:52:04,210 --> 00:52:02,600
because they're interested in meeting

1362
00:52:06,610 --> 00:52:04,220
people who are relate to the things that

1363
00:52:08,920 --> 00:52:06,620

you know they studied or whatever but to

1364

00:52:11,740 --> 00:52:08,930

us it's it's it really is sort of

1365

00:52:14,640 --> 00:52:11,750

becoming that clear you know we have had

1366

00:52:18,250 --> 00:52:14,650

such a massive amount of hostility

1367

00:52:20,290 --> 00:52:18,260

directed at us in recent years as we've

1368

00:52:21,550 --> 00:52:20,300

conducted these experiments and as we've

1369

00:52:24,010 --> 00:52:21,560

been sort of more routinely

1370

00:52:26,650 --> 00:52:24,020

transitioning people from these various

1371

00:52:27,780 --> 00:52:26,660

systems and we've done I feel like a lot

1372

00:52:30,280 --> 00:52:27,790

of outreach

1373

00:52:32,500 --> 00:52:30,290

you know we've allowed a lot of people

1374

00:52:35,020 --> 00:52:32,510

from those systems to use our programs

1375

00:52:37,360 --> 00:52:35,030

for free or even subsidizing them in

1376

00:52:38,710 --> 00:52:37,370

other ways or even adapting things in

1377

00:52:39,760 --> 00:52:38,720

other ways and allowing them to run them

1378

00:52:41,250 --> 00:52:39,770

in person because they're more

1379

00:52:43,470 --> 00:52:41,260

comfortable running things in person

1380

00:52:46,450 --> 00:52:43,480

then not even making them use our online

1381

00:52:48,460 --> 00:52:46,460

format and protocol and you know I feel

1382

00:52:50,650 --> 00:52:48,470

like we've done as much as we can do to

1383

00:52:53,440 --> 00:52:50,660

really sort of reach out and yet there's

1384

00:52:56,800 --> 00:52:53,450

still just such hostility that comes

1385

00:52:58,960 --> 00:52:56,810

from those folks and you know I I mean

1386

00:53:00,580 --> 00:52:58,970

how happy can you really be if you're

1387

00:53:03,160 --> 00:53:00,590

that hostile if you're really

1388

00:53:05,230 --> 00:53:03,170

experiencing this stuff it's hard to be

1389

00:53:06,550 --> 00:53:05,240

that hostile you know you're more I

1390

00:53:07,960 --> 00:53:06,560

would like to think you're a little more

1391

00:53:09,610 --> 00:53:07,970

like us where you're asking yourself

1392

00:53:11,050 --> 00:53:09,620

what can I do to help this person and

1393

00:53:13,510 --> 00:53:11,060

that's really significant I mean I think

1394

00:53:16,480 --> 00:53:13,520

the outreach part is really significant

1395

00:53:20,050 --> 00:53:16,490

for people to hear people who are

1396

00:53:21,790 --> 00:53:20,060

critics it's like you know oh this guy's

1397

00:53:23,650 --> 00:53:21,800

just doing it for the money or as

1398

00:53:24,790 --> 00:53:23,660

heavy-handed or is this that whatever

1399

00:53:26,800 --> 00:53:24,800

you want to say about the way he's

1400

00:53:29,080 --> 00:53:26,810

conducted his research and I think at

1401
00:53:31,870 --> 00:53:29,090
this point it's just beyond question

1402
00:53:33,760 --> 00:53:31,880
like he just said it's research look at

1403
00:53:35,500 --> 00:53:33,770
the outrage look at when people come to

1404
00:53:37,660 --> 00:53:35,510
him and say hey I really think this

1405
00:53:39,550 --> 00:53:37,670
could benefit this group if we did it in

1406
00:53:41,500 --> 00:53:39,560
this way and I think the general vibe

1407
00:53:43,360 --> 00:53:41,510
that I get back and I did from the

1408
00:53:44,890 --> 00:53:43,370
beginning when I heard he was like okay

1409
00:53:47,290 --> 00:53:44,900
great well you know here's how you might

1410
00:53:49,270 --> 00:53:47,300
go about doing that good luck to you you

1411
00:53:50,740 --> 00:53:49,280
know I mean how can you criticize that

1412
00:53:53,980 --> 00:53:50,750
but here's the other thing you said in

1413
00:53:57,940 --> 00:53:53,990

the email to be spiritual salesmanship

1414

00:54:01,570 --> 00:53:57,950

around fundamental well being has just

1415

00:54:03,160 --> 00:54:01,580

been completely bogus yeah I think so I

1416

00:54:04,540 --> 00:54:03,170

think we got to process that a lot I

1417

00:54:08,780 --> 00:54:04,550

think we got to really break that apart

1418

00:54:11,270 --> 00:54:08,790

because we have to understand what that

1419

00:54:13,370 --> 00:54:11,280

resistance what that jealousy is about

1420

00:54:16,130 --> 00:54:13,380

it's not the whole story the big story

1421

00:54:19,310 --> 00:54:16,140

is what you're talking about 70% of

1422

00:54:22,070 --> 00:54:19,320

people can feel better about themselves

1423

00:54:25,070 --> 00:54:22,080

and beef along their path whatever that

1424

00:54:27,530 --> 00:54:25,080

path takes them they can help but there

1425

00:54:29,600 --> 00:54:27,540

is a built-in resistance to the system

1426

00:54:31,810 --> 00:54:29,610

that I like that you bring out your

1427

00:54:35,210 --> 00:54:31,820

sword and you want to slash away at

1428

00:54:36,620 --> 00:54:35,220

spiritual salesmanship around this idea

1429

00:54:38,600 --> 00:54:36,630

of fundamental well being has been

1430

00:54:41,030 --> 00:54:38,610

completely bogus in what ways has it

1431

00:54:42,530 --> 00:54:41,040

been bogus in this area you know when I

1432

00:54:43,070 --> 00:54:42,540

first started trying to research this

1433

00:54:46,610 --> 00:54:43,080

area

1434

00:54:50,210 --> 00:54:46,620

it was so hard and the reason it was so

1435

00:54:52,610 --> 00:54:50,220

hard was because the general view of it

1436

00:54:55,180 --> 00:54:52,620

within the psychology establishment was

1437

00:54:58,280 --> 00:54:55,190

that the claims are so anti materialist

1438

00:55:00,470 --> 00:54:58,290

right and so it's all just get

1439

00:55:02,510 --> 00:55:00,480

enlightened and then basically you're

1440

00:55:05,480 --> 00:55:02,520

the path ahead of you is just paved with

1441

00:55:08,060 --> 00:55:05,490

gold it's all just perfect synchronistic

1442

00:55:09,680 --> 00:55:08,070

unfoldment I mean you know you if you're

1443

00:55:11,210 --> 00:55:09,690

hungry and you want an orange you just

1444

00:55:12,830 --> 00:55:11,220

hold out your hand and visualize an

1445

00:55:14,660 --> 00:55:12,840

orange and the orange shows up in your

1446

00:55:16,850 --> 00:55:14,670

hand you know but but if you're really

1447

00:55:18,200 --> 00:55:16,860

advanced you just infuse the orange

1448

00:55:20,480 --> 00:55:18,210

nests into your system you don't even

1449

00:55:23,060 --> 00:55:20,490

bother with that or these are actual

1450

00:55:24,980 --> 00:55:23,070

things you know that we heard and so I

1451

00:55:26,480 --> 00:55:24,990

think that traditionally one thing

1452

00:55:28,820 --> 00:55:26,490

that's been interesting about the people

1453

00:55:30,140 --> 00:55:28,830

who have pursued fundamental well-being

1454

00:55:32,540 --> 00:55:30,150

which is a tiny percent of the

1455

00:55:34,130 --> 00:55:32,550

population a tiny tiny tiny percent of

1456

00:55:36,680 --> 00:55:34,140

the population probably in the hundreds

1457

00:55:38,420 --> 00:55:36,690

of thousands of English speakers

1458

00:55:40,820 --> 00:55:38,430

near-native English Western English

1459

00:55:42,770 --> 00:55:40,830

speakers so that's a very small group of

1460

00:55:45,290 --> 00:55:42,780

people right who have really really

1461

00:55:47,060 --> 00:55:45,300

pursued it I'm not talking about people

1462

00:55:49,810 --> 00:55:47,070

who don't want their ego to be happier

1463

00:55:53,120 --> 00:55:49,820

or whatever but who have really pursued

1464

00:55:54,920 --> 00:55:53,130

this fundamental well-being shift it's a

1465

00:55:57,140 --> 00:55:54,930

relatively small number of people and it

1466

00:56:00,350 --> 00:55:57,150

was a and by and large it was a mostly

1467

00:56:02,930 --> 00:56:00,360

unhappy group of people and so that's

1468

00:56:05,360 --> 00:56:02,940

coloured a lot of things relating to

1469

00:56:06,050 --> 00:56:05,370

this in the West and from a public

1470

00:56:07,820 --> 00:56:06,060

standpoint

1471

00:56:09,530 --> 00:56:07,830

well there's also let me play it play

1472

00:56:11,660 --> 00:56:09,540

this out and see what you think you go

1473

00:56:14,960 --> 00:56:11,670

back to your story right which is

1474

00:56:17,210 --> 00:56:14,970

everybody's story I'm unhappy I'm not as

1475

00:56:20,330 --> 00:56:17,220

happy as I think I should be I'm not as

1476
00:56:22,160 --> 00:56:20,340
happy as those TV ads tell me I can be I

1477
00:56:24,230 --> 00:56:22,170
want to be happier

1478
00:56:26,660 --> 00:56:24,240
so you have somewhat of a spiritual bent

1479
00:56:29,390 --> 00:56:26,670
and maybe you have like a anti religious

1480
00:56:32,150 --> 00:56:29,400
bent like a lot of us do we say somebody

1481
00:56:34,220 --> 00:56:32,160
says meditation you go oh ok meditation

1482
00:56:36,319 --> 00:56:34,230
what should I do and you go online you

1483
00:56:38,480 --> 00:56:36,329
meditation I know the Zen people

1484
00:56:40,069 --> 00:56:38,490
meditate so you find the local Zen

1485
00:56:41,930 --> 00:56:40,079
people that will let you come in and sit

1486
00:56:45,500 --> 00:56:41,940
down and you start meditating or you

1487
00:56:47,380 --> 00:56:45,510
start taking a yoga class and there's

1488
00:56:50,089 --> 00:56:47,390

all this stuff that they're saying

1489

00:56:52,279 --> 00:56:50,099

around all these things so you wind up

1490

00:56:54,650 --> 00:56:52,289

following it in some cases for years and

1491

00:56:56,390 --> 00:56:54,660

years and you wind up scratching your

1492

00:56:58,940 --> 00:56:56,400

head and go you know what I really

1493

00:57:00,620 --> 00:56:58,950

wanted was I wanted to feel better I

1494

00:57:03,140 --> 00:57:00,630

wanted to feel more a sense of

1495

00:57:06,500 --> 00:57:03,150

well-being am I really getting there

1496

00:57:09,710 --> 00:57:06,510

with that I think that's what I read out

1497

00:57:12,440 --> 00:57:09,720

of this aspect of spiritual salesmanship

1498

00:57:14,960 --> 00:57:12,450

that I think you're directly debunking

1499

00:57:17,210 --> 00:57:14,970

which is to say if this is what you say

1500

00:57:20,180 --> 00:57:17,220

you want we can measure it in these ways

1501
00:57:22,460 --> 00:57:20,190
then why wouldn't we want to as directly

1502
00:57:24,680 --> 00:57:22,470
as possible try and achieve that what's

1503
00:57:27,589 --> 00:57:24,690
wrong with that I agree yeah absolutely

1504
00:57:29,420 --> 00:57:27,599
and I would say you know one of the

1505
00:57:31,190 --> 00:57:29,430
problems with it where the spiritual

1506
00:57:33,289 --> 00:57:31,200
salesmanship I think comes in is in the

1507
00:57:35,359 --> 00:57:33,299
sales process I talk about what

1508
00:57:37,009 --> 00:57:35,369
fundamental well-being is it's pretty

1509
00:57:41,059 --> 00:57:37,019
much the opposite of the normal sense of

1510
00:57:43,849 --> 00:57:41,069
self right and so if you're in your

1511
00:57:46,970 --> 00:57:43,859
normal sense of self and I'm trying to

1512
00:57:49,910 --> 00:57:46,980
convince you that fundamental well-being

1513
00:57:52,670 --> 00:57:49,920

is where it's at it sounds thoroughly

1514

00:57:55,249 --> 00:57:52,680

undesirable to your normal sense of self

1515

00:57:57,710 --> 00:57:55,259

right that's so profound but let's break

1516

00:57:59,029 --> 00:57:57,720

that down a little bit yeah let's really

1517

00:58:00,230 --> 00:57:59,039

get into this and let's really talk

1518

00:58:02,839 --> 00:58:00,240

about all of this because I think this

1519

00:58:05,059 --> 00:58:02,849

is it's important and for a long time

1520

00:58:07,999 --> 00:58:05,069

you know we've we've avoided these types

1521

00:58:10,549 --> 00:58:08,009

of conversations I think out of I don't

1522

00:58:12,019 --> 00:58:10,559

know politeness but it didn't get us

1523

00:58:13,609 --> 00:58:12,029

anywhere it just kept getting us

1524

00:58:14,749 --> 00:58:13,619

attacked more and more and more and more

1525

00:58:16,400 --> 00:58:14,759

and more and more and more and now I

1526

00:58:18,200 --> 00:58:16,410

think we're sort of done with avoiding

1527

00:58:20,870 --> 00:58:18,210

these types of conversations and you

1528

00:58:23,029 --> 00:58:20,880

know whatever else because it just to us

1529

00:58:25,009 --> 00:58:23,039

it just seems so clear having cut a

1530

00:58:27,230 --> 00:58:25,019

swath across so many different

1531

00:58:28,940 --> 00:58:27,240

communities right the patterns are just

1532

00:58:30,980 --> 00:58:28,950

they're all over the place and they're

1533

00:58:32,150 --> 00:58:30,990

not limited to one particular group or

1534

00:58:34,220 --> 00:58:32,160

another particular group or whatever

1535

00:58:35,930 --> 00:58:34,230

else right so let me go back and let me

1536

00:58:37,490 --> 00:58:35,940

let me let me talk a little bit

1537

00:58:39,230 --> 00:58:37,500

I could just real quick about what you

1538

00:58:41,720 --> 00:58:39,240

said a minute ago right we know it's not

1539

00:58:43,280 --> 00:58:41,730

that we don't see a value in religion

1540

00:58:45,950 --> 00:58:43,290

and spiritual systems we absolutely do

1541

00:58:47,510 --> 00:58:45,960

right we use a lot of their methods that

1542

00:58:49,580 --> 00:58:47,520

they've come up with for hundreds of

1543

00:58:52,790 --> 00:58:49,590

years they've been a very important

1544

00:58:55,400 --> 00:58:52,800

cultural carrier across millennia across

1545

00:58:57,590 --> 00:58:55,410

the rise and fall of Empires that tend

1546

00:58:59,390 --> 00:58:57,600

to wipe out knowledge and histories and

1547

00:59:01,820 --> 00:58:59,400

whatever else they have they have been

1548

00:59:04,280 --> 00:59:01,830

like a cultural carrier thread through

1549

00:59:05,840 --> 00:59:04,290

that a culture carrier of what obviously

1550

00:59:08,660 --> 00:59:05,850

personal carrier of the knowledge that

1551
00:59:10,760 --> 00:59:08,670
this that fundamental well-being exists

1552
00:59:12,950 --> 00:59:10,770
and that you can reach it and of having

1553
00:59:14,540 --> 00:59:12,960
clues for how to reach it and I think

1554
00:59:16,910 --> 00:59:14,550
that's very valuable and if you think

1555
00:59:18,560 --> 00:59:16,920
back to if you you know if you think

1556
00:59:20,180 --> 00:59:18,570
back to who knows how many hundreds of

1557
00:59:23,270 --> 00:59:20,190
years ago like those little tibetan

1558
00:59:25,910 --> 00:59:23,280
Tinka symbol things were created right

1559
00:59:27,950 --> 00:59:25,920
but that's an amazing technology you

1560
00:59:29,750 --> 00:59:27,960
know this if you measure those things

1561
00:59:31,790 --> 00:59:29,760
there most of them the real ones are

1562
00:59:33,590 --> 00:59:31,800
like a 10 Hertz binaural beat designed

1563
00:59:36,530 --> 00:59:33,600

to be held up to each side of your head

1564

00:59:39,500 --> 00:59:36,540

I mean like somebody hundreds of years

1565

00:59:41,090 --> 00:59:39,510

ago created a genius piece of

1566

00:59:43,400 --> 00:59:41,100

consciousness altering technology

1567

00:59:45,680 --> 00:59:43,410

they're right a lot of these things that

1568

00:59:48,560 --> 00:59:45,690

they've come up with were brilliant and

1569

00:59:50,240 --> 00:59:48,570

cutting-edge in their day the problem

1570

00:59:51,920 --> 00:59:50,250

for us is that it's you know what we

1571

00:59:53,980 --> 00:59:51,930

look at it critically is that at some

1572

00:59:56,450 --> 00:59:53,990

point that just seems to have stopped

1573

00:59:58,190 --> 00:59:56,460

right I mean for the last hundred and

1574

01:00:00,790 --> 00:59:58,200

fifty years there's been a siam ager

1575

01:00:03,410 --> 01:00:00,800

scientific revolution going on right

1576

01:00:05,840 --> 01:00:03,420

