

Anneke Lucas

skeptiko #441



Transcending Satanic Abuse?

Skeptiko Topics:

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

1
00:00:11,620 --> 00:00:07,880
everybody I have an interview coming up

2
00:00:14,810 --> 00:00:11,630
in just a minute with Annika Lucas who

3
00:00:16,310 --> 00:00:14,820
I'm still rattled by the story and have

4
00:00:19,580 --> 00:00:16,320
been ever since I recorded the interview

5
00:00:23,359 --> 00:00:19,590
sold into sex slavery at six years old

6
00:00:26,570 --> 00:00:23,369
by her mother horrific accounts that you

7
00:00:29,269 --> 00:00:26,580
can hear on YouTube I just don't feel

8
00:00:31,279 --> 00:00:29,279
the need to kind of drill her and make

9
00:00:32,810 --> 00:00:31,289
her replay all that especially when we

10
00:00:35,330 --> 00:00:32,820
had so many or more interesting things

11
00:00:36,650 --> 00:00:35,340
to talk about but you know she's a sex

12
00:00:39,250 --> 00:00:36,660
life six years old she's taken to a

13
00:00:42,290 --> 00:00:39,260

mansion at ten years old and put into a

14

00:00:45,319 --> 00:00:42,300

dungeon room and a dirty mattress and

15

00:00:47,270 --> 00:00:45,329

just raped by the highest level people

16

00:00:51,200 --> 00:00:47,280

in government if you think there's

17

00:00:54,709 --> 00:00:51,210

anything unreal about her story dig into

18

00:00:56,840 --> 00:00:54,719

it it's all just real it's just crazy

19

00:00:59,209 --> 00:00:56,850

of course these aren't really the

20

00:01:01,220 --> 00:00:59,219

questions that I'm interested in as you

21

00:01:04,160 --> 00:01:01,230

know my pursuit has been kind of this

22

00:01:06,280 --> 00:01:04,170

question of this extended consciousness

23

00:01:10,100 --> 00:01:06,290

realm and how that might be influencing

24

00:01:13,130 --> 00:01:10,110

what's going on so here are some clips

25

00:01:15,190 --> 00:01:13,140

from this delightful chat she really is

26
00:01:19,070 --> 00:01:15,200
an amazing person here are some clips

27
00:01:21,830 --> 00:01:19,080
how do you feel when people just deny it

28
00:01:24,530 --> 00:01:21,840
the collective denial is what is

29
00:01:27,350 --> 00:01:24,540
creating the evil at the moment things

30
00:01:29,179 --> 00:01:27,360
have definitely improved those people

31
00:01:30,859 --> 00:01:29,189
who are lashing out at me are just not

32
00:01:33,020 --> 00:01:30,869
looking so good anymore

33
00:01:35,690 --> 00:01:33,030
they're just not looking like the

34
00:01:37,760 --> 00:01:35,700
scientists versus me a crazy one it

35
00:01:40,370 --> 00:01:37,770
doesn't look that way at all I look like

36
00:01:43,399 --> 00:01:40,380
a sound solid person and they seem a

37
00:01:45,260 --> 00:01:43,409
little bit crazy I still have feelings

38
00:01:46,700 --> 00:01:45,270

about it I have feelings about what is

39

00:01:50,690 --> 00:01:46,710

happening in Belgium which is where I'm

40

00:01:54,319 --> 00:01:50,700

from when people found out that there

41

00:01:55,999 --> 00:01:54,329

was a network of politicians there that

42

00:01:58,969 --> 00:01:56,009

were involved in these extremely dark

43

00:02:03,410 --> 00:01:58,979

practices we went from the whole country

44

00:02:07,670 --> 00:02:03,420

being an uproar to eight years later one

45

00:02:12,810 --> 00:02:07,680

man convicted basically and the whole

46

00:02:16,300 --> 00:02:12,820

country completely silent about it after

47

00:02:20,350 --> 00:02:16,310

bodies of children were found he said

48

00:02:23,200 --> 00:02:20,360

when he was caught that he was a small

49

00:02:25,030 --> 00:02:23,210

cog in a giant wheel and that he had

50

00:02:30,310 --> 00:02:25,040

friends in high places who would protect

51
00:02:32,440 --> 00:02:30,320
him everything in that case that had

52
00:02:35,290 --> 00:02:32,450
anything to do with the existence of

53
00:02:38,220 --> 00:02:35,300
this network having any more prominent

54
00:02:41,140 --> 00:02:38,230
people involved was cut off from a case

55
00:02:43,240 --> 00:02:41,150
there's another kind of evil associated

56
00:02:45,250 --> 00:02:43,250
with that yes absolutely there's degrees

57
00:02:47,860 --> 00:02:45,260
to which people are too scared for their

58
00:02:50,590 --> 00:02:47,870
own skin you know for their job or for

59
00:02:53,230 --> 00:02:50,600
their life and that's fair that's

60
00:02:55,270 --> 00:02:53,240
totally fair understandable but it's

61
00:02:56,890 --> 00:02:55,280
fair but let's go back to the first part

62
00:02:59,380 --> 00:02:56,900
of your conversation for the deeper kind

63
00:03:01,900 --> 00:02:59,390

of growth for the soil it would be best

64

00:03:04,890 --> 00:03:01,910

that you that you do whatever it takes

65

00:03:08,580 --> 00:03:04,900

I'm more concerned with people who have

66

00:03:12,640 --> 00:03:08,590

little to lose but whose opinion is just

67

00:03:15,070 --> 00:03:12,650

biased because of the brainwashing that

68

00:03:19,240 --> 00:03:15,080

comes from those same people in power

69

00:03:21,370 --> 00:03:19,250

who are committing these facts that's a

70

00:03:23,200 --> 00:03:21,380

very secular view of things which is

71

00:03:25,900 --> 00:03:23,210

okay as far as it goes but what about

72

00:03:27,520 --> 00:03:25,910

russ dizdar he dabbled in the occult and

73

00:03:30,280 --> 00:03:27,530

now he spent the last thirty years

74

00:03:32,440 --> 00:03:30,290

working with victims of satanic ritual

75

00:03:35,320 --> 00:03:32,450

abuse so a lot of people don't like that

76

00:03:37,360 --> 00:03:35,330

satanic ritual abuse thing yes I'm a

77

00:03:39,600 --> 00:03:37,370

survivor of satanic ritual abuse that's

78

00:03:44,260 --> 00:03:39,610

what happens in the halls of power

79

00:03:47,260 --> 00:03:44,270

they're Satanists so yes that's what

80

00:03:51,640 --> 00:03:47,270

happens and I also work with people who

81

00:03:54,380 --> 00:03:51,650

like me have survived this stay with us

82

00:04:02,589 --> 00:03:54,390

for skeptic Oh

83

00:04:05,030 --> 00:04:02,599

[Music]

