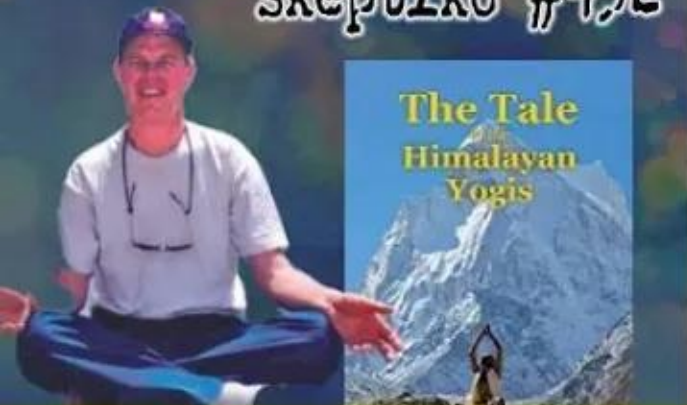


Steve Briggs

skeptiko #452



Do yogis know stuff we don't?

Skeptiko Topics:

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

1
00:00:08,509 --> 00:00:07,249
I'll show the Rachel that guy is trying

2
00:00:11,030 --> 00:00:08,519
to lead you down the path of

3
00:00:17,769 --> 00:00:11,040
righteousness I'm gonna lead you down

4
00:00:23,990 --> 00:00:20,120
that's chronic from the Emperor's New

5
00:00:26,390 --> 00:00:24,000
Groove struggling with whether to do the

6
00:00:30,529 --> 00:00:26,400
right thing it's a topic we talked about

7
00:00:34,970 --> 00:00:30,539
with today's guest Himalayan yogi expert

8
00:00:37,340 --> 00:00:34,980
Steve Briggs Steve I think you're down

9
00:00:39,080 --> 00:00:37,350
with this but our culture we've lost

10
00:00:41,299 --> 00:00:39,090
that I mean again when I talk to people

11
00:00:43,100 --> 00:00:41,309
in religious studies they'd go the exact

12
00:00:46,549 --> 00:00:43,110
opposite of that they say of course

13
00:00:48,950 --> 00:00:46,559

there isn't a moral imperative of course

14

00:00:49,279 --> 00:00:48,960

there isn't a judgment between right and

15

00:00:51,619 --> 00:00:49,289

wrong

16

00:00:53,479 --> 00:00:51,629

I challenge whether or not that's true

17

00:00:55,250 --> 00:00:53,489

and saying scientifically you guys are

18

00:00:57,920 --> 00:00:55,260

men of logic men of reason men of

19

00:01:01,310 --> 00:00:57,930

science I think you are misinterpreting

20

00:01:02,750 --> 00:01:01,320

the data in a fundamental way well I can

21

00:01:05,780 --> 00:01:02,760

come back to that comment I made about

22

00:01:08,359 --> 00:01:05,790

my definition of evil in the very

23

00:01:11,179 --> 00:01:08,369

beginning that is the act of denying

24

00:01:15,050 --> 00:01:11,189

another person their right of freedom

25

00:01:17,390 --> 00:01:15,060

their free will stay with us for skeptic

26

00:01:26,650 --> 00:01:24,300

[Music]