where have been where are the modern

1577

01:00:09,320 --> 01:00:05,850

Tinkerbell's coming out of these

1578

01:00:11,630 --> 01:00:09,330

traditions that was just bleeding edge

1579

01:00:13,310 --> 01:00:11,640

science and engineering at some point

1580

01:00:14,300 --> 01:00:13,320

however many hundreds of thousands I

1581

01:00:16,250 --> 01:00:14,310

don't know the history on those

1582

01:00:19,220 --> 01:00:16,260

sainte-chapelle things right are those

1583

01:00:21,740 --> 01:00:19,230

simple things they were at one point on

1584

01:00:23,360 --> 01:00:21,750

the absolute bleeding edge of science

1585

01:00:25,580 --> 01:00:23,370

and technology of human consciousness

1586

01:00:28,340 --> 01:00:25,590

but at but it's I think it's undeniable

1587

01:00:30,680 --> 01:00:28,350

that at some point that stopped right

1588

01:00:32,780 --> 01:00:30,690

and I'm living evidence of that I should

1589

01:00:35,450 --> 01:00:32,790

never have had to spend the last twelve

1590

01:00:37,880 --> 01:00:35,460

years of my life doing this right I mean

1591

01:00:40,880 --> 01:00:37,890

for hundreds of years those traditions

1592

01:00:43,340 --> 01:00:40,890

could have been keeping up with science

1593

01:00:45,320 --> 01:00:43,350

as it was evolving I mean the EEG was

1594

01:00:48,560 --> 01:00:45,330

invented over a hundred years ago at

1595

01:00:49,029 --> 01:00:48,570

this point right I mean anyone from any

1596

01:00:50,439 --> 01:00:49,039

of these

1597

01:00:52,089 --> 01:00:50,449

traditions could have been like hey

1598

01:00:54,159 --> 01:00:52,099

let's see what's coming out of our

1599

01:00:56,859 --> 01:00:54,169

meditation teachers head and see if we

1600

01:01:00,309 --> 01:00:56,869

can start advancing this right but where

1601
01:01:01,929 --> 01:01:00,319
was that per se right so it's not that

1602
01:01:03,909 --> 01:01:01,939
it's not that throughout all of human

1603
01:01:05,919 --> 01:01:03,919
history there was no value I think there

1604
01:01:08,380 --> 01:01:05,929
was tremendous value but it's almost

1605
01:01:11,859 --> 01:01:08,390
like that that value proposition stopped

1606
01:01:14,049 --> 01:01:11,869
advancing at a certain point and human

1607
01:01:15,759 --> 01:01:14,059
culture kept moving on and now there's

1608
01:01:17,469 --> 01:01:15,769
this tremendous out of phase miss you

1609
01:01:20,519 --> 01:01:17,479
know one of the things that we pick up

1610
01:01:24,630 --> 01:01:20,529
on in in our participant research

1611
01:01:27,009 --> 01:01:24,640
especially people who come in to the

1612
01:01:30,849 --> 01:01:27,019
finders course when it was an experiment

1613
01:01:32,679 --> 01:01:30,859

is it's very clear that you know they've

1614

01:01:35,319 --> 01:01:32,689

been involved in Buddhism not because

1615

01:01:36,759 --> 01:01:35,329

they love the the lore of Buddhism but

1616

01:01:38,229 --> 01:01:36,769

because they think that that's where

1617

01:01:39,699 --> 01:01:38,239

some method might exist that might

1618

01:01:41,349 --> 01:01:39,709

increase their well-being right it's

1619

01:01:44,620 --> 01:01:41,359

almost like most of them are trying to

1620

01:01:46,900 --> 01:01:44,630

avoid the dogma of Buddhism but get the

1621

01:01:49,329 --> 01:01:46,910

method that they think might actually

1622

01:01:50,799 --> 01:01:49,339

you know assist them and some way I

1623

01:01:54,309 --> 01:01:50,809

remember I was sitting I was researching

1624

01:01:56,799 --> 01:01:54,319

this famous Tibetan guy one time and I

1625

01:01:59,399 --> 01:01:56,809

was sitting in a small group of kind of

1626

01:02:01,419 --> 01:01:59,409

like elite people that he was teaching

1627

01:02:03,099 --> 01:02:01,429

waiting for him to get done so that I

1628

01:02:04,120 --> 01:02:03,109

could you know talk to him afterward I

1629

01:02:06,429 --> 01:02:04,130

had an appointment scheduled with him

1630

01:02:07,870 --> 01:02:06,439

afterward and I he's like come early I'm

1631

01:02:09,579 --> 01:02:07,880

gonna give this teaching and so I came

1632

01:02:11,499 --> 01:02:09,589

early to give this teaching he's talking

1633

01:02:13,959 --> 01:02:11,509

about the Buddha coming out of the side

1634

01:02:15,489 --> 01:02:13,969

of his mother being born out of the side

1635

01:02:18,429 --> 01:02:15,499

of his mother and all of this various

1636

01:02:21,489 --> 01:02:18,439

dogma to this roomful of wealthy

1637

01:02:24,419 --> 01:02:21,499

Westerners frankly who were like can we

1638

01:02:27,069 --> 01:02:24,429

please get to the meditation park right

1639

01:02:28,899 --> 01:02:27,079

like the last thing they wanted to hear

1640

01:02:31,479 --> 01:02:28,909

was the Buddha coming out of the side of

1641

01:02:33,009 --> 01:02:31,489

his mother or whatever else right and

1642

01:02:36,279 --> 01:02:33,019

but they're having to sort of suffer

1643

01:02:37,719 --> 01:02:36,289

through that in some sense to get to the

1644

01:02:38,859 --> 01:02:37,729

thing that they actually showed up for

1645

01:02:40,299 --> 01:02:38,869

which was meditation that they were

1646

01:02:42,219 --> 01:02:40,309

hoping would relieve some of their

1647

01:02:43,719 --> 01:02:42,229

psychological suffering and so so it's

1648

01:02:46,390 --> 01:02:43,729

not that I think that there's that

1649

01:02:48,309 --> 01:02:46,400

there's a wholesale lack of a value

1650

01:02:51,849 --> 01:02:48,319

proposition there but you know let's

1651
01:02:53,439 --> 01:02:51,859
face it we're not all in P n SE for some

1652
01:02:56,140 --> 01:02:53,449
reason we're not all in fundamental

1653
01:02:57,849 --> 01:02:56,150
well-being for some reason and and these

1654
01:03:00,399 --> 01:02:57,859
are the systems that have taken a crack

1655
01:03:02,890 --> 01:03:00,409
at it for hundreds and thousands of

1656
01:03:05,230 --> 01:03:02,900
years at this point and so I don't

1657
01:03:08,140 --> 01:03:05,240
that you can say wow look at the success

1658
01:03:11,289 --> 01:03:08,150
that that has been and you certainly

1659
01:03:13,059 --> 01:03:11,299
can't say wow look at how they've kept

1660
01:03:16,450 --> 01:03:13,069
up with their technologies and how they

1661
01:03:18,279 --> 01:03:16,460
have evolved into modern eras though no

1662
01:03:21,160 --> 01:03:18,289
one sitting in that room of wealthy

1663
01:03:23,109 --> 01:03:21,170

people wanted to look like one of their

1664

01:03:25,750 --> 01:03:23,119

life to be like that Tibetan teacher's

1665

01:03:27,910 --> 01:03:25,760

life right they wanted this integrated

1666

01:03:31,569 --> 01:03:27,920

into their own life they wanted a modern

1667

01:03:34,180 --> 01:03:31,579

secular Western version of this that

1668

01:03:38,289 --> 01:03:34,190

solved their fundamental core well-being

1669

01:03:42,309 --> 01:03:38,299

problems and then you know allowed them

1670

01:03:45,309 --> 01:03:42,319

to live a modern Western lifestyle not

1671

01:03:48,430 --> 01:03:45,319

having to renounce meat or sex or money

1672

01:03:50,500 --> 01:03:48,440

or you know dress in some certain way or

1673

01:03:53,289 --> 01:03:50,510

you know any of those other things like

1674

01:03:54,880 --> 01:03:53,299

they want to go to work tomorrow or do

1675

01:03:56,380 --> 01:03:54,890

their investing tomorrow or whatever it

1676

01:03:57,910 --> 01:03:56,390

is that particular group did and so

1677

01:03:59,769 --> 01:03:57,920

that's where that's that's what I was

1678

01:04:01,210 --> 01:03:59,779

trying to convey basically sort of you

1679

01:04:02,890 --> 01:04:01,220

know that's where we come out there's we

1680

01:04:04,569 --> 01:04:02,900

think there's tremendous value and a lot

1681

01:04:05,740 --> 01:04:04,579

of these things and to this degree that

1682

01:04:06,549 --> 01:04:05,750

they help but they help I think that's

1683

01:04:08,650 --> 01:04:06,559

fantastic

1684

01:04:12,190 --> 01:04:08,660

but we really feel like there's this

1685

01:04:14,349 --> 01:04:12,200

whole other approach that is more suited

1686

01:04:15,640 --> 01:04:14,359

to modernity and then I would the other

1687

01:04:17,260 --> 01:04:15,650

thing that I would add to that would be

1688

01:04:19,839 --> 01:04:17,270

on the flip side of the spiritual

1689

01:04:22,779 --> 01:04:19,849

salesmanship thing you know it is

1690

01:04:24,910 --> 01:04:22,789

incredibly tempting to give in to

1691

01:04:28,450 --> 01:04:24,920

spiritual salesmanship

1692

01:04:31,120 --> 01:04:28,460

it is incredibly tempting to say you

1693

01:04:34,120 --> 01:04:31,130

know what your sense your your

1694

01:04:35,710 --> 01:04:34,130

synchronicity will increase to the point

1695

01:04:37,779 --> 01:04:35,720

where life will be effortless for you

1696

01:04:39,519 --> 01:04:37,789

Alex this is the thing that you've been

1697

01:04:41,109 --> 01:04:39,529

looking life is such a struggle for you

1698

01:04:43,839 --> 01:04:41,119

I know it's been such a struggle for you

1699

01:04:47,019 --> 01:04:43,849

up to this point in your life but you

1700

01:04:49,120 --> 01:04:47,029

can have this deep inner peace and just

1701

01:04:51,549 --> 01:04:49,130

this perfect unfolding or everything is

1702

01:04:53,019 --> 01:04:51,559

synchronistic and like this life is

1703

01:04:55,299 --> 01:04:53,029

waiting for you Alex that you just can't

1704

01:04:57,700 --> 01:04:55,309

man you just can't imagine it you've

1705

01:04:58,779 --> 01:04:57,710

just got to have this shift right and so

1706

01:05:00,430 --> 01:04:58,789

that's what I mean when I'm talking

1707

01:05:03,940 --> 01:05:00,440

about spiritual salesmanship right and

1708

01:05:05,529 --> 01:05:03,950

there are absolutely you know types of

1709

01:05:07,450 --> 01:05:05,539

fundamental well-being where it feels

1710

01:05:09,940 --> 01:05:07,460

like every moment is a hundred percent

1711

01:05:11,650 --> 01:05:09,950

synchronistic there's no doubt about

1712

01:05:14,410 --> 01:05:11,660

that right that is not a lie

1713

01:05:16,570 --> 01:05:14,420

if I'm in that place to say to you it

1714

01:05:18,910 --> 01:05:16,580

can feel like life is 100

1715

01:05:21,430 --> 01:05:18,920

synchronistic all right however I know

1716

01:05:23,080 --> 01:05:21,440

people who are in that place sort of a

1717

01:05:24,690 --> 01:05:23,090

hundred percent system synchronistic who

1718

01:05:28,000 --> 01:05:24,700

have lost their houses to foreclosure

1719

01:05:30,520 --> 01:05:28,010

who have gone to prison who have had

1720

01:05:32,980 --> 01:05:30,530

what outwardly to the rest of us would

1721

01:05:36,880 --> 01:05:32,990

seem like highly negative life events

1722

01:05:39,040 --> 01:05:36,890

and so for them to also say the other

1723

01:05:41,740 --> 01:05:39,050

part of that statement which is you know

1724

01:05:44,260 --> 01:05:41,750

life will just unfold magically for you

1725

01:05:47,170 --> 01:05:44,270

there will be no more struggle now what

1726

01:05:49,030 --> 01:05:47,180

their meaning internally is oh I lost my

1727

01:05:50,110 --> 01:05:49,040

house well big deal who cares I'll just

1728

01:05:53,290 --> 01:05:50,120

go sleep under a bridge

1729

01:05:56,830 --> 01:05:53,300

no big struggle right but what you hear

1730

01:05:59,740 --> 01:05:56,840

as a normal human being is not oh I

1731

01:06:02,170 --> 01:05:59,750

won't I may lose my house but I won't

1732

01:06:05,110 --> 01:06:02,180

care if I'm sleeping under a bridge for

1733

01:06:07,540 --> 01:06:05,120

the rest of my life that will still feel

1734

01:06:11,170 --> 01:06:07,550

you know sort of fine and synchronistic

1735

01:06:13,720 --> 01:06:11,180

and you know whatever else and so

1736

01:06:15,370 --> 01:06:13,730

there's the ending and they know when

1737

01:06:17,350 --> 01:06:15,380

they're communicating these things how

1738

01:06:19,960 --> 01:06:17,360

you're hearing it they know that you're

1739

01:06:21,550 --> 01:06:19,970

not understanding it in their from their

1740

01:06:23,530 --> 01:06:21,560

own perspective right but they're kind

1741

01:06:25,270 --> 01:06:23,540

of justifying it from their own

1742

01:06:26,230 --> 01:06:25,280

perspective and I sort of justifying

1743

01:06:28,390 --> 01:06:26,240

what they're saying from their own

1744

01:06:31,290 --> 01:06:28,400

perspective because they're not really

1745

01:06:35,170 --> 01:06:31,300

lying to you right that is how they're

1746

01:06:36,480 --> 01:06:35,180

experiencing the world it is deep inner

1747

01:06:40,090 --> 01:06:36,490

peace it is a hundred percent

1748

01:06:42,280 --> 01:06:40,100

synchronicity it is an imperturbable you

1749

01:06:44,350 --> 01:06:42,290

know from where they're at it does feel

1750

01:06:45,820 --> 01:06:44,360

like everything is happening exactly as

1751

01:06:47,650 --> 01:06:45,830

it should no matter how adverse the

1752

01:06:49,210 --> 01:06:47,660

events that are happening to them or

1753

01:06:50,920 --> 01:06:49,220

whatever else right but they're not

1754

01:06:53,320 --> 01:06:50,930

saying to you oh hey by the way I lost

1755

01:06:55,090 --> 01:06:53,330

my house last week you know they're

1756

01:06:58,390 --> 01:06:55,100

leaving out facts like that and they're

1757

01:07:00,640 --> 01:06:58,400

letting sort of your brain fill in this

1758

01:07:03,010 --> 01:07:00,650

sort of magical existence that you can

1759

01:07:05,320 --> 01:07:03,020

have if only you'll transition it's a

1760

01:07:07,440 --> 01:07:05,330

fundamental well-being and so in that

1761

01:07:10,330 --> 01:07:07,450

sense you know we kind of take issue

1762

01:07:12,040 --> 01:07:10,340

from that's where I talk about that's

1763

01:07:14,020 --> 01:07:12,050

what I mean when I say sort of spiritual

1764

01:07:16,150 --> 01:07:14,030

salesmanship it's not necessarily pure

1765

01:07:17,890 --> 01:07:16,160

dishonesty from their own internal

1766

01:07:19,030 --> 01:07:17,900

phenomenological experience but on the

1767

01:07:21,730 --> 01:07:19,040

other hand they're not really giving you

1768

01:07:23,140 --> 01:07:21,740

the whole picture either in terms of

1769

01:07:24,400 --> 01:07:23,150

their own struggles and their what you

1770

01:07:26,260 --> 01:07:24,410

would what the normal person would

1771

01:07:27,550 --> 01:07:26,270

consider their own life struggle right

1772

01:07:30,790 --> 01:07:27,560

they're giving you the part where it's

1773

01:07:33,700 --> 01:07:30,800

like man I want that you know your egos

1774

01:07:36,970 --> 01:07:33,710

yeah I'm tired of struggling life sucks

1775

01:07:39,940 --> 01:07:36,980

I want that but they're not telling you

1776

01:07:42,640 --> 01:07:39,950

that what your ego calls struggle well

1777

01:07:44,740 --> 01:07:42,650

you know still exist for you basically

1778

01:07:46,600 --> 01:07:44,750

on the other side those life events that

1779

01:07:48,670 --> 01:07:46,610

your ego refers to as struggling in the

1780

01:07:51,010 --> 01:07:48,680

world are not gonna probably go away for

1781

01:07:52,750 --> 01:07:51,020

you there's challenges with that too

1782

01:07:54,960 --> 01:07:52,760

though I mean and I think you understand

1783

01:07:57,220 --> 01:07:54,970

that but as soon as you get into the

1784

01:07:58,930 --> 01:07:57,230

prescriptive model and away from the

1785

01:08:01,750 --> 01:07:58,940

descriptive model of the social

1786

01:08:03,880 --> 01:08:01,760

scientist you're layering your own

1787

01:08:05,140 --> 01:08:03,890

values on there which sure you know

1788

01:08:07,360 --> 01:08:05,150

we're pointing at those people and

1789

01:08:09,430 --> 01:08:07,370

saying their vows but I don't want to

1790

01:08:10,870 --> 01:08:09,440

