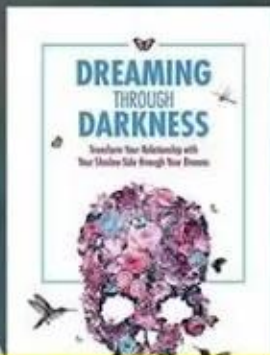


# Charlie Morely

skeptiko #455



**A Lucid Dream of Hell?**

## **Skeptiko Topics:**

Consciousness Science

Parapsychology

Near-Death Experience

Spirituality

Skeptics/Skepticism

Psi

Psychics & Mediums

Atheism

UFO

Neuroscience

Conspiracy Theories

Contactee Experience

OBE

1  
00:00:06,050 --> 00:00:02,810  
you create the world of the dream how

2  
00:00:08,530 --> 00:00:06,060  
could I ever acquire enough detail to

3  
00:00:11,560 --> 00:00:08,540  
make them think that it's reality dreams

4  
00:00:14,360 --> 00:00:11,570  
they feel real while we're in them right

5  
00:00:16,730 --> 00:00:14,370  
let me ask you a question you never

6  
00:00:19,070 --> 00:00:16,740  
really remember the beginning of the

7  
00:00:21,140 --> 00:00:19,080  
dream do you you always wind up right in

8  
00:00:24,259 --> 00:00:21,150  
the middle of what's going on I guess

9  
00:00:25,820 --> 00:00:24,269  
yeah so how did we end up here well we

10  
00:00:28,429 --> 00:00:25,830  
just came from there

11  
00:00:29,380 --> 00:00:28,439  
think about it Ariadne how did you get

12  
00:00:32,720 --> 00:00:29,390  
here

13  
00:00:35,090 --> 00:00:32,730

why are you right now that's from

14

00:00:37,130 --> 00:00:35,100

Inception a movie that explores a lot of

15

00:00:39,920 --> 00:00:37,140

the topics we're going to be talking

16

00:00:40,369 --> 00:00:39,930

about today in terms of dreaming lucid

17

00:00:42,590 --> 00:00:40,379

dreaming

18

00:00:44,470 --> 00:00:42,600

the extended consciousness realms of

19

00:00:48,080 --> 00:00:44,480

dreaming and what those might mean for

20

00:00:51,590 --> 00:00:48,090

how we could engineer or explore those

21

00:00:54,470 --> 00:00:51,600

with various kinds of technology our

22

00:00:57,380 --> 00:00:54,480

guest today is lucid dream expert

23

00:00:59,180 --> 00:00:57,390

Charlie Morley and I'm also joined by

24

00:01:03,740 --> 00:00:59,190

Richard Cox from deep state

25

00:01:05,660 --> 00:01:03,750

consciousness podcast here's a clip when

26  
00:01:07,190 --> 00:01:05,670  
he was watching one of these people in

27  
00:01:09,230 --> 00:01:07,200  
the lucid dream trying to prove lucid

28  
00:01:12,500 --> 00:01:09,240  
dreaming at one point he saw their eyes

29  
00:01:13,910 --> 00:01:12,510  
flicking left right left right really

30  
00:01:14,929 --> 00:01:13,920  
kind of synchronous and he woke them up

31  
00:01:17,690 --> 00:01:14,939  
and so what were you dreaming about

32  
00:01:20,060 --> 00:01:17,700  
oh I dream about a tennis match and he

33  
00:01:21,920 --> 00:01:20,070  
was like oh that's cool so he made the

34  
00:01:23,390 --> 00:01:21,930  
first discovery the eyes physically

35  
00:01:26,060 --> 00:01:23,400  
correspond to what you're dreaming about

36  
00:01:27,800 --> 00:01:26,070  
then then he thought okay right so maybe

37  
00:01:30,350 --> 00:01:27,810  
I can send a signal a kind of a Morse

38  
00:01:31,940 --> 00:01:30,360

code signal from the lucid dream state

39

00:01:34,190 --> 00:01:31,950

to the waiting's they saying hey guys

40

00:01:36,230 --> 00:01:34,200

I'm in here I'm doing the test I'm doing

41

00:01:38,300 --> 00:01:36,240

the experiment and he managed to do that

42

00:01:40,370 --> 00:01:38,310

and I said so how did it work and he

43

00:01:42,260 --> 00:01:40,380

said oh I spent eight hours looking at

44

00:01:45,980 --> 00:01:42,270

this he said suddenly on the on the

45

00:01:47,539 --> 00:01:45,990

favorite when Tim Dean don't doom and I

46

00:01:49,160 --> 00:01:47,549

said to him like how did it feel when

47

00:01:51,649 --> 00:01:49,170

you saw those eye movements come through

48

00:01:53,149 --> 00:01:51,659

when Charlie and those movies when

49

00:01:55,039 --> 00:01:53,159

they're in the NASA control room and

50

00:01:56,179 --> 00:01:55,049

they finally get there the other thing

51  
00:01:57,109 --> 00:01:56,189  
from Mars and they all give each other

52  