27

00:01:28,450 --> 00:01:26,660

welcome to skeptic oh where we explore

28

00:01:31,210 --> 00:01:28,460

controversial science and spirituality

29

00:01:34,000 --> 00:01:31,220

with leading researchers thinkers and

30

00:01:37,210 --> 00:01:34,010

their critics I'm your host Alex Karras

31

00:01:39,250 --> 00:01:37,220

and today we welcome Steve Briggs back

32

00:01:41,320 --> 00:01:39,260

to skeptic Oh Steve is really a

33

00:01:42,910 --> 00:01:41,330

remarkable guy I hope you remember him

34

00:01:45,430 --> 00:01:42,920

from his last interview you can check

35

00:01:47,410 --> 00:01:45,440

that out he has a couple of books one

36

00:01:49,990 --> 00:01:47,420

that we're going to talk about today I

37

00:01:52,510 --> 00:01:50,000

just showed it on the screen the tale of

38

00:01:55,870 --> 00:01:52,520

the Himalayan Yogi's this is a book of

39

00:01:58,330 --> 00:01:55,880

fiction unlike his first book but we I

40

00:02:00,040 --> 00:01:58,340

wonder just as an introduction remind

41

00:02:02,440 --> 00:02:00,050

you that even though this is a book of

42

00:02:05,500 --> 00:02:02,450

fiction this is a book written by a guy

43

00:02:09,010 --> 00:02:05,510

who spent years and years in India

44

00:02:12,310 --> 00:02:09,020

working at a professional level but also

45

00:02:15,880 --> 00:02:12,320

working with Yogi's would regularly go

46

00:02:18,340 --> 00:02:15,890

on retreat with some very mystical kind

47

00:02:20,260 --> 00:02:18,350

of crazy Yogi's that we all imagine in

48

00:02:22,270 --> 00:02:20,270

the mountains and also working with

49

00:02:25,590 --> 00:02:22,280

people who were interested in meditation

50

00:02:27,699 --> 00:02:25,600

because Steve was a meditation teacher a

51
00:02:31,690 --> 00:02:27,709
transcendental meditation teacher in

52
00:02:35,380 --> 00:02:31,700
India so this is a fantastic opportunity

53
00:02:37,509 --> 00:02:35,390
to have him back on - I was just warning

54
00:02:39,479 --> 00:02:37,519
him to kind of drag him into this

55
00:02:42,280 --> 00:02:39,489
discussion I've been having about

56
00:02:44,920 --> 00:02:42,290
evil-lyn about these extended realms and

57
00:02:47,770 --> 00:02:44,930
about what we might learn about them and

58
00:02:50,530 --> 00:02:47,780
I was really reminded to recontact Steve

59
00:02:52,720 --> 00:02:50,540
by been a friend of mine who is an

60
00:02:55,660 --> 00:02:52,730
emergency room physician here in San

61
00:02:56,979 --> 00:02:55,670
Diego and kind of vouched for Steve

62
00:02:58,300 --> 00:02:56,989
because I said hey there's a guy you

63
00:03:00,759 --> 00:02:58,310

might want to talk to you're planning on

64

00:03:02,650 --> 00:03:00,769

going to India to do this kind of

65

00:03:04,720 --> 00:03:02,660

spiritual journey kind of thing even

66

00:03:07,120 --> 00:03:04,730

though Ben is a Mormon he likes to

67

00:03:09,370 --> 00:03:07,130

expand his spiritual horizons and he

68

00:03:11,440 --> 00:03:09,380

said hey he came back and he said Steve

69

00:03:13,020 --> 00:03:11,450

is the real deal and he connected me

70

00:03:15,940 --> 00:03:13,030

with some people over there this

71

00:03:17,560 --> 00:03:15,950

fantastic experience I'm not promoting

72

00:03:20,770 --> 00:03:17,570

Steve as like a tour guide or anything

73

00:03:24,220 --> 00:03:20,780

like that but he's he's the real deal he

74

00:03:26,800 --> 00:03:24,230

really knows a lot of stuff about what

75

00:03:30,009 --> 00:03:26,810

he's going to be talking today about in

76
00:03:32,290 --> 00:03:30,019
terms of Yogi's and their understanding

77
00:03:34,750 --> 00:03:32,300
of these extended realms and what we

78
00:03:37,660 --> 00:03:34,760
might learn about that so Steve welcome

79
00:03:40,720 --> 00:03:37,670
back thanks so much for joining me

80
00:03:42,640 --> 00:03:40,730
you Alex and anytime I can talk about

81
00:03:44,770 --> 00:03:42,650
India I mean it's a place I love and

82
00:03:47,410 --> 00:03:44,780
it's I consider my second home and I

83
00:03:48,910 --> 00:03:47,420
hope if if I ever have a chance I'd love

84
00:03:50,410 --> 00:03:48,920
to live there again I spent seven years

85
00:03:53,380 --> 00:03:50,420
there and it was the bet that they were

86
00:03:56,320 --> 00:03:53,390
the best years of my life but remind

87
00:03:59,590 --> 00:03:56,330
folks if you will about those seven

88
00:04:02,650 --> 00:03:59,600

years what you did experience and then

89

00:04:05,259 --> 00:04:02,660

as I alluded to how do those experiences

90

00:04:06,870 --> 00:04:05,269

connect with the book that these people

91

00:04:09,430 --> 00:04:06,880

folks might check out

92

00:04:11,860 --> 00:04:09,440

well those seven years I was teaching

93

00:04:14,650 --> 00:04:11,870

meditation as you as you mentioned and

94

00:04:16,719 --> 00:04:14,660

it was to the corporate people in India

95

00:04:18,670 --> 00:04:16,729

to fortune 100 people and they had

96

00:04:20,110 --> 00:04:18,680

factories all over the country and over

97

00:04:23,080 --> 00:04:20,120

the course of the time we were there

98

00:04:25,060 --> 00:04:23,090

when we taught thousands of people we

99

00:04:27,090 --> 00:04:25,070

taught him in virtually every state in

100

00:04:29,469 --> 00:04:27,100

the country south from North Himalayas

101
00:04:33,640 --> 00:04:29,479
everywhere and the big cities Bombay

102
00:04:35,379 --> 00:04:33,650
Calcutta Delhi and then when we were not

103
00:04:37,780 --> 00:04:35,389
doing of course we had a tendency to

104
00:04:39,640 --> 00:04:37,790
head off of the mountains because the

105
00:04:42,490 --> 00:04:39,650
Himalayas are really thought of as the

106
00:04:44,290 --> 00:04:42,500
wellspring of spirituality the East and

107
00:04:46,029 --> 00:04:44,300
maybe for the planet in general I

108
00:04:48,460 --> 00:04:46,039
couldn't say and when we get up there

109
00:04:50,680 --> 00:04:48,470
and we met some pretty cool people guys

110
00:04:51,520 --> 00:04:50,690
who Yogi's have been living in caves for

111
00:04:53,680 --> 00:04:51,530
20 years

112
00:04:55,360 --> 00:04:53,690
one guy been in silence for seven years

113
00:04:57,790 --> 00:04:55,370

and we were sharing those back and forth

114

00:05:00,010 --> 00:04:57,800

and as I met these people

115

00:05:02,320 --> 00:05:00,020

very unusual lifestyles and sometimes

116

00:05:05,110 --> 00:05:02,330

very austere spending the winter and

117

00:05:07,870 --> 00:05:05,120

12,000 feet but with a vow never to

118

00:05:09,940 --> 00:05:07,880

light a fire or cook food I got to know

119

00:05:12,490 --> 00:05:09,950

with handful of these people maybe eight

120

00:05:14,080 --> 00:05:12,500

ten twelve of them and over the years we

121

00:05:15,730 --> 00:05:14,090

kept going back and seeing them again

122

00:05:17,890 --> 00:05:15,740

and we became friends and they realized

123

00:05:20,590 --> 00:05:17,900

that we were serious because people come

124

00:05:22,000 --> 00:05:20,600

even Indians to go to a place like Ghana

125

00:05:23,500 --> 00:05:22,010

go through the source of the Ganges

126

00:05:24,909 --> 00:05:23,510

River they go there for two hours and

127

00:05:27,070 --> 00:05:24,919

leave and we go up there for three weeks

128

00:05:29,050 --> 00:05:27,080

and so it made an impression on them

129

00:05:31,480 --> 00:05:29,060

they shared a lot with me about their

130

00:05:33,969 --> 00:05:31,490

dinner experience about their lifestyle

131

00:05:36,550 --> 00:05:33,979

about what it was all about with them

132

00:05:39,490 --> 00:05:36,560

and their their experiences of higher

133

00:05:41,650 --> 00:05:39,500

states of consciousness and so I got to

134

00:05:43,440 --> 00:05:41,660

kind of see a little bit of the inside

135

00:05:46,570 --> 00:05:43,450

rather than just the long hair in the

136

00:05:49,089 --> 00:05:46,580

loincloth and I found these guys were

137

00:05:50,390 --> 00:05:49,099

fascinating human beings and a couple of

138

00:05:52,850 --> 00:05:50,400

my used as

139

00:05:55,939 --> 00:05:52,860

as prototypes effect if you will for

140

00:05:59,659 --> 00:05:55,949

some characters in the book to make the

141

00:06:02,510 --> 00:05:59,669

tale the Himalayan Yogi's so tell me a

142

00:06:04,670 --> 00:06:02,520

little bit more so you hike up there you

143

00:06:06,170 --> 00:06:04,680

see some yogi who's been sitting in a

144

00:06:08,090 --> 00:06:06,180

cave I remember the last time you told

145

00:06:11,210 --> 00:06:08,100

me he'd have like a newspaper from like

146

00:06:13,280 --> 00:06:11,220

five years ago yes last contact with the

147

00:06:16,010 --> 00:06:13,290

outside world but then what would you do

148

00:06:18,170 --> 00:06:16,020

you'd like camp nearby and you engage in

149

00:06:20,090 --> 00:06:18,180

your own meditation practice well there

150

00:06:22,340 --> 00:06:20,100

are places there that have been

151
00:06:24,500 --> 00:06:22,350
pilgrimage sites or they call me entre

152
00:06:27,290 --> 00:06:24,510
otros e kennedy or Sanskrit for

153
00:06:29,510 --> 00:06:27,300
pilgrimage that had been active for

154
00:06:31,700 --> 00:06:29,520
thousands of years and obviously in the

155
00:06:33,800 --> 00:06:31,710
years before buses and cars people would

156
00:06:37,820 --> 00:06:33,810
walk and it would take six months to get

157
00:06:41,540 --> 00:06:37,830
from the plains to these piranhas that's

158
00:06:44,150 --> 00:06:41,550
the beer pervaded kind of place and with

159
00:06:46,370 --> 00:06:44,160
cars we can drive right up to place like

160
00:06:49,820 --> 00:06:46,380
poetry and then from Gangotri it's

161
00:06:52,010 --> 00:06:49,830
another 15 kilometers to get to the

162
00:06:54,680 --> 00:06:52,020
actual source of the Ganges candy so

163
00:06:56,600 --> 00:06:54,690

some of these Yogi's were living at

164

00:07:00,310 --> 00:06:56,610

Congo to itself and some of them were

165

00:07:02,390 --> 00:07:00,320

living further up the river and so I met

166

00:07:05,659 --> 00:07:02,400

when you got the gun go G for example

167

00:07:07,430 --> 00:07:05,669

they had guest houses because thousands

168

00:07:09,469 --> 00:07:07,440

of people go to these places thousand

169

00:07:10,969 --> 00:07:09,479

Indians that come in on buses so they

170

00:07:14,150 --> 00:07:10,979

stayed for a couple hours maybe a couple

171

00:07:15,770 --> 00:07:14,160

days and then they leave and they go to

172

00:07:17,779 --> 00:07:15,780

the temple and they do poojas for their

173

00:07:20,330 --> 00:07:17,789

ancestors and that sort of thing but we

174

00:07:23,930 --> 00:07:20,340

kind of hung around got to know them and

175

00:07:25,820 --> 00:07:23,940

then we go up further where it was very

176

00:07:28,550 --> 00:07:25,830

austere where you eat a stay in a tent

177

00:07:30,409 --> 00:07:28,560

or a tea stall something I know or

178

00:07:32,839 --> 00:07:30,419

there's a couple of tiny tiny ashrams

179

00:07:34,640 --> 00:07:32,849

that were like one-room basically they

180

00:07:36,830 --> 00:07:34,650

still call them from they let you stay

181

00:07:39,140 --> 00:07:36,840

overnight and if you made a contribution

182

00:07:40,700 --> 00:07:39,150

great if you didn't make a chair so

183

00:07:43,279 --> 00:07:40,710

that's how we kind of got to be friend

184

00:07:46,100 --> 00:07:43,289

ease people and sometimes it was tricky

185

00:07:48,080 --> 00:07:46,110

because they didn't speak very maybe

186

00:07:50,900 --> 00:07:48,090

very little bit to no English and my

187

00:07:53,060 --> 00:07:50,910

hindi sketchy at best but sometimes they

188

00:07:55,820 --> 00:07:53,070

were very well educated one guy had been

189

00:07:57,620 --> 00:07:55,830

a professor of some Vedic branch of

190

00:07:59,719 --> 00:07:57,630

literature in Calcutta and his English

191

00:08:02,300 --> 00:07:59,729

was impeccable he translated brahma

192

00:08:02,879 --> 00:08:02,310

sutras into english so it just depended

193

00:08:05,339 --> 00:08:02,889

on

194

00:08:07,439 --> 00:08:05,349

but in every case is sort of a universal

195

00:08:09,719 --> 00:08:07,449

language in the spiritual realm where

196

00:08:13,020 --> 00:08:09,729

you can can make a connection with

197

00:08:15,179 --> 00:08:13,030

people if you are open and they're

198

00:08:18,390 --> 00:08:15,189

opened as well so it worked out quite

199

00:08:20,670 --> 00:08:18,400

well let's just it's just fascinating

200

00:08:23,309 --> 00:08:20,680

and it's interesting that last tidbit

201
00:08:26,010 --> 00:08:23,319
that you added there about a guy being a

202
00:08:28,020 --> 00:08:26,020
university professor becomes a

203
00:08:30,300 --> 00:08:28,030
renunciant and says hey this is the path

204
00:08:33,089 --> 00:08:30,310
that so many have followed I have to

205
00:08:35,850 --> 00:08:33,099
follow that path you don't have to live

206
00:08:37,319 --> 00:08:35,860
in a cave you can live in New York City

207
00:08:39,300 --> 00:08:37,329
and if you you can call yourself

208
00:08:41,579 --> 00:08:39,310
whatever you want a mystic follower of

209
00:08:44,040 --> 00:08:41,589
Buddha anything you like but even if

210
00:08:46,710 --> 00:08:44,050
you're doing the work and you've got the

211
00:08:48,360 --> 00:08:46,720
vision and you've got the path and where

212
00:08:51,060 --> 00:08:48,370
you're headed you're awake to whatever

213
00:08:52,920 --> 00:08:51,070

degree we're all on the path and we

214

00:08:55,170 --> 00:08:52,930

reached where all their own stage of the

215

00:08:57,180 --> 00:08:55,180

past so it's not like we're all moving

216

00:08:58,920 --> 00:08:57,190

exactly the same pace of doing exactly

217

00:09:01,860 --> 00:08:58,930

the same thing but we have a common goal

218

00:09:03,540 --> 00:09:01,870

so we're pretty much kind of brothers in

219

00:09:06,329 --> 00:09:03,550

that sense anyone who's on a spiritual

220

00:09:08,579 --> 00:09:06,339

path I embraced it to sink more power to

221

00:09:10,439 --> 00:09:08,589

you because we're in an age in the world

222

00:09:11,069 --> 00:09:10,449

where it's easy to go the other

223

00:09:14,100 --> 00:09:11,079

direction

224

00:09:15,540 --> 00:09:14,110

in fact society is kind of flowing one

225

00:09:17,220 --> 00:09:15,550

way and people who are trying to make

226

00:09:19,980 --> 00:09:17,230

progress spiritually are basically

227

00:09:22,620 --> 00:09:19,990

swimming upstream it can be a challenge

228

00:09:24,660 --> 00:09:22,630

the project that I'm really on right now

229

00:09:26,850 --> 00:09:24,670

when I want to pull you into is that I

230

00:09:29,900 --> 00:09:26,860

just think we have to do better in terms

231

00:09:33,990 --> 00:09:29,910

of bringing some of the best Western

232

00:09:37,290 --> 00:09:34,000

Reason logic science to trying to

233

00:09:39,329 --> 00:09:37,300

understand this extended consciousness

234

00:09:41,310 --> 00:09:39,339

realm that we're talking about and I

235

00:09:44,720 --> 00:09:41,320

think that's I think it's a worthy

236

00:09:47,519 --> 00:09:44,730

project especially when I just opposed

237

00:09:49,790 --> 00:09:47,529

contrasted with what we're presented I

238

00:09:53,189 --> 00:09:49,800

mean I talked to so many biblical

239

00:09:56,819 --> 00:09:53,199

scholars religious scholars it is so out

240

00:09:58,980 --> 00:09:56,829

to lunch so ridiculously disengaged with

241

00:10:00,870 --> 00:09:58,990

even consciousness even the

242

00:10:02,490 --> 00:10:00,880

understanding that we are more than this

243

00:10:03,870 --> 00:10:02,500

biological robots in a meaningless

244

00:10:06,300 --> 00:10:03,880

universe thing that I always harp on

245

00:10:07,949 --> 00:10:06,310

they're not even past that so they don't

246

00:10:10,530 --> 00:10:07,959

even have a chance they don't even have

247

00:10:13,019 --> 00:10:10,540

a nose in the tent to begin to

248

00:10:14,950 --> 00:10:13,029

understand this stuff and then on the

249

00:10:18,490 --> 00:10:14,960

other hand we have kind of

250

00:10:21,970 --> 00:10:18,500

religious cultish craziness that we can

251
00:10:24,430 --> 00:10:21,980
all see that demands that we adopt these

252
00:10:26,410 --> 00:10:24,440
just irrational belief systems as the

253
00:10:29,500 --> 00:10:26,420
only way of understanding this extended

254
00:10:31,570 --> 00:10:29,510
consciousness realm so I'm not supposing

255
00:10:34,510 --> 00:10:31,580
that you and I in this tiny little

256
00:10:35,890 --> 00:10:34,520
podcast can solve this question that

257
00:10:37,540 --> 00:10:35,900
people have been trying to understand

258
00:10:39,760 --> 00:10:37,550
for thousands of years but we sure as

259
00:10:41,890 --> 00:10:39,770
can do better than what's being

260
00:10:43,630 --> 00:10:41,900
done right now and I think it forces us

261
00:10:45,640 --> 00:10:43,640
to ask the question is why aren't we

262
00:10:49,030 --> 00:10:45,650
doing better why aren't we applying our

263
00:10:51,820 --> 00:10:49,040

best methods of logic and reason and and

264

00:10:53,980 --> 00:10:51,830

that I guess is also kind of a prelude

265

00:10:56,380 --> 00:10:53,990

to kind of pushing you a little bit

266

00:10:58,810 --> 00:10:56,390

because I know you're a very smart guy

267

00:11:02,350 --> 00:10:58,820

you're an MBA right am i right sighs so

268

00:11:04,150 --> 00:11:02,360

you're an MBA advanced degree successful

269

00:11:06,610 --> 00:11:04,160

in business you're not somebody who's

270

00:11:07,660 --> 00:11:06,620

thrown all reason out the window just

271

00:11:10,240 --> 00:11:07,670

because you had a spiritual experience

272

00:11:13,090 --> 00:11:10,250

you're still asking all the questions

273

00:11:14,350 --> 00:11:13,100

that we all ask so I thought this was

274

00:11:18,580 --> 00:11:14,360

really really kind of a great

275

00:11:20,770 --> 00:11:18,590

opportunity with your book which is so

276

00:11:22,150 --> 00:11:20,780

challenging I think in some ways because

277

00:11:23,770 --> 00:11:22,160

of some of the things that it says about

278

00:11:27,130 --> 00:11:23,780

the extended consciousness realms and

279

00:11:28,570 --> 00:11:27,140

Hell and demons and evil and things that

280

00:11:30,490 --> 00:11:28,580

might be happening and might be

281

00:11:32,620 --> 00:11:30,500

interacting in our world and you're