bury the lead because the leads no it's

1791

01:08:13,600 --> 01:08:10,880

no question that's true the lead story

1792

01:08:16,900 --> 01:08:13,610

is so important which is as a social

1793

01:08:20,410 --> 01:08:16,910

scientist as you cut away everything

1794

01:08:22,329 --> 01:08:20,420

that isn't then it opens up the

1795

01:08:24,490 --> 01:08:22,339

possibility for everyone to determine

1796

01:08:25,900 --> 01:08:24,500

what is what is for them

1797

01:08:28,059 --> 01:08:25,910

what part of their tradition they want

1798

01:08:30,370 --> 01:08:28,069

to take what part they don't need how

1799

01:08:31,930 --> 01:08:30,380

much of it is social engineering how

1800

01:08:34,210 --> 01:08:31,940

much of it is someone trying to get in

1801
01:08:36,340 --> 01:08:34,220
their pocket for their cults for their

1802
01:08:38,200 --> 01:08:36,350
religion for their build a church down

1803
01:08:42,400 --> 01:08:38,210
in the corner how much of it is some

1804
01:08:44,920 --> 01:08:42,410
kind of larger scale SIOF to control and

1805
01:08:47,829 --> 01:08:44,930
manipulate all that stuff as the social

1806
01:08:49,599 --> 01:08:47,839
scientist you cut cut cut cut cut and

1807
01:08:52,030 --> 01:08:49,609
you say all right I now have the essence

1808
01:08:53,800 --> 01:08:52,040
you can go with it from there but I

1809
01:08:57,039 --> 01:08:53,810
certainly understand and we can all

1810
01:08:59,559 --> 01:08:57,049
appreciate a little bit of rage that

1811
01:09:02,140 --> 01:08:59,569
comes up in interacting with these

1812
01:09:05,019 --> 01:09:02,150
communities who are so insistent that

1813
01:09:07,690 --> 01:09:05,029

they're layering is the only layering

1814

01:09:09,519 --> 01:09:07,700

that one can do on that but I guess this

1815

01:09:12,280 --> 01:09:09,529

is there anything more we want to say

1816

01:09:16,240 --> 01:09:12,290

about what you've labeled as integration

1817

01:09:18,910 --> 01:09:16,250

how we how we yeah this awakening that

1818

01:09:20,590 --> 01:09:18,920

comes through the finders course comes

1819

01:09:23,470 --> 01:09:20,600

through this experience and then

1820

01:09:25,059 --> 01:09:23,480

integrating it into our life yeah

1821

01:09:27,400 --> 01:09:25,069

absolutely you could say a lot about it

1822

01:09:29,349 --> 01:09:27,410

and let me let me add that you know

1823

01:09:31,750 --> 01:09:29,359

there are especially I think in the

1824

01:09:33,550 --> 01:09:31,760

non-dual community the modern sort of

1825

01:09:35,349 --> 01:09:33,560

contemporary non-dual community and if

1826

01:09:37,809 --> 01:09:35,359

you think about someone like Scott

1827

01:09:39,370 --> 01:09:37,819

killaby Scott has publicly identified

1828

01:09:41,680 --> 01:09:39,380

himself as having participated in our

1829

01:09:43,420 --> 01:09:41,690

research to people and so I can say that

1830

01:09:43,770 --> 01:09:43,430

he's participated on a research I'm not

1831

01:09:45,030 --> 01:09:43,780

going to

1832

01:09:47,580 --> 01:09:45,040

about you know data about him or

1833

01:09:49,950 --> 01:09:47,590

whatever but just to say that I you know

1834

01:09:51,660 --> 01:09:49,960

I have sat down with him at length had

1835

01:09:55,290 --> 01:09:51,670

very meaningful conversations with him

1836

01:09:58,230 --> 01:09:55,300

etc etc he's a great example I think of

1837

01:10:00,600 --> 01:09:58,240

someone who is doing their level best to

1838

01:10:02,520 --> 01:10:00,610

avoid those sort of dilemmas those

1839

01:10:04,830 --> 01:10:02,530

Western moral dilemmas if you will from

1840

01:10:06,810 --> 01:10:04,840

a spiritual salesmanship standpoint

1841

01:10:07,980 --> 01:10:06,820

right I remember reading this post from

1842

01:10:11,460 --> 01:10:07,990

him there was this thing going around

1843

01:10:13,500 --> 01:10:11,470

about a guy named Fred Davis who is I

1844

01:10:15,780 --> 01:10:13,510

think a very effective actually non-dual

1845

01:10:17,310 --> 01:10:15,790

teacher and I don't remember actually

1846

01:10:18,570 --> 01:10:17,320

what the scandal was there was some sort

1847

01:10:20,010 --> 01:10:18,580

of scandal going around and I remember

1848

01:10:22,290 --> 01:10:20,020

thinking that doesn't really seem like a

1849

01:10:24,180 --> 01:10:22,300

big deal it's a big deal I think if you

1850

01:10:25,830 --> 01:10:24,190

have a certain belief system around how

1851
01:10:27,540 --> 01:10:25,840
all of these people are supposed to be

1852
01:10:28,590 --> 01:10:27,550
perfect beings that you know don't spit

1853
01:10:30,390 --> 01:10:28,600
their food out when they're talking to

1854
01:10:32,550 --> 01:10:30,400
you over dinner and stuff like that

1855
01:10:34,110 --> 01:10:32,560
right but if you don't have a view of

1856
01:10:37,380 --> 01:10:34,120
them as being perfect beings you're like

1857
01:10:39,380 --> 01:10:37,390
what's the big deal there yeah so Scott

1858
01:10:41,850 --> 01:10:39,390
wrote this post where he was like

1859
01:10:45,090 --> 01:10:41,860
essentially like well here's all the

1860
01:10:47,430 --> 01:10:45,100
that's been wrong in my life I mean

1861
01:10:50,310 --> 01:10:47,440
it was just this amazing transparent

1862
01:10:52,110 --> 01:10:50,320
post and I think the non you know some

1863
01:10:53,850 --> 01:10:52,120

of these non-dual teachers in the

1864

01:10:56,700 --> 01:10:53,860

non-dual portion of this overall

1865

01:11:00,320 --> 01:10:56,710

spiritual religious sort of world have

1866

01:11:03,000 --> 01:11:00,330

in recent years really tried hard to be

1867

01:11:05,370 --> 01:11:03,010

straightforward about this and I've been

1868

01:11:07,920 --> 01:11:05,380

very very impressed by that because

1869

01:11:09,390 --> 01:11:07,930

that's that's a brave thing to do for

1870

01:11:11,190 --> 01:11:09,400

their businesses if you're in

1871

01:11:13,260 --> 01:11:11,200

competition with a guy across the road

1872

01:11:15,480 --> 01:11:13,270

in the non-dual space and that guy's

1873

01:11:17,340 --> 01:11:15,490

talking about life being perfect for you

1874

01:11:19,380 --> 01:11:17,350

in their version of non-duality after

1875

01:11:21,060 --> 01:11:19,390

you transition and then you read a post

1876

01:11:23,100 --> 01:11:21,070

from someone like Scott who's talking

1877

01:11:25,200 --> 01:11:23,110

about his own personal struggles and his

1878

01:11:27,330 --> 01:11:25,210

own difficulties in his own life and

1879

01:11:29,760 --> 01:11:27,340

it's just being brutally honest and just

1880

01:11:31,710 --> 01:11:29,770

laying it all bare because of course we

1881

01:11:33,090 --> 01:11:31,720

all have them when you're like us and

1882

01:11:34,890 --> 01:11:33,100

you sort of know all these people and

1883

01:11:36,180 --> 01:11:34,900

know that they all have them some are

1884

01:11:37,590 --> 01:11:36,190

just choosing to talk about them and

1885

01:11:40,680 --> 01:11:37,600

some aren't choosing to talk about them

1886

01:11:43,680 --> 01:11:40,690

that is just so amazing to me and so

1887

01:11:45,900 --> 01:11:43,690

brave and it is a trend and so it's it

1888

01:11:48,780 --> 01:11:45,910

is a coming trend there is a push back

1889

01:11:51,180 --> 01:11:48,790

in at least a section of that non-dual

1890

01:11:53,100 --> 01:11:51,190

community here in America that is like

1891

01:11:54,600 --> 01:11:53,110

really just trying to bare-knuckle it

1892

01:11:57,270 --> 01:11:54,610

and I think we really need to give

1893

01:11:59,400 --> 01:11:57,280

acknowledgement to that so from

1894

01:12:00,900 --> 01:11:59,410

standpoint for integration you know what

1895

01:12:03,450 --> 01:12:00,910

we've been trying to convince teachers

1896

01:12:04,650 --> 01:12:03,460

of for a long time now is that they

1897

01:12:05,850 --> 01:12:04,660

don't need they should I don't think

1898

01:12:08,130 --> 01:12:05,860

that they should really feel in

1899

01:12:09,450 --> 01:12:08,140

competition for seekers they really have

1900

01:12:11,370 --> 01:12:09,460

you know it's like there's not that many

1901

01:12:13,110 --> 01:12:11,380

seekers really sincere seekers out there

1902

01:12:14,670 --> 01:12:13,120

and so if you're trying to earn a living

1903

01:12:16,620 --> 01:12:14,680

doing this that could be challenging and

1904

01:12:18,480 --> 01:12:16,630

it's like oh my gosh I don't want to

1905

01:12:20,190 --> 01:12:18,490

lose my secret or that other guy because

1906

01:12:21,480 --> 01:12:20,200

there's you know how am I gonna replace

1907

01:12:23,790 --> 01:12:21,490

that secret it took me forever to get

1908

01:12:25,500 --> 01:12:23,800

that guy and so there's a lot of sort of

1909

01:12:27,840 --> 01:12:25,510

this business stuff that goes on behind

1910

01:12:30,480 --> 01:12:27,850

the scenes in these worlds as well right

1911

01:12:32,630 --> 01:12:30,490

one of the things that I think you're

1912

01:12:34,470 --> 01:12:32,640

gonna see happening if we're successful

1913

01:12:37,170 --> 01:12:34,480

especially you're gonna see it happening

1914

01:12:38,280 --> 01:12:37,180

is you're gonna see a transition for

1915

01:12:41,100 --> 01:12:38,290

these people and how they think about

1916

01:12:44,340 --> 01:12:41,110

themselves because to my mind I think a

1917

01:12:46,320 --> 01:12:44,350

spiritual teacher is not necessarily

1918

01:12:48,810 --> 01:12:46,330

always the greatest help in

1919

01:12:51,540 --> 01:12:48,820

transitioning someone but they are an

1920

01:12:53,190 --> 01:12:51,550

immense help on the other side of

1921

01:12:55,620 --> 01:12:53,200

transitioning because there aren't that

1922

01:12:58,650 --> 01:12:55,630

many people in the world who have been

1923

01:13:01,170 --> 01:12:58,660

through the life integration process of

1924

01:13:02,760 --> 01:13:01,180

this stuff right I mean on the other

1925

01:13:05,400 --> 01:13:02,770

side of this the reason that you the

1926

01:13:07,170 --> 01:13:05,410

reason you don't see more genuine

1927

01:13:09,270 --> 01:13:07,180

advertising around this stuff is that

1928

01:13:10,830 --> 01:13:09,280

for instance it's very common for a year

1929

01:13:13,500 --> 01:13:10,840

to two years after the transition to

1930

01:13:15,000 --> 01:13:13,510

have a significant drop in motivation so

1931

01:13:16,680 --> 01:13:15,010

there's a fundamental shift that occurs

1932

01:13:18,330 --> 01:13:16,690

in your goal attainment you know your

1933

01:13:21,140 --> 01:13:18,340

goals have basically been driven by

1934

01:13:23,520 --> 01:13:21,150

neurotic impulses in you which drop away

1935

01:13:25,620 --> 01:13:23,530

right and when you're when you're

1936

01:13:27,150 --> 01:13:25,630

neuroticism drops and your goals fall

1937

01:13:29,100 --> 01:13:27,160

away guess what falls away with that

1938

01:13:31,260 --> 01:13:29,110

motivation right and it's like your

1939

01:13:34,140 --> 01:13:31,270

brain has to go through a period of time

1940

01:13:36,030 --> 01:13:34,150

or it's unraveling your former

1941

01:13:38,550 --> 01:13:36,040

motivation system and rebuilding a new

1942

01:13:40,260 --> 01:13:38,560

motivation system and everybody wants to

1943

01:13:42,210 --> 01:13:40,270

hear I'm gonna get enlightened and I'm

1944

01:13:45,390 --> 01:13:42,220

gonna be 10 times more effective in my

1945

01:13:47,850 --> 01:13:45,400

job right nobody wants to hear I'm gonna

1946

01:13:49,710 --> 01:13:47,860

have issues with motivation or nobody

1947

01:13:51,300 --> 01:13:49,720

wants to hear I'm going to transition to

1948

01:13:54,060 --> 01:13:51,310

this entirely other way of seeing the

1949

01:13:56,310 --> 01:13:54,070

world and a consequence of that is that

1950

01:13:59,670 --> 01:13:56,320

I'm gonna feel sort of like an alien now

1951

01:14:02,180 --> 01:13:59,680

living in normal reality because 99.5%

1952

01:14:04,320 --> 01:14:02,190

of the rest of the population is

1953

01:14:06,570 --> 01:14:04,330

experiencing life in this highly

1954

01:14:08,310 --> 01:14:06,580

neurotic way including my wife my

1955

01:14:10,060 --> 01:14:08,320

boyfriend my girlfriend my husband my

1956

01:14:12,520 --> 01:14:10,070

wife my boyfriend my kids

1957

01:14:15,220 --> 01:14:12,530

my whoever right every friend I have

1958

01:14:17,950 --> 01:14:15,230

everybody at work literally my entire

1959

01:14:20,470 --> 01:14:17,960

world but and you know and I used to

1960

01:14:23,890 --> 01:14:20,480

experience that I just experienced it

1961

01:14:25,660 --> 01:14:23,900

yesterday I still have a you know fairly

1962

01:14:28,450 --> 01:14:25,670

decent memory of what that experience

1963

01:14:29,500 --> 01:14:28,460

was like but you know I don't want to

1964

01:14:31,810 --> 01:14:29,510

sit around and talk to these people

1965

01:14:34,419 --> 01:14:31,820

about their neurotic stories anymore my

1966

01:14:36,760 --> 01:14:34,429

life is no longer a game of me sitting

1967

01:14:38,080 --> 01:14:36,770

there validating your neurotic story so

1968

01:14:40,479 --> 01:14:38,090

that you'll sit there validating my

1969

01:14:43,660 --> 01:14:40,489

neurotic story right like that to me is

1970

01:14:46,419 --> 01:14:43,670

like just a reduction in my piece not a

1971

01:14:48,189 --> 01:14:46,429

leveling up of my piece and so I'm just

1972

01:14:50,319 --> 01:14:48,199

not interested in doing that anymore you

1973

01:14:52,689 --> 01:14:50,329

know I'm not that interested in reading

1974

01:14:54,490 --> 01:14:52,699

the novels that I read for years or

1975

01:14:56,169 --> 01:14:54,500

watching the TV series with you because

1976

01:14:57,729 --> 01:14:56,179

they're all these story driven neurotic

1977

01:14:59,109 --> 01:14:57,739

sort of things you know that are

1978

01:15:00,850 --> 01:14:59,119

designed to hit me in certain ways and

1979

01:15:02,470 --> 01:15:00,860

make me feel certain ways or whatever

1980

01:15:04,899 --> 01:15:02,480

like I'm at peace I don't need that

1981

01:15:07,300 --> 01:15:04,909

stuff anymore right and so there's like

1982

01:15:10,750 --> 01:15:07,310

these significant life changes that

1983

01:15:13,689 --> 01:15:10,760

occur and who's talking about that right

1984

01:15:15,280 --> 01:15:13,699

because like I mean how many people are

1985

01:15:16,930 --> 01:15:15,290

going to sign up for your program to

1986

01:15:18,100 --> 01:15:16,940

some degree and we take a huge risk on

1987

01:15:19,479 --> 01:15:18,110

this right because we have all kinds of

1988

01:15:21,669 --> 01:15:19,489

research out there that basically says

1989

01:15:24,100 --> 01:15:21,679

this is what it's like on the other side

1990

01:15:25,330 --> 01:15:24,110

of this and so you know you like you

1991

01:15:28,060 --> 01:15:25,340

sign up with us you sort of know what

1992

01:15:30,430 --> 01:15:28,070

you're getting I understand the dilemma

1993

01:15:32,589 --> 01:15:30,440

and I've seen I even know the histories

1994

01:15:34,750 --> 01:15:32,599

of a lot of these organizations you know

1995

01:15:36,370 --> 01:15:34,760

at what point different advertising

1996

01:15:38,109 --> 01:15:36,380

things were incorporated or at what

1997

01:15:40,479 --> 01:15:38,119

point methods were shifted to go from

1998

01:15:41,830 --> 01:15:40,489

being an hour to being 20 minutes so

1999

01:15:43,270 --> 01:15:41,840

that you could pull more people and even

2000

01:15:45,339 --> 01:15:43,280

though you know it's not as effective as

2001

01:15:47,050 --> 01:15:45,349

the hour nonetheless you can't grow to a

2002

01:15:48,819 --> 01:15:47,060

certain size if you don't have it at 10

2003

01:15:50,950 --> 01:15:48,829

or 20 minutes or 1 minute or 5 minutes

2004

01:15:52,780 --> 01:15:50,960