00:01:58,639 --> 00:01:57,119  
high fives

53  
00:02:00,920 --> 00:01:58,649  
I said yeah anyone it was like that but

54  
00:02:02,270 --> 00:02:00,930  
I had no one to high-five and I kind of

55  
00:02:03,649 --> 00:02:02,280  
leant over and gave him that we like

56  
00:02:06,260 --> 00:02:03,659  
that he missed we had this like awkward

57  
00:02:08,600 --> 00:02:06,270  
missed high-five and he went oh well

58  
00:02:11,510 --> 00:02:08,610  
forty years too late but thank you

59  
00:02:12,950 --> 00:02:11,520  
I will say about entities because I

60  
00:02:14,540 --> 00:02:12,960  
realize I gave you the Jungian view on

61  
00:02:15,920 --> 00:02:14,550  
entities I gave the Buddhist view on

62  
00:02:17,990 --> 00:02:15,930  
entities I didn't actually give you my

63  
00:02:19,550 --> 00:02:18,000

personal view on entities which it's

64

00:02:22,580 --> 00:02:19,560

like yeah man anyone who's had like a

65

00:02:25,160 --> 00:02:22,590

DMT experience or like moving into kind

66

00:02:28,300 --> 00:02:25,170

of psilocybin therapy or ayahuasca or

67

00:02:31,490 --> 00:02:28,310

something these are these are not

68

00:02:32,840 --> 00:02:31,500

internally generated experiences like

69

00:02:34,730 --> 00:02:32,850

when people are all having the same

70

00:02:36,080 --> 00:02:34,740

experience of mother ayahuasca coming

71

00:02:38,120 --> 00:02:36,090

over them and she appears in the same

72

00:02:40,610 --> 00:02:38,130

way and often is offering the same

73

00:02:43,520 --> 00:02:40,620

guidance you thinking this is existing

74

00:02:45,260 --> 00:02:43,530

did welcome to skeptical where we

75

00:02:47,660 --> 00:02:45,270

explore controversial science and

76

00:02:49,790 --> 00:02:47,670

spirituality with leading researchers

77

00:02:52,550 --> 00:02:49,800

thinkers and their critics I'm your host

78

00:02:55,490 --> 00:02:52,560

Alex Secours and today we welcome

79

00:02:58,910 --> 00:02:55,500

Charlie Morley to skeptical Charlie is a

80

00:03:01,130 --> 00:02:58,920

lucid dreaming expert having authored

81

00:03:04,150 --> 00:03:01,140

several best-selling books on the topic

82

00:03:06,800 --> 00:03:04,160

and conducted I don't know at this point

83

00:03:09,020 --> 00:03:06,810

probably I'm sure Charlie hundreds of

84

00:03:11,810 --> 00:03:09,030

workshops around the world in which he

85

00:03:14,900 --> 00:03:11,820

helps people develop this skill and then

86

00:03:17,360 --> 00:03:14,910

apply it to their life and Charlie is

87

00:03:19,520 --> 00:03:17,370

we're gonna find out is also one of

88

00:03:24,340 --> 00:03:19,530

those really interesting guys who has

89

00:03:27,350 --> 00:03:24,350

integrated kind of the best of Western

90

00:03:30,440 --> 00:03:27,360

understandings of not just spirituality

91

00:03:32,479 --> 00:03:30,450

but maybe this science we could say he

92

00:03:35,390 --> 00:03:32,489

has the bona fides in terms of studying

93

00:03:37,490 --> 00:03:35,400

Tibetan Buddhism and really immersing

94

00:03:39,259 --> 00:03:37,500

himself in it he's a terrific public

95

00:03:41,000 --> 00:03:39,269

speaker he has a great TED talk out

96

00:03:42,440 --> 00:03:41,010

there which will also kind of want to

97

00:03:43,820 --> 00:03:42,450

talk about so it's great to have him

98

00:03:47,000 --> 00:03:43,830

here on sceptical I think he's going to

99

00:03:49,130 --> 00:03:47,010

be really good and we also have riding

100

00:03:51,380 --> 00:03:49,140

shotgun but we'll probably drag him into

101

00:03:54,110 --> 00:03:51,390

this conversation as well

102

00:03:56,180 --> 00:03:54,120

Richard Cox from the deep state

103

00:03:58,190 --> 00:03:56,190

consciousness podcast I was just

104

00:04:01,400 --> 00:03:58,200

explaining to Charlie that that's how I

105

00:04:03,800 --> 00:04:01,410

ran across Charlie's work which is

106

00:04:06,410 --> 00:04:03,810

really terrific on lucid dreaming and

107

00:04:09,140 --> 00:04:06,420

then Richard's been helping me with this

