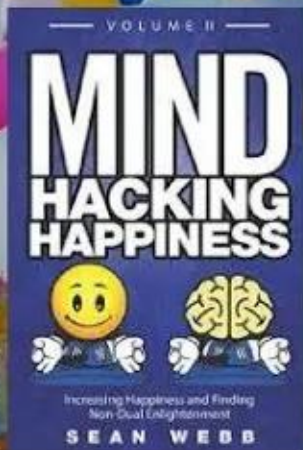


Sean Webb
skeptiko #425



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

1
00:00:09,740 --> 00:00:07,760
welcome to skeptical where we explore

2
00:00:12,580 --> 00:00:09,750
controversial science and spirituality

3
00:00:17,359 --> 00:00:12,590
with leading researchers thinkers and

4
00:00:20,210 --> 00:00:17,369
their critics as you all know by now we

5
00:00:23,060 --> 00:00:20,220
cover a lot of different topics on

6
00:00:25,609 --> 00:00:23,070
skeptical but it seems like we always

7
00:00:28,220 --> 00:00:25,619
return to the question of consciousness

8
00:00:31,790 --> 00:00:28,230
and what's up with that little voice

9
00:00:36,130 --> 00:00:31,800
inside your head and why does it seem to

10
00:00:38,750 --> 00:00:36,140
always be conspiring to make you unhappy

11
00:00:41,510 --> 00:00:38,760
well that's exactly the question that

12
00:00:43,970 --> 00:00:41,520
today's guest Sean Webb has sought to

13
00:00:47,660 --> 00:00:43,980

answer as a young smart successful

14

00:00:51,290 --> 00:00:47,670

rising star Sean had achieved everything

15

00:00:54,020 --> 00:00:51,300

that should have made him happy so when

16

00:00:56,630 --> 00:00:54,030

he faced the fact that he wasn't he

17

00:01:00,040 --> 00:00:56,640

decided to find out why this eventually

18

00:01:03,260 --> 00:01:00,050

led to Zen meditation a deep dive into

19

00:01:06,200 --> 00:01:03,270

neuroscience and a spiritual

20

00:01:09,070 --> 00:01:06,210

breakthrough that rapidly transformed

21

00:01:12,830 --> 00:01:09,080

him from a gun collecting money driven

22

00:01:16,550 --> 00:01:12,840

materialist to a consciousness expert

23

00:01:20,950 --> 00:01:16,560

and a spiritual seeker who believes he

24

00:01:24,380 --> 00:01:20,960

may have cracked the code to happiness

25

00:01:26,300 --> 00:01:24,390

sounds good right hold on a minute

26

00:01:30,200 --> 00:01:26,310

because while preparing for this

27

00:01:33,319 --> 00:01:30,210

interview and in true skeptical inquiry

28

00:01:35,899 --> 00:01:33,329

to perpetuate doubt fashion

29

00:01:38,539 --> 00:01:35,909

I also found some points of disagreement

30

00:01:40,460 --> 00:01:38,549

between Sean and I with regard to

31

00:01:43,670 --> 00:01:40,470

consciousness so what you're about to

32

00:01:46,880 --> 00:01:43,680

hear is an interview with a guy who's

33

00:01:49,940 --> 00:01:46,890

done some truly amazing research and

34

00:01:53,330 --> 00:01:49,950

personal transformation work with regard

35

00:01:56,440 --> 00:01:53,340

to consciousness and spirituality but

36

00:01:59,410 --> 00:01:56,450

what you might also hear is a good

37

00:02:04,069 --> 00:01:59,420

old-fashioned kind of friendly debate

38

00:02:04,969 --> 00:02:04,079

among seekers on the path this is gonna

39

00:02:08,859 --> 00:02:04,979

be fun

40

00:02:11,449 --> 00:02:08,869

you rarely find people that are this

41

00:02:13,430 --> 00:02:11,459

intelligent and at the same time open

42

00:02:15,170 --> 00:02:13,440

willing to hash things out

43

00:02:17,090 --> 00:02:15,180

Shawn it's really exciting to have you

44

00:02:19,790 --> 00:02:17,100

here on skeptic oh and thanks so much

45

00:02:21,080 --> 00:02:19,800

for joining me thanks for having me Alex

46

00:02:23,060 --> 00:02:21,090

it's a real pleasure I've heard your

47

00:02:24,290 --> 00:02:23,070

voice a number of times and from past

48

00:02:27,410 --> 00:02:24,300

episodes that I've heard that are all

49

00:02:31,190 --> 00:02:27,420

been interesting and I just like Wow

50

00:02:35,570 --> 00:02:31,200

Alex reached out I got to go fantastic

51
00:02:39,160 --> 00:02:35,580
well you're the author of the red book

52
00:02:43,940 --> 00:02:39,170
in the blue book as you like to call it

53
00:02:47,420 --> 00:02:43,950
mind hacking happiness Volume one mind

54
00:02:49,100 --> 00:02:47,430
hacking happiness volume two increasing

55
00:02:52,040 --> 00:02:49,110
happiness in finding non-dual

56
00:02:54,770 --> 00:02:52,050
enlightenment so if the titles and the

57
00:02:59,930 --> 00:02:54,780
graphics look light and funny waiting to

58
00:03:02,330 --> 00:02:59,940
get to that subtitle Lightman yeah I

59
00:03:04,250 --> 00:03:02,340
wish I could have thought of something a

60
00:03:06,050 --> 00:03:04,260
little more creative for the titles of

61
00:03:09,620 --> 00:03:06,060
these books but unfortunately these two

62
00:03:11,360 --> 00:03:09,630
books started out as one book and I just

63
00:03:13,070 --> 00:03:11,370

kind of had the goal of saying hey let's

64

00:03:15,290 --> 00:03:13,080

just lay it all out there soup-to-nuts

65

00:03:18,020 --> 00:03:15,300

from a seeker who starts it you know

66

00:03:20,870 --> 00:03:18,030

step one of wanting to understand their

67

00:03:22,970 --> 00:03:20,880

mind well let's talk about all the stuff

68

00:03:25,280 --> 00:03:22,980

that their mind does that blocks them

69

00:03:27,830 --> 00:03:25,290

from discovering the deeper truth within

70

00:03:29,540 --> 00:03:27,840

so that they can understand it mess with

71

00:03:31,190 --> 00:03:29,550

that process break that process and then

72

00:03:33,440 --> 00:03:31,200

get around that process to be able to

73

00:03:35,960 --> 00:03:33,450

you know find their deeper truth within

74

00:03:38,330 --> 00:03:35,970

and so the red book winds up being the

75

00:03:40,190 --> 00:03:38,340

first half of this huge book that was

76
00:03:41,600 --> 00:03:40,200
here's how your mind works and here's

77
00:03:44,030 --> 00:03:41,610
how to get it out of your way and then

78
00:03:45,530 --> 00:03:44,040
the second side was okay here's the

79
00:03:46,790 --> 00:03:45,540
stuff that you may be seeking beyond

80
00:03:50,060 --> 00:03:46,800
your bond and so that's kind of how that

81
00:03:52,490 --> 00:03:50,070
whole horrible naming convention came to

82
00:03:55,160 --> 00:03:52,500
be no I don't think it's horrible at all

83
00:03:57,759 --> 00:03:55,170
and you're pounding on your key thing

84
00:03:59,780 --> 00:03:57,769
there and that's awesome and packed with

85
00:04:03,290 --> 00:03:59,790
neuroscience what they're gonna find is

86
00:04:06,920 --> 00:04:03,300
study after study where you're citing

87
00:04:10,009 --> 00:04:06,930
research that backs up what you say in

88
00:04:11,960 --> 00:04:10,019

this discovery of self self discovery of

89

00:04:15,740 --> 00:04:11,970

self of that little voice inside your

90

00:04:19,940 --> 00:04:15,750

head and how maybe that's not all there

91

00:04:24,529 --> 00:04:19,950

is to you so you know give us the basics

92

00:04:27,200 --> 00:04:24,539

yeah well you know the the idea behind

93

00:04:30,469 --> 00:04:27,210

this is to you know create an

94

00:04:32,659 --> 00:04:30,479

experience of for the reader where they

95

00:04:35,330 --> 00:04:32,669

can understand and see their mind and

96

00:04:36,830 --> 00:04:35,340

they can understand the processes that

97

00:04:38,390 --> 00:04:36,840

come together to create all of their

98

00:04:39,950 --> 00:04:38,400

negative emotions that create that

99

00:04:43,010 --> 00:04:39,960

little voice in their head that so is

100

00:04:45,520 --> 00:04:43,020

doubt and creates havoc within them

101
00:04:47,629 --> 00:04:45,530
sometimes and then to point out which is

102
00:04:49,790 --> 00:04:47,639
automatic for their subconscious level

103
00:04:51,559 --> 00:04:49,800
within their mind but to point out that

104
00:04:53,719 --> 00:04:51,569
if you can look at something and see

105
00:04:57,200 --> 00:04:53,729
something then by default you are not

106
00:04:59,270 --> 00:04:57,210
that thing and so if I can show you how

107
00:05:00,589 --> 00:04:59,280
your mind works to where you can see it

108
00:05:02,120 --> 00:05:00,599
within your head it's not like I have to

109
00:05:03,439 --> 00:05:02,130
convince you of this I say hey look at

110
00:05:04,730 --> 00:05:03,449
that you look over there and you see it

111
00:05:06,740 --> 00:05:04,740
then you're like oh yeah I never saw

112
00:05:08,150 --> 00:05:06,750
that before this is one of those things

113
00:05:12,529 --> 00:05:08,160

where I say okay here's how your mind

114

00:05:14,180 --> 00:05:12,539

works watch it the comment and then you

115

00:05:16,580 --> 00:05:14,190

look at it and you say yeah that's

116

00:05:18,350 --> 00:05:16,590

exactly how my mind works well if you

117

00:05:19,760 --> 00:05:18,360

can see that then you realize at a

118

00:05:21,499 --> 00:05:19,770

subconscious level and then also at a

119

00:05:23,839 --> 00:05:21,509

conscious level you're not that thing if

120

00:05:25,700 --> 00:05:23,849

you are looking at something just like a

121

00:05:27,529 --> 00:05:25,710

tooth can bite itself a fingertip can't

122

00:05:29,020 --> 00:05:27,539

touch itself an eyeball can't see itself

123

00:05:31,339 --> 00:05:29,030

without some distance in a mirror

124

00:05:33,770 --> 00:05:31,349

olfactory nerve in your nose can't smell

125

00:05:35,120 --> 00:05:33,780

itself if there's a perceiver and a

126

00:05:37,010 --> 00:05:35,130

perceived then there's some distance

127

00:05:40,159 --> 00:05:37,020

between the two and so okay then the

128

00:05:41,990 --> 00:05:40,169

question becomes well okay wow I thought

129

00:05:43,820 --> 00:05:42,000

I was this mess of my mind before I

130

00:05:47,050 --> 00:05:43,830

thought I was these emotions that are

131

00:05:50,570 --> 00:05:47,060

creating havoc in my life but I'm not so

132

00:05:52,670 --> 00:05:50,580

first of all can I change this process

133

00:05:55,100 --> 00:05:52,680

if I'm not that and the answer is yes

134

00:05:57,830 --> 00:05:55,110

and then the second question is all

135

00:06:01,939 --> 00:05:57,840

right well if I'm not that who and what

136

00:06:05,240 --> 00:06:01,949

am i as the observer right Who am I in

137

00:06:06,830 --> 00:06:05,250

this seat of the executor that's being

138

00:06:09,439 --> 00:06:06,840

handed all this stuff from my mind

139

00:06:13,040 --> 00:06:09,449

granted enough to convince you that you

140

00:06:15,140 --> 00:06:13,050

are your mind sometimes but in truth who

141

00:06:17,360 --> 00:06:15,150

and what am I underneath all of that

142

00:06:18,770 --> 00:06:17,370

noise that's going on and let's let's

143

00:06:20,180 --> 00:06:18,780

organize that noise and get it out of

144

00:06:22,480 --> 00:06:20,190

the way so that we can really move

145

00:06:25,939 --> 00:06:22,490

forward and do some real deep discovery

146

00:06:28,640 --> 00:06:25,949

awesome and you know you put it in such

147

00:06:32,629 --> 00:06:28,650

great simple terms although as we know

148

00:06:37,040 --> 00:06:32,639

you know it's not at all simple but it

149

00:06:40,580 --> 00:06:37,050

is a paradigm shift it is the essence of

150

00:06:44,060 --> 00:06:40,590

spirituality that realization they

151
00:06:46,520 --> 00:06:44,070
you are the observer at least the kind

152
00:06:49,010 --> 00:06:46,530
of spirituality that you and I kind of

153
00:06:51,020 --> 00:06:49,020
seem to be most interested in let's play

154
00:06:53,240 --> 00:06:51,030
a little game here play along with me I

155
00:06:58,129 --> 00:06:53,250
like to play this game I call it skeptic

156
00:07:00,409 --> 00:06:58,139
of Jeopardy and let's jump into kind of

157
00:07:03,740 --> 00:07:00,419
all those things that we agree with

158
00:07:06,740 --> 00:07:03,750
which are hugely profound and paradigm

159
00:07:08,810 --> 00:07:06,750
shaking and then let's hash out these

160
00:07:11,600 --> 00:07:08,820
couple of things that we don't if you

161
00:07:15,490 --> 00:07:11,610
will let me pick the first one since you

162
00:07:18,800 --> 00:07:15,500
just talked about mind hacking and your

163
00:07:22,610 --> 00:07:18,810

title your books and the title of your

164

00:07:25,760 --> 00:07:22,620

website mind hacking happiness you know

165

00:07:28,760 --> 00:07:25,770

I thought this model that you have is

166

00:07:30,469 --> 00:07:28,770

kind of really fun and interesting and

167

00:07:34,370 --> 00:07:30,479

I'm showing the graphic up on the screen

168

00:07:35,990 --> 00:07:34,380

and I thought you might explain what

169

00:07:38,270 --> 00:07:36,000

people are seeing and four people are

170

00:07:42,170 --> 00:07:38,280

just listening what they can't see but

171

00:07:44,469 --> 00:07:42,180

what you're going to explain sure well

172

00:07:48,020 --> 00:07:44,479

you know it's very easy to understand

173

00:07:49,730 --> 00:07:48,030

your own mind and how it works once you

174

00:07:52,190 --> 00:07:49,740

take a look at it and this is one of

175

00:07:53,270 --> 00:07:52,200

those situations where just like like if

176
00:07:56,180 --> 00:07:53,280
you've gone through a marketing class

177
00:07:57,290 --> 00:07:56,190
you've I'm sure seen this before but one

178
00:07:59,360 --> 00:07:57,300
of the first things you learn in

179
00:08:00,980 --> 00:07:59,370
marketing is it's sometimes the things

180
00:08:02,480 --> 00:08:00,990
that you don't see that get pointed out

181
00:08:05,210 --> 00:08:02,490
to you that make a huge difference

182
00:08:06,790 --> 00:08:05,220
there's a an arrow in the FedEx logo

183
00:08:09,770 --> 00:08:06,800
between the capital e and the lower

184
00:08:12,830 --> 00:08:09,780
letter X and if you've never seen that

185
00:08:14,690 --> 00:08:12,840
before you're like holy cow how could I

186
00:08:17,029 --> 00:08:14,700
have missed that perfect arrow between

187
00:08:19,940 --> 00:08:17,039
the capital letter E and the lower case

188
00:08:22,580 --> 00:08:19,950

X but then after you see that little

189

00:08:23,450 --> 00:08:22,590

arrow in that logo you will never not

190

00:08:25,190 --> 00:08:23,460

see it again

191

00:08:27,290 --> 00:08:25,200

right and so that's the type of thing

192

00:08:29,120 --> 00:08:27,300

that we're talking about we're talking

193

00:08:30,650 --> 00:08:29,130

about the ability to take a look at your

194

00:08:33,649 --> 00:08:30,660

mind and see how your mind works and

195

00:08:35,630 --> 00:08:33,659

gives you a different perspective of how

196

00:08:37,279 --> 00:08:35,640

your mind works and it allows you to

197

00:08:40,550 --> 00:08:37,289

take a little bit of a distance between

198

00:08:42,019 --> 00:08:40,560

you and your minds reactions and so what

199

00:08:45,620 --> 00:08:42,029

we're talking about here is being able

200

00:08:49,640 --> 00:08:45,630

to see your emotional output as it's

201
00:08:51,470 --> 00:08:49,650
being processed and then create a space

202
00:08:53,120 --> 00:08:51,480
for you where your negative emotional

203
00:08:56,900 --> 00:08:53,130
reactions like beer

204
00:08:59,269 --> 00:08:56,910
Woori regret doubt sadness etc are all

205
00:09:00,559 --> 00:08:59,279
optional for you over time and we're

206
00:09:02,749 --> 00:09:00,569
talking about using the adult learning

207
00:09:05,269 --> 00:09:02,759
model where we start with an incompetent

208
00:09:06,470 --> 00:09:05,279
and unconscious incompetence we're just

209
00:09:08,749 --> 00:09:06,480
like we don't even know what we don't

210
00:09:10,970 --> 00:09:08,759
know and then we move through a

211
00:09:12,590 --> 00:09:10,980
conscious incompetence where okay well

212
00:09:15,470 --> 00:09:12,600
now at least we know what we don't know

213
00:09:18,199 --> 00:09:15,480

we know we need to learn we move into a

214

00:09:19,759 --> 00:09:18,209

conscious competence which is okay I

215

00:09:21,920 --> 00:09:19,769

kind of get this I kind of understand

216

00:09:23,780 --> 00:09:21,930

how to work my mind but I got to really

217

00:09:25,730 --> 00:09:23,790

think about it and then after a while

218

00:09:29,329 --> 00:09:25,740

because of plasticity it works into an

219

00:09:32,210 --> 00:09:29,339

unconscious competence where you are you

220

00:09:33,910 --> 00:09:32,220

know lights out shunting anger out the

221

00:09:37,220 --> 00:09:33,920

door before it even comes to fruition

222

00:09:38,660 --> 00:09:37,230

you your greatest sadnesses maybe the

223

00:09:40,370 --> 00:09:38,670

only ones that ever come through like if

224

00:09:41,840 --> 00:09:40,380

you lose lose a very close loved one

225

00:09:44,120 --> 00:09:41,850

that type of thing but you know when

226

00:09:45,800 --> 00:09:44,130

your when your favorite show on Netflix

227

00:09:47,990 --> 00:09:45,810

gets canceled it no longer ruins your

228

00:09:50,629 --> 00:09:48,000

day that type of thing and all these

229

00:09:52,569 --> 00:09:50,639

things you'll realize over time become

230

00:09:56,120 --> 00:09:52,579

blockers of your happiness because our

231

00:09:58,069 --> 00:09:56,130

natural state is kind of one where we're

232

00:09:59,090 --> 00:09:58,079

in a pretty good well being you know if

233

00:10:02,059 --> 00:09:59,100

everything is cool and this is a

234

00:10:03,530 --> 00:10:02,069

function of homeostasis if everything's

235

00:10:04,939 --> 00:10:03,540

cool everything's cool is basically how

236

00:10:07,429 --> 00:10:04,949

that rule works within your body it

237

00:10:10,429 --> 00:10:07,439

rules every cell within your existence

238

00:10:13,129 --> 00:10:10,439

in that if everything is status quo

239

00:10:14,210 --> 00:10:13,139

everything is as expected then there's

240

00:10:15,319 --> 00:10:14,220

nothing we really need to do and just

241

00:10:17,059 --> 00:10:15,329

kind of chill out and do our regular

242

00:10:19,579 --> 00:10:17,069

normal everyday operations but if

243

00:10:22,309 --> 00:10:19,589

something is not good then we need to

244

00:10:23,720 --> 00:10:22,319

take action and that's true for an

245

00:10:26,030 --> 00:10:23,730

individual cell all the way up through

246

00:10:28,490 --> 00:10:26,040

all of the trillions of cells in our

247

00:10:30,110 --> 00:10:28,500

body that that come to create our human

248

00:10:32,360 --> 00:10:30,120

existence and so when you figure that

249

00:10:35,210 --> 00:10:32,370

out and you start to work it then you

250

00:10:38,059 --> 00:10:35,220

can basically first of all be separated

251
00:10:39,650 --> 00:10:38,069
by your body's reactions to things your

252
00:10:42,319 --> 00:10:39,660
emotional reactions to things because

253
00:10:45,199 --> 00:10:42,329
you know emotions are a function of your

254
00:10:47,269 --> 00:10:45,209
nervous system right so at the point

255
00:10:48,650 --> 00:10:47,279
that you're separated from that a little

256
00:10:51,110 --> 00:10:48,660
bit you get a little bit of freedom you

257
00:10:54,559 --> 00:10:51,120
get a little bit of space to be able to

258
00:10:55,970 --> 00:10:54,569
say okay these things are simply what my

259
00:10:58,040 --> 00:10:55,980
mind is giving me they're simply what my

260
00:11:00,139 --> 00:10:58,050
body is giving me but I don't

261
00:11:02,600 --> 00:11:00,149
necessarily have to buy into them and

262
00:11:04,639 --> 00:11:02,610
then at that point you gain a great

263
00:11:07,010 --> 00:11:04,649

amount of liberation to say you know

264

00:11:08,870 --> 00:11:07,020

what I'm gonna bypass that hole

265

00:11:10,910 --> 00:11:08,880

frustration thing with whatever Trump

266

00:11:12,470 --> 00:11:10,920

said today or whatever it is that it is

267

00:11:14,750 --> 00:11:12,480

on your social media feed that is

268

00:11:16,610 --> 00:11:14,760

throwing you into a tizzy or the fact

269

00:11:18,650 --> 00:11:16,620

that someone said something at work or

270

00:11:19,940 --> 00:11:18,660

the fact that you know maybe a project

271

00:11:21,320 --> 00:11:19,950

that you're working on is gone in the

272

00:11:23,110 --> 00:11:21,330

wrong direction for a little while or

273

00:11:25,820 --> 00:11:23,120

whatever it is and all of a sudden

274

00:11:27,440 --> 00:11:25,830

you're back on track on focus and what

275

00:11:29,540 --> 00:11:27,450

you need to do because there's also a

276

00:11:30,949 --> 00:11:29,550

physiological limitation of you know

277

00:11:32,690 --> 00:11:30,959

when you're having a negative emotional

278

00:11:34,639 --> 00:11:32,700

reaction or you're in turmoil your

279

00:11:35,810 --> 00:11:34,649

prefrontal cortex actually shuts down I

280

00:11:37,670 --> 00:11:35,820

don't know if a lot of people know that

281

00:11:39,980 --> 00:11:37,680

or not but one of the first things that

282

00:11:42,380 --> 00:11:39,990

we do because our brain is that organ of

283

00:11:44,389 --> 00:11:42,390

survival is it starts to shunt power

284

00:11:47,510 --> 00:11:44,399

away from non-critical systems and it

285

00:11:49,550 --> 00:11:47,520

you know as of 150 years ago when we had

286

00:11:51,530 --> 00:11:49,560

a fear response let's say of a bear or a

287

00:11:53,690 --> 00:11:51,540

snake or something that could threaten

288

00:11:55,370 --> 00:11:53,700

our lives we didn't need to think our

289

00:11:57,350 --> 00:11:55,380

way out of this situation right we just

290

00:11:58,610 --> 00:11:57,360

needed to get energy to our legs we

291

00:12:00,199 --> 00:11:58,620

could run a little faster jump a little

292

00:12:02,210 --> 00:12:00,209

farther across the crevasse or whatever

293

00:12:04,340 --> 00:12:02,220

it is to try to get distance between us

294

00:12:07,130 --> 00:12:04,350

and the threat well in today's world

295

00:12:08,449 --> 00:12:07,140

where we have you know cubicles and we

296

00:12:10,040 --> 00:12:08,459

have problems we have to think through

297

00:12:12,230 --> 00:12:10,050

and things like that that kind of

298

00:12:13,340 --> 00:12:12,240

situation is horrible for us because

299

00:12:15,650 --> 00:12:13,350

when our thinking brain is shut down

300

00:12:18,620 --> 00:12:15,660

we're stuck in the muck even longer than

301
00:12:20,840 --> 00:12:18,630
we normally would be and so being able

302
00:12:22,220 --> 00:12:20,850
to shunt that process or being able to

303
00:12:23,930 --> 00:12:22,230
take control that process and shut it

304
00:12:27,319 --> 00:12:23,940
down a little quicker allows you to

305
00:12:28,610 --> 00:12:27,329
think and get your get your mind on do

306
00:12:31,699 --> 00:12:28,620
something else that is more productive

307
00:12:33,199 --> 00:12:31,709
and more profitable for you you know one

308
00:12:35,329 --> 00:12:33,209
thing you said there that I think is

309
00:12:40,100 --> 00:12:35,339
really interesting in people who have

310
00:12:43,069 --> 00:12:40,110
gone down this non-dual path which we

311
00:12:46,940 --> 00:12:43,079
might get into and describe but in

312
00:12:49,100 --> 00:12:46,950
spirituality in general might pick up on

313
00:12:51,199 --> 00:12:49,110

a really important thing you said and it

314

00:12:53,960 --> 00:12:51,209

bridges the gap I think between this

315

00:12:56,810 --> 00:12:53,970

idea of happiness which many people just

316

00:12:59,780 --> 00:12:56,820

accept is oh you know things are good

317

00:13:01,400 --> 00:12:59,790

things I'm getting what I want and what

318

00:13:03,319 --> 00:13:01,410

you're saying I think is really

319

00:13:05,300 --> 00:13:03,329

important and in some something

320

00:13:07,940 --> 00:13:05,310

different that people who have been down

321

00:13:09,470 --> 00:13:07,950

the spiritual path realizing you're

322

00:13:12,470 --> 00:13:09,480

talking about just creating some space

323

00:13:15,220 --> 00:13:12,480

man just being able to get a little bit

324

00:13:18,269 --> 00:13:15,230

more distance in freedom from that

325

00:13:20,429 --> 00:13:18,279

oppressive yeah a little

326

00:13:23,480 --> 00:13:20,439

voice in our head that is driving us

327

00:13:25,499 --> 00:13:23,490

nuts let's let's start with the space

328

00:13:28,350 --> 00:13:25,509

which you know a lot of people will not

329

00:13:29,759 --> 00:13:28,360

be able to identify with a lot of people

330

00:13:31,889 --> 00:13:29,769

don't realize that you know you can

331

00:13:34,679 --> 00:13:31,899

actually get some space from your human

332

00:13:36,389 --> 00:13:34,689

mind and the reactions of your human

333

00:13:37,530 --> 00:13:36,399

mind you know we we often try to think

334

00:13:38,970 --> 00:13:37,540

about you know let's get some space

335

00:13:40,410 --> 00:13:38,980

let's go on vacation let's get away from

336

00:13:41,549 --> 00:13:40,420

this place let's go to the mountains

337

00:13:43,679 --> 00:13:41,559

let's go to the beach let's go to the

338

00:13:44,879 --> 00:13:43,689

whatever to create some physical space

339

00:13:46,230 --> 00:13:44,889

between you where you don't have to

340

00:13:47,670 --> 00:13:46,240

actually think about things that are

341

00:13:50,369 --> 00:13:47,680

troubling you or that are challenging

342

00:13:51,960 --> 00:13:50,379

you et cetera but without having to move

343

00:13:53,400 --> 00:13:51,970

a muscle without having to go even one

344

00:13:55,439 --> 00:13:53,410

inch you can create some space between

345

00:13:59,040 --> 00:13:55,449

the reactions of your mind and your

346

00:14:00,749 --> 00:13:59,050

observational self by understanding the

347

00:14:03,059 --> 00:14:00,759

process of your mind being able to see

348

00:14:05,189 --> 00:14:03,069

that process on a moment-to-moment basis

349

00:14:07,019 --> 00:14:05,199

and then that creates some space between

350

00:14:08,460 --> 00:14:07,029

you and the mind to say hey if I can

351

00:14:10,769 --> 00:14:08,470

look at this I'm not that thing again

352

00:14:14,610 --> 00:14:10,779

and this can be dramatic I mean there

353

00:14:17,600 --> 00:14:14,620

was a lady who was really literally the

354

00:14:19,860 --> 00:14:17,610

poster child for addiction alcohol

355

00:14:21,809 --> 00:14:19,870

addiction specifically in the United

356

00:14:25,439 --> 00:14:21,819

States where she had drank herself to

357

00:14:28,079 --> 00:14:25,449

one drink within the grasp of death she

358

00:14:29,429 --> 00:14:28,089

wound up in a two-week coma in a

359

00:14:32,389 --> 00:14:29,439

traumatic brain injury ward of a

360

00:14:36,240 --> 00:14:32,399

neuroscience Hospital in Houston and

361

00:14:38,730 --> 00:14:36,250

woke up weeks later in stone-cold sober

362

00:14:41,519 --> 00:14:38,740

had to relearn how to tie her shoes had

363

00:14:43,590 --> 00:14:41,529

to relearn to walk without stumbling you

364

00:14:45,210 --> 00:14:43,600

know without a drink in her system at

365

00:14:49,740 --> 00:14:45,220

all because she had done that much brain

366

00:14:52,259 --> 00:14:49,750

damage by alcohol consumption well she

367

00:14:54,509 --> 00:14:52,269

got out of the hospital drove home her

368

00:14:55,290 --> 00:14:54,519

husband was unpacking the bags in the

369

00:14:57,720 --> 00:14:55,300

driveway

370

00:14:59,490 --> 00:14:57,730

and she was inside pouring herself a

371

00:15:02,340 --> 00:14:59,500

glass of wine to take the edge off so

372

00:15:03,509 --> 00:15:02,350

she came to me with this story after she

373

00:15:05,910 --> 00:15:03,519

had read the book she goes I know

374

00:15:08,549 --> 00:15:05,920

addiction you know I know how much it

375

00:15:10,199 --> 00:15:08,559

grips you I know how much your mind is

376

00:15:12,960 --> 00:15:10,209

an uncontrollable thing

377

00:15:15,619 --> 00:15:12,970

well she read this red book that was

378

00:15:18,660 --> 00:15:15,629

mine I can have it is Volume one and

379

00:15:21,569 --> 00:15:18,670

took control of her mind and then was

380

00:15:24,419 --> 00:15:21,579

able to cure her addiction by herself

381

00:15:24,689 --> 00:15:24,429

without the AAA meanings and things like

382

00:15:26,970 --> 00:15:24,699

that

383

00:15:28,860 --> 00:15:26,980

and the way she did it was she started

384

00:15:30,480 --> 00:15:28,870

to go within she started to look at her

385

00:15:31,270 --> 00:15:30,490

mind's reactions she started to look at

386

00:15:33,040 --> 00:15:31,280

that little mad

387

00:15:34,480 --> 00:15:33,050

boys that said hey let's go have a drink

388

00:15:37,630 --> 00:15:34,490

hey let's not deal with this stress

389

00:15:39,100 --> 00:15:37,640

right now and let's let this boil up

390

00:15:40,870 --> 00:15:39,110

until it's Friday and I really need to

391

00:15:43,630 --> 00:15:40,880

go to the bar and have a you know go on

392

00:15:45,190 --> 00:15:43,640

a bender she was able to handle at least

393

00:15:47,230 --> 00:15:45,200

the way she explained it she was able to

394

00:15:49,810 --> 00:15:47,240

handle her Mon to moment stresses at

395

00:15:51,700 --> 00:15:49,820

Tuesday afternoon at 4 o'clock at

396

00:15:53,530 --> 00:15:51,710

Tuesday afternoon at 4 o'clock to where

397

00:15:54,910 --> 00:15:53,540

it didn't boil up until Friday and she

398

00:15:57,370 --> 00:15:54,920

needed to go out and have a drink that

399

00:15:59,620 --> 00:15:57,380

type of thing and so she stopped

400

00:16:01,270 --> 00:15:59,630

drinking but then she also later sat

401
00:16:03,910 --> 00:16:01,280
down with a glass of wine in a journal

402
00:16:06,030 --> 00:16:03,920
and she said okay I'm gonna mindfully

403
00:16:08,680 --> 00:16:06,040
take this drink and I'm going to record

404
00:16:10,180 --> 00:16:08,690
the psychological effect I'm gonna

405
00:16:11,440 --> 00:16:10,190
record the physical effect I'm gonna

406
00:16:14,350 --> 00:16:11,450
record my thoughts during the whole

407
00:16:17,110 --> 00:16:14,360
thing and took that drink that ááá said

408
00:16:19,210 --> 00:16:17,120
she can never take again and decided I'm

409
00:16:20,980 --> 00:16:19,220
done I'm done with this whole alcohol

410
00:16:22,870 --> 00:16:20,990
thing I really don't really enjoy the

411
00:16:24,600 --> 00:16:22,880
the whole laundry list of things that I

412
00:16:26,800 --> 00:16:24,610
just listed out on this piece of paper

413
00:16:27,970 --> 00:16:26,810

this really isn't gonna be something

414

00:16:29,590 --> 00:16:27,980

that's part of my life anymore and so

415

00:16:30,880 --> 00:16:29,600

that's you know that's her it's a

416

00:16:33,220 --> 00:16:30,890

hundred percent her it's not like you

417

00:16:35,020 --> 00:16:33,230

know my book cures addiction she took

418

00:16:37,510 --> 00:16:35,030

the ability to take her mind under

419

00:16:39,640 --> 00:16:37,520

control to do an analysis of what her

420

00:16:41,800 --> 00:16:39,650

mind was doing and then she did

421

00:16:43,840 --> 00:16:41,810

something amazing with that but that's

422

00:16:46,090 --> 00:16:43,850

how powerful this can be in that when

423

00:16:47,860 --> 00:16:46,100

you have those things that are you know

424

00:16:49,030 --> 00:16:47,870

creating havoc for you in your life

425

00:16:50,890 --> 00:16:49,040

where you're having just one bad

426
00:16:52,870 --> 00:16:50,900
relationship after another or one bad

427
00:16:54,579 --> 00:16:52,880
job choice after another or one bad

428
00:16:57,310 --> 00:16:54,589
addiction choice after another or

429
00:16:59,829 --> 00:16:57,320
whatever it is there's something inside

430
00:17:02,829 --> 00:16:59,839
your mind at a subconscious level that

431
00:17:04,420 --> 00:17:02,839
is causing that to occur right and you

432
00:17:07,090 --> 00:17:04,430
can't stop it from coming up and that's

433
00:17:09,189 --> 00:17:07,100
the problem and so if you can take

434
00:17:11,319 --> 00:17:09,199
charge of that process and understand

435
00:17:12,970 --> 00:17:11,329
how your process your consciousness

436
00:17:14,260 --> 00:17:12,980
works down to the multiple levels of

437
00:17:16,600 --> 00:17:14,270
consciousness below your waking

438
00:17:18,730 --> 00:17:16,610

awareness you can start taking charge of

439

00:17:20,949 --> 00:17:18,740

those or you can start altering the

440

00:17:23,679 --> 00:17:20,959

variables that create your entire

441

00:17:25,150 --> 00:17:23,689

emotional landscape period you can take

442

00:17:27,429 --> 00:17:25,160

charge of the output of your mind and

443

00:17:28,600 --> 00:17:27,439

change your life dramatically and you

444

00:17:31,840 --> 00:17:28,610

know I'm working with a couple of Navy

445

00:17:33,010 --> 00:17:31,850

SEALs that has said you know this is the

446

00:17:34,420 --> 00:17:33,020

best mind training book on the planet

447

00:17:36,610 --> 00:17:34,430

we've already been through the best mind

448

00:17:38,020 --> 00:17:36,620

training that we've that you know the

449

00:17:41,530 --> 00:17:38,030

United States government has available

450

00:17:43,240 --> 00:17:41,540

for us up in Virginia and you know I

451

00:17:44,980 --> 00:17:43,250

wish I would have found this book to

452

00:17:47,440 --> 00:17:44,990

address my PTSD much soon

453

00:17:49,299 --> 00:17:47,450

than I had because these guys are

454

00:17:52,210 --> 00:17:49,309

getting in there and saying okay no more

455

00:17:53,169 --> 00:17:52,220

PTSD and then it's gone and you know

456

00:17:55,389 --> 00:17:53,179

they don't have an issue with it anymore

457

00:17:57,789 --> 00:17:55,399

creating that space between what your

458

00:17:59,620 --> 00:17:57,799

mind wants to give you and who you are

459

00:18:02,110 --> 00:17:59,630

and realizing who you are that is

460

00:18:04,269 --> 00:18:02,120

different from your mind game changer

461

00:18:06,639 --> 00:18:04,279

game changer so when we're talking about

462

00:18:08,860 --> 00:18:06,649

that space it's incredibly important for

463

00:18:11,700 --> 00:18:08,870

you to have that yeah

464

00:18:14,289 --> 00:18:11,710

those are some great great stories and

465

00:18:16,450 --> 00:18:14,299

hats off to you and so great that you're

466

00:18:19,180 --> 00:18:16,460

able to produce something that was there

467

00:18:21,460 --> 00:18:19,190

for people when they needed it in that

468

00:18:24,519 --> 00:18:21,470

way and this is yoga man this is

469

00:18:25,990 --> 00:18:24,529

standard yoga stop you just go read it

470

00:18:29,080 --> 00:18:26,000

it you know what's kind of interesting

471

00:18:31,029 --> 00:18:29,090

to me just to follow on to that point we

472

00:18:32,680 --> 00:18:31,039

may be hammered it enough but I don't

473

00:18:35,680 --> 00:18:32,690

think we can hammer it enough because

474

00:18:37,870 --> 00:18:35,690

you know we look at our culture and what

475

00:18:42,130 --> 00:18:37,880

is the what is the most severe

476
00:18:45,570 --> 00:18:42,140
punishment we can give someone when

477
00:18:50,350 --> 00:18:45,580
they're in prison solitary confinement

478
00:18:52,870 --> 00:18:50,360
and you got to be there by yourself with

479
00:18:56,049 --> 00:18:52,880
that voice inside your head oh my gosh

480
00:18:58,840 --> 00:18:56,059
let us know but just take a step back

481
00:19:01,539 --> 00:18:58,850
and say let's go looking and yet those

482
00:19:04,330 --> 00:19:01,549
guys are sitting in a cave for seven

483
00:19:07,180 --> 00:19:04,340
years with no contact there go this is

484
00:19:09,730 --> 00:19:07,190
complete bliss because they have that

485
00:19:11,710 --> 00:19:09,740
complete separation they're tapping into

486
00:19:14,049 --> 00:19:11,720
something else that when you talk about

487
00:19:17,529 --> 00:19:14,059
the larger consciousness but the whole

488
00:19:21,519 --> 00:19:17,539

paradigm is is quite sick that we have

489

00:19:24,730 --> 00:19:21,529

in our culture where we've accepted that

490

00:19:26,620 --> 00:19:24,740

that little yammering voice in your head

491

00:19:28,810 --> 00:19:26,630

oh my gosh you do not want to be alone

492

00:19:30,789 --> 00:19:28,820

with that so like you say you want to go

493

00:19:32,980 --> 00:19:30,799

down to the bar or you just want to go

494

00:19:34,960 --> 00:19:32,990

yack with your friends or you want to

495

00:19:38,039 --> 00:19:34,970

spend all your time on social media but

496

00:19:41,529 --> 00:19:38,049

the last thing you want to do is be

497

00:19:45,240 --> 00:19:41,539

confronted by the voice inside your head

498

00:19:47,409 --> 00:19:45,250

it's really kind of a strange situation

499

00:19:50,710 --> 00:19:47,419

yeah and so you can learn to turn that

500

00:19:54,370 --> 00:19:50,720

thing off or at least change its tune it

501
00:19:55,810 --> 00:19:54,380
can be like if you had eternity you know

502
00:19:57,039 --> 00:19:55,820
I tell this to a lot of people I was

503
00:19:58,280 --> 00:19:57,049
like look if you were if you had

504
00:20:00,950 --> 00:19:58,290
eternity you

505
00:20:02,240 --> 00:20:00,960
eventually break up with yourself like

506
00:20:03,590 --> 00:20:02,250
if you had to spend eternity with any

507
00:20:05,120 --> 00:20:03,600
one person you'd certainly break up with

508
00:20:07,160 --> 00:20:05,130
them along before eternity got there but

509
00:20:09,080 --> 00:20:07,170
I mean if you had eternity to spend with

510
00:20:11,030 --> 00:20:09,090
anyone even yourself you break up with

511
00:20:15,110 --> 00:20:11,040
yourself at some point to say [h__\h]