or you know whatever it is I get the

2005

01:15:54,399 --> 01:15:52,790

business decisions that were behind all

2006

01:15:56,410 --> 01:15:54,409

these things even though to the

2007

01:15:58,359 --> 01:15:56,420

adherence it's all nothing is business

2008

01:15:59,500 --> 01:15:58,369

it's none of this it's all nothing to do

2009

01:16:01,419 --> 01:15:59,510

with business but of course these were

2010

01:16:03,760 --> 01:16:01,429

all strategic marketing and business

2011

01:16:05,530 --> 01:16:03,770

decisions that have been made as I was

2012

01:16:06,910 --> 01:16:05,540

listening to this over the years I was

2013

01:16:09,399 --> 01:16:06,920

thinking to myself how are we going to

2014

01:16:12,580 --> 01:16:09,409

avoid this I mean I spent the mid-90s

2015

01:16:14,410 --> 01:16:12,590

sort of running a chunk of the the heart

2016

01:16:16,089 --> 01:16:14,420

of one of the worlds but at the time the

2017

01:16:17,530 --> 01:16:16,099

world's first and most significant

2018

01:16:19,810 --> 01:16:17,540

advertising glamour right and I've got a

2019

01:16:22,149 --> 01:16:19,820

background in advertising and marketing

2020

01:16:22,860 --> 01:16:22,159

and I was listening to these people's

2021

01:16:25,020 --> 01:16:22,870

business

2022

01:16:27,150 --> 01:16:25,030

descriptions you know and how they

2023

01:16:28,290 --> 01:16:27,160

devolved them over time and the decision

2024

01:16:29,790 --> 01:16:28,300

that they'd come to and how they'd

2025

01:16:32,070 --> 01:16:29,800

morally justified them inside their own

2026

01:16:33,870 --> 01:16:32,080

minds and all of that and the whole time

2027

01:16:35,070 --> 01:16:33,880

that I'm listening to that I'm noting it

2028

01:16:37,320 --> 01:16:35,080

for research but I'm also sort of

2029

01:16:39,240 --> 01:16:37,330

thinking to myself holy crap you know

2030

01:16:41,760 --> 01:16:39,250

how can you get around that and I think

2031

01:16:43,470 --> 01:16:41,770

there isn't a good way to get around it

2032

01:16:45,210 --> 01:16:43,480

you sort of have to you have to make a

2033

01:16:47,550 --> 01:16:45,220

decision to go one way or the other it

2034

01:16:49,740 --> 01:16:47,560

has to either be I'm gonna give you the

2035

01:16:51,150 --> 01:16:49,750

life as a synchronistic Golden Path you

2036

01:16:52,380 --> 01:16:51,160

know everything is going to be perfect

2037

01:16:53,700 --> 01:16:52,390

for you and not tell you that I just

2038

01:16:55,620 --> 01:16:53,710

lost my house I'm gonna sort of leave

2039

01:16:57,270 --> 01:16:55,630

that part out of it but I'm being honest

2040

01:17:00,150 --> 01:16:57,280

about how this moment is feeling for me

2041

01:17:02,400 --> 01:17:00,160

or you have to be like you know you're

2042

01:17:05,490 --> 01:17:02,410

gonna have major life changes here

2043

01:17:07,290 --> 01:17:05,500

you're gonna your life as a finder it's

2044

01:17:08,970 --> 01:17:07,300

going to be to some degree a moment

2045

01:17:10,650 --> 01:17:08,980

depending upon where you land the degree

2046

01:17:12,090 --> 01:17:10,660

of agency you still have all of that I

2047

01:17:13,950 --> 01:17:12,100

mean let's leave all that aside for the

2048

01:17:15,150 --> 01:17:13,960

moment in terms of debating the nuances

2049

01:17:17,460 --> 01:17:15,160

of fundamental well-being and the

2050

01:17:19,050 --> 01:17:17,470

different types of it and all that and

2051

01:17:21,420 --> 01:17:19,060

let me just say generically you know to

2052

01:17:23,820 --> 01:17:21,430

some degree your life is going to be a

2053

01:17:26,010 --> 01:17:23,830

moment-to-moment decision of how much of

2054

01:17:27,870 --> 01:17:26,020

that deep internal peace are you willing

2055

01:17:30,270 --> 01:17:27,880

to erode for personal effectiveness in

2056

01:17:33,300 --> 01:17:30,280

the world because the entire rest of the

2057

01:17:34,700 --> 01:17:33,310

world is sort of anti that internal

2058

01:17:37,770 --> 01:17:34,710

personal effectiveness and so

2059

01:17:39,750 --> 01:17:37,780

integration at its heart 4p NSE comes

2060

01:17:41,580 --> 01:17:39,760

down to psychological deconditioning and

2061

01:17:42,930 --> 01:17:41,590

undoing all of those old programming

2062

01:17:44,370 --> 01:17:42,940

patterns because you don't have the

2063

01:17:46,590 --> 01:17:44,380

sense of software enforcing them anymore

2064

01:17:47,880 --> 01:17:46,600

an optimum ways to do that and you know

2065

01:17:49,980 --> 01:17:47,890

that's a lot of our research and a lot

2066

01:17:51,630 --> 01:17:49,990

of our work right now and so that's all

2067

01:17:53,250 --> 01:17:51,640

really important but the fundamental

2068

01:17:55,650 --> 01:17:53,260

question of living in the world comes

2069

01:17:58,500 --> 01:17:55,660

down to how much of my piece am I going

2070

01:18:00,030 --> 01:17:58,510

to a road in order to have an X degree

2071

01:18:01,800 --> 01:18:00,040

of effectiveness and so there's a

2072

01:18:04,800 --> 01:18:01,810

there's for instance a high divorce rate

2073

01:18:07,170 --> 01:18:04,810

among people not advertised right like

2074

01:18:09,570 --> 01:18:07,180

who's putting that in their you know web

2075

01:18:11,880 --> 01:18:09,580

pages right hey come and get enlightened

2076

01:18:13,380 --> 01:18:11,890

then you'll probably get divorced but

2077

01:18:15,420 --> 01:18:13,390

there's a high degree of divorce rate

2078

01:18:18,990 --> 01:18:15,430

among this right because you wake up and

2079

01:18:20,400 --> 01:18:19,000

you have you know this spouse that is

2080

01:18:21,900 --> 01:18:20,410

still there they're not awake they're

2081

01:18:23,580 --> 01:18:21,910

not happy that you're happy all the time

2082

01:18:24,960 --> 01:18:23,590

I mean as much as we would like to think

2083

01:18:27,090 --> 01:18:24,970

that they have our best interest at

2084

01:18:28,740 --> 01:18:27,100

heart in every moment of our life you

2085

01:18:30,390 --> 01:18:28,750

know the reality is like now you're sort

2086

01:18:32,520 --> 01:18:30,400

of the shining example of what their

2087

01:18:33,990 --> 01:18:32,530

system has been yearning for since they

2088

01:18:35,720 --> 01:18:34,000

were a little kid or what anyone in a

2089

01:18:37,970 --> 01:18:35,730

relationship understands Thursday

2090

01:18:40,340 --> 01:18:37,980

and when those dynamics change

2091

01:18:42,530 --> 01:18:40,350

everything changes you know let me just

2092

01:18:43,760 --> 01:18:42,540

anyway no I just want to take it in a

2093

01:18:46,580 --> 01:18:43,770

slightly different direction because you

2094

01:18:49,490 --> 01:18:46,590

said something I think that might be

2095

01:18:52,280 --> 01:18:49,500

very evidence a profound but it's not

2096

01:18:55,370 --> 01:18:52,290

just profound I think it's probably true

2097

01:18:57,530 --> 01:18:55,380

from a guy who is a bit of a futurist

2098

01:19:01,220 --> 01:18:57,540

and has kind of created this future I

2099

01:19:05,200 --> 01:19:01,230

know you're very much into tech not for

2100

01:19:07,550 --> 01:19:05,210

the sake of tech but as a tool for maybe

2101

01:19:10,610 --> 01:19:07,560

facilitating this transition and I

2102

01:19:13,850 --> 01:19:10,620

wonder if that's also informing this

2103

01:19:16,460 --> 01:19:13,860

future you see because if tech does

2104

01:19:19,540 --> 01:19:16,470

begin to play more of a role of this

2105

01:19:22,970 --> 01:19:19,550

then we have technology that's

2106

01:19:26,960 --> 01:19:22,980

facilitating change it lessens the need

2107

01:19:30,530 --> 01:19:26,970

for someone in the physical form doing

2108

01:19:34,610 --> 01:19:30,540

that on one on one or even one on 10

2109

01:19:37,430 --> 01:19:34,620

basis but it would then maybe bring the

2110

01:19:38,780 --> 01:19:37,440

high touch aspect back into the

2111

01:19:40,970 --> 01:19:38,790

integration like you're talking about

2112

01:19:42,500 --> 01:19:40,980

because it would just seem to me that

2113

01:19:44,870 --> 01:19:42,510

potentially that's what you also

2114

01:19:48,140 --> 01:19:44,880

envision or am I wrong there yeah I do

2115

01:19:49,970 --> 01:19:48,150

think that it's difficult for me knowing

2116

01:19:52,310 --> 01:19:49,980

what I know now of course we can all be

2117

01:19:54,979 --> 01:19:52,320

wrong you know in the next 10 seconds

2118

01:19:57,700 --> 01:19:54,989

right but it's difficult for me to know

2119

01:20:00,920 --> 01:19:57,710

to to think knowing what I know now that

2120

01:20:02,870 --> 01:20:00,930

this is going to be translatable to six

2121

01:20:05,780 --> 01:20:02,880

billion people in a non technological

2122

01:20:07,550 --> 01:20:05,790

form we've analyzed the data from the

2123

01:20:09,740 --> 01:20:07,560

finest course every way we possibly can

2124

01:20:12,470 --> 01:20:09,750

and one key thing about the finders

2125

01:20:15,170 --> 01:20:12,480

course that failed I think our biggest

2126

01:20:17,600 --> 01:20:15,180

failure to date is that we have not been

2127

01:20:19,040 --> 01:20:17,610

able to find a way to match people up

2128

01:20:20,630 --> 01:20:19,050

with a method that works for them that's

2129

01:20:22,040 --> 01:20:20,640

what the entire course tries to do right

2130

01:20:23,510 --> 01:20:22,050

you basically go a week to week to week

2131

01:20:24,890 --> 01:20:23,520

and you try different stuff that is all

2132

01:20:26,840 --> 01:20:24,900

the best stuff that rose to the top of

2133

01:20:28,430 --> 01:20:26,850

our research and you do it in a certain

2134

01:20:30,590 --> 01:20:28,440

systematic way that increases its

2135

01:20:32,840 --> 01:20:30,600

effectiveness and all that but the

2136

01:20:34,070 --> 01:20:32,850

reality is fundamentally what we were

2137

01:20:35,270 --> 01:20:34,080

trying to get out with that experiment

2138

01:20:36,979 --> 01:20:35,280

what we were trying to do with that

2139

01:20:38,540 --> 01:20:36,989

experiment was not really refine our

2140

01:20:41,060 --> 01:20:38,550

understanding of fundamental well-being

2141

01:20:43,130 --> 01:20:41,070

which we did but it was to figure out

2142

01:20:45,110 --> 01:20:43,140

can I give you a pencil and paper

2143

01:20:46,939 --> 01:20:45,120

questionnaire or interview you for a

2144

01:20:49,370 --> 01:20:46,949

couple of minutes or something and then

2145

01:20:50,120 --> 01:20:49,380

say you know what Alex headless way is

2146

01:20:52,189 --> 01:20:50,130

your thing man

2147

01:20:53,839 --> 01:20:52,199

that's what you need that's the thing

2148

01:20:55,699 --> 01:20:53,849

you know just do it for this week and

2149

01:20:56,660 --> 01:20:55,709

you'll be you'll be awake by Friday

2150

01:20:58,250 --> 01:20:56,670

you know you'll transition to

2151
01:21:00,469 --> 01:20:58,260
fundamental well being by Friday and

2152
01:21:01,609 --> 01:21:00,479
it'll all be good come back to us and

2153
01:21:03,799 --> 01:21:01,619
you know I'll give some integration

2154
01:21:05,060 --> 01:21:03,809
stuff I just let me I mean maybe it'll

2155
01:21:06,620 --> 01:21:05,070
happen Wednesday Thursday you know

2156
01:21:07,699 --> 01:21:06,630
whenever it happens just you know just

2157
01:21:10,189 --> 01:21:07,709
ping me and I'll shoot you some

2158
01:21:12,529 --> 01:21:10,199
integration stuff over right so we never

2159
01:21:14,660 --> 01:21:12,539
we have not yet reached a point with our

2160
01:21:15,890 --> 01:21:14,670
data analysis that has allowed us to do

2161
01:21:19,040 --> 01:21:15,900
that you still have to take the whole

2162
01:21:22,459 --> 01:21:19,050
program and who the heck you know in a

2163
01:21:24,259 --> 01:21:22,469

developing country can spend 2 to 3

2164

01:21:26,000 --> 01:21:24,269

hours a day in the West it's more doable

2165

01:21:28,549 --> 01:21:26,010

for a certain class of people at least

2166

01:21:31,189 --> 01:21:28,559

to be able to do that like it can have

2167

01:21:33,319 --> 01:21:31,199

the impact that it has among the people

2168

01:21:35,180 --> 01:21:33,329

that it's sort of a possible fit for

2169

01:21:37,069 --> 01:21:35,190

what it is not going to scale to a

2170

01:21:40,699 --> 01:21:37,079

billion people it's not going to scale

2171

01:21:42,620 --> 01:21:40,709

to 500 million people and because we we

2172

01:21:44,930 --> 01:21:42,630

fundamentally were not able to be

2173

01:21:47,719 --> 01:21:44,940

successful at creating that matching

2174

01:21:49,879 --> 01:21:47,729

algorithm which could potentially allow

2175

01:21:51,859 --> 01:21:49,889

a more traditional thing like just a

2176

01:21:53,600 --> 01:21:51,869

psychological intervention like a

2177

01:21:56,149 --> 01:21:53,610

meditation or a cognitive science hack

2178

01:21:58,759 --> 01:21:56,159

or a positive psychology exercise or

2179

01:22:00,890 --> 01:21:58,769

whatever it is to scale you know it's I

2180

01:22:03,589 --> 01:22:00,900

think in my mind it's going to come down

2181

01:22:05,120 --> 01:22:03,599

to technology unless you know I mean you

2182

01:22:06,439 --> 01:22:05,130

never know we have machine learning

2183

01:22:07,669 --> 01:22:06,449

people and AI people that are

2184

01:22:09,379 --> 01:22:07,679

volunteering their time on the project

2185

01:22:11,060 --> 01:22:09,389

looking at that data deep mining it

2186

01:22:12,649 --> 01:22:11,070

something might come out of that that

2187

01:22:14,180 --> 01:22:12,659

just humans couldn't see with standard

2188

01:22:16,370 --> 01:22:14,190

statistical methods and analyses

2189

01:22:18,080 --> 01:22:16,380

I won't rule that out and so you know I

2190

01:22:19,729 --> 01:22:18,090

could you know we could get off the

2191

01:22:23,149 --> 01:22:19,739

phone I could check my email

2192

01:22:24,680 --> 01:22:23,159

and be like oh hey Alex I got to revise

2193

01:22:26,839 --> 01:22:24,690

that statement right it could happen at

2194

01:22:28,609 --> 01:22:26,849

any time but I'm not I'm assuming if

2195

01:22:30,799 --> 01:22:28,619

that still wouldn't shut down the tech

2196

01:22:32,959 --> 01:22:30,809

path either I mean the tech path would

2197

01:22:35,629 --> 01:22:32,969

still have to continue to go forward as

2198

01:22:39,680 --> 01:22:35,639

well I think the point you made about

2199

01:22:42,770 --> 01:22:39,690

the sound frequency of the Tibetan

2200

01:22:44,750 --> 01:22:42,780

symbols is I think undeniable at some

2201

01:22:46,729 --> 01:22:44,760

level so it does seem like the

2202

01:22:49,069 --> 01:22:46,739

technology has to go forward that has to

2203

01:22:52,459 --> 01:22:49,079

be part of this mission yeah yeah I

2204

01:22:54,259 --> 01:22:52,469

think so unless something - unless

2205

01:22:56,870 --> 01:22:54,269

something dramatically changes right now

2206

01:23:00,919 --> 01:22:56,880

where we're basically pinning our hopes

2207

01:23:03,809 --> 01:23:00,929

on really sort of a combination

2208

01:23:05,539 --> 01:23:03,819

transcranial light stimulation meaning

2209

01:23:09,289 --> 01:23:05,549

light that goes through the skull and

2210

01:23:11,459 --> 01:23:09,299

transcranial ultrasound stimulation and

2211

01:23:13,919 --> 01:23:11,469

the problem for the transcranial

2212

01:23:16,739 --> 01:23:13,929

ultrasound stimulation is that once it's

2213

01:23:18,839 --> 01:23:16,749

out of the lab there's going to be you

2214

01:23:21,329 --> 01:23:18,849

know ridiculously long and expensive FDA

2215

01:23:22,379 --> 01:23:21,339

processes and you know stuff like that

2216

01:23:27,000 --> 01:23:22,389

in order to make it more widely

2217

01:23:28,770 --> 01:23:27,010

available to people and so it's it's got

2218

01:23:30,329 --> 01:23:28,780