282

00:11:34,390 --> 00:11:32,630

talking about it in a very sober

283

00:11:37,180 --> 00:11:34,400

straightforward way as many have talked

284

00:11:39,550 --> 00:11:37,190

about before but that's the conversation

285

00:11:43,140 --> 00:11:39,560

that I thought it would really be fun to

286

00:11:46,420 --> 00:11:43,150

engage in let me say one thing about

287

00:11:48,550 --> 00:11:46,430

quantitative approach and there's been

288

00:11:50,860 --> 00:11:48,560

there's a guy named dr. Fred Travis and

289

00:11:53,110 --> 00:11:50,870

he's got this little portable neuro

290

00:11:56,110 --> 00:11:53,120

physiological apparatus that he that he

291

00:11:57,790 --> 00:11:56,120

hooks up to any meditator any person

292

00:11:59,710 --> 00:11:57,800

who's practicing something that's that

293

00:12:01,120 --> 00:11:59,720

they feel is extending their

294

00:12:03,070 --> 00:12:01,130

consciousness or expanding their

295

00:12:04,810 --> 00:12:03,080

consciousness and he looks at it in

296

00:12:06,130 --> 00:12:04,820

terms of all the different brain wave

297

00:12:08,860 --> 00:12:06,140

functions and all the different things

298

00:12:10,450 --> 00:12:08,870

that go on in the brain he's found some

299

00:12:14,350 --> 00:12:10,460

very fascinating things so there are

300

00:12:16,990 --> 00:12:14,360

some people doing some very good work to

301

00:12:20,080 --> 00:12:17,000

find out how the changes are actually

302

00:12:23,080 --> 00:12:20,090

manifesting into human brain so dr. Fred

303

00:12:24,940 --> 00:12:23,090

traps has done 25 years worth of work to

304

00:12:27,070 --> 00:12:24,950

turn in the sort of thing and I think

305

00:12:28,160 --> 00:12:27,080

he's come up with some nice things if I

306

00:12:30,560 --> 00:12:28,170

were a neuro

307

00:12:32,090 --> 00:12:30,570

scientists like he I could articulate it

308

00:12:34,550 --> 00:12:32,100

better but I just say that there are a

309

00:12:37,190 --> 00:12:34,560

few people that are starting to dig a

310

00:12:39,490 --> 00:12:37,200

little deeper that's almost like a level

311

00:12:43,040 --> 00:12:39,500

1 discussion to me and that is

312

00:12:44,960 --> 00:12:43,050

establishing that we can verify by the

313

00:12:47,449 --> 00:12:44,970

means that we have that we accept as

314

00:12:49,460 --> 00:12:47,459

being scientific that there is this

315

00:12:51,590 --> 00:12:49,470

extended realm and I think that's a

316

00:12:53,780 --> 00:12:51,600

necessary step because we have science

317

00:12:55,730 --> 00:12:53,790

that is really locked into this idea

318

00:12:58,340 --> 00:12:55,740

that that can't possibly be happening

319

00:13:00,050 --> 00:12:58,350

and it's all brain based so when we come

320

00:13:01,970 --> 00:13:00,060

back with like you're talking about this

321

00:13:03,949 --> 00:13:01,980

dr. Fred Travis or we have it from a

322

00:13:06,500 --> 00:13:03,959

number of different sources we have the

323

00:13:08,930 --> 00:13:06,510

guy in the UK David Nutt who does the

324

00:13:11,300 --> 00:13:08,940

psilocybin experiments and puts people

325

00:13:12,980 --> 00:13:11,310

under the fMRI and instead of their

326

00:13:15,259 --> 00:13:12,990

brain lighting up like a Christmas tree

327

00:13:17,689 --> 00:13:15,269

like we'd expect it goes the other

328

00:13:19,519 --> 00:13:17,699

direction in that it's suggesting that

329

00:13:21,710 --> 00:13:19,529

these people are having a direct contact

330

00:13:23,150 --> 00:13:21,720

a more direct contact with it with

331

00:13:25,160 --> 00:13:23,160

consciousness and that's what's causing

332

00:13:26,660 --> 00:13:25,170

their extended experience and of course

333

00:13:28,360 --> 00:13:26,670

we have the near-death experience

334

00:13:30,949 --> 00:13:28,370

science where these people are dead

335

00:13:32,269 --> 00:13:30,959

clinically dead by all the means we've

336

00:13:34,040 --> 00:13:32,279

ever measured that they're dead dead

337

00:13:36,829 --> 00:13:34,050

dead and yet they're having these

338

00:13:38,750 --> 00:13:36,839

extended experiences so my point really

339

00:13:40,250 --> 00:13:38,760

and this is I'm belaboring this but I

340

00:13:42,170 --> 00:13:40,260

really want to make sure their own

341

00:13:43,759 --> 00:13:42,180

understands the distinction I'm saying

342

00:13:46,310 --> 00:13:43,769

let's get past that yeah so the first

343

00:13:48,019 --> 00:13:46,320

point is just to say is it real we said

344

00:13:49,930 --> 00:13:48,029

okay it's real there is not only

345

00:13:52,790 --> 00:13:49,940

consciousness there's extended

346

00:13:55,910 --> 00:13:52,800

consciousness point level to always to

347

00:13:57,860 --> 00:13:55,920

me is to say well why is there all this

348

00:14:00,530 --> 00:13:57,870

I mean it seems kind of obvious

349

00:14:03,319 --> 00:14:00,540

the science it's been said from

350

00:14:05,509 --> 00:14:03,329

thousands of years cross-culture the

351

00:14:07,189 --> 00:14:05,519

position we have is ridiculous why do we

352

00:14:09,650 --> 00:14:07,199

keep getting nudged in this direction

353

00:14:11,449 --> 00:14:09,660

and pull this way in that way and then

354

00:14:14,300 --> 00:14:11,459

the third is which what I really want to

355

00:14:16,759 --> 00:14:14,310

talk about is let's see what the Yogi's

356

00:14:18,949 --> 00:14:16,769

are saying but let's also contrast that

357

00:14:20,990 --> 00:14:18,959

with this material over here even though

358

00:14:23,139 --> 00:14:21,000

it's channels or this material over here

359

00:14:27,230 --> 00:14:23,149

it notices survey of people who've had

360

00:14:31,309 --> 00:14:27,240

et experiences or people that have a nd

361

00:14:32,960 --> 00:14:31,319

experiences let's really try and and put

362

00:14:35,569 --> 00:14:32,970

our arms around this in a real

363

00:14:37,939 --> 00:14:35,579

systematic way and and that's where I

364

00:14:39,110 --> 00:14:37,949

think we're we need to be at but what do

365

00:14:41,350 --> 00:14:39,120

you think what do you thoughts about

366

00:14:44,230 --> 00:14:41,360

that in general I thought is early on

367

00:14:47,560 --> 00:14:44,240

when I met my my guru my teacher he said

368

00:14:49,060 --> 00:14:47,570

to to me to the group I was with when I

369

00:14:51,630 --> 00:14:49,070

was with him in Switzerland he said

370

00:14:55,630 --> 00:14:51,640

there are several ways that you can get

371

00:14:58,329 --> 00:14:55,640

validation for something like extended

372

00:15:02,079 --> 00:14:58,339

consciousness one personal experience -

373

00:15:04,360 --> 00:15:02,089

a tradition that is long-standing that

374

00:15:06,880 --> 00:15:04,370

is involved with that and three would be

375

00:15:09,100 --> 00:15:06,890

taking a scientific approach so I think

376

00:15:10,720 --> 00:15:09,110

our best way is to kind of go with the

377

00:15:13,720 --> 00:15:10,730

first one right personal experience I'm

378

00:15:15,220 --> 00:15:13,730

in my own right now or the Yogi's who

379

00:15:17,319 --> 00:15:15,230

confided in me and I'll just tell you

380

00:15:21,190 --> 00:15:17,329

one quick story a guy named Maharaja

381

00:15:24,460 --> 00:15:21,200

Burford 10 12 years at gun Goa tree in a

382

00:15:27,310 --> 00:15:24,470

hut he had dreadlocks that felt it don

383

00:15:30,280 --> 00:15:27,320

was feet he lived there year round he

384

00:15:31,780 --> 00:15:30,290

had an assistant this kala the disciple

385

00:15:35,440 --> 00:15:31,790

who took care of and spoke perfect

386

00:15:38,230 --> 00:15:35,450

English Maharaja didn't and so I said to

387

00:15:39,970 --> 00:15:38,240

his assistant I said we'll ask him if he

388

00:15:42,150 --> 00:15:39,980

will ask Maharaja what does he do at

389

00:15:44,980 --> 00:15:42,160

night when he sleeps

390

00:15:46,509 --> 00:15:44,990

this is the pointed question it wasn't

391

00:15:48,880 --> 00:15:46,519

an innocent question of my part I wanted

392

00:15:50,350 --> 00:15:48,890

I was testing me and I didn't tell him a

393

00:15:52,360 --> 00:15:50,360

anymore so what do you do Maharaja when

394

00:15:55,360 --> 00:15:52,370

you sleep at night and Mara - pointed up

395

00:15:57,220 --> 00:15:55,370

to the sky he says at night I travel to

396

00:16:01,269 --> 00:15:57,230

that planet and that planet at that

397

00:16:03,400 --> 00:16:01,279

planet and other places and my only

398

00:16:06,639 --> 00:16:03,410

friends are there and I visit people

399

00:16:10,210 --> 00:16:06,649

being Souls and then I come back I said

400

00:16:12,250 --> 00:16:10,220

okay that's cool because when my

401
00:16:13,720 --> 00:16:12,260
teachers started talking about extended

402
00:16:16,230 --> 00:16:13,730
consciousness when Mara she mentioned

403
00:16:22,720 --> 00:16:16,240
like the teacher I hooked up with in

404
00:16:25,480 --> 00:16:22,730
1972 he he said that the inner

405
00:16:28,060 --> 00:16:25,490
experience that Yogi's have is far

406
00:16:30,910 --> 00:16:28,070
beyond what you were you or your friends

407
00:16:33,130 --> 00:16:30,920
were helped and so he said if a person

408
00:16:36,100 --> 00:16:33,140
is enlightened or fully realized in

409
00:16:38,710 --> 00:16:36,110
himself then they don't sleep the way

410
00:16:40,689 --> 00:16:38,720
the average person sleeps they're fully

411
00:16:41,910 --> 00:16:40,699
awake when they're sleeping and they're

412
00:16:44,139 --> 00:16:41,920
fully conscious and they're having

413
00:16:45,730 --> 00:16:44,149

possibly more exciting expansive

414

00:16:47,710 --> 00:16:45,740

experiences than when they're in their

415

00:16:49,900 --> 00:16:47,720

waking state activity so I asked that

416

00:16:51,460 --> 00:16:49,910

question to find out what he was doing

417

00:16:53,079 --> 00:16:51,470

in sleep and sure enough he wasn't you

418

00:16:53,530 --> 00:16:53,089

know unconscious he was fully conscious

419

00:16:55,480 --> 00:16:53,540

and

420

00:16:58,810 --> 00:16:55,490

having extended consciousness

421

00:17:01,720 --> 00:16:58,820

experiences if we take those experiences

422

00:17:03,220 --> 00:17:01,730

that he was describing as valid and I

423

00:17:06,250 --> 00:17:03,230

have no reason to not believe a guy

424

00:17:07,510 --> 00:17:06,260

because he didn't have to impress me

425

00:17:09,610 --> 00:17:07,520

I don't even think he particularly

426
00:17:10,900 --> 00:17:09,620
wanted to talk with me for the first few

427
00:17:13,780 --> 00:17:10,910
times when I asked him that question

428
00:17:15,970 --> 00:17:13,790
that kind of purchased interest a little

429
00:17:18,250 --> 00:17:15,980
bit so I I thought okay this guy's

430
00:17:21,909 --> 00:17:18,260
probably the real deal because that's

431
00:17:23,829 --> 00:17:21,919
not your average experience so it

432
00:17:26,020 --> 00:17:23,839
validated something that you would

433
00:17:28,750 --> 00:17:26,030
really resonated with me and it is also

434
00:17:30,760 --> 00:17:28,760
something that I had had some taste of

435
00:17:32,289 --> 00:17:30,770
those experiences this was 25 years ago

436
00:17:34,810 --> 00:17:32,299
but I had some tastes of those

437
00:17:36,610 --> 00:17:34,820
experiences so I said okay that jives a

438
00:17:40,450 --> 00:17:36,620

little bit with what I've experienced

439

00:17:42,280 --> 00:17:40,460

and it also matched up a little with the

440

00:17:45,640 --> 00:17:42,290

tradition at Marsh she was saying that

441

00:17:47,620 --> 00:17:45,650

true Yogi's never really sleep they're

442

00:17:48,940 --> 00:17:47,630

awake they might be lying down but

443

00:17:51,610 --> 00:17:48,950

they're awake they may leave the body

444

00:17:53,770 --> 00:17:51,620

and get on to describe traveling through

445

00:17:57,039 --> 00:17:53,780

the universe when he was either

446

00:18:00,039 --> 00:17:57,049

meditating or quote asleep and he was

447

00:18:03,520 --> 00:18:00,049

fully conscious of course for my point

448

00:18:06,130 --> 00:18:03,530

of view and I think yeah so that's great

449

00:18:08,289 --> 00:18:06,140

and I think our mutual friend Rick

450

00:18:10,960 --> 00:18:08,299

Archer on food at the gas pump that's

451

00:18:13,030 --> 00:18:10,970

one of his kind of probing I don't want

452

00:18:14,590 --> 00:18:13,040

to say trick questions but validating

453

00:18:17,590 --> 00:18:14,600

questions too because that's something

454

00:18:20,409 --> 00:18:17,600

that's been kind of bandied around in

455

00:18:22,060 --> 00:18:20,419

the non-dual community and stuff like

456

00:18:25,840 --> 00:18:22,070

that and Rick in general has done a

457

00:18:29,200 --> 00:18:25,850

fantastic job of kind of bringing trying

458

00:18:31,149 --> 00:18:29,210

to corral the the cats of spiritual

459

00:18:33,880 --> 00:18:31,159

awakening in a way and try and pin some

460

00:18:37,120 --> 00:18:33,890

of these things down I feel there are

461

00:18:40,419 --> 00:18:37,130

benchmarks that many people experience

462

00:18:42,909 --> 00:18:40,429

along the way but like snowflakes every

463

00:18:44,919 --> 00:18:42,919

single one of us has it the uniqueness

464

00:18:46,780 --> 00:18:44,929

to us and so I don't think that two

465

00:18:49,360 --> 00:18:46,790

people are ever going to have the

466

00:18:51,460 --> 00:18:49,370

identical experience on the path at the

467

00:18:53,500 --> 00:18:51,470

same point in the path and maybe even

468

00:18:55,870 --> 00:18:53,510

have the same path in general but I do

469

00:18:58,870 --> 00:18:55,880

feel that there are some commonalities

470

00:19:01,000 --> 00:18:58,880

that are worth noting and I felt that

471

00:19:01,750 --> 00:19:01,010

Maharaja's experience that that to me

472

00:19:03,100 --> 00:19:01,760

was a green light

473

00:19:05,740 --> 00:19:03,110

okay let's hang out with this guy if

474

00:19:06,720 --> 00:19:05,750

he's willing and we talk we would bring

475

00:19:09,270 --> 00:19:06,730

him firewood

476
00:19:09,900 --> 00:19:09,280
so the kind of show that we were trying

477
00:19:13,050 --> 00:19:09,910
to be helpful

478
00:19:14,610 --> 00:19:13,060
he talked to us for days and days I'll

479
00:19:17,010 --> 00:19:14,620
give you one more validation possibly

480
00:19:20,100 --> 00:19:17,020
for him they had they have these huge

481
00:19:22,020 --> 00:19:20,110
side who conventions if he will they had

482
00:19:24,390 --> 00:19:22,030
one in in the state of ERISA and the

483
00:19:26,340 --> 00:19:24,400
king of Nepal came down there and the

484
00:19:29,310 --> 00:19:26,350
King hunts in his royal hunting grounds

485
00:19:30,930 --> 00:19:29,320
a big call and he he had shot a tiger a

486
00:19:33,800 --> 00:19:30,940
couple of deer and a couple of other

487
00:19:36,750 --> 00:19:33,810
animals and may skin these animals and

488
00:19:41,010 --> 00:19:36,760

he what year now this is when this was

489

00:19:43,110 --> 00:19:41,020

in this was in 1994 before the

490

00:19:46,290 --> 00:19:43,120

assassination of the king before they

491

00:19:49,740 --> 00:19:46,300

switched over to a democracy a couple

492

00:19:53,840 --> 00:19:49,750

years later and so that decide it was

493

00:19:57,000 --> 00:19:53,850

the Yogi's value very much deerskin and

494

00:19:58,620 --> 00:19:57,010

tiger skins for some subtle reasons it

495

00:20:01,110 --> 00:19:58,630

protects their energy I'm not really

496

00:20:03,360 --> 00:20:01,120

sure that I should or I should try to

497

00:20:04,710 --> 00:20:03,370

even go there right right but if they

498

00:20:06,710 --> 00:20:04,720

just they can they also they that

499

00:20:11,190 --> 00:20:06,720

traditionally bill up and sit on

500

00:20:13,610 --> 00:20:11,200

absolutely meditate on skins so the the

501
00:20:17,640 --> 00:20:13,620
king of a Paul was was attending this

502
00:20:19,860 --> 00:20:17,650
sannyasi a yogi convention in erisa

503
00:20:21,660 --> 00:20:19,870
and there were mid read fifty thousand

504
00:20:25,320 --> 00:20:21,670
yogi said I gather it was a big deal and

505
00:20:27,990 --> 00:20:25,330
Maharaja was there and everyone was just

506
00:20:29,970 --> 00:20:28,000
kind of milling around and the the king

507
00:20:33,510 --> 00:20:29,980
of Nepal decided okay it's time to give

508
00:20:35,580 --> 00:20:33,520
out my the skins to various odd who's

509
00:20:36,840 --> 00:20:35,590
who and I don't know how he selected me

510
00:20:38,580 --> 00:20:36,850
he's walking around he gave a deerskin

511
00:20:40,530 --> 00:20:38,590
to this guy and he gave it another

512
00:20:42,510 --> 00:20:40,540
deerskin to this guy and he kept walking

513
00:20:45,030 --> 00:20:42,520

around because the typically the

514

00:20:46,890 --> 00:20:45,040

cherished one was the tiger skin and he

515

00:20:48,450 --> 00:20:46,900

walked around he looked I know how he's

516

00:20:50,610 --> 00:20:48,460

evaluate nobody's looking at people and

517

00:20:52,830 --> 00:20:50,620

McAfee bunny walked up and he stopped in

518

00:20:54,860 --> 00:20:52,840

front of Maharaja presented the tiger

519

00:20:58,380 --> 00:20:54,870

skin to him Tigers can still had the

520

00:21:00,240 --> 00:20:58,390

skin and to this day last time I saw

521

00:21:01,800 --> 00:21:00,250

Maharaj he was he was sitting on that

522

00:21:02,580 --> 00:21:01,810

tiger skin for meditation what he

523

00:21:06,470 --> 00:21:02,590

chances

524

00:21:09,570 --> 00:21:06,480

he likes to chant the Devi Stooges baby

525

00:21:12,780 --> 00:21:09,580

tree Bobby Tom because where he saw

526

00:21:15,000 --> 00:21:12,790

husband on that sort of thing and hit he

527

00:21:16,710 --> 00:21:15,010

didn't tell me the story his assistant

528

00:21:18,000 --> 00:21:16,720

told me the story when he wasn't there I

529

00:21:19,580 --> 00:21:18,010

don't know if he would ever told me that

530

00:21:21,470 --> 00:21:19,590

story because he's

531

00:21:24,140 --> 00:21:21,480

humble person I don't think he really

532

00:21:26,029 --> 00:21:24,150

wanted to his own horn but okay okay

533

00:21:27,620 --> 00:21:26,039

well that's pretty cool because if the

534

00:21:30,370 --> 00:21:27,630

king of Nepal picked him out out of

535

00:21:32,990 --> 00:21:30,380

20,000 people there must be some

536

00:21:41,240 --> 00:21:33,000

hopefully valid reason for that now so