84

00:04:07,040 --> 00:04:05,040

welcome to skeptical where we explore

85

00:04:09,710 --> 00:04:07,050

controversial science and spirituality

86

00:04:10,610 --> 00:04:09,720

with leading researchers thinkers and

87

00:04:14,300 --> 00:04:10,620

their critics

88

00:04:16,729 --> 00:04:14,310

I'm your host Alex zakaris and if you've

89

00:04:20,449 --> 00:04:16,739

been following along for the last few

90

00:04:23,390 --> 00:04:20,459

episodes of skeptic oh you know that my

91

00:04:26,350 --> 00:04:23,400

journey into a deeper scientific

92

00:04:29,930 --> 00:04:26,360

understanding of consciousness and

93

00:04:34,219 --> 00:04:29,940

spirituality has led me to the question

94

00:04:36,140 --> 00:04:34,229

of evil the nature of evil what we're

95

00:04:39,980 --> 00:04:36,150

supposed to do about evil both

96

00:04:42,740 --> 00:04:39,990

personally and collectively so I want to

97

00:04:44,060 --> 00:04:42,750

put that out there because I want to

98

00:04:48,350 --> 00:04:44,070

know I want you to know where I'm coming

99

00:04:51,530 --> 00:04:48,360

from the show today is gonna be dark in

100

00:04:53,210 --> 00:04:51,540

a lot of ways heavy and it's not the

101
00:04:55,790 --> 00:04:53,220
direction that I want to go it's just

102
00:04:57,650 --> 00:04:55,800
the direction where this thing has taken

103
00:05:01,100 --> 00:04:57,660
me I know I'm preparing for this

104
00:05:05,120 --> 00:05:01,110
interview I was swamped with all sorts

105
00:05:09,020 --> 00:05:05,130
of emotions and I don't even have any

106
00:05:15,529 --> 00:05:09,030
direct connection with the experiences

107
00:05:16,880 --> 00:05:15,539
of today's guests Annika Lucas but then

108
00:05:20,630 --> 00:05:16,890
again you know maybe that's the real

109
00:05:24,500 --> 00:05:20,640
beauty of what Annika is doing with her

110
00:05:28,520 --> 00:05:24,510
work at liberation prison yoga and more

111
00:05:31,969 --> 00:05:28,530
broadly as an advocate for children that

112
00:05:35,240 --> 00:05:31,979
are subjected to the unimaginable

113
00:05:37,850 --> 00:05:35,250

horrors of sex crime sex trafficking

114

00:05:39,800 --> 00:05:37,860

ritual sex abuse and all that other

115

00:05:42,040 --> 00:05:39,810

stuff that we want to pretend doesn't

116

00:05:46,370 --> 00:05:42,050

really exist and isn't real

117

00:05:49,520 --> 00:05:46,380

so Annika thank you so much for joining

118

00:05:55,189 --> 00:05:49,530

me welcome to sceptical let's talk about

119

00:05:58,129 --> 00:05:55,199

yoga yes thank you for having me on

120

00:06:03,320 --> 00:05:58,139

I guess anyone's journey inward or a

121

00:06:08,059 --> 00:06:03,330

journey into the nature of reality would

122

00:06:10,070 --> 00:06:08,069

lead to the question of evil and I see

123

00:06:13,309 --> 00:06:10,080

evil very much in the way that it is

124

00:06:17,480 --> 00:06:13,319

described in the yoga scriptures that is

125

00:06:21,529 --> 00:06:17,490

to say I see evil as ignorance ignorance

126

00:06:25,070 --> 00:06:21,539

of the self you know I totally get that

127

00:06:27,800 --> 00:06:25,080

and I've had those kind of conversations

128

00:06:29,689 --> 00:06:27,810

before because I mentioned just in the

129

00:06:31,369 --> 00:06:29,699

few minutes a few seconds we chatted

130

00:06:34,399 --> 00:06:31,379

before the interview that I haven't

131

00:06:36,769 --> 00:06:34,409

really talked about yoga on this show

132

00:06:38,749 --> 00:06:36,779

and that's true for the most part I'm

133

00:06:42,079 --> 00:06:38,759

and I have 400 shows and most of them

134

00:06:44,420 --> 00:06:42,089

are on science in parapsychology and

135

00:06:46,670 --> 00:06:44,430

near-death experience and extended

136

00:06:50,540 --> 00:06:46,680

consciousness and things like that that

137

00:06:54,709 --> 00:06:50,550

people can kind of approach the question

138

00:06:56,420 --> 00:06:54,719

of consciousness from more of like I

139

00:06:59,959 --> 00:06:56,430

said kind of more of a guy kind of

140

00:07:02,749 --> 00:06:59,969

scientific but the things I deal with

141

00:07:06,200 --> 00:07:02,759

this people who want to deny there is

142

00:07:09,230 --> 00:07:06,210

this extended consciousness out there

143

00:07:12,950 --> 00:07:09,240

like Yogi's accept that as a given I

144

00:07:14,990 --> 00:07:12,960

mean it's part and parcel of what the

145

00:07:18,110 --> 00:07:15,000

yoga tradition is and if you read like

146

00:07:19,490 --> 00:07:18,120

autobiography of a yogi' I mean anyone

147

00:07:21,969 --> 00:07:19,500

who's ever read that book with him but

148

00:07:25,149 --> 00:07:21,979

there's first 30 pages there's

149

00:07:28,100 --> 00:07:25,159

shape-shifting animals teleportation

150

00:07:31,279 --> 00:07:28,110

telepathy all this stuff is just kind of

151

00:07:33,379 --> 00:07:31,289

a given so I think if there's a

152

00:07:37,760 --> 00:07:33,389

confusion when we talk about evil and

153

00:07:40,159 --> 00:07:37,770

it's reduced down to a confusion or you

154

00:07:45,619 --> 00:07:40,169

know in the Buddhist sense just kind of

155

00:07:48,920 --> 00:07:45,629

a misunderstanding I mean that's kind of

156

00:07:51,889 --> 00:07:48,930

like step three step one is it does

157

00:07:55,040 --> 00:07:51,899

exist and I guess I want to kind of

158

00:07:59,149 --> 00:07:55,050

circle back to that I mean that is evil

159

00:08:03,139 --> 00:07:59,159

right yeah well there's a lot of group

160

00:08:06,320 --> 00:08:03,149

that's to say that in our realm we all

161

00:08:08,209 --> 00:08:06,330

have it we all are ignorant of ourselves

162

00:08:11,959 --> 00:08:08,219

or we wouldn't even have to be

163

00:08:14,709 --> 00:08:11,969

so it's all a matter of degrees right

164

00:08:16,879 --> 00:08:14,719

everything is relative in our in our

165

00:08:19,969 --> 00:08:16,889

realm in this realm of duality

166

00:08:22,240 --> 00:08:19,979

everything's relative what I'm trying to

167

00:08:25,969 --> 00:08:22,250

kind of bring this back it exists and

168

00:08:30,050 --> 00:08:25,979

you cannot use yoga or spirituality to

169

00:08:34,250 --> 00:08:30,060

bypass the reality of what happens here

170

00:08:36,949 --> 00:08:34,260

on earth and I experienced what I I

171

00:08:39,860 --> 00:08:36,959

think of as some of the darkest

172

00:08:42,980 --> 00:08:39,870

experiences having to do with those who

173

00:08:46,490 --> 00:08:42,990

have the most power in the world who are

174

00:08:51,410 --> 00:08:46,500

literally ruling the world and what is

175

00:08:53,960 --> 00:08:51,420

actually going on in those strata of

176

00:08:57,560 --> 00:08:53,970

society because I think when you're

177

00:09:01,550 --> 00:08:57,570

talking about that you're almost jumping

178

00:09:04,699 --> 00:09:01,560

ahead to a fantastic part of the story

179

00:09:08,180 --> 00:09:04,709

would you do you want to hear do you

180

00:09:08,990 --> 00:09:08,190

want me to tell your your audience what

181

00:09:12,470 --> 00:09:09,000

happened to me

182

00:09:15,290 --> 00:09:12,480

not not right yet because I think it

183

00:09:19,850 --> 00:09:15,300

feels so it feels so yucky that you have

184

00:09:20,810 --> 00:09:19,860

to go and you know bear witness to it in

185

00:09:22,759 --> 00:09:20,820

that way

186

00:09:25,160 --> 00:09:22,769

so let me continue with this we're just

187

00:09:27,710 --> 00:09:25,170

having a chat here yeah well when you

188

00:09:30,740 --> 00:09:27,720

frame it in that way I feel like you're

189

00:09:33,290 --> 00:09:30,750

jumping to the healing part of the story

190

00:09:36,139 --> 00:09:33,300

which is a magnificent part of your

191

00:09:38,090 --> 00:09:36,149

story is your healing journey and and

192

00:09:42,439 --> 00:09:38,100

the deeper understanding that you've

193

00:09:44,360 --> 00:09:42,449

come to regarding the transformation

194

00:09:46,670 --> 00:09:44,370

that you went through and the horrors

195

00:09:49,400 --> 00:09:46,680

that you endured and how you overcame

196

00:09:51,230 --> 00:09:49,410

those and were victorious over those but

197

00:09:55,280 --> 00:09:51,240

I guess and the answers that this

198

00:09:57,710 --> 00:09:55,290

yielded this 30 year journey inward the

199

00:10:01,130 --> 00:09:57,720

answers that this yielded as to how to

200

00:10:04,009 --> 00:10:01,140

move forward and to change the power

201
00:10:07,699 --> 00:10:04,019
paradigm to move out of this very dark

202
00:10:10,250 --> 00:10:07,709
place that we're in right now there's my

203
00:10:12,530 --> 00:10:10,260
my two cents are in there too yeah

204
00:10:14,840 --> 00:10:12,540
that's good keep throwing in your two

205
00:10:17,570 --> 00:10:14,850
cents cuz I can talk a lot and that

206
00:10:19,190 --> 00:10:17,580
doesn't always work so well but I'm

207
00:10:22,760 --> 00:10:19,200
to anchor this like with one of the

208
00:10:24,830 --> 00:10:22,770
first shows that I did that that kind of

209
00:10:27,410 --> 00:10:24,840
solidified this for me as I interviewed

210
00:10:30,940 --> 00:10:27,420
a 20 year FBI guy his last job was

211
00:10:34,790 --> 00:10:30,950
undercover with the man-boy love

212
00:10:38,180 --> 00:10:34,800
Association front fake organization fake

213
00:10:41,690 --> 00:10:38,190

political organization for organized

214

00:10:44,090 --> 00:10:41,700

ring of pedophiles right so he was

215

00:10:46,220 --> 00:10:44,100

indignant because he had entered into

216

00:10:49,280 --> 00:10:46,230

this realm that he didn't really even

217

00:10:51,620 --> 00:10:49,290

know existed totally and the horrors

218

00:10:52,940 --> 00:10:51,630

that he saw as an undercover guide where

219

00:10:54,980 --> 00:10:52,950

he had to kind of rub shoulders with

220

00:10:57,410 --> 00:10:54,990

these people from the outside he was

221

00:11:00,800 --> 00:10:57,420

stunned and on the show you could see

222

00:11:03,650 --> 00:11:00,810

his anger in his frustration and that's

223

00:11:05,750 --> 00:11:03,660

something that you know that a lot of

224

00:11:07,250 --> 00:11:05,760

people can identify with but there's

225

00:11:08,900 --> 00:11:07,260

also this element that I've been

226

00:11:15,950 --> 00:11:08,910

encountered on this show of complete

227

00:11:17,180 --> 00:11:15,960

denial that so I'm just trying to paint

228

00:11:20,630 --> 00:11:17,190

the whole thing here

229

00:11:23,480 --> 00:11:20,640

I loved it the recovery and the victory

230

00:11:25,190 --> 00:11:23,490

but how do you feel when when you have

231

00:11:26,930 --> 00:11:25,200

to and that's why I guess I didn't want

232

00:11:28,880 --> 00:11:26,940

you to jump in and talk about your story

233

00:11:32,330 --> 00:11:28,890

right from the beginning because how do

234

00:11:36,200 --> 00:11:32,340

you feel when people just deny it or

235

00:11:38,210 --> 00:11:36,210

don't don't believe you or don't believe

236

00:11:39,650 --> 00:11:38,220

other people or don't because they don't

237

00:11:41,960 --> 00:11:39,660

believe that this could really be

238

00:11:43,760 --> 00:11:41,970

happening at the level that you're

239

00:11:45,820 --> 00:11:43,770

talking about I mean you get that right

240

00:11:48,380 --> 00:11:45,830

absolutely and I think the the

241

00:11:52,520 --> 00:11:48,390

collective denial is what is creating

242

00:11:56,710 --> 00:11:52,530

the evil at the moment I didn't even

243

00:12:02,090 --> 00:11:56,720

speak out publicly about my past until I

244

00:12:05,560 --> 00:12:02,100

felt ready emotionally to withstand the

245

00:12:10,820 --> 00:12:05,570

personal the inevitable personal attacks

246

00:12:12,170 --> 00:12:10,830

the disbelief that you know let's just

247

00:12:13,870 --> 00:12:12,180

say that when we're speaking of

248

00:12:16,730 --> 00:12:13,880

ignorance that there's just a lot

249

00:12:22,310 --> 00:12:16,740

there's a lot out there not as much as I

250

00:12:25,270 --> 00:12:22,320

expected or maybe you know the time when

251

00:12:28,250 --> 00:12:25,280

I started speaking out just things have

252

00:12:30,230 --> 00:12:28,260

definitely improved those people who are

253

00:12:30,630 --> 00:12:30,240

lashing out at me are just not looking

254

00:12:33,540 --> 00:12:30,640

so

255

00:12:36,270 --> 00:12:33,550

anymore they're just not looking like

256

00:12:38,340 --> 00:12:36,280

the scientists versus me crazy one it

257

00:12:40,920 --> 00:12:38,350

doesn't look that way at all I look like

258

00:12:43,980 --> 00:12:40,930

a sound solid person and they seem a

259

00:12:45,810 --> 00:12:43,990

little bit crazy I still have feelings

260

00:12:47,280 --> 00:12:45,820

about it I have feelings about what is

261

00:12:47,990 --> 00:12:47,290

happening in Belgium which is where I'm

262

00:12:51,450 --> 00:12:48,000

from

263

00:12:54,990 --> 00:12:51,460

when people found out that there was a

264

00:12:56,580 --> 00:12:55,000

network of politicians there that were

265

00:13:01,070 --> 00:12:56,590