a lot of regulatory hurdles for the West

2219

01:23:31,799 --> 01:23:30,339

associated with it I think that's less

2220

01:23:33,569 --> 01:23:31,809

true I think it can probably affect a

2221

01:23:36,629 --> 01:23:33,579

lot of populations in places like India

2222

01:23:38,399 --> 01:23:36,639

or China or whatever before that and

2223

01:23:42,089 --> 01:23:38,409

probably those populations will be the

2224

01:23:43,109 --> 01:23:42,099

ones the benefit initially but and I

2225

01:23:44,609 --> 01:23:43,119

think that's fine because there's

2226

01:23:46,919 --> 01:23:44,619

billions of people there we're not

2227

01:23:49,139 --> 01:23:46,929

really sort of country centric per se in

2228

01:23:50,909 --> 01:23:49,149

any way you know we're sort of just like

2229

01:23:54,599 --> 01:23:50,919

getting this to as many people as we can

2230

01:23:56,459 --> 01:23:54,609

possibly get it to oriented so but the

2231

01:23:58,619 --> 01:23:56,469

transcranial ultrasound stuff you know

2232

01:24:00,299 --> 01:23:58,629

the our chief scientist here literally

2233

01:24:01,409 --> 01:24:00,309

came to me a couple of morning's ago and

2234

01:24:02,849 --> 01:24:01,419

was like you know I think we've reached

2235

01:24:04,829 --> 01:24:02,859

the point where we have where we can say

2236

01:24:06,389 --> 01:24:04,839

that we're really reliably getting

2237

01:24:08,369 --> 01:24:06,399

people into location one and a

2238

01:24:10,229 --> 01:24:08,379

fundamental well being you know with

2239

01:24:12,959 --> 01:24:10,239

this technology now it's still extremely

2240

01:24:15,929 --> 01:24:12,969

expensive you know you're talking about

2241

01:24:18,419 --> 01:24:15,939

really sort of all I mean our budget is

2242

01:24:21,299 --> 01:24:18,429

in the millions a year for that project

2243

01:24:22,919 --> 01:24:21,309

and so if you were to divide out you

2244

01:24:25,529 --> 01:24:22,929

know the amount of stimulation time

2245

01:24:28,589 --> 01:24:25,539

that's possibly today by millions of

2246

01:24:30,929 --> 01:24:28,599

dollars you know you get to a very high

2247

01:24:33,750 --> 01:24:30,939

cost for that at this particular moment

2248

01:24:35,549 --> 01:24:33,760

in time but you know we get up every day

2249

01:24:37,319 --> 01:24:35,559

and we work on it and we're advancing it

2250

01:24:38,789 --> 01:24:37,329

and you know we have a lot of really

2251
01:24:41,339 --> 01:24:38,799
great people working with us all around

2252
01:24:43,409 --> 01:24:41,349
the world on it and I it's easy for me

2253
01:24:45,779 --> 01:24:43,419
to see over the next four or five six

2254
01:24:48,329 --> 01:24:45,789
years having something that is really

2255
01:24:50,399 --> 01:24:48,339
quite accessible technologically okay

2256
01:24:51,449 --> 01:24:50,409
Jeffrey we've been at this for an hour

2257
01:24:54,239 --> 01:24:51,459
and a half you've been incredibly

2258
01:24:56,549 --> 01:24:54,249
generous with your time I really do hope

2259
01:24:58,559 --> 01:24:56,559
people check out this book the finders

2260
01:25:00,989 --> 01:24:58,569
and your website where you can just a

2261
01:25:03,750 --> 01:25:00,999
ton of information once you dive in

2262
01:25:07,319 --> 01:25:03,760
you'll find your own path I can't resist

2263
01:25:10,019 --> 01:25:07,329

though talking about a couple of map

2264

01:25:12,539 --> 01:25:10,029

versus territory questions because as we

2265

01:25:14,320 --> 01:25:12,549

said you are a social scientist but

2266

01:25:17,140 --> 01:25:14,330

you're also

2267

01:25:19,920 --> 01:25:17,150

location for and beyond guy which I'll

2268

01:25:22,710 --> 01:25:19,930

leave folks to figure out for themselves

2269

01:25:26,530 --> 01:25:22,720

what have you learned what has your

2270

01:25:29,380 --> 01:25:26,540

personal experience been with some of

2271

01:25:32,850 --> 01:25:29,390

the things that I care about in terms of

2272

01:25:35,500 --> 01:25:32,860

this extended consciousness realm that

2273

01:25:39,160 --> 01:25:35,510

does seem to be out there once we get

2274

01:25:41,740 --> 01:25:39,170

past this busy ordinary state that bogs

2275

01:25:45,160 --> 01:25:41,750

this down minute to minute so I want to

2276

01:25:48,820 --> 01:25:45,170

talk about in de psychedelics hungry

2277

01:25:50,620 --> 01:25:48,830

ghosts and demons shamans and magic et

2278

01:25:54,100 --> 01:25:50,630

all these things are things that

2279

01:25:57,070 --> 01:25:54,110

interest me I'll let you pull on any one

2280

01:25:59,620 --> 01:25:57,080

of those threads to begin with sure

2281

01:26:03,090 --> 01:25:59,630

so the in the finders I'd I had to add a

2282

01:26:05,860 --> 01:26:03,100

chapter on location five and beyond

2283

01:26:07,780 --> 01:26:05,870

because frankly too many people who have

2284

01:26:09,130 --> 01:26:07,790

just taken the finders course experiment

2285

01:26:11,290 --> 01:26:09,140

and participated in the finders courts

2286

01:26:12,970 --> 01:26:11,300

experiment have gone there now and so I

2287

01:26:15,220 --> 01:26:12,980

had hesitated for a long time and

2288

01:26:17,170 --> 01:26:15,230

talking about those locations and let me

2289

01:26:18,340 --> 01:26:17,180

just say why before we get into what

2290

01:26:20,380 --> 01:26:18,350

you're talking about which we can

2291

01:26:22,000 --> 01:26:20,390

totally talk about I hesitate about

2292

01:26:23,110 --> 01:26:22,010

talking about these latter locations

2293

01:26:25,570 --> 01:26:23,120

because I think they're a little

2294

01:26:27,100 --> 01:26:25,580

dangerous this is this goes back to

2295

01:26:29,230 --> 01:26:27,110

where systems do have tremendous value

2296

01:26:30,970 --> 01:26:29,240

you know like I have an enormous amount

2297

01:26:32,290 --> 01:26:30,980

of respect for Tibetan Buddhism for

2298

01:26:35,290 --> 01:26:32,300

instance I think that they have a very

2299

01:26:37,360 --> 01:26:35,300

detailed map I think that they have a

2300

01:26:39,490 --> 01:26:37,370

huge range of methods that are highly

2301
01:26:41,740 --> 01:26:39,500
and precisely effective across that map

2302
01:26:44,800 --> 01:26:41,750
very difficult for Westerners to get to

2303
01:26:46,420 --> 01:26:44,810
I think even very devoted Westerners and

2304
01:26:48,010 --> 01:26:46,430
part of that is because they believe

2305
01:26:49,900 --> 01:26:48,020
that a lot of those methods only work

2306
01:26:52,570 --> 01:26:49,910
literally at specific physical places

2307
01:26:53,710 --> 01:26:52,580
even and so and some of and it's

2308
01:26:55,120 --> 01:26:53,720
interesting because they've sort of lost

2309
01:26:57,100 --> 01:26:55,130
they feel if you really talk to these

2310
01:26:58,360 --> 01:26:57,110
guys they feel like they've sort of lost

2311
01:26:59,770 --> 01:26:58,370
some of their effectiveness at their

2312
01:27:01,480 --> 01:26:59,780
system because you know the Chinese have

2313
01:27:03,400 --> 01:27:01,490

taken those places in some cases and

2314

01:27:05,380 --> 01:27:03,410

it's it's all very complicated but just

2315

01:27:06,880 --> 01:27:05,390

generically speaking I have an enormous

2316

01:27:09,310 --> 01:27:06,890

amount of respect for that particular

2317

01:27:11,620 --> 01:27:09,320

system and the degree of detail and the

2318

01:27:12,910 --> 01:27:11,630

fine grain detail and whatnot sort of is

2319

01:27:15,790 --> 01:27:12,920

associated in it and one of those things

2320

01:27:17,440 --> 01:27:15,800

that they provide is the support for

2321

01:27:20,980 --> 01:27:17,450

these later locations like they really

2322

01:27:22,420 --> 01:27:20,990

understand what's needed when you go to

2323

01:27:24,730 --> 01:27:22,430

them they understand that they're you

2324

01:27:26,410 --> 01:27:24,740

know very isolating their version of

2325

01:27:27,340 --> 01:27:26,420

them there's a couple of major versions

2326

01:27:27,969 --> 01:27:27,350
of them and they sort of have a

2327

01:27:30,699 --> 01:27:27,979
preferred where

2328

01:27:32,949 --> 01:27:30,709
and so there's a you know very isolating

2329

01:27:34,439 --> 01:27:32,959
but also somewhat dangerous and so

2330

01:27:38,439 --> 01:27:34,449
imagine that you have sort of

2331

01:27:40,120 --> 01:27:38,449
deconstructed the sense of self down to

2332

01:27:42,609 --> 01:27:40,130
the point where you're getting to the

2333

01:27:44,830 --> 01:27:42,619
you're getting so early in your brains

2334

01:27:46,390 --> 01:27:44,840
programming if you just think of your

2335

01:27:48,399 --> 01:27:46,400
brain is sort of this programmed thing

2336

01:27:50,049 --> 01:27:48,409
that has been you had code layer on top

2337

01:27:51,100 --> 01:27:50,059
of code layered on top of code layer on

2338

01:27:52,540 --> 01:27:51,110

top of code and you're sort of stripping

2339

01:27:53,890 --> 01:27:52,550

those off or you're reprogramming them

2340

01:27:55,449 --> 01:27:53,900

in different ways that are convenient as

2341

01:27:57,219 --> 01:27:55,459

you go through this process and you get

2342

01:27:59,290 --> 01:27:57,229

down low enough you eventually hit

2343

01:28:01,839 --> 01:27:59,300

things like your actual binding to your

2344

01:28:03,549 --> 01:28:01,849

sensory system in certain ways and so

2345

01:28:06,279 --> 01:28:03,559

what people actually will talk about as

2346

01:28:08,169 --> 01:28:06,289

literally losing consciousness for

2347

01:28:10,649 --> 01:28:08,179

periods of time like having a glitch in

2348

01:28:13,620 --> 01:28:10,659

the system where they lose consciousness

2349

01:28:17,290 --> 01:28:13,630

and you know I've talked to people who

2350

01:28:20,020 --> 01:28:17,300

were found a weekend you know laying on

2351

01:28:22,239 --> 01:28:20,030

their floor rush to the hospital you

2352

01:28:24,430 --> 01:28:22,249

know we're lucky to have lived from

2353

01:28:27,250 --> 01:28:24,440

doing certain practices that you know

2354

01:28:28,959 --> 01:28:27,260

move them into these later locations but

2355

01:28:31,120 --> 01:28:28,969

we're doing them in an unsupervised way

2356

01:28:33,609 --> 01:28:31,130

alone in their apartment just go on

2357

01:28:35,680 --> 01:28:33,619

YouTube and look at sadhus who arms are

2358

01:28:38,500 --> 01:28:35,690

deformed because they've held them in a

2359

01:28:40,209 --> 01:28:38,510

particular position for long periods of

2360

01:28:43,180 --> 01:28:40,219

time and it's another extension of the

2361

01:28:45,129 --> 01:28:43,190

same thing of reprogramming down to a

2362

01:28:48,100 --> 01:28:45,139

level where you're yeah but go ahead

2363

01:28:49,600 --> 01:28:48,110

yeah so it's with that caveat I just I

2364

01:28:50,830 --> 01:28:49,610

always want to talk about that caveat

2365

01:28:53,709 --> 01:28:50,840

before I talk about these later

2366

01:28:56,529 --> 01:28:53,719

locations because I think people will

2367

01:28:58,000 --> 01:28:56,539

hear like oh that sounds cool but I

2368

01:28:59,529 --> 01:28:58,010

think it's also very important to be

2369

01:29:02,560 --> 01:28:59,539

realistic about all of this

2370

01:29:04,060 --> 01:29:02,570

so in locations five through nine which

2371

01:29:05,350 --> 01:29:04,070

is the next batch we look at one through

2372

01:29:07,660 --> 01:29:05,360

four as a grouping we look at five

2373

01:29:09,009 --> 01:29:07,670

through nine as a grouping in locations

2374

01:29:10,689 --> 01:29:09,019

five through nine and the stuff that

2375

01:29:14,080 --> 01:29:10,699

you're interested in one of the things

2376

01:29:17,799 --> 01:29:14,090

that we often see is actually an

2377

01:29:19,390 --> 01:29:17,809

increase in accuracy of intuition what

2378

01:29:22,660 --> 01:29:19,400

people might call sort of psychic

2379

01:29:24,790 --> 01:29:22,670

premonitions and stuff like that I think

2380

01:29:27,959 --> 01:29:24,800

that's that's a very interesting it's

2381

01:29:31,359 --> 01:29:27,969

been difficult for us to test that on

2382

01:29:33,910 --> 01:29:31,369

you know a practical level we have been

2383

01:29:35,709 --> 01:29:33,920

able to test it in some ways and also

2384

01:29:37,449 --> 01:29:35,719

Dean Radin has tested some of these

2385

01:29:40,629 --> 01:29:37,459

people you know with some of his

2386

01:29:41,290 --> 01:29:40,639

presentiment analysis stuff and I

2387

01:29:42,460 --> 01:29:41,300

actually haven't

2388

01:29:44,530 --> 01:29:42,470

asked Dean if he's published that

2389

01:29:47,080 --> 01:29:44,540

anywhere I would only talk to him about

2390

01:29:49,420 --> 01:29:47,090

it but he you know in conversation says

2391

01:29:51,400 --> 01:29:49,430

that he has seen very statistically

2392

01:29:53,410 --> 01:29:51,410

significant differences and these

2393

01:29:56,560 --> 01:29:53,420

populations of people who are in you

2394

01:29:58,480 --> 01:29:56,570

know PN se fundamental well-being let's

2395

01:30:00,160 --> 01:29:58,490

dive into that for a second Dean Radin

2396

01:30:02,200 --> 01:30:00,170

just interviewed him a couple months ago

2397

01:30:05,110 --> 01:30:02,210

so now he's into the magic thing right

2398

01:30:07,060 --> 01:30:05,120

so now he's like let's look at magic and

2399

01:30:09,100 --> 01:30:07,070

what that means and as part of that the

2400

01:30:11,290 --> 01:30:09,110

thing that's confusing for me is he says

2401
01:30:14,170 --> 01:30:11,300
you know I never even considered spirit

2402
01:30:16,150 --> 01:30:14,180
quote-unquote until a year ago which on

2403
01:30:18,040 --> 01:30:16,160
one hand I get and I appreciate it on

2404
01:30:19,630 --> 01:30:18,050
the other hand ago how are you even you

2405
01:30:21,730 --> 01:30:19,640
know she caught a lot of catching up to

2406
01:30:24,730 --> 01:30:21,740
do but the other thing is so you enter

2407
01:30:27,460 --> 01:30:24,740
that realm and you say what does that

2408
01:30:30,070 --> 01:30:27,470
mean what does that mean that one of the

2409
01:30:33,220 --> 01:30:30,080
funk going to study claims to have

2410
01:30:35,560 --> 01:30:33,230
manifested a bunch of crows that flew

2411
01:30:37,870 --> 01:30:35,570
through his chimney and all over

2412
01:30:40,000 --> 01:30:37,880
the floor and the next day the crows

2413
01:30:41,650 --> 01:30:40,010

weren't there but the crows was

2414

01:30:43,720 --> 01:30:41,660

there on the floor for him to see and

2415

01:30:47,410 --> 01:30:43,730

for everyone else to see I mean this is

2416

01:30:51,760 --> 01:30:47,420

altering reality in a way that doesn't

2417

01:30:54,220 --> 01:30:51,770

fit with our ordinary understanding even

2418

01:30:57,010 --> 01:30:54,230

if we go location one through four we

2419

01:30:59,020 --> 01:30:57,020

get the sense that there is this again

2420

01:31:01,660 --> 01:30:59,030

map versus territory that there's this

2421

01:31:05,890 --> 01:31:01,670

territory out there that might be

2422

01:31:09,250 --> 01:31:05,900

completely different from the map that

2423

01:31:11,950 --> 01:31:09,260

we normally associate with it in is that

2424

01:31:14,260 --> 01:31:11,960

ok I like as a social scientist saying

2425

01:31:16,660 --> 01:31:14,270

you know don't worry about that

2426

01:31:18,670 --> 01:31:16,670

shut up and calculate become shut up and

2427

01:31:21,370 --> 01:31:18,680

meditate I think there's a practical

2428

01:31:23,140 --> 01:31:21,380

part of that yeah I you know I wonder a

2429

01:31:25,780 --> 01:31:23,150

lot about that as well because there

2430

01:31:30,190 --> 01:31:25,790

certainly that's a very consistent

2431

01:31:31,480 --> 01:31:30,200

report in that location 5 to 9 range and

2432

01:31:34,630 --> 01:31:31,490

the further someone goes in that

2433