537

00:21:45,710 --> 00:21:41,250

that was what we would think big million

538

00:21:49,250 --> 00:21:45,720

ways to go the king and how do we you

539

00:21:51,799 --> 00:21:49,260

organize and then just come into Tibet

540

00:21:53,539 --> 00:21:51,809

and they pull the monks out of the bang

541

00:21:56,029 --> 00:21:53,549

and they're commies but we should

542

00:21:58,730 --> 00:21:56,039

forgive I mean is I don't know I want to

543

00:22:00,680 --> 00:21:58,740

begin to go there I tell you I go into

544

00:22:03,470 --> 00:22:00,690

the people I'll leave that to you I'm

545

00:22:08,570 --> 00:22:03,480

happy to give you by my feelings in my

546

00:22:09,919 --> 00:22:08,580

opinion that's where I want to go that's

547

00:22:12,350 --> 00:22:09,929

exactly where I wanna go and I'll tell

548

00:22:13,970 --> 00:22:12,360

you why you know I'm writing this I'm

549

00:22:15,649 --> 00:22:13,980

actually writing this book and the title

550

00:22:18,409 --> 00:22:15,659

of the book encapsulate s'what it's

551

00:22:21,590 --> 00:22:18,419

about why evil matters and the the

552

00:22:25,549 --> 00:22:21,600

premise of the book is that evil is a

553

00:22:28,159 --> 00:22:25,559

lens it's an inescapable lens to these

554

00:22:29,930 --> 00:22:28,169

extended consciousness realms so almost

555

00:22:32,240 --> 00:22:29,940

like the stories you tell we can kind of

556

00:22:35,840 --> 00:22:32,250

get lost in the goodness or the

557

00:22:37,940 --> 00:22:35,850

wonderfulness and all the wonderful love

558

00:22:41,000 --> 00:22:37,950

and light and the king gave them the

559

00:22:43,010 --> 00:22:41,010

thing let's talk about evil let's talk

560

00:22:45,560 --> 00:22:43,020

about fear because I think it brings

561

00:22:50,570 --> 00:22:45,570

another dimension into this big element

562

00:22:51,919 --> 00:22:50,580

in our human experience a huge oh and in

563

00:22:55,370 --> 00:22:51,929

some people's eyes it completely

564

00:22:59,659 --> 00:22:55,380

dominates they are so locked up in fear

565

00:23:03,110 --> 00:22:59,669

that that their ability to function is

566

00:23:05,750 --> 00:23:03,120

is impeded let me bring up a quote from

567

00:23:09,889 --> 00:23:05,760

your book the tale of the Himalayan

568

00:23:12,529 --> 00:23:09,899

Yogi's and let's go to the fear and here

569

00:23:15,440 --> 00:23:12,539

are three different little snippets from

570

00:23:19,370 --> 00:23:15,450

the book and the first is what can fear

571

00:23:20,779 --> 00:23:19,380

due to the fearless but fear them which

572

00:23:22,880 --> 00:23:20,789

i think is kind of interesting saying

573

00:23:24,620 --> 00:23:22,890

that they they're feeding off the fear

574

00:23:29,960 --> 00:23:24,630

and then the another quote is like

575

00:23:33,430 --> 00:23:29,970

attracts like well if we think about the

576

00:23:37,390 --> 00:23:33,440

most basic human emotions love is there

577

00:23:39,910 --> 00:23:37,400

fear is there and fear has an hatred and

578

00:23:44,860 --> 00:23:39,920

those things have a lot of offshoots

579

00:23:47,260 --> 00:23:44,870

anxiety nervousness jealousy all those

580

00:23:50,230 --> 00:23:47,270

kinds of things are sort of bifurcations

581

00:23:52,690 --> 00:23:50,240

of or forms of fear but what is fear

582

00:23:56,260 --> 00:23:52,700

it's talking about yeah what we create

583

00:23:58,660 --> 00:23:56,270

and how we create the ego states that

584

00:24:00,580 --> 00:23:58,670

are within us and what we understand to

585

00:24:03,490 --> 00:24:00,590

be who we are we do have to get down to

586

00:24:06,280 --> 00:24:03,500

that fundamental question of who are we

587

00:24:08,350 --> 00:24:06,290

and what have we become what decisions

588

00:24:11,560 --> 00:24:08,360

have we made to make us who we are

589

00:24:15,280 --> 00:24:11,570

I think one quality of fear is the

590

00:24:17,980 --> 00:24:15,290

anxiety that I'll have my freedom of

591

00:24:22,390 --> 00:24:17,990

choice compromise that someone some

592

00:24:24,460 --> 00:24:22,400

governments on my wife might my boss my

593

00:24:27,990 --> 00:24:24,470

the coach on the sports team that

594

00:24:31,480 --> 00:24:28,000

there's some how when to steal my

595

00:24:33,130 --> 00:24:31,490

ability my free will my freedom of

596

00:24:35,530 --> 00:24:33,140

choice I think that's something we see

597

00:24:37,720 --> 00:24:35,540

all over the world with governments and

598

00:24:40,000 --> 00:24:37,730

in a lot of different contexts

599

00:24:42,610 --> 00:24:40,010

religiously we see clergy stealing the

600

00:24:45,760 --> 00:24:42,620

free will of their flock we see

601
00:24:47,650 --> 00:24:45,770
political leaders compromising people's

602
00:24:49,510 --> 00:24:47,660
freedom of choice more than ever maybe

603
00:24:52,990 --> 00:24:49,520
possibly right now during this pandemic

604
00:24:55,900 --> 00:24:53,000
so I feel like people have an innate

605
00:24:58,720 --> 00:24:55,910
fear of losing their ability to

606
00:25:00,010 --> 00:24:58,730
determine the direction of their life so

607
00:25:01,480 --> 00:25:00,020
that's that may not be the most

608
00:25:03,760 --> 00:25:01,490
fundamental thing but I think it's a

609
00:25:06,100 --> 00:25:03,770
pretty fundamental thing but I guess

610
00:25:11,490 --> 00:25:06,110
what I'm driving at is to what extent is

611
00:25:14,440 --> 00:25:11,500
that is that real I mean I am more it's

612
00:25:16,210 --> 00:25:14,450
it's all illusory I mean I get that

613
00:25:17,950 --> 00:25:16,220

because we can kind of get that and it

614

00:25:20,470 --> 00:25:17,960

becomes the blob of consciousness thing

615

00:25:22,030 --> 00:25:20,480

and it's non-dual and ultimately it's

616

00:25:24,460 --> 00:25:22,040

all an illusion here's the point I guess

617

00:25:27,670 --> 00:25:24,470

I'm trying to make is that when you

618

00:25:29,650 --> 00:25:27,680

start listing real fears that we can

619

00:25:31,710 --> 00:25:29,660

have like you're mentioning the comic

620

00:25:33,940 --> 00:25:31,720

Ovid thing that we're in the middle of

621

00:25:35,620 --> 00:25:33,950

legitimate reason to be afraid of that

622

00:25:37,780 --> 00:25:35,630

you mentioned about the power of

623

00:25:40,090 --> 00:25:37,790

governments or the power of your boss or

624

00:25:41,980 --> 00:25:40,100

even your wife those things are real but

625

00:25:44,110 --> 00:25:41,990

I think what most of us have a harder

626
00:25:45,790 --> 00:25:44,120
time really coming to grips with but in

627
00:25:46,549 --> 00:25:45,800
a lot of ways is a better insight into

628
00:25:48,799 --> 00:25:46,559
what's really

629
00:25:51,619 --> 00:25:48,809
going on inside of us is the fear we

630
00:25:53,539 --> 00:25:51,629
have about the spider that's crawling on

631
00:25:55,759 --> 00:25:53,549
the walls I'm called in to the house I'm

632
00:25:58,399 --> 00:25:55,769
the spider control and I go to my kids

633
00:26:00,560 --> 00:25:58,409
my girls I'm like what what are we doing

634
00:26:02,419 --> 00:26:00,570
here what let's kind of break that down

635
00:26:04,430 --> 00:26:02,429
why do we have that fear and of course

636
00:26:09,220 --> 00:26:04,440
we have fears of other things that are

637
00:26:11,659 --> 00:26:09,230
really debilitating to people as well so

638
00:26:13,159 --> 00:26:11,669

what's at the core that and then we kind

639

00:26:14,360 --> 00:26:13,169

of create this other level of it they're

640

00:26:17,330 --> 00:26:14,370

going on to talk about when we talk

641

00:26:19,340 --> 00:26:17,340

about demons in Hell and spirits into

642

00:26:21,859 --> 00:26:19,350

what except we need to fear them as well

643

00:26:24,379 --> 00:26:21,869

somewhere in the novel the GU of the

644

00:26:27,859 --> 00:26:24,389

hero the girl the protagonist as

645

00:26:29,960 --> 00:26:27,869

teaching his teaching he use the analogy

646

00:26:33,409 --> 00:26:29,970

of a tiger that moves through the forest

647

00:26:36,859 --> 00:26:33,419

and wherever the tiger goes fear is

648

00:26:38,600 --> 00:26:36,869

present in the monkeys is present in the

649

00:26:40,489 --> 00:26:38,610

ground animals and everybody feels the

650

00:26:43,310 --> 00:26:40,499

fear of it and they can sense the Tigers

651
00:26:45,259 --> 00:26:43,320
presence the tiger may move on and go a

652
00:26:48,950 --> 00:26:45,269
couple to the next Mountain over but the

653
00:26:52,159 --> 00:26:48,960
the lingering effect of the Tigers

654
00:26:55,399 --> 00:26:52,169
presence is still there with the animals

655
00:26:57,739 --> 00:26:55,409
even long after the Tigers gone now that

656
00:26:59,810 --> 00:26:57,749
residual influence that stress that got

657
00:27:01,999 --> 00:26:59,820
put in the monkey from being you know

658
00:27:04,249 --> 00:27:02,009
nearly attacked or being hunted for a

659
00:27:06,399 --> 00:27:04,259
while were the thought that they the

660
00:27:10,279 --> 00:27:06,409
monkey thought he was being hunted is

661
00:27:14,359 --> 00:27:10,289
creates a Sun scar a stress strain and

662
00:27:18,310 --> 00:27:14,369
impurity in his consciousness the

663
00:27:23,810 --> 00:27:22,039

lack of light or that lack of clarity

664

00:27:25,730 --> 00:27:23,820

that that cloud that shadow that's

665

00:27:28,669 --> 00:27:25,740

coming in as a result of Tiger creating

666

00:27:30,019 --> 00:27:28,679

fear stays with that monkey and it could

667

00:27:33,019 --> 00:27:30,029

stay with him for the rest of his life

668

00:27:34,970 --> 00:27:33,029

it could if it was face to face with the

669

00:27:38,149 --> 00:27:34,980

tiger it may be ten lifetimes before

670

00:27:41,840 --> 00:27:38,159

that creature that soul could resolve

671

00:27:45,049 --> 00:27:41,850

that intense fear if it was face to face

672

00:27:47,840 --> 00:27:45,059

so my problem with that I mean I'm okay

673

00:27:50,419 --> 00:27:47,850

with that I think that's true but I want

674

00:27:52,940 --> 00:27:50,429

to try and understand that for more of a

675

00:27:54,540 --> 00:27:52,950

psychological level and I got a

676

00:27:57,780 --> 00:27:54,550

psychologist I wouldn't really

677

00:27:59,340 --> 00:27:57,790

qualified to say what triggers them but

678

00:28:01,590 --> 00:27:59,350

the way I understand it from the point

679

00:28:04,710 --> 00:28:01,600

of view son scars that are lying late

680

00:28:07,320 --> 00:28:04,720

they are triggered by certain

681

00:28:08,790 --> 00:28:07,330

experiences in our environment at any

682

00:28:10,950 --> 00:28:08,800

point in time and when they're triggered

683

00:28:13,050 --> 00:28:10,960

they can cause irrational fear they

684

00:28:15,840 --> 00:28:13,060

could cause terror they could cause a

685

00:28:21,900 --> 00:28:15,850

heart attack any kind of thing could

686

00:28:22,590 --> 00:28:21,910

could result so those fears need to be

687

00:28:24,390 --> 00:28:22,600

dealt with

688

00:28:25,920 --> 00:28:24,400

we can't shove them under the carpet we

689

00:28:28,880 --> 00:28:25,930

have to deal with them and that's where

690

00:28:31,560 --> 00:28:28,890

a spiritual practice like meditation or

691

00:28:34,970 --> 00:28:31,570

counseling all kinds of things can come

692

00:28:37,800 --> 00:28:34,980

into play to help us resolve these knots

693

00:28:39,450 --> 00:28:37,810

he's what they call them grantees in

694

00:28:41,520 --> 00:28:39,460

this Vedic lore

695

00:28:45,210 --> 00:28:41,530

he's not in the physiology that

696

00:28:48,960 --> 00:28:45,220

literally are are impeding the flow of

697

00:28:51,690 --> 00:28:48,970

consciousness as it could flow if we did

698

00:28:55,830 --> 00:28:51,700

if we didn't happen and in the West we

699

00:28:58,050 --> 00:28:55,840

have Carl Jung and our shadow which is

700

00:29:00,960 --> 00:28:58,060

another aspect of this and the idea that

701
00:29:02,160 --> 00:29:00,970
we need to integrate the shadow aspects

702
00:29:05,250 --> 00:29:02,170
of ourselves so it's something that's

703
00:29:07,290 --> 00:29:05,260
popped up again and again and I think

704
00:29:11,250 --> 00:29:07,300
you're onto something and I do think

705
00:29:13,460 --> 00:29:11,260
it's also super interesting like what

706
00:29:18,300 --> 00:29:13,470
you just proposed there I think is a

707
00:29:21,720 --> 00:29:18,310
borderline to a scientific kind of

708
00:29:23,250 --> 00:29:21,730
thesis that is we have this energy

709
00:29:26,760 --> 00:29:23,260
that's supposed to be flowing through

710
00:29:30,300 --> 00:29:26,770
our body and when we impede the flow of

711
00:29:34,290 --> 00:29:30,310
that energy different things happen that

712
00:29:36,810 --> 00:29:34,300
aren't so good and I would suggest as

713
00:29:40,440 --> 00:29:36,820

some people have told me that that kind

714

00:29:42,060 --> 00:29:40,450

of opens the door for this evil thing

715

00:29:44,040 --> 00:29:42,070

because we want to get that energy

716

00:29:46,740 --> 00:29:44,050

flowing and if we don't know how to do

717

00:29:51,300 --> 00:29:46,750

it we might seek all sorts of ways to do

718

00:29:53,280 --> 00:29:51,310

it either drugs or other behaviors that

719

00:29:55,680 --> 00:29:53,290

might not be good in long term but

720

00:29:58,470 --> 00:29:55,690

because they mask they they mask the

721

00:30:00,450 --> 00:29:58,480

pain they mask the subconscious calculus

722

00:30:03,240 --> 00:30:00,460

that's part of the practice of various

723

00:30:05,790 --> 00:30:03,250

powerful pranayams and yogic practices

724

00:30:08,159 --> 00:30:05,800

like hatha yoga and meditation they they

725

00:30:10,259 --> 00:30:08,169

they can

726

00:30:12,930 --> 00:30:10,269

Dress these these knots in the

727

00:30:16,379 --> 00:30:12,940

physiology and when a person gets to a

728

00:30:19,529 --> 00:30:16,389

state where they're a master or a true

729

00:30:20,879 --> 00:30:19,539

sage they've resolved those in one way

730

00:30:22,759 --> 00:30:20,889

or another maybe through the help of

731

00:30:27,180 --> 00:30:22,769

their own guru through their own

732

00:30:29,039 --> 00:30:27,190

extended practice whatever don't don't

733

00:30:30,690 --> 00:30:29,049

have me down that path because I'm going

734

00:30:32,970 --> 00:30:30,700

up you're I'm gonna bring up your guy

735

00:30:37,470 --> 00:30:32,980

again and it doesn't always work that

736

00:30:40,289 --> 00:30:37,480

way and that's what I think that's

737

00:30:41,999 --> 00:30:40,299

that's the problem in my mind and and

738

00:30:42,450 --> 00:30:42,009

I'm gonna expand this even more in just

739

00:30:44,849 --> 00:30:42,460

a minute

740

00:30:46,619 --> 00:30:44,859

but it's like don't be so sure because

741

00:30:48,869 --> 00:30:46,629

that's what the Western scientists can

742

00:30:51,779 --> 00:30:48,879

do is like I'm not so fast I have this

743

00:30:55,919 --> 00:30:51,789

contradictory explanation of things over

744

00:30:57,840 --> 00:30:55,929

here to you if you allow someone else to

745

00:31:00,869 --> 00:30:57,850

do the work for you and the works not

746

00:31:03,180 --> 00:31:00,879

going to get done we ought we all I'm

747

00:31:04,320 --> 00:31:03,190

saying if it's your teacher your whoever

748

00:31:06,989 --> 00:31:04,330

you've got to do the work yourself

749

00:31:08,039 --> 00:31:06,999

absolute maybe there's no work to do let

750

00:31:09,930 --> 00:31:08,049

me give you an example because I've been

751

00:31:11,970 --> 00:31:09,940

holding off on the last quote on that

752

00:31:13,739 --> 00:31:11,980

screen that I just shared with you and I

753

00:31:15,539 --> 00:31:13,749

think it's to me it launches into some

754

00:31:18,029 --> 00:31:15,549

of these hard harder questions and the

755

00:31:21,539 --> 00:31:18,039

quote from the book is demons fear that

756

00:31:23,759 --> 00:31:21,549

which is protected by love they feed

757

00:31:26,129 --> 00:31:23,769

fear in the way a villager craves food

758

00:31:28,080 --> 00:31:26,139

after a day's work in the field there's

759

00:31:33,629 --> 00:31:28,090

a couple words here that really kind of

760

00:31:36,690 --> 00:31:33,639

spark me and who's to say I mean to

761

00:31:38,340 --> 00:31:36,700

suggest that we understand the mind of

762

00:31:39,629 --> 00:31:38,350

God and there's these demons and we

763

00:31:41,669 --> 00:31:39,639

understand what they are in this

764

00:31:43,950 --> 00:31:41,679

extended realm but oh no they're

765

00:31:47,460 --> 00:31:43,960

protected by love what the hell does

766

00:31:50,009 --> 00:31:47,470

that mean in terms of a free will kind

767

00:31:52,440 --> 00:31:50,019

of cosmology that we have and they feed

768

00:31:54,509 --> 00:31:52,450

on fear we hear that over and over again

769

00:31:56,099 --> 00:31:54,519

what does that really mean I mean these

770

00:31:58,560 --> 00:31:56,109

are the kind of statements I think that

771

00:32:01,409 --> 00:31:58,570

really throw people for a loop and also

772

00:32:04,229 --> 00:32:01,419

if you look at people that are kind of

773

00:32:06,210 --> 00:32:04,239

in meshed in a in a cultish kind of

774

00:32:08,849 --> 00:32:06,220

thing these are the kind of things that

775

00:32:11,849 --> 00:32:08,859

feed those kind of beliefs that how the

776

00:32:13,580 --> 00:32:11,859

heck would I ever figure out what my

777

00:32:16,859 --> 00:32:13,590

path is when I have to worry about

778

00:32:18,629 --> 00:32:16,869

demons that are feeding off of my fear

779

00:32:20,419 --> 00:32:18,639

maybe we really have to go there we

780

00:32:21,900 --> 00:32:20,429

don't know if any of that stuff is real

781

00:32:23,340 --> 00:32:21,910

that

782

00:32:25,860 --> 00:32:23,350

he picks an interesting quote because

783

00:32:27,840 --> 00:32:25,870

that quote I lifted directly from a

784

00:32:31,080 --> 00:32:27,850

conversation I had with the yogi in the

785

00:32:34,620 --> 00:32:31,090

Himalayas we were talking about human

786

00:32:37,790 --> 00:32:34,630

emotion and at one point he said if

787

00:32:41,300 --> 00:32:37,800

human emotion is the most misunderstood

788

00:32:46,080 --> 00:32:41,310

quality of the human being and our

789

00:32:47,940 --> 00:32:46,090

inability to and he didn't use word

790

00:32:51,300 --> 00:32:47,950