108

00:04:09,590 --> 00:04:09,150

new book why evil matters and I said hey

109

00:04:11,660 --> 00:04:09,600

man

110

00:04:14,750 --> 00:04:11,670

all this stuff is Charlie is talking

111

00:04:17,270 --> 00:04:14,760

about is directly syncing up with all

112

00:04:18,920 --> 00:04:17,280

these things I'm hearing from people of

113

00:04:20,960 --> 00:04:18,930

these other traditions of course that's

114

00:04:22,720 --> 00:04:20,970

the way it's supposed to work so I

115

00:04:26,140 --> 00:04:22,730

wanted to talk with

116

00:04:27,400 --> 00:04:26,150

Charlie and I just invited Richard along

117

00:04:31,330 --> 00:04:27,410

because I'm sure he'll have some

118

00:04:33,850 --> 00:04:31,340

interesting insights as well so Charlie

119

00:04:36,990 --> 00:04:33,860

and Richard welcome thanks for joining

120

00:04:40,180 --> 00:04:37,000

me thanks man thanks have anything Alex

121

00:04:43,140 --> 00:04:40,190

so I gave people kind of a thumbnail

122

00:04:46,990 --> 00:04:43,150

sketch of the background Charlie please

123

00:04:50,110 --> 00:04:47,000

tell us more about who you are and how

124

00:04:52,300 --> 00:04:50,120

you came to this work yes so I started

125

00:04:54,820 --> 00:04:52,310

teaching lucid dreaming about 11 years

126

00:04:57,040 --> 00:04:54,830

ago I've been into it for a lot longer I

127

00:04:59,050 --> 00:04:57,050

started lucid dreaming in my teens so

128

00:05:01,330 --> 00:04:59,060

like when I was 16 17 so about 20 years

129

00:05:03,460 --> 00:05:01,340

ago and yeah we're just something I I

130

00:05:05,020 --> 00:05:03,470

got into I read some books geeked out

131

00:05:06,400 --> 00:05:05,030

about it was into it my team because it

132

00:05:08,440 --> 00:05:06,410

seemed like a really cool way to like

133

00:05:10,390 --> 00:05:08,450

get access to this virtual reality

134

00:05:11,920 --> 00:05:10,400

simulation of your own psychology where

135

00:05:13,990 --> 00:05:11,930

you could do whatever you wanted so at

136

00:05:15,550 --> 00:05:14,000

16 17 all I want to do is have loads of

137

00:05:17,770 --> 00:05:15,560

sex so the first like two years of my

138

00:05:20,020 --> 00:05:17,780

lucid dream experience a lucid dream for

139

00:05:21,340 --> 00:05:20,030

those who who are wondering is the dream

140

00:05:22,660 --> 00:05:21,350

way that you're dreaming as you're

141

00:05:24,700 --> 00:05:22,670

dreaming and then you can direct the

142

00:05:26,200 --> 00:05:24,710

dream will so 60 and I knew what I

143

00:05:27,940 --> 00:05:26,210

wouldn't say directly to do right I was

144

00:05:29,440 --> 00:05:27,950

like pop girls come to me and then all

145

00:05:31,060 --> 00:05:29,450

these hot girls would appear at home all

146

00:05:32,350 --> 00:05:31,070

this great sex that I wasn't having in

147

00:05:34,180 --> 00:05:32,360

real life because I was at sixteen right

148

00:05:36,460 --> 00:05:34,190

and skateboarding I did a lot of

149

00:05:38,170 --> 00:05:36,470

skateboarding and weirdly it since then

150

00:05:40,930 --> 00:05:38,180

in the last ten years there's been a

151  
00:05:43,240 --> 00:05:40,940  
whole wealth of studies showing that you

152  
00:05:44,620 --> 00:05:43,250  
can get better at sports by practicing

153  
00:05:46,270 --> 00:05:44,630  
and lucid dreaming and I got really good

154  
00:05:48,490 --> 00:05:46,280  
at skateboarding so maybe it was down to

155  
00:05:50,110 --> 00:05:48,500  
those neural pathways fire him off the

156  
00:05:51,820 --> 00:05:50,120  
other thing not so I didn't get very

157  
00:05:54,340 --> 00:05:51,830  
good at that but still have lots of fun

158  
00:05:56,500 --> 00:05:54,350  
so I was kind of messing about with

159  
00:05:59,080 --> 00:05:56,510  
lucid dreaming for those first couple of

160  
00:06:01,060 --> 00:05:59,090  
years and then I get into Buddhism when

161  
00:06:03,100 --> 00:06:01,070  
about 18 19 read a couple of books by

162  
00:06:04,600 --> 00:06:03,110  