01:31:37,450 --> 01:31:34,640

location 5 to 9 range the more integral

2434

01:31:40,360 --> 01:31:37,460

to their life those types of reports

2435

01:31:42,160 --> 01:31:40,370

seem to be it's it's interesting I was

2436

01:31:43,780 --> 01:31:42,170

talking to a famous meditation teacher

2437

01:31:46,660 --> 01:31:43,790

who was here at the house getting

2438

01:31:48,940 --> 01:31:46,670

stemmed a couple of months ago when I

2439

01:31:51,910 --> 01:31:48,950

say house we have a facility here that

2440

01:31:54,489 --> 01:31:51,920

is like a big Silicon Valley style

2441

01:31:56,680 --> 01:31:54,499

startup house type place

2442

01:31:58,810 --> 01:31:56,690

where the team lives and where we do a

2443

01:32:00,160 --> 01:31:58,820

lot of our research that's nice because

2444

01:32:01,899 --> 01:32:00,170

we can have people in and they can stay

2445

01:32:03,609 --> 01:32:01,909

and you know the best conversations

2446

01:32:05,379 --> 01:32:03,619

always occur off hours and things like

2447

01:32:07,689 --> 01:32:05,389

that right let's say you kind of want to

2448

01:32:10,629 --> 01:32:07,699

facilitate that and we were talking

2449

01:32:13,000 --> 01:32:10,639

about locations five through nine and he

2450

01:32:16,390 --> 01:32:13,010

was very negative on like the psychic

2451

01:32:18,580 --> 01:32:16,400

stuff and the psychokinesis stuff that

2452

01:32:20,229 --> 01:32:18,590

comes after a location nine and and

2453

01:32:22,479 --> 01:32:20,239

stuff like that he was just like you

2454

01:32:24,669 --> 01:32:22,489

know you cannot sort his belief was you

2455

01:32:26,200 --> 01:32:24,679

cannot sort locations you should not be

2456

01:32:28,750 --> 01:32:26,210

thinking of that as the primary change

2457

01:32:30,310 --> 01:32:28,760

that occurs in that location or whatever

2458

01:32:32,259 --> 01:32:30,320

else and our point was well you know

2459

01:32:34,979 --> 01:32:32,269

listen we're looking at the major we're

2460

01:32:37,839 --> 01:32:34,989

primarily cognitive science focused and

2461

01:32:39,700 --> 01:32:37,849

phenomenological you know report focused

2462

01:32:41,709 --> 01:32:39,710

as well and if that's like the major

2463

01:32:43,330 --> 01:32:41,719

change in phenomenological reports and

2464

01:32:44,529 --> 01:32:43,340

assert or one of the major changes then

2465

01:32:47,350 --> 01:32:44,539

that's and then that becomes a major

2466

01:32:49,359 --> 01:32:47,360

category of at least self-reported

2467

01:32:50,890 --> 01:32:49,369

evidence to us we're not gonna leave

2468

01:32:52,989 --> 01:32:50,900

that on the table but it was interesting

2469

01:32:56,140 --> 01:32:52,999

because you had this very almost like an

2470

01:32:58,509 --> 01:32:56,150

like a fervent anti for God's sakes

2471

01:33:01,270 --> 01:32:58,519

don't talk about that kind of way about

2472

01:33:04,089 --> 01:33:01,280

him now he's he's very much like a

2473

01:33:06,910 --> 01:33:04,099

mainstream sort of teacher very popular

2474

01:33:08,859 --> 01:33:06,920

very mainstream sort of teacher and I

2475

01:33:11,169 --> 01:33:08,869

think maybe it maybe it's a branding

2476

01:33:12,850 --> 01:33:11,179

decision I'm not sure maybe he just

2477

01:33:14,620 --> 01:33:12,860

doesn't necessarily want to associate it

2478

01:33:16,779 --> 01:33:14,630

with this sort of more scientifically or

2479

01:33:18,219 --> 01:33:16,789

in a meditation brand or something like

2480

01:33:21,759 --> 01:33:18,229

that I don't know but certainly I think

2481

01:33:24,299 --> 01:33:21,769

I cannot deny that this is reported by

2482

01:33:27,279 --> 01:33:24,309

people in that range as increasingly

2483

01:33:28,569 --> 01:33:27,289

integral to their interaction with the

2484

01:33:31,180 --> 01:33:28,579

world and of course one of the things

2485

01:33:32,379 --> 01:33:31,190

that it makes you wonder is like

2486

01:33:35,290 --> 01:33:32,389

actually let me tell a couple of other

2487

01:33:38,259 --> 01:33:35,300

stories so there have been a number of

2488

01:33:41,709 --> 01:33:38,269

major you know random number generator

2489

01:33:43,029 --> 01:33:41,719

type research groups and experiments and

2490

01:33:44,500 --> 01:33:43,039

stuff that have gone on no doubt your

2491

01:33:46,689 --> 01:33:44,510

interest in this area familiar with all

2492

01:33:47,709 --> 01:33:46,699

of those types of things so you know

2493

01:33:49,359 --> 01:33:47,719

there's lots of different devices

2494

01:33:50,739 --> 01:33:49,369

there's lots of different researchers

2495

01:33:52,450 --> 01:33:50,749

and groups have looked into this all

2496

01:33:53,739 --> 01:33:52,460

over the world I was having a

2497

01:33:56,709 --> 01:33:53,749

conversation with one of those groups

2498

01:33:58,569 --> 01:33:56,719

one time and I was asking them about the

2499

01:34:01,330 --> 01:33:58,579

and this was way before I was doing this

2500

01:34:03,609 --> 01:34:01,340

this was like 2006 it was there just a

2501

01:34:05,350 --> 01:34:03,619

random occurrence in my life really

2502

01:34:07,199 --> 01:34:05,360

somebody just wound up having dinner

2503

01:34:09,029 --> 01:34:07,209

with some of them

2504

01:34:10,979 --> 01:34:09,039

I asked them about just sort of the

2505

01:34:14,969 --> 01:34:10,989

internal phenomenological state of

2506

01:34:16,739 --> 01:34:14,979

people who were able to were basically

2507

01:34:18,779 --> 01:34:16,749

what they said is that although they

2508

01:34:21,209 --> 01:34:18,789

didn't talk about it publicly it seemed

2509

01:34:23,069 --> 01:34:21,219

like they had like one or two superstars

2510

01:34:24,089 --> 01:34:23,079

or two or three superstars or something

2511

01:34:26,189 --> 01:34:24,099

I don't remember in their research

2512

01:34:28,580 --> 01:34:26,199

population and that when they there's

2513

01:34:31,199 --> 01:34:28,590

their results were so sick so

2514

01:34:32,459 --> 01:34:31,209

statistically significant that when they

2515

01:34:34,169 --> 01:34:32,469

folded that in with the rest of the

2516

01:34:35,939 --> 01:34:34,179

research population they got a slight

2517

01:34:37,949 --> 01:34:35,949

statistical significance for the overall

2518

01:34:39,569 --> 01:34:37,959

research population right but because of

2519

01:34:40,799 --> 01:34:39,579

their protocol and their IRB and stuff

2520

01:34:42,029 --> 01:34:40,809

they couldn't really just pull out those

2521

01:34:43,949 --> 01:34:42,039

three people and only report those

2522

01:34:45,270 --> 01:34:43,959

results but they became interested

2523

01:34:46,410 --> 01:34:45,280

obviously and who those people were and

2524

01:34:48,149 --> 01:34:46,420

what they were thinking and what their

2525

01:34:50,489 --> 01:34:48,159

experience of it was and all of that and

2526

01:34:52,319 --> 01:34:50,499

they basically described all of them

2527

01:34:54,089 --> 01:34:52,329

basically described at this solution of

2528

01:34:56,939 --> 01:34:54,099

the individualized sense of self and a

2529

01:34:58,560 --> 01:34:56,949

sense of merging with the apparatus with

2530

01:35:00,779 --> 01:34:58,570

the experimental apparatus was their

2531

01:35:03,750 --> 01:35:00,789

term for their stuff experimental

2532

01:35:06,719 --> 01:35:03,760

apparatus I had another conversation

2533

01:35:09,719 --> 01:35:06,729

with another group this was one of the

2534

01:35:11,189 --> 01:35:09,729

famous s RI people right so a lot of

2535

01:35:12,959 --> 01:35:11,199

their stuff is public and a lot of their

2536

01:35:15,449 --> 01:35:12,969

stuff is published and I know one of the

2537

01:35:17,040 --> 01:35:15,459

things that Russ Russ Targ has I'm sure

2538

01:35:19,350 --> 01:35:17,050

talked about publicly aside and this

2539

01:35:21,390 --> 01:35:19,360

can't be a secret is that he basically

2540

01:35:23,850 --> 01:35:21,400

took this clock off his mantle one day

2541

01:35:26,219 --> 01:35:23,860

and put some mirrors on it and then like

2542

01:35:27,569 --> 01:35:26,229

bounce some lasers off those mirrors and

2543

01:35:29,549 --> 01:35:27,579

then like sort of put it behind a glass

2544

01:35:31,140 --> 01:35:29,559

panel on one end of a room and he

2545

01:35:32,969 --> 01:35:31,150

brought people in and he said make the

2546

01:35:34,799 --> 01:35:32,979

pendulum move you know which was one of

2547

01:35:35,699 --> 01:35:34,809

those rotational not like left-right

2548

01:35:37,350 --> 01:35:35,709

pendulum but like one of those

2549

01:35:40,259 --> 01:35:37,360

rotational pendulums on a mantel clock

2550

01:35:41,580 --> 01:35:40,269

ring and he's like make those move and

2551

01:35:43,589 --> 01:35:41,590

he'd set up the laser is to basically

2552

01:35:46,020 --> 01:35:43,599

detect even the slightest movement with

2553

01:35:48,689 --> 01:35:46,030

uses a laser physicist right you know

2554

01:35:50,250 --> 01:35:48,699

bouncing off the mirrors and this was

2555

01:35:51,540 --> 01:35:50,260

you know government-funded research the

2556

01:35:53,640 --> 01:35:51,550

tune of many many millions of dollars

2557

01:35:56,429 --> 01:35:53,650

down here in Palo Alto California and

2558

01:35:57,660 --> 01:35:56,439

one day one of their research subjects

2559

01:35:58,890 --> 01:35:57,670

who thought that this was just the most

2560

01:36:01,049 --> 01:35:58,900

ludicrous thing that he'd ever been

2561

01:36:03,989 --> 01:36:01,059

assigned to as part of his internship at

2562

01:36:05,939 --> 01:36:03,999

SR I one day he's sitting there and lo

2563

01:36:08,489 --> 01:36:05,949

and behold the thing moves and he learns

2564

01:36:10,049 --> 01:36:08,499

how to move it when asked about you know

2565

01:36:12,779 --> 01:36:10,059

what was that like for you he described

2566

01:36:14,370 --> 01:36:12,789

the same thing he described it was the

2567

01:36:16,290 --> 01:36:14,380

sense of a dissolution of my

2568

01:36:19,319 --> 01:36:16,300

individualized sense of self and a sense

2569

01:36:20,439 --> 01:36:19,329

of merging with the apparatus and then

2570

01:36:23,050 --> 01:36:20,449

somehow I could

2571

01:36:25,150 --> 01:36:23,060

to affect it and for him that eventually

2572

01:36:26,860 --> 01:36:25,160

became a persistent fundamental

2573

01:36:29,260 --> 01:36:26,870

well-being he actually used that as a

2574

01:36:30,850 --> 01:36:29,270

doorway to get to fundamental well-being

2575

01:36:32,260 --> 01:36:30,860

it which is why I sort of stored these

2576

01:36:33,610 --> 01:36:32,270

stories in the back of my head over the

2577

01:36:35,020 --> 01:36:33,620

years because I think to myself well

2578

01:36:36,280 --> 01:36:35,030

maybe someday we'll be able to invent

2579

01:36:38,290 --> 01:36:36,290

something like this that is another

2580

01:36:40,570 --> 01:36:38,300

easier way to access fundamental

2581

01:36:42,459 --> 01:36:40,580

well-being and then a third example

2582

01:36:44,770 --> 01:36:42,469

another set of research done very very

2583

01:36:45,760 --> 01:36:44,780

if I tell you what the apparatus is

2584

01:36:46,900 --> 01:36:45,770

you're gonna immediately know who it is

2585

01:36:49,479 --> 01:36:46,910

so I'm not going to tell what the

2586

01:36:51,820 --> 01:36:49,489

apparatus is but really really

2587

01:36:55,720 --> 01:36:51,830

sophisticated apparatus different than

2588

01:36:57,910 --> 01:36:55,730

the random number generator stuff and I

2589

01:36:59,439 --> 01:36:57,920

just so happened to be there practically

2590

01:37:00,640 --> 01:36:59,449

the day this apparatus showed up and I

2591

01:37:02,140 --> 01:37:00,650

just happened to be hanging out with the

2592

01:37:05,590 --> 01:37:02,150

scientist in his office just sort of

2593

01:37:07,600 --> 01:37:05,600

catching up and talking hanging out and

2594

01:37:10,270 --> 01:37:07,610

their first research subject on the

2595

01:37:12,220 --> 01:37:10,280

apparatus was in doing using it you know

2596

01:37:13,570 --> 01:37:12,230

and they were she was she popped her

2597

01:37:15,729 --> 01:37:13,580

head in and she's like okay you know

2598

01:37:18,130 --> 01:37:15,739

I've got to go home and he was like okay

2599

01:37:19,959 --> 01:37:18,140

you know great have a good day and I'm

2600

01:37:24,580 --> 01:37:19,969

like well hold on like let's go look at

2601
01:37:25,750 --> 01:37:24,590
her results right right and so we go

2602
01:37:27,340 --> 01:37:25,760
back in and we look and there's like

2603
01:37:30,220 --> 01:37:27,350
these bar graphs on the screen if I'm

2604
01:37:32,200 --> 01:37:30,230
remembering right and most of them look

2605
01:37:33,459 --> 01:37:32,210
you know not statistically significant

2606
01:37:34,930 --> 01:37:33,469
and I'm like what are the bar graphs and

2607
01:37:37,180 --> 01:37:34,940
he's like oh they're individual trials

2608
01:37:39,130 --> 01:37:37,190
that were run okay great so can you

2609
01:37:40,689 --> 01:37:39,140
remember what each one of these died

2610
01:37:41,770 --> 01:37:40,699
asked her you know it can be the subject

2611
01:37:43,750 --> 01:37:41,780
could you remember what each one of

2612
01:37:45,100 --> 01:37:43,760
these trials were and she's like sure I

2613
01:37:47,439 --> 01:37:45,110

remember what I was doing for each one

2614

01:37:50,290 --> 01:37:47,449

of them and so I had her walk me through

2615

01:37:52,030 --> 01:37:50,300

them walk us through them and then she

2616

01:37:53,979 --> 01:37:52,040

gets the last couple which were very

2617

01:37:55,630 --> 01:37:53,989

significant like like you know imagine

2618

01:37:57,010 --> 01:37:55,640

like little stubby bar graphs and then

2619

01:37:58,330 --> 01:37:57,020

really really tall bar graphs right I

2620

01:37:59,640 --> 01:37:58,340

mean like there were like a night and

2621

01:38:01,870 --> 01:37:59,650

day difference clearly between these

2622

01:38:03,370 --> 01:38:01,880

sessions and the other ones and I was

2623

01:38:05,590 --> 01:38:03,380

like okay what did you do for this one

2624

01:38:07,860 --> 01:38:05,600

and where she's not previously had any

2625

01:38:11,650 --> 01:38:07,870

hesitation in answering that question

2626
01:38:14,260 --> 01:38:11,660
she paused and you could just see the

2627
01:38:20,439 --> 01:38:14,270
wheels turning you know like if I got a

2628
01:38:22,360 --> 01:38:20,449
dollop and I'm like you know listen

2629
01:38:24,729 --> 01:38:22,370
think about where you are right now

2630
01:38:27,040 --> 01:38:24,739
right there's nothing that you could say

2631
01:38:30,189 --> 01:38:27,050
it's a döner i that we're not gonna be

2632
01:38:33,640 --> 01:38:30,199
like okay whatever and so finally she's

2633
01:38:36,220 --> 01:38:33,650
like okay well i can do this thing

2634
01:38:39,490 --> 01:38:36,230
where it's sort of like I can make me go

2635
01:38:43,990 --> 01:38:39,500
away she's like I know that sounds a

2636
01:38:47,110 --> 01:38:44,000
little crazy she goes I basically

2637
01:38:49,270 --> 01:38:47,120
describe the same thing dissolution and

2638
01:38:51,100 --> 01:38:49,280

never sets himself right emerging with

2639

01:38:52,510 --> 01:38:51,110

the experimental apparatus and those are

2640

01:38:55,420 --> 01:38:52,520

the two trials that were off the charts

2641

01:38:57,460 --> 01:38:55,430

or whatever else and so those types of

2642

01:39:00,760 --> 01:38:57,470

data points from very disparate labs

2643

01:39:03,160 --> 01:39:00,770

where I know that in many cases they

2644

01:39:06,610 --> 01:39:03,170

don't even know each other's stories to

2645

01:39:08,440 --> 01:39:06,620

exchange information separated by over a

2646

01:39:12,640 --> 01:39:08,450

decade

2647

01:39:14,050 --> 01:39:12,650