control our emotions but the our

791

00:32:54,780 --> 00:32:51,310

inability to channel our emotion to

792

00:32:59,340 --> 00:32:54,790

utilize our emotions in the most self

793

00:33:04,350 --> 00:32:59,350

beneficial way is a huge stumbling block

794

00:33:06,180 --> 00:33:04,360

for for almost and he so I basically

795

00:33:08,610 --> 00:33:06,190

that was my the quote seat he gave me I

796

00:33:10,500 --> 00:33:08,620

just put it right in there well I'll

797

00:33:12,210 --> 00:33:10,510

give you a cook from my buddy I was just

798

00:33:14,310 --> 00:33:12,220

talking about Tom's Ensor right so Tom's

799

00:33:15,960 --> 00:33:14,320

Ensor spent thirty years hundreds and

800

00:33:18,360 --> 00:33:15,970

hundreds of clients he's working within

801
00:33:19,710 --> 00:33:18,370
a clinical setting he's the first one to

802
00:33:22,620 --> 00:33:19,720
acknowledge that as soon as he starts

803
00:33:24,660 --> 00:33:22,630
talking to spirits he's off relations as

804
00:33:26,490 --> 00:33:24,670
far as a psychologist a clinical

805
00:33:28,140 --> 00:33:26,500
psychologist is concerned but at the

806
00:33:30,360 --> 00:33:28,150
same time he's bringing that rigor and

807
00:33:32,250 --> 00:33:30,370
that training to his work he's

808
00:33:33,720 --> 00:33:32,260
transcribing all the sessions he's

809
00:33:35,820 --> 00:33:33,730
trying to work with people he's putting

810
00:33:36,930 --> 00:33:35,830
him into deep trance and then trying to

811
00:33:40,260 --> 00:33:36,940
connect with him in all these different

812
00:33:41,550 --> 00:33:40,270
ways and what he says is I think in some

813
00:33:44,100 --> 00:33:41,560

ways fits with what you're saying but

814

00:33:45,360 --> 00:33:44,110

also offers a different understanding of

815

00:33:46,770 --> 00:33:45,370

it and this is goes back to the

816

00:33:48,630 --> 00:33:46,780

beginning of this where I think we need

817

00:33:50,190 --> 00:33:48,640

to go and I'm not agreeing with Tom but

818

00:33:52,140 --> 00:33:50,200

he says look we all of these ego states

819

00:33:54,300 --> 00:33:52,150

when we separate these ego states in our

820

00:33:56,460 --> 00:33:54,310

mind you know like multiple personality

821

00:33:57,960 --> 00:33:56,470

disorder which is not a popular term

822

00:34:00,030 --> 00:33:57,970

it's now disassociative identity

823

00:34:01,950 --> 00:34:00,040

disorder that's what it is but it's the

824

00:34:03,540 --> 00:34:01,960

same thing we recognize it he says hey

825

00:34:05,190 --> 00:34:03,550

and then it gets into the tapa thing you

826

00:34:08,070 --> 00:34:05,200

separate these things out and they can

827

00:34:10,560 --> 00:34:08,080

kind of form an energy of their own and

828

00:34:12,210 --> 00:34:10,570

they can even attract other spirits and

829

00:34:14,340 --> 00:34:12,220

I've you talked about de San Buddhists

830

00:34:16,409 --> 00:34:14,350

will tell you exactly that and they've

831

00:34:19,320 --> 00:34:16,419

explored it in that way but then here's

832

00:34:21,900 --> 00:34:19,330

what he says further he says even if

833

00:34:23,490 --> 00:34:21,910

these spirits come and and then he

834

00:34:26,280 --> 00:34:23,500

breaks down the kind of spirits because

835

00:34:28,230 --> 00:34:26,290

some spirits are just mischievous spirits

836

00:34:31,100 --> 00:34:28,240

they're stuck they haven't gone to the

837

00:34:33,450 --> 00:34:31,110

light and they're just kind of missing

838

00:34:35,300 --> 00:34:33,460

yeah and he said but sometimes it's also

839

00:34:37,610 --> 00:34:35,310

even relatives that should

840

00:34:39,500 --> 00:34:37,620

but mom wants us stick around and she's

841

00:34:41,630 --> 00:34:39,510

bugging you but then there's some

842

00:34:43,520 --> 00:34:41,640

spirits that are have never incarnated

843

00:34:44,960 --> 00:34:43,530

and have just gone into the darkness and

844

00:34:47,060 --> 00:34:44,970

the darkness is different from the evil

845

00:34:50,120 --> 00:34:47,070

darkness is like a gravitational force

846

00:34:52,640 --> 00:34:50,130

anyways he has a whole description of

847

00:34:55,850 --> 00:34:52,650

how this works and I are I'm not saying

848

00:34:58,700 --> 00:34:55,860

that that is the answer but I'm saying

849

00:35:02,140 --> 00:34:58,710

when I see something like what I just

850

00:35:04,790 --> 00:35:02,150

put up on the screen I see differences

851

00:35:07,850 --> 00:35:04,800

irreconcilable differences in my mind

852

00:35:11,060 --> 00:35:07,860

between what he's saying and what the

853

00:35:12,590 --> 00:35:11,070

Yogi's saying I don't think the the idea

854

00:35:14,600 --> 00:35:12,600

that and one of the main things that I

855

00:35:16,040 --> 00:35:14,610

guess I want to dispel but I don't know

856

00:35:18,230 --> 00:35:16,050

if I can and I know if that's stretching

857

00:35:22,340 --> 00:35:18,240

it too far but this idea that we can

858

00:35:26,210 --> 00:35:22,350

compel these spirit entities to do

859

00:35:28,520 --> 00:35:26,220

anything on our behalf or against us or

860

00:35:31,280 --> 00:35:28,530

anything like that seems like such a

861

00:35:33,290 --> 00:35:31,290

stretch especially from this non-dual

862

00:35:36,050 --> 00:35:33,300

perspective if we get at that at some

863

00:35:38,720 --> 00:35:36,060

deeper level we have somehow created all

864

00:35:42,170 --> 00:35:38,730

this stuff in the first place then it

865

00:35:44,660 --> 00:35:42,180

seems like a not such a great idea to

866

00:35:47,150 --> 00:35:44,670

think that we can somehow manage and

867

00:35:49,640 --> 00:35:47,160

manipulate these demons and make them

868

00:35:52,550 --> 00:35:49,650

afraid because we're going this way or

869

00:35:54,740 --> 00:35:52,560

worried that if we walk into this

870

00:35:56,960 --> 00:35:54,750

situation in that a situation we're

871

00:36:00,430 --> 00:35:56,970

going to be accosted by these things I'd

872

00:36:04,310 --> 00:36:00,440

like to if it's real come to a different

873

00:36:05,990 --> 00:36:04,320

more mature understanding of it unless

874

00:36:08,750 --> 00:36:06,000

that's the reality of it unless we

875

00:36:11,150 --> 00:36:08,760

really do have to fear these demons and

876

00:36:14,150 --> 00:36:11,160

there's no way we can get around them

877

00:36:16,340 --> 00:36:14,160

other than by circling in a circle and

878

00:36:18,680 --> 00:36:16,350

drawing a this kind of figure with a

879

00:36:22,550 --> 00:36:18,690

sharpened knife hey if that's what it

880

00:36:24,920 --> 00:36:22,560

takes let me know well in in a novel I

881

00:36:26,720 --> 00:36:24,930

have that antagonist named critter Bob

882

00:36:29,990 --> 00:36:26,730

and we don't need to necessarily talk

883

00:36:31,790 --> 00:36:30,000

about him specifically but he was he had

884

00:36:35,300 --> 00:36:31,800

all the training and all the background

885

00:36:38,120 --> 00:36:35,310

that the yogic tradition offers but he

886

00:36:41,660 --> 00:36:38,130

spun off into anything this is just his

887

00:36:44,330 --> 00:36:41,670

situation and his ego took him off on a

888

00:36:47,810 --> 00:36:44,340

trip and he decided to use his his

889

00:36:51,060 --> 00:36:47,820

skills to practice or

890

00:36:53,430 --> 00:36:51,070

to practice to practice a dark form of

891

00:36:56,370 --> 00:36:53,440

tantric now as I lived in India for

892

00:36:58,170 --> 00:36:56,380

those years about every six months I see

893

00:37:00,930 --> 00:36:58,180

a big article in The Times of India or

894

00:37:07,140 --> 00:37:00,940

Hindustan Times about some tantric

895

00:37:12,180 --> 00:37:07,150

sorcerer who made a human sacrifice to

896

00:37:14,970 --> 00:37:12,190

propitiate their favorite extended

897

00:37:17,280 --> 00:37:14,980

dimensional being a demon will say and

898

00:37:18,870 --> 00:37:17,290

if you look into the Vedic tradition you

899

00:37:22,500 --> 00:37:18,880

will find whether it's the Puranas

900

00:37:24,750 --> 00:37:22,510

you'll find that the Robin is the most

901
00:37:28,970 --> 00:37:24,760
famous demon probably to the Western

902
00:37:32,630 --> 00:37:28,980
mind Robin was roms nemesis Rob Robin

903
00:37:39,000 --> 00:37:32,640
abducted Robb Lord Rama's wife Sita

904
00:37:41,130 --> 00:37:39,010
Robin was powerful being and if you have

905
00:37:44,130 --> 00:37:41,140
some confidence in the Vedic tradition

906
00:37:45,960 --> 00:37:44,140
you say okay would these beings do exist

907
00:37:48,990 --> 00:37:45,970
on some to mention they're not

908
00:37:51,990 --> 00:37:49,000
necessarily meant to even be in the

909
00:37:54,180 --> 00:37:52,000
human realm but they're at another realm

910
00:37:56,610 --> 00:37:54,190
which is invisible to us just the way if

911
00:37:58,500 --> 00:37:56,620
there's an angel somewhere in the

912
00:38:00,270 --> 00:37:58,510
universe that they are also in a in a

913
00:38:03,000 --> 00:38:00,280

non-physical realm that but they exist

914

00:38:05,040 --> 00:38:03,010

somewhere as a form of energy or light

915

00:38:08,330 --> 00:38:05,050

or something science could have a hard

916

00:38:12,330 --> 00:38:08,340

time like that but these beings are

917

00:38:15,720 --> 00:38:12,340

written about that length invade the

918

00:38:17,640 --> 00:38:15,730

scriptures and they're integral they are

919

00:38:19,190 --> 00:38:17,650

the shadow side I mean if you look at

920

00:38:21,660 --> 00:38:19,200

probably the three most famous

921

00:38:24,090 --> 00:38:21,670

personalities that we can associate with

922

00:38:26,130 --> 00:38:24,100

spiritual I got we've got Jesus we've

923

00:38:29,910 --> 00:38:26,140

got Buddha and we got Krishna well all

924

00:38:32,280 --> 00:38:29,920

three of them faced huge obstacles from

925

00:38:34,680 --> 00:38:32,290

shadow figures that tried to kill them

926

00:38:36,270 --> 00:38:34,690

as infants Krishna they tried to can

927

00:38:41,040 --> 00:38:36,280

concentrate to kill him when he was a

928

00:38:44,190 --> 00:38:41,050

baby who does cousin David Atta was his

929

00:38:46,830 --> 00:38:44,200

nemesis they wanted to poison him Jesus

930

00:38:48,720 --> 00:38:46,840

we know his story so there is a Sheree

931

00:38:52,680 --> 00:38:48,730

we even know all those stories would as

932

00:38:56,040 --> 00:38:52,690

as historical fact as allegory as well I

933

00:38:57,330 --> 00:38:56,050

think that's each person's truth you can

934

00:38:58,770 --> 00:38:57,340

go there if you want I was gonna say we

935

00:38:59,520 --> 00:38:58,780

can't go there but of course you can go

936

00:39:01,110 --> 00:38:59,530

there

937

00:39:03,690 --> 00:39:01,120

but I think this is the intersection

938

00:39:06,450 --> 00:39:03,700

that we have I mean we accept certain

939

00:39:09,330 --> 00:39:06,460

things certain events in our life as

940

00:39:11,910 --> 00:39:09,340

being true in consensus reality we all

941

00:39:15,270 --> 00:39:11,920

saw them we'll all experience them so

942

00:39:17,940 --> 00:39:15,280

it's the Afghan war or if it's 9/11 yeah

943

00:39:20,160 --> 00:39:17,950

the building's fell so I think we have

944

00:39:23,760 --> 00:39:20,170

to make a distinction between stuff that

945

00:39:25,530 --> 00:39:23,770

we say is real historically and stuff we

946

00:39:27,030 --> 00:39:25,540

say well we don't know if it's real

947

00:39:29,400 --> 00:39:27,040

historically I'd make a similar

948

00:39:35,310 --> 00:39:29,410

distinction here I don't start telling

949

00:39:39,600 --> 00:39:35,320

me we know this or that I just think I

950

00:39:42,150 --> 00:39:39,610

said that these are stories that many

951
00:39:43,890 --> 00:39:42,160
people believe I personally if you want

952
00:39:45,600 --> 00:39:43,900
my personal I feel that the great

953
00:39:47,400 --> 00:39:45,610
sections of the Bible have completely

954
00:39:49,650 --> 00:39:47,410
been rewritten and I think that that's

955
00:39:52,950 --> 00:39:49,660
true with a lot of Vedic scriptures as

956
00:39:54,930 --> 00:39:52,960
well I do think there are very

957
00:39:58,620 --> 00:39:54,940
fundamental truths that exist there and

958
00:40:00,450 --> 00:39:58,630
that but that's my opinion my truth and

959
00:40:03,000 --> 00:40:00,460
I don't expect mine to be the same as

960
00:40:05,670 --> 00:40:03,010
any as any other viewer or listener or

961
00:40:07,290 --> 00:40:05,680
UI but I know I'm not saying that it

962
00:40:09,330 --> 00:40:07,300
look you're bringing you're bringing a

963
00:40:12,960 --> 00:40:09,340

lot to the table I have the utmost

964

00:40:14,940 --> 00:40:12,970

respect as I explained earlier in this

965

00:40:18,930 --> 00:40:14,950

interview here folks we're talking to a

966

00:40:20,430 --> 00:40:18,940

guy who's not only an MBA a professional

967

00:40:21,540 --> 00:40:20,440

who's been successful but he's a great

968

00:40:25,260 --> 00:40:21,550

tennis player too

969

00:40:26,580 --> 00:40:25,270

we talked about that but here's the

970

00:40:30,360 --> 00:40:26,590

thing let me just oppose what you're

971

00:40:33,000 --> 00:40:30,370

saying with my interview a year ago so

972

00:40:35,520 --> 00:40:33,010

with Claire broad so she's a medium in

973

00:40:37,080 --> 00:40:35,530

the UK and she's a really nice person I

974

00:40:38,970 --> 00:40:37,090

like her and she's a mom and she has

975

00:40:40,890 --> 00:40:38,980

three gay kids and and a husband and

976

00:40:42,480 --> 00:40:40,900

stuff like that and I say Claire you've

977

00:40:44,430 --> 00:40:42,490

worked with thousands of people you're

978

00:40:47,070 --> 00:40:44,440

on a daily basis you're connecting with

979

00:40:49,230 --> 00:40:47,080

the other side in the spirit realm and

980

00:40:51,240 --> 00:40:49,240

deceased people all the time what do you

981

00:40:53,220 --> 00:40:51,250

think about the demonic and what do you

982

00:40:55,080 --> 00:40:53,230

think about the evil and she says what

983

00:40:57,360 --> 00:40:55,090

other people have told me to she goes I

984

00:40:59,160 --> 00:40:57,370

don't go there she was a couple times

985

00:41:02,490 --> 00:40:59,170

it's a couple times it's kind of poked

986

00:41:06,060 --> 00:41:02,500

in but for the most part I've found that

987

00:41:08,580 --> 00:41:06,070

where I put my energy I create and that

988

00:41:11,700 --> 00:41:08,590

if I don't put my energy there it just

989

00:41:12,110 --> 00:41:11,710

doesn't happen it dissipates in a way

990

00:41:15,740 --> 00:41:12,120

they

991

00:41:18,740 --> 00:41:15,750

what is in my mind is at odds with this

992

00:41:21,650 --> 00:41:18,750

idea that demons fear that which they're

993

00:41:23,990 --> 00:41:21,660

protected and there's this whole magical

994

00:41:26,960 --> 00:41:24,000

thing which is so popular now about

995

00:41:29,390 --> 00:41:26,970

here's how you do it and here's you burn

996

00:41:32,720 --> 00:41:29,400

the sage in your thing and all this we

997

00:41:35,630 --> 00:41:32,730

just seems to me I like where Clare is

998

00:41:38,000 --> 00:41:35,640

coming from which is to me much more of

999

00:41:40,370 --> 00:41:38,010

a direct experience of our consciousness

1000

00:41:42,500 --> 00:41:40,380

with those extended realms and saying we

1001
00:41:51,230 --> 00:41:42,510
are after all manifesting those so let's

1002
00:41:55,430 --> 00:41:51,240
get a little bit closer to that trust I

1003
00:41:59,090 --> 00:41:55,440
stand by them as personally as more than

1004
00:42:01,460 --> 00:41:59,100
fiction but okay if if your attention is

1005
00:42:04,660 --> 00:42:01,470
on love and harmony and the things that

1006
00:42:07,850 --> 00:42:04,670
you feel expand your quality of life

1007
00:42:11,720 --> 00:42:07,860
then as soon as the person you just

1008
00:42:13,640 --> 00:42:11,730
quoted those negative qualities whether

1009
00:42:16,160 --> 00:42:13,650
they're whatever shadowy form they are

1010
00:42:20,240 --> 00:42:16,170
they are not going to be a part of your

1011
00:42:23,180 --> 00:42:20,250
life they simply aren't and so there's

1012
00:42:25,160 --> 00:42:23,190
an old Vedic saying what you see you

1013
00:42:29,510 --> 00:42:25,170

become what you think you become and if

1014

00:42:31,400 --> 00:42:29,520

your attention is riveted on the fact

1015

00:42:34,010 --> 00:42:31,410

that there are demons and and I should

1016

00:42:36,080 --> 00:42:34,020

be in contact with them and I should do

1017

00:42:37,730 --> 00:42:36,090

satanic so we know about the satanic

1018

00:42:40,250 --> 00:42:37,740

rituals that go on in the world if my

1019

00:42:43,010 --> 00:42:40,260

attention is there there's going to be a

1020

00:42:44,930 --> 00:42:43,020

response if my obsession let's be clear

1021

00:42:47,270 --> 00:42:44,940

it's not just attention there to draw

1022

00:42:49,370 --> 00:42:47,280

them in to do your bidding like the

1023

00:42:52,160 --> 00:42:49,380

tantric thing which I think we can then

1024

00:42:53,600 --> 00:42:52,170

also ask why would anyone do that in the

1025

00:42:55,460 --> 00:42:53,610

first place if they have some greater

1026

00:42:58,160 --> 00:42:55,470

spiritual understanding that we are not

1027

00:43:00,260 --> 00:42:58,170

doers here we're just experiences of our

1028

00:43:01,640 --> 00:43:00,270

soul what are we trying to get done why

1029

00:43:03,920 --> 00:43:01,650

are we trying to do anything for our

1030

00:43:05,750 --> 00:43:03,930

advantage but it also ties back to even

1031

00:43:07,880 --> 00:43:05,760

if you're not in that mode it comes back

1032

00:43:10,250 --> 00:43:07,890

to the fear mode which I think so many

1033

00:43:11,870 --> 00:43:10,260

people live in and our religions promote

1034

00:43:14,120 --> 00:43:11,880

well you should be afraid of that and

1035

00:43:16,850 --> 00:43:14,130

here let me save you from that and what

1036

00:43:18,980 --> 00:43:16,860

I hear Clare saying is that really you

1037

00:43:20,840 --> 00:43:18,990

don't have to engage in that either way

1038

00:43:24,830 --> 00:43:20,850

you can acknowledge the reality of it

1039

00:43:25,190 --> 00:43:24,840

without engaging well the ego protects

1040

00:43:27,829 --> 00:43:25,200

us

1041

00:43:29,930 --> 00:43:27,839

out of its fear let me tell you a quick

1042

00:43:31,550 --> 00:43:29,940