512
00:20:17,060 --> 00:20:15,120
suicide right I'm done with this whole

513
00:20:19,130 --> 00:20:17,070

process but if you can understand that

514

00:20:20,630 --> 00:20:19,140

process like you know there's this self

515

00:20:22,850 --> 00:20:20,640

within as the spiritual self or this

516

00:20:24,470 --> 00:20:22,860

capital s level self that a lot of

517

00:20:26,510 --> 00:20:24,480

people you know once we start to put

518

00:20:28,370 --> 00:20:26,520

words to this stuff we start walking

519

00:20:30,560 --> 00:20:28,380

straight off the path of truth we all

520

00:20:31,880 --> 00:20:30,570

know that so let's just put that right

521

00:20:35,720 --> 00:20:31,890

out there but you know you have this

522

00:20:37,910 --> 00:20:35,730

capital level self that is your core

523

00:20:40,250 --> 00:20:37,920

being that is your existence beyond your

524

00:20:41,780 --> 00:20:40,260

mind etc but then you have to understand

525

00:20:43,400 --> 00:20:41,790

your mind self you have to be able to

526

00:20:45,140 --> 00:20:43,410

identify that because it likes to trick

527

00:20:47,300 --> 00:20:45,150

you into thinking that you're that self

528

00:20:49,850 --> 00:20:47,310

and your mind self is this laundry list

529

00:20:52,550 --> 00:20:49,860

of stuff and again your brain is your

530

00:20:55,700 --> 00:20:52,560

organ of survival so the limbic system

531

00:20:57,170 --> 00:20:55,710

within your brain constantly scans all

532

00:20:58,670 --> 00:20:57,180

of your environment for threats and says

533

00:21:00,230 --> 00:20:58,680

okay is this a threat is this idea of

534

00:21:02,120 --> 00:21:00,240

threat is this person a threat is this

535

00:21:03,650 --> 00:21:02,130

headline a threat is this you know

536

00:21:05,210 --> 00:21:03,660

baseball flying in my head a threat

537

00:21:06,950 --> 00:21:05,220

where is your gonna miss me that type of

538

00:21:10,070 --> 00:21:06,960

thing then a second question must be

539

00:21:11,870 --> 00:21:10,080

asked a threat to what and then that's

540

00:21:15,020 --> 00:21:11,880

when your mind has to say from a

541

00:21:16,700 --> 00:21:15,030

physiological survival perspective oh I

542

00:21:19,100 --> 00:21:16,710

gotta have a laundry list of stuff in my

543

00:21:21,470 --> 00:21:19,110

mind that says this is myself and this

544

00:21:22,880 --> 00:21:21,480

is not myself like if I see a leaf

545

00:21:24,260 --> 00:21:22,890

cutter and I have to understand whether

546

00:21:25,580 --> 00:21:24,270

or not I have ly used to find out

547

00:21:27,920 --> 00:21:25,590

whether or not that leaf cutter ant has

548

00:21:29,390 --> 00:21:27,930

a threat to me and if it's not a threat

549

00:21:31,610 --> 00:21:29,400

to me then I don't have to expend energy

550

00:21:33,080 --> 00:21:31,620

in my closed system and if it is a

551
00:21:34,970 --> 00:21:33,090
threat that I need to move away or do

552
00:21:37,520 --> 00:21:34,980
whatever is necessary to defend itself

553
00:21:39,320 --> 00:21:37,530
and so that whole minds self thing which

554
00:21:42,140 --> 00:21:39,330
includes your body you know your body

555
00:21:44,480 --> 00:21:42,150
gets hardwired into that definition it

556
00:21:47,750 --> 00:21:44,490
starts to pile on like Jim Coan and

557
00:21:50,030 --> 00:21:47,760
Virginia the UVA proved that people

558
00:21:52,580 --> 00:21:50,040
around us become a portion of our sense

559
00:21:54,980 --> 00:21:52,590
of self so that one simple system of

560
00:21:56,690 --> 00:21:54,990
defensive self within us can then also

561
00:21:59,030 --> 00:21:56,700
expand to things around us like our

562
00:22:01,280 --> 00:21:59,040
tribe or like our possessions or like

563
00:22:04,460 --> 00:22:01,290

our job or like our ideas of right and

564

00:22:07,220 --> 00:22:04,470

wrong are you know pro-choice pro-life

565

00:22:10,970 --> 00:22:07,230

position or politics or whatever it is

566

00:22:12,770 --> 00:22:10,980

like sam harris proved that politics get

567

00:22:14,930 --> 00:22:12,780

written on to our sense of self and our

568

00:22:17,090 --> 00:22:14,940

nervous system acts the same exact way

569

00:22:20,180 --> 00:22:17,100

when someone attacks our politics on a

570

00:22:22,610 --> 00:22:20,190

news feed on our Facebook page exactly

571

00:22:25,100 --> 00:22:22,620

like a bear walking out of the woods in

572

00:22:26,900 --> 00:22:25,110

front of us right there is a same

573

00:22:28,730 --> 00:22:26,910

physiological reaction so Tiffany

574

00:22:32,240 --> 00:22:28,740

Burnett white proved that brand

575

00:22:34,070 --> 00:22:32,250

connection other ideas of identity can

576

00:22:36,799 --> 00:22:34,080

get written onto this self and once you

577

00:22:41,060 --> 00:22:36,809

start to see all of your minds reactions

578

00:22:43,720 --> 00:22:41,070

as a kind of a reaction a self defense

579

00:22:45,860 --> 00:22:43,730

reaction to something on your self list

580

00:22:47,090 --> 00:22:45,870

one you can start to take the proactive

581

00:22:50,240 --> 00:22:47,100

step of starting to remove things from

582

00:22:51,770 --> 00:22:50,250

your self map to say okay well this is

583

00:22:52,909 --> 00:22:51,780

no longer gonna bother me anymore I'm

584

00:22:54,740 --> 00:22:52,919

not going to put any energy into

585

00:22:56,930 --> 00:22:54,750

defending this thing and then you can

586

00:22:58,820 --> 00:22:56,940

also again create that a little bit of a

587

00:23:00,020 --> 00:22:58,830

space in your mind to say oh the reason

588

00:23:01,669 --> 00:23:00,030

I'm having that reaction is because I

589

00:23:05,090 --> 00:23:01,679

have an attachment for mental attachment

590

00:23:06,380 --> 00:23:05,100

to X and all of a sudden now there are

591

00:23:08,539 --> 00:23:06,390

two magic things that happens one

592

00:23:10,970 --> 00:23:08,549

there's a space that gets created within

593

00:23:13,220 --> 00:23:10,980

you for your observation and the

594

00:23:16,490 --> 00:23:13,230

reaction but then also there's a

595

00:23:18,919 --> 00:23:16,500

hardwiring really cool thing that Matt

596

00:23:20,930 --> 00:23:18,929

Lieberman found at UCLA in 2007 and they

597

00:23:23,480 --> 00:23:20,940

did its own copycat studies to prove

598

00:23:25,669 --> 00:23:23,490

this out when you put a cognitive

599

00:23:28,340 --> 00:23:25,679

understanding to your emotional process

600

00:23:29,630 --> 00:23:28,350

it shuts off your emotional process so

601
00:23:32,390 --> 00:23:29,640
your limbic system sends a message

602
00:23:34,430 --> 00:23:32,400
toward to the brain and and it says okay

603
00:23:37,669 --> 00:23:34,440
this might be a coil on the ground might

604
00:23:38,990 --> 00:23:37,679
be a hose it might be a snake and at the

605
00:23:41,570 --> 00:23:39,000
point you look down and your mind

606
00:23:43,190 --> 00:23:41,580
understands oh well that's a hose all of

607
00:23:45,020 --> 00:23:43,200
a sudden the message gets sent back to

608
00:23:47,750 --> 00:23:45,030
your limbic system to say okay we got

609
00:23:50,600 --> 00:23:47,760
the message we understand not a threat

610
00:23:53,299 --> 00:23:50,610
and the emotion stops being sent to the

611
00:23:56,299 --> 00:23:53,309
forebrain for analysis well when you can

612
00:23:59,060 --> 00:23:56,309
put an understanding of the process of

613
00:24:00,110 --> 00:23:59,070

how your mind has created an emotional

614

00:24:01,700 --> 00:24:00,120

reaction in the first place by

615

00:24:03,169 --> 00:24:01,710

understanding you know this equation of

616

00:24:05,150 --> 00:24:03,179

emotion thing that I outlined in the red

617

00:24:06,830 --> 00:24:05,160

book and all this other stuff you get to

618

00:24:08,750 --> 00:24:06,840

play with the variables on that things

619

00:24:10,640 --> 00:24:08,760

like that when you understand that

620

00:24:13,039 --> 00:24:10,650

there's a magic button in your brain

621

00:24:15,740 --> 00:24:13,049

that shuts off the emotion being sent

622

00:24:18,500 --> 00:24:15,750

forward now this is cool because this is

623

00:24:20,060 --> 00:24:18,510

a resolution of the emotional pain that

624

00:24:22,010 --> 00:24:20,070

you're experiencing all these things get

625

00:24:23,630 --> 00:24:22,020

in our way of discovering deeper

626
00:24:24,790 --> 00:24:23,640
spirituality and things like that we

627
00:24:27,070 --> 00:24:24,800
talked about

628
00:24:28,930 --> 00:24:27,080
but on a day-to-day basis you can shut

629
00:24:31,510 --> 00:24:28,940
off your pain and suffering by simply

630
00:24:32,440 --> 00:24:31,520
understanding it and then the message

631
00:24:33,820 --> 00:24:32,450
from your right ventral lateral

632
00:24:35,170 --> 00:24:33,830
prefrontal cortex and your medial

633
00:24:36,820 --> 00:24:35,180
prefrontal cortex sends a message back

634
00:24:38,710 --> 00:24:36,830
says okay shut it off we get it we

635
00:24:40,480 --> 00:24:38,720
understand it no more message needs to

636
00:24:42,340 --> 00:24:40,490
be sent and that's exactly how the

637
00:24:44,410 --> 00:24:42,350
entire nervous system works in Mass cuz

638
00:24:45,760 --> 00:24:44,420

it doesn't want waste energy sending a

639

00:24:47,290 --> 00:24:45,770

message over and over and over again

640

00:24:49,420 --> 00:24:47,300

it's been resolved weeks ago or months

641

00:24:51,370 --> 00:24:49,430

ago or whatever it is as soon as it gets

642

00:24:53,260 --> 00:24:51,380

the message back it shuts off well if

643

00:24:55,060 --> 00:24:53,270

you're in that space of understanding

644

00:24:56,560 --> 00:24:55,070

your emotional reactions to things even

645

00:24:58,960 --> 00:24:56,570

your micro reactions to things on a

646

00:25:01,330 --> 00:24:58,970

daily basis those things get shut off

647

00:25:03,360 --> 00:25:01,340

your mind is much quieter that creates a

648

00:25:06,490 --> 00:25:03,370

plasticity that you can start to

649

00:25:13,600 --> 00:25:06,500

understand and feel your deeper

650

00:25:18,460 --> 00:25:13,610

existence within great except you've now

651
00:25:20,710 --> 00:25:18,470
kind of meandered into these minor

652
00:25:22,900 --> 00:25:20,720
points of difference that you know could

653
00:25:26,500 --> 00:25:22,910
be pretty major points a difference you

654
00:25:28,270 --> 00:25:26,510
know and so we have to kind of dive into

655
00:25:30,850 --> 00:25:28,280
a bunch of topics and we're going to

656
00:25:35,530 --> 00:25:30,860
have some fun I'll hope people understand

657
00:25:39,520 --> 00:25:35,540
that I pranaam to you you are a true

658
00:25:42,670 --> 00:25:39,530
seeker on the path and awesome awesome

659
00:25:45,730 --> 00:25:42,680
stuff so you know we're gonna hash out

660
00:25:48,730 --> 00:25:45,740
stuff that's kind of interesting to me

661
00:25:51,670 --> 00:25:48,740
in my little world and for people who

662
00:25:53,530 --> 00:25:51,680
are really down this path these things

663
00:25:56,920 --> 00:25:53,540

do have a difference you know well to

664

00:26:00,010 --> 00:25:56,930

what extent is your brain what we're

665

00:26:01,810 --> 00:26:00,020

really trying to operate on here or to

666

00:26:04,630 --> 00:26:01,820

what extent is this consciousness

667

00:26:08,020 --> 00:26:04,640

something more fundamental that we don't

668

00:26:10,090 --> 00:26:08,030

understand what is the endgame in terms

669

00:26:12,310 --> 00:26:10,100

of control do we want to control how

670

00:26:15,640 --> 00:26:12,320

much are we in want to be in the control

671

00:26:17,950 --> 00:26:15,650

game so I've laid out a board that kind

672

00:26:22,150 --> 00:26:17,960

of touches on a lot of these topics and

673

00:26:24,820 --> 00:26:22,160

in the true spirit of jeopardy I'm gonna

674

00:26:28,710 --> 00:26:24,830

let you pick and we'll just kind of see

675

00:26:32,650 --> 00:26:28,720

where some of this stuff goes Wow okay

676

00:26:36,960 --> 00:26:32,660

let's go let's find out what's behind

677

00:26:39,310 --> 00:26:36,970

neuroscience fair enough

678

00:26:45,370 --> 00:26:39,320

what's behind neuroscience Oh a

679

00:26:47,169 --> 00:26:45,380

shameless plug for Alex's book why

680

00:26:51,880 --> 00:26:47,179

science is wrong about almost everything

681

00:26:55,090 --> 00:26:51,890

and I'm kidding but I'm not because when

682

00:26:58,720 --> 00:26:55,100

I wrote that book the premise was if you

683

00:27:01,360 --> 00:26:58,730

get consciousness wrong then you can't

684

00:27:04,530 --> 00:27:01,370

get anything right and science has

685

00:27:07,210 --> 00:27:04,540

fundamentally misunderstood

686

00:27:11,740 --> 00:27:07,220

consciousness and you have a ton of

687

00:27:15,010 --> 00:27:11,750

great neuro science but it's all built

688

00:27:18,490 --> 00:27:15,020

on this fundamental misunderstanding of

689

00:27:20,760 --> 00:27:18,500

what consciousness is and it's it's hung

690

00:27:23,710 --> 00:27:20,770

up in the correlation versus causation

691

00:27:26,799 --> 00:27:23,720

problem they are hung up on the idea

692

00:27:28,810 --> 00:27:26,809

that consciousness is an Epiphone Amin

693

00:27:32,289 --> 00:27:28,820

of the brain - was brain you can be

694

00:27:35,289 --> 00:27:32,299

nothing more right and that is always

695

00:27:37,630 --> 00:27:35,299

going to be a limiting factor you know

696

00:27:39,490 --> 00:27:37,640

sam harris is a nincompoop so he might

697

00:27:41,980 --> 00:27:39,500

have had a good study published about

698

00:27:43,510 --> 00:27:41,990

one or other of his pet things about

699

00:27:46,810 --> 00:27:43,520

religion and neuro sense but he's

700

00:27:50,919 --> 00:27:46,820

fundamentally misunderstands the nature

701
00:27:54,370 --> 00:27:50,929
of consciousness so jump in there yeah I

702
00:27:55,720 --> 00:27:54,380
agree and and I think maybe the audience

703
00:27:57,940 --> 00:27:55,730
will be surprised that I agree with a

704
00:28:00,240 --> 00:27:57,950
lot of what he just said you know I do

705
00:28:04,500 --> 00:28:00,250
present a lot of science in the books

706
00:28:08,200 --> 00:28:04,510
which really was more of a tool to say

707
00:28:09,460 --> 00:28:08,210
this isn't just a theory that I came up

708
00:28:11,140 --> 00:28:09,470
with out of the blue and you need to

709
00:28:15,250 --> 00:28:11,150
believe this in yada-yada-yada it was

710
00:28:17,320 --> 00:28:15,260
here's all the empirical evidence that

711
00:28:21,159 --> 00:28:17,330
suggests that what I'm about to tell you

712
00:28:23,530 --> 00:28:21,169
is correct and so I agree with you that

713
00:28:26,080 --> 00:28:23,540

at the fundamental level there is a

714

00:28:32,500 --> 00:28:26,090

horrible misunderstanding of what

715

00:28:36,159 --> 00:28:32,510

consciousness is and how critical and

716

00:28:39,010 --> 00:28:36,169

how much of a building block it is for

717

00:28:42,669 --> 00:28:39,020

the whole thing for all of our existence

718

00:28:44,140 --> 00:28:42,679

not just you know this moving meat suit

719

00:28:46,240 --> 00:28:44,150

that we have that we seem to have

720

00:28:49,600 --> 00:28:46,250

control over eighty to a hundred years

721

00:28:51,220 --> 00:28:49,610

if everything goes well but you know

722

00:28:52,299 --> 00:28:51,230

the consciousness of absolutely

723

00:28:54,370 --> 00:28:52,309

everything and I talked about this a

724

00:28:55,510 --> 00:28:54,380

little bit in the blue book in that you

725

00:28:58,450 --> 00:28:55,520

know I believe consciousness is

726

00:29:01,480 --> 00:28:58,460

fundamental the evidence that we have of

727

00:29:04,060 --> 00:29:01,490

that is you know the the dive into

728

00:29:06,039 --> 00:29:04,070

quantum mechanics and again you know any

729

00:29:07,210 --> 00:29:06,049

time a lot of folks say the word quantum

730

00:29:08,169 --> 00:29:07,220

mechanics they don't understand what the

731

00:29:09,640 --> 00:29:08,179

heck's going on with that you should

732

00:29:11,950 --> 00:29:09,650

probably run for the hills as quick as

733

00:29:13,990 --> 00:29:11,960

possible but the reality the simple

734

00:29:15,940 --> 00:29:14,000

reality of the situation of the science

735

00:29:18,850 --> 00:29:15,950

is that there is a component of quantum

736

00:29:21,580 --> 00:29:18,860

mechanics called consciousness that we

737

00:29:23,820 --> 00:29:21,590

don't yet understand and yet that is

738

00:29:25,750 --> 00:29:23,830

fundamental they're like 17 major

739

00:29:29,409 --> 00:29:25,760

interpretations of quantum mechanics not

740

00:29:30,909 --> 00:29:29,419

one of them leaves out consciousness as

741

00:29:32,230 --> 00:29:30,919

a fundamental component without

742

00:29:34,539 --> 00:29:32,240

consciousness the whole model doesn't

743

00:29:37,659 --> 00:29:34,549

work right you do a nice job of breaking

744

00:29:39,909 --> 00:29:37,669

down that history and we talked about it

745

00:29:42,190 --> 00:29:39,919

on this show but you've added some good

746

00:29:44,049 --> 00:29:42,200

points to it it's it's almost like you

747

00:29:46,240 --> 00:29:44,059

can follow the path of these great

748

00:29:48,460 --> 00:29:46,250

physicists they're going down this path

749

00:29:51,070 --> 00:29:48,470

from them they just hit a point they go

750

00:29:53,250 --> 00:29:51,080

oh my gosh I can't really get any

751

00:29:55,299 --> 00:29:53,260

further without acknowledging

752

00:29:57,490 --> 00:29:55,309

consciousness and then independently

753

00:30:00,549 --> 00:29:57,500

they're all kind of coming to the same

754

00:30:02,289 --> 00:30:00,559

thing and it's funny that we just want

755

00:30:04,360 --> 00:30:02,299

to kind of sidestep that go no that

756

00:30:07,000 --> 00:30:04,370

didn't really happen we can pretend

757

00:30:10,120 --> 00:30:07,010

right the Copenhagen interpretation is

758

00:30:12,070 --> 00:30:10,130

hey shut up and compute right you know

759

00:30:14,020 --> 00:30:12,080

and it doesn't even really leave

760

00:30:15,760 --> 00:30:14,030

consciousness by the wayside it just

761

00:30:17,169 --> 00:30:15,770

says yeah but we really don't need it

762

00:30:19,000 --> 00:30:17,179

for the map and we really don't need it

763

00:30:22,840 --> 00:30:19,010

for the things that create you know

764

00:30:24,880 --> 00:30:22,850

almost two-thirds of our economy now is

765

00:30:26,560 --> 00:30:24,890

based on you know the quantum mechanic

766

00:30:30,490 --> 00:30:26,570

calculations is that it's the single

767

00:30:31,840 --> 00:30:30,500

most accurate predicting engine on the

768

00:30:34,120 --> 00:30:31,850

planet it's never made a prediction

769

00:30:35,919 --> 00:30:34,130

that's incorrect etc and that's their

770

00:30:37,659 --> 00:30:35,929

that's their place and and they're fine

771

00:30:40,720 --> 00:30:37,669

with it and I'm fine with it to go make

772

00:30:42,760 --> 00:30:40,730

it awesome chanology interject something

773

00:30:45,940 --> 00:30:42,770

there because you're a super computer

774

00:30:49,000 --> 00:30:45,950

guy super technical engineering guy and

775

00:30:51,850 --> 00:30:49,010

I say that all the time but I want to

776

00:30:53,680 --> 00:30:51,860

just have you reinforce that when you

777

00:30:57,700 --> 00:30:53,690

say hey two-thirds of our economy is

778

00:31:00,669 --> 00:30:57,710

based on quantum mechanics people don't

779

00:31:03,770 --> 00:31:00,679

get that how how is that so so maybe

780

00:31:07,250 --> 00:31:03,780

let's talk about if you're designing a

781

00:31:08,570 --> 00:31:07,260

chip you know why you care about quantum

782

00:31:12,410 --> 00:31:08,580

mechanics maybe let's take a little

783

00:31:14,840 --> 00:31:12,420

sidestep there well sure I mean quantum

784

00:31:18,440 --> 00:31:14,850

mechanics in general is just the science

785

00:31:20,810 --> 00:31:18,450

of how the smallest bits of Newtonian

786

00:31:23,540 --> 00:31:20,820

physics works underneath though it's

787

00:31:26,090 --> 00:31:23,550

it's like the underlying rule set of all

788

00:31:28,010 --> 00:31:26,100

of the tiniest bits of Newtonian physics

789

00:31:29,630 --> 00:31:28,020

and we live in a Newtonian physics world

790

00:31:32,540 --> 00:31:29,640

we live in a very physical world of

791

00:31:35,120 --> 00:31:32,550

atoms and electrons and you know waves

792

00:31:36,830 --> 00:31:35,130

and things moving and etc and so this

793

00:31:38,720 --> 00:31:36,840

quantum mechanics is simply a way of

794

00:31:40,400 --> 00:31:38,730

understanding and being able to predict

795

00:31:45,200 --> 00:31:40,410

how those things are going to react in

796

00:31:47,840 --> 00:31:45,210

different situations inclusive of you

797

00:31:50,210 --> 00:31:47,850

know randomness and uncertainty and

798

00:31:51,590 --> 00:31:50,220

things like that that occur that you