you include the SSRI data and probably

2648

01:39:19,270 --> 01:39:14,060

when that happened I mean who knows when

2649

01:39:22,690 --> 01:39:19,280

that happened that to me says there's

2650

01:39:26,440 --> 01:39:22,700

there there is a potential for some sort

2651
01:39:28,150 --> 01:39:26,450
of interface between a reduction in what

2652
01:39:30,340 --> 01:39:28,160
is the traditional and narrative sense

2653
01:39:31,960 --> 01:39:30,350
of self or the ago extensive south or

2654
01:39:34,990 --> 01:39:31,970
the symbolic sense of South or whatever

2655
01:39:37,260 --> 01:39:35,000
we want to call it it's it seems like

2656
01:39:39,640 --> 01:39:37,270
maybe I don't know you know it's not

2657
01:39:41,530 --> 01:39:39,650
something I'm working actively on or

2658
01:39:43,180 --> 01:39:41,540
whatever but just looking at these

2659
01:39:44,860 --> 01:39:43,190
different data presentations looking

2660
01:39:46,540 --> 01:39:44,870
it's been reported to us from research

2661
01:39:47,950 --> 01:39:46,550
subjects from their own phenomenological

2662
01:39:50,920 --> 01:39:47,960
experience or whatever it seems possible

2663
01:39:53,500 --> 01:39:50,930

at least that that the normal sense of

2664

01:39:55,540 --> 01:39:53,510

self is just using so much of the system

2665

01:39:58,090 --> 01:39:55,550

and has so much noise generated in the

2666

01:40:00,700 --> 01:39:58,100

system that when that the more that

2667

01:40:02,800 --> 01:40:00,710

quiets down and the more you know the

2668

01:40:04,210 --> 01:40:02,810

more the system has the capacity to just

2669

01:40:07,030 --> 01:40:04,220

listen to something going on in the

2670

01:40:09,190 --> 01:40:07,040

background you know we can't be

2671

01:40:11,200 --> 01:40:09,200

physically separated from the underlying

2672

01:40:13,450 --> 01:40:11,210

quantum reality we've all got to be

2673

01:40:16,030 --> 01:40:13,460

connected it's some energetic level in

2674

01:40:18,040 --> 01:40:16,040

some way it's not inconceivable to me

2675

01:40:20,230 --> 01:40:18,050

that there's a potential mechanism of

2676
01:40:22,900 --> 01:40:20,240
communication there or that there's some

2677
01:40:24,040 --> 01:40:22,910
degree of sensing that in some way it

2678
01:40:25,930 --> 01:40:24,050
could be I have nothing to do with

2679
01:40:27,820 --> 01:40:25,940
quantum stuff I mean I don't know right

2680
01:40:29,980 --> 01:40:27,830
but this is the fact that you and I

2681
01:40:31,300 --> 01:40:29,990
think that we're separate or that I

2682
01:40:32,800 --> 01:40:31,310
think that I'm separate from this house

2683
01:40:34,660 --> 01:40:32,810
or something and you know I don't

2684
01:40:35,800 --> 01:40:34,670
actually anymore my own personal

2685
01:40:38,380 --> 01:40:35,810
experience of the world doesn't feel

2686
01:40:39,670 --> 01:40:38,390
separate but I remember when I did and

2687
01:40:42,550 --> 01:40:39,680
certainly most people would say that

2688
01:40:45,010 --> 01:40:42,560

they do feel that way that you know that

2689

01:40:47,439 --> 01:40:45,020

just doesn't seem accurate from a

2690

01:40:49,240 --> 01:40:47,449

physics perspective right

2691

01:40:52,540 --> 01:40:49,250

and so I don't know it doesn't seem

2692

01:40:56,470 --> 01:40:52,550

unreasonable to me that our system would

2693

01:41:00,280 --> 01:40:56,480

evolve in such a way that I need to you

2694

01:41:02,709 --> 01:41:00,290

know eat poop take care of my child you

2695

01:41:04,330 --> 01:41:02,719

know I need a certain level of cognition

2696

01:41:06,370 --> 01:41:04,340

in my system in order to do all that but

2697

01:41:07,990 --> 01:41:06,380

perhaps if you can just keep quieting

2698

01:41:10,330 --> 01:41:08,000

that system down more and more and more

2699

01:41:12,580 --> 01:41:10,340

and more access to other things become

2700

01:41:14,200 --> 01:41:12,590

possible and then even on the PK front

2701

01:41:16,540 --> 01:41:14,210

right the psychokinesis front which is

2702

01:41:18,400 --> 01:41:16,550

the academic term for moving stuff with

2703

01:41:20,740 --> 01:41:18,410

your mind and making stuff manifest in

2704

01:41:22,240 --> 01:41:20,750

whatever even on that front I think it's

2705

01:41:23,890 --> 01:41:22,250

an interesting question right because I

2706

01:41:26,020 --> 01:41:23,900

can clearly move my high end of my arm

2707

01:41:27,550 --> 01:41:26,030

pretty easily what if that thing is

2708

01:41:31,450 --> 01:41:27,560

equally possible so what we see from

2709

01:41:33,100 --> 01:41:31,460

location 10 on is increased reports of

2710

01:41:35,439 --> 01:41:33,110

what people basically feel are like

2711

01:41:37,300 --> 01:41:35,449

increased skill with what they would

2712

01:41:39,250 --> 01:41:37,310

call you know the site type of

2713

01:41:40,630 --> 01:41:39,260

psychokinesis or mind matter interaction

2714

01:41:42,910 --> 01:41:40,640

and I have to say I've seen some crazy

2715

01:41:44,919 --> 01:41:42,920

stuff over the years but I'm not a

2716

01:41:47,260 --> 01:41:44,929

magician right like it's pretty easy to

2717

01:41:49,660 --> 01:41:47,270

fool me with that stuff and so I always

2718

01:41:52,060 --> 01:41:49,670

have to keep that in mind I can't tell

2719

01:41:53,680 --> 01:41:52,070

how Penn & Teller is doing a trick right

2720

01:41:55,720 --> 01:41:53,690

if they're like I did that with my mind

2721

01:41:57,520 --> 01:41:55,730

I'd be like yeah but I think Russell

2722

01:41:59,080 --> 01:41:57,530

Targ and those guys it had a pretty good

2723

01:42:00,340 --> 01:41:59,090

handle on it I mean the protocol for

2724

01:42:03,340 --> 01:42:00,350

some of those experiments is pretty

2725

01:42:05,740 --> 01:42:03,350

frickin simple so I never like that

2726

01:42:08,410 --> 01:42:05,750

those kind of skeptical explanations you

2727

01:42:10,870 --> 01:42:08,420

know which are so more easily debunked

2728

01:42:14,110 --> 01:42:10,880

than the other but leaving that for a

2729

01:42:15,370 --> 01:42:14,120

minute because one more topic that and I

2730

01:42:18,189 --> 01:42:15,380

don't even know if you want to go there

2731

01:42:23,110 --> 01:42:18,199

but I just published an interview couple

2732

01:42:26,140 --> 01:42:23,120

episodes ago with a guy Navy guy 20 year

2733

01:42:27,850 --> 01:42:26,150

veteran who was part of this UFO

2734

01:42:30,189 --> 01:42:27,860

disclosure that was the largest UFO

2735

01:42:33,280 --> 01:42:30,199

disclosure in history it happened in

2736

01:42:35,260 --> 01:42:33,290

December of 2017 and was in The Wall

2737

01:42:36,970 --> 01:42:35,270

Street Journal and it was on Fox News

2738

01:42:39,490 --> 01:42:36,980

and CBS News and it was everywhere

2739

01:42:41,560 --> 01:42:39,500

it was the disclosure effort and if you

2740

01:42:43,240 --> 01:42:41,570

blinked you missed it because it didn't

2741

01:42:44,650 --> 01:42:43,250

get any traction so I don't know where

2742

01:42:46,060 --> 01:42:44,660

they're going with that that's a whole

2743

01:42:48,610 --> 01:42:46,070

other story but they came out and said

2744

01:42:50,890 --> 01:42:48,620

yeah okay we haven't told you the truth

2745

01:42:53,320 --> 01:42:50,900

this stuff really happens here's a

2746

01:42:56,020 --> 01:42:53,330

program here's the video of it it

2747

01:42:57,640 --> 01:42:56,030

happened off the coast of San Diego so

2748

01:42:59,350 --> 01:42:57,650

the guy I interviewed Kevin day says

2749

01:43:01,240 --> 01:42:59,360

yeah I was on board

2750

01:43:03,610 --> 01:43:01,250

it was incredible you know these things

2751
01:43:06,130 --> 01:43:03,620
how how we tracked him and I had this

2752
01:43:07,900 --> 01:43:06,140
encounter experience now the reason I

2753
01:43:09,210 --> 01:43:07,910
got even interested in all this is

2754
01:43:11,890 --> 01:43:09,220
because I was interested in the

2755
01:43:15,190 --> 01:43:11,900
near-death experience science if you

2756
01:43:18,820 --> 01:43:15,200
will and then some folks have started to

2757
01:43:20,980 --> 01:43:18,830
do the experimenter science as well as

2758
01:43:22,600 --> 01:43:20,990
they can in terms of looking at what

2759
01:43:25,450 --> 01:43:22,610
that experience looks like across

2760
01:43:27,640 --> 01:43:25,460
various people trying to soar through

2761
01:43:30,010 --> 01:43:27,650
that data and is there's a big overlay

2762
01:43:32,220 --> 01:43:30,020
with the near-death experience it turns

2763
01:43:34,630 --> 01:43:32,230

out a lot of times these are more

2764

01:43:36,460 --> 01:43:34,640

spiritually transformative than we

2765

01:43:38,230 --> 01:43:36,470

previously thought although they break

2766

01:43:40,240 --> 01:43:38,240

into different groups I don't want to

2767

01:43:41,770 --> 01:43:40,250

get too far afield now that's definitely

2768

01:43:43,510 --> 01:43:41,780

true we've interface with a lot of those

2769

01:43:47,830 --> 01:43:43,520

researchers here's the point that

2770

01:43:49,930 --> 01:43:47,840

intrigues me if we accept this encounter

2771

01:43:52,000 --> 01:43:49,940

experience and the guy I interviewed

2772

01:43:54,490 --> 01:43:52,010

Kevin day says it was very traumatic for

2773

01:43:57,520 --> 01:43:54,500

me particularly because I had all these

2774

01:43:59,860 --> 01:43:57,530

symptoms that manifested like PTSD

2775

01:44:01,720 --> 01:43:59,870

complex PTSD and I'm going to the vet

2776

01:44:03,220 --> 01:44:01,730

and they're gone that's what it is I'm

2777

01:44:05,950 --> 01:44:03,230

going yeah but that doesn't quite fit

2778

01:44:09,370 --> 01:44:05,960

and then he comes across Jacques Vallee

2779

01:44:12,370 --> 01:44:09,380

Davis this research that they compiled

2780

01:44:14,770 --> 01:44:12,380

on encounters and the after-effects of

2781

01:44:17,260 --> 01:44:14,780

encounters and he goes bingo that's it

2782

01:44:19,240 --> 01:44:17,270

everything they're saying there across

2783

01:44:22,240 --> 01:44:19,250

all these people who have had these

2784

01:44:26,100 --> 01:44:22,250

encounters fits my experience here's the

2785

01:44:29,230 --> 01:44:26,110

question it's pointing towards a

2786

01:44:32,520 --> 01:44:29,240

technology it's really pointing towards

2787

01:44:35,170 --> 01:44:32,530

a technology that there is this

2788

01:44:39,280 --> 01:44:35,180

consciousness out there and whether it's

2789

01:44:42,190 --> 01:44:39,290

manifested in whatever these forms are

2790

01:44:45,430 --> 01:44:42,200

whatever these others are they seem to

2791

01:44:48,370 --> 01:44:45,440

demonstrate the ability to manipulate

2792

01:44:51,310 --> 01:44:48,380

this consciousness realm in a way that

2793

01:44:53,770 --> 01:44:51,320

we kind of understand and then kind of

2794

01:44:56,860 --> 01:44:53,780

completely don't understand telepathy is

2795

01:45:00,730 --> 01:44:56,870

an example screen memory is an example

2796

01:45:03,550 --> 01:45:00,740

emoting telepathically causing you to

2797

01:45:07,270 --> 01:45:03,560

emote certain kind of things you know

2798

01:45:09,700 --> 01:45:07,280

whether they're sexual or not feeling

2799

01:45:14,290 --> 01:45:09,710

things and all the stuff what do you

2800

01:45:15,040 --> 01:45:14,300

think about ET have you bumped into that

2801

01:45:18,189 --> 01:45:15,050

at all

2802

01:45:20,350 --> 01:45:18,199

are you willing to be open to that

2803

01:45:21,790 --> 01:45:20,360

and what do you think about in

2804

01:45:23,770 --> 01:45:21,800

particular what I think about what do

2805

01:45:27,910 --> 01:45:23,780

you think about what that might suggest

2806

01:45:31,149 --> 01:45:27,920

for advanced capabilities along these

2807

01:45:34,020 --> 01:45:31,159

scales that you're already on right

2808

01:45:37,990 --> 01:45:34,030

because if you're on this path of

2809

01:45:43,149 --> 01:45:38,000

protocols and technology to move you

2810

01:45:45,669 --> 01:45:43,159

across this scale or location path might

2811

01:45:47,709 --> 01:45:45,679

that be somewhere along that path it's a

2812

01:45:52,149 --> 01:45:47,719

good question I I am definitely not an

2813

01:45:55,209 --> 01:45:52,159

expert on in the ET space I can say that

2814

01:45:56,530 --> 01:45:55,219

I've had a couple of a couple I have had

2815

01:45:59,109 --> 01:45:56,540

a couple of subjects in the early years

2816

01:46:02,410 --> 01:45:59,119

mention it mentioned some sort of

2817

01:46:05,470 --> 01:46:02,420

involvement with ETS and their spiritual

2818

01:46:07,629 --> 01:46:05,480

development more broadly from that there

2819

01:46:09,970 --> 01:46:07,639

are plenty of people who talk about you

2820

01:46:10,930 --> 01:46:09,980

know beings and stuff like that as a

2821

01:46:14,080 --> 01:46:10,940

part there are some people who

2822

01:46:16,359 --> 01:46:14,090

transition to especially further forms

2823

01:46:19,569 --> 01:46:16,369

of fundamental well-being that like

2824

01:46:21,370 --> 01:46:19,579

later locations who have reported only

2825

01:46:24,010 --> 01:46:21,380

having those transitions occur when

2826

01:46:26,680 --> 01:46:24,020

certain when when like a some being will

2827

01:46:29,049 --> 01:46:26,690

materialize and like just like zap them

2828

01:46:30,819 --> 01:46:29,059

into some other location and then the

2829

01:46:32,500 --> 01:46:30,829

being will be materialized right now

2830

01:46:34,959 --> 01:46:32,510

that could be their brain hallucinating

2831

01:46:37,390 --> 01:46:34,969

in the middle of a shift or who knows

2832

01:46:39,339 --> 01:46:37,400

what it could be right so I think it's a

2833

01:46:40,479 --> 01:46:39,349

good question I don't know I've known I

2834

01:46:42,549 --> 01:46:40,489

mean the thing is I don't think you have

2835

01:46:44,560 --> 01:46:42,559

to go to extraterrestrial technology for

2836

01:46:46,120 --> 01:46:44,570

that type of stuff and you know you

2837

01:46:48,819 --> 01:46:46,130

spend any time at all in the brainstem

2838

01:46:50,530 --> 01:46:48,829

space and eventually you run across some

2839

01:46:53,049 --> 01:46:50,540

of the people who have worked in sort of

2840

01:46:55,209 --> 01:46:53,059

the black projects for the US government

2841

01:46:57,939 --> 01:46:55,219

doing you know non-invasive brain

2842

01:46:59,740 --> 01:46:57,949

stimulation stuff and it's pretty clear

2843

01:47:01,450 --> 01:46:59,750

that they were that they were able to

2844

01:47:03,069 --> 01:47:01,460

use microwaves I mean the reason we use

2845

01:47:04,299 --> 01:47:03,079

ultrasound is because well you know

2846

01:47:06,250 --> 01:47:04,309

we're a little concerned that if we use

2847

01:47:09,129 --> 01:47:06,260

microwaves we're gonna get a visit

2848

01:47:11,169 --> 01:47:09,139

you know people telling us to please

2849

01:47:12,609 --> 01:47:11,179

stop that in the in the name of national

2850

01:47:14,049 --> 01:47:12,619

security or something you know I don't

2851

01:47:15,700 --> 01:47:14,059

know but you know I mean I know

2852

01:47:17,589 --> 01:47:15,710

researchers who have been involved in

2853

01:47:18,430 --> 01:47:17,599

some of this stuff that have they've

2854

01:47:20,229 --> 01:47:18,440

clearly been through magnetic

2855

01:47:22,780 --> 01:47:20,239

stimulation they've clearly been through

2856

01:47:24,069 --> 01:47:22,790

different forms of stimulation and

2857

01:47:26,709 --> 01:47:24,079

they've clearly had success with

2858

01:47:28,890 --> 01:47:26,719

generating emotion for instance in

2859

01:47:31,500 --> 01:47:28,900

people or eliciting orgasm even

2860

01:47:32,939 --> 01:47:31,510

or whatever else and so I don't think

2861

01:47:35,340 --> 01:47:32,949

you necessarily have to go to ET

2862