story I'm a friend who's in the he's

1043

00:43:33,349 --> 00:43:31,560

retired but he was a magician and he

1044

00:43:35,359 --> 00:43:33,359

didn't just magically year or three

1045

00:43:38,120 --> 00:43:35,369

years as a professional so he goes to

1046

00:43:40,579 --> 00:43:38,130

India and he goes to Bombay to have some

1047

00:43:43,400 --> 00:43:40,589

health work done in Ayurveda he goes to

1048

00:43:45,319 --> 00:43:43,410

a clinic and that the by did the doctor

1049

00:43:47,810 --> 00:43:45,329

running the clinics a prominent guy very

1050

00:43:50,450 --> 00:43:47,820

successful guide and big clientele

1051

00:43:53,150 --> 00:43:50,460

international clientele so the guy finds

1052

00:43:56,120 --> 00:43:53,160

out that my friend is a magician he says

1053

00:43:57,920 --> 00:43:56,130

would you teach me magic and my friend

1054

00:43:59,450 --> 00:43:57,930

says he'll teach me magic should I'll

1055

00:44:01,579 --> 00:43:59,460

show you some tricks and I want to learn

1056

00:44:03,680 --> 00:44:01,589

a lot of magic he said well before I

1057

00:44:06,500 --> 00:44:03,690

teach you why don't you tell me why

1058

00:44:08,120 --> 00:44:06,510

you're interested in learning magic and

1059

00:44:12,470 --> 00:44:08,130

the guy says because I want to be a guru

1060

00:44:15,260 --> 00:44:12,480

and my friend says what was learning

1061

00:44:16,730 --> 00:44:15,270

magic had to do with being a group he

1062

00:44:17,990 --> 00:44:16,740

says well if you want to be a guru in

1063

00:44:20,329 --> 00:44:18,000

India you need to know how to do magic

1064

00:44:23,329 --> 00:44:20,339

so you can basically trick people into

1065

00:44:25,700 --> 00:44:23,339

coming your way so there are a lot of

1066

00:44:27,710 --> 00:44:25,710

reasons why people do anything and a lot

1067

00:44:30,500 --> 00:44:27,720

of it has to do with some small

1068

00:44:34,640 --> 00:44:30,510

shadowing part of a person's nature that

1069

00:44:38,000 --> 00:44:34,650

that is hankering for attention and it's

1070

00:44:39,589 --> 00:44:38,010

at all boils down because of the canopy

1071

00:44:43,460 --> 00:44:39,599

with it Union psychology I don't know

1072

00:44:46,250 --> 00:44:43,470

who addresses it the best but the ego is

1073

00:44:50,240 --> 00:44:46,260

a prime suspect for most of the issues

1074

00:44:53,059 --> 00:44:50,250

we have including fear and and jealousy

1075

00:44:56,059 --> 00:44:53,069

and hatred and he's my enemy and we've

1076

00:44:59,270 --> 00:44:56,069

been kind of duped into this world of

1077

00:45:01,010 --> 00:44:59,280

this illusion we live in of the veil of

1078

00:45:03,290 --> 00:45:01,020

forgetfulness the veil of ignorance that

1079

00:45:06,710 --> 00:45:03,300

we live here the Maya is the term in

1080

00:45:10,069 --> 00:45:06,720

India that's common that that everything

1081

00:45:12,650 --> 00:45:10,079

is outside of ourselves and it's fight

1082

00:45:14,390 --> 00:45:12,660

or flight is syrtis we have to survive

1083

00:45:16,809 --> 00:45:14,400

and struggle we have all these things we

1084

00:45:19,430 --> 00:45:16,819

have to do well if you go to the true

1085

00:45:22,010 --> 00:45:19,440

handful of mystics the true handful of

1086

00:45:25,339 --> 00:45:22,020

sages that record their experience

1087

00:45:27,559 --> 00:45:25,349

they'll say that the shadow they'll say

1088

00:45:30,190 --> 00:45:27,569

that that child molesters that they're

1089

00:45:35,120 --> 00:45:30,200

inside me as well I mean everything I

1090

00:45:36,650 --> 00:45:35,130

the the Vedic slogan that is shared with

1091

00:45:38,450 --> 00:45:36,660

the person on when they're on the cusp

1092

00:45:38,980 --> 00:45:38,460

of enlightenment according to tradition

1093

00:45:46,180 --> 00:45:38,990

is

1094

00:45:48,580 --> 00:45:46,190

and if that has any shred of truth to it

1095

00:45:51,880 --> 00:45:48,590

the totality means totality it means all

1096

00:45:55,120 --> 00:45:51,890

the demons all the genocide Oh maniacs

1097

00:45:58,090 --> 00:45:55,130

all the Satanists they're all part of

1098

00:45:59,740 --> 00:45:58,100

the great self of the universe and so

1099

00:46:02,650 --> 00:45:59,750

how do you reconcile that that's a whole

1100

00:46:05,460 --> 00:46:02,660

topic unto itself I understand that in

1101
00:46:09,070 --> 00:46:05,470
some ways that's an inescapable part of

1102
00:46:11,190 --> 00:46:09,080
our understanding of consciousness even

1103
00:46:14,500 --> 00:46:11,200
from a scientific standpoint it's all

1104
00:46:15,400 --> 00:46:14,510
one on the other hand I think it

1105
00:46:19,090 --> 00:46:15,410
obscures

1106
00:46:21,070 --> 00:46:19,100
a greater truth of first of all where we

1107
00:46:23,470 --> 00:46:21,080
live we live in a culture where we

1108
00:46:25,359 --> 00:46:23,480
decide there will be things that are

1109
00:46:28,240 --> 00:46:25,369
acceptable and things that are not

1110
00:46:30,670 --> 00:46:28,250
acceptable and the reason and we also

1111
00:46:32,620 --> 00:46:30,680
live with certain moral principles of

1112
00:46:35,470 --> 00:46:32,630
what we say is acceptable and not

1113
00:46:39,790 --> 00:46:35,480

acceptable for me to say to repeat that

1114

00:46:44,140 --> 00:46:39,800

I just go to some parent whose child has

1115

00:46:46,450 --> 00:46:44,150

been abused I mean they would reject

1116

00:46:48,640 --> 00:46:46,460

that immediately that all that

1117

00:46:50,410 --> 00:46:48,650

negativity is also inside you and so

1118

00:46:52,599 --> 00:46:50,420

it's not to me it doesn't really matter

1119

00:46:55,359 --> 00:46:52,609

if they would reject it or not because I

1120

00:46:58,960 --> 00:46:55,369

think my problem with it is that I think

1121

00:47:01,750 --> 00:46:58,970

it obscures a bigger truth and a truth

1122

00:47:04,390 --> 00:47:01,760

that a lot of people seem to be kind of

1123

00:47:06,099 --> 00:47:04,400

missing and that is that you should do

1124

00:47:10,470 --> 00:47:06,109

good things and you should try and avoid

1125

00:47:14,290 --> 00:47:10,480

doing bad things so it's it's not like

1126

00:47:16,630 --> 00:47:14,300

it's all one there really is no good or

1127

00:47:18,340 --> 00:47:16,640

bad well I think most of us haven't

1128

00:47:20,560 --> 00:47:18,350

experienced it's very different from

1129

00:47:23,440 --> 00:47:20,570

that we have an experience of on a daily

1130

00:47:26,050 --> 00:47:23,450

minute-by-minute experience having the

1131

00:47:28,380 --> 00:47:26,060

mate having to make a choice of saying

1132

00:47:31,240 --> 00:47:28,390

something that isn't quite as hurtful as

1133

00:47:32,980 --> 00:47:31,250

your mother to say six or eight this

1134

00:47:37,030 --> 00:47:32,990

week there's always been something that

1135

00:47:37,960 --> 00:47:37,040

my teachers have said is very important

1136

00:47:39,970 --> 00:47:37,970

in your life and you keep around

1137

00:47:41,560 --> 00:47:39,980

criticizing other people condemning them

1138

00:47:44,200 --> 00:47:41,570

you're condemning yourself you're only

1139

00:47:47,980 --> 00:47:44,210

things you think and say and you are

1140

00:47:50,109 --> 00:47:47,990

just I guess the larger point it's not

1141

00:47:52,030 --> 00:47:50,119

just speak the truth the larger point I

1142

00:47:54,850 --> 00:47:52,040

guess I was making is

1143

00:47:57,040 --> 00:47:54,860

there it seems to me hard for a lot of

1144

00:47:59,680 --> 00:47:57,050

folks and I've spoken to bunch of really

1145

00:48:01,540 --> 00:47:59,690

intelligent people on this show who have

1146

00:48:04,720 --> 00:48:01,550

a problem with the idea that there's a

1147

00:48:06,730 --> 00:48:04,730

moral imperative that that little angel

1148

00:48:09,340 --> 00:48:06,740

on the shoulder devil on the shoulder

1149

00:48:11,140 --> 00:48:09,350

thing is kind of more real in a way that

1150

00:48:13,510 --> 00:48:11,150

we all know it's real but don't really

1151

00:48:14,890 --> 00:48:13,520

want to acknowledge that it's real so

1152

00:48:16,810 --> 00:48:14,900

that's what comes through from the

1153

00:48:18,910 --> 00:48:16,820

near-death experience Sciences they come

1154

00:48:21,310 --> 00:48:18,920

back and go oh yeah it is you are

1155

00:48:24,160 --> 00:48:21,320

supposed to do good things bad things

1156

00:48:25,930 --> 00:48:24,170

there is a light there is love there is

1157

00:48:27,910 --> 00:48:25,940

a hierarchy of consciousness and there

1158

00:48:29,500 --> 00:48:27,920

is a moral imperative and here's my

1159

00:48:30,850 --> 00:48:29,510

point that I guess I'd pull you into

1160

00:48:33,430 --> 00:48:30,860

responding to because I'm not really

1161

00:48:35,710 --> 00:48:33,440

challenging any Steve I think you're

1162

00:48:37,570 --> 00:48:35,720

down with this but our culture we've

1163

00:48:39,370 --> 00:48:37,580

lost that I mean again when I talk to

1164

00:48:41,770 --> 00:48:39,380

people in religious studies they'd go

1165

00:48:44,620 --> 00:48:41,780

the exact opposite of that they say of

1166

00:48:46,870 --> 00:48:44,630

course there isn't a moral imperative of

1167

00:48:47,980 --> 00:48:46,880

course there isn't a judgment between

1168

00:48:50,650 --> 00:48:47,990

right and wrong

1169

00:48:53,740 --> 00:48:50,660

there is only relativism and I want to

1170

00:48:55,240 --> 00:48:53,750

drive a stake in this to say I challenge

1171

00:48:57,940 --> 00:48:55,250

whether or not that's true I'm not

1172

00:48:59,710 --> 00:48:57,950

standing on a pulpit to argue with I'm

1173

00:49:01,840 --> 00:48:59,720

saying scientifically you guys are men

1174

00:49:04,810 --> 00:49:01,850

of logic men of reason none of science I

1175

00:49:07,750 --> 00:49:04,820

think you're misinterpreting the data in

1176

00:49:10,990 --> 00:49:07,760

a fundamental way yes there is a moral

1177

00:49:13,320 --> 00:49:11,000

imperative well I can come back to that

1178

00:49:15,670 --> 00:49:13,330

comment I made about my definition of

1179

00:49:19,030 --> 00:49:15,680

evil in the very beginning and that is

1180

00:49:21,160 --> 00:49:19,040

the act of denying another person their

1181

00:49:23,710 --> 00:49:21,170

right of freedom they're free well but

1182

00:49:26,890 --> 00:49:23,720

let's look at an analogy okay two adults

1183

00:49:28,570 --> 00:49:26,900

say they've just met mate guyhnic the

1184

00:49:30,700 --> 00:49:28,580

woman they stayed attract let's go to

1185

00:49:32,920 --> 00:49:30,710

the hotel and have some fun okay is that

1186

00:49:34,690 --> 00:49:32,930

equal maybe to a Christian I don't know

1187

00:49:37,420 --> 00:49:34,700

but no it's not evil because there was

1188

00:49:39,490 --> 00:49:37,430

an agreement to the two people meet

1189

00:49:39,940 --> 00:49:39,500

again and it's a different context in

1190

00:49:43,180 --> 00:49:39,950

the manse

1191

00:49:45,670 --> 00:49:43,190

starts to abused her is that evil in my

1192

00:49:48,970 --> 00:49:45,680

from my definition yes because he is

1193

00:49:50,770 --> 00:49:48,980

denying her or right of free will she's

1194

00:49:52,980 --> 00:49:50,780

not agreed to this the first situation

1195

00:49:56,380 --> 00:49:52,990

it was consensual the second situation

1196

00:49:58,870 --> 00:49:56,390

he was imposing his will on another

1197

00:50:01,690 --> 00:49:58,880

person so it seems like a simplistic

1198

00:50:03,640 --> 00:50:01,700

definition but it really works quite

1199

00:50:04,849 --> 00:50:03,650

well and a lot of so far I haven't found

1200

00:50:07,130 --> 00:50:04,859

a place where it didn't

1201
00:50:08,859 --> 00:50:07,140
you're a lot smarter guy than me would

1202
00:50:11,660 --> 00:50:08,869
probably tell me where that breaks down

1203
00:50:16,519 --> 00:50:11,670
but for me it is it certainly breaks

1204
00:50:18,380 --> 00:50:16,529
down to business and politics it well

1205
00:50:20,539 --> 00:50:18,390
if according to their rules of the game

1206
00:50:24,680 --> 00:50:20,549
but it but still it doesn't necessarily

1207
00:50:26,209 --> 00:50:24,690
mean that it's not true I'm not saying

1208
00:50:29,209 --> 00:50:26,219
it's not true to say it it breaks how I

1209
00:50:33,709 --> 00:50:29,219
break yeah well okay and I don't want to

1210
00:50:35,479 --> 00:50:33,719
toot the horn of of Vedic references so

1211
00:50:38,900 --> 00:50:35,489
awful much I don't think I have but

1212
00:50:42,289 --> 00:50:38,910
according to Vedic history we are in the

1213
00:50:44,209 --> 00:50:42,299

throes of Kali Yuga Kali Yuga is called

1214

00:50:48,589 --> 00:50:44,219

the age of ignorance the dark ages of

1215

00:50:49,880 --> 00:50:48,599

black age of mankind 432,000 years to

1216

00:50:51,650 --> 00:50:49,890

find if I have a fight and there are

1217

00:50:55,190 --> 00:50:51,660

other ages that are highly enlightened

1218

00:50:57,699 --> 00:50:55,200

and and less negativity less stress less

1219

00:51:01,059 --> 00:50:57,709

evil one of the things that are

1220

00:51:05,859 --> 00:51:01,069

highlighted by Kali Yuga is that

1221

00:51:08,900 --> 00:51:05,869

governments and religions are run by

1222

00:51:10,339 --> 00:51:08,910

evil minded people okay so please tell

1223

00:51:13,130 --> 00:51:10,349

me in history when they weren't please

1224

00:51:17,660 --> 00:51:13,140

tell me how bengis Khan was that's at

1225

00:51:20,120 --> 00:51:17,670

least a short very short standard

1226

00:51:22,430 --> 00:51:20,130

history okay I just I'm just finishing

1227

00:51:24,140 --> 00:51:22,440

up a film with a guy I've had on the

1228

00:51:26,449 --> 00:51:24,150

show his guy his name is Bruce Fenton

1229

00:51:28,870 --> 00:51:26,459

and what I love about Bruce Fenton is he

1230

00:51:31,309 --> 00:51:28,880

has some scientific evidence like

1231

00:51:32,779 --> 00:51:31,319

tektites from Australia and stuff like

1232

00:51:35,329 --> 00:51:32,789

that that match up with a story that

1233

00:51:37,489 --> 00:51:35,339

says 780 thousand years ago on the

1234

00:51:39,890 --> 00:51:37,499

planet there were these events and they

1235

00:51:41,359 --> 00:51:39,900

were very violent kind of a war of the

1236

00:51:42,920 --> 00:51:41,369

gods thing so you can believe that or

1237

00:51:45,109 --> 00:51:42,930

not believe that but what I particularly

1238

00:51:48,680 --> 00:51:45,119

like about that is that it kind of

1239

00:51:51,620 --> 00:51:48,690

suggested I mean I can I can't

1240

00:51:55,009 --> 00:51:51,630

but not point to any time in my history

1241

00:51:57,140 --> 00:51:55,019

of my long getting to be longer life or

1242

00:51:59,630 --> 00:51:57,150

anything I read in history where there

1243

00:52:01,699 --> 00:51:59,640

was this time when it was so

1244

00:52:04,729 --> 00:52:01,709

dramatically different in terms of that

1245

00:52:06,170 --> 00:52:04,739

I don't know I love the Vedic study but

1246

00:52:10,130 --> 00:52:06,180

I gotta call on some of that

1247

00:52:11,630 --> 00:52:10,140

okay oh I mean no when is a time when is

1248

00:52:14,229 --> 00:52:11,640

a time when when there was this golden

1249

00:52:18,420 --> 00:52:14,239

it golden age I'd like to know about it

1250

00:52:20,339 --> 00:52:18,430

the term for his side she probably

1251
00:52:24,030 --> 00:52:20,349
show you familiar I'm sure Yogananda

1252
00:52:26,790 --> 00:52:24,040
talked about it and if it was real if it

1253
00:52:30,270 --> 00:52:26,800
existed it was a time when human life

1254
00:52:32,910 --> 00:52:30,280
was thousand two thousand years there

1255
00:52:35,940 --> 00:52:32,920
which is absolutely crucial in some ways

1256
00:52:39,270 --> 00:52:35,950
because our lives now our sews are so

1257
00:52:41,309 --> 00:52:39,280
short that a lot of the sun's cars a lot

1258
00:52:45,329 --> 00:52:41,319
of it events that happen in our life

1259
00:52:48,359 --> 00:52:45,339
that maybe karmically driven we have no

1260
00:52:50,790 --> 00:52:48,369
chance to connect the dots that okay I

1261
00:52:54,559 --> 00:52:50,800
am suffering from this disease based on

1262
00:53:00,240 --> 00:52:54,569
some action I performed in the past and

1263
00:53:02,849 --> 00:53:00,250

if we don't accept that as a viable

1264

00:53:05,609 --> 00:53:02,859

principle of nature then basically we

1265

00:53:08,099 --> 00:53:05,619

don't have a fair universe I mean how do

1266

00:53:12,420 --> 00:53:08,109

you explain to the mother my child died

1267

00:53:14,910 --> 00:53:12,430

and you know at six months of age what

1268

00:53:17,609 --> 00:53:14,920

the deaf child do to deserve to die if

1269

00:53:20,970 --> 00:53:17,619

you don't take pullback and take a lot

1270

00:53:23,819 --> 00:53:20,980

larger broader perspective and include

1271

00:53:26,400 --> 00:53:23,829

past lives and include the journey of

1272

00:53:27,750 --> 00:53:26,410

the soul that's basically gone on for

1273

00:53:31,289 --> 00:53:27,760

hundreds of thousands of years

1274

00:53:35,730 --> 00:53:31,299

you can't possibly come to impeccable or

1275

00:53:37,799 --> 00:53:35,740

a decision on that death that seems fair

1276

00:53:40,020 --> 00:53:37,809

that seems to have an innate goodness

1277

00:53:43,109 --> 00:53:40,030

behind it you can't but if you can

1278

00:53:44,670 --> 00:53:43,119

understand and physics is telling us

1279

00:53:48,270 --> 00:53:44,680

that there's an equal of reaction for

1280

00:53:50,069 --> 00:53:48,280

every action years Jesus said as you sow

1281

00:53:52,079 --> 00:53:50,079

so shall you reap though I know you're

1282

00:53:54,480 --> 00:53:52,089

not high in those kind of quotes it

1283

00:53:56,220 --> 00:53:54,490

seems like but they keep coming up and

1284

00:53:58,530 --> 00:53:56,230

they keep coming up and Buddhist context

1285

00:54:02,339 --> 00:53:58,540

they come up and you know when you see

1286

00:54:05,849 --> 00:54:02,349

kind of archetypal truths or what might

1287

00:54:08,520 --> 00:54:05,859

be truth and then you say well maybe

1288

00:54:12,780 --> 00:54:08,530

maybe let's hope that the universe has

1289

00:54:17,190 --> 00:54:12,790

some justice souter otherwise I mean how

1290

00:54:21,630 --> 00:54:17,200

do you feel about no I think I thought

1291

00:54:24,000 --> 00:54:21,640