799

00:31:54,280 --> 00:31:51,600

have to take into consideration I mean

800

00:31:56,480 --> 00:31:54,290

even when you have the like I used to be

801
00:32:00,470 --> 00:31:56,490
engineer for a super computing company

802
00:32:02,690 --> 00:32:00,480
and so on these chips you have a certain

803
00:32:04,940 --> 00:32:02,700
level of expectation that they're going

804
00:32:06,530 --> 00:32:04,950
to do things correct most of the time

805
00:32:07,910 --> 00:32:06,540
but then there's also going to be

806
00:32:10,130 --> 00:32:07,920
mistakes it's going to be errors they're

807
00:32:13,310 --> 00:32:10,140
going to be uncertainty that is

808
00:32:14,960 --> 00:32:13,320
calculated into that chip that you put

809
00:32:17,210 --> 00:32:14,970
into multiple chips into the computer

810
00:32:20,260 --> 00:32:17,220
system and so you have to be able to put

811
00:32:25,240 --> 00:32:20,270
the right amount of double checks or

812
00:32:28,280 --> 00:32:25,250
check sums into this process to create a

813
00:32:31,010 --> 00:32:28,290

kind of a more robust system of

814

00:32:33,890 --> 00:32:31,020

computing to say okay based on my

815

00:32:35,990 --> 00:32:33,900

quantum mechanics projections and

816

00:32:38,720 --> 00:32:36,000

calculations now I understand exactly

817

00:32:40,370 --> 00:32:38,730

how to program for these chips so that I

818

00:32:44,030 --> 00:32:40,380

can understand that these chips haven't

819

00:32:47,230 --> 00:32:44,040

given me an erroneous output so that we

820

00:32:50,270 --> 00:32:47,240

can do the computing job to a very high

821

00:32:51,560 --> 00:32:50,280

confidence level that we're jump in

822

00:32:53,930 --> 00:32:51,570

there and correct me if I'm wrong but

823

00:32:55,730 --> 00:32:53,940

even getting more dumb to basics or

824

00:32:57,590 --> 00:32:55,740

people can understand it how do I go

825

00:33:00,950 --> 00:32:57,600

from a computer that's as big as a room

826
00:33:02,990 --> 00:33:00,960
to a computer that fits in my hand and I

827
00:33:05,210 --> 00:33:03,000
call it an iPhone well I keep running

828
00:33:07,070 --> 00:33:05,220
those little lines that carry electrons

829
00:33:08,750 --> 00:33:07,080
that are ones and zeros and I keep

830
00:33:10,730 --> 00:33:08,760
moving those little wires closer and

831
00:33:12,560 --> 00:33:10,740
closer together but then I find out that

832
00:33:14,450 --> 00:33:12,570
at some point if I get those lines too

833
00:33:16,649 --> 00:33:14,460
close together those little electrical

834
00:33:18,629 --> 00:33:16,659
lines these electrons seem to jump back

835
00:33:20,519 --> 00:33:18,639
forth just like those quantum physicists

836
00:33:22,950 --> 00:33:20,529
said they would and everything goes

837
00:33:25,200 --> 00:33:22,960
haywire right yes so I realize this is

838
00:33:27,539 --> 00:33:25,210

like one of the problems I have that is

839

00:33:30,060 --> 00:33:27,549

quantum physics it's like I can't design

840

00:33:33,539 --> 00:33:30,070

a chip without knowing that there is

841

00:33:36,389 --> 00:33:33,549

that jumping around of stuff that

842

00:33:38,849 --> 00:33:36,399

entanglement of stuff that is kind of

843

00:33:40,440 --> 00:33:38,859

right out of those equations so it does

844

00:33:43,589 --> 00:33:40,450

in a way that a lot of people don't

845

00:33:45,960 --> 00:33:43,599

understand the theory rolls right into

846

00:33:47,789 --> 00:33:45,970

the mathematical equations rolls right

847

00:33:49,440 --> 00:33:47,799

into the engineering that people are

848

00:33:51,719 --> 00:33:49,450

sitting there on there let on their

849

00:33:55,560 --> 00:33:51,729

bench saying okay how can we make this

850

00:33:59,609 --> 00:33:55,570

thing work yes agreed I couldn't put it

851
00:34:04,710 --> 00:33:59,619
any better okay okay tell you what let's

852
00:34:06,389 --> 00:34:04,720
uh let's have you pick another category

853
00:34:08,010 --> 00:34:06,399
we might have covered some of these but

854
00:34:11,399 --> 00:34:08,020
we'll still see where it goes

855
00:34:13,409 --> 00:34:11,409
sure will you send me an email the other

856
00:34:16,169 --> 00:34:13,419
day about Rogan Shermer and you saw that

857
00:34:22,710 --> 00:34:16,179
video that I'd put up what did you have

858
00:34:27,029 --> 00:34:22,720
in mind there Oh just walked right into

859
00:34:29,639 --> 00:34:27,039
that one didn't you so you did a very

860
00:34:31,769 --> 00:34:29,649
nice video if people go to your YouTube

861
00:34:34,279 --> 00:34:31,779
channel you'll find kind of all these

862
00:34:36,960 --> 00:34:34,289
videos that you've done some are very

863
00:34:38,879 --> 00:34:36,970

instructional almost they're supportive

864

00:34:40,619 --> 00:34:38,889

of the book in a way that says okay if

865

00:34:42,809 --> 00:34:40,629

you read the book you know here's a

866

00:34:44,849 --> 00:34:42,819

little lecture on that that's great

867

00:34:46,889 --> 00:34:44,859

stuff and then you also do just some

868

00:34:49,260 --> 00:34:46,899

kind of commentary stuff and one of the

869

00:34:50,879 --> 00:34:49,270

things you like to do is talk about the

870

00:34:52,889 --> 00:34:50,889

Joe Rogan experience you like the Joe

871

00:34:56,549 --> 00:34:52,899

Rogan experience mixed feelings about

872

00:34:58,349 --> 00:34:56,559

you oh rogon but any rate I stumble

873

00:35:02,760 --> 00:34:58,359

across this video where you're talking

874

00:35:05,460 --> 00:35:02,770

about Rogan and my frenemy Michael

875

00:35:09,900 --> 00:35:05,470

Shermer who is just a super interesting

876

00:35:11,609 --> 00:35:09,910

guy complete I don't want to say he's in

877

00:35:15,210 --> 00:35:11,619

it but cuz I always say stuff like that

878

00:35:16,920 --> 00:35:15,220

and then people really get all bent out

879

00:35:18,890 --> 00:35:16,930

of shape then I'm like attacking people

880

00:35:23,309 --> 00:35:18,900

or stuff like that but it's just that I

881

00:35:26,250 --> 00:35:23,319

mean here's what I said to Shermer when

882

00:35:27,839 --> 00:35:26,260

he was on skeptic oh that is you know

883

00:35:28,620 --> 00:35:27,849

just kind of harsh but true let's see if

884

00:35:30,170 --> 00:35:28,630

you can hear this

885

00:35:32,940 --> 00:35:30,180

okay they had over a hundred

886

00:35:36,210 --> 00:35:32,950

peer-reviewed papers that they included

887

00:35:38,670 --> 00:35:36,220

in their book by now there's over 200

888

00:35:40,740 --> 00:35:38,680

peer-reviewed papers you see any of that

889

00:35:43,320 --> 00:35:40,750

in your book I think it's important we

890

00:35:44,940 --> 00:35:43,330

make it look yeah I don't have to cite

891

00:35:47,040 --> 00:35:44,950

everybody that's ever written on the

892

00:35:47,930 --> 00:35:47,050

subject but you know any of them you

893

00:35:53,270 --> 00:35:47,940

don't say

894

00:35:55,710 --> 00:35:53,280

yes I'm Ramos am carnea who else yeah

895

00:36:02,790 --> 00:35:55,720

presented both of them but you at least

896

00:36:04,530 --> 00:36:02,800

cited them I like to give some people a

897

00:36:06,780 --> 00:36:04,540

hard time and Michael Shermer is one of

898

00:36:10,050 --> 00:36:06,790

them this is this conversation they're

899

00:36:12,480 --> 00:36:10,060

having about near-death experience

900

00:36:15,000 --> 00:36:12,490

science something I've looked into a lot

901
00:36:17,970 --> 00:36:15,010
it be not because I've had a near-death

902
00:36:20,280 --> 00:36:17,980
experience the reason I looked into it

903
00:36:22,170 --> 00:36:20,290
is because it really fundamentally gets

904
00:36:25,020 --> 00:36:22,180
to one of these questions that you

905
00:36:27,540 --> 00:36:25,030
touched on in talking about your books

906
00:36:32,640 --> 00:36:27,550
but I think we need to hash out further

907
00:36:36,450 --> 00:36:32,650
and that is does consciousness extend

908
00:36:38,730 --> 00:36:36,460
beyond bodily death and if it does what

909
00:36:42,900 --> 00:36:38,740
does that tell us about the nature of

910
00:36:46,430 --> 00:36:42,910
consciousness and the brain because if

911
00:36:50,100 --> 00:36:46,440
consciousness is happening at a time

912
00:36:51,750 --> 00:36:50,110
when our neurological models suggest

913
00:36:54,860 --> 00:36:51,760

that consciousness can't occur in the

914

00:36:57,630 --> 00:36:54,870

brain right right let's talk about

915

00:37:01,580 --> 00:36:57,640

near-death experience science and

916

00:37:04,650 --> 00:37:01,590

whether or not it suggests that

917

00:37:08,550 --> 00:37:04,660

consciousness extends beyond bodily

918

00:37:11,520 --> 00:37:08,560

death and what that might mean for this

919

00:37:13,170 --> 00:37:11,530

brain science that is really impressive

920

00:37:18,600 --> 00:37:13,180

and that you know you've said it so

921

00:37:22,620 --> 00:37:18,610

often okay so to cut to the chase I have

922

00:37:26,760 --> 00:37:22,630

a eat I have two feet one in each boat

923

00:37:29,970 --> 00:37:26,770

on our experience of consciousness is

924

00:37:33,270 --> 00:37:29,980

certainly connected to the brain and our

925

00:37:37,220 --> 00:37:33,280

ability to experience what our brain

926

00:37:40,950 --> 00:37:37,230

gives us but then also I am a fan of

927

00:37:41,529 --> 00:37:40,960

consciousness is a non-local phenomena

928

00:37:48,129 --> 00:37:41,539

so

929

00:37:52,539 --> 00:37:48,139

I understand consciousness is

930

00:37:54,249 --> 00:37:52,549

fundamental and as a portion of the

931

00:37:56,169 --> 00:37:54,259

quantum foam of the universe it creates

932

00:37:59,469 --> 00:37:56,179

absolutely everything

933

00:38:01,089 --> 00:37:59,479

lest it doesn't exist so basically the

934

00:38:04,599 --> 00:38:01,099

quantum field has to be there operating

935

00:38:06,819 --> 00:38:04,609

in its mystic operation or 3d space

936

00:38:08,409 --> 00:38:06,829

cannot exist in those places because

937

00:38:11,439 --> 00:38:08,419

quantum mechanics creates all of the

938

00:38:14,349 --> 00:38:11,449

physical universe in its infinitude

939

00:38:18,839 --> 00:38:14,359

right and so as a functional component

940

00:38:22,349 --> 00:38:18,849

of the quantum mechanics magic

941

00:38:24,969 --> 00:38:22,359

consciousness is fundamental now our

942

00:38:27,939 --> 00:38:24,979

experience our personal experience of

943

00:38:31,389 --> 00:38:27,949

consciousness I think is dependent on

944

00:38:33,429 --> 00:38:31,399

the brain being there to a certain

945

00:38:36,219 --> 00:38:33,439

extent in this human form now do we

946

00:38:37,899 --> 00:38:36,229

continue on I believe we do okay I do

947

00:38:40,149 --> 00:38:37,909

believe that there is a canonical

948

00:38:43,239 --> 00:38:40,159

component of consciousness that allows

949

00:38:46,179 --> 00:38:43,249

us to continue forward and so and that's

950

00:38:48,189 --> 00:38:46,189

what the science in the blue book volume

951
00:38:50,769 --> 00:38:48,199
two points out that you know there was

952
00:38:54,870 --> 00:38:50,779
this and I don't know if you're a fan of

953
00:38:58,059 --> 00:38:54,880
or Co R or not I know you've had some

954
00:39:00,929 --> 00:38:58,069
discussions about yeah so they're the

955
00:39:07,179 --> 00:39:00,939
the Oracle our theory is that you know

956
00:39:10,569 --> 00:39:07,189
consciousness is a portion is partially

957
00:39:13,449 --> 00:39:10,579
caused by these microtubules in our

958
00:39:16,089 --> 00:39:13,459
neurons and the neurons all is made up

959
00:39:17,559 --> 00:39:16,099
of microtubules the synapses are made of

960
00:39:18,909 --> 00:39:17,569
microtubules it's like you know your

961
00:39:20,529 --> 00:39:18,919
brain wouldn't be able to be there and

962
00:39:21,999 --> 00:39:20,539
function without these microtubules well

963
00:39:25,409 --> 00:39:22,009

they interact the theory was they

964

00:39:27,699 --> 00:39:25,419

interacted with quantum vibrations and

965

00:39:30,609 --> 00:39:27,709

so for the longest time there was this

966

00:39:32,289 --> 00:39:30,619

argument that said well the quantum

967

00:39:34,269 --> 00:39:32,299

field can't interact with you know

968

00:39:35,349 --> 00:39:34,279

physical matter first of all then second

969

00:39:36,699 --> 00:39:35,359

of all is not going to interact with

970

00:39:39,879 --> 00:39:36,709

these microtubules even though they are

971

00:39:41,889 --> 00:39:39,889

the right shape in the in the warm and

972

00:39:43,809 --> 00:39:41,899

wet environment of the brain and well in

973

00:39:46,209 --> 00:39:43,819

Tsukuba Japan they prove that that was

974

00:39:50,259 --> 00:39:46,219

incorrect they did prove that would by

975

00:39:52,989 --> 00:39:50,269

taking neurons brain matter and

976

00:39:55,000 --> 00:39:52,999

measuring it that those do interact with

977

00:39:56,140 --> 00:39:55,010

quantum field vibrations and

978

00:39:58,840 --> 00:39:56,150

typically they do so in the gamma

979

00:40:00,580 --> 00:39:58,850

spectrum and the gamma spectrum is

980

00:40:02,440 --> 00:40:00,590

important because the gamma waves in the

981

00:40:04,300 --> 00:40:02,450

brain they used to classify them as

982

00:40:05,980 --> 00:40:04,310

brain noise they misunderstood them for

983

00:40:07,270 --> 00:40:05,990

the longest time and now just recently

984

00:40:08,830 --> 00:40:07,280

they start to understand they're the

985

00:40:10,420 --> 00:40:08,840

most important brain waves we have

986

00:40:12,910 --> 00:40:10,430

because they're the highly integrative

987

00:40:14,350 --> 00:40:12,920

brain waves that take a lot of

988

00:40:15,820 --> 00:40:14,360

information from a lot of different

989

00:40:16,390 --> 00:40:15,830

sources and put the big picture together

990

00:40:19,030 --> 00:40:16,400

for us

991

00:40:21,690 --> 00:40:19,040

etc they're also highly correlative to

992

00:40:23,590 --> 00:40:21,700

our altruism and higher virtues

993

00:40:25,360 --> 00:40:23,600

unconditional love they're measured

994

00:40:26,620 --> 00:40:25,370

highest in the monks of Tibet who sit

995

00:40:28,060 --> 00:40:26,630

around meditating on our pain and

996

00:40:31,360 --> 00:40:28,070

suffering all day because they suppose

997

00:40:32,650 --> 00:40:31,370

they don't have any etc these are some

998

00:40:34,390 --> 00:40:32,660

of the most important brain waves that

999

00:40:36,760 --> 00:40:34,400

we have and it just so happens that

1000

00:40:39,460 --> 00:40:36,770

these microtubules in our brains are

1001
00:40:41,710 --> 00:40:39,470
vibrating with the quantum vibration of

1002
00:40:44,800 --> 00:40:41,720
the universe which could be you know

1003
00:40:46,840 --> 00:40:44,810
first of all dialed into a frequency of

1004
00:40:48,190 --> 00:40:46,850
love from a scientific perspective which

1005
00:40:49,930 --> 00:40:48,200
is kind of crazy the science is leading

1006
00:40:52,750 --> 00:40:49,940
us towards you know first of all this

1007
00:40:54,300 --> 00:40:52,760
field is unitive it's absolutely one

1008
00:40:57,370 --> 00:40:54,310
with everything it's part of the whole

1009
00:40:58,870 --> 00:40:57,380
fabric of the universe and it's made of

1010
00:41:02,680 --> 00:40:58,880
love well you know where we heard that

1011
00:41:06,220 --> 00:41:02,690
message before right so the question

1012
00:41:09,120 --> 00:41:06,230
becomes a semantic one where where's the

1013
00:41:11,500 --> 00:41:09,130

delineation of your awareness that gets

1014

00:41:13,060 --> 00:41:11,510

quarantined away from the rest of this

1015

00:41:15,130 --> 00:41:13,070

consciousness how much of the

1016

00:41:17,380 --> 00:41:15,140

consciousness that we have is being

1017

00:41:19,030 --> 00:41:17,390

picked up as kind of a carrier wave or a

1018

00:41:21,160 --> 00:41:19,040

specific wave that we're then

1019

00:41:25,030 --> 00:41:21,170

interpreting through our physical body

1020

00:41:26,860 --> 00:41:25,040

and having experiences associated with

1021

00:41:28,840 --> 00:41:26,870

consciousness that wouldn't be there if

1022

00:41:31,780 --> 00:41:28,850

the whole thing wasn't conscious right

1023

00:41:34,120 --> 00:41:31,790

so that's kind of where I sit in a you

1024

00:41:36,760 --> 00:41:34,130

know first of all I don't know I'm not

1025

00:41:38,290 --> 00:41:36,770

sure right none of us are sure that soon

1026

00:41:40,060 --> 00:41:38,300

as we start to put words to this stuff

1027

00:41:42,970 --> 00:41:40,070

we start walking off the path of truth

1028

00:41:46,090 --> 00:41:42,980

because we try to put concepts concepts

1029

00:41:48,960 --> 00:41:46,100

to these things that are potentially

1030

00:41:51,970 --> 00:41:48,970

beyond our ability to understand them

1031

00:41:53,110 --> 00:41:51,980

but at the same time it's like well you

1032

00:41:56,220 --> 00:41:53,120

know the model kind of fits together

1033

00:42:01,120 --> 00:41:56,230

like this in that we can certainly have

1034

00:42:03,220 --> 00:42:01,130

individual experiences of consciousness

1035

00:42:04,870 --> 00:42:03,230

and I believe that there are multiple

1036

00:42:06,880 --> 00:42:04,880

levels of consciousness within us and I

1037

00:42:08,589 --> 00:42:06,890

think the science you know supports that

1038

00:42:10,210 --> 00:42:08,599

in that when you look at the science of

1039

00:42:12,009 --> 00:42:10,220

split brain patients you have multiple

1040

00:42:13,720 --> 00:42:12,019

consciousnesses in there that are

1041

00:42:15,819 --> 00:42:13,730

arguing about something like if you take

1042

00:42:17,829 --> 00:42:15,829

a knife and you cut the corpus callosum

1043

00:42:19,150 --> 00:42:17,839

and you ask somebody who has a left

1044

00:42:20,500 --> 00:42:19,160

brain and the right brain can no longer

1045

00:42:22,299 --> 00:42:20,510

talk to each other anymore

1046

00:42:24,640 --> 00:42:22,309

you ask them what they want to be when

1047

00:42:26,380 --> 00:42:24,650

they grow up one side writes out race

1048

00:42:28,120 --> 00:42:26,390

car driver with one hand the other side

1049

00:42:30,490 --> 00:42:28,130

writes out doctor there are two

1050

00:42:31,930 --> 00:42:30,500

consciousness levels in there well there

1051
00:42:32,859 --> 00:42:31,940
are multiple consciousness levels in

1052
00:42:34,930 --> 00:42:32,869
there I mean there are consciousness

1053
00:42:37,269 --> 00:42:34,940
levels that you know beat our heart and

1054
00:42:40,799 --> 00:42:37,279
run our immune system and you know react

1055
00:42:43,779 --> 00:42:40,809
on a cellular level even and they're all

1056
00:42:46,779 --> 00:42:43,789
kind of separated with these lines of

1057
00:42:48,099 --> 00:42:46,789
demarcation that help them only take the

1058
00:42:49,930 --> 00:42:48,109
amount of information that they can

1059
00:42:52,569 --> 00:42:49,940
handle and that's where our waking

1060
00:42:54,220 --> 00:42:52,579
awareness is also like if we were handed

1061
00:42:56,019 --> 00:42:54,230
the responsibility to beat her hard to

1062
00:42:58,630 --> 00:42:56,029
run our nervous system to run our

1063
00:43:00,430 --> 00:42:58,640

digestive system to run our immune

1064

00:43:02,529 --> 00:43:00,440

system to do all the things that are

1065

00:43:04,720 --> 00:43:02,539

required to have us survive from today

1066

00:43:06,490 --> 00:43:04,730

and tomorrow we die right there would be

1067

00:43:08,859 --> 00:43:06,500

too much information for us to process

1068

00:43:10,299 --> 00:43:08,869

and so those things need to be separated

1069

00:43:11,620 --> 00:43:10,309

at multiple levels of consciousness down

1070

00:43:16,749 --> 00:43:11,630

within our body well there's nothing

1071

00:43:18,309 --> 00:43:16,759

that says that we aren't limited to what

1072

00:43:20,559 --> 00:43:18,319

we can handle up here in our waking

1073

00:43:23,740 --> 00:43:20,569

awareness and that we aren't connected

1074

00:43:26,079 --> 00:43:23,750

out into universal consciousness because

1075

00:43:27,970 --> 00:43:26,089

I think you know obviously the wirings

1076

00:43:29,349 --> 00:43:27,980

there and we've proven that it's there

1077

00:43:31,960 --> 00:43:29,359

that it's there and that our neurons

1078

00:43:34,960 --> 00:43:31,970

actually do interact with this magical

1079

00:43:36,160 --> 00:43:34,970

quantum field let's can I stop right

1080

00:43:39,190 --> 00:43:36,170

there and jump yeah because I want to

1081

00:43:41,049 --> 00:43:39,200

make sure we don't go too far I love

1082

00:43:44,470 --> 00:43:41,059

everything you said and right people who

1083

00:43:46,269 --> 00:43:44,480

are really into this they can go to

1084

00:43:48,670 --> 00:43:46,279

school on everything you said I want to

1085

00:43:50,710 --> 00:43:48,680

make sure we kind of cover the bases so

1086

00:43:55,539 --> 00:43:50,720

you're talking about the work of dr.