involved in these extremely dark

266

00:13:04,290 --> 00:13:01,080

practices through the dutroux case in 96

267

00:13:07,140 --> 00:13:04,300

we went from the whole country being an

268

00:13:09,960 --> 00:13:07,150

uproar and the international press

269

00:13:14,790 --> 00:13:09,970

writing about the Belgian pedophile

270

00:13:19,020 --> 00:13:14,800

network of VIPs - eight years later one

271

00:13:25,460 --> 00:13:19,030

man convicted basically and the whole

272

00:13:29,840 --> 00:13:25,470

country completely silent about it after

273

00:13:33,030 --> 00:13:29,850

bodies of children were found and so

274

00:13:36,360 --> 00:13:33,040

yeah let's just review that case for

275

00:13:38,130 --> 00:13:36,370

people who don't know I mean here's the

276

00:13:41,520 --> 00:13:38,140

case like for people who are in that

277

00:13:44,490 --> 00:13:41,530

denial mode we there's photographs right

278

00:13:47,970 --> 00:13:44,500

there's photographs of cages there's

279

00:13:50,460 --> 00:13:47,980

photographs oh my - builds dungeons to

280

00:13:57,150 --> 00:13:50,470

keep the children in but he said when he

281

00:13:59,370 --> 00:13:57,160

was caught that he was working then he

282

00:14:01,920 --> 00:13:59,380

was a small cog in a giant wheel and

283

00:14:09,300 --> 00:14:01,930

that he had friends in high places who

284

00:14:13,320 --> 00:14:09,310

would protect him and then everything in

285

00:14:16,560 --> 00:14:13,330

that case that had anything to do with

286

00:14:19,410 --> 00:14:16,570

the existence of this network having any

287

00:14:23,360 --> 00:14:19,420

more prominent people involved was cut

288

00:14:25,740 --> 00:14:23,370

off from a case and many people died

289

00:14:32,540 --> 00:14:25,750

mysteriously who had any kind of

290

00:14:38,940 --> 00:14:35,340

there's material out there but it's all

291

00:14:40,740 --> 00:14:38,950

been suppressed and people who believed

292

00:14:42,980 --> 00:14:40,750

there was more to the story were labeled

293

00:14:46,730 --> 00:14:42,990

believers in Belgium

294

00:14:49,340 --> 00:14:46,740

and treated us stupid and it was the

295

00:14:52,040 --> 00:14:49,350

intellectuals or anyone who wants to

296

00:14:55,880 --> 00:14:52,050

think of themselves as smart that

297

00:14:58,880 --> 00:14:55,890

labeled the the other survivor who spoke

298

00:15:03,970 --> 00:14:58,890

up at the time as a crazy woman

299

00:15:08,690 --> 00:15:06,470

sided with the official story even the

300

00:15:14,050 --> 00:15:08,700

smart people ended up siding with the

301
00:15:18,500 --> 00:15:14,060
official story and ridiculing anyone who

302
00:15:22,550 --> 00:15:18,510
thought there might be more to it so you

303
00:15:25,760 --> 00:15:22,560
know i'm stumbling here to even approach

304
00:15:27,889 --> 00:15:25,770
this because there's there's a million

305
00:15:31,040 --> 00:15:27,899
different questions one how did that

306
00:15:32,810 --> 00:15:31,050
affect you at the time when that story

307
00:15:34,010 --> 00:15:32,820
broke and i guess the real cut that's

308
00:15:35,540 --> 00:15:34,020
not really the question I want to ask

309
00:15:38,510 --> 00:15:35,550
that's like a fake question that I was

310
00:15:43,100 --> 00:15:38,520
going to ask is you know when we talk

311
00:15:47,530 --> 00:15:43,110
about the nature of evil we understand

312
00:15:50,630 --> 00:15:47,540
that sometimes we go along with things

313
00:15:53,860 --> 00:15:50,640

that we shouldn't go along with and

314

00:15:56,690 --> 00:15:53,870

that's what you're referring to if you

315

00:15:58,760 --> 00:15:56,700

just for the protection you could

316

00:16:00,920 --> 00:15:58,770

rationalize it for the protection of my

317

00:16:04,160 --> 00:16:00,930

family well for the protection my family

318

00:16:06,050 --> 00:16:04,170

I couldn't expose that person for the

319

00:16:10,880 --> 00:16:06,060

protection of myself for the protection

320

00:16:13,280 --> 00:16:10,890

of my life I couldn't what there's an

321

00:16:15,290 --> 00:16:13,290

there's another kind of evil associated

322

00:16:18,199 --> 00:16:15,300

with that too and I know you've thought

323

00:16:20,960 --> 00:16:18,209

about yes absolutely there's degrees to

324

00:16:23,730 --> 00:16:20,970

which people are too scared simply but

325

00:16:26,040 --> 00:16:23,740

then there is

326

00:16:27,660 --> 00:16:26,050

in the public opinion I think which is a

327

00:16:29,400 --> 00:16:27,670

larger component I mean there's people

328

00:16:31,340 --> 00:16:29,410

who know and who don't say anything

329

00:16:33,960 --> 00:16:31,350

because they're too scared for their own

330

00:16:36,450 --> 00:16:33,970

skin you know for their job or for their

331

00:16:39,720 --> 00:16:36,460

life and that's fair

332

00:16:42,120 --> 00:16:39,730

that's totally fair understandable but

333

00:16:46,920 --> 00:16:42,130

then it's understandable but but is it

334

00:16:48,060 --> 00:16:46,930

is it it's fair but in terms of go but

335

00:16:49,680 --> 00:16:48,070

let's go back to the first part of your

336

00:16:53,040 --> 00:16:49,690

conversation for the deeper kind of

337

00:16:57,090 --> 00:16:53,050

growth for the for our soul can our soul

338

00:17:00,090 --> 00:16:57,100

fully grow for the soul it would be best

339

00:17:02,130 --> 00:17:00,100

that you that you do whatever it takes I

340

00:17:05,720 --> 00:17:02,140

mean within reason of course

341

00:17:09,120 --> 00:17:05,730

you don't just throw your life away and

342

00:17:13,040 --> 00:17:09,130

no one look you know for nothing but

343

00:17:16,940 --> 00:17:13,050

within reason to do what is right is

344

00:17:22,050 --> 00:17:16,950

important and then you can die free I

345

00:17:27,240 --> 00:17:22,060

think and then you've you you you have

346

00:17:29,760 --> 00:17:27,250

not committed evil but what is the right

347

00:17:31,590 --> 00:17:29,770

thing you know it requires a lot of

348

00:17:35,040 --> 00:17:31,600

courage right now to speak up about

349

00:17:36,050 --> 00:17:35,050

these things and of course it's cost a

350

00:17:40,740 --> 00:17:36,060

lot of lives

351
00:17:44,910 --> 00:17:40,750
so I'm more concerned with people who

352
00:17:49,560 --> 00:17:44,920
have little to lose but whose opinion is

353
00:17:52,230 --> 00:17:49,570
just biased because of the brainwashing

354
00:17:56,510 --> 00:17:52,240
that comes from those same people in

355
00:17:59,580 --> 00:17:56,520
power who are committing these acts and

356
00:18:01,740 --> 00:17:59,590
I found that the more someone is

357
00:18:05,520 --> 00:18:01,750
brainwashed that's to say the more that

358
00:18:09,060 --> 00:18:05,530
you accept the values of the

359
00:18:11,190 --> 00:18:09,070
materialistic society of our capitalist

360
00:18:16,170 --> 00:18:11,200
society the more you accept the values

361
00:18:20,550 --> 00:18:16,180
of the external the more it actually

362
00:18:24,780 --> 00:18:20,560
seems to imply that trauma personal

363
00:18:27,300 --> 00:18:24,790

trauma remains covered and so healing

364

00:18:29,310 --> 00:18:27,310

from trauma from for each person

365

00:18:31,740 --> 00:18:29,320

individually I don't think you can live

366

00:18:35,490 --> 00:18:31,750

in this vertical power paradigm without

367

00:18:37,160 --> 00:18:35,500

having some trauma at this time so it is

368

00:18:42,080 --> 00:18:37,170

for each person to look with

369

00:18:45,620 --> 00:18:42,090

and to heal as an active revolution and

370

00:18:49,400 --> 00:18:45,630

of course it is healing healing requires

371

00:18:52,010 --> 00:18:49,410

courage just as on a personal level you

372

00:18:53,840 --> 00:18:52,020

have your idea of what your childhood

373

00:18:55,310 --> 00:18:53,850

was like and you have a relationship

374

00:18:57,560 --> 00:18:55,320

with your parents and then you start

375

00:18:58,760 --> 00:18:57,570

going within and therapy and you realize

376

00:19:02,540 --> 00:18:58,770

that what you thought

377

00:19:03,380 --> 00:19:02,550

your childhood was is so far from what

378

00:19:07,730 --> 00:19:03,390

it actually was

379

00:19:13,220 --> 00:19:07,740

and you changed and it's the same at the

380

00:19:16,420 --> 00:19:13,230

world it measures a new change and as

381

00:19:20,270 --> 00:19:16,430

you change and as your consciousness

382

00:19:23,180 --> 00:19:20,280

expands by the neural integration of all

383

00:19:26,450 --> 00:19:23,190

the different parts that were

384

00:19:29,990 --> 00:19:26,460

emotionally stunted during these moments

385

00:19:32,570 --> 00:19:30,000

of trauma or unmet emotional needs all

386

00:19:36,350 --> 00:19:32,580

these parts need to find this reflection

387

00:19:38,780 --> 00:19:36,360

of their their innate innocence their

388

00:19:41,770 --> 00:19:38,790

innate purity going back to the

389

00:19:45,260 --> 00:19:41,780

beginning and through these reflections

390

00:19:48,440 --> 00:19:45,270

we integrate the self and we literally

391

00:19:49,370 --> 00:19:48,450

create within our own body mind system

392

00:19:53,030 --> 00:19:49,380

and

393

00:19:55,100 --> 00:19:53,040

a more egalitarian structure that makes

394

00:19:59,720 --> 00:19:55,110

us and less dependent on the outer

395

00:20:02,540 --> 00:19:59,730

values there's a lot that you covered

396

00:20:06,250 --> 00:20:02,550

there and if people I will play some

397

00:20:09,680 --> 00:20:06,260

clips into this show when I air it and

398

00:20:13,340 --> 00:20:09,690

you have a very powerful testimony as to

399

00:20:16,130 --> 00:20:13,350

what exactly happened to you and it's

400

00:20:18,110 --> 00:20:16,140

something that has gotten some traction

401
00:20:20,750 --> 00:20:18,120
there's a half a million views of it

402
00:20:22,280 --> 00:20:20,760
which i think is fantastic in one way

403
00:20:25,370 --> 00:20:22,290
and that people are able to sit there

404
00:20:26,840 --> 00:20:25,380
and watch your horrific testimony of

405
00:20:28,310 --> 00:20:26,850
what happened to you and they're able to

406
00:20:30,590 --> 00:20:28,320
sit through it and five hundred thousand

407
00:20:34,120 --> 00:20:30,600
people are willing to do that awesome

408
00:20:37,820 --> 00:20:34,130
TED talk you gave very popular very

409
00:20:39,590 --> 00:20:37,830
revealing and very open on your part I

410
00:20:41,840 --> 00:20:39,600
can play those in and I think that's

411
00:20:44,180 --> 00:20:41,850
almost a better way than to have you sit

412
00:20:45,620 --> 00:20:44,190
in recount what happened to you so I

413
00:20:48,170 --> 00:20:45,630

want to switch back to what you just

414

00:20:49,870 --> 00:20:48,180

said though in terms of the vertical

415

00:20:52,510 --> 00:20:49,880

power paradigm

416

00:20:55,540 --> 00:20:52,520

I think there's so much that you're

417

00:20:57,400 --> 00:20:55,550

throwing out and it's it's wonderful in

418

00:20:59,080 --> 00:20:57,410

a way that it kind of requires us to

419

00:21:01,630 --> 00:20:59,090

kind of connect the dots of the

420

00:21:04,630 --> 00:21:01,640

mind-body problem and the neural

421

00:21:06,250 --> 00:21:04,640

integration and the the transformation

422

00:21:08,800 --> 00:21:06,260

that we go through and I understand it

423

00:21:11,470 --> 00:21:08,810

from a yogic perspective kind of even

424

00:21:13,870 --> 00:21:11,480

differently than maybe other people are

425

00:21:15,730 --> 00:21:13,880

taking that but I want to go back and

426
00:21:20,050 --> 00:21:15,740
pick up on a very basic thing you said

427
00:21:23,110 --> 00:21:20,060
in this power structure that is

428
00:21:26,710 --> 00:21:23,120
responsible for perpetrating these sex

429
00:21:29,890 --> 00:21:26,720
crimes against children is also there to

430
00:21:32,650 --> 00:21:29,900
influence the message that it gets

431
00:21:35,050 --> 00:21:32,660
reflected back so the reason this stuff

432
00:21:37,690 --> 00:21:35,060
doesn't get through to the media the

433
00:21:39,490 --> 00:21:37,700
reason that if you look up the reality

434
00:21:42,070 --> 00:21:39,500
of these crimes on Google the first

435
00:21:45,580 --> 00:21:42,080
twenty pages you'll get is about hoaxes

436
00:21:48,310 --> 00:21:45,590
it's part of the system I mean it is

437
00:21:50,710 --> 00:21:48,320
baked into the system to make us do it

438
00:21:54,180 --> 00:21:50,720

I've had interviews with academics who

439

00:21:57,630 --> 00:21:54,190

deny the existence of even a

440

00:22:01,710 --> 00:21:57,640

consciousness that could contemplate

441

00:22:04,480 --> 00:22:01,720

this and especially in academia

442

00:22:07,060 --> 00:22:04,490

unfortunately because the education the

443

00:22:12,780 --> 00:22:07,070

halls of education really are a perfect

444

00:22:15,940 --> 00:22:12,790

brainwashing tool so I was abused by

445

00:22:19,360 --> 00:22:15,950

world leaders at the time in the late

446

00:22:22,180 --> 00:22:19,370

60s early 70s as I was a child sex slave

447

00:22:25,990 --> 00:22:22,190