the Dalai Lama had a big kind of

163  
00:06:06,370 --> 00:06:04,610

near-death experience I wouldn't say

164

00:06:08,080 --> 00:06:06,380

like drugs and psychedelics and had a

165

00:06:10,390 --> 00:06:08,090

near-death experience from that that

166

00:06:12,250 --> 00:06:10,400

then made me look not just at Buddhism

167

00:06:14,230 --> 00:06:12,260

but specifically Tibetan Buddhism and

168

00:06:16,030 --> 00:06:14,240

then I found out that not only their

169

00:06:17,830 --> 00:06:16,040

into death their into dreams and they

170

00:06:19,360 --> 00:06:17,840

had this thing called dream yoga which

171

00:06:20,830 --> 00:06:19,370

is like this whole collection of

172

00:06:23,680 --> 00:06:20,840

practices which have lucid dream

173

00:06:25,750 --> 00:06:23,690

training at their base which used the

174

00:06:27,580 --> 00:06:25,760

lucid dream state to explore the nature

175

00:06:29,020 --> 00:06:27,590

of reality to prepare for death and

176

00:06:30,850 --> 00:06:29,030

dying and to do your spiritual practice

177

00:06:32,350 --> 00:06:30,860

in your sleep so I was like wow okay

178

00:06:33,880 --> 00:06:32,360

these these dudes sound cool

179

00:06:35,830 --> 00:06:33,890

I sort of hang out with these and while

180

00:06:37,450 --> 00:06:35,840

hanging out taking teachings from these

181

00:06:38,830 --> 00:06:37,460

Lamas and teachers and then I ended up

182

00:06:41,350 --> 00:06:38,840

living in a buddhist center like eight

183

00:06:44,080 --> 00:06:41,360

years which was kind of quite immersive

184

00:06:45,820 --> 00:06:44,090

experience and then yeah got asked by my

185

00:06:48,340 --> 00:06:45,830

buddhist teacher when i was 25 to start

186

00:06:49,390 --> 00:06:48,350

giving workshops and stuff and yeah then

187

00:06:50,560 --> 00:06:49,400

wrote some books about it and been

188

00:06:53,590 --> 00:06:50,570

running workshops and retreats ever

189

00:06:54,940 --> 00:06:53,600

since so you have some terrific books

190

00:06:57,910 --> 00:06:54,950

out there and i want to let people know

191

00:07:00,580 --> 00:06:57,920

these books are from a major publisher

192

00:07:02,500 --> 00:07:00,590

Hay House and you have some recordings

193

00:07:04,540 --> 00:07:02,510

out there as well they're really super

194

00:07:06,490 --> 00:07:04,550

accessible like price-wise they're

195

00:07:09,100 --> 00:07:06,500

accessible you get some of these books

196

00:07:11,380 --> 00:07:09,110

for nothing or Kindle unlimited yeah

197

00:07:13,750 --> 00:07:11,390

they're on some crazy look down sale

198

00:07:16,780 --> 00:07:13,760

they're like 99 cents or something on

199

00:07:19,390 --> 00:07:16,790

Kindle yeah I'm telling you folks go and

200

00:07:22,060 --> 00:07:19,400

grab this stuff scoop it up and then

201  
00:07:24,730 --> 00:07:22,070  
also check out Charlie's TED talk

202  
00:07:27,250 --> 00:07:24,740  
recorded here in my hometown of San

203  
00:07:30,280 --> 00:07:27,260  
Diego a few years ago but just great

204  
00:07:33,910 --> 00:07:30,290  
stuff what I'm hoping we can do is

205  
00:07:36,370 --> 00:07:33,920  
direct folks to go do that and then find

206  
00:07:38,410 --> 00:07:36,380  
out about this guy if you have any

207  
00:07:41,620 --> 00:07:38,420  
interest at all in developing the skill

208  
00:07:43,660 --> 00:07:41,630  
he offers workshops and now with the

209  
00:07:45,790 --> 00:07:43,670  
social distancing thing a lot of online

210  
00:07:48,340 --> 00:07:45,800  
one-on-one coaching all that is

211  
00:07:51,880 --> 00:07:48,350  
available so with that I guess I'm

212  
00:07:54,340 --> 00:07:51,890  
asking for permission to kind of jump

213  
00:07:56,290 --> 00:07:54,350

past maybe some of that and get into

214

00:07:58,540 --> 00:07:56,300

some of the deeper philosophical stuff

215

00:08:01,360 --> 00:07:58,550

that you guys talked about that you and

216

00:08:04,660 --> 00:08:01,370

Richard talked about and in particular