1087

00:43:57,460 --> 00:43:55,549

Stuart Hameroff and Penrose right yes it

1088

00:43:59,769 --> 00:43:57,470

so Hameroff was at the university or

1089

00:44:02,799 --> 00:43:59,779

zona he's been on the show once or twice

1090

00:44:04,900 --> 00:44:02,809

I can't remember you've been invited to

1091

00:44:06,730 --> 00:44:04,910

speak at the consciousness conference in

1092

00:44:08,289 --> 00:44:06,740

Tucson which is quite an honor a

1093

00:44:10,450 --> 00:44:08,299

distinction which you have it just

1094

00:44:13,269 --> 00:44:10,460

awesome and you've had conversations

1095

00:44:16,589 --> 00:44:13,279

with Hameroff about this so what's

1096

00:44:20,320 --> 00:44:16,599

important about Hameroff and the

1097

00:44:23,920 --> 00:44:20,330

microtubule thing and the link to

1098

00:44:26,230 --> 00:44:23,930

quantum science is that here's a guy as

1099

00:44:28,420 --> 00:44:26,240

I understand it who's tried to bridge

1100

00:44:30,600 --> 00:44:28,430

that gap that you're just describing so

1101
00:44:33,070 --> 00:44:30,610
you have these really stuck in the mud

1102
00:44:34,600 --> 00:44:33,080
neuroscience types that say no no no

1103
00:44:36,760 --> 00:44:34,610
it's all brain drain brain consciousness

1104
00:44:38,560 --> 00:44:36,770
is an illusion is fundamentally the

1105
00:44:40,270 --> 00:44:38,570
intellectual position they take yeah

1106
00:44:42,220 --> 00:44:40,280
justice is an illusion it's an epic

1107
00:44:44,170 --> 00:44:42,230
phenomena the brain and if he's come

1108
00:44:46,090 --> 00:44:44,180
along and said wait a minute you like

1109
00:44:48,670 --> 00:44:46,100
quantum physics don't you what if I

1110
00:44:52,270 --> 00:44:48,680
could show you how quantum physics seems

1111
00:44:54,160 --> 00:44:52,280
to be predisposed to connect with this

1112
00:44:57,460 --> 00:44:54,170
thing that you're really uncomfortable

1113
00:44:59,020 --> 00:44:57,470

with called consciousness right then he

1114

00:45:00,460 --> 00:44:59,030

says here are these microtubules and

1115

00:45:02,890 --> 00:45:00,470

look don't they fit and then there's

1116

00:45:04,810 --> 00:45:02,900

further studies although I kind of worry

1117

00:45:06,100 --> 00:45:04,820

a little bit that once we get down that

1118

00:45:08,110 --> 00:45:06,110

path and you start talking about the

1119

00:45:10,000 --> 00:45:08,120

levels we're back into a form of

1120

00:45:13,510 --> 00:45:10,010

materialism but then you brought us back

1121

00:45:15,910 --> 00:45:13,520

in a way of how that maybe can solve

1122

00:45:17,470 --> 00:45:15,920

both problems the problem of the larger

1123

00:45:20,380 --> 00:45:17,480

consciousness the universal

1124

00:45:22,600 --> 00:45:20,390

consciousness and the experience that we

1125

00:45:24,880 --> 00:45:22,610

have and we seem to be able to study

1126
00:45:28,210 --> 00:45:24,890
inside our physical body I'm gonna

1127
00:45:29,890 --> 00:45:28,220
return you to the near-death experience

1128
00:45:31,570 --> 00:45:29,900
science though just for a minute because

1129
00:45:34,330 --> 00:45:31,580
our people now understand what I meant

1130
00:45:35,980 --> 00:45:34,340
about this kind of friendly deep dive

1131
00:45:38,320 --> 00:45:35,990
debate I mean if you're following us

1132
00:45:40,330 --> 00:45:38,330
this far then you're in the soup and you

1133
00:45:42,640 --> 00:45:40,340
probably like this stuff if not it

1134
00:45:45,550 --> 00:45:42,650
turned off already because it's just too

1135
00:45:47,710 --> 00:45:45,560
weird well let's take it let's before we

1136
00:45:50,890 --> 00:45:47,720
totally leave Shermer an NDE let's talk

1137
00:45:55,750 --> 00:45:50,900
about the elephant in the room also that

1138
00:45:58,570 --> 00:45:55,760

is counterintuitive that you know 35% of

1139

00:46:00,880 --> 00:45:58,580

us or more have these like near-death

1140

00:46:02,890 --> 00:46:00,890

experiences or these unitive experiences

1141

00:46:05,290 --> 00:46:02,900

as William James would classify them

1142

00:46:06,970 --> 00:46:05,300

these enlightenment experiences these

1143

00:46:08,350 --> 00:46:06,980

miniature awakenings you know they're

1144

00:46:12,810 --> 00:46:08,360

all I kind of put them all under the

1145

00:46:16,060 --> 00:46:12,820

same umbrella and so the the materialist

1146

00:46:18,490 --> 00:46:16,070

position on why we have opposable thumbs

1147

00:46:20,230 --> 00:46:18,500

is that the monkeys who accidentally

1148

00:46:22,770 --> 00:46:20,240

grew opposable thumbs were able to grab

1149

00:46:28,000 --> 00:46:22,780

the banana is easier and so thus became

1150

00:46:30,820 --> 00:46:28,010

a functioning digit on our evolution and

1151
00:46:33,880 --> 00:46:30,830
the monkeys that had those thumbs and

1152
00:46:35,650 --> 00:46:33,890
mated went on to create new

1153
00:46:37,570 --> 00:46:35,660
keys etc that ultimately became us with

1154
00:46:42,130 --> 00:46:37,580
opposable thumbs etc and so their whole

1155
00:46:46,870 --> 00:46:42,140
model of existence as it develops is one

1156
00:46:47,500 --> 00:46:46,880
based on a an evolution that is survival

1157
00:46:51,190 --> 00:46:47,510
of the fittest

1158
00:46:55,840 --> 00:46:51,200
right natural selection but in this

1159
00:46:58,030 --> 00:46:55,850
other space of n bees or awakenings or

1160
00:46:58,710 --> 00:46:58,040
enlightenment experiences or whatever it

1161
00:47:01,410 --> 00:46:58,720
is

1162
00:47:03,730 --> 00:47:01,420
typically those things happen after

1163
00:47:05,860 --> 00:47:03,740

procreation age and of course they

1164

00:47:06,880 --> 00:47:05,870

happen at near death or at the end of

1165

00:47:08,770 --> 00:47:06,890

life because a lot of people have

1166

00:47:12,550 --> 00:47:08,780

near-death experiences and then go on

1167

00:47:13,930 --> 00:47:12,560

and die and then other folks have these

1168

00:47:16,000 --> 00:47:13,940

near-death experiences and come back and

1169

00:47:17,830 --> 00:47:16,010

tell of stories that are extremely

1170

00:47:19,990 --> 00:47:17,840

meaningful for those folks and that are

1171

00:47:22,060 --> 00:47:20,000

life-changing and that are extremely

1172

00:47:24,340 --> 00:47:22,070

beneficial and we've had a number of

1173

00:47:27,480 --> 00:47:24,350

studies like you know even just like the

1174

00:47:30,100 --> 00:47:27,490

psilocybin studies from the 60s and 70s

1175

00:47:34,660 --> 00:47:30,110

90 some odd percent of those people who

1176

00:47:36,370 --> 00:47:34,670

experienced the chemical that we kind of

1177

00:47:37,750 --> 00:47:36,380

want to theorize as being dumped into

1178

00:47:39,160 --> 00:47:37,760

the body naturally during these

1179

00:47:42,060 --> 00:47:39,170

experiences that we have of

1180

00:47:44,320 --> 00:47:42,070

consciousness expanding in our own heads

1181

00:47:45,760 --> 00:47:44,330

90 some percent of those folks like

1182

00:47:46,990 --> 00:47:45,770

thirty four percent of those folks on

1183

00:47:48,430 --> 00:47:47,000

that study said it was the most

1184

00:47:50,500 --> 00:47:48,440

meaningful experience of their entire

1185

00:47:52,060 --> 00:47:50,510

life another third of those folks said

1186

00:47:54,610 --> 00:47:52,070

it was definitely in the top five of the

1187

00:47:56,200 --> 00:47:54,620

top ten of the most meaningful

1188

00:47:57,670 --> 00:47:56,210

experiences their entire life and then

1189

00:47:59,410 --> 00:47:57,680

the other folks said yeah you know it

1190

00:48:01,510 --> 00:47:59,420

was it was amazing just so people know

1191

00:48:03,790 --> 00:48:01,520

this is Rick Strassman University New

1192

00:48:05,920 --> 00:48:03,800

Mexico the first guy who was given

1193

00:48:09,040 --> 00:48:05,930

permission to use his controlled

1194

00:48:11,800 --> 00:48:09,050

substance DMT and a lot of the spirit

1195

00:48:13,570 --> 00:48:11,810

molecule Joe Brogan was did the movie

1196

00:48:15,160 --> 00:48:13,580

for it a lot of people have reported on

1197

00:48:17,860 --> 00:48:15,170

it and it's good moving and it's a good

1198

00:48:20,620 --> 00:48:17,870

good work and they not only see those

1199

00:48:22,690 --> 00:48:20,630

things but they also see shamanic beings

1200

00:48:24,940 --> 00:48:22,700

you know the purple Jaguar that's also

1201

00:48:28,240 --> 00:48:24,950

hume and they also see ET over there and

1202

00:48:31,390 --> 00:48:28,250

ET says hey I've been waiting for you

1203

00:48:34,150 --> 00:48:31,400

right right so there's all that kind of

1204

00:48:36,520 --> 00:48:34,160

stuff so that's all good and I'm with

1205

00:48:40,120 --> 00:48:36,530

you on all that that the reason I wanted

1206

00:48:41,710 --> 00:48:40,130

to circle back in near-death experience

1207

00:48:43,390 --> 00:48:41,720

and it kind of gets my point earlier of

1208

00:48:45,430 --> 00:48:43,400

I don't have any special interest in

1209

00:48:47,280 --> 00:48:45,440

near-death experience to me it's just

1210

00:48:48,780 --> 00:48:47,290

the cleanest way to get at this

1211

00:48:50,280 --> 00:48:48,790

key thing because one of the things he

1212

00:48:52,890 --> 00:48:50,290

left out of the near-death experience

1213

00:48:55,770 --> 00:48:52,900

that I would kind of remind folks of is

1214

00:48:57,930 --> 00:48:55,780

that number one the reason that

1215

00:49:00,480 --> 00:48:57,940

near-death experience has been studied

1216

00:49:02,640 --> 00:49:00,490

as much as it has scientifically with

1217

00:49:04,980 --> 00:49:02,650

peer-reviewed papers in the hospital

1218

00:49:07,980 --> 00:49:04,990

work in cardiac arrest words because

1219

00:49:09,750 --> 00:49:07,990

they after they you know Raymond Moody

1220

00:49:12,450 --> 00:49:09,760

was the first guy the first researcher

1221

00:49:15,510 --> 00:49:12,460

to stumble across the near-death

1222

00:49:17,310 --> 00:49:15,520

experience back in 1975 and he was

1223

00:49:20,849 --> 00:49:17,320

really turned on to it by Elizabeth

1224

00:49:23,609 --> 00:49:20,859

kubler-ross who's kind of famous in the

1225

00:49:25,470 --> 00:49:23,619

hospice and just grieving community and

1226

00:49:27,120 --> 00:49:25,480

stuff like that but as she was doing

1227

00:49:30,710 --> 00:49:27,130

that work with the dying she ran across

1228

00:49:34,080 --> 00:49:30,720

the near-death experience and she said

1229

00:49:35,730 --> 00:49:34,090

we can't we can't handle this we can't

1230

00:49:38,400 --> 00:49:35,740

people aren't ready for this so she just

1231

00:49:39,480 --> 00:49:38,410

dishes it off - Raymond Mitty in 1975

1232

00:49:41,490 --> 00:49:39,490

and he goes out and does the whole

1233

00:49:43,590 --> 00:49:41,500

things is okay you know here's here's

1234

00:49:46,200 --> 00:49:43,600

what's going on I understand it but then

1235

00:49:47,190 --> 00:49:46,210

the research from them really shifted in

1236

00:49:50,160 --> 00:49:47,200

a way that a lot of people don't

1237

00:49:51,810 --> 00:49:50,170

appreciate and understand in that the

1238

00:49:53,670 --> 00:49:51,820

real scientists took over the medical

1239

00:49:54,870 --> 00:49:53,680

scientist and they said okay how are we

1240

00:49:56,970 --> 00:49:54,880

gonna get to the bottom of this because

1241

00:50:00,900 --> 00:49:56,980

because clearly what these people are

1242

00:50:02,520 --> 00:50:00,910

reporting blows away the neurological

1243

00:50:04,560 --> 00:50:02,530

model it blows it away because now

1244

00:50:06,120 --> 00:50:04,570

people are not just talking about having

1245

00:50:07,710 --> 00:50:06,130

this unit of experience that you're

1246

00:50:11,730 --> 00:50:07,720

talking about they're talking about

1247

00:50:14,670 --> 00:50:11,740

being above their body and looking down

1248

00:50:16,830 --> 00:50:14,680

and seeing and hearing things at a time

1249

00:50:19,620 --> 00:50:16,840

when their brain is not capable of

1250

00:50:22,050 --> 00:50:19,630

conscious experience that is the claim

1251

00:50:24,180 --> 00:50:22,060

you don't really claim that is the claim

1252

00:50:25,140 --> 00:50:24,190

correct so now we're gonna go into the

1253

00:50:27,780 --> 00:50:25,150

science because you're gonna see the

1254

00:50:29,910 --> 00:50:27,790

claim is the claim is accepted by every

1255

00:50:31,440 --> 00:50:29,920

nerve every near-death experience

1256

00:50:34,290 --> 00:50:31,450

scientist who's ever looked at it and

1257

00:50:37,800 --> 00:50:34,300

they've stood all the Schirmer esque

1258

00:50:39,270 --> 00:50:37,810

silly kind of objection skeptical

1259

00:50:40,740 --> 00:50:39,280

objections that were really handled

1260

00:50:42,990 --> 00:50:40,750

within the first days but what I'm

1261

00:50:44,430 --> 00:50:43,000

telling you is that a lot of people I'm

1262

00:50:46,470 --> 00:50:44,440

not just telling it to you Sean but a

1263

00:50:50,640 --> 00:50:46,480

lot of people don't realize it this is

1264

00:50:52,320 --> 00:50:50,650

now moving ahead 1970s 1980s 1990s where

1265

00:50:54,240 --> 00:50:52,330

they finally get and they said okay now

1266

00:50:55,440 --> 00:50:54,250

how we really going to hone in on this

1267

00:50:57,270 --> 00:50:55,450

you know because we have these reports

1268

00:50:58,140 --> 00:50:57,280

of people who drowned that report a

1269

00:50:59,580 --> 00:50:58,150

near-death experience

1270

00:51:00,849 --> 00:50:59,590

we have people have jumped off the

1271

00:51:03,039 --> 00:51:00,859

Golden Gate Bridge you

1272

00:51:05,499 --> 00:51:03,049

a near-death experience yes clearly they

1273

00:51:08,410 --> 00:51:05,509

don't have the same physiological things

1274

00:51:10,329 --> 00:51:08,420

going on in their body right as Shermer

1275

00:51:13,120 --> 00:51:10,339

miss reports in that interview that you

1276
00:51:14,769 --> 00:51:13,130
liked so much he goes hey but yeah we

1277
00:51:16,210 --> 00:51:14,779
can see that happening with these guys

1278
00:51:17,859 --> 00:51:16,220
we put them in the centrifuge and they

1279
00:51:20,650 --> 00:51:17,869
have that and my point he brought that

1280
00:51:22,660 --> 00:51:20,660
up to me my punch room is exactly that

1281
00:51:24,819 --> 00:51:22,670
way that's your problem you can't you

1282
00:51:27,759 --> 00:51:24,829
have no way in the neurological model

1283
00:51:29,859 --> 00:51:27,769
that is existing to explain how such

1284
00:51:32,920 --> 00:51:29,869
different physiological states of the

1285
00:51:34,989 --> 00:51:32,930
brain could produce the same experience

1286
00:51:36,940 --> 00:51:34,999
but more importantly if you really drill

1287
00:51:39,279 --> 00:51:36,950
into the near-death experience again

1288
00:51:42,819 --> 00:51:39,289

back to the science what they then do is

1289

00:51:48,640 --> 00:51:42,829

they say okay let's go to the cardiac

1290

00:51:51,900 --> 00:51:48,650

arrest ward because we now know pretty

1291

00:51:55,390 --> 00:51:51,910

well what happens to a person's brain

1292

00:51:57,880 --> 00:51:55,400

after they have a cardiac arrest and you

1293

00:51:59,620 --> 00:51:57,890

know that the blood flow hold on we know

1294

00:52:02,769 --> 00:51:59,630

that the blood flow to the brain stops

1295

00:52:05,380 --> 00:52:02,779

and we know from 40 or 50 years of EEG

1296

00:52:10,150 --> 00:52:05,390

study that once the blood flow stops the

1297

00:52:13,150 --> 00:52:10,160

EEG activity happens now so that is the

1298

00:52:15,190 --> 00:52:13,160

starting point for this research that

1299

00:52:17,589 --> 00:52:15,200

we're gonna whether we're gonna dive

1300

00:52:18,789 --> 00:52:17,599

into so let me stop and let you say yeah

1301

00:52:23,440 --> 00:52:18,799

I think cuz you have an objection that

1302

00:52:25,299 --> 00:52:23,450

I'm gonna slap down but go ahead this

1303

00:52:28,359 --> 00:52:25,309

back and forth all right so there's two

1304

00:52:31,089 --> 00:52:28,369

thoughts on that and one is a one is in

1305

00:52:33,190 --> 00:52:31,099

each boat again the first thought is to

1306

00:52:35,249 --> 00:52:33,200

close the the statement or the thought

1307

00:52:37,720 --> 00:52:35,259

that I had that we were going forwards

1308

00:52:39,720 --> 00:52:37,730

in that you are correct

1309

00:52:42,940 --> 00:52:39,730

that you know these are amazing and

1310

00:52:44,650 --> 00:52:42,950

there are physiologically similar

1311

00:52:46,870 --> 00:52:44,660

reactions that everybody is having this

1312

00:52:48,789 --> 00:52:46,880

isn't like an anomalous type of reaction

1313

00:52:50,979 --> 00:52:48,799

that people are having when we talk

1314

00:52:52,839 --> 00:52:50,989

about subjective data in science period

1315

00:52:54,309 --> 00:52:52,849

subjective data is just that as stuff

1316

00:52:56,200 --> 00:52:54,319

you want to throw out but at certain

1317

00:52:58,470 --> 00:52:56,210

point when you collect a certain amount

1318

00:53:00,910 --> 00:52:58,480

of subjective data from a large enough

1319

00:53:04,269 --> 00:53:00,920

number of samples all of a sudden that

1320

00:53:05,829 --> 00:53:04,279

becomes scientific my question is if

1321

00:53:07,420 --> 00:53:05,839

we're having these experiences these

1322

00:53:10,509 --> 00:53:07,430

unitive experiences these consciousness

1323

00:53:12,580 --> 00:53:10,519

expansion experiences what is the

1324

00:53:15,090 --> 00:53:12,590

natural selection

1325

00:53:18,250 --> 00:53:15,100

function and how could it have been

1326

00:53:20,260 --> 00:53:18,260

created in a fashion that natural

1327

00:53:22,180 --> 00:53:20,270

selection then fosters that to occur so

1328

00:53:24,330 --> 00:53:22,190

then you know which the answer is it

1329

00:53:26,440 --> 00:53:24,340

can't because you're having these

1330

00:53:29,280 --> 00:53:26,450

unitive experiences these awakening

1331

00:53:31,690 --> 00:53:29,290

experiences past the point of

1332

00:53:34,450 --> 00:53:31,700

procreation so you're not passing those

1333

00:53:37,660 --> 00:53:34,460

genes down so these things must be

1334

00:53:40,140 --> 00:53:37,670

fundamental in nature but the other side

1335

00:53:43,630 --> 00:53:40,150

of that to jump to your recent point of

1336

00:53:46,450 --> 00:53:43,640

the brain can't have conscious

1337

00:53:48,490 --> 00:53:46,460

experience in these instances of heart

1338

00:53:51,670 --> 00:53:48,500

attack and things like that I take

1339

00:53:53,770 --> 00:53:51,680

exception to and here's why we don't

1340

00:53:56,470 --> 00:53:53,780

understand the brain well enough to be

1341

00:53:59,260 --> 00:53:56,480

able to make that statement in my belief

1342

00:54:01,630 --> 00:53:59,270

now there's been studies that have

1343

00:54:03,850 --> 00:54:01,640

simulated heart attacks in mice where

1344

00:54:05,470 --> 00:54:03,860

they've had the brain scanners on the

1345

00:54:08,200 --> 00:54:05,480

mice and the brains go nuts

1346

00:54:10,240 --> 00:54:08,210

after the oxygen deprivation sets in and

1347

00:54:12,100 --> 00:54:10,250

the blood flow stops going to the brain

1348

00:54:14,050 --> 00:54:12,110

and then the brain by truth that's not

1349

00:54:16,540 --> 00:54:14,060

quite true and what you're referring to

1350

00:54:20,140 --> 00:54:16,550

is a study done at the University of

1351
00:54:22,180 --> 00:54:20,150
Michigan largely misunderstood it's like

1352
00:54:26,500 --> 00:54:22,190
so many studies I've reported on that

1353
00:54:29,800 --> 00:54:26,510
the neuroscience and materialistic

1354
00:54:32,830 --> 00:54:29,810
atheistic science props up these little

1355
00:54:35,020 --> 00:54:32,840
studies that are done you know that

1356
00:54:37,240 --> 00:54:35,030
somehow they can create some kind of

1357
00:54:39,100 --> 00:54:37,250
connection to near-death experience one

1358
00:54:40,630 --> 00:54:39,110
that study doesn't reference near-death

1359
00:54:43,060 --> 00:54:40,640
experience at all right but the

1360
00:54:46,390 --> 00:54:43,070
important thing about that study is that

1361
00:54:48,130 --> 00:54:46,400
what they show is really supportive of

1362
00:54:50,800 --> 00:54:48,140
the existing model we have with one

1363
00:54:52,810 --> 00:54:50,810

exception so the mice died the mice are

1364

00:54:55,540 --> 00:54:52,820

killed as part of the experiment right

1365

00:54:58,540 --> 00:54:55,550

we're tracking their EEG the EEG goes

1366

00:55:00,700 --> 00:54:58,550

flat that's what we'd expect after some

1367

00:55:05,140 --> 00:55:00,710

prolonged period of time there's this

1368

00:55:08,650 --> 00:55:05,150

burst of activity in the mice right sure

1369

00:55:10,770 --> 00:55:08,660

this does not correlate well with what

1370

00:55:13,330 --> 00:55:10,780

that's experienced but the near-death

1371

00:55:16,270 --> 00:55:13,340

experiences and in a minute I might play

1372

00:55:19,420 --> 00:55:16,280

you a clip but one major problem you

1373

00:55:21,580 --> 00:55:19,430

have is the continuity of experience

1374

00:55:23,890 --> 00:55:21,590

people say is I was stabbed in the chest

1375

00:55:26,260 --> 00:55:23,900

yeah all of a sudden I was outside of my

1376

00:55:28,090 --> 00:55:26,270