and one of those abusers was someone who

448

00:22:28,630 --> 00:22:26,000

influenced politicians so was in a way

449

00:22:30,340 --> 00:22:28,640

above the politicians and was sort of

450

00:22:33,310 --> 00:22:30,350

behind the scenes not completely but

451
00:22:35,530 --> 00:22:33,320
influencing you know had presidents in

452
00:22:39,830 --> 00:22:35,540
their pocket let's put it that way in

453
00:22:47,340 --> 00:22:43,110
also had major newspapers in their

454
00:22:50,670 --> 00:22:47,350
pockets controlling the narrative that

455
00:22:52,200 --> 00:22:50,680
goes out that is the narrative of the

456
00:22:53,919 --> 00:22:52,210
media that is the narrative of

457
00:22:56,470 --> 00:22:53,929
Hollywood's

458
00:23:04,029 --> 00:22:56,480
and there is so much brainwashing that

459
00:23:06,999 --> 00:23:04,039
is spinning a story that makes those in

460
00:23:09,120 --> 00:23:07,009
power look like they deserve their

461
00:23:14,040 --> 00:23:09,130
positions

462
00:23:16,770 --> 00:23:14,050
when in fact everyone knows that that's

463
00:23:20,070 --> 00:23:16,780

not accurate everyone knows that we vote

464

00:23:22,680 --> 00:23:20,080

for someone one of two people and then

465

00:23:25,290 --> 00:23:22,690

whoever becomes president we know that

466

00:23:28,350 --> 00:23:25,300

they're not going to do what we want

467

00:23:31,830 --> 00:23:28,360

them to do we know that we know that

468

00:23:35,220 --> 00:23:31,840

politicians are corrupt but we don't

469

00:23:37,800 --> 00:23:35,230

want to contemplate that what that

470

00:23:40,710 --> 00:23:37,810

actually means this corruption and the

471

00:23:44,340 --> 00:23:40,720

fact that these people are lifting

472

00:23:46,760 --> 00:23:44,350

themselves above us and that we are

473

00:23:49,410 --> 00:23:46,770

participating by giving away our power

474

00:23:51,120 --> 00:23:49,420

by looking up to certain people that are

475

00:23:52,280 --> 00:23:51,130

about if we're looking down on them

476
00:23:54,900 --> 00:23:52,290
we're giving them all this attention

477
00:23:57,510 --> 00:23:54,910
we're not taking matters in our own

478
00:23:59,820 --> 00:23:57,520
hands we're not making sure that our

479
00:24:02,940 --> 00:23:59,830
politicians are doing what we need them

480
00:24:04,640 --> 00:24:02,950
to do we are not truly fighting for the

481
00:24:07,200 --> 00:24:04,650
peace that we all want

482
00:24:09,840 --> 00:24:07,210
well Chanukah I mean part of the tough

483
00:24:14,670 --> 00:24:09,850
part there is to truly accept the

484
00:24:18,050 --> 00:24:14,680
reality that you're exposing makes us

485
00:24:20,790 --> 00:24:18,060
pretty helpless to put that back in in a

486
00:24:25,860 --> 00:24:20,800
political framework it is I mean it's

487
00:24:28,740 --> 00:24:25,870
it's it's inconceivable well I think for

488
00:24:32,220 --> 00:24:28,750

anyone it's it's inconceivable to me to

489

00:24:35,310 --> 00:24:32,230

think that politically I could change

490

00:24:37,350 --> 00:24:35,320

the kind of system that has amassed the

491

00:24:39,450 --> 00:24:37,360

kind of power that you're exposing

492

00:24:42,780 --> 00:24:39,460

that's just a reality I mean I'm just

493

00:24:45,120 --> 00:24:42,790

pragmatic I'm a yes it's a I've been

494

00:24:47,630 --> 00:24:45,130

successful I know how to be successful I

495

00:24:50,910 --> 00:24:47,640

know how to accomplish great things

496

00:24:53,940 --> 00:24:50,920

materially but I don't know how to I

497

00:24:57,240 --> 00:24:53,950

and from that perspective I say no ug

498

00:24:59,100 --> 00:24:57,250

you can't win that game and I almost you

499

00:25:02,070 --> 00:24:59,110

know I like the way you shifted it

500

00:25:05,460 --> 00:25:02,080

before it the only understanding that I

501
00:25:09,050 --> 00:25:05,470
can come to it is some kind of spiritual

502
00:25:11,430 --> 00:25:09,060
understanding that I need to overcome

503
00:25:13,890 --> 00:25:11,440
and I forget how you put it but you put

504
00:25:18,000 --> 00:25:13,900
it quite brilliantly and beautifully

505
00:25:21,240 --> 00:25:18,010
that the personal battle of trauma of

506
00:25:22,760 --> 00:25:21,250
overcoming of understanding my deeper

507
00:25:25,490 --> 00:25:22,770
spirituality is real

508
00:25:28,790 --> 00:25:25,500
the only way to win the larger battle

509
00:25:31,700 --> 00:25:28,800
how did you say it yes sort of like that

510
00:25:34,670 --> 00:25:31,710
I just want to address briefly the word

511
00:25:38,750 --> 00:25:34,680
helplessness because I understand that

512
00:25:43,040 --> 00:25:38,760
when I speak it is harder generally I've

513
00:25:45,470 --> 00:25:43,050

noticed for men who are more brainwashed

514

00:25:48,200 --> 00:25:45,480

than women to shoot into action and do

515

00:25:50,270 --> 00:25:48,210

something right away to to create a

516

00:25:54,470 --> 00:25:50,280

change you know to go save the children

517

00:25:56,240 --> 00:25:54,480

it's so upsetting to find out that this

518

00:26:00,020 --> 00:25:56,250

is the reality and that someone you may

519

00:26:03,220 --> 00:26:00,030

have voted for may be a pedophile that's

520

00:26:06,800 --> 00:26:03,230

someone you liked and that you were

521

00:26:10,880 --> 00:26:06,810

fooled then and that you were wrong it's

522

00:26:13,820 --> 00:26:10,890

hard to admit that it's hard to assume

523

00:26:16,340 --> 00:26:13,830

that anyone who's made it to the top is

524

00:26:18,380 --> 00:26:16,350

so compromised that there's no way that

525

00:26:22,400 --> 00:26:18,390

they're not involved in something very

526

00:26:24,380 --> 00:26:22,410

dark so to accept it it's very difficult

527

00:26:27,560 --> 00:26:24,390

and men have a harder time with it I

528

00:26:30,110 --> 00:26:27,570

found generally than women because of

529

00:26:32,780 --> 00:26:30,120

the privilege you know the more

530

00:26:35,840 --> 00:26:32,790

privilege you have the easier it is to

531

00:26:38,450 --> 00:26:35,850

avoid looking at you know dark realities

532

00:26:43,190 --> 00:26:38,460

and that's part of the system the

533

00:26:45,050 --> 00:26:43,200

privilege works as a cushion and it's

534

00:26:47,120 --> 00:26:45,060

also at the expense of those who have

535

00:26:49,880 --> 00:26:47,130

less privilege so those with the least

536

00:26:53,390 --> 00:26:49,890

privilege or sort of carrying all the

537

00:26:57,410 --> 00:26:53,400

pain that those at the very top of this

538

00:27:00,200 --> 00:26:57,420

power paradigm are not feeling at all so

539

00:27:04,250 --> 00:27:00,210

I have to address psychopathy a little

540

00:27:06,950 --> 00:27:04,260

bit because it's difficult for most of

541

00:27:10,190 --> 00:27:06,960

us to understand what psychopathy is

542

00:27:12,580 --> 00:27:10,200

it's difficult to accept that people

543

00:27:17,480 --> 00:27:12,590

that look really good and have a good

544

00:27:20,720 --> 00:27:17,490

feel would actually be raping children I

545

00:27:24,740 --> 00:27:20,730

mean it's so dark most of us can't

546

00:27:26,510 --> 00:27:24,750

imagine what getting anywhere near a

547

00:27:29,240 --> 00:27:26,520

child like that we can't imagine it and

548

00:27:32,510 --> 00:27:29,250

so well they can't imagine in your case

549

00:27:35,450 --> 00:27:32,520

a parent who begins sexually molesting

550

00:27:36,840 --> 00:27:35,460

their child at the deadline of the

551
00:27:38,670 --> 00:27:36,850
youngest of age and then

552
00:27:40,950 --> 00:27:38,680
sells them into sex slavery at six years

553
00:27:42,480 --> 00:27:40,960
old that's inconceivable people can

554
00:27:46,170 --> 00:27:42,490
really can't wrap their head around that

555
00:27:48,780 --> 00:27:46,180
but right exactly that sickness that

556
00:27:51,170 --> 00:27:48,790
degree of sickness but my mother I would

557
00:27:54,480 --> 00:27:51,180
say is easier to accept because she's

558
00:27:58,650 --> 00:27:54,490
she's just a sick person that was never

559
00:28:00,390 --> 00:27:58,660
found out but she's a regular person you

560
00:28:02,760 --> 00:28:00,400
know you could find her image in one of

561
00:28:06,360 --> 00:28:02,770
those sensational stories let's say that

562
00:28:09,510 --> 00:28:06,370
we see every day in the news but when

563
00:28:12,420 --> 00:28:09,520

it's someone who is a trusted figure at

564

00:28:14,100 --> 00:28:12,430

the top of the power paradigm that is

565

00:28:16,200 --> 00:28:14,110

much harder because we have some kind of

566

00:28:18,870 --> 00:28:16,210

relationship with this person because

567

00:28:21,390 --> 00:28:18,880

we've seen them on TV or we've you know

568

00:28:23,070 --> 00:28:21,400

we've listened to their speeches and

569

00:28:27,000 --> 00:28:23,080

we've maybe been moved by their words

570

00:28:30,390 --> 00:28:27,010

and to accept that someone like that is

571

00:28:34,470 --> 00:28:30,400

also engaging in you know like my mother

572

00:28:38,070 --> 00:28:34,480

I only had power over me so in that she

573

00:28:39,750 --> 00:28:38,080

was you know at her worst but those

574

00:28:43,650 --> 00:28:39,760

people have power over the entire world

575

00:28:46,290 --> 00:28:43,660

and so if we want to wonder why there is

576
00:28:48,750 --> 00:28:46,300
no peace on earth yet when everybody

577
00:28:53,550 --> 00:28:48,760
really wants it just look at the power

578
00:28:57,060 --> 00:28:53,560
structure and again it's hard for us to

579
00:28:58,500 --> 00:28:57,070
to imagine that someone can actually be

580
00:29:00,150 --> 00:28:58,510
that way we can - Matt you can't imagine

581
00:29:01,890 --> 00:29:00,160
that a mother would do that you can't

582
00:29:04,710 --> 00:29:01,900
imagine that someone you might have

583
00:29:06,960 --> 00:29:04,720
voted for would do that but that is what

584
00:29:11,320 --> 00:29:06,970
because we don't really understand see

585
00:29:14,739 --> 00:29:11,330
we are all about reason

586
00:29:18,119 --> 00:29:14,749
we're all about reason and we like to

587
00:29:21,009 --> 00:29:18,129
take things from the physical world and

588
00:29:23,979 --> 00:29:21,019

you know use evidence and so forth

589

00:29:28,330 --> 00:29:23,989

and we are actually moving in a

590

00:29:30,850 --> 00:29:28,340

different era right now we're feeling we

591

00:29:33,729 --> 00:29:30,860

we generally as a people we do not

592

00:29:40,509 --> 00:29:33,739

understand feeling at all I have spent

593

00:29:43,629 --> 00:29:40,519

thirty years going through my past to

594

00:29:46,509 --> 00:29:43,639

reconnect all the reactions and feelings

595

00:29:49,840 --> 00:29:46,519

and physical reactions that have to be

596

00:29:51,310 --> 00:29:49,850

suppressed from the incident suppressed

597

00:29:53,950 --> 00:29:51,320

because they couldn't be expressed

598

00:29:57,549 --> 00:29:53,960

during the incidents the traumatic

599

00:30:02,950 --> 00:29:57,559

incident because I had to survive in

600

00:30:07,859 --> 00:30:02,960

reuniting the suppressed feelings and

601
00:30:12,399 --> 00:30:07,869
reactions with their original cause or

602
00:30:15,940 --> 00:30:12,409
psychological cause consciousness

603
00:30:18,030 --> 00:30:15,950
expands and it is a work of increasing

604
00:30:21,510 --> 00:30:18,040
feeling that is

605
00:30:23,710 --> 00:30:21,520
one with consciousness feeling

606
00:30:26,830 --> 00:30:23,720
increasing your knowledge of feeling it

607
00:30:31,330 --> 00:30:26,840
is a a science that is not rooted in the

608
00:30:34,660 --> 00:30:31,340
physical and so it's easy in our world

609
00:30:38,560 --> 00:30:34,670
to dismiss it because of this horrendous

610
00:30:42,760 --> 00:30:38,570
imbalance that we have with the you know

611
00:30:45,670 --> 00:30:42,770
preponderance focus on reason as a more

612
00:30:49,800 --> 00:30:45,680
valid than feeling but in fact they work

613
00:30:52,690 --> 00:30:49,810

together we can't really you know a

614

00:30:55,330 --> 00:30:52,700

psychopath is someone who can especially

615

00:30:58,000 --> 00:30:55,340

a very successful one is someone whose

616

00:31:01,000 --> 00:30:58,010

reason works very well but in fact

617

00:31:03,420 --> 00:31:01,010

they're completely insane and so this

618

00:31:09,750 --> 00:31:03,430

reason and all this intelligence is used

619

00:31:15,160 --> 00:31:09,760

to hide the insanity the insanity comes

620

00:31:17,310 --> 00:31:15,170

from trauma from very early trauma from

621

00:31:20,830 --> 00:31:17,320

not getting a reflection of the self

622

00:31:24,090 --> 00:31:20,840

sure maybe I'm sure that that's part of

623

00:31:28,600 --> 00:31:24,100

it and I just sometimes wondered that

624

00:31:30,400 --> 00:31:28,610

talking about Psychopaths which is you

625

00:31:33,730 --> 00:31:30,410

know a popular thing to talk about

626

00:31:35,560 --> 00:31:33,740

if that doesn't deflect away from the

627

00:31:37,030 --> 00:31:35,570

larger part of the consciousness

628

00:31:39,190 --> 00:31:37,040

question so let me tell you a little bit