217

00:08:06,970 --> 00:08:04,670

some of these parallels in terms of what

218

00:08:08,800 --> 00:08:06,980

this stuff really means I love the way

219

00:08:11,170 --> 00:08:08,810

you start off and talk about the

220

00:08:12,910 --> 00:08:11,180

realness of hey if you can loose a dream

221

00:08:15,730 --> 00:08:12,920

well I can't I do that

222

00:08:18,190 --> 00:08:15,740

can I go have sex or the other thing why

223

00:08:19,960 --> 00:08:18,200

can't I go around and do things or spy

224

00:08:22,630 --> 00:08:19,970

and be all these things that people do

225

00:08:26,500 --> 00:08:22,640

or flying and all that stuff and I think

226

00:08:29,290 --> 00:08:26,510

that immediately once you get past that

227

00:08:31,780 --> 00:08:29,300

just like you said it launches us into a

228

00:08:34,540 --> 00:08:31,790

bunch of deeper questions about the

229

00:08:37,839 --> 00:08:34,550

nature of reality about the nature of

230

00:08:40,060 --> 00:08:37,849

evil which is something you explore in

231

00:08:41,980 --> 00:08:40,070

your book one of the books I had up

232

00:08:44,829 --> 00:08:41,990

there on the on the website is dreaming

233

00:08:47,260 --> 00:08:44,839

through darkness which is Sam I guess we

234

00:08:48,130 --> 00:08:47,270

could talk about so with your permission

235

00:08:52,420 --> 00:08:48,140

let's

236

00:08:55,620 --> 00:08:52,430

gonna jump into the deep waters of what

237

00:08:58,750 --> 00:08:55,630

this stuff really is telling us about

238

00:09:01,320 --> 00:08:58,760

the larger nature of reality and in

239

00:09:04,060 --> 00:09:01,330

particular what it's telling us about

240

00:09:06,660 --> 00:09:04,070

darkness evil shadow I guess we have to

241

00:09:08,080 --> 00:09:06,670

start by defining what those mean to you

242

00:09:10,270 --> 00:09:08,090

mm-hmm

243

00:09:12,130 --> 00:09:10,280

yes okay well let's look at that time

244

00:09:13,720 --> 00:09:12,140

the shadow which is what V and my latest

245

00:09:16,840 --> 00:09:13,730

book dreaming through darkness is about

246

00:09:18,370 --> 00:09:16,850

so Carl Jung popularized the term shadow

247

00:09:20,770 --> 00:09:18,380

of course he didn't invent the concept

248

00:09:22,990 --> 00:09:20,780

the concept of a shadow side to the

249

00:09:25,420 --> 00:09:23,000

psyche to the soul to the mind has been

250

00:09:26,470 --> 00:09:25,430

around since since humans started

251

00:09:28,120 --> 00:09:26,480

talking about this ever writing about

252

00:09:30,490 --> 00:09:28,130

this stuff at least but Carl Jung

253

00:09:32,110 --> 00:09:30,500

defined the shadow as the parts of the

254

00:09:34,900 --> 00:09:32,120

unconscious mind that we have rejected

255

00:09:37,360 --> 00:09:34,910

denied or disowned he described as the

256

00:09:38,800 --> 00:09:37,370

dark side of the human psyche but Cruz

257

00:09:42,130 --> 00:09:38,810

and this is the crucial bit the dark

258

00:09:45,610 --> 00:09:42,140

side the human psyche , but not dark

259

00:09:47,830 --> 00:09:45,620

meaning bad evil or malign dark meaning

260

00:09:49,960 --> 00:09:47,840

yet to be illuminated and that's crucial

261

00:09:52,510 --> 00:09:49,970

to understand in the shadows not bad

262

00:09:55,510 --> 00:09:52,520

it's not some sort of untapped source of

263

00:09:58,240 --> 00:09:55,520

evil or harm simply that which we hide

264

00:09:59,620 --> 00:09:58,250

from ourselves and others so if we think

265

00:10:00,130 --> 00:09:59,630

what are we hide from ourselves not it's

266

00:10:02,290 --> 00:10:00,140

okay

267

00:10:03,880 --> 00:10:02,300

that may well contain aspects which are

268

00:10:06,400 --> 00:10:03,890

harmful Russell's mother you might hide

269

00:10:07,300 --> 00:10:06,410

our our greed our hatred our prejudice

270

00:10:09,640 --> 00:10:07,310

our racism

271

00:10:11,290 --> 00:10:09,650

our internet search history whatever you

272

00:10:14,200 --> 00:10:11,300