body I was still alive

1377

00:55:30,400 --> 00:55:28,100

they hooked me up in the ambulance I got

1378

00:55:32,680 --> 00:55:30,410

to the hospital and then I died and I

1379

00:55:34,030 --> 00:55:32,690

left and I went to this place and then I

1380

00:55:36,430 --> 00:55:34,040

came back and then I saw him

1381

00:55:38,620 --> 00:55:36,440

resuscitating there is a continuation of

1382

00:55:40,720 --> 00:55:38,630

experience that doesn't fit the little

1383

00:55:43,120 --> 00:55:40,730

mouse model but right other thing about

1384

00:55:45,540 --> 00:55:43,130

the little mouse model is those little

1385

00:55:48,220 --> 00:55:45,550

mouse model and what you just said of

1386

00:55:51,010 --> 00:55:48,230

what you hear all the time from the kind

1387

00:55:52,360 --> 00:55:51,020

of Schurman RS kind of in de skeptic

1388

00:55:55,270 --> 00:55:52,370

kind of thing is that

1389

00:55:58,990 --> 00:55:55,280

hey I don't accept that though that the

1390

00:56:01,990 --> 00:55:59,000

brain really is incapable of producing a

1391

00:56:04,990 --> 00:56:02,000

conscious experience let alone remember

1392

00:56:08,110 --> 00:56:05,000

like you just said and we both agree the

1393

00:56:10,600 --> 00:56:08,120

most profound conscious experience in

1394

00:56:13,480 --> 00:56:10,610

your life right I don't accept that the

1395

00:56:16,480 --> 00:56:13,490

brain is incapable of doing that in this

1396

00:56:18,130 --> 00:56:16,490

state I don't you just hold on no no I'm

1397

00:56:19,990 --> 00:56:18,140

not saying that you do I'm saying if

1398

00:56:21,490 --> 00:56:20,000

that's your position then throw the red

1399

00:56:24,240 --> 00:56:21,500

book in the blue book throw them in the

1400

00:56:27,190 --> 00:56:24,250

trash because because you're then saying

1401

00:56:29,410 --> 00:56:27,200

neuroscience is full of crap they really

1402

00:56:31,990 --> 00:56:29,420

know we can't really measure what the

1403

00:56:33,790 --> 00:56:32,000

what the brain is doing it doesn't mean

1404

00:56:36,790 --> 00:56:33,800

anything because there's these times

1405

00:56:38,800 --> 00:56:36,800

when the brain can just completely be

1406

00:56:40,900 --> 00:56:38,810

beyond our ability to measure it and

1407

00:56:42,880 --> 00:56:40,910

it's still functioning so this is not an

1408

00:56:45,010 --> 00:56:42,890

explanation that gets timbre itare but

1409

00:56:48,130 --> 00:56:45,020

let me let me hold you on one second cuz

1410

00:56:50,500 --> 00:56:48,140

I'm gonna throw some throw an expert at

1411

00:56:52,000 --> 00:56:50,510

you and okay because that's the only way

1412

00:56:55,980 --> 00:56:52,010

sometimes to get to the bottom of this

1413

00:56:59,220 --> 00:56:55,990

is one of my favorite guys dr. Jeff long

1414

00:57:03,010 --> 00:56:59,230

cuz written two really important books

1415

00:57:05,830 --> 00:57:03,020

radiation oncologist yeah so he works

1416

00:57:08,170 --> 00:57:05,840

with death and dying all the time as

1417

00:57:10,360 --> 00:57:08,180

part of his practice full-time doctor

1418

00:57:12,490 --> 00:57:10,370

who like so many of these near-death

1419

00:57:14,080 --> 00:57:12,500

experience researchers just stumbled

1420

00:57:15,940 --> 00:57:14,090

across this and it just stuck in the

1421

00:57:17,620 --> 00:57:15,950

back of his mind because I I got to get

1422

00:57:20,050 --> 00:57:17,630

on with my practice I could have become

1423

00:57:23,020 --> 00:57:20,060

a doctor I got a nurse living but when I

1424

00:57:27,310 --> 00:57:23,030

get a chance this is strange this isn't

1425

00:57:29,170 --> 00:57:27,320

supposed to happen so you know I had him

1426

00:57:32,260 --> 00:57:29,180

on the show and let me play you a clip

1427

00:57:33,910 --> 00:57:32,270

when you're under general anesthesia it

1428

00:57:37,360 --> 00:57:33,920

should be impossible to have a lucid

1429

00:57:39,430 --> 00:57:37,370

organized remembrance at that time in

1430

00:57:41,829 --> 00:57:39,440

fact under anesthesia you're typically

1431

00:57:43,270 --> 00:57:41,839

far under with general anesthesia they

1432

00:57:45,250 --> 00:57:43,280

often have to breathe for you I mean

1433

00:57:48,339 --> 00:57:45,260

you're literally brain shut down to the

1434

00:57:50,170 --> 00:57:48,349

level of the brainstem and at that point

1435

00:57:51,819 --> 00:57:50,180

in time some people have a cardiac

1436

00:57:53,470 --> 00:57:51,829

arrest their heart stops and of course

1437

00:57:55,630 --> 00:57:53,480

that's very well-documented

1438

00:57:58,240 --> 00:57:55,640

they monitor people very carefully that

1439

00:58:00,069 --> 00:57:58,250

are having general anesthesia so I have

1440

00:58:02,170 --> 00:58:00,079

dozens and dozens of near-death

1441

00:58:03,010 --> 00:58:02,180

experiences that occurred under general

1442

00:58:05,109 --> 00:58:03,020

anesthesia

1443

00:58:07,539 --> 00:58:05,119

and at this time it should be if you

1444

00:58:09,760 --> 00:58:07,549

will doubly impossible to have a

1445

00:58:11,920 --> 00:58:09,770

conscious remembrance and yet they do

1446

00:58:14,589 --> 00:58:11,930

have near-death experiences at this time

1447

00:58:16,779 --> 00:58:14,599

and their typical near-death experiences

1448

00:58:18,190 --> 00:58:16,789

they have the same elements and appear

1449

00:58:20,049 --> 00:58:18,200

to have them in the same order as

1450

00:58:24,039 --> 00:58:20,059

near-death experiences occurring under

1451

00:58:27,240 --> 00:58:24,049

all other okay so let me jump in there

1452

00:58:32,380 --> 00:58:27,250

that's making a huge assumption that

1453

00:58:36,640 --> 00:58:32,390

time recording in the brain is occurring

1454

00:58:38,020 --> 00:58:36,650

at a natural pace that is also going on

1455

00:58:40,630 --> 00:58:38,030

during our regular everyday waking

1456

00:58:43,450 --> 00:58:40,640

awareness now one of the things you need

1457

00:58:47,109 --> 00:58:43,460

to point out is the possibility that

1458

00:58:49,000 --> 00:58:47,119

time dilation can occur and a lot of

1459

00:58:51,010 --> 00:58:49,010

these experiences and this is this goes

1460

00:58:53,260 --> 00:58:51,020

back to my only thing about Evan

1461

00:58:56,529 --> 00:58:53,270

Alexander story that I don't like in

1462

00:58:57,819 --> 00:58:56,539

that if we're talking let's to remind

1463

00:59:00,480 --> 00:58:57,829

people what we're talking about Evan

1464

00:59:03,670 --> 00:59:00,490

Alexander wrote that awesome book

1465

00:59:07,720 --> 00:59:03,680

neuroscience or neurosurgeons proof of

1466

00:59:09,910 --> 00:59:07,730

afterlife proof of heaven and I loved

1467

00:59:11,890 --> 00:59:09,920

every part of that story that eben

1468

00:59:15,809 --> 00:59:11,900

Alexander tells because it's telling of

1469

00:59:19,680 --> 00:59:15,819

a kind of a non-standard conscious

1470

00:59:22,420 --> 00:59:19,690

experience that he has that is very

1471

00:59:23,559 --> 00:59:22,430

representative of a lot of experiences

1472

00:59:25,599 --> 00:59:23,569

that other people have in different

1473

00:59:30,359 --> 00:59:25,609

circumstances he seemed to have it

1474

00:59:33,160 --> 00:59:30,369

during a very dramatic you know physical

1475

00:59:36,579 --> 00:59:33,170

near-death situation where his body

1476

00:59:40,240 --> 00:59:36,589

almost quit there's a bacterial

1477

00:59:42,039 --> 00:59:40,250

meningitis I believe right and so he had

1478

00:59:44,230 --> 00:59:42,049

this experience but the problem there is

1479

00:59:46,269 --> 00:59:44,240

that he assumes that he had this

1480

00:59:47,710 --> 00:59:46,279

experience at the time that his brain

1481

00:59:49,559 --> 00:59:47,720

was shut down now I'm not contest

1482

00:59:52,150 --> 00:59:49,569

contesting that his brain had you know

1483

00:59:54,820 --> 00:59:52,160

flatlined her or you know

1484

00:59:57,060 --> 00:59:54,830

shut down to a large degree but what I

1485

01:00:00,970 --> 00:59:57,070

am saying is there is a possibility that

1486

01:00:04,090 --> 01:00:00,980

in the couple of minutes or two or three

1487

01:00:06,160 --> 01:00:04,100

seconds or however long it takes for the

1488

01:00:09,100 --> 01:00:06,170

brain to wake up and is in non-standard

1489

01:00:10,900 --> 01:00:09,110

consciousness a certain level of time

1490

01:00:14,620 --> 01:00:10,910

dilation can occur where you can

1491

01:00:18,130 --> 01:00:14,630

experience a long time of experience a

1492

01:00:19,510 --> 01:00:18,140

lot of a number of things in that very

1493

01:00:21,040 --> 01:00:19,520

short amount of time and the only reason

1494

01:00:22,480 --> 01:00:21,050

I say that is because I had a waking

1495

01:00:24,310 --> 01:00:22,490

experience as well which has started

1496

01:00:26,020 --> 01:00:24,320

this whole thing which brought about you

1497

01:00:27,400 --> 01:00:26,030

know my understanding of emotions that I

1498

01:00:28,720 --> 01:00:27,410

put in these two books that were now

1499

01:00:31,270 --> 01:00:28,730

turning into artificial emotional

1500

01:00:34,960 --> 01:00:31,280

intelligence yada-yada in an afternoon

1501

01:00:36,730 --> 01:00:34,970

of meditation that I can only assume was

1502

01:00:39,220 --> 01:00:36,740

a five methyl oxy dimethyltryptamine

1503

01:00:41,200 --> 01:00:39,230

dumped in my own brain to allow my brain

1504

01:00:44,220 --> 01:00:41,210

into this non-standard conscious I had

1505

01:00:47,140 --> 01:00:44,230

thousands of years of experience from my

1506

01:00:48,850 --> 01:00:47,150

personal perspective in that one

1507

01:00:50,470 --> 01:00:48,860

afternoon I thought I was dead I thought

1508

01:00:52,120 --> 01:00:50,480

I had gone off to into the middle of the

1509

01:00:54,340 --> 01:00:52,130

universe to become one with God to be

1510

01:00:56,170 --> 01:00:54,350

God be the whole consciousness soup of

1511

01:00:57,700 --> 01:00:56,180

the entire universe I learned all the

1512

01:01:00,160 --> 01:00:57,710

cool secrets about the universe the

1513

01:01:02,170 --> 01:01:00,170

black holes how multi dimensions work or

1514

01:01:03,850 --> 01:01:02,180

the whole thing that you can't fit back

1515

01:01:05,710 --> 01:01:03,860

into your human brain when you come back

1516

01:01:07,300 --> 01:01:05,720

you understand absolutely everything and

1517

01:01:08,770 --> 01:01:07,310

I was able to bring back a small piece

1518

01:01:10,570 --> 01:01:08,780

of it which we're now creating into

1519

01:01:11,740 --> 01:01:10,580

world-changing science about emotions

1520

01:01:13,180 --> 01:01:11,750

and artificial emotional intelligence

1521

01:01:15,400 --> 01:01:13,190

and stuff like that so I mean there is

1522

01:01:17,350 --> 01:01:15,410

there is intelligence out there in

1523

01:01:18,910 --> 01:01:17,360

wherever it is you wouldn't know what's

1524

01:01:20,620 --> 01:01:18,920

called the quantum field or you know

1525

01:01:22,090 --> 01:01:20,630

some type of data set in consciousness

1526

01:01:24,280 --> 01:01:22,100

or whatever it is there's stuff that you

1527

01:01:26,820 --> 01:01:24,290

can access out there that is beyond

1528

01:01:30,010 --> 01:01:26,830

human understanding at this point right

1529

01:01:32,470 --> 01:01:30,020

but I had that experience of thousands

1530

01:01:34,060 --> 01:01:32,480

of years of experiences of living

1531

01:01:36,040 --> 01:01:34,070

multiple lifetimes through multiple

1532

01:01:38,530 --> 01:01:36,050

bodies through you know all these weird

1533

01:01:41,200 --> 01:01:38,540

things that I can you know take a

1534

01:01:43,750 --> 01:01:41,210

lifetime of storytelling to try to tell

1535

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

you and still not cover it all that

1536

01:01:48,030 --> 01:01:45,770

happened within one afternoon of a

1537

01:01:50,320 --> 01:01:48,040

meditation that I had started that

1538

01:01:52,240 --> 01:01:50,330

triggered this experience so there was

1539

01:01:54,310 --> 01:01:52,250

some time dilation there for me to

1540

01:01:57,430 --> 01:01:54,320

assume that other brains can't have that

1541

01:02:00,310 --> 01:01:57,440

same type of experience I believe is

1542

01:02:02,980 --> 01:02:00,320

does not serve as well and so at the

1543

01:02:05,410 --> 01:02:02,990

point where you have somebody who says

1544

01:02:05,950 --> 01:02:05,420

the brain was dead like a bonala B I

1545

01:02:07,870 --> 01:02:05,960

have

1546

01:02:10,089 --> 01:02:07,880

Evan Alexander says my brain was dead or

1547

01:02:11,650 --> 01:02:10,099

my brain you know eg was flatlined or

1548

01:02:14,500 --> 01:02:11,660

whatever was I was incapable of having

1549

01:02:17,230 --> 01:02:14,510

this conscious experience everything

1550

01:02:19,480 --> 01:02:17,240

that he experienced could have been

1551
01:02:22,470 --> 01:02:19,490
experienced in two or three minutes upon

1552
01:02:25,900 --> 01:02:22,480
his brain reinitiating and being in that

1553
01:02:29,740 --> 01:02:25,910
altered conscious state that then filled

1554
01:02:32,260 --> 01:02:29,750
with that super neural activity that he

1555
01:02:34,060 --> 01:02:32,270
would then separate out afterwards

1556
01:02:35,950 --> 01:02:34,070
because the the thing that I'd like to

1557
01:02:38,650 --> 01:02:35,960
point out with every one of these

1558
01:02:41,290 --> 01:02:38,660
experiences he's non near-death

1559
01:02:43,720 --> 01:02:41,300
experiences is that if you can recall it

1560
01:02:46,150 --> 01:02:43,730
later it's in your hippocampus which

1561
01:02:47,980 --> 01:02:46,160
means what the campus was running hold

1562
01:02:50,500 --> 01:02:47,990
on see this is the point and you

1563
01:02:52,540 --> 01:02:50,510

hammered on Evan Alexander pretty good

1564

01:02:54,430 --> 01:02:52,550

so let me defend him a little bit now I

1565

01:02:56,589 --> 01:02:54,440

love him that's the only understand I

1566

01:02:57,670 --> 01:02:56,599

loved his story and I loved him and I

1567

01:03:00,010 --> 01:02:57,680

loved him coming out and telling this

1568

01:03:00,609 --> 01:03:00,020

stuff I just think that him saying that

1569

01:03:03,040 --> 01:03:00,619

it couldn't have been a

1570

01:03:05,740 --> 01:03:03,050

dimethyltryptamine dump hold on because

1571

01:03:09,609 --> 01:03:05,750

you switched on either no but first of

1572

01:03:11,980 --> 01:03:09,619

all again let me emphasize I love you I

1573

01:03:13,450 --> 01:03:11,990

love you work that you're doing love the

1574

01:03:16,240 --> 01:03:13,460

way that you're breaking this stuff down

1575

01:03:19,089 --> 01:03:16,250

and I think your books are just most

1576
01:03:20,770 --> 01:03:19,099
reads I hope people don't lose that and

1577
01:03:23,410 --> 01:03:20,780
they won't because you know the story

1578
01:03:26,020 --> 01:03:23,420
you talk about someone who is at the

1579
01:03:29,770 --> 01:03:26,030
verge of death from alcoholism and then

1580
01:03:32,560 --> 01:03:29,780
gets some insight into what's going on

1581
01:03:34,300 --> 01:03:32,570
in terms of that self that voice inside

1582
01:03:36,940 --> 01:03:34,310
their head and the way you break that

1583
01:03:39,520 --> 01:03:36,950
down is just awesome so we're having a

1584
01:03:41,859 --> 01:03:39,530
fun little discussion here because I'm

1585
01:03:43,480 --> 01:03:41,869
about inquiry the Petric to perpetuate

1586
01:03:45,490 --> 01:03:43,490
doubt because that's what skeptical

1587
01:03:47,109 --> 01:03:45,500
means and I think doubt is among the

1588
01:03:49,060 --> 01:03:47,119

most spiritual things that you can do

1589

01:03:51,579 --> 01:03:49,070

and usually settled on anything and

1590

01:03:53,680 --> 01:03:51,589

usually you you agree and you say hey

1591

01:03:56,170 --> 01:03:53,690

you know none of us know any of this so

1592

01:03:57,460 --> 01:03:56,180

you if you want to sum it up you can say

1593

01:03:58,720 --> 01:03:57,470

you know if you want to read the books

1594

01:04:00,550 --> 01:03:58,730

go read the books it'll better your

1595

01:04:02,140 --> 01:04:00,560

everyday life but now let's go off the

1596

01:04:04,570 --> 01:04:02,150

deep end into these cool conversations

1597

01:04:06,070 --> 01:04:04,580

and I love this back and forth so cool I

1598

01:04:08,020 --> 01:04:06,080

love that and I don't think it's deep

1599

01:04:10,089 --> 01:04:08,030

end because we're keep coming back to

1600

01:04:11,920 --> 01:04:10,099

these points of convergence of the stuff

1601
01:04:15,310 --> 01:04:11,930
that's really important I mean your

1602
01:04:18,579 --> 01:04:15,320
transcendental spiritually enlightening

1603
01:04:19,750 --> 01:04:18,589
experience is we could spend a lot of

1604
01:04:23,230 --> 01:04:19,760
time it's been

1605
01:04:25,270 --> 01:04:23,240
not because it's fundamental to if there

1606
01:04:27,250 --> 01:04:25,280
is a larger spirituality if there is a

1607
01:04:29,349 --> 01:04:27,260
larger extended consciousness which all

1608
01:04:31,780 --> 01:04:29,359
the evidence points to then you tapped

1609
01:04:32,859 --> 01:04:31,790
into in a way that's super important and

1610
01:04:34,660 --> 01:04:32,869
there's a ton of questions about that

1611
01:04:36,370 --> 01:04:34,670
how did you tap into that why did you

1612
01:04:37,960 --> 01:04:36,380
tap into that why weren't you able to

1613
01:04:39,849 --> 01:04:37,970

bring it back completely why do we keep

1614

01:04:41,500 --> 01:04:39,859

hearing that over and over what are the

1615

01:04:42,849 --> 01:04:41,510

different contact modalities how is that

1616

01:04:45,160 --> 01:04:42,859

different from people who tapped into it

1617

01:04:47,560 --> 01:04:45,170

from DMT experiences is that different

1618

01:04:49,120 --> 01:04:47,570

than any experiences from 80 contact

1619

01:04:54,400 --> 01:04:49,130

experiences which we can't leave off the

1620

01:04:57,400 --> 01:04:54,410

table too many claims there but let us

1621

01:05:00,460 --> 01:04:57,410

return to Evan the one thing that you

1622

01:05:03,849 --> 01:05:00,470

got that you I think you got wrong that

1623

01:05:05,830 --> 01:05:03,859

I want to correct is that because it

1624

01:05:07,930 --> 01:05:05,840

just plays into this guy has been so

1625

01:05:10,950 --> 01:05:07,940

maligned it's just so stupid and it's

1626

01:05:12,700 --> 01:05:10,960

stupid because there is this atheistic

1627

01:05:16,990 --> 01:05:12,710

materialistic science you are a

1628

01:05:21,580 --> 01:05:17,000

biological robot flanked with in science

1629

01:05:23,170 --> 01:05:21,590

that is just going to just attack anyone

1630

01:05:24,580 --> 01:05:23,180

like ebony Alexander who comes out

1631

01:05:26,790 --> 01:05:24,590

because he has his credentials he's a

1632

01:05:29,950 --> 01:05:26,800

Harvard neuroscientist he's a Harvard

1633

01:05:32,830 --> 01:05:29,960

neurosurgeon both the brain doctor so

1634

01:05:35,560 --> 01:05:32,840

you know the one part when you say hey

1635

01:05:37,450 --> 01:05:35,570

if he had a memory he should know that

1636

01:05:39,490 --> 01:05:37,460

it's in the hippocampus you know this

1637

01:05:42,220 --> 01:05:39,500

isn't it sure do you think he doesn't

1638

01:05:44,830 --> 01:05:42,230

[h__\h] know that well of course he

1639

01:05:46,660 --> 01:05:44,840

knows that so the point that he's trying

1640

01:05:49,240 --> 01:05:46,670

to make that you missed and so many

1641

01:05:52,300 --> 01:05:49,250

other people missed is he saying that's

1642

01:05:54,940 --> 01:05:52,310

why this is interesting because I'm a

1643

01:05:57,580 --> 01:05:54,950

Harvard neuroscientist and neurosurgeon

1644

01:06:00,220 --> 01:05:57,590

and I understand that it's not supposed

1645

01:06:02,560 --> 01:06:00,230

to work that way so the fact that it did

1646

01:06:03,340 --> 01:06:02,570

work that way and the fact that it does

1647

01:06:06,490 --> 01:06:03,350

work that way

1648

01:06:08,080 --> 01:06:06,500

for these thousands of cases of engineer

1649

01:06:10,240 --> 01:06:08,090

death experience that's what's

1650

01:06:12,670 --> 01:06:10,250

interesting and important so what's

1651
01:06:14,950 --> 01:06:12,680
interesting important is understanding

1652
01:06:16,540 --> 01:06:14,960
that anomaly understanding where it

1653
01:06:17,680 --> 01:06:16,550
works that it shouldn't and I'm going to

1654
01:06:19,810 --> 01:06:17,690
go on for a minute here because I want

1655
01:06:21,670 --> 01:06:19,820
to talk about this other topic that you

1656
01:06:23,680 --> 01:06:21,680
touched on which is central if you get

1657
01:06:26,380 --> 01:06:23,690
into this and that is the timing because

1658
01:06:28,660 --> 01:06:26,390
you talked about time dilation so this

1659
01:06:30,520 --> 01:06:28,670
is what I played for Shermer and if you

1660
01:06:32,990 --> 01:06:30,530
go and look at the near-death experience

1661
01:06:35,150 --> 01:06:33,000
science again it's science they

1662
01:06:37,280 --> 01:06:35,160
they understand that that's one of the

1663
01:06:40,670 --> 01:06:37,290

fundamental questions that have to be

1664

01:06:42,800 --> 01:06:40,680

answered is the timing of it here's dr.