in my league here should I should leave

1292

00:54:26,220 --> 00:54:24,010

my friend if anything I am way out of my

1293

00:54:29,640 --> 00:54:26,230

league so don't ever say that and we're

1294

00:54:31,200 --> 00:54:29,650

just having fun yes it's not like we're

1295

00:54:32,039 --> 00:54:31,210

really going to solve those kind of

1296

00:54:35,239 --> 00:54:32,049

things

1297

00:54:39,439 --> 00:54:35,249

I do kind of and I came I guess sound

1298

00:54:42,209 --> 00:54:39,449

argumentative I don't know why I do but

1299

00:54:44,429 --> 00:54:42,219

you're pulling out good points and I and

1300

00:54:47,609 --> 00:54:44,439

I you know recently feel good about it

1301

00:54:51,390 --> 00:54:47,619

you know we've got to basically the

1302

00:54:54,900 --> 00:54:51,400

whole from my experience now I'm not

1303

00:54:55,859 --> 00:54:54,910

saying I had death experiences that sort

1304

00:54:58,559 --> 00:54:55,869

of thing but Mike

1305

00:55:03,599 --> 00:54:58,569

my understanding is because I've done

1306

00:55:05,819 --> 00:55:03,609

now 49 years of twice-a-day meditation

1307

00:55:09,569 --> 00:55:05,829

without you know really ever missing one

1308

00:55:11,189 --> 00:55:09,579

is that the birth that we go through we

1309

00:55:13,229 --> 00:55:11,199

come into this life is more of

1310

00:55:15,689 --> 00:55:13,239

forgetting and a falling asleep and

1311

00:55:17,759 --> 00:55:15,699

death is more awakening and expansion

1312

00:55:20,789 --> 00:55:17,769

where you're actually far more aware of

1313

00:55:22,229 --> 00:55:20,799

what you are as a soul and everything is

1314

00:55:25,049 --> 00:55:22,239

forgotten when you come in and you have

1315

00:55:25,859 --> 00:55:25,059

to figure it out and so that's why we're

1316

00:55:28,620 --> 00:55:25,869

having these kind of conversations

1317

00:55:30,179 --> 00:55:28,630

because we're trying to figure the whole

1318

00:55:32,609 --> 00:55:30,189

game we're in a game we're in a

1319

00:55:34,469 --> 00:55:32,619

schoolhouse which were so many fun

1320

00:55:36,239 --> 00:55:34,479

analogies that people use they beat them

1321

00:55:38,189 --> 00:55:36,249

to death baby but we're trying to figure

1322

00:55:39,989 --> 00:55:38,199

out the game the rules of the game so we

1323

00:55:42,449 --> 00:55:39,999

can progress on to the next game which

1324

00:55:46,380 --> 00:55:42,459

might be a little more loving and fun so

1325

00:55:49,410 --> 00:55:46,390

I can't really say that this

1326

00:55:52,439 --> 00:55:49,420

civilization 600,000 years ago where

1327

00:55:56,189 --> 00:55:52,449

purportedly humans were telepathic and

1328

00:55:57,890 --> 00:55:56,199

lived 2,000 years and kumbaya I loved

1329

00:56:00,749 --> 00:55:57,900

each other I mean how can I prove that

1330

00:56:03,539 --> 00:56:00,759

through hard science I can't listen we

1331

00:56:07,339 --> 00:56:03,549

can't but I don't think that it's all

1332

00:56:10,429 --> 00:56:07,349

always fairy tales and legends and and

1333

00:56:13,109 --> 00:56:10,439

symbolic stuff I think there there's

1334

00:56:15,599 --> 00:56:13,119

archetypal stuff that exists and and

1335

00:56:17,999 --> 00:56:15,609

that exists for a reason because there

1336

00:56:21,299 --> 00:56:18,009

is something in history that has some

1337

00:56:24,989 --> 00:56:21,309

valid basis to reason why these myths

1338

00:56:26,549 --> 00:56:24,999

persist whether it's precisely a great

1339

00:56:28,979 --> 00:56:26,559

floods the great floods that keep

1340

00:56:30,839 --> 00:56:28,989

happening unless we I think by the way

1341

00:56:33,779 --> 00:56:30,849

in my personal opinion word up one of

1342

00:56:34,949 --> 00:56:33,789

those archetypal transition points even

1343

00:56:38,459 --> 00:56:34,959

right now

1344

00:56:40,289 --> 00:56:38,469

you'll see damn it damn it damn it Steve

1345

00:56:42,080 --> 00:56:40,299

I was just about to agree with you then

1346

00:56:45,140 --> 00:56:42,090

you have not said that I said

1347

00:56:47,870 --> 00:56:45,150

garbage okay well I was really into the

1348

00:56:51,350 --> 00:56:47,880

New Age come by us kind of thing I mean

1349

00:56:53,330 --> 00:56:51,360

I trying to be discriminative and see

1350

00:56:54,530 --> 00:56:53,340

what there's some brilliant people out

1351
00:56:56,720 --> 00:56:54,540
there but there's also much

1352
00:56:57,560 --> 00:56:56,730
announcements well Mike I guess and

1353
00:57:00,800 --> 00:56:57,570
again

1354
00:57:03,380 --> 00:57:00,810
framing this up as trying to nudge a

1355
00:57:06,740 --> 00:57:03,390
little bit closer to the truth and part

1356
00:57:09,670 --> 00:57:06,750
of that process is cleaning out the non

1357
00:57:15,020 --> 00:57:09,680
truth so I hammer pretty hard on the

1358
00:57:17,180 --> 00:57:15,030
social science woke miss folks in you

1359
00:57:19,220 --> 00:57:17,190
know comparative religion but it's just

1360
00:57:20,810 --> 00:57:19,230
funny that that's been our best and

1361
00:57:23,360 --> 00:57:20,820
brightest approach to this or the

1362
00:57:27,050 --> 00:57:23,370
religious approach to it but I do also

1363
00:57:29,840 --> 00:57:27,060

have to kind of call some of this stuff

1364

00:57:31,910 --> 00:57:29,850

that falls into the non-dual or even the

1365

00:57:33,740 --> 00:57:31,920

New Age community what and one of my

1366

00:57:36,200 --> 00:57:33,750

triggers for me is whatever would

1367

00:57:38,570 --> 00:57:36,210

someone suggest that we are in a special

1368

00:57:40,280 --> 00:57:38,580

time I think we're pointing towards this

1369

00:57:45,680 --> 00:57:40,290

transition and again I mentioned our

1370

00:57:48,320 --> 00:57:45,690

mutual friend Rick who I do really

1371

00:57:50,120 --> 00:57:48,330

appreciate so much Rick from Buddha at

1372

00:57:52,640 --> 00:57:50,130

the gas pump but we did a series of

1373

00:57:56,240 --> 00:57:52,650

interviews on global warming and and

1374

00:57:58,700 --> 00:57:56,250

Rick despite all that still sighs me all

1375

00:58:01,220 --> 00:57:58,710

this nonsense about global warming it

1376
00:58:04,160 --> 00:58:01,230
becomes a religious thing and I dare say

1377
00:58:06,560 --> 00:58:04,170
I was a little bit worried that you were

1378
00:58:09,920 --> 00:58:06,570
going down that same path in the book

1379
00:58:13,400 --> 00:58:09,930
the tale of Himalayan Yogi's when there

1380
00:58:17,300 --> 00:58:13,410
is that nature will unleash her fury if

1381
00:58:18,560 --> 00:58:17,310
man also the book is kind of I don't

1382
00:58:20,390 --> 00:58:18,570
want to say it's sexist because I don't

1383
00:58:22,610 --> 00:58:20,400
like going down that whole path but in a

1384
00:58:25,280 --> 00:58:22,620
way there's a lot of man this and a

1385
00:58:28,340 --> 00:58:25,290
woman playing her traditional role but

1386
00:58:30,950 --> 00:58:28,350
nature will unleash her fury if man does

1387
00:58:33,320 --> 00:58:30,960
not mend his ways she appeals to you for

1388
00:58:35,270 --> 00:58:33,330

help man has wrought this evil and man

1389

00:58:37,880 --> 00:58:35,280

must correct it if we enter they

1390

00:58:40,520 --> 00:58:37,890

intervene then man will not learn his

1391

00:58:42,890 --> 00:58:40,530

lesson you are like a seeding to the

1392

00:58:44,930 --> 00:58:42,900

forest you must right this wrong

1393

00:58:48,140 --> 00:58:44,940

environmental wrong for if it persists

1394

00:58:51,200 --> 00:58:48,150

the mountains will bury the men who live

1395

00:58:54,560 --> 00:58:51,210

on it I don't know do you really do you

1396

00:58:55,330 --> 00:58:54,570

think the the the Yogi's in the sky are

1397

00:58:57,430 --> 00:58:55,340

agreeing

1398

00:59:01,360 --> 00:58:57,440

varam analyst and what would they feel

1399

00:59:03,370 --> 00:59:01,370

about the latest move towards climate

1400

00:59:06,040 --> 00:59:03,380

change or any of the rest of this do we

1401
00:59:08,530 --> 00:59:06,050
really want to go there climate change

1402
00:59:13,300 --> 00:59:08,540
is one of the contentious points in my

1403
00:59:16,780 --> 00:59:13,310
household because I know my wife is very

1404
00:59:18,910 --> 00:59:16,790
sensitive to Fabian lyrics discussing

1405
00:59:20,500 --> 00:59:18,920
with you those of course I think some of

1406
00:59:23,950 --> 00:59:20,510
them came from a character in the book

1407
00:59:25,240 --> 00:59:23,960
called yogi watch am i right maybe you

1408
00:59:27,880 --> 00:59:25,250
don't remember I can't remember okay

1409
00:59:30,100 --> 00:59:27,890
that's fine but can you put him back up

1410
00:59:33,580 --> 00:59:30,110
there it's like maybe address a little

1411
00:59:36,970 --> 00:59:33,590
bit so as if fine I think if I made

1412
00:59:40,480 --> 00:59:36,980
those statements in a nonfiction context

1413
00:59:42,280 --> 00:59:40,490

I think he could hammer me harder there

1414

00:59:46,570 --> 00:59:42,290

are no definitely definitely fair enough

1415

00:59:49,660 --> 00:59:46,580

yes yes fair enough but the sexist side

1416

00:59:52,450 --> 00:59:49,670

of it I tried to be true to the time and

1417

00:59:56,020 --> 00:59:52,460

believe me this is muslim-dominated

1418

00:59:58,300 --> 00:59:56,030

Indian culture which was probably 400

1419

01:00:00,700 --> 00:59:58,310

years ago which is it tried to be mean

1420

01:00:05,130 --> 01:00:00,710

this was not a in equal rights culture

1421

01:00:09,100 --> 01:00:05,140

and I had it when I gave a book opening

1422

01:00:11,860 --> 01:00:09,110

promotion from signing talk my first one

1423

01:00:14,590 --> 01:00:11,870

the lady came in and said I read it I

1424

01:00:16,720 --> 01:00:14,600

feel like the trash it was trash and I

1425

01:00:19,480 --> 01:00:16,730

said we'll give me a little bit more of

1426

01:00:23,890 --> 01:00:19,490

a collaboration satisfaction you trashed

1427

01:00:26,170 --> 01:00:23,900

women I said man I'm so I apologized but

1428

01:00:30,070 --> 01:00:26,180

please let me give a context here we're

1429

01:00:33,340 --> 01:00:30,080

talking about 16th century Mughal India

1430

01:00:35,410 --> 01:00:33,350

and this is just this is not the 21st

1431

01:00:40,120 --> 01:00:35,420

century here America and I just if I

1432

01:00:42,370 --> 01:00:40,130

were to be thinking along those lines I

1433

01:00:44,620 --> 01:00:42,380

mean the the Emperor's maybe at that

1434

01:00:46,600 --> 01:00:44,630

time adherents with 2,000 women and from

1435

01:00:48,100 --> 01:00:46,610

all over the world this is a fact and I

1436

01:00:50,320 --> 01:00:48,110

don't know if I want to make it somewhat

1437

01:00:52,720 --> 01:00:50,330

historically accurate I have to be true

1438

01:00:55,210 --> 01:00:52,730

to and I chose that time for a reason

1439

01:00:59,020 --> 01:00:55,220

for many reasons I feel like current

1440

01:01:00,730 --> 01:00:59,030

India is so far licked oh look so far

1441

01:01:02,110 --> 01:01:00,740

away from the whole yogic tradition I

1442

01:01:05,140 --> 01:01:02,120

won't even bother with trying to present

1443

01:01:08,650 --> 01:01:05,150

that as a context for a story but at the

1444

01:01:10,809 --> 01:01:08,660

time that I chose it was a time

1445

01:01:14,470 --> 01:01:10,819

normos a pulitzer prize-winning

1446

01:01:17,710 --> 01:01:14,480

historian a guy named will durant wrote

1447

01:01:21,279 --> 01:01:17,720

at the moment treatment of the sultanate

1448

01:01:25,660 --> 01:01:21,289

treatment of native india reproduced the

1449

01:01:28,390 --> 01:01:25,670

greatest genocide in human history 885

1450

01:01:29,140 --> 01:01:28,400

eighty million people were exterminated

1451

01:01:32,109 --> 01:01:29,150

one way or another

1452

01:01:33,970 --> 01:01:32,119

over the centuries of global rule so i

1453

01:01:38,109 --> 01:01:33,980

chose the time that had enormous

1454

01:01:39,339 --> 01:01:38,119

implications conflict within the culture

1455

01:01:41,349 --> 01:01:39,349

and they did for reason so there are a

1456

01:01:45,190 --> 01:01:41,359

lot of things was it was a militaristic

1457

01:01:46,809 --> 01:01:45,200

period of time the emperor had an army

1458

01:01:48,760 --> 01:01:46,819

that i included many some a forty

1459

01:01:52,930 --> 01:01:48,770

percent of the population it was a very

1460

01:01:54,099 --> 01:01:52,940

chauvinistic situation so I realized as

1461

01:01:56,079 --> 01:01:54,109

I was writing well this isn't really

1462

01:01:58,839 --> 01:01:56,089

going to go down with a lot of American

1463

01:02:00,970 --> 01:01:58,849

people were interested in talking about

1464

01:02:03,370 --> 01:02:00,980

the Equality of the sexes and I I mean

1465

01:02:05,109 --> 01:02:03,380

you could have prison I like about Mike

1466

01:02:06,760 --> 01:02:05,119

because my true position on this but I

1467

01:02:10,089 --> 01:02:06,770

decide okay if I'm gonna write a story I

1468

01:02:13,450 --> 01:02:10,099

better be true to so I have trying to

1469

01:02:15,640 --> 01:02:13,460

pick an era I understand I understand

1470

01:02:18,579 --> 01:02:15,650

both sides done I think you're adding a

1471

01:02:21,940 --> 01:02:18,589

lot to it I am NOT a feminist I think

1472

01:02:24,730 --> 01:02:21,950

that is such a rat hole that they've

1473

01:02:31,660 --> 01:02:24,740

shoved people into and especially women

1474

01:02:33,670 --> 01:02:31,670

and talk about it's all that we're stuck

1475

01:02:36,279 --> 01:02:33,680

in this game and it's individual we have

1476

01:02:38,559 --> 01:02:36,289

to individually here I guess is gonna be

1477

01:02:40,089 --> 01:02:38,569

my point because at the same time and I

1478

01:02:43,150 --> 01:02:40,099

think I know from talked to you before

1479

01:02:44,410 --> 01:02:43,160

you to acknowledges it goes back to the

1480

01:02:45,910 --> 01:02:44,420

historical thing we do have to

1481

01:02:48,700 --> 01:02:45,920

acknowledge and I have to acknowledge

1482

01:02:50,890 --> 01:02:48,710

with my my two girls I have two girls

1483

01:02:54,819 --> 01:02:50,900

and two boys that hey there's a reality

1484

01:02:56,859 --> 01:02:54,829

to that when certainly when my mom was

1485

01:02:58,720 --> 01:02:56,869

coming up there was there was not that

1486

01:03:02,079 --> 01:02:58,730

kind of equality that we kind of take

1487

01:03:04,480 --> 01:03:02,089

for granted so hats off to some of that

1488

01:03:05,890 --> 01:03:04,490

social change that came about from that

1489

01:03:07,299 --> 01:03:05,900

woman who came up and threw it in the

1490

01:03:09,910 --> 01:03:07,309

trash do you think she would have been a

1491

01:03:11,650 --> 01:03:09,920

little bit sued or do you think you

1492

01:03:13,269 --> 01:03:11,660

could have written a page or two at the

1493

01:03:15,400 --> 01:03:13,279

beginning and just explained what you

1494

01:03:17,980 --> 01:03:15,410

just explained to me and maybe that

1495

01:03:19,779 --> 01:03:17,990

would have I could in the preface I

1496

01:03:21,599 --> 01:03:19,789

definitely couldn't I mean I have some

1497

01:03:23,789 --> 01:03:21,609

thought

1498

01:03:26,849 --> 01:03:23,799

pretty strong women in the story maybe

1499

01:03:29,549 --> 01:03:26,859

it's not seen that way but in my family

1500

01:03:31,710 --> 01:03:29,559

this is just to decide when I first got

1501

01:03:33,569 --> 01:03:31,720

married I very quickly realized that

1502

01:03:36,509 --> 01:03:33,579

there were there was a spouse and that

1503

01:03:38,700 --> 01:03:36,519

was substantially further down the

1504

01:03:40,470 --> 01:03:38,710

spiritual path than I was and we were

1505

01:03:42,509 --> 01:03:40,480

talking about spiritual things one day

1506

01:03:46,140 --> 01:03:42,519

and my wife's name is booming which is

1507

01:03:48,049 --> 01:03:46,150

an Indian name she said Jesus Steve you

1508

01:03:51,210 --> 01:03:48,059

really don't know anything do you I

1509

01:03:53,759 --> 01:03:51,220

agree Mike I think you could say that

1510

01:03:57,960 --> 01:03:53,769

about anybody I mean I got come to that

1511

01:03:59,460 --> 01:03:57,970

realization every day so I I suspect she

1512

01:04:01,109 --> 01:03:59,470

doesn't really know anything either that

1513

01:04:03,690 --> 01:04:01,119

seems to be the common thread that we

1514

01:04:07,920 --> 01:04:03,700

all have going through life maybe he met

1515

01:04:10,620 --> 01:04:07,930

some guys at the mountains there in the

1516

01:04:12,960 --> 01:04:10,630

the one guy that you put the clone stuff

1517

01:04:15,059 --> 01:04:12,970

that was sort of like are Yogi's green

1518

01:04:18,930 --> 01:04:15,069

that was the Yogi Bhajan eye I actually

1519

01:04:21,660 --> 01:04:18,940

his prototype or his real person was Kay

1520

01:04:24,690 --> 01:04:21,670

Shiva now I read a book that was not

1521

01:04:27,989 --> 01:04:24,700

fiction and if you want what I what I

1522

01:04:30,299 --> 01:04:27,999

really stand for in principles that

1523

01:04:31,829 --> 01:04:30,309

would be I would indict diverge from

1524

01:04:33,989 --> 01:04:31,839

that at all what I what I stand for

1525

01:04:36,150 --> 01:04:33,999

being my memoir I wrote a seven-year the

1526

01:04:36,539 --> 01:04:36,160

story might travel a lot of Indian

1527

01:04:39,329 --> 01:04:36,549

called

1528

01:04:41,940 --> 01:04:39,339

India mirror of truth in that book I met

1529

01:04:44,220 --> 01:04:41,950

somebody always we talked and talked

1530

01:04:50,099 --> 01:04:44,230

about at the beginning of the podcast

1531

01:04:52,079 --> 01:04:50,109

but Acacia book was far and away someone

1532

01:04:54,779 --> 01:04:52,089

that I had never encountered anywhere

1533

01:04:58,170 --> 01:04:54,789

else I met him up above reaching under

1534

01:05:01,950 --> 01:04:58,180

public Jojo Jamaat and I modeled yogi

1535

01:05:05,249 --> 01:05:01,960

Raj the ageless yogi in the novel after

1536

01:05:07,890 --> 01:05:05,259

him because he he's been written about

1537

01:05:11,989 --> 01:05:07,900

many many times including by Yogananda

1538

01:05:14,220 --> 01:05:11,999

and I just feel like that individual

1539

01:05:16,229 --> 01:05:14,230

from my limited point of view was the

1540

01:05:17,849 --> 01:05:16,239

pinnacle of what I would like to aspire

1541

01:05:19,440 --> 01:05:17,859