we hide this stuff from others our shame

273

00:10:15,640 --> 00:10:14,210

our fear but there's also an aspects the

274

00:10:17,860 --> 00:10:15,650

called the golden shadow I mean young

275

00:10:19,270 --> 00:10:17,870

never school it never referred to this

276

00:10:21,010 --> 00:10:19,280

concept the golden shadow but there's a

277

00:10:24,280 --> 00:10:21,020

famous quote from his teachings where he

278

00:10:26,710 --> 00:10:24,290

says the shadow is 90% pure gold and

279

00:10:28,390 --> 00:10:26,720

from that the post unions have this idea

280

00:10:29,650 --> 00:10:28,400

of the golden shadow and the golden

281

00:10:32,020 --> 00:10:29,660

shadow is actually exactly the same

282

00:10:34,540 --> 00:10:32,030

definition that which we repress denial

283

00:10:36,010 --> 00:10:34,550

disown but it's the parts we repressed

284

00:10:38,020 --> 00:10:36,020

and I am lesson which are more overtly

285

00:10:40,930 --> 00:10:38,030

beneficial for example our hidden

286

00:10:42,880 --> 00:10:40,940

talents our sexuality our spiritual side

287

00:10:44,560 --> 00:10:42,890

I mean there may well be your listeners

288

00:10:47,620 --> 00:10:44,570

listening now I would ask them this

289

00:10:49,420 --> 00:10:47,630

question do you ever hide your esoteric

290

00:10:51,700 --> 00:10:49,430

side from your friends or family for

291

00:10:54,580 --> 00:10:51,710

fear of being labeled to woo if the

292

00:10:56,140 --> 00:10:54,590

answer is yes that's golden shadow your

293

00:10:58,330 --> 00:10:56,150

spiritual side something that couldn't

294

00:10:59,800 --> 00:10:58,340

be more more healthy if you tried the

295

00:11:01,360 --> 00:10:59,810

aspect of yourself that wants to grow

296

00:11:03,070 --> 00:11:01,370

the ones with Spruill your psyche

297

00:11:05,350 --> 00:11:03,080

spiritual growth and yet we hide it from

298

00:11:07,060 --> 00:11:05,360

others why exactly the same reason we

299

00:11:09,220 --> 00:11:07,070

hide the dark shadow fear of rejection

300

00:11:11,980 --> 00:11:09,230

from the tribe which back in the day was

301  
00:11:14,140 --> 00:11:11,990  
tantamount to uh to death it's this kind

302  
00:11:17,170 --> 00:11:14,150  
of rejection former that we have this

303  
00:11:19,090 --> 00:11:17,180  
trans humanistic rejection trauma that

304  
00:11:20,800 --> 00:11:19,100  
permeates all of our minds plays out

305  
00:11:22,960 --> 00:11:20,810  
when we hide our shadow of our golden

306  
00:11:24,640 --> 00:11:22,970  
shadow from others and even the dark

307  
00:11:26,769 --> 00:11:24,650  
shadow isn't necessarily bad it's just

308  
00:11:29,530 --> 00:11:26,779  
parts of us which were repressed but if

309  
00:11:31,329 --> 00:11:29,540  
we can be aware of the shadow what we

310  
00:11:33,340 --> 00:11:31,339  
don't know about controls uh so by being

311  
00:11:35,380 --> 00:11:33,350  
aware of the shadow simply by knowing

312  
00:11:37,300 --> 00:11:35,390  
that it exists by learning about our

313  
00:11:39,910 --> 00:11:37,310

personal shadow we remove a lot of the

314

00:11:41,920 --> 00:11:39,920

control that that unconscious shadow

315

00:11:43,480 --> 00:11:41,930

material has over us so shadow work is

316

00:11:46,090 --> 00:11:43,490

inherently healthy it's good thing to do

317

00:11:47,769 --> 00:11:46,100

and young another kind of famous thing

318

00:11:49,600 --> 00:11:47,779

he said was those who claim to have no

319

00:11:51,550 --> 00:11:49,610

shadow are the most dangerous people on

320

00:11:53,740 --> 00:11:51,560

earth because there's no hope without

321

00:11:55,570 --> 00:11:53,750

this awareness right well you know that

322

00:11:57,640 --> 00:11:55,580

that creeps into some different

323

00:12:01,360 --> 00:11:57,650

territory though doesn't it which in

324

00:12:03,280 --> 00:12:01,370

kind of classic Jungian fashion where

325

00:12:05,200 --> 00:12:03,290

you're kind of marching along with him

326  
00:12:07,390 --> 00:12:05,210  