629

00:31:41,320 --> 00:31:39,200

about my journey as I just told you you

630

00:31:43,150 --> 00:31:41,330

know in the show I bet not my personal

631

00:31:45,040 --> 00:31:43,160

journey but so I'm interested in

632

00:31:48,010 --> 00:31:45,050

big-picture questions who are we why are

633

00:31:50,950 --> 00:31:48,020

we here so I'm interested in why science

634

00:31:53,050 --> 00:31:50,960

insists that we are merely biological

635

00:31:55,750 --> 00:31:53,060

robots and meaningless universe and that

636

00:31:57,940 --> 00:31:55,760

this consciousness is an illusion there

637

00:31:59,800 --> 00:31:57,950

is no good or bad there because there is

638

00:32:04,750 --> 00:31:59,810

no consciousness really it's just we're

639

00:32:06,460 --> 00:32:04,760

biological robots I go that seems that's

640

00:32:08,350 --> 00:32:06,470

absurd it's absurd

641

00:32:11,380 --> 00:32:08,360

you know it's it's no one has thought

642

00:32:13,600 --> 00:32:11,390

that throughout time no one 90% of

643

00:32:15,940 --> 00:32:13,610

ephone planet but that is consistently

644

00:32:17,830 --> 00:32:15,950

is the message the the paradigm that

645

00:32:19,450 --> 00:32:17,840

science operates in and if people don't

646

00:32:20,770 --> 00:32:19,460

accept that they just have to go look at

647

00:32:22,860 --> 00:32:20,780

science and that's what science says

648

00:32:24,850 --> 00:32:22,870

that's what neuroscientists that's what

649

00:32:27,520 --> 00:32:24,860

psychiatry says that's what it's built

650

00:32:29,890 --> 00:32:27,530

on right and you'll find exceptions

651
00:32:31,650 --> 00:32:29,900
people who are on the fringes of that

652
00:32:34,770 --> 00:32:31,660
but that's mostly so then

653
00:32:37,020 --> 00:32:34,780
next part of my journey was to say okay

654
00:32:38,780 --> 00:32:37,030
there is a reality to consciousness

655
00:32:41,570 --> 00:32:38,790
that's pretty easy to establish

656
00:32:44,040 --> 00:32:41,580
scientifically is there a reality to

657
00:32:46,980 --> 00:32:44,050
extended consciousness we hear about

658
00:32:49,230 --> 00:32:46,990
spirits demons angels God all this good

659
00:32:50,730 --> 00:32:49,240
stuff is that is there any reality to

660
00:32:53,040 --> 00:32:50,740
that we really have to look no further

661
00:32:55,710 --> 00:32:53,050
than the near-death experience science

662
00:32:58,590 --> 00:32:55,720
and others over 200 peer-reviewed papers

663
00:33:01,260 --> 00:32:58,600

of people who have survived bodily death

664

00:33:02,850 --> 00:33:01,270

and have entered some extended realm and

665

00:33:05,070 --> 00:33:02,860

we know that they really have survived

666

00:33:07,290 --> 00:33:05,080

bodily death and that consciousness as

667

00:33:09,000 --> 00:33:07,300

we normally understood it required a

668

00:33:10,710 --> 00:33:09,010

brain and these people no longer have

669

00:33:13,170 --> 00:33:10,720

that brain function as we understand it

670

00:33:15,660 --> 00:33:13,180

and yet they're able to access it again

671

00:33:18,060 --> 00:33:15,670

for Yogi's like you and I it's like of

672

00:33:19,830 --> 00:33:18,070

course remember I read autobiography of

673

00:33:21,420 --> 00:33:19,840

a yogi' and I've been on the mat for 30

674

00:33:23,910 --> 00:33:21,430

years and I've seen the whole thing I

675

00:33:27,030 --> 00:33:23,920

know it but if I have to prove it that's

676

00:33:29,310 --> 00:33:27,040

where I'd go to point to prove it so the

677

00:33:30,740 --> 00:33:29,320

part that kind of concerns me a little

678

00:33:34,080 --> 00:33:30,750

bit when we start talking about

679

00:33:36,060 --> 00:33:34,090

Psychopaths is it's a way that

680

00:33:38,820 --> 00:33:36,070

potentially that we shut ourselves off

681

00:33:40,350 --> 00:33:38,830

from the extended consciousness room now

682

00:33:42,870 --> 00:33:40,360

I just interviewed a guy a couple days

683

00:33:44,520 --> 00:33:42,880

ago russ dizdar and i really enjoyed

684

00:33:46,830 --> 00:33:44,530

talking to him and he's all about

685

00:33:49,110 --> 00:33:46,840

satanic ritual abuse he's a Christian

686

00:33:51,690 --> 00:33:49,120

he's an evangelical I am NOT a Christian

687

00:33:55,620 --> 00:33:51,700

and I have a I don't really understand

688

00:33:58,860 --> 00:33:55,630

the evangelical vibe but yet he's at

689

00:34:01,650 --> 00:33:58,870

least in some respects I admire that

690

00:34:03,740 --> 00:34:01,660

he's at least engaging with although in

691

00:34:06,480 --> 00:34:03,750

a very narrowly defined way an

692

00:34:09,960 --> 00:34:06,490

understanding of how this extended realm

693

00:34:12,419 --> 00:34:09,970

might be working with the realm that is

694

00:34:16,200 --> 00:34:12,429

the physical realm because we know if we

695

00:34:18,690 --> 00:34:16,210

want to go find a despicable evil people

696

00:34:22,800 --> 00:34:18,700

who do horrible things we can find them

697

00:34:25,980 --> 00:34:22,810

in any tone because I speak about

698

00:34:28,230 --> 00:34:25,990

Psychopaths because the psychopaths that

699

00:34:31,909 --> 00:34:28,240

I dealt with we're ruling the world and

700

00:34:38,369 --> 00:34:31,919

are influencing the entire worlds and

701
00:34:40,440 --> 00:34:38,379
they were emotionally infantile so they

702
00:34:42,960 --> 00:34:40,450
were extremely smart people emotionally

703
00:34:45,599 --> 00:34:42,970
infantile who are influencing the entire

704
00:34:50,099 --> 00:34:45,609
world so why

705
00:34:53,039 --> 00:34:50,109
of course science will be given so much

706
00:34:56,569 --> 00:34:53,049
more importance and of course those

707
00:35:02,609 --> 00:34:56,579
scientists who hold those narrow views

708
00:35:05,690 --> 00:35:02,619
will get more screen time but it's

709
00:35:08,039 --> 00:35:05,700
important that will stand psychopathy

710
00:35:12,239 --> 00:35:08,049
because those are the people that are

711
00:35:18,599 --> 00:35:12,249
influencing us all day long and I want

712
00:35:21,420 --> 00:35:18,609
to and we are blind blinded by the

713
00:35:24,630 --> 00:35:21,430

reason so that we see someone who seems

714

00:35:27,259 --> 00:35:24,640

perfectly reasonable but is emotionally

715

00:35:29,970 --> 00:35:27,269

infantile and because we have not done

716

00:35:32,450 --> 00:35:29,980

the emotional work on ourselves we have

717

00:35:37,739 --> 00:35:32,460

not done the trauma work on ourselves

718

00:35:39,900 --> 00:35:37,749

we're not able to see that and this is

719

00:35:46,440 --> 00:35:39,910

what I wanted to say is this journey of

720

00:35:48,180 --> 00:35:46,450

mine into my own psyche through healing

721

00:35:51,239 --> 00:35:48,190

from that childhood trauma

722

00:35:55,440 --> 00:35:51,249

it's a spiritual journey there is no way

723

00:35:58,229 --> 00:35:55,450

that you can return to a moment trauma

724

00:36:01,769 --> 00:35:58,239

is fear of fear death yes fearing fear

725

00:36:04,859 --> 00:36:01,779

of losing the physical body and to heat

726

00:36:09,089 --> 00:36:04,869

you you need to emotionally return to

727

00:36:11,970 --> 00:36:09,099

that moment with some faith that this

728

00:36:17,690 --> 00:36:11,980

time you'll survive or you can never

729

00:36:22,650 --> 00:36:17,700

return so anybody who is one of those

730

00:36:25,160 --> 00:36:22,660

psychopathic power addicts has never had

731

00:36:28,049 --> 00:36:25,170

courage has never had the courage to

732

00:36:32,789 --> 00:36:28,059

return to any of their personal trauma

733

00:36:34,819 --> 00:36:32,799

however small or it may see they run

734

00:36:39,349 --> 00:36:34,829

they will keep running away from it and

735

00:36:44,910 --> 00:36:39,359

that worldview from someone who is

736

00:36:48,120 --> 00:36:44,920

traumatized and basically only has the

737

00:36:51,180 --> 00:36:48,130

physical world to give themselves some

738

00:36:55,319 --> 00:36:51,190

kind of self sense of self the more

739

00:36:57,390 --> 00:36:55,329

you're attached to external things to

740

00:36:59,310 --> 00:36:57,400

define yourself the more psychopathic

741

00:37:02,340 --> 00:36:59,320

you are if you

742

00:37:06,360 --> 00:37:02,350

at a psychopath you know they are the

743

00:37:10,140 --> 00:37:06,370

ones who just get rid of the people

744

00:37:15,569 --> 00:37:12,559

without any concept you know without any

745

00:37:17,700 --> 00:37:15,579

sense of humanity for the people that

746

00:37:20,970 --> 00:37:17,710

they step over or they kill on their way

747

00:37:22,910 --> 00:37:20,980

up and brown-nosing to people above them

748

00:37:25,769 --> 00:37:22,920

and putting down people below them

749

00:37:27,809 --> 00:37:25,779

that's a very secular view of things

750

00:37:28,620 --> 00:37:27,819

which is okay as far as it goes but what

751
00:37:31,380 --> 00:37:28,630
about Russ

752
00:37:33,539 --> 00:37:31,390
what about russ dizdar he dabbled in the

753
00:37:36,150 --> 00:37:33,549
occult and now he spent the last thirty

754
00:37:38,279 --> 00:37:36,160
years working with victims of satanic

755
00:37:40,920 --> 00:37:38,289
ritual abuse so a lot of people don't

756
00:37:45,539 --> 00:37:40,930
like that satanic ritual abuse thing I

757
00:37:48,960 --> 00:37:45,549
I think it's undeniable these extended

758
00:37:51,150 --> 00:37:48,970
realms that are influencing this realm

759
00:37:55,019 --> 00:37:51,160
and I don't want to go there and pack it

760
00:37:57,269 --> 00:37:55,029
into a very narrow biblical definition

761
00:37:59,760 --> 00:37:57,279
because I don't think that fits that

762
00:38:01,799 --> 00:37:59,770
doesn't fit with with everything I know

763
00:38:04,230 --> 00:38:01,809

but I don't want to deny it and talk

764

00:38:06,779 --> 00:38:04,240

about this in terms of secular

765

00:38:08,849 --> 00:38:06,789

Psychopaths the people not getting their

766

00:38:11,700 --> 00:38:08,859

needs met it is that it is the way in

767

00:38:14,849 --> 00:38:11,710

which each each one of us can make a

768

00:38:16,890 --> 00:38:14,859

difference yes I'm a survivor of satanic

769

00:38:21,630 --> 00:38:16,900

ritual abuse that's what happens in the

770

00:38:24,230 --> 00:38:21,640

halls of power they're Satanists so yes

771

00:38:27,859 --> 00:38:24,240

that's what happens and I also work with

772

00:38:31,079 --> 00:38:27,869

people who like me have survived this

773

00:38:33,359 --> 00:38:31,089

that's most of my work now is working

774

00:38:35,339 --> 00:38:33,369

with survivors and many of them are

775

00:38:38,460 --> 00:38:35,349

survivors of said how do we unpack the

776

00:38:40,500 --> 00:38:38,470

Satanic part of that for you and I I

777

00:38:42,480 --> 00:38:40,510

mean that's not your I don't think

778

00:38:45,450 --> 00:38:42,490

that's your focus it's not my focus

779

00:38:47,670 --> 00:38:45,460

either but we have to deal with with

780

00:38:49,500 --> 00:38:47,680

with some reality there in a way that

781

00:38:51,779 --> 00:38:49,510

people can also wrap their heads around

782

00:38:55,680 --> 00:38:51,789

that and not just from the secular

783

00:38:58,319 --> 00:38:55,690

psychology standpoint but I see it that

784

00:39:01,680 --> 00:38:58,329

way because it fits the trauma pattern

785

00:39:05,220 --> 00:39:01,690

it fits someone who has no sense of self

786

00:39:06,900 --> 00:39:05,230

who wants power to substitute their self

787

00:39:10,680 --> 00:39:06,910

esteem maybe sounds a little too

788

00:39:14,730 --> 00:39:10,690

simplistic but I was up close and

789

00:39:18,089 --> 00:39:14,740

personal with those people so I see what

790

00:39:22,170 --> 00:39:18,099

they do I was trained mind control

791

00:39:27,000 --> 00:39:22,180

training to release these power

792

00:39:31,320 --> 00:39:27,010

and I can probably could still use them

793

00:39:36,060 --> 00:39:31,330

better the same powers are released if

794

00:39:38,550 --> 00:39:36,070

we do the work of integration of mind

795

00:39:40,950 --> 00:39:38,560

body integration and that's done through

796

00:39:44,340 --> 00:39:40,960

trauma work it's the the natural drug

797

00:39:48,360 --> 00:39:44,350

let's say it's the way it is spiritual

798

00:39:51,780 --> 00:39:48,370

work but the courage is the key without

799

00:39:54,930 --> 00:39:51,790

courage without see if someone remains

800

00:39:58,200 --> 00:39:54,940

afraid to afraid if you remain too

801

00:40:00,660 --> 00:39:58,210

afraid you will be you'll remain

802

00:40:05,220 --> 00:40:00,670

attached to the physical world and

803

00:40:07,290 --> 00:40:05,230

you'll remain attached to getting your

804

00:40:10,110 --> 00:40:07,300

value from outer things and we all do

805

00:40:13,410 --> 00:40:10,120

that to some degree so it's for each

806

00:40:18,090 --> 00:40:13,420

person to get out in our own personal

807

00:40:19,830 --> 00:40:18,100

way to go within and to simply face our

808

00:40:23,660 --> 00:40:19,840

own trauma we don't have to think about

809