1665

01:06:46,400 --> 01:06:42,810

penny secretary this is right out of

1666

01:06:51,140 --> 01:06:46,410

your book which it is you make the point

1667

01:06:53,990 --> 01:06:51,150

that hey people went reintroduce that

1668

01:06:57,800 --> 01:06:54,000

because here's a clip from again my

1669

01:07:00,200 --> 01:06:57,810

interview with Shermer who's funny

1670

01:07:03,590 --> 01:07:00,210

entertaining but completely off the

1671

01:07:07,070 --> 01:07:03,600

rails book about death and heaven you

1672

01:07:09,370 --> 01:07:07,080

know try to in a very feeble way site

1673

01:07:11,540 --> 01:07:09,380

near-death experience science and didn't

1674

01:07:13,220 --> 01:07:11,550

ignored all the important near-death

1675

01:07:16,370 --> 01:07:13,230

experience science so he should so he

1676

01:07:18,170 --> 01:07:16,380

could make his point so I tried to

1677

01:07:20,600 --> 01:07:18,180

correct that in our interview and

1678

01:07:23,930 --> 01:07:20,610

pointed out the work of resuscitation

1679

01:07:27,410 --> 01:07:23,940

expert PhD and person who ran this

1680

01:07:30,260 --> 01:07:27,420

experiment dr. penny Sartori so again

1681

01:07:32,000 --> 01:07:30,270

indulge me let me play this you make the

1682

01:07:35,240 --> 01:07:32,010

point that hey people when they're

1683

01:07:37,160 --> 01:07:35,250

resuscitated they claim to have seen

1684

01:07:39,470 --> 01:07:37,170

things that they shouldn't be able to

1685

01:07:42,320 --> 01:07:39,480

see well they've seen it on TV they make

1686

01:07:44,840 --> 01:07:42,330

it up here's a researcher who asked that

1687

01:07:47,000 --> 01:07:44,850

question where the control group I had

1688

01:07:50,120 --> 01:07:47,010

then patients who'd been successfully

1689

01:07:51,860 --> 01:07:50,130

resuscitated but they didn't have a

1690

01:07:54,200 --> 01:07:51,870

near-death experience or they didn't

1691

01:07:56,480 --> 01:07:54,210

have the antibody component and I asked

1692

01:07:58,930 --> 01:07:56,490

them if they could describe what they

1693

01:08:01,430 --> 01:07:58,940

thought that we had done to them and

1694

01:08:03,740 --> 01:08:01,440

they were like what do you mean I don't

1695

01:08:09,920 --> 01:08:03,750

I was dead I don't remember anything

1696

01:08:12,860 --> 01:08:09,930

right I have no idea what you did to me

1697

01:08:15,440 --> 01:08:12,870

at all all right and the majority of

1698

01:08:17,510 --> 01:08:15,450

them couldn't even guess they couldn't

1699

01:08:20,360 --> 01:08:17,520

make a guess as to what we'd done and

1700

01:08:23,240 --> 01:08:20,370

then a few of them then did make a guess

1701

01:08:25,519 --> 01:08:23,250

and it was based on T V Hospital dramas

1702

01:08:27,160 --> 01:08:25,529

that they've been watching and what I

1703

01:08:29,120 --> 01:08:27,170

found is that there were errors and

1704

01:08:31,519 --> 01:08:29,130

misconceptions and what they thought we

1705

01:08:34,099 --> 01:08:31,529

had done to them and so some of them

1706

01:08:36,559 --> 01:08:34,109

thought that they had been in DC shocked

1707

01:08:37,999 --> 01:08:36,569

with the paddles and they hadn't those

1708

01:08:42,320 --> 01:08:38,009

people had just had the resuscitation

1709

01:08:45,410 --> 01:08:42,330

the CPR and drugs administered such as

1710

01:08:46,120 --> 01:08:45,420

adrenaline or noradrenaline and then

1711

01:08:49,539 --> 01:08:46,130

some of them

1712

01:08:51,760 --> 01:08:49,549

educated guesses but the place where

1713

01:08:54,280 --> 01:08:51,770

they thought that we put the paddles on

1714

01:08:58,450 --> 01:08:54,290

to their body was completely erroneous

1715

01:09:02,559 --> 01:08:58,460

it was wrong it was incorrect data you

1716

01:09:04,360 --> 01:09:02,569

know this is great stuff yeah so it just

1717

01:09:06,849 --> 01:09:04,370

you know it just goes to show that the

1718

01:09:09,129 --> 01:09:06,859

people who did report their the

1719

01:09:11,260 --> 01:09:09,139

near-death experience describe their

1720

01:09:13,780 --> 01:09:11,270

experience with accuracy whereas the

1721

01:09:15,249 --> 01:09:13,790

control group would win at accurate

1722

01:09:18,849 --> 01:09:15,259

and they most of them couldn't even

1723

01:09:20,499 --> 01:09:18,859

hazard a guess so let me just frame this

1724

01:09:22,419 --> 01:09:20,509

up and then I'm gonna let you answer

1725

01:09:26,140 --> 01:09:22,429

that sure here's why I think this is

1726

01:09:29,800 --> 01:09:26,150

important I get the time dilation thing

1727

01:09:32,439 --> 01:09:29,810

right yeah but if we're going to do any

1728

01:09:34,629 --> 01:09:32,449

kind of science if we're gonna keep the

1729

01:09:36,789 --> 01:09:34,639

red book and a blue book intact and say

1730

01:09:39,370 --> 01:09:36,799

there's reason to trust some of the

1731

01:09:42,209 --> 01:09:39,380

studies in there and we have to hold to

1732

01:09:45,129 --> 01:09:42,219

the way things work in this time-space

1733

01:09:47,410 --> 01:09:45,139

little slice of consciousness that we

1734

01:09:47,680 --> 01:09:47,420

live in so here's a person who's done

1735

01:09:50,249 --> 01:09:47,690

that

1736

01:09:53,649 --> 01:09:50,259

who said okay in our time-space reality

1737

01:09:55,930 --> 01:09:53,659

you die and then are resuscitated that's

1738

01:09:58,629 --> 01:09:55,940

what everyone in the hospital agrees

1739

01:10:01,300 --> 01:09:58,639

happen they agree you flatlined and they

1740

01:10:03,729 --> 01:10:01,310

agree we resuscitated you so the fact

1741

01:10:05,890 --> 01:10:03,739

that she can go and it's completely

1742

01:10:07,660 --> 01:10:05,900

valid for him for her to go and then say

1743

01:10:09,550 --> 01:10:07,670

in that time-space continuum

1744

01:10:11,110 --> 01:10:09,560

what data can we gather and the fact

1745

01:10:14,970 --> 01:10:11,120

that the data Falls the way that it is

1746

01:10:18,010 --> 01:10:14,980

this is not friendly to your explanation

1747

01:10:21,970 --> 01:10:18,020

with the exception that it makes the

1748

01:10:24,550 --> 01:10:21,980

assumption that when our brains are in a

1749

01:10:28,649 --> 01:10:24,560

non-standard conscious space that could

1750

01:10:34,930 --> 01:10:28,659

be interacting of some type of quantum

1751

01:10:39,220 --> 01:10:34,940

action that the quantum reality which is

1752

01:10:41,830 --> 01:10:39,230

that time doesn't really play the same

1753

01:10:42,970 --> 01:10:41,840

in our in our conscious awareness space

1754

01:10:44,919 --> 01:10:42,980

right when you're talking about quantum

1755

01:10:50,590 --> 01:10:44,929

mechanics you're talking about being

1756

01:10:54,310 --> 01:10:50,600

able to throw out the the the you know

1757

01:10:56,800 --> 01:10:54,320

basic scientific foundation of cause and

1758

01:10:59,950 --> 01:10:56,810

effect they've proven that you can have

1759

01:11:02,830 --> 01:10:59,960

backward in time causation and a

1760

01:11:05,170 --> 01:11:02,840

fact in Reverse does in quantum

1761

01:11:07,709 --> 01:11:05,180

experience in quantum experiments excuse

1762

01:11:10,360 --> 01:11:07,719

me and so when you're in that

1763

01:11:12,340 --> 01:11:10,370

non-standard consciousness space where

1764

01:11:14,979 --> 01:11:12,350

you could be interacting via the

1765

01:11:17,470 --> 01:11:14,989

microtubules out into the quantum foam

1766

01:11:19,360 --> 01:11:17,480

the the two-way communication channel

1767

01:11:21,970 --> 01:11:19,370

that may exist that we now have physical

1768

01:11:25,510 --> 01:11:21,980

scientific evidence that is supportive

1769

01:11:27,220 --> 01:11:25,520

of that potential now you're talking

1770

01:11:29,979 --> 01:11:27,230

about being in a space where time

1771

01:11:31,780 --> 01:11:29,989

doesn't operate the same as it does for

1772

01:11:34,030 --> 01:11:31,790

us in our regular waking awareness

1773

01:11:36,820 --> 01:11:34,040

well how many angels do you think fit on

1774

01:11:39,010 --> 01:11:36,830

the head of that pin I mean because if

1775

01:11:42,490 --> 01:11:39,020

we're gonna go there and if we're gonna

1776

01:11:46,479 --> 01:11:42,500

talk about science that we have there's

1777

01:11:48,100 --> 01:11:46,489

no established science that would

1778

01:11:50,050 --> 01:11:48,110

suggest that right so when you got

1779

01:11:52,330 --> 01:11:50,060

pushed you brought up them the Michigan

1780

01:11:54,220 --> 01:11:52,340

study in the rats which is you're really

1781

01:11:56,830 --> 01:11:54,230

kind of a poor example but now you're

1782

01:11:58,540 --> 01:11:56,840

just completely jumping the shark a

1783

01:12:01,360 --> 01:11:58,550

little bit in terms of saying you have

1784

01:12:03,670 --> 01:12:01,370

all this good science in your books that

1785

01:12:05,380 --> 01:12:03,680

is neuroscience that is established yeah

1786

01:12:07,510 --> 01:12:05,390

the rest of this stuff is is complete

1787

01:12:09,550 --> 01:12:07,520

conjecture so I would move to the other

1788

01:12:12,640 --> 01:12:09,560

well it's gonna be on your side and say

1789

01:12:14,650 --> 01:12:12,650

what is what is being reported

1790

01:12:18,060 --> 01:12:14,660

well it's conjecture to the point that

1791

01:12:19,810 --> 01:12:18,070

that you don't have a first-person

1792

01:12:23,740 --> 01:12:19,820

representation or first-person

1793

01:12:26,620 --> 01:12:23,750

experience which I let me person

1794

01:12:29,350 --> 01:12:26,630

experience of having an experience on an

1795

01:12:31,300 --> 01:12:29,360

afternoon through a meditation where I

1796

01:12:33,550 --> 01:12:31,310

experienced thousands of years of

1797

01:12:35,620 --> 01:12:33,560

stories and and it's not like you know

1798

01:12:37,240 --> 01:12:35,630

this was just an invention of my brain I

1799

01:12:39,190 --> 01:12:37,250

was able to bring back something that

1800

01:12:41,800 --> 01:12:39,200

we're now using to create some new

1801
01:12:45,090 --> 01:12:41,810
science that we hadn't had previously as

1802
01:12:49,600 --> 01:12:45,100
a human race right so whatever it is the

1803
01:12:51,520 --> 01:12:49,610
the subconscious creation process that

1804
01:12:53,500 --> 01:12:51,530
Einstein talked about where you know we

1805
01:12:55,540 --> 01:12:53,510
don't really create create a solution to

1806
01:12:58,150 --> 01:12:55,550
a problem we think about the problem and

1807
01:13:00,820 --> 01:12:58,160
then all of a sudden the answer comes to

1808
01:13:03,220 --> 01:13:00,830
us from within our bodies from another

1809
01:13:05,410 --> 01:13:03,230
level of consciousness within us we come

1810
01:13:06,729 --> 01:13:05,420
up with that solution well you know

1811
01:13:08,410 --> 01:13:06,739
David Eagleman I'll tell you we've been

1812
01:13:10,270 --> 01:13:08,420
working on that at multiple levels of

1813
01:13:11,770 --> 01:13:10,280

our subconscious for days before it pops

1814

01:13:13,559 --> 01:13:11,780

up into our waking awareness that oh

1815

01:13:15,029 --> 01:13:13,569

here's the solution to that

1816

01:13:17,969 --> 01:13:15,039

right when you're talking about an

1817

01:13:20,669 --> 01:13:17,979

experience that can happen within an

1818

01:13:23,519 --> 01:13:20,679

individual where time dilation occurs

1819

01:13:24,899 --> 01:13:23,529

under normal operation of a human mind

1820

01:13:26,849 --> 01:13:24,909

you'd say that would be impossible

1821

01:13:28,169 --> 01:13:26,859

well you're not talking about the normal

1822

01:13:30,629 --> 01:13:28,179

operation of a human mind when you're

1823

01:13:32,489 --> 01:13:30,639

talking about an NDE or an Enlightenment

1824

01:13:33,719 --> 01:13:32,499

experience or a consciousness expansion

1825

01:13:35,789 --> 01:13:33,729

experience you're talking about the

1826
01:13:37,829 --> 01:13:35,799
brain operating in a different mode that

1827
01:13:41,429 --> 01:13:37,839
we are unfamiliar with and have

1828
01:13:43,169 --> 01:13:41,439
absolutely no scientific foundation for

1829
01:13:45,449 --> 01:13:43,179
it you mean the folks up at Johns

1830
01:13:48,929 --> 01:13:45,459
Hopkins right now are trying to figure

1831
01:13:51,119 --> 01:13:48,939
out the best way to formulate a an

1832
01:13:52,829 --> 01:13:51,129
experiment where they can induce an

1833
01:13:56,009 --> 01:13:52,839
Enlightenment experience that they can

1834
01:13:58,349 --> 01:13:56,019
catch in an fMRI right that we haven't

1835
01:14:01,019 --> 01:13:58,359
even gone on the whole thing what why do

1836
01:14:04,019 --> 01:14:01,029
you switch back to wanting to catch it

1837
01:14:06,539 --> 01:14:04,029
in an fMRI what I'm suggesting is that

1838
01:14:08,729 --> 01:14:06,549

the did what what I think every

1839

01:14:10,739 --> 01:14:08,739

near-death experience researcher Khurram

1840

01:14:13,709 --> 01:14:10,749

aware of has come to the conclusion that

1841

01:14:15,569 --> 01:14:13,719

consciousness extends beyond bodily

1842

01:14:17,969 --> 01:14:15,579

death in a way that we completely don't

1843

01:14:20,759 --> 01:14:17,979

understand so yes but a jamot trying to

1844

01:14:22,679 --> 01:14:20,769

jam it back into the materialist model

1845

01:14:26,129 --> 01:14:22,689

trying to say oh we're gonna see it on

1846

01:14:31,379 --> 01:14:26,139

an fMRI we're gonna see in an EEG we

1847

01:14:33,599 --> 01:14:31,389

existed both we existed both we exist we

1848

01:14:35,819 --> 01:14:33,609

don't understand the level of complexity

1849

01:14:37,889 --> 01:14:35,829

you know we switch back from saying but

1850

01:14:39,689 --> 01:14:37,899

how else do you find the how else do you

1851

01:14:41,579 --> 01:14:39,699

find the details if you don't try to

1852

01:14:42,059 --> 01:14:41,589

induce an enlightenment experience in an

1853

01:14:43,679 --> 01:14:42,069

fMRI

1854

01:14:45,179 --> 01:14:43,689

so that you can look at the physical

1855

01:14:47,489 --> 01:14:45,189

science of what's happening in the brain

1856

01:14:49,529 --> 01:14:47,499

because guess what whatever experience

1857

01:14:51,839 --> 01:14:49,539

that I have right now is completely

1858

01:14:53,519 --> 01:14:51,849

dependent on me having a brain you cut

1859

01:14:55,139 --> 01:14:53,529

the brain out I'm not gonna have an

1860

01:14:58,109 --> 01:14:55,149

experience here in my body of

1861

01:15:00,359 --> 01:14:58,119

consciousness for anything further than

1862

01:15:02,759 --> 01:15:00,369

at the point that your scalpel is cut

1863

01:15:05,729 --> 01:15:02,769

through right this is the this is

1864

01:15:09,959 --> 01:15:05,739

exactly the debate that we're having

1865

01:15:13,769 --> 01:15:09,969

right NDE suggests is that what you said

1866

01:15:16,919 --> 01:15:13,779

right there is fundamentally incorrect

1867

01:15:19,829 --> 01:15:16,929

because as Jeff Long explained to you as

1868

01:15:22,019 --> 01:15:19,839

dr. Sam pornea who's one of the leading

1869

01:15:25,469 --> 01:15:22,029

experts in the world on resuscitation

1870

01:15:27,270 --> 01:15:25,479

and will tell you these people are dead

1871

01:15:30,600 --> 01:15:27,280

that we're studying

1872

01:15:33,540 --> 01:15:30,610

they are dead clinically dead brain dead

1873

01:15:35,430 --> 01:15:33,550

brain stem dead brain dead every way you

1874

01:15:37,740 --> 01:15:35,440

want to talk about it and yet they're

1875

01:15:40,410 --> 01:15:37,750

having a conscious experience that

1876

01:15:43,260 --> 01:15:40,420

contradicts what you're saying in a way

1877

01:15:46,020 --> 01:15:43,270

that we can't resolve I'm okay with

1878

01:15:49,590 --> 01:15:46,030

leaving it unresolved you seem to want

1879

01:15:51,990 --> 01:15:49,600

to be really Wed to the idea of jamming

1880

01:15:55,430 --> 01:15:52,000

it back into yeah but it somehow has to

1881

01:15:58,140 --> 01:15:55,440

fit into our biology in some way because

1882

01:16:00,300 --> 01:15:58,150

my brain is right here and my body is

1883

01:16:02,850 --> 01:16:00,310

right here maybe from our perspective

1884

01:16:06,000 --> 01:16:02,860

only primer from a perspective of an

1885

01:16:08,010 --> 01:16:06,010

individual human life right because when

1886

01:16:11,220 --> 01:16:08,020

you're talking about consciousness and

1887

01:16:12,750 --> 01:16:11,230

mass yeah I completely believe non-local

1888

01:16:14,610 --> 01:16:12,760

consciousness exists and there's there's

1889

01:16:16,410 --> 01:16:14,620

gonna be in hallux that exists beyond

1890

01:16:18,000 --> 01:16:16,420

your body when your body quits and

1891

01:16:19,710 --> 01:16:18,010

there's going to be a portion of my

1892

01:16:21,810 --> 01:16:19,720

consciousness that exists beyond the

1893

01:16:23,790 --> 01:16:21,820

portion that you know when my body quits

1894

01:16:25,950 --> 01:16:23,800

I get that and I agree with that but

1895

01:16:28,560 --> 01:16:25,960

what we're talking about here is the

1896

01:16:29,940 --> 01:16:28,570

ability to create an amazing human life

1897

01:16:31,500 --> 01:16:29,950

from what we understand about

1898

01:16:34,350 --> 01:16:31,510

consciousness and so we have to

1899

01:16:36,930 --> 01:16:34,360

understand the complexity that comes

1900

01:16:39,270 --> 01:16:36,940

into it when we entertain this meatsuit

1901

01:16:41,190 --> 01:16:39,280

and we put this into the equation right

1902

01:16:43,350 --> 01:16:41,200

because we're we're not just this

1903

01:16:45,030 --> 01:16:43,360

consciousness this you know I mean we're

1904

01:16:45,750 --> 01:16:45,040

am wearing this non dual space it's

1905

01:16:47,760 --> 01:16:45,760

amazing

1906

01:16:49,560 --> 01:16:47,770

you're nothing but the consciousness of

1907

01:16:51,720 --> 01:16:49,570

the universe and there is no me there is

1908

01:16:53,880 --> 01:16:51,730

no you you are me in simply a different

1909

01:16:56,370 --> 01:16:53,890

form you're just another extension of me

1910

01:16:58,710 --> 01:16:56,380

and I would love you to to the same

1911

01:17:00,870 --> 01:16:58,720

level that I love myself without an

1912

01:17:03,330 --> 01:17:00,880

issue but the problem comes in when we

1913

01:17:05,400 --> 01:17:03,340

have to start you know having jobs and

1914

01:17:07,080 --> 01:17:05,410

making money and dealing with emotions

1915

01:17:08,580 --> 01:17:07,090

and understanding the delineations

1916

01:17:09,990 --> 01:17:08,590

between our conscious awareness and our

1917

01:17:11,970 --> 01:17:10,000

subconscious awareness and the things

1918

01:17:15,000 --> 01:17:11,980

that our subconscious awareness throws

1919

01:17:17,370 --> 01:17:15,010

up into our mind that creates turmoil

1920

01:17:19,920 --> 01:17:17,380

for us and takes us away from that unit

1921

01:17:21,720 --> 01:17:19,930

of consciousness etc so I'm talking

1922

01:17:23,160 --> 01:17:21,730

about when specifically I'm talking

1923

01:17:24,870 --> 01:17:23,170

about you know the conscious experience

1924

01:17:26,450 --> 01:17:24,880

being dependent upon the brain I'm

1925

01:17:29,070 --> 01:17:26,460

talking about just for our human body

1926

01:17:31,320 --> 01:17:29,080

right I'm not talking about the whole

1927

01:17:32,400 --> 01:17:31,330

thing I'm talking about just the thing

1928

01:17:34,080 --> 01:17:32,410

that we have to deal with on a

1929

01:17:36,660 --> 01:17:34,090

day-to-day basis and when you can

1930

01:17:39,570 --> 01:17:36,670

understand that better that allows you

1931

01:17:40,650 --> 01:17:39,580

to reach out farther into that non-local

1932

01:17:42,510 --> 01:17:40,660

conscious awareness

1933

01:17:44,100 --> 01:17:42,520

and become one with the universe and be

1934

01:17:46,680 --> 01:17:44,110

in that space of equanimity at all

1935

01:17:48,660 --> 01:17:46,690

points in your life right when you're

1936

01:17:51,660 --> 01:17:48,670

having to deal with this you're starting

1937

01:17:54,770 --> 01:17:51,670

to bring into complexity the body itself

1938

01:17:57,660 --> 01:17:54,780

that has a number of things that are

1939

01:18:00,930 --> 01:17:57,670

counterintuitive and really kind of

1940

01:18:02,610 --> 01:18:00,940

confusing on our understanding of our

1941

01:18:04,800 --> 01:18:02,620

existence and it creates a lot of noise

1942

01:18:07,470 --> 01:18:04,810

for us to have to deal with and when we

1943

01:18:09,630 --> 01:18:07,480

can reduce that noise that's when we

1944

01:18:11,340 --> 01:18:09,640

find that place of complete peace and

1945

01:18:13,410 --> 01:18:11,350

equanimity and liberation that all of us

1946

01:18:14,640 --> 01:18:13,420

are supposed to be finding right and so

1947

01:18:15,750 --> 01:18:14,650

that's what I'm talking about what I'm

1948

01:18:18,480 --> 01:18:15,760

talking about you know the conscious

1949

01:18:20,940 --> 01:18:18,490

awareness being dependent upon the brain

1950

01:18:22,620 --> 01:18:20,950

well that's our human body that's our

1951

01:18:24,210 --> 01:18:22,630

human body's conscious one that's the

1952

01:18:25,440 --> 01:18:24,220

delineation that I'm making but I think

1953

01:18:27,030 --> 01:18:25,450

you know a lot of the times when you're

1954

01:18:28,830 --> 01:18:27,040

talking about consciousness you'll lose

1955

01:18:31,080 --> 01:18:28,840

yourself and you know where the line of

1956

01:18:34,200 --> 01:18:31,090

demarcation is on you know like the the

1957

01:18:36,420 --> 01:18:34,210

the the materialist scientists are the

1958

01:18:38,430 --> 01:18:36,430

are the lost folks who say consciousness

1959

01:18:40,440 --> 01:18:38,440

stops at the body and when the body's

1960

01:18:40,800 --> 01:18:40,450

done the brain dies consciousness is

1961

01:18:42,180 --> 01:18:40,810

done

1962

01:18:44,250 --> 01:18:42,190

I've [h__\h] we all know it's [h__\h]