and then he says something like that and

327  
00:12:10,840 --> 00:12:07,400  
we go well what the hell would that mean

328  
00:12:13,290 --> 00:12:10,850  
what would we have to fear and it would

329  
00:12:16,090 --> 00:12:13,300  
be dangerous unless there's something

330  
00:12:17,890 --> 00:12:16,100  
external beyond the shadow and I think

331  
00:12:20,560 --> 00:12:17,900  
that plays into something that I did

332  
00:12:22,930 --> 00:12:20,570  
want to get into and it comes up in your

333  
00:12:24,610 --> 00:12:22,940  
TED talk and it invariably comes up

334  
00:12:27,220 --> 00:12:24,620  
whenever we talk about these topics and

335  
00:12:30,310 --> 00:12:27,230  
that is the integration between the

336  
00:12:32,890 --> 00:12:30,320  
Western understanding of consciousness

337  
00:12:35,740 --> 00:12:32,900  
and the obviously limited understanding

338  
00:12:37,390 --> 00:12:35,750

which we have to dance around so I get

339

00:12:40,570 --> 00:12:37,400

it you're up there doing a TED talk and

340

00:12:43,150 --> 00:12:40,580

I've talked to a bunch of people Caltech

341

00:12:44,560 --> 00:12:43,160

physicist who says yeah I got up there

342

00:12:46,720 --> 00:12:44,570

do the TED talk and they coached me

343

00:12:48,430 --> 00:12:46,730

beforehand kind of don't go into this we

344

00:12:50,680 --> 00:12:48,440

don't like this I love everything you

345

00:12:53,170 --> 00:12:50,690

say just can you kind of say it kind of

346

00:12:56,500 --> 00:12:53,180

like this yeah and at one point of your

347

00:13:00,040 --> 00:12:56,510

TED talk you go and up here as if this

348

00:13:02,490 --> 00:13:00,050

stuff is in our brain physically I know

349

00:13:04,840 --> 00:13:02,500

you probably don't think that's true

350

00:13:07,090 --> 00:13:04,850

scientifically it isn't true Buddhist

351  
00:13:09,910 --> 00:13:07,100  
wise we know it's we're past that but we

352  
00:13:11,890 --> 00:13:09,920  
have to kind of play that play that game

353  
00:13:13,580 --> 00:13:11,900  
and in the same way Jung is kind of

354  
00:13:16,040 --> 00:13:13,590  
playing that game and that

355  
00:13:18,050 --> 00:13:16,050  
all our shadow it's our internal work

356  
00:13:19,910 --> 00:13:18,060  
but there's some dangerous out

357  
00:13:23,360 --> 00:13:19,920  
there if you go outside of it as well so

358  
00:13:27,320 --> 00:13:23,370  
do you want to speak to that at all in

359  
00:13:29,030 --> 00:13:27,330  
terms of how we navigate that in the

360  
00:13:32,860 --> 00:13:29,040  
scientific community and then how we

361  
00:13:37,460 --> 00:13:32,870  
navigate this evil as it maybe is

362  
00:13:39,500 --> 00:13:37,470  
existing in an external form yes I mean

363  
00:13:42,680 --> 00:13:39,510

straight off the bat I don't believe in

364

00:13:44,690 --> 00:13:42,690

any objective existing external evil I

365

00:13:48,470 --> 00:13:44,700

don't even believe in evil as a concept

366

00:13:50,930 --> 00:13:48,480

I believe in traumatized people acting

367

00:13:53,210 --> 00:13:50,940

out unintegrated trauma which manifests

368

00:13:55,220 --> 00:13:53,220

is seeming human evil but as far as like

369

00:13:57,560 --> 00:13:55,230

an objectively existing evil or kind of

370

00:13:59,900 --> 00:13:57,570

satanic archetype yeah I don't really

371

00:14:01,580 --> 00:13:59,910

believe in that I believe that there is

372

00:14:05,840 --> 00:14:01,590

probably in the collective unconscious

373

00:14:07,460 --> 00:14:05,850

and archetypal energy or safety because

374

00:14:09,170 --> 00:14:07,470

so many people have believed and

375

00:14:11,420 --> 00:14:09,180

projected this belief answered the

376

00:14:13,370 --> 00:14:11,430

collective that that this thing exists

377

00:14:14,450 --> 00:14:13,380

that are probably best just as so many

378

00:14:16,730 --> 00:14:14,460

is it not people who believe that

379

00:14:20,480 --> 00:14:16,740

there's a God concept that that probably

380