00:40:27,090 --> 00:40:23,670

Satanism other than perhaps accept that

810

00:40:30,810 --> 00:40:27,100

people are engaging in that but I don't

811

00:40:33,420 --> 00:40:30,820

think we're meant so much you know so

812

00:40:35,310 --> 00:40:33,430

what if you have you know lots of people

813

00:40:36,900 --> 00:40:35,320

have experiences I had a near-death

814

00:40:38,980 --> 00:40:36,910

experience when I was in the network

815

00:40:42,430 --> 00:40:38,990

when I was a child

816

00:40:47,140 --> 00:40:42,440

I went to the other side I needed it I

817

00:40:48,870 --> 00:40:47,150

needed a miracle and I it was it was

818

00:40:53,460 --> 00:40:48,880

offered you know the universe is

819

00:40:57,100 --> 00:40:53,470

completely rested from reciprocal and I

820

00:41:01,090 --> 00:40:57,110

use the word God I dare to use the word

821

00:41:06,330 --> 00:41:01,100

God but God is everything so I don't

822

00:41:08,790 --> 00:41:06,340

wanna put too much focus on the Satanic

823

00:41:11,980 --> 00:41:08,800

because it's just part of everything

824

00:41:15,730 --> 00:41:11,990

most important is I don't want to give

825

00:41:17,560 --> 00:41:15,740

that energy any power I think what

826

00:41:19,030 --> 00:41:17,570

you're saying is tremendously deep and

827

00:41:21,130 --> 00:41:19,040

powerful I don't know if people get it

828

00:41:23,620 --> 00:41:21,140

or not but I get it on so many different

829

00:41:26,410 --> 00:41:23,630

levels when I get it on on a yogic level

830

00:41:28,060 --> 00:41:26,420

you know I mean there's so many awesome

831

00:41:30,460 --> 00:41:28,070

yoga teachers and I've experienced so

832

00:41:32,140 --> 00:41:30,470

many awesome yoga teachers and I love

833

00:41:33,970 --> 00:41:32,150

that you're out there on the mat in

834

00:41:36,010 --> 00:41:33,980

prison and I'm gonna talk about that and

835

00:41:38,650 --> 00:41:36,020

I want to talk about how you show up and

836

00:41:41,710 --> 00:41:38,660

how you show up for those for those

837

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

incarcerated and how you help them heal

838

00:41:45,609 --> 00:41:43,730

because I think I understand that like

839

00:41:49,330 --> 00:41:45,619

I've spent 30 years on the yoga mat that

840

00:41:51,580 --> 00:41:49,340

I just I get it you know I just I just

841

00:41:53,440 --> 00:41:51,590

get it on a level that I'd love to talk

842

00:41:55,359 --> 00:41:53,450

about the mind-body connection and stuff

843

00:41:56,890 --> 00:41:55,369

like that so I'm not always just in my

844

00:41:57,940 --> 00:41:56,900

head like this but I'll tell you the

845

00:42:00,580 --> 00:41:57,950

other way that I did it

846

00:42:02,320 --> 00:42:00,590

I spoke with just this last year look at

847

00:42:05,109 --> 00:42:02,330

the wonderful woman named Claire broad

848

00:42:07,300 --> 00:42:05,119

and she's a medium in the UK and we were

849

00:42:09,340 --> 00:42:07,310

talking about all her experiences and

850

00:42:11,020 --> 00:42:09,350

her mediumistic experiences in helping

851
00:42:12,220 --> 00:42:11,030
people and all that and I brought up the

852
00:42:13,660 --> 00:42:12,230
question with evil because it's been

853
00:42:16,660 --> 00:42:13,670
kind of a hot-button question with me

854
00:42:19,300 --> 00:42:16,670
and she goes look akin to I think in a

855
00:42:22,450 --> 00:42:19,310
way what you're saying she was look for

856
00:42:23,170 --> 00:42:22,460
20 years I've encountered this very very

857
00:42:26,140 --> 00:42:23,180
infrequently

858
00:42:28,000 --> 00:42:26,150
and the reason is because I always look

859
00:42:29,920 --> 00:42:28,010
to the light I always look above and

860
00:42:32,040 --> 00:42:29,930
then I related that back to one of my

861
00:42:35,200 --> 00:42:32,050
favorite yoga teachers Mickey singer

862
00:42:36,580 --> 00:42:35,210
untethered soul see just a yogi really

863
00:42:38,859 --> 00:42:36,590

you know you can put all these different

864

00:42:40,720 --> 00:42:38,869

Oprah Winfrey New Age stuff but he's a

865

00:42:42,550 --> 00:42:40,730

yogi and that's what he was from

866

00:42:45,640 --> 00:42:42,560

the beginning and he says the secret of

867

00:42:47,260 --> 00:42:45,650

the ascent is to always look up and I

868

00:42:49,330 --> 00:42:47,270

love that line I think there's a beauty

869

00:42:51,760 --> 00:42:49,340

and a truth to that that we don't have

870

00:42:52,510 --> 00:42:51,770

to dwell in the Satanic we don't have to

871

00:42:55,780 --> 00:42:52,520

dwell in

872

00:42:57,760 --> 00:42:55,790

the occulted people who want to access

873

00:42:58,840 --> 00:42:57,770

power through you know you can access

874

00:43:00,340 --> 00:42:58,850

power through all these different ways

875

00:43:02,830 --> 00:43:00,350

so these people are accessing it through

876

00:43:04,480 --> 00:43:02,840

this extended realm who cares which is

877

00:43:06,490 --> 00:43:04,490

kind of what you're saying because we

878

00:43:07,870 --> 00:43:06,500

see people who are doing the same thing

879

00:43:09,850 --> 00:43:07,880

whether they're trying to get ahead in

880

00:43:13,150 --> 00:43:09,860

you know this way or that way it's all

881

00:43:16,360 --> 00:43:13,160

kind of the same so I hear what you're

882

00:43:18,580 --> 00:43:16,370

saying and I appreciate I just want to

883

00:43:21,280 --> 00:43:18,590

put a kind of an exclamation point on

884

00:43:23,410 --> 00:43:21,290

what you're saying is that to emphasize

885

00:43:26,530 --> 00:43:23,420

it too much to stare into the abyss and

886

00:43:28,320 --> 00:43:26,540

to focus on the satanic evil forces that

887

00:43:30,910 --> 00:43:28,330

are in play kind of misses the point

888

00:43:32,950 --> 00:43:30,920

because again like another great yogi

889

00:43:33,880 --> 00:43:32,960

teacher out there Eckhart Tolle says is

890

00:43:36,340 --> 00:43:33,890

it's normal

891

00:43:39,430 --> 00:43:36,350

insane you know what's what what we call

892

00:43:43,050 --> 00:43:39,440

normal our day to day life is rather

893

00:43:45,190 --> 00:43:43,060

insane when we really step back and look

894

00:43:49,030 --> 00:43:45,200

normal everyday life is completely

895

00:43:56,050 --> 00:43:49,040

insane that's why so I rented the

896

00:43:58,390 --> 00:43:56,060

prisons to offer what I received because

897

00:44:01,630 --> 00:43:58,400

of my privilege I had this opportunity

898

00:44:06,580 --> 00:44:01,640

to focus on healing so I went to do the

899

00:44:08,470 --> 00:44:06,590

prisons and found people who had been

900

00:44:13,330 --> 00:44:08,480

through similar you know degrees of

901
00:44:14,710 --> 00:44:13,340
violence hysteresis myself and and I

902
00:44:19,600 --> 00:44:14,720
just wanted to offer what I didn't

903
00:44:23,290 --> 00:44:19,610
foresee because as a child no one came

904
00:44:26,590 --> 00:44:23,300
to give me hope even though I was

905
00:44:31,750 --> 00:44:26,600
rescued I didn't have somebody come and

906
00:44:39,640 --> 00:44:31,760
say you're gonna be okay and and when I

907
00:44:44,680 --> 00:44:39,650
was practicing yoga I didn't meet the

908
00:44:48,330 --> 00:44:44,690
the teacher that was able to teach me

909
00:44:53,260 --> 00:44:48,340
we're gonna just so that I could feel

910
00:44:55,270 --> 00:44:53,270
you know I always had to overcome the

911
00:44:58,270 --> 00:44:55,280
whether it was the commanding language

912
00:45:00,520 --> 00:44:58,280
or whether it was the actual kind of

913
00:45:02,830 --> 00:45:00,530

kind of feeling creepy feelings unsafe

914

00:45:05,620 --> 00:45:02,840

feelings from you know the vibration of

915

00:45:07,510 --> 00:45:05,630

the teachers there was so much to

916

00:45:12,520 --> 00:45:07,520

overcome in the way that Yoga is

917

00:45:16,960 --> 00:45:12,530

generally practiced in order to have it

918

00:45:19,600 --> 00:45:16,970

work for me as a tool because I knew the

919

00:45:23,530 --> 00:45:19,610

first time I stepped on the mat up this

920

00:45:26,650 --> 00:45:23,540

is it this is what I need at the same

921

00:45:30,130 --> 00:45:26,660

time I started practicing meditation

922

00:45:32,290 --> 00:45:30,140

with srf with self-realization

923

00:45:37,600 --> 00:45:32,300

fellowship in Yogananda's organization

924

00:45:40,900 --> 00:45:37,610

and I looked at the meditation practice

925

00:45:44,200 --> 00:45:40,910

as the real yoga and I looked at the

926
00:45:48,880 --> 00:45:44,210
yoga practice on the mat as the physical

927
00:45:51,790 --> 00:45:48,890
component of the real yoga and I guess I

928
00:45:55,540 --> 00:45:51,800
still do fit it's important to be

929
00:45:58,540 --> 00:45:55,550
healthy it's important for energy levels

930
00:46:03,550 --> 00:45:58,550
its input it's so important for physical

931
00:46:05,980 --> 00:46:03,560
therapy it's beautiful but the way that

932
00:46:10,300 --> 00:46:05,990
it's taught is just awful so I would

933
00:46:13,530 --> 00:46:10,310
come into the prisons and you know we we

934
00:46:16,770 --> 00:46:13,540
don't use any commands at all nothing

935
00:46:20,910 --> 00:46:16,780
first of all everybody

936
00:46:25,349 --> 00:46:20,920
can participate or not and we keep

937
00:46:29,250 --> 00:46:25,359
repeating that this is a time for you

938
00:46:32,700 --> 00:46:29,260

this is not my time here I'm on a

939

00:46:36,690 --> 00:46:32,710

soapbox here this is time for each one

940

00:46:39,810 --> 00:46:36,700

of you to not get yelled at to not get

941

00:46:44,010 --> 00:46:39,820

commanded because that commanding

942

00:46:44,730 --> 00:46:44,020

language is the language of abuse I was

943

00:46:47,849 --> 00:46:44,740

a sex slave

944

00:46:50,760 --> 00:46:47,859

I know let me do it there was a couple

945

00:46:54,030 --> 00:46:50,770

things about you man we could we get

946

00:46:56,609 --> 00:46:54,040

docked for such a long time one I am

947

00:46:59,310 --> 00:46:56,619

very grateful that I started my yoga

948

00:47:01,770 --> 00:46:59,320

practice so many years ago because it's

949

00:47:03,510 --> 00:47:01,780

changed so much over the years and I

950

00:47:05,099 --> 00:47:03,520

live out here in Southern California and

951
00:47:07,830 --> 00:47:05,109
I just kind of chuckles sometimes when I

952
00:47:09,359 --> 00:47:07,840
go into yoga classes and these teachers

953
00:47:12,450 --> 00:47:09,369
are trying to grab power and grab

954
00:47:16,080 --> 00:47:12,460
control and do all these other things to

955
00:47:18,630 --> 00:47:16,090
teach it's unfortunate because my yoga

956
00:47:21,089 --> 00:47:18,640
teachers even you know my first year

957
00:47:24,089 --> 00:47:21,099
good teacher was a very strong male guy

958
00:47:26,490 --> 00:47:24,099
who was very into the physical but there

959
00:47:31,020 --> 00:47:26,500
was at the same time just this kind of

960
00:47:33,510 --> 00:47:31,030
deeper understanding of the paradox that

961
00:47:36,420 --> 00:47:33,520
that were immediately in the mind-body

962
00:47:39,240 --> 00:47:36,430
paradox that is and that we're trying to

963
00:47:41,160 --> 00:47:39,250

use the physical in this crude way but

964

00:47:42,750 --> 00:47:41,170

we're really accessing something else

965

00:47:45,510 --> 00:47:42,760

from the beginning and some I had so

966

00:47:46,980 --> 00:47:45,520

many wonderful of female yoga teachers

967

00:47:49,079 --> 00:47:46,990

who were all about the metaphor because

968

00:47:51,000 --> 00:47:49,089

it's all metaphoric you know it's like

969

00:47:53,130 --> 00:47:51,010

and I saw a little bit in the videos

970

00:47:56,420 --> 00:47:53,140

that you do have your practice it's all

971

00:48:00,420 --> 00:47:56,430

about connecting this physical with the

972

00:48:02,609 --> 00:48:00,430

metaphorical counter reality that is the

973

00:48:04,470 --> 00:48:02,619

spiritual and it is a way of connecting

974

00:48:06,720 --> 00:48:04,480

that I think is wonderful I think

975

00:48:08,849 --> 00:48:06,730

there's so much potential with the mat

976

00:48:10,349 --> 00:48:08,859

but I think there are so many subtleties

977

00:48:14,630 --> 00:48:10,359

that you just did a beautiful job of

978

00:48:18,540 --> 00:48:14,640

outlining how it can be not fully

979

00:48:20,400 --> 00:48:18,550

realized so I don't know I just want to

980

00:48:24,030 --> 00:48:20,410

emphasize that and I guess at some point

981

00:48:26,250 --> 00:48:24,040

it has to lead into the potential for

982

00:48:28,680 --> 00:48:26,260

abuse there again because we have this

983

00:48:29,250 --> 00:48:28,690

power structure that we're setting up

984

00:48:31,110 --> 00:48:29,260

and I don't

985

00:48:35,430 --> 00:48:31,120

on equate it with the kind of abuse that

986

00:48:38,220 --> 00:48:35,440

you've adored because we cannot but I

987

00:48:40,230 --> 00:48:38,230

work with me to victims in the yoga

988

00:48:43,230 --> 00:48:40,240

world particularly also that's another

989

00:48:47,400 --> 00:48:43,240

thing that I do it happened to me first