01:47:37,590 --> 01:47:35,350

technology yeah but it becomes a chicken

2863

01:47:39,419 --> 01:47:37,600

and the egg kind of question if you get

2864

01:47:40,709 --> 01:47:39,429

very far into it and I realized that so

2865

01:47:45,419 --> 01:47:40,719

I don't want to pull you too far afield

2866

01:47:47,070 --> 01:47:45,429

but the technology sharing I actually

2867

01:47:49,890 --> 01:47:47,080

know enough about the linear development

2868

01:47:52,530 --> 01:47:49,900

of that technology and who did it at

2869

01:47:55,680 --> 01:47:52,540

what point over decades to know to be

2870

01:47:59,130 --> 01:47:55,690

able to see that as a as a as a highly

2871

01:48:00,660 --> 01:47:59,140

experimented linear human developmental

2872

01:48:02,459 --> 01:48:00,670

path which is why I use it as an example

2873

01:48:04,260 --> 01:48:02,469

I mean you know I think there were some

2874

01:48:06,030 --> 01:48:04,270

significant missteps and some horror

2875

01:48:09,450 --> 01:48:06,040

stories and anytime you're stimulating

2876

01:48:11,280 --> 01:48:09,460

the brain with different things and you

2877

01:48:13,380 --> 01:48:11,290

know so I've had some interaction with

2878

01:48:16,470 --> 01:48:13,390

with some folks like that who really

2879

01:48:19,380 --> 01:48:16,480

believe you know who mostly just you

2880

01:48:21,300 --> 01:48:19,390

know sort of came out to us and said you

2881

01:48:23,280 --> 01:48:21,310

know listen you should take this brain

2882

01:48:26,760 --> 01:48:23,290

stuff seriously you're on the right

2883

01:48:28,860 --> 01:48:26,770

track I can't say anything more specific

2884

01:48:32,189 --> 01:48:28,870

than what I'm gonna tell you here today

2885

01:48:35,010 --> 01:48:32,199

you know for legal reasons but you know

2886

01:48:37,500 --> 01:48:35,020

yes you know and you know and and and

2887

01:48:40,500 --> 01:48:37,510

from those people I've roughly gotten a

2888

01:48:42,180 --> 01:48:40,510

chronology of what technologies were

2889

01:48:43,919 --> 01:48:42,190

experimented with when where the ideas

2890

01:48:46,290 --> 01:48:43,929

came from you know that a lot of that

2891

01:48:48,060 --> 01:48:46,300

stuff is not classified in any way and

2892

01:48:49,290 --> 01:48:48,070

so that was sort of the stuff that they

2893

01:48:51,000 --> 01:48:49,300

can help you to paint to pick a

2894

01:48:53,880 --> 01:48:51,010

directional picture around and stuff

2895

01:48:55,830 --> 01:48:53,890

like that and so so I I'd certainly I

2896

01:48:57,600 --> 01:48:55,840

mean you know it's a massive universe

2897

01:49:00,479 --> 01:48:57,610

out there right we're probably not alone

2898

01:49:02,250 --> 01:49:00,489

who knows but I haven't seen anything in

2899

01:49:03,630 --> 01:49:02,260

this space

2900

01:49:05,340 --> 01:49:03,640

I haven't had to deal with that in any

2901
01:49:08,040 --> 01:49:05,350
way in this space from a data standpoint

2902
01:49:10,530 --> 01:49:08,050
except for a couple of subjects early on

2903
01:49:12,209 --> 01:49:10,540
in the research I do think that I do

2904
01:49:15,000 --> 01:49:12,219
think of these promises hold tremendous

2905
01:49:16,380 --> 01:49:15,010
and if I mean yeah if you're able to if

2906
01:49:18,570 --> 01:49:16,390
there's some being out there who is able

2907
01:49:20,669 --> 01:49:18,580
to go across galaxies in an instant

2908
01:49:22,350 --> 01:49:20,679
probably they've developed brain

2909
01:49:25,459 --> 01:49:22,360
computer interfaces whatever that might

2910
01:49:28,310 --> 01:49:25,469
be to their species to a level that is

2911
01:49:31,590 --> 01:49:28,320
astonishing from our perspective right

2912
01:49:33,689 --> 01:49:31,600
and that would be hugely beneficial to

2913
01:49:35,189 --> 01:49:33,699

this project I can't what I want them to

2914

01:49:40,209 --> 01:49:35,199

show up in my living room tomorrow I

2915

01:49:50,709 --> 01:49:42,859

I'm happy with the slope Lottie with

2916

01:49:56,660 --> 01:49:53,629

might be a way to sacrifice the progress

2917

01:50:00,169 --> 01:49:56,670

for you know whatever I don't have to

2918

01:50:02,240 --> 01:50:00,179

have done to me stuff to say this is

2919

01:50:04,609 --> 01:50:02,250

joking around but no I I get you you

2920

01:50:07,040 --> 01:50:04,619

know our folks our guests again has been

2921

01:50:09,620 --> 01:50:07,050

dr. Jeffrey Martin you can check out his

2922

01:50:11,899 --> 01:50:09,630

website dr. Jeffrey Martin calm but

2923

01:50:14,390 --> 01:50:11,909

there's a new book the finders I

2924

01:50:16,700 --> 01:50:14,400

introduced it at the beginning it's a

2925

01:50:20,240 --> 01:50:16,710

very important book if you're at all

2926

01:50:22,819 --> 01:50:20,250

interested in well-being your well-being

2927

01:50:25,370 --> 01:50:22,829

the planets well-being everyone's

2928

01:50:27,470 --> 01:50:25,380

well-being check it out it's been

2929

01:50:29,990 --> 01:50:27,480

fantastic having you on Jeffrey and

2930

01:50:32,839 --> 01:50:30,000

reconnecting anything we left out or

2931

01:50:35,540 --> 01:50:32,849

anyplace else that people need to go to

2932

01:50:37,759 --> 01:50:35,550

connect with this you know I think there

2933

01:50:39,259 --> 01:50:37,769

is one place I mean of course there's

2934

01:50:41,450 --> 01:50:39,269

the normal web sites and stuff which I'm

2935

01:50:43,220 --> 01:50:41,460

sure you stick up on your page but there

2936

01:50:46,279 --> 01:50:43,230

is one thing at least it's alive at the

2937

01:50:48,259 --> 01:50:46,289

time of this interview and it's at

2938

01:50:51,049 --> 01:50:48,269

something called explorers course calm

2939

01:50:52,879 --> 01:50:51,059

which is our follow-on project what

2940

01:50:54,919 --> 01:50:52,889

we've done is we've put up a series of

2941

01:50:57,220 --> 01:50:54,929

videos that we think are important for

2942

01:50:59,569 --> 01:50:57,230

anyone to know about their psychology

2943

01:51:02,450 --> 01:50:59,579

for those who have transitioned to

2944

01:51:04,189 --> 01:51:02,460

fundamental well-being already you know

2945

01:51:05,720 --> 01:51:04,199

oftentimes when someone has transitioned

2946

01:51:07,729 --> 01:51:05,730

to fundamental well-being it's it's

2947

01:51:09,830 --> 01:51:07,739

often in isolation they're generally not

2948

01:51:11,270 --> 01:51:09,840

in a community as a result of that they

2949

01:51:12,950 --> 01:51:11,280

think that they're like the only one who

2950

01:51:15,950 --> 01:51:12,960

has experienced certain things or they

2951
01:51:18,529 --> 01:51:15,960
wonder about what's going to unfold next

2952
01:51:21,229 --> 01:51:18,539
or and the reality is that there's very

2953
01:51:24,020 --> 01:51:21,239
reliable cycles it's very useful to know

2954
01:51:25,279 --> 01:51:24,030
about them and you know there's the sort

2955
01:51:26,569 --> 01:51:25,289
of trade-offs that they're making in

2956
01:51:28,100 --> 01:51:26,579
their own life the difficulties that

2957
01:51:30,259 --> 01:51:28,110
they're experiencing with integrating

2958
01:51:32,750 --> 01:51:30,269
and pn SE and fundamental well-being in

2959
01:51:34,339 --> 01:51:32,760
their own life these are things that

2960
01:51:37,339 --> 01:51:34,349
have been experienced by millions of

2961
01:51:39,290 --> 01:51:37,349
people and we've got data collected on

2962
01:51:41,629 --> 01:51:39,300
them from thousands of people and so

2963
01:51:44,390 --> 01:51:41,639

we've really tried to sort of put the

2964

01:51:45,859 --> 01:51:44,400

most important thing out there and it's

2965

01:51:47,569 --> 01:51:45,869

just you know it's just free basically

2966

01:51:49,940 --> 01:51:47,579

you just can go to explore scarce calm

2967

01:51:51,680 --> 01:51:49,950

and you can get that free

2968

01:51:53,210 --> 01:51:51,690

we basically it's the first module of

2969

01:51:54,590 --> 01:51:53,220

the actual explorers course which is

2970

01:51:56,810 --> 01:51:54,600

another experiment that isn't free but

2971

01:51:59,450 --> 01:51:56,820

that first module contains so much of

2972

01:52:01,340 --> 01:51:59,460

the important core situational you know

2973

01:52:03,620 --> 01:52:01,350

help you understand your life sort of

2974

01:52:06,230 --> 01:52:03,630

stuff that everybody with everybody that

2975

01:52:07,910 --> 01:52:06,240

took that course was like you know you

2976

01:52:09,200 --> 01:52:07,920

should just make this available this has

2977

01:52:10,490 --> 01:52:09,210

to be available to people if I would

2978

01:52:12,230 --> 01:52:10,500

have had this years ago my life would

2979

01:52:14,330 --> 01:52:12,240

have been so totally different and so I

2980

01:52:15,320 --> 01:52:14,340

thought why not so we just basically put

2981

01:52:17,450 --> 01:52:15,330

it up there you can't even actually

2982

01:52:18,830 --> 01:52:17,460

order at this moment maybe we should

2983

01:52:20,150 --> 01:52:18,840

change that but you can't even order the

2984

01:52:21,530 --> 01:52:20,160

real explorers course or get to the real

2985

01:52:23,450 --> 01:52:21,540

explorers courts or anything or that

2986

01:52:25,430 --> 01:52:23,460

website which is kind of funny it's

2987

01:52:28,970 --> 01:52:25,440

literally just that content we just want

2988

01:52:30,650 --> 01:52:28,980

really as many finders as many people

2989

01:52:33,260 --> 01:52:30,660

who experience fundamental well-being as

2990

01:52:35,480 --> 01:52:33,270

possible to really find that so they can

2991

01:52:37,550 --> 01:52:35,490

understand you know how what's going on

2992

01:52:40,220 --> 01:52:37,560

with them and sort of how best to think

2993

01:52:42,500 --> 01:52:40,230

about integrating it in with modern life

2994

01:52:44,480 --> 01:52:42,510

because what's strange about this is

2995

01:52:46,640 --> 01:52:44,490

that there's just not much on it people

2996

01:52:48,470 --> 01:52:46,650

often find audio shanties book the end

2997

01:52:50,540 --> 01:52:48,480

of your world and like cling to it like

2998

01:52:52,070 --> 01:52:50,550

a Bible you know like it's the one thing

2999

01:52:54,380 --> 01:52:52,080

that they found that speaks to them in

3000

01:52:56,510 --> 01:52:54,390

some way and of course they can read all

3001

01:52:58,130 --> 01:52:56,520

of the seeker spiritual stuff right and

3002

01:53:00,770 --> 01:52:58,140

they're reading it from a completely new

3003

01:53:02,480 --> 01:53:00,780

lens and understanding it and a much

3004

01:53:03,530 --> 01:53:02,490

more deeper and meaningful level but

3005

01:53:06,170 --> 01:53:03,540

that's not telling them how to integrate

3006

01:53:07,340 --> 01:53:06,180

stuff with their life it's just you know

3007

01:53:09,020 --> 01:53:07,350

giving them a little bit of validation

3008

01:53:10,370 --> 01:53:09,030

that they've probably reached a certain

3009

01:53:12,260 --> 01:53:10,380

place that these other people that wrote

3010

01:53:13,850 --> 01:53:12,270

the book or something or had reached and

3011

01:53:15,710 --> 01:53:13,860

understood I do think that's actually

3012

01:53:18,220 --> 01:53:15,720

one thing that we have out there that we

3013

01:53:20,570 --> 01:53:18,230

didn't really talk about but that is

3014

01:53:21,950 --> 01:53:20,580

incredibly incredibly important that's

3015

01:53:23,000 --> 01:53:21,960

why I think maybe that's one of the most

3016

01:53:24,890 --> 01:53:23,010

important things that we've ever made

3017

01:53:26,600 --> 01:53:24,900

available great great stuff you know

3018

01:53:29,090 --> 01:53:26,610

I've stumbled across that just in the

3019

01:53:31,190 --> 01:53:29,100

near-death experience science everyone

3020

01:53:32,300 --> 01:53:31,200

10 years ago was all excited and this

3021

01:53:34,430 --> 01:53:32,310

and that and there were a couple of

3022

01:53:35,090 --> 01:53:34,440

brave people who stood up and said same

3023

01:53:37,400 --> 01:53:35,100

kind of thing

3024

01:53:39,590 --> 01:53:37,410

hey guys there's a huge integration

3025

01:53:42,530 --> 01:53:39,600

problem here there's a huge divorce rate

3026
01:53:46,160 --> 01:53:42,540
increase there's a huge depression kind

3027
01:53:47,660 --> 01:53:46,170
of thing going on so yeah I think you're

3028
01:53:50,420 --> 01:53:47,670
you're onto something and it's awesome

3029
01:53:52,580 --> 01:53:50,430
that you're addressing it well thanks so

3030
01:53:54,170 --> 01:53:52,590
much you know I love hanging out and

3031
01:53:56,330 --> 01:53:54,180
talking with you we've I don't know I've

3032
01:54:01,060 --> 01:53:56,340
had a conversation on camera I suppose

3033
01:54:05,750 --> 01:54:03,890
this is always a lot of fun yeah it's

3034
01:54:07,310 --> 01:54:05,760
super fun for me and I really do

3035
01:54:09,560 --> 01:54:07,320
appreciate it hopefully I make it up

3036
01:54:11,540 --> 01:54:09,570
there sometime and I'd love to see the

3037
01:54:13,970 --> 01:54:11,550
place that you go you should totally

3038
01:54:16,040 --> 01:54:13,980

come you should totally come and try out

3039

01:54:16,880 --> 01:54:16,050

our latest technology deal deal deal

3040

01:54:20,120 --> 01:54:16,890

deal

3041

01:54:23,530 --> 01:54:20,130

Jeffrey take care I'll give you a heads

3042

01:54:25,940 --> 01:54:23,540

up when this comes out all right thanks

3043

01:54:27,800 --> 01:54:25,950

thanks again to dr. Jeffrey Martin for

3044

01:54:29,420 --> 01:54:27,810

joining me today on skeptic oh one

3045

01:54:32,390 --> 01:54:29,430

question I'd have to tee up from this

3046

01:54:35,080 --> 01:54:32,400

interview is has he done it has he

3047

01:54:38,440 --> 01:54:35,090

cracked the code is this the answer

3048

01:54:42,020 --> 01:54:38,450

could there be such an answer to this

3049

01:54:46,040 --> 01:54:42,030

enlightenment transcendent awakening

3050

01:54:48,800 --> 01:54:46,050

kind of thing has he at least advanced

3051

01:54:51,710 --> 01:54:48,810

the ball in a direction that we all want

3052

01:54:53,930 --> 01:54:51,720

to take things what do you think let me

3053

01:54:55,460 --> 01:54:53,940

know this was a long interview so I'm

3054

01:54:57,650 --> 01:54:55,470

going to wrap it up but if you like this

3055

01:54:59,990 --> 01:54:57,660

one and you're new to this show please

3056

01:55:01,970 --> 01:55:00,000

check out all the other shows we have on

3057

01:55:04,010 --> 01:55:01,980

Skeptical all available there for

3058

01:55:05,840 --> 01:55:04,020

download for free lots of transcripts

3059

01:55:07,580 --> 01:55:05,850

you can read through lots of stuff you

3060

01:55:10,550 --> 01:55:07,590

can keep yourself busy for a long time

3061

01:55:12,710 --> 01:55:10,560

with skeptical comm I've got some great

3062

01:55:15,380 --> 01:55:12,720

interviews coming up stick around for

3063

01:55:18,280 --> 01:55:15,390

all of that until next time take care

3064

01:55:33,280 --> 01:55:18,290

and bye for now

3065

01:55:37,939 --> 01:55:36,080

so thanks for watching this video if it

3066

01:55:40,520 --> 01:55:37,949

wasn't really a video but just an audio

3067

01:55:42,080 --> 01:55:40,530

stored as a video well I apologize but

3068

01:55:44,030 --> 01:55:42,090

there's more videos out there as well

3069

01:55:45,890 --> 01:55:44,040

but please check out the skeptic Oh

3070

01:55:47,240 --> 01:55:45,900

website you can see it here we cover a

3071

01:55:50,060 --> 01:55:47,250

lot of different stuff you might be

3072

01:55:53,390 --> 01:55:50,070

interested in relating to controversial

3073

01:55:56,090 --> 01:55:53,400

science and spirituality a lot of shows

3074

01:55:58,939 --> 01:55:56,100

up there over 350 of them are so all

3075

01:56:01,250 --> 01:55:58,949

free all available for downloads so do