1963

01:18:47,370 --> 01:18:44,260

science is leading us down the path to

1964

01:18:49,410 --> 01:18:47,380

prove that it's [h__h] right but you

1965

01:18:51,300 --> 01:18:49,420

have to have the conversation in those

1966

01:18:53,400 --> 01:18:51,310

terms when you're talking about dealing

1967

01:18:55,290 --> 01:18:53,410

with the human body that we are dealt

1968

01:18:57,870 --> 01:18:55,300

and the life that we have to live

1969

01:18:59,820 --> 01:18:57,880

individually here and yeah are there

1970

01:19:01,680 --> 01:18:59,830

things that we don't understand on the

1971

01:19:04,080 --> 01:19:01,690

universe that could help us explain you

1972

01:19:08,310 --> 01:19:04,090

know ESP is scientifically proven to a

1973

01:19:10,170 --> 01:19:08,320

statistical significance yeah I mean

1974

01:19:12,660 --> 01:19:10,180

you've got those things that are you

1975

01:19:15,540 --> 01:19:12,670

know now we've got the way to to start

1976

01:19:17,490 --> 01:19:15,550

to to prove those things can you start

1977

01:19:19,350 --> 01:19:17,500

talking about past lives well you know

1978

01:19:20,430 --> 01:19:19,360

when you're starting to take time out of

1979

01:19:22,230 --> 01:19:20,440

the equation the time doesn't really

1980

01:19:25,950 --> 01:19:22,240

exist and that all matter in existence

1981

01:19:28,530 --> 01:19:25,960

can be happening at the same exact

1982

01:19:30,510 --> 01:19:28,540

moment are you really seeing a past life

1983

01:19:32,250 --> 01:19:30,520

or are you actually seeing a moment

1984

01:19:34,050 --> 01:19:32,260

that's going on right now through your

1985

01:19:36,180 --> 01:19:34,060

connection out into the quantum foam

1986

01:19:38,400 --> 01:19:36,190

that you know you're you're just seeing

1987

01:19:40,110 --> 01:19:38,410

a connection to another life that

1988

01:19:41,340 --> 01:19:40,120

seemingly would have been another time

1989

01:19:43,710 --> 01:19:41,350

that it's actually happening in this

1990

01:19:45,480 --> 01:19:43,720

present moment right these are all

1991

01:19:46,530 --> 01:19:45,490

questions that we need to ask but at the

1992

01:19:48,510 --> 01:19:46,540

same time when you're having a

1993

01:19:50,220 --> 01:19:48,520

conversation about the reality of

1994

01:19:52,270 --> 01:19:50,230

existence and the consciousness of the

1995

01:19:56,170 --> 01:19:52,280

quantum and quantum

1996

01:19:58,420 --> 01:19:56,180

and the quantum foam you know you have

1997

01:20:00,640 --> 01:19:58,430

to you have to zoom that down to talk

1998

01:20:01,690 --> 01:20:00,650

about one or two things because you

1999

01:20:02,860 --> 01:20:01,700

can't talk about the whole thing because

2000

01:20:05,710 --> 01:20:02,870

as soon as you say word one you're

2001
01:20:07,630 --> 01:20:05,720
you're off the path of truth talking

2002
01:20:09,820 --> 01:20:07,640
about you know whatever your conception

2003
01:20:11,290 --> 01:20:09,830
your you know your personal perception

2004
01:20:13,540 --> 01:20:11,300
of that is and then and then as soon as

2005
01:20:17,230 --> 01:20:13,550
you mix in this meat suit here you're

2006
01:20:20,290 --> 01:20:17,240
you're flawed well we're all flawed and

2007
01:20:22,900 --> 01:20:20,300
I understand the dilemma and the need to

2008
01:20:27,070 --> 01:20:22,910
gobby it's like you're going from shutup

2009
01:20:31,990 --> 01:20:27,080
and calculate to shut up and liberate

2010
01:20:34,990 --> 01:20:32,000
you know don't worry about some of the

2011
01:20:38,880 --> 01:20:35,000
little anomalies that pop up and just

2012
01:20:41,770 --> 01:20:38,890
you know liberate yourself in a way that

2013
01:20:44,560 --> 01:20:41,780

millions and billions have done before

2014

01:20:47,140 --> 01:20:44,570

and left the cookie crumbs there in

2015

01:20:51,240 --> 01:20:47,150

terms of how you can do it too

2016

01:20:54,700 --> 01:20:51,250

so I tell you what that was I hope

2017

01:20:57,550 --> 01:20:54,710

edutainment for at least some people out

2018

01:20:59,950 --> 01:20:57,560

there an interesting exchange you've

2019

01:21:02,710 --> 01:20:59,960

been super generous with your time let's

2020

01:21:06,310 --> 01:21:02,720

kind of wrap it up with the big the

2021

01:21:10,360 --> 01:21:06,320

biggie down here we've got the question

2022

01:21:12,550 --> 01:21:10,370

of God and you know one of the things

2023

01:21:15,640 --> 01:21:12,560

I'd like to kind of contemplate with

2024

01:21:17,830 --> 01:21:15,650

guests is when we talk about this

2025

01:21:19,830 --> 01:21:17,840

extended consciousness this larger

2026

01:21:23,850 --> 01:21:19,840

consciousness this unity consciousness

2027

01:21:26,800 --> 01:21:23,860

yeah is there a hierarchy to it and then

2028

01:21:29,470 --> 01:21:26,810

the question I have for you because you

2029

01:21:31,930 --> 01:21:29,480

tell a dramatic story and maybe you can

2030

01:21:34,180 --> 01:21:31,940

retell that story now you tell the story

2031

01:21:36,970 --> 01:21:34,190

in your books and I don't remember which

2032

01:21:38,610 --> 01:21:36,980

one but you can clarify sure I'm having

2033

01:21:41,410 --> 01:21:38,620

this experience this profound

2034

01:21:45,190 --> 01:21:41,420

transformational experience and being

2035

01:21:46,810 --> 01:21:45,200

told let go and the voice has to tell

2036

01:21:50,620 --> 01:21:46,820

you more than once cuz you don't want to

2037

01:21:53,830 --> 01:21:50,630

let go you're right I told you that yeah

2038

01:21:56,200 --> 01:21:53,840

that's a really good question and okay

2039

01:21:57,790 --> 01:21:56,210

so in front of me I'm seeing God and

2040

01:22:01,900 --> 01:21:57,800

then I'm seeing the two questions is

2041

01:22:05,650 --> 01:22:01,910

there a consciousness hierarchy and as a

2042

01:22:08,250 --> 01:22:05,660

quick you know as a person who wants

2043

01:22:12,090 --> 01:22:08,260

to keep one foot in the boat of

2044

01:22:15,520 --> 01:22:12,100

potential of things that could be and

2045

01:22:17,050 --> 01:22:15,530

the other foot in the boat of well

2046

01:22:21,280 --> 01:22:17,060

here's what I know or here's what I'm

2047

01:22:24,520 --> 01:22:21,290

able to see or observe from that foot in

2048

01:22:25,930 --> 01:22:24,530

the boat of what I can see what I can

2049

01:22:27,610 --> 01:22:25,940

see within the human mind and what we

2050

01:22:29,500 --> 01:22:27,620

all can see when we we learn how to look

2051

01:22:31,000 --> 01:22:29,510

at it is that there are multiple levels

2052

01:22:34,840 --> 01:22:31,010

of consciousness even within our human

2053

01:22:38,710 --> 01:22:34,850

mind and you know when we like I give a

2054

01:22:41,110 --> 01:22:38,720

good example in the first book of taking

2055

01:22:42,850 --> 01:22:41,120

a picture of an elephant and imagining

2056

01:22:44,650 --> 01:22:42,860

an elephant in your mind and then trying

2057

01:22:47,050 --> 01:22:44,660

to paint that elephant pink with purple

2058

01:22:49,290 --> 01:22:47,060

polka dots and you see that in your mind

2059

01:22:51,310 --> 01:22:49,300

but you didn't actually do that you

2060

01:22:52,810 --> 01:22:51,320

communicated the intention you had the

2061

01:22:54,250 --> 01:22:52,820

intention of wanting to see an elephant

2062

01:22:55,450 --> 01:22:54,260

and then poof an elephant appears and

2063

01:22:57,310 --> 01:22:55,460

then I tell you to hate paint that

2064

01:22:59,080 --> 01:22:57,320

elephant pink with purple polka dots and

2065

01:23:00,520 --> 01:22:59,090

then all of a sudden you see that as

2066

01:23:02,020 --> 01:23:00,530

well you didn't actually do that you

2067

01:23:04,270 --> 01:23:02,030

passed down that intention to other

2068

01:23:06,220 --> 01:23:04,280

functions within your brain or within

2069

01:23:08,680 --> 01:23:06,230

your mind there are other levels of

2070

01:23:10,330 --> 01:23:08,690

conscious awareness that then say okay

2071

01:23:12,640 --> 01:23:10,340

well here's what an elephant looks like

2072

01:23:13,840 --> 01:23:12,650

here's the color pink and here's what

2073

01:23:15,160 --> 01:23:13,850

polka dots look like and here's what

2074

01:23:16,420 --> 01:23:15,170

purple polka dots look like and they put

2075

01:23:17,710 --> 01:23:16,430

all that stuff together and then shove

2076

01:23:19,690 --> 01:23:17,720

it back up into your conscious awareness

2077

01:23:21,760 --> 01:23:19,700

for you to be able to then see the

2078

01:23:22,840 --> 01:23:21,770

elephant pink with purple polka dots so

2079

01:23:24,820 --> 01:23:22,850

there are multiple levels of

2080

01:23:26,080 --> 01:23:24,830

consciousness that are working for you

2081

01:23:28,570 --> 01:23:26,090

and by the way if you get those under

2082

01:23:32,190 --> 01:23:28,580

control your life becomes amazing but

2083

01:23:35,980 --> 01:23:32,200

they're working for you right and so

2084

01:23:37,270 --> 01:23:35,990

from that evidence right there within

2085

01:23:39,550 --> 01:23:37,280

our own human bodies we have the answer

2086

01:23:42,250 --> 01:23:39,560

to the question is consciousness is

2087

01:23:43,720 --> 01:23:42,260

there a consciousness hierarchy I do

2088

01:23:46,720 --> 01:23:43,730

believe that there are lines of

2089

01:23:49,270 --> 01:23:46,730

demarcation where consciousness works on

2090

01:23:53,560 --> 01:23:49,280

certain portions of the universe at the

2091

01:23:56,200 --> 01:23:53,570

level that they're meant to or that they

2092

01:23:57,910 --> 01:23:56,210

fall into and so there's a level of

2093

01:24:01,330 --> 01:23:57,920

consciousness where like at the human

2094

01:24:03,190 --> 01:24:01,340

cellular level we have these cells that

2095

01:24:04,690 --> 01:24:03,200

have different functions and it's within

2096

01:24:08,200 --> 01:24:04,700

their conscious awareness that they

2097

01:24:11,050 --> 01:24:08,210

sense the outside they have a they have

2098

01:24:13,150 --> 01:24:11,060

a cell structure they have a line of

2099

01:24:15,280 --> 01:24:13,160

demarcation they have a function within

2100

01:24:16,480 --> 01:24:15,290

the cell they understand what's going on

2101

01:24:18,340 --> 01:24:16,490

outside the cells so they have a

2102

01:24:19,090 --> 01:24:18,350

perception they make an intelligent

2103

01:24:20,440 --> 01:24:19,100

decision

2104

01:24:22,480 --> 01:24:20,450

what to do based on what's going on

2105

01:24:24,820 --> 01:24:22,490

outside the cell and then they have an

2106

01:24:27,490 --> 01:24:24,830

internal reaction that is part of their

2107

01:24:29,650 --> 01:24:27,500

conscious awareness that they take

2108

01:24:33,730 --> 01:24:29,660

action and then that has a pro-life

2109

01:24:35,710 --> 01:24:33,740

function from their perspective and so

2110

01:24:40,090 --> 01:24:35,720

that is evidence right there that there

2111

01:24:43,600 --> 01:24:40,100

is some type of consciousness hierarchy

2112

01:24:46,240 --> 01:24:43,610

that those cells or our organs or our

2113

01:24:48,400 --> 01:24:46,250

brain or whatever it is has a level of

2114

01:24:52,720 --> 01:24:48,410

consciousness that it works within and

2115

01:24:54,310 --> 01:24:52,730

then it can and does have interaction

2116

01:24:56,230 --> 01:24:54,320

with other levels of consciousness but

2117

01:24:58,240 --> 01:24:56,240

only to a couple of levels up or down

2118

01:25:00,340 --> 01:24:58,250

and so we're talking about the right

2119

01:25:02,410 --> 01:25:00,350

here the same thing here because usually

2120

01:25:03,730 --> 01:25:02,420

when I talk about that I'm talking about

2121

01:25:06,100 --> 01:25:03,740

after we had a discussion about

2122

01:25:08,260 --> 01:25:06,110

near-death experience science and we

2123

01:25:10,150 --> 01:25:08,270

said ok there is this extended realm

2124

01:25:11,290 --> 01:25:10,160

which you've accessed and we talked

2125

01:25:12,850 --> 01:25:11,300

about that in a minute again because

2126
01:25:14,160 --> 01:25:12,860
that was kind of a second question sure

2127
01:25:17,020 --> 01:25:14,170
and then we started looking at all these

2128
01:25:21,030 --> 01:25:17,030
experiences who access this extended

2129
01:25:23,290 --> 01:25:21,040
consciousness realm and what they report

2130
01:25:25,600 --> 01:25:23,300
consistently is that there is a

2131
01:25:27,550 --> 01:25:25,610
hierarchy of consciousness that we would

2132
01:25:29,080 --> 01:25:27,560
associate with God and I look at the

2133
01:25:30,940 --> 01:25:29,090
near-death experience that's what they

2134
01:25:33,460 --> 01:25:30,950
say directly and I always say this

2135
01:25:35,800 --> 01:25:33,470
people hear it for the tenth time that's

2136
01:25:38,500 --> 01:25:35,810
ok yeah dr. Jeff Long who I've

2137
01:25:40,420 --> 01:25:38,510
referenced earlier that was his surprise

2138
01:25:42,850 --> 01:25:40,430

finding in his latest book again he's

2139

01:25:44,440 --> 01:25:42,860

got Chris you're not a religious guy he

2140

01:25:46,210 --> 01:25:44,450

just said hey here this is the data this

2141

01:25:48,880 --> 01:25:46,220

is the data that I encountered is yeah

2142

01:25:51,040 --> 01:25:48,890

over and over again say God God God God

2143

01:25:53,410 --> 01:25:51,050

and they say it in ways of like I saw

2144

01:25:56,800 --> 01:25:53,420

Jesus but then they say it in ways up I

2145

01:26:00,670 --> 01:25:56,810

saw this light being of infinite love or

2146

01:26:02,170 --> 01:26:00,680

they say I saw this other being that you

2147

01:26:04,270 --> 01:26:02,180

know all this kind of all these demircan

2148

01:26:06,180 --> 01:26:04,280

things so it's not bound by religion or

2149

01:26:09,280 --> 01:26:06,190

anything like that there's a hierarchy

2150

01:26:12,220 --> 01:26:09,290

there's God it comes through over and

2151
01:26:14,140 --> 01:26:12,230
over again and what what you just said

2152
01:26:16,450 --> 01:26:14,150
about the level of consciousness inside

2153
01:26:17,830 --> 01:26:16,460
of us we don't know if that's a

2154
01:26:19,840 --> 01:26:17,840
hierarchy we don't know if that's a

2155
01:26:20,920 --> 01:26:19,850
system and a lot of people who when they

2156
01:26:22,420 --> 01:26:20,930
start talking about the extended

2157
01:26:24,700 --> 01:26:22,430
consciousness realm stuff that I just

2158
01:26:26,710 --> 01:26:24,710
did they want to fall into the blob of

2159
01:26:28,870 --> 01:26:26,720
consciousness well I want to really say

2160
01:26:30,220 --> 01:26:28,880
that one there's a moral imperative you

2161
01:26:31,720 --> 01:26:30,230
know we don't know if anything's good or

2162
01:26:32,830 --> 01:26:31,730
bad if there really is he

2163
01:26:34,780 --> 01:26:32,840

we don't want to make those kind of

2164

01:26:37,630 --> 01:26:34,790

value judgments there is consciousness

2165

01:26:39,520 --> 01:26:37,640

it's larger I'm okay that's the way it

2166

01:26:41,710 --> 01:26:39,530

goes I'm just saying day to day to day

2167

01:26:43,990 --> 01:26:41,720

to follow the data wherever it leads yep

2168

01:26:46,030 --> 01:26:44,000

data we're getting back says hierarchy

2169

01:26:50,530 --> 01:26:46,040

of consciousness really what it says is

2170

01:26:54,160 --> 01:26:50,540

God so go with that right but you know

2171

01:26:55,900 --> 01:26:54,170

at the same time if you have an example

2172

01:26:57,520 --> 01:26:55,910

within your own existence within your

2173

01:26:59,320 --> 01:26:57,530

own human existence first of all it

2174

01:27:00,580 --> 01:26:59,330

would be pompous to say that you know we

2175

01:27:01,960 --> 01:27:00,590

are the culmination of it of

2176
01:27:03,730 --> 01:27:01,970
consciousness and that consciousness

2177
01:27:06,070 --> 01:27:03,740
stops with us and there's nothing above

2178
01:27:08,440 --> 01:27:06,080
our own consciousness and I don't think

2179
01:27:10,960 --> 01:27:08,450
that the the evidence that we have

2180
01:27:13,210 --> 01:27:10,970
uncovered as our simplistic you know

2181
01:27:14,820 --> 01:27:13,220
human existence is who think we're a lot

2182
01:27:17,650 --> 01:27:14,830
more intelligent than we actually are

2183
01:27:19,150 --> 01:27:17,660
I think that you know looking at the

2184
01:27:20,290 --> 01:27:19,160
model that we exist within and not

2185
01:27:22,330 --> 01:27:20,300
saying you know that would be

2186
01:27:23,920 --> 01:27:22,340
extrapolated out to how that's how the

2187
01:27:27,010 --> 01:27:23,930
whole universe works well that would be

2188
01:27:28,300 --> 01:27:27,020

kind of silly to say so I do believe

2189

01:27:31,900 --> 01:27:28,310

that there are hierarchies in

2190

01:27:36,100 --> 01:27:33,640

we can't tell right we can only

2191

01:27:38,260 --> 01:27:36,110

understand our perceptions and our

2192

01:27:40,180 --> 01:27:38,270

experiences through the limited

2193

01:27:43,360 --> 01:27:40,190

understanding that our meatsuit can can

2194

01:27:45,730 --> 01:27:43,370

process and so you know we can get an

2195

01:27:48,670 --> 01:27:45,740

inkling of understanding that there are

2196

01:27:50,770 --> 01:27:48,680

hierarchies of consciousness but we to

2197

01:27:52,780 --> 01:27:50,780

delineate what those are I mean you know

2198

01:27:54,790 --> 01:27:52,790

that's that's for world religion to say

2199

01:27:57,460 --> 01:27:54,800

and for you know thousands of years of

2200

01:27:58,950 --> 01:27:57,470

human argument discussion to try to come

2201

01:28:01,930 --> 01:27:58,960

together and put together of you know

2202

01:28:02,620 --> 01:28:01,940

divas and you know multiple gods and all

2203

01:28:04,750 --> 01:28:02,630

this other stuff

2204

01:28:06,610 --> 01:28:04,760

those are inventions of the human mind I

2205

01:28:08,980 --> 01:28:06,620

feel but you know are they based in

2206

01:28:11,170 --> 01:28:08,990

experience of human consciousness sure

2207

01:28:14,050 --> 01:28:11,180

so could they have a basis in some type

2208

01:28:18,580 --> 01:28:14,060

of reality maybe you know who know then

2209

01:28:20,440 --> 01:28:18,590

who told you to let go Sean that's the

2210

01:28:24,790 --> 01:28:20,450

good question isn't it tell the story

2211

01:28:26,080 --> 01:28:24,800

okay so early on in my meditation career

2212

01:28:28,210 --> 01:28:26,090

just to make a long story short and I

2213

01:28:30,580 --> 01:28:28,220

expand on this in the blue book and

2214

01:28:32,620 --> 01:28:30,590

going to a lot more than I thought I

2215

01:28:33,520 --> 01:28:32,630

will here but basically you know I got

2216

01:28:36,010 --> 01:28:33,530

to this point in my life where I was

2217

01:28:40,129 --> 01:28:36,020

like look you know I have all these

2218

01:28:41,959 --> 01:28:40,139

things that humanity and society

2219

01:28:44,479 --> 01:28:41,969

they're supposed to make me happy this

2220

01:28:46,939 --> 01:28:44,489

professional success I have financial

2221

01:28:48,379 --> 01:28:46,949

success I have romantic success I have

2222

01:28:50,810 --> 01:28:48,389

all these things lined up I own this

2223

01:28:53,330 --> 01:28:50,820

house in this upper middle-class

2224

01:28:54,770 --> 01:28:53,340

suburban neighborhood in Atlanta and you

2225

01:28:58,429 --> 01:28:54,780

know nothing you know future's so bright

2226

01:29:00,620 --> 01:28:58,439

I gotta wear shades life still kind of

2227

01:29:02,179 --> 01:29:00,630

sucks for some reason it wasn't happy

2228

01:29:04,459 --> 01:29:02,189

and there was something missing so I

2229

01:29:05,330 --> 01:29:04,469

started to dive into world religions

2230

01:29:06,830 --> 01:29:05,340

because I thought well maybe it's my

2231

01:29:08,419 --> 01:29:06,840

spiritual life that you know I thought I

2232

01:29:10,279 --> 01:29:08,429

had a good relationship with God maybe I

2233

01:29:11,600 --> 01:29:10,289

don't and so I started to dive into

2234

01:29:13,669 --> 01:29:11,610

world religions and started to do an

2235

01:29:15,589 --> 01:29:13,679

anthology of comparative religions and I

2236

01:29:18,620 --> 01:29:15,599

started to understand a little bit more

2237

01:29:21,469 --> 01:29:18,630

about how the world sees God and then I

2238

01:29:23,899 --> 01:29:21,479

ran into this book on Zen Buddhism

2239

01:29:25,219 --> 01:29:23,909

introduction to Zen Buddhism by DT

2240

01:29:26,600 --> 01:29:25,229

Suzuki and I learned about this thing

2241

01:29:29,830 --> 01:29:26,610

called meditation and then I learned

2242

01:29:32,000 --> 01:29:29,840

that they meditate with the focus of

2243

01:29:33,770 --> 01:29:32,010

finding this thing called Satori which

2244

01:29:34,969 --> 01:29:33,780

is the immediate understanding of

2245

01:29:36,529 --> 01:29:34,979

everything in the universe Gary oh yeah

2246

01:29:38,270 --> 01:29:36,539

and I was like okay what's that all

2247

01:29:40,520 --> 01:29:38,280

about and so I started meditating for

2248

01:29:43,489 --> 01:29:40,530

some time and there was this afternoon

2249

01:29:45,589 --> 01:29:43,499

where I was meditating where I knew that

2250

01:29:48,350 --> 01:29:45,599

the focus was to cease conscious thought

2251

01:29:50,419 --> 01:29:48,360

and I didn't I didn't do a whole lot of

2252

01:29:53,089 --> 01:29:50,429

Zen like it didn't go as in group I

2253

01:29:55,250 --> 01:29:53,099

didn't go to you know these meetings I

2254

01:29:57,109 --> 01:29:55,260

didn't have you know a master that I was

2255

01:29:59,989 --> 01:29:57,119

learning from I just read these books

2256

01:30:02,839 --> 01:29:59,999

and I knew that the focus was shut the

2257

01:30:04,279 --> 01:30:02,849

mind down so I took my own mind and I

2258

01:30:05,959 --> 01:30:04,289

turned it back in on itself and I said

2259

01:30:09,439 --> 01:30:05,969

okay we're gonna cease conscious thought

2260

01:30:12,739 --> 01:30:09,449

and so for a good 20 minutes I tried to

2261

01:30:15,139 --> 01:30:12,749

stop my mind from thinking and it wasn't

2262

01:30:16,609 --> 01:30:15,149

working and because every now and then

2263

01:30:18,199 --> 01:30:16,619

I'd be like am I thinking anything is

2264

01:30:20,389 --> 01:30:18,209

like alphaf crap that's a thought you

2265

01:30:22,339 --> 01:30:20,399

know or or an image would fly through or

2266

01:30:23,659 --> 01:30:22,349

a sound outside would make me think of

2267

01:30:25,279 --> 01:30:23,669

something like a dog barking whatever an

2268

01:30:27,229 --> 01:30:25,289

image of a dog or whatever come in mind

2269

01:30:29,330 --> 01:30:27,239

and those all those things are thoughts

2270

01:30:32,149 --> 01:30:29,340

and you have to come to a point where

2271

01:30:35,270 --> 01:30:32,159

there is absolutely nothing going on in

2272

01:30:36,949 --> 01:30:35,280

your mind and my looking back on that

2273

01:30:39,799 --> 01:30:36,959

now is you know you got to change the

2274

01:30:41,659 --> 01:30:39,809

patterns in your brain to stop what it's

2275

01:30:46,279 --> 01:30:41,669

doing to get it to do what it can do

2276

01:30:48,319 --> 01:30:46,289

next and so I forcibly tried to get my

2277

01:30:50,569 --> 01:30:48,329

mind to stop thinking it took maybe 20

2278

01:30:54,110 --> 01:30:50,579

minutes and then at the point of

2279

01:30:58,930 --> 01:30:54,120

complete solitude of AB

2280

01:31:03,070 --> 01:30:58,940

saluté silence stillness within the mind

2281

01:31:05,630 --> 01:31:03,080

that's when this energy started building

2282

01:31:06,560 --> 01:31:05,640

within me it's like I'd really didn't

2283

01:31:09,140 --> 01:31:06,570

understand what was going on and just

2284

01:31:10,730 --> 01:31:09,150

kind of felt this like holy crap like

2285

01:31:14,180 --> 01:31:10,740

where did that come from type of energy

2286

01:31:16,010 --> 01:31:14,190

in again I tell the story in the book

2287

01:31:18,230 --> 01:31:16,020

but ultimately built into this vortex

2288

01:31:19,580 --> 01:31:18,240

and I was started to be sucked into it

2289

01:31:20,960 --> 01:31:19,590

and I was like holding on because I

2290

01:31:22,190 --> 01:31:20,970

thought I was dying it's like oh my god

2291

01:31:23,690 --> 01:31:22,200

am I having a heart attack you know

2292

01:31:25,760 --> 01:31:23,700

what's going on you know I just moved

2293

01:31:28,130 --> 01:31:25,770

mom down north and you take care of her

2294

01:31:30,740 --> 01:31:28,140

or all these worldly attachments were

2295

01:31:33,470 --> 01:31:30,750

then like I can't let go but my mind was

2296

01:31:34,790 --> 01:31:33,480

going again so this process had started

2297

01:31:37,790 --> 01:31:34,800

but I was having those thoughts so that

2298

01:31:39,800 --> 01:31:37,800

was interesting to me but then during

2299

01:31:41,720 --> 01:31:39,810

the point that this was building up and

2300

01:31:43,550 --> 01:31:41,730

I was having to hold on for dear life

2301

01:31:44,930 --> 01:31:43,560

that I thought I can't have a heart

2302

01:31:47,270 --> 01:31:44,940

attack now it's like I got too much [h__h]