990

00:48:51,630 --> 00:48:47,410

of all and I say that to the degree that

991

00:48:55,800 --> 00:48:51,640

we try to teach yoga and fit it in the

992

00:48:57,600 --> 00:48:55,810

current power paradigm the hierarchy to

993

00:49:00,270 --> 00:48:57,610

sell it you know it I'm sorry it doesn't

994

00:49:02,190 --> 00:49:00,280

really work well maybe it never did work

995

00:49:05,220 --> 00:49:02,200

you know my first teacher was a disciple

996

00:49:07,380 --> 00:49:05,230

of B ksan Guerin and Iyengar came over

997

00:49:09,480 --> 00:49:07,390

to Dallas he was still alive and I did a

998

00:49:14,190 --> 00:49:09,490

class with him he was no shining light

999

00:49:19,020 --> 00:49:14,200

of you know and and Pattabhi Jois is the

1000

00:49:22,590 --> 00:49:19,030

other teacher where I live he's the one

1001
00:49:29,130 --> 00:49:22,600
might well use me so you know and these

1002
00:49:36,750 --> 00:49:29,140
are the two primary yeah right so so we

1003
00:49:39,360 --> 00:49:36,760
are blazing yeah cool it was a serial

1004
00:49:42,510 --> 00:49:39,370
sex offender by the way serial sex

1005
00:49:46,740 --> 00:49:42,520
offender I was the first person to write

1006
00:49:49,920 --> 00:49:46,750
an article about what had happened and I

1007
00:49:54,300 --> 00:49:49,930
really had no idea and now it's turning

1008
00:49:58,620 --> 00:49:54,310
out me thousands of women thousands of

1009
00:50:00,240 --> 00:49:58,630
women were assaulted so yeah no Sh I do

1010
00:50:03,960 --> 00:50:00,250
it what do we do with this tradition

1011
00:50:06,780 --> 00:50:03,970
where there is no tradition we are we

1012
00:50:09,060 --> 00:50:06,790
are inventing the tradition right we are

1013
00:50:12,480 --> 00:50:09,070

inventing that everyone who shows up on

1014

00:50:15,560 --> 00:50:12,490

that mat everyone who is there for the

1015

00:50:18,630 --> 00:50:15,570

person who starts crying when they do

1016

00:50:20,880 --> 00:50:18,640

the the first time they do triangle and

1017

00:50:23,070 --> 00:50:20,890

their tears are rolling down their face

1018

00:50:25,910 --> 00:50:23,080

that they don't understand that is the

1019

00:50:28,710 --> 00:50:25,920

practice not the sage on the stage

1020

00:50:31,680 --> 00:50:28,720

idiots that we're kind of asked to

1021

00:50:35,190 --> 00:50:31,690

perform the same kind of cycle of of

1022

00:50:40,290 --> 00:50:35,200

power displacement kind of thing but

1023

00:50:42,240 --> 00:50:40,300

again I can point to trauma the

1024

00:50:43,110 --> 00:50:42,250

perpetrators in the yoga world who need

1025

00:50:49,950 --> 00:50:43,120

the power

1026
00:50:51,660 --> 00:50:49,960
self-esteem with status if you have no

1027
00:50:54,480 --> 00:50:51,670
self-esteem so I know what it's like to

1028
00:50:57,780 --> 00:50:54,490
go through life without self-esteem it's

1029
00:51:02,340 --> 00:50:57,790
very very very very difficult and it's

1030
00:51:05,700 --> 00:51:02,350
very uncomfortable because I really I I

1031
00:51:09,750 --> 00:51:05,710
only started to begin to heal

1032
00:51:12,150 --> 00:51:09,760
self-esteem in 2013 13 that was many

1033
00:51:16,530 --> 00:51:12,160
years after I started therapy that I was

1034
00:51:19,440 --> 00:51:16,540
49 like beginning of self-esteem 49

1035
00:51:22,860 --> 00:51:19,450
years old without self-esteem life is

1036
00:51:24,360 --> 00:51:22,870
very uncomfortable and I see I didn't

1037
00:51:27,840 --> 00:51:24,370
have self-esteem so I'm extremely

1038
00:51:30,540 --> 00:51:27,850

uncomfortable the only power that I did

1039

00:51:33,660 --> 00:51:30,550

get addicted to was the power the female

1040

00:51:36,090 --> 00:51:33,670

power you know attracting men looking

1041

00:51:38,040 --> 00:51:36,100

good whatever that's what I was addicted

1042

00:51:40,770 --> 00:51:38,050

to that was the thing if I didn't have

1043

00:51:43,350 --> 00:51:40,780

that I would have just crumbled and you

1044

00:51:45,780 --> 00:51:43,360

know dissolves or something other than

1045

00:51:48,270 --> 00:51:45,790

that there was always these choices that

1046

00:51:52,260 --> 00:51:48,280

I could make do I choose the power and

1047

00:51:56,040 --> 00:51:52,270

get to belong to the cool Club and get

1048

00:52:00,150 --> 00:51:56,050

the pretends or though I choose truth

1049

00:52:02,040 --> 00:52:00,160

and so I was submit much too afraid of

1050

00:52:05,190 --> 00:52:02,050

power because of my experiences so I

1051
00:52:08,570 --> 00:52:05,200
would choose truth and then I would

1052
00:52:13,230 --> 00:52:08,580
suffer and I would be laughed at or

1053
00:52:16,590 --> 00:52:13,240
whatever but not comfortable at all it's

1054
00:52:17,730 --> 00:52:16,600
very hard and it's not as if when I got

1055
00:52:20,310 --> 00:52:17,740
laughed up and I didn't necessarily

1056
00:52:25,050 --> 00:52:20,320
think that I made a mistake or something

1057
00:52:29,160 --> 00:52:25,060
but I would go to therapy go to what is

1058
00:52:34,220 --> 00:52:29,170
underneath that discomfort or what

1059
00:52:38,550 --> 00:52:34,230
whatever occurred whatever emerged my

1060
00:52:41,730 --> 00:52:38,560
reactions my emotions can be traced back

1061
00:52:44,400 --> 00:52:41,740
to their psychological origin and once

1062
00:52:46,920 --> 00:52:44,410
they're connected once you know courage

1063
00:52:50,070 --> 00:52:46,930

is like a muscle - I keep bringing it to

1064

00:52:52,680 --> 00:52:50,080

courage because it's the key to bringing

1065

00:52:54,400 --> 00:52:52,690

us out of this physical realm that is

1066

00:52:57,849 --> 00:52:54,410

all about reason and where there's

1067

00:53:00,180 --> 00:52:57,859

room for anything else the courage to

1068

00:53:02,230 --> 00:53:00,190

face the fear of death literally

1069

00:53:04,029 --> 00:53:02,240

emotionally but you're sitting in a

1070

00:53:05,980 --> 00:53:04,039

therapist's office of your but you're by

1071

00:53:09,250 --> 00:53:05,990

yourself or there's someone there that

1072

00:53:10,809 --> 00:53:09,260

you begin to trust or there's someone

1073

00:53:12,460 --> 00:53:10,819

that you just look up to and you just

1074

00:53:14,740 --> 00:53:12,470

expect that they're gonna be like a

1075

00:53:17,109 --> 00:53:14,750

perpetrator but instead they're they're

1076

00:53:20,140 --> 00:53:17,119

kind to you and so it's confusing and

1077

00:53:22,990 --> 00:53:20,150

you start testing them because now that

1078

00:53:24,789 --> 00:53:23,000

part that was never seen or heard or

1079

00:53:27,309 --> 00:53:24,799

understood this is coming to life and

1080

00:53:28,660 --> 00:53:27,319

you just compulsively are annoying this

1081

00:53:30,700 --> 00:53:28,670

person and you expect they're gonna

1082

00:53:32,559 --> 00:53:30,710

reject you and then you're gonna feel

1083

00:53:35,349 --> 00:53:32,569

Vinick you're gonna feel that you're not

1084

00:53:37,240 --> 00:53:35,359

lovable again and instead they affirm

1085

00:53:41,020 --> 00:53:37,250

something positive about you and

1086

00:53:45,059 --> 00:53:41,030

suddenly it hits you that you are not

1087

00:53:49,960 --> 00:53:45,069

only that you are okay on a deeper level

1088

00:53:53,440 --> 00:53:49,970

but that you were always okay and that

1089

00:53:55,299 --> 00:53:53,450

what was done to you was actually the

1090

00:53:57,520 --> 00:53:55,309

other person stuff and you've been

1091

00:54:00,250 --> 00:53:57,530

carrying it around for them they've been

1092

00:54:01,839 --> 00:54:00,260

trying to carry it around for them yeah

1093

00:54:03,849 --> 00:54:01,849

I mean there's like about a million

1094

00:54:10,000 --> 00:54:03,859

things that you just touch down there

1095

00:54:10,990 --> 00:54:10,010

that let me poke at that a little bit

1096

00:54:13,630 --> 00:54:11,000

because that's what I like to do I like

1097

00:54:15,430 --> 00:54:13,640

to poke people all right good I like to

1098

00:54:18,849 --> 00:54:15,440

I like to be challenged

1099

00:54:20,589 --> 00:54:18,859

good so number one you're gonna have to

1100

00:54:24,789 --> 00:54:20,599

understand that you've given an entirely

1101

00:54:27,160 --> 00:54:24,799

different definition to the meaning of

1102

00:54:29,170 --> 00:54:27,170

the word privilege right so I love the

1103

00:54:30,579 --> 00:54:29,180

way that you say you go into prison

1104

00:54:33,250 --> 00:54:30,589

because you're privileged because most

1105

00:54:35,579 --> 00:54:33,260

people do not accept it would not

1106

00:54:40,690 --> 00:54:35,589

associate your experience your life

1107

00:54:43,029 --> 00:54:40,700

experiences with that's what

1108

00:54:45,010 --> 00:54:43,039

they don't buy into that and see the

1109

00:54:47,559 --> 00:54:45,020

greater reality that we are all

1110

00:54:49,960 --> 00:54:47,569

privileged and we're all underprivileged

1111

00:54:52,150 --> 00:54:49,970

just like the whole feminine you know

1112

00:54:54,910 --> 00:54:52,160

you're in this suit that you're

1113

00:54:57,460 --> 00:54:54,920

occupying and you're playing the role of

1114

00:54:59,079 --> 00:54:57,470

the costume Fitz and I know the script

1115

00:55:01,599 --> 00:54:59,089

so I'll play the part and you're playing

1116

00:55:03,789 --> 00:55:01,609

your part I'm playing my part but the

1117

00:55:06,039 --> 00:55:03,799

woman may all that kind of stuff gets

1118

00:55:08,200 --> 00:55:06,049

mixed up too and then also I think you

1119

00:55:11,050 --> 00:55:08,210

also given do new definition

1120

00:55:14,410 --> 00:55:11,060

to the meaning of the word rescue that

1121

00:55:17,170 --> 00:55:14,420

you were rescued rescued you were on the

1122

00:55:19,870 --> 00:55:17,180

brink of being that in the final stage

1123

00:55:22,810 --> 00:55:19,880

which is murder which so many of the

1124

00:55:25,570 --> 00:55:22,820

people in this situation children both

1125

00:55:26,920 --> 00:55:25,580

men and women face the final act as an

1126

00:55:29,290 --> 00:55:26,930

act of murder and you were on the verge

1127

00:55:31,089 --> 00:55:29,300

of that and you were rescued from that

1128

00:55:34,450 --> 00:55:31,099

ok get I get it

1129

00:55:36,370 --> 00:55:34,460

we'll use that term actually I was in

1130

00:55:41,109 --> 00:55:36,380

the sense that one of the perpetrators

1131

00:55:43,240 --> 00:55:41,119

did negotiate to get me out that moment

1132

00:55:47,020 --> 00:55:43,250

of what would be called weakness in the

1133

00:55:50,530 --> 00:55:47,030

context of the network he did pay with

1134

00:55:52,750 --> 00:55:50,540

his life for that that no kindness goes

1135

00:55:55,329 --> 00:55:52,760

unpunished in that uh-huh there we go

1136

00:55:57,700 --> 00:55:55,339

the other thing I think that the courage

1137

00:55:58,900 --> 00:55:57,710

thing I think is interesting and I

1138

00:56:00,849 --> 00:55:58,910

totally get where you're coming from

1139

00:56:03,130 --> 00:56:00,859

I'll tell you like when I look and I

1140

00:56:05,260 --> 00:56:03,140

rarely ever share this kind of stuff but

1141

00:56:07,599 --> 00:56:05,270

like one of the things I did I do an ice

1142

00:56:10,780 --> 00:56:07,609

bath almost every day you know and I I

1143

00:56:12,609 --> 00:56:10,790

learned it from wim HOF who's a yogi you

1144

00:56:14,680 --> 00:56:12,619

know eats all this breathing and World

1145

00:56:17,920 --> 00:56:14,690

Records he's just a freaking yogi just

1146

00:56:20,500 --> 00:56:17,930

listen to his account but so here's a

1147

00:56:23,140 --> 00:56:20,510

guy who's I think it relates in a way

1148

00:56:24,940 --> 00:56:23,150

his story is his wife is committed

1149

00:56:27,730 --> 00:56:24,950

suicide he has three kids

1150

00:56:29,410 --> 00:56:27,740

he's completely stunned traumatized

1151
00:56:31,690 --> 00:56:29,420
doesn't know what to do he's walking

1152
00:56:34,210 --> 00:56:31,700
along the street and he sees a lake

1153
00:56:35,530 --> 00:56:34,220
frozen over and he goes I'm jumping in I

1154
00:56:38,140 --> 00:56:35,540
don't want to kill myself and I'm

1155
00:56:40,839 --> 00:56:38,150
jumping in and in that moment of that

1156
00:56:43,060 --> 00:56:40,849
freezing cold water that he gets a

1157
00:56:45,430 --> 00:56:43,070
moment of clarity where that yacking

1158
00:56:47,980 --> 00:56:45,440
voice that's telling us we're not worthy

1159
00:56:49,359 --> 00:56:47,990
or were super worthy or whatever were

1160
00:56:51,760 --> 00:56:49,369
privileged or were a social justice

1161
00:56:54,220 --> 00:56:51,770
warrior whatever the it's telling

1162
00:56:56,770 --> 00:56:54,230
us at the time that mine stops for him

1163
00:56:59,260 --> 00:56:56,780

for a minute and he's able to observe

1164

00:57:01,510 --> 00:56:59,270

and he says you know I don't know what

1165

00:57:04,240 --> 00:57:01,520

it is but that's therapy for me and

1166

00:57:06,760 --> 00:57:04,250

that's where I'm going and I think that

1167

00:57:08,710 --> 00:57:06,770

that yoga can be that kind of therapy