to become and I don't I know it's not

1542

01:05:21,779 --> 01:05:19,450

going to happen but that's sort of like

1543

01:05:22,799 --> 01:05:21,789

wow that's a role model if role models

1544

01:05:26,670 --> 01:05:22,809

could exist

1545

01:05:29,190 --> 01:05:26,680

case your life is the name I used in in

1546

01:05:31,880 --> 01:05:29,200

the other book that's really cool Steve

1547

01:05:34,499 --> 01:05:31,890

and that adds again this level of

1548

01:05:35,549 --> 01:05:34,509

realness to this whole account that

1549

01:05:37,349 --> 01:05:35,559

we're talking about even

1550

01:05:39,469 --> 01:05:37,359

super gracious and spending your time

1551

01:05:43,799 --> 01:05:39,479

with us tell you what in one last

1552

01:05:45,779 --> 01:05:43,809

question / topic area from the book has

1553

01:05:47,400 --> 01:05:45,789

to do with this idea that really we

1554

01:05:49,920 --> 01:05:47,410

could have started with this but I felt

1555

01:05:53,579 --> 01:05:49,930

like we'd never get past it and that is

1556

01:05:57,089 --> 01:05:53,589

the question of what is real and I have

1557

01:05:58,620 --> 01:05:57,099

the quote up on the screen and I forget

1558

01:06:01,650 --> 01:05:58,630

which character does I apologize but

1559

01:06:04,259 --> 01:06:01,660

says baba did we visit a dream world or

1560

01:06:07,609 --> 01:06:04,269

was it real that was Gautama that

1561

01:06:11,719 --> 01:06:07,619

Govinda the protagonist prince who is

1562

01:06:16,140 --> 01:06:11,729

studying under Papa Shankara

1563

01:06:20,249 --> 01:06:16,150

and has experienced hell has experienced

1564

01:06:21,779 --> 01:06:20,259

some just horrific unimaginable things

1565

01:06:23,309 --> 01:06:21,789

that we hear about over and over again

1566

01:06:26,299 --> 01:06:23,319

in different ways I mean some people

1567

01:06:29,549 --> 01:06:26,309

seek this out through different

1568

01:06:32,069 --> 01:06:29,559

practices magical practices other people

1569

01:06:33,660 --> 01:06:32,079

encounter it spontaneously through

1570

01:06:35,969 --> 01:06:33,670

near-death experiences

1571

01:06:38,099 --> 01:06:35,979

some people come encounter it through

1572

01:06:39,479 --> 01:06:38,109

drug experiences so it's really

1573

01:06:42,029 --> 01:06:39,489

interesting and I really want to

1574

01:06:43,859 --> 01:06:42,039

understand what you understand about

1575

01:06:46,169 --> 01:06:43,869

these other realms but I also want to

1576

01:06:48,979 --> 01:06:46,179

understand again the deeper part that we

1577

01:06:52,679 --> 01:06:48,989

asked because the reply to that I

1578

01:06:54,749 --> 01:06:52,689

Shankar Baba is did we visit a

1579

01:06:58,259 --> 01:06:54,759

dreamworld or a real world and he says a

1580

01:07:00,989 --> 01:06:58,269

little of each but understand the

1581

01:07:02,549 --> 01:07:00,999

suffering is real I think that's such a

1582

01:07:05,910 --> 01:07:02,559

great point on what you de lab rate on

1583

01:07:09,150 --> 01:07:05,920

the seven hells are not God's creation

1584

01:07:10,979 --> 01:07:09,160

the evil in men has created these routes

1585

01:07:14,370 --> 01:07:10,989

I could pick that apart I'm not gonna

1586

01:07:18,239 --> 01:07:14,380

men act impulsively due to their

1587

01:07:20,459 --> 01:07:18,249

accumulated Sun scara's so talk about

1588

01:07:23,779 --> 01:07:20,469

what's real I came from with this was

1589

01:07:26,099 --> 01:07:23,789

halfway through my seven years in India

1590

01:07:28,529 --> 01:07:26,109

when I was teaching meditation to

1591

01:07:31,620 --> 01:07:28,539

corporate people I had a health issue

1592

01:07:35,249 --> 01:07:31,630

and it required some minor surgery but

1593

01:07:38,279 --> 01:07:35,259

it required me to be put under under

1594

01:07:40,199 --> 01:07:38,289

presentation they put me out and when I

1595

01:07:42,059 --> 01:07:40,209

came back to consciousness whatever

1596

01:07:46,289 --> 01:07:42,069

number of hours after I put under

1597

01:07:48,710 --> 01:07:46,299

general anesthesia internally I had an

1598

01:07:51,680 --> 01:07:48,720

experience of many many dimensions

1599

01:07:54,020 --> 01:07:51,690

of the universe I will say this is a

1600

01:07:55,640 --> 01:07:54,030

very elusive now someone say or you

1601
01:07:57,410 --> 01:07:55,650
could be experiencing the side effects

1602
01:08:00,890 --> 01:07:57,420
of the drug who knows and Ill don't know

1603
01:08:03,260 --> 01:08:00,900
but I experienced progression from a

1604
01:08:05,240 --> 01:08:03,270
very low low what I would say low

1605
01:08:07,250 --> 01:08:05,250
vibrational thing where I saw and

1606
01:08:08,569 --> 01:08:07,260
experienced some people I would never

1607
01:08:10,540 --> 01:08:08,579
really want to interact with I would

1608
01:08:12,800 --> 01:08:10,550
just call them demons or dark beings

1609
01:08:14,809 --> 01:08:12,810
okay for lack of a better word

1610
01:08:17,930 --> 01:08:14,819
Raksha so this would be a Hindu turn and

1611
01:08:20,420 --> 01:08:17,940
then it progressively my vibration my

1612
01:08:22,939 --> 01:08:20,430
consciousness started to lift out of

1613
01:08:24,559 --> 01:08:22,949

that deep funk and I went up and up and

1614

01:08:28,579 --> 01:08:24,569

up but by the time I went through these

1615

01:08:31,610 --> 01:08:28,589

different dimensional experiences if you

1616

01:08:33,769 --> 01:08:31,620

will I was in a very angelic kind of

1617

01:08:37,220 --> 01:08:33,779

experience where I was hearing

1618

01:08:39,579 --> 01:08:37,230

I'm not saying harps because I'm a

1619

01:08:43,280 --> 01:08:39,589

really good to go but the music was

1620

01:08:45,650 --> 01:08:43,290

celestial it was just it was just there

1621

01:08:47,150 --> 01:08:45,660

throughout the realm I was in it was

1622

01:08:52,249 --> 01:08:47,160

like it wasn't coming from speaker it

1623

01:08:54,670 --> 01:08:52,259

was just pervasive and it was like times

1624

01:08:56,860 --> 01:08:54,680

10 better than their best citizens

1625

01:09:01,459 --> 01:08:56,870

acoustic speakers I didn't notice a

1626

01:09:03,950 --> 01:09:01,469

spectacular and from there then I slowly

1627

01:09:05,420 --> 01:09:03,960

came came back to Steve consciousness

1628

01:09:07,640 --> 01:09:05,430

but I went through like all these

1629

01:09:09,559 --> 01:09:07,650

different levels and I wrote about it in

1630

01:09:12,170 --> 01:09:09,569

my memoir and so that kind of got me

1631

01:09:14,990 --> 01:09:12,180

that was my first experience that there

1632

01:09:16,340 --> 01:09:15,000

are multi dimensions to our our reality

1633

01:09:18,800 --> 01:09:16,350

and many of them we didn't know even

1634

01:09:21,140 --> 01:09:18,810

existed or unless we read about them

1635

01:09:24,200 --> 01:09:21,150

unless somebody told us about something

1636

01:09:28,640 --> 01:09:24,210

like that so I kind of took that as a

1637

01:09:31,789 --> 01:09:28,650

foundation and I did some research again

1638

01:09:34,340 --> 01:09:31,799

and valid or not but I but in the Parana

1639

01:09:37,610 --> 01:09:34,350

k-- literature in the devi bhagwat on

1640

01:09:41,599 --> 01:09:37,620

for example that body of literature this

1641

01:09:45,650 --> 01:09:41,609

is the Nargis NER aka the many darkest

1642

01:09:49,729 --> 01:09:45,660

where human souls migrate to based upon

1643

01:09:53,689 --> 01:09:49,739

their actions and behavior and they

1644

01:09:56,150 --> 01:09:53,699

don't exist there and reside there for

1645

01:09:57,550 --> 01:09:56,160

eternity the way say Christian belief is

1646

01:09:59,560 --> 01:09:57,560

it's not such a thing

1647

01:10:04,440 --> 01:09:59,570

but while the Karma's being dissolved

1648

01:10:09,340 --> 01:10:04,450

they are experiencing some rough patches

1649

01:10:11,710 --> 01:10:09,350

notice Souls progress so I have two very

1650

01:10:14,620 --> 01:10:11,720

lucid descriptive chapters in the

1651
01:10:18,460 --> 01:10:14,630
srimad-bhagavatam about these artists

1652
01:10:20,890 --> 01:10:18,470
and what sense an individual - this one

1653
01:10:23,230 --> 01:10:20,900
versus that one like heinous crimes such

1654
01:10:27,040 --> 01:10:23,240
as cold-blooded murder versus something

1655
01:10:30,790 --> 01:10:27,050
else so whether they're allegories or a

1656
01:10:32,830 --> 01:10:30,800
symbolic take it anyway again I kind of

1657
01:10:35,980 --> 01:10:32,840
feel like okay I'm in fiction I want to

1658
01:10:37,600 --> 01:10:35,990
explore these things and I chose fiction

1659
01:10:39,970 --> 01:10:37,610
for this particular book because I

1660
01:10:42,670 --> 01:10:39,980
wanted to have a palette that gave me

1661
01:10:44,860 --> 01:10:42,680
freedom I didn't want to feel like okay

1662
01:10:48,460 --> 01:10:44,870
am I going to be pinned down so this is

1663
01:10:50,560 --> 01:10:48,470

Steve's belief now in my memoir that is

1664

01:10:52,900 --> 01:10:50,570

nonfiction so people could really take

1665

01:10:56,080 --> 01:10:52,910

me to task on my beliefs or my opinions

1666

01:10:58,780 --> 01:10:56,090

or my convictions you know in fiction

1667

01:11:00,070 --> 01:10:58,790

I'm free let's talk about that point

1668

01:11:01,750 --> 01:11:00,080

because I don't want people to get the

1669

01:11:05,350 --> 01:11:01,760

wrong impression this is a this is a

1670

01:11:06,880 --> 01:11:05,360

book of fiction and you're as you said

1671

01:11:08,650 --> 01:11:06,890

you're allowed to explore ideas

1672

01:11:10,690 --> 01:11:08,660

differently in the book of fiction I

1673

01:11:12,190 --> 01:11:10,700

think it also has this connection to

1674

01:11:14,680 --> 01:11:12,200

reality and some really important things

1675

01:11:16,330 --> 01:11:14,690

that you're talking about so in the time

1676

01:11:18,610 --> 01:11:16,340

that we have left recap for people a

1677

01:11:20,470 --> 01:11:18,620

little bit about this book where they

1678

01:11:22,780 --> 01:11:20,480

can find it the tale of the Himalayan

1679

01:11:24,220 --> 01:11:22,790

Yogi's and the prior book which we had

1680

01:11:26,560 --> 01:11:24,230

you am skeptical before and you talk to

1681

01:11:29,320 --> 01:11:26,570

you to a great job and people well

1682

01:11:31,900 --> 01:11:29,330

really I think enjoy this second book

1683

01:11:36,070 --> 01:11:31,910

with most stuff these days Amazon and

1684

01:11:39,160 --> 01:11:36,080

any online sellers online stores it's

1685

01:11:41,680 --> 01:11:39,170

available in both eBook and in hardcopy

1686

01:11:44,020 --> 01:11:41,690

in paperback it is the first book of a

1687

01:11:46,480 --> 01:11:44,030

trilogy and the second books these rough

1688

01:11:49,210 --> 01:11:46,490

draft is written I had to add a page in

1689

01:11:50,920 --> 01:11:49,220

the rough draft is there and - I'm not

1690

01:11:52,600 --> 01:11:50,930

saying I'm stalled because of my wife I

1691

01:11:55,210 --> 01:11:52,610

have to choose my editor and she's like

1692

01:11:58,060 --> 01:11:55,220

my love of my life I'm just sorting that

1693

01:12:00,250 --> 01:11:58,070

out I just want to put a plug for some

1694

01:12:03,160 --> 01:12:00,260

of the finest characters that I was able

1695

01:12:07,160 --> 01:12:03,170

to I thought that I work with in the

1696

01:12:09,020 --> 01:12:07,170

story where people from within in the

1697

01:12:12,020 --> 01:12:09,030

which was the harem and how they worked

1698

01:12:14,300 --> 01:12:12,030

behind the scenes to rectify a lot of

1699

01:12:16,910 --> 01:12:14,310

the wrongs that were going on in the

1700

01:12:20,780 --> 01:12:16,920

story these are not historically

1701

01:12:22,700 --> 01:12:20,790

accurate people but I did I read some of

1702

01:12:26,330 --> 01:12:22,710

the very best historical accounts of

1703

01:12:29,000 --> 01:12:26,340

mobile empire and drew actual characters

1704

01:12:31,340 --> 01:12:29,010

brothers of Emperor's and drew upon

1705

01:12:34,060 --> 01:12:31,350

those characters to to bring into the

1706

01:12:36,620 --> 01:12:34,070

story so there was as much authenticity

1707

01:12:38,210 --> 01:12:36,630

as I could and so he was a lot of fun to

1708

01:12:40,700 --> 01:12:38,220

do that because I it was a learning

1709

01:12:45,830 --> 01:12:40,710

experience but you're right that was

1710

01:12:48,440 --> 01:12:45,840

idea privilege I mean the Emperor was an

1711

01:12:51,710 --> 01:12:48,450

opium addict whole idea of privilege is

1712

01:12:54,830 --> 01:12:51,720

so counter to the idea of spirituality

1713

01:12:56,540 --> 01:12:54,840

that it's just offensive to me the idea

1714

01:12:57,560 --> 01:12:56,550

that any of us get through this thing

1715

01:13:00,530 --> 01:12:57,570

unscathed

1716

01:13:02,960 --> 01:13:00,540

the idea that any of us are kind of Etta

1717

01:13:04,970 --> 01:13:02,970

and an advantage in terms of what we

1718

01:13:07,220 --> 01:13:04,980

really have to accomplish spiritually is

1719

01:13:09,410 --> 01:13:07,230

a joke to anyone who sits down on a yoga

1720

01:13:11,750 --> 01:13:09,420

mat for five minutes and says I'm not

1721

01:13:13,400 --> 01:13:11,760

privileged I'm just as up

1722

01:13:15,260 --> 01:13:13,410

as anyone else and I'm very good

1723

01:13:17,240 --> 01:13:15,270

successor to the organization that I

1724

01:13:19,670 --> 01:13:17,250

have lists grew up with the t-yong

1725

01:13:21,860 --> 01:13:19,680

movement he came into the dome where

1726

01:13:23,570 --> 01:13:21,870

everybody for 2,000 people meditate for

1727

01:13:27,110 --> 01:13:23,580

the first time I wanted to hear the guy

1728

01:13:30,970 --> 01:13:27,120

talk and he's the guy he's that PhD from

1729

01:13:33,920 --> 01:13:30,980

Harvard and a MD from MIT or vice-versa

1730

01:13:37,130 --> 01:13:33,930

smart guy pretty good guys from Middle

1731

01:13:39,440 --> 01:13:37,140

East and he said we have to address the

1732

01:13:43,190 --> 01:13:39,450

issue of personality disorders I never

1733

01:13:47,330 --> 01:13:43,200

ever once heard of 50 years I've been in

1734

01:13:49,670 --> 01:13:47,340

our organization I hope our guest again

1735

01:13:51,500 --> 01:13:49,680

has been Steve Briggs and the book that

1736

01:13:52,940 --> 01:13:51,510

you're gonna want to check out and I do

1737

01:13:55,100 --> 01:13:52,950

hope you you will if you're at all

1738

01:13:57,020 --> 01:13:55,110

interested we talked about it the tale

1739

01:13:58,340 --> 01:13:57,030

of the Himalayan Yogi's and check out

1740

01:14:00,710 --> 01:13:58,350

his other book Steve it's been

1741

01:14:02,500 --> 01:14:00,720

absolutely terrific I'm we covered so

1742

01:14:05,390 --> 01:14:02,510

much ground and you're so open and

1743

01:14:07,670 --> 01:14:05,400

sincere travel around on the path it's a

1744

01:14:10,220 --> 01:14:07,680

joy to talk to you thank you thank you

1745

01:14:10,970 --> 01:14:10,230

and when you see been my best life he's

1746

01:14:12,680 --> 01:14:10,980

a good man

1747

01:14:14,240 --> 01:14:12,690

I had yet to meet them where we talked

1748

01:14:14,940 --> 01:14:14,250

on the phone four or five times and I

1749

01:14:16,470 --> 01:14:14,950

got

1750

01:14:17,730 --> 01:14:16,480

period love this trip to India meant

1751

01:14:18,330 --> 01:14:17,740

that could have a hand and help you come

1752

01:14:20,580 --> 01:14:18,340

out that

1753

01:14:22,380 --> 01:14:20,590

so hopefully you and I will meet one day

1754

01:14:24,810 --> 01:14:22,390

but until then we'll just keep talking

1755

01:14:32,430 --> 01:14:24,820

on the screen okay well you come back to

1756

01:14:36,270 --> 01:14:32,440

Del Mar anytime thank you thank you I am

1757

01:14:42,330 --> 01:14:36,280

privileged finest beaches and we just

1758

01:14:44,610 --> 01:14:42,340

love good for you yeah I know I think

1759

01:14:45,210 --> 01:14:44,620

everything happens by accident thanks

1760

01:14:49,380 --> 01:14:45,220

man

1761

01:14:51,390 --> 01:14:49,390

you're awesome good thanks again to

1762

01:14:53,880 --> 01:14:51,400

Steve Briggs for joining me today on

1763

01:14:56,010 --> 01:14:53,890

skeptical I've realized and editing this

1764

01:14:58,530 --> 01:14:56,020

that I talked a lot during this

1765

01:15:00,660 --> 01:14:58,540

interview people always accuse me that

1766

01:15:02,730 --> 01:15:00,670

anyway but especially this one but I

1767

01:15:06,150 --> 01:15:02,740

really felt like I needed to push Steve

1768

01:15:08,400 --> 01:15:06,160

on a couple of things because he is a TM

1769

01:15:11,010 --> 01:15:08,410

guy but I think that's also kind of a

1770

01:15:13,530 --> 01:15:11,020

follower kind of thing and I love the

1771

01:15:16,350 --> 01:15:13,540

Vedic yoga stuff but I think it has the

1772

01:15:20,310 --> 01:15:16,360

same problems with sage on the stage

1773

01:15:22,860 --> 01:15:20,320

kind of idealization and unchallenging

1774

01:15:24,960 --> 01:15:22,870

beliefs just because people say it so I

1775

01:15:26,760 --> 01:15:24,970

want to try and get to that next level

1776

01:15:28,560 --> 01:15:26,770

so I don't know if I dominated the

1777

01:15:31,470 --> 01:15:28,570

conversation too much or not but I'll

1778

01:15:34,650 --> 01:15:31,480

just take my chances on that and you can

1779

01:15:36,890 --> 01:15:34,660

tell me if you think I did and I will I

1780

01:15:39,390 --> 01:15:36,900

will take it under consideration

1781

01:15:42,840 --> 01:15:39,400

so the one question I tea up from this

1782

01:15:45,120 --> 01:15:42,850

interview is do you think there is a

1783

01:15:47,010 --> 01:15:45,130

moral imperative and I guess more

1784

01:15:50,000 --> 01:15:47,020

importantly do you think it makes sense

1785

01:15:54,900 --> 01:15:50,010

to try and tackle that from

1786

01:15:56,250 --> 01:15:54,910

pre-scientific but logical way so let me

1787

01:15:58,230 --> 01:15:56,260

know your thoughts pop over to the

1788

01:16:00,840 --> 01:15:58,240

skeptical forum and tell me or drop me

1789

01:16:03,570 --> 01:16:00,850

an email as always I love hearing and

1790

01:16:05,520 --> 01:16:03,580

interacting with you all so I do have

1791

01:16:08,220 --> 01:16:05,530

some great shows coming up stay with me

1792

01:16:11,320 --> 01:16:08,230

for all of that until next time take