2303

01:31:49,090 --> 01:31:47,280

to do you know I wonder if I can get to

2304

01:31:52,730 --> 01:31:49,100

my phone call 9-1-1 or whatever was

2305

01:31:55,040 --> 01:31:52,740

there was this huge voice that said

2306

01:31:59,630 --> 01:31:55,050

within my existence but it wasn't me I

2307

01:32:01,100 --> 01:31:59,640

said let go and I didn't know where it

2308

01:32:02,540 --> 01:32:01,110

came from my dental it was I don't know

2309

01:32:04,160 --> 01:32:02,550

whether it was a another level of my

2310

01:32:05,030 --> 01:32:04,170

subconscious that was telling me you

2311

01:32:06,560 --> 01:32:05,040

know leading me in the right direction

2312

01:32:07,670 --> 01:32:06,570

to say hey this is a natural process

2313

01:32:09,470 --> 01:32:07,680

let's go ahead and go through this

2314

01:32:11,960 --> 01:32:09,480

you've been asking for answers here they

2315

01:32:15,170 --> 01:32:11,970

are don't [h__\h] [h__\h] this up now right

2316

01:32:16,220 --> 01:32:15,180

and and I said absolutely not and I am

2317

01:32:18,320 --> 01:32:16,230

not letting go

2318

01:32:21,080 --> 01:32:18,330

there's no frigging way and so then it

2319

01:32:23,090 --> 01:32:21,090

came through again like from the booming

2320

01:32:27,260 --> 01:32:23,100

voice of the universe it seemed like it

2321

01:32:29,330 --> 01:32:27,270

was saying let go and I was like little

2322

01:32:31,970 --> 01:32:29,340

more convincing but I think I might not

2323

01:32:33,380 --> 01:32:31,980

think I might not buy into that whole

2324

01:32:36,530 --> 01:32:33,390

you know I'm not really sure if I'm

2325

01:32:40,610 --> 01:32:36,540

ready to die yet and then a third time

2326

01:32:42,290 --> 01:32:40,620

it was like you know almost you're like

2327

01:32:44,240 --> 01:32:42,300

your best friend forever

2328

01:32:45,560 --> 01:32:44,250

you know that voice that you've just

2329

01:32:47,960 --> 01:32:45,570

trust that you've forgotten that you

2330

01:32:50,150 --> 01:32:47,970

even knew in this whole lifetime that

2331

01:32:53,150 --> 01:32:50,160

has come from wherever it came before

2332

01:32:56,390 --> 01:32:53,160

you were even human came up and like you

2333

01:32:58,850 --> 01:32:56,400

know hands on your shoulders whispers in

2334

01:33:01,160 --> 01:32:58,860

your ear from the back just saying let

2335

01:33:06,170 --> 01:33:01,170

go you know and that voice it was like

2336

01:33:07,379 --> 01:33:06,180

oh oh oh yeah I know you you will not

2337

01:33:11,310 --> 01:33:07,389

lead me astray

2338

01:33:12,959 --> 01:33:11,320

so if I'm dying okay let's go let's see

2339

01:33:15,450 --> 01:33:12,969

if it's it's time if I got something

2340

01:33:17,370 --> 01:33:15,460

else to do you know I know to trust this

2341

01:33:19,890 --> 01:33:17,380

voice they just whispered in my ear

2342

01:33:22,169 --> 01:33:19,900

let's go and then so that's when the the

2343

01:33:24,600 --> 01:33:22,179

from my perspective reception again this

2344

01:33:26,250 --> 01:33:24,610

is you know again again my believe that

2345

01:33:27,750 --> 01:33:26,260

I had this experience because my brain

2346

01:33:29,700 --> 01:33:27,760

was allowing me to have it and it was

2347

01:33:31,109 --> 01:33:29,710

print and printed him I hippocampus

2348

01:33:34,470 --> 01:33:31,119

which I can then recall later you know

2349

01:33:36,990 --> 01:33:34,480

all that stuff that I argued earlier it

2350

01:33:39,359 --> 01:33:37,000

felt like my whole soul my whole

2351
01:33:41,370 --> 01:33:39,369
existence D materialized Dean atomized

2352
01:33:44,430 --> 01:33:41,380
into this vortex of energy and then I

2353
01:33:47,640 --> 01:33:44,440
was off onto this amazing multiple

2354
01:33:49,350 --> 01:33:47,650
lifetimes of experience that I I just

2355
01:33:51,540 --> 01:33:49,360
try to outline in the book because if I

2356
01:33:53,700 --> 01:33:51,550
tried to tell all the stories it would

2357
01:33:56,220 --> 01:33:53,710
take me multiple lifetimes but basically

2358
01:33:58,200 --> 01:33:56,230
I went through the whole you know seeing

2359
01:34:00,419 --> 01:33:58,210
the life seeing my life from different

2360
01:34:02,430 --> 01:34:00,429
perspectives my whole life again was

2361
01:34:05,100 --> 01:34:02,440
being replayed but I was able to see it

2362
01:34:06,990 --> 01:34:05,110
from the emotional perspectives of other

2363
01:34:08,399 --> 01:34:07,000

people who are around me during the time

2364

01:34:10,229 --> 01:34:08,409

and so I got to see into their

2365

01:34:12,090 --> 01:34:10,239

existences and I got to see all the pain

2366

01:34:14,100 --> 01:34:12,100

that I'd caused for other folks and I

2367

01:34:15,899 --> 01:34:14,110

got to see all the unintentional pain

2368

01:34:17,370 --> 01:34:15,909

and all the intentional pain and all the

2369

01:34:18,780 --> 01:34:17,380

mistakes that I'd made and all the stuff

2370

01:34:20,040 --> 01:34:18,790

that I was supposed to learn from and

2371

01:34:22,590 --> 01:34:20,050

yadda-yadda and I went through that

2372

01:34:26,790 --> 01:34:22,600

whole process and then I went into a

2373

01:34:29,370 --> 01:34:26,800

tour of forgiveness of understanding you

2374

01:34:32,850 --> 01:34:29,380

know from a a quote-unquote God's

2375

01:34:34,680 --> 01:34:32,860

perspective how all of the worst sins in

2376

01:34:36,540 --> 01:34:34,690

the world could be immediately forgiven

2377

01:34:39,120 --> 01:34:36,550

and you know all this other stuff that

2378

01:34:40,800 --> 01:34:39,130

I'd went through and yada yada and I had

2379

01:34:42,990 --> 01:34:40,810

this amazing consciousness expansion

2380

01:34:44,399 --> 01:34:43,000

experience where I became I went through

2381

01:34:46,530 --> 01:34:44,409

these experiences then I became the

2382

01:34:48,720 --> 01:34:46,540

experiences that I went through being

2383

01:34:50,970 --> 01:34:48,730

you know following this tour guide and I

2384

01:34:52,530 --> 01:34:50,980

became the tour guide and became the

2385

01:34:54,359 --> 01:34:52,540

consciousness the universe became the

2386

01:34:56,160 --> 01:34:54,369

creative energy of all of existence got

2387

01:34:58,680 --> 01:34:56,170

down below the Planck length to where

2388

01:35:01,050 --> 01:34:58,690

everything goes infinite got to take a

2389

01:35:04,020 --> 01:35:01,060

tour of you know how all of the universe

2390

01:35:06,899 --> 01:35:04,030

works the the atoms of the universe how

2391

01:35:10,439 --> 01:35:06,909

it comes together the quantum energy and

2392

01:35:12,180 --> 01:35:10,449

how it how it magically creates all of

2393

01:35:13,830 --> 01:35:12,190

Newtonian physics and and the multiple

2394

01:35:15,780 --> 01:35:13,840

dimensions that come together that then

2395

01:35:17,970 --> 01:35:15,790

clash with their waves to create

2396

01:35:20,240 --> 01:35:17,980

particles and and you know you got to

2397

01:35:22,850 --> 01:35:20,250

see chemical reactions

2398

01:35:24,500 --> 01:35:22,860

with the release of heat energy and

2399

01:35:26,570 --> 01:35:24,510

light energy and all this cool stuff and

2400

01:35:29,150 --> 01:35:26,580

then you get to see the whole process of

2401
01:35:31,450 --> 01:35:29,160
life and how two individual cells come

2402
01:35:34,250 --> 01:35:31,460
together to create a human body and

2403
01:35:36,470 --> 01:35:34,260
multiple bodies of insects and all

2404
01:35:39,200 --> 01:35:36,480
living things you know all of this

2405
01:35:39,920 --> 01:35:39,210
really really really cool stuff and I

2406
01:35:41,660 --> 01:35:39,930
thought it was dead

2407
01:35:42,800 --> 01:35:41,670
and I thought I was whoa this is what

2408
01:35:43,850 --> 01:35:42,810
you learn when you die this is what you

2409
01:35:45,620 --> 01:35:43,860
learn when you're on your way to heaven

2410
01:35:48,890 --> 01:35:45,630
and then you're you wind up in this

2411
01:35:50,570 --> 01:35:48,900
space of perfect bliss in the middle of

2412
01:35:53,080 --> 01:35:50,580
nowhere with absolutely nothing to do

2413
01:35:55,490 --> 01:35:53,090

but be the universe which was just

2414

01:35:59,450 --> 01:35:55,500

amazing and it was infinite and it was

2415

01:36:03,080 --> 01:35:59,460

all knowledgeable all all wise all

2416

01:36:05,230 --> 01:36:03,090

loving and everything that happened has

2417

01:36:08,600 --> 01:36:05,240

humans could judge it good or bad

2418

01:36:11,870 --> 01:36:08,610

happened and was beautiful and it simply

2419

01:36:14,270 --> 01:36:11,880

was as it was and it was our judgments

2420

01:36:17,210 --> 01:36:14,280

of things that then put anything on top

2421

01:36:20,090 --> 01:36:17,220

of that happening and at the point that

2422

01:36:22,490 --> 01:36:20,100

I was returning there's big surprise I

2423

01:36:23,960 --> 01:36:22,500

was like oh I have to go back and be a

2424

01:36:25,100 --> 01:36:23,970

human again okay cool I get to be a

2425

01:36:26,630 --> 01:36:25,110

human baby you get to do this all over

2426

01:36:27,920 --> 01:36:26,640

again whatever and I thought I was

2427

01:36:31,100 --> 01:36:27,930

really coming back to be I was like well

2428

01:36:32,690 --> 01:36:31,110

that solves a reincarnation question and

2429

01:36:34,640 --> 01:36:32,700

I thought I was going back to be another

2430

01:36:37,100 --> 01:36:34,650

human baby and when I started zooming

2431

01:36:39,650 --> 01:36:37,110

back in I started see that's my heart

2432

01:36:42,980 --> 01:36:39,660

well there's me on my bed laying laying

2433

01:36:46,400 --> 01:36:42,990

there bawling and came back into my body

2434

01:36:47,630 --> 01:36:46,410

existence and I started losing a lot of

2435

01:36:49,700 --> 01:36:47,640

the stuff a lot of the understanding

2436

01:36:52,820 --> 01:36:49,710

that I had gained in that whole

2437

01:36:55,670 --> 01:36:52,830

experience and I I said wait a second

2438

01:36:57,350 --> 01:36:55,680

and then that voice came back and

2439

01:36:59,720 --> 01:36:57,360

basically communicated what yeah even

2440

01:37:02,090 --> 01:36:59,730

human mind can't can't hold all this and

2441

01:37:03,590 --> 01:37:02,100

I said okay so here's what I want to do

2442

01:37:04,970 --> 01:37:03,600

I want to go through the pain and

2443

01:37:07,670 --> 01:37:04,980

suffering thing if I'm gonna go back and

2444

01:37:10,850 --> 01:37:07,680

I'm gonna be this Shawn character again

2445

01:37:12,440 --> 01:37:10,860

I want to be able to communicate some of

2446

01:37:14,600 --> 01:37:12,450

the benefit of the stuff that I had

2447

01:37:16,100 --> 01:37:14,610

figured out here so I want to go through

2448

01:37:17,480 --> 01:37:16,110

pain and suffering on understand how the

2449

01:37:18,650 --> 01:37:17,490

human mind works and then there was

2450

01:37:21,500 --> 01:37:18,660

there was like a little joke there is

2451

01:37:23,330 --> 01:37:21,510

that you weren't the first and I got

2452

01:37:24,950 --> 01:37:23,340

this thing was like wow you know this

2453

01:37:26,540 --> 01:37:24,960

realization was like wow you know what

2454

01:37:28,250 --> 01:37:26,550

you're right that the Buddha and all

2455

01:37:29,900 --> 01:37:28,260

these other folks asked for the same

2456

01:37:30,130 --> 01:37:29,910

stuff and was able to bring it back and

2457

01:37:32,830 --> 01:37:30,140

try

2458

01:37:35,800 --> 01:37:32,840

explain it so that's what I grabbed onto

2459

01:37:39,370 --> 01:37:35,810

and when I grabbed onto that I grabbed

2460

01:37:42,010 --> 01:37:39,380

onto it like you know for my bare life

2461

01:37:44,950 --> 01:37:42,020

basically just try to hold on to this

2462

01:37:46,720 --> 01:37:44,960

information and not let it go and that's

2463

01:37:48,730 --> 01:37:46,730

what I brought back into my conscious

2464

01:37:49,870 --> 01:37:48,740

awareness and it took me a number years

2465

01:37:51,880 --> 01:37:49,880

to figure it out because it was actually

2466

01:37:53,200 --> 01:37:51,890

a lot more than I could try to put all

2467

01:37:54,730 --> 01:37:53,210

together into this you know really cool

2468

01:37:56,170 --> 01:37:54,740

system to explain how the human mind

2469

01:37:58,360 --> 01:37:56,180

works and all that other stuff and to

2470

01:38:01,120 --> 01:37:58,370

ultimately create artificial emotions

2471

01:38:03,460 --> 01:38:01,130

for simulated personalities and things

2472

01:38:05,980 --> 01:38:03,470

like that none of that was figured out

2473

01:38:07,690 --> 01:38:05,990

so it took me you know a good decade to

2474

01:38:10,750 --> 01:38:07,700

be able to sort all of that stuff out

2475

01:38:15,460 --> 01:38:10,760

that I had brought back but I was able

2476

01:38:18,010 --> 01:38:15,470

to grab some of the data and pack it

2477

01:38:21,640 --> 01:38:18,020

back into my mind into a fashion that we

2478

01:38:24,220 --> 01:38:21,650

could then you know try to put into some

2479

01:38:27,400 --> 01:38:24,230

form of book or some form of Education

2480

01:38:29,380 --> 01:38:27,410

to say here's how your [h__h] works

2481

01:38:31,090 --> 01:38:29,390

here's how you here's all the limiting

2482

01:38:32,650 --> 01:38:31,100

things that are creating havoc for your

2483

01:38:34,870 --> 01:38:32,660

life here's how all this stuff works and

2484

01:38:38,470 --> 01:38:34,880

here's how to defuse it and let's get on

2485

01:38:40,270 --> 01:38:38,480

from being Humanity 2.0 to humanity 3.0

2486

01:38:42,660 --> 01:38:40,280

because humanity 1.0 is you know let's

2487

01:38:44,980 --> 01:38:42,670

survive let's you know figure out how to

2488

01:38:46,810 --> 01:38:44,990

domesticate animals let's figure out you

2489

01:38:47,950 --> 01:38:46,820

know and then humanity 2.0 is okay well

2490

01:38:49,960 --> 01:38:47,960

we figured out the whole food chain

2491

01:38:52,030 --> 01:38:49,970

thing and now we can go into offices and

2492

01:38:54,100 --> 01:38:52,040

have cubicles in yada-yada-yada and make

2493

01:38:56,200 --> 01:38:54,110

all of this artificial [h__h]

2494

01:38:58,540 --> 01:38:56,210

important to us let's go from humanity

2495

01:39:01,360 --> 01:38:58,550

2.0 infinity 3.0 where we're no longer

2496

01:39:03,040 --> 01:39:01,370

vexed by the emotional turmoil that is

2497

01:39:04,650 --> 01:39:03,050

causing us to lob bombs at each other

2498

01:39:07,870 --> 01:39:04,660

because we have disagreements about

2499

01:39:10,510 --> 01:39:07,880

financial systems or political systems

2500

01:39:12,760 --> 01:39:10,520

or religious beliefs or whatever it is

2501

01:39:15,910 --> 01:39:12,770

let's get beyond that what is that

2502

01:39:18,820 --> 01:39:15,920

answer and so that's why I clawed onto

2503

01:39:20,950 --> 01:39:18,830

that data so vehemently and so

2504

01:39:23,800 --> 01:39:20,960

desperately to say we really need this

2505

01:39:25,360 --> 01:39:23,810

as a human race and how do I figure that

2506

01:39:27,040 --> 01:39:25,370

out how do I put it into some books and

2507

01:39:32,340 --> 01:39:27,050

and put it out so that people can use it

2508

01:39:36,760 --> 01:39:32,350

so that when when I die this can live on

2509

01:39:38,230 --> 01:39:36,770

very very very very cool so the books

2510

01:39:39,190 --> 01:39:38,240

that you're going to want to check out I

2511

01:39:41,380 --> 01:39:39,200

have them up on this

2512

01:39:44,710 --> 01:39:41,390

but if you need to be reminded mind

2513

01:39:48,610 --> 01:39:44,720

hacking happiness volume on mind hacking

2514

01:39:50,890 --> 01:39:48,620

happiness by into Sean if folks go to

2515

01:39:54,010 --> 01:39:50,900

your website and we will link to it here

2516

01:39:56,380 --> 01:39:54,020

on the show but what will they find and

2517

01:39:58,420 --> 01:39:56,390

what other ways are there to connect

2518

01:40:00,100 --> 01:39:58,430

with this material the books I have to

2519

01:40:03,220 --> 01:40:00,110

say I've read the second book and I just

2520

01:40:06,010 --> 01:40:03,230

kind of look inside the first book great

2521

01:40:08,590 --> 01:40:06,020

stuff very very readable very

2522

01:40:11,410 --> 01:40:08,600

well-written entertaining and packed

2523

01:40:13,720 --> 01:40:11,420

packed packed with a lot of sciency

2524

01:40:16,780 --> 01:40:13,730

stuff that people will like so but to

2525

01:40:19,450 --> 01:40:16,790

tell about the other forms of people

2526

01:40:21,310 --> 01:40:19,460

getting to know your stuff yeah if you

2527

01:40:23,650 --> 01:40:21,320

want to check out the stuff that we're

2528

01:40:24,880 --> 01:40:23,660

trying to create for continuing

2529

01:40:26,800 --> 01:40:24,890

education because a lot of people are

2530

01:40:30,250 --> 01:40:26,810

like holy crap this stuff changed my

2531

01:40:33,160 --> 01:40:30,260

life how do I maximize it right so we're

2532

01:40:36,880 --> 01:40:33,170

starting to create some videos for the

2533

01:40:38,650 --> 01:40:36,890

YouTube folks who love to to click on

2534

01:40:40,900 --> 01:40:38,660

various videos and stuff like that we're

2535

01:40:44,260 --> 01:40:40,910

creating programs so that you can

2536

01:40:47,260 --> 01:40:44,270

actually take some exercises and do some

2537

01:40:48,430 --> 01:40:47,270

work that will help you develop some of

2538

01:40:50,740 --> 01:40:48,440

the things that we talked about in the

2539

01:40:52,510 --> 01:40:50,750

books right now we just launched it two

2540

01:40:54,490 --> 01:40:52,520

seals and a walrus podcast the seals

2541

01:40:55,630 --> 01:40:54,500

that came forward to say this is the

2542

01:40:57,310 --> 01:40:55,640

best mind training that they'd ever

2543

01:40:59,080 --> 01:40:57,320

experienced while we're now doing a

2544

01:41:03,010 --> 01:40:59,090

podcast to talk about consciousness

2545

01:41:04,750 --> 01:41:03,020

expansion and how to proactively use

2546

01:41:06,940 --> 01:41:04,760

this stuff to better your human life

2547

01:41:10,270 --> 01:41:06,950

here your meatsuit life you know before

2548

01:41:12,640 --> 01:41:10,280

we pass out of this you know confusing

2549

01:41:14,320 --> 01:41:12,650

pain and suffering into perfection and

2550

01:41:15,940 --> 01:41:14,330

bliss yada yada yada well you know we

2551

01:41:18,670 --> 01:41:15,950

got to do this round first we got to do

2552

01:41:20,080 --> 01:41:18,680

this duty here on this planet so we're

2553

01:41:24,100 --> 01:41:20,090

doing a podcast called two seals and

2554

01:41:25,810 --> 01:41:24,110

walrus they're it's raw its raw its uses

2555

01:41:27,310 --> 01:41:25,820

adult language and we talked about adult

2556

01:41:31,480 --> 01:41:27,320

themes and things like that but we do

2557

01:41:34,300 --> 01:41:31,490

have a lot of fun in you know poking fun

2558

01:41:36,040 --> 01:41:34,310

at your society and poking fun at how

2559

01:41:37,870 --> 01:41:36,050

people think about things and you know

2560

01:41:39,220 --> 01:41:37,880

how to maybe step beyond that to create

2561

01:41:40,870 --> 01:41:39,230

a better existence for yourself stuff

2562

01:41:42,430 --> 01:41:40,880

like that so you know if you just check

2563

01:41:43,390 --> 01:41:42,440

in with the website every now and then

2564

01:41:46,570 --> 01:41:43,400

you'll see the stuff that we're working

2565

01:41:49,060 --> 01:41:46,580

on great well it's been absolutely

2566

01:41:50,680 --> 01:41:49,070

fantastic having you on I so commend the

2567

01:41:52,899 --> 01:41:50,690

work that you're doing and

2568

01:41:56,350 --> 01:41:52,909

I really did appreciate the openness and

2569

01:41:59,470 --> 01:41:56,360

just kind of allowing me to hash some of

2570

01:42:01,120 --> 01:41:59,480

this stuff out with you pleasure it's

2571

01:42:02,470 --> 01:42:01,130

been a pleasure I mean you know we none

2572

01:42:04,780 --> 01:42:02,480

of us really have the answers to this

2573

01:42:06,850 --> 01:42:04,790

stuff and we can only get close with our

2574

01:42:08,979 --> 01:42:06,860

limited human minds and whatnot and I

2575

01:42:10,720 --> 01:42:08,989

think having these discussions to maybe

2576

01:42:12,850 --> 01:42:10,730

prod people in the right direction is it

2577

01:42:15,220 --> 01:42:12,860

is an amazing service and I love you for

2578

01:42:15,460 --> 01:42:15,230

putting this stuff out I love you too

2579

01:42:17,160 --> 01:42:15,470

man

2580

01:42:20,140 --> 01:42:17,170

[Laughter]

2581

01:42:22,419 --> 01:42:20,150

all right job you take care and we'll be

2582

01:42:23,050 --> 01:42:22,429

sure to connect down the road for sure

2583

01:42:25,899 --> 01:42:23,060

for sure

2584

01:42:27,939 --> 01:42:25,909

thanks Alex thanks again to Sean Webb

2585

01:42:30,250 --> 01:42:27,949

for joining me today on skeptical the

2586

01:42:32,590 --> 01:42:30,260

one question I guess I'd have to tee up

2587

01:42:35,800 --> 01:42:32,600

from this interview is the one that I

2588

01:42:39,010 --> 01:42:35,810

kind of hammered on Sean pretty hard

2589

01:42:42,280 --> 01:42:39,020

about but one that does trouble me as

2590

01:42:44,680 --> 01:42:42,290

well and that's that does mine equal

2591

01:42:46,840 --> 01:42:44,690

brain I mean we've gone over that so

2592

01:42:48,820 --> 01:42:46,850

many times on this show and tried to

2593

01:42:51,310 --> 01:42:48,830

show all this evidence that clearly you

2594

01:42:53,229 --> 01:42:51,320

are not your brain but once we get over

2595

01:42:55,720 --> 01:42:53,239

that side we're faced with a pretty

2596

01:42:59,200 --> 01:42:55,730

strange dilemma - I mean what is the

2597

01:43:02,110 --> 01:42:59,210

relationship between the brain and the

2598

01:43:04,050 --> 01:43:02,120

mind and how do we explain all the stuff

2599

01:43:06,550 --> 01:43:04,060

that may be going on with these

2600

01:43:08,979 --> 01:43:06,560

microtubules that we talked about and

2601

01:43:12,070 --> 01:43:08,989

all that other stuff what are some of

2602

01:43:15,399 --> 01:43:12,080

the more complex parts of that mind

2603

01:43:17,439 --> 01:43:15,409

equals brain question so if you'd like

2604

01:43:20,770 --> 01:43:17,449

to answer that and if you'd like to hear

2605

01:43:22,990 --> 01:43:20,780

my answer to it probably the best place

2606

01:43:25,209 --> 01:43:23,000

to go is the skeptical forum you can

2607

01:43:27,399 --> 01:43:25,219

definitely get an answer from me there

2608

01:43:29,979 --> 01:43:27,409

if you're interested in discussing that

2609

01:43:32,320 --> 01:43:29,989

you can also email me or find me another

2610

01:43:34,930 --> 01:43:32,330

way but skeptical forum I'm over there

2611

01:43:37,110 --> 01:43:34,940

pretty regularly and you can communicate

2612

01:43:40,540 --> 01:43:37,120

with me about this stuff if you like

2613

01:43:43,930 --> 01:43:40,550

also of course be sure to check out the

2614

01:43:47,860 --> 01:43:43,940

skeptic Oh website and there you'll find

2615

01:43:50,470 --> 01:43:47,870

all our previous shows over 400 of them

2616

01:43:53,500 --> 01:43:50,480

at this point all available for free for

2617

01:43:56,020 --> 01:43:53,510

download you just get the mp3 and you

2618

01:43:58,180 --> 01:43:56,030

can do whatever you like from there

2619

01:44:00,790 --> 01:43:58,190

and of course as you know from listening

2620

01:44:03,130 --> 01:44:00,800

to show we cover a lot of topics that I

2621

01:44:05,950 --> 01:44:03,140

think you'll be interested in and we

2622

01:44:08,740 --> 01:44:05,960

have some new really exciting shows

2623

01:44:11,500 --> 01:44:08,750

coming up that I can't wait to bring to

2624

01:44:12,190 --> 01:44:11,510

all of you so once again thanks for

2625

01:44:14,080 --> 01:44:12,200

listening

2626

01:44:16,420 --> 01:44:14,090

do your best to share the show with

2627

01:44:19,470 --> 01:44:16,430

anyone you think who needs to hear it

2628

01:44:23,140 --> 01:44:19,480

and not with anyone who doesn't and

2629

01:44:25,130 --> 01:44:23,150

until next time take care and bye for