1168

00:57:11,530 --> 00:57:08,720

for people too I try and bring that to

1169

00:57:15,520 --> 00:57:11,540

the to the yoga mat of being of getting

1170

00:57:18,070 --> 00:57:15,530

to that place that I relate more to the

1171

00:57:21,799 --> 00:57:18,080

muscle part than the courage part

1172

00:57:24,170 --> 00:57:21,809

because to me getting to that reality

1173

00:57:26,539 --> 00:57:24,180

I am merely an observer of this

1174

00:57:28,429 --> 00:57:26,549

experience is the reality and I don't

1175

00:57:30,499 --> 00:57:28,439

think you disagree with that at all but

1176

00:57:34,599 --> 00:57:30,509

let's play around since you brought up

1177

00:57:39,259 --> 00:57:34,609

the term the discipline of yoga the

1178

00:57:40,999 --> 00:57:39,269

versus the courage of yoga and both well

1179

00:57:43,069 --> 00:57:41,009

I'm not putting down but one word over

1180

00:57:45,679 --> 00:57:43,079

another but what about the discipline

1181

00:57:47,929 --> 00:57:45,689

you have to be disciplined then and that

1182

00:57:53,329 --> 00:57:47,939

helps in this regard but go ahead please

1183

00:57:56,359 --> 00:57:53,339

I think of yoga obviously as the whole

1184

00:58:00,140 --> 00:57:56,369

package to lead you to enlightenment

1185

00:58:04,160 --> 00:58:00,150

that is to say to expand our

1186

00:58:07,069 --> 00:58:04,170

consciousness to the point where we do

1187

00:58:09,380 --> 00:58:07,079

not need to come back here to school to

1188

00:58:12,499 --> 00:58:09,390

learn our lessons to learn that we are

1189

00:58:14,809 --> 00:58:12,509

not this physical body to fully overcome

1190

00:58:21,259 --> 00:58:14,819

fear of death to fully overcome our

1191

00:58:26,509 --> 00:58:21,269

fears to unite with the the truth the

1192

00:58:31,069 --> 00:58:26,519

greater truer subtler part of our of our

1193

00:58:34,249 --> 00:58:31,079

me that's the purpose of yoga is to find

1194

00:58:37,160 --> 00:58:34,259

God and I mean it

1195

00:58:40,069 --> 00:58:37,170

sometimes God is a charged word but it's

1196

00:58:43,509 --> 00:58:40,079

to find enlightenment let's say so

1197

00:58:47,239 --> 00:58:43,519

that's that's the purpose of yoga so I

1198

00:58:50,089 --> 00:58:47,249

fit everything that goes into that still

1199

00:58:52,999 --> 00:58:50,099

I think primarily meditation I found

1200

00:58:55,579 --> 00:58:53,009

that to be a more broad scope practice

1201

00:58:59,029 --> 00:58:55,589

let's say it's helped me on a deeper

1202

00:59:04,969 --> 00:58:59,039

level it's helped me make sense of my

1203

00:59:08,870 --> 00:59:04,979

story it's helped me see my story and my

1204

00:59:11,059 --> 00:59:08,880

issues in a much larger context that I

1205

00:59:14,890 --> 00:59:11,069

need it otherwise I would have never

1206

00:59:19,609 --> 00:59:14,900

been able to soar to get out sanely and

1207

00:59:22,880 --> 00:59:19,619

the physical practice I do I mean I

1208

00:59:25,999 --> 00:59:22,890

don't want it obviously don't down want

1209

00:59:30,589 --> 00:59:26,009

to downplay it but it's really mostly

1210

00:59:34,550 --> 00:59:30,599

for me a physical I mean the best

1211

00:59:39,320 --> 00:59:34,560

physical exercise there is with because

1212

00:59:41,090 --> 00:59:39,330

the breathing and let's stop and pause

1213

00:59:44,000 --> 00:59:41,100

for a minute on that and I want you to

1214

00:59:47,030 --> 00:59:44,010

speak to you have a deep understanding

1215

00:59:50,900 --> 00:59:47,040

of this stuff Annika and everything

1216

00:59:52,400 --> 00:59:50,910

you're sharing is is so meaningful on so

1217

00:59:54,440 --> 00:59:52,410

many different levels I hope I can put

1218

00:59:55,820 --> 00:59:54,450

this interview together in a way that

1219

00:59:58,190 --> 00:59:55,830

makes sense to people

1220

01:00:03,140 --> 00:59:58,200

what is your deeper understanding of

1221

01:00:06,140 --> 01:00:03,150

that mind body spirit connection as it

1222

01:00:08,030 --> 01:00:06,150

physically takes place on a yoga mat

1223

01:00:10,430 --> 01:00:08,040

because I think a lot of people as

1224

01:00:13,550 --> 01:00:10,440

you're alluding to they go they do a

1225

01:00:17,600 --> 01:00:13,560

studio yoga class or they encounter yoga

1226

01:00:20,420 --> 01:00:17,610

and they get it but they don't get it on

1227

01:00:23,060 --> 01:00:20,430

that deeper level well again Yoga is so

1228

01:00:28,040 --> 01:00:23,070

broad that I think it works on every

1229

01:00:30,920 --> 01:00:28,050

level so initially for me it helped me

1230

01:00:33,590 --> 01:00:30,930

be inside have my consciousness be

1231

01:00:36,110 --> 01:00:33,600

actually in my body I had no body

1232

01:00:38,450 --> 01:00:36,120

consciousness because of the abuse so I

1233

01:00:41,360 --> 01:00:38,460

was completely dissociated from my body

1234

01:00:44,780 --> 01:00:41,370

and brought me back into my body brought

1235

01:00:46,400 --> 01:00:44,790

my focus my consciousness back in my

1236

01:00:49,640 --> 01:00:46,410

body you already mentioned a little bit

1237

01:00:51,890 --> 01:00:49,650

about your work with incarcerated people

1238

01:00:53,750 --> 01:00:51,900

people who are in prison and bringing

1239

01:00:56,990 --> 01:00:53,760

yoga and the unique challenges and

1240

01:00:59,810 --> 01:00:57,000

opportunities associated with that what

1241

01:01:02,930 --> 01:00:59,820

do you think is typically going on that

1242

01:01:05,960 --> 01:01:02,940

is most misunderstood about someone who

1243

01:01:08,990 --> 01:01:05,970

sits down on a yoga mat maybe for the

1244

01:01:11,090 --> 01:01:09,000

first time and experiences something but

1245

01:01:14,540 --> 01:01:11,100

doesn't understand what the larger

1246

01:01:17,780 --> 01:01:14,550

context is so tell us about that and how

1247

01:01:19,850 --> 01:01:17,790

that fits in with this non-for-profit

1248

01:01:23,210 --> 01:01:19,860

business that you have liberation prison

1249

01:01:27,050 --> 01:01:23,220

yoga I think what I find the most

1250

01:01:32,890 --> 01:01:27,060

beautiful part of the work is not only

1251

01:01:35,020 --> 01:01:32,900

to help people to relax to and help

1252

01:01:37,150 --> 01:01:35,030

people just through the

1253

01:01:39,910 --> 01:01:37,160

which helping people understand that

1254

01:01:41,560 --> 01:01:39,920

this is a time to just be that they

1255

01:01:44,410 --> 01:01:41,570

don't have to do anything they don't

1256

01:01:49,180 --> 01:01:44,420

have to be anyone that this is a time to

1257

01:01:51,840 --> 01:01:49,190

just be and that can be whatever there

1258

01:01:53,830 --> 01:01:51,850

is complete freedom in that to

1259

01:01:56,410 --> 01:01:53,840

experience a little bit of sense of

1260

01:02:00,760 --> 01:01:56,420

freedom of this relief of all the

1261

01:02:03,910 --> 01:02:00,770

pressures not only from prison life but

1262

01:02:06,970 --> 01:02:03,920

all pressures each one of our classes

1263

01:02:11,680 --> 01:02:06,980

yes there can be a physical aspect to it

1264

01:02:15,340 --> 01:02:11,690

depending but you know there's focuses

1265

01:02:19,030 --> 01:02:15,350

for me to help people feel completely

1266

01:02:21,520 --> 01:02:19,040

comfortable on the mat and safe so

1267

01:02:26,800 --> 01:02:21,530

knowing that there's nothing that I say

1268

01:02:30,310 --> 01:02:26,810

that they have to do and that um we're

1269

01:02:36,250 --> 01:02:30,320

going I'm going to guide a meditation

1270

01:02:41,580 --> 01:02:36,260

and this is always speaking to the self

1271

01:02:43,570 --> 01:02:41,590

as the pure light within the

1272

01:02:46,470 --> 01:02:43,580

consciousness the pure consciousness

1273

01:02:51,430 --> 01:02:46,480

beyond the body beyond circumstances

1274

01:02:56,830 --> 01:02:51,440

beyond the physical world which informs

1275

01:03:01,060 --> 01:02:56,840

us and it's just provides some kind of

1276

01:03:04,150 --> 01:03:01,070

opportunity to go in and to tap into

1277

01:03:08,230 --> 01:03:04,160

that source and to feel the nurturing

1278

01:03:11,470 --> 01:03:08,240

and the sense of safety that comes from

1279

01:03:13,630 --> 01:03:11,480

that there's a wonderful grounding part

1280

01:03:16,270 --> 01:03:13,640

of it isn't it because it is so physical

1281

01:03:18,040 --> 01:03:16,280

Annika thank you so so much this has

1282

01:03:20,050 --> 01:03:18,050

been just a wonderful chat for me I've

1283

01:03:23,110 --> 01:03:20,060

really enjoyed it for people who want to

1284

01:03:24,700 --> 01:03:23,120

learn more about your work and follow

1285

01:03:28,120 --> 01:03:24,710

what you're doing and maybe help your

1286

01:03:29,830 --> 01:03:28,130

cause at liberation prison yoga but also

1287

01:03:33,100 --> 01:03:29,840

want to find out more about your help

1288

01:03:35,170 --> 01:03:33,110

and advocacy and helping for children

1289

01:03:37,360 --> 01:03:35,180

who are enduring these kind of horrible

1290

01:03:38,760 --> 01:03:37,370

crimes where should they go to learn

1291

01:03:43,110 --> 01:03:38,770

more yes

1292

01:03:44,640 --> 01:03:43,120

hi my website is Annika Lucas calm great

1293

01:03:47,820 --> 01:03:44,650

well we'll definitely have a link to

1294

01:03:51,150 --> 01:03:47,830

that in the show and again thank you so

1295

01:03:53,700 --> 01:03:51,160

much nice to meet you you're such a

1296

01:03:56,120 --> 01:03:53,710

wonderful embodiment of that year the

1297

01:03:58,860 --> 01:03:56,130

spirit I really appreciate it

1298

01:04:00,750 --> 01:03:58,870

thanks again to Annika Lucas for joining

1299

01:04:03,030 --> 01:04:00,760

me today on skeptic Oh the one question

1300

01:04:04,710 --> 01:04:03,040

I tee up from this interview and it's

1301

01:04:05,940 --> 01:04:04,720

the question I keep drilling it and I'm

1302

01:04:08,160 --> 01:04:05,950

not really

1303

01:04:10,560 --> 01:04:08,170

I think totally connecting with people

1304

01:04:13,890 --> 01:04:10,570

on this but I'm going to keep counting

1305

01:04:16,530 --> 01:04:13,900

on it is does evil exist in the extended

1306

01:04:19,680 --> 01:04:16,540

consciousness realm so we can listen to

1307

01:04:22,230 --> 01:04:19,690

rust is our awesome guy and he's saying

1308

01:04:24,300 --> 01:04:22,240

hey these guys are Satanists and they're

1309

01:04:27,000 --> 01:04:24,310

practicing it which has these crazy

1310

01:04:28,860 --> 01:04:27,010

parallels with like dr. Hugh Urban Ohio

1311

01:04:31,890 --> 01:04:28,870

State University but even when you hear

1312

01:04:34,020 --> 01:04:31,900

Annika as beautiful as she is and

1313

01:04:36,590 --> 01:04:34,030

speaking about this she's still talking

1314

01:04:39,180 --> 01:04:36,600

about it from this kind of secular

1315

01:04:42,240 --> 01:04:39,190

psychological angle which is a huge part

1316

01:04:46,380 --> 01:04:42,250

of it no doubt but doesn't it make a

1317

01:04:50,280 --> 01:04:46,390

difference that they are actively trying

1318

01:04:53,240 --> 01:04:50,290

to connect with beings entity spirits in

1319

01:04:56,540 --> 01:04:53,250

the extended consciousness realm and

1320

01:05:01,110 --> 01:04:56,550

asking those spirits those entities to

1321

01:05:05,030 --> 01:05:01,120

help them in these horrible evil deeds

1322

01:05:08,460 --> 01:05:05,040

they are committing in this world

1323

01:05:12,180 --> 01:05:08,470

doesn't that matter it sure as heck

1324

01:05:12,900 --> 01:05:12,190

seems to matter to me love to hear your

1325

01:05:15,690 --> 01:05:12,910

thoughts on it

1326

01:05:17,520 --> 01:05:15,700

as usual the place to do it is the

1327

01:05:19,680 --> 01:05:17,530

skeptical forum where you can connect

1328

01:05:22,290 --> 01:05:19,690

with other people who like to talk about

1329

01:05:24,000 --> 01:05:22,300

this stuff if shirt is skeptical website

1330

01:05:27,420 --> 01:05:24,010

you can download all these shows for

1331

01:05:30,180 --> 01:05:27,430

free listen to them no ads or anything

1332

01:05:32,610 --> 01:05:30,190

like that just see if they you think

1333

01:05:35,880 --> 01:05:32,620

there is important this I think they are

1334

01:05:38,700 --> 01:05:35,890

and pass them along to whoever you think

1335

01:05:41,840 --> 01:05:38,710

needs to hear about this stuff thanks so

1336

01:05:44,400 --> 01:05:41,850

much for joining me it's so terrific

1337

01:05:45,810 --> 01:05:44,410

having you along for the ride and I

1338

01:05:47,970 --> 01:05:45,820

can't tell you how much I enjoy when I

1339

01:05:52,190 --> 01:05:47,980

hear people who say I listen to the show

1340

01:05:55,220 --> 01:05:52,200

and it got me thinking or it may be bad

1341

01:05:57,170 --> 01:05:55,230

or whatever I just love the fact that

1342

01:06:00,530 --> 01:05:57,180

this magical thing happens where I talk

1343

01:06:03,650 --> 01:06:00,540

into this microphone alone in my little

1344

01:06:06,230 --> 01:06:03,660

room here and I somehow connect with you