00:14:23,000 --> 00:14:20,490

exists too but because something seems

381

00:14:24,530 --> 00:14:23,010

to exist doesn't mean that it's real but

382

00:14:26,750 --> 00:14:24,540

then what is real here it's it's

383

00:14:28,130 --> 00:14:26,760

something can be real and not true it's

384

00:14:29,870 --> 00:14:28,140

like the Buddhist ideas of these last

385

00:14:32,480 --> 00:14:29,880

six realms of existence but I talked to

386

00:14:33,950 --> 00:14:32,490

Richard about these hell realms and they

387

00:14:36,260 --> 00:14:33,960

have all the descriptions of these like

388

00:14:37,550 --> 00:14:36,270

Hell like a 60 in Hell realms but

389

00:14:39,080 --> 00:14:37,560

actually if you and maybe short

390

00:14:40,190 --> 00:14:39,090

descriptions of how they feel and stuff

391

00:14:41,450 --> 00:14:40,200

but if you look at them they're all

392

00:14:43,520 --> 00:14:41,460

psychological corabeth's their

393

00:14:45,200 --> 00:14:43,530

descriptions of depression I mean one of

394

00:14:48,440 --> 00:14:45,210

the brilliant discreet the hell realm

395

00:14:50,000 --> 00:14:48,450

says you have molten lead poured through

396

00:14:51,860 --> 00:14:50,010

your mouth till your limbs are too heavy

397

00:14:53,780 --> 00:14:51,870

to move now anyone who's been in that

398

00:14:55,700 --> 00:14:53,790

deep depression of grief when you've

399

00:14:58,040 --> 00:14:55,710

lost someone you love and you're in bed

400

00:14:59,330 --> 00:14:58,050

and you lift your arms are so heavy with

401  
00:15:01,220 --> 00:14:59,340  
depression you can't even move them

402  
00:15:03,470 --> 00:15:01,230  
that's the hell realm you're in that

403  
00:15:04,760 --> 00:15:03,480  
hell realm or the hell realm of Traum or

404  
00:15:06,590 --> 00:15:04,770  
the hell realm of anger

405  
00:15:09,890 --> 00:15:06,600  
these aren't kind of places objectively

406  
00:15:12,290 --> 00:15:09,900  
existing their shades of suffering which

407  
00:15:14,960 --> 00:15:12,300  
we can experience in the mind but then

408  
00:15:17,480 --> 00:15:14,970  
as a caveat to that they also say the

409  
00:15:20,330 --> 00:15:17,490  
hell realms don't exist out there but

410  
00:15:21,590 --> 00:15:20,340  
then neither does this this waking life

411  
00:15:23,810 --> 00:15:21,600  
so from a Buddhist whatever the hell

412  
00:15:26,710 --> 00:15:23,820  
realms are as real as this waking life

413  
00:15:29,100 --> 00:15:26,720

but also as unreal is this waking life

414

00:15:31,240 --> 00:15:29,110

and then I get way out of my depth now

415

00:15:32,889 --> 00:15:31,250

do you need to speak to some Buddhist

416

00:15:34,360 --> 00:15:32,899

Lama or something I know I can

417

00:15:38,559 --> 00:15:34,370

understand what they're getting at their

418

00:15:41,139 --> 00:15:38,569

bottom I'm trying right to certain

419

00:15:45,160 --> 00:15:41,149

extent that's the dilemma because this

420

00:15:47,530 --> 00:15:45,170

is where we all live we all live in this

421

00:15:51,850 --> 00:15:47,540

reality and whether it's a constructed

422

00:15:53,800 --> 00:15:51,860

reality or not that this is where we

423

00:15:55,929 --> 00:15:53,810

reside in this is where we have to kind

424

00:15:59,110 --> 00:15:55,939

of try and navigate whether it's taking

425

00:16:01,360 --> 00:15:59,120

taking lucid dreaming classes to further

426

00:16:04,590 --> 00:16:01,370

our spiritual development whatever the

427

00:16:07,929 --> 00:16:04,600

hell that would mean or whether it means

428

00:16:11,319 --> 00:16:07,939

saying the making the sign of the Cross

429

00:16:13,569 --> 00:16:11,329

over your chest or burning sage in your

430

00:16:16,900 --> 00:16:13,579

ring to clear out spirits all these

431

00:16:21,579 --> 00:16:16,910

things are part of our reality that I

432

00:16:22,809 --> 00:16:21,589

guess I'm trying to if not kind of

433

00:16:25,119 --> 00:16:22,819

wrestle to the ground

434

00:16:27,970 --> 00:16:25,129

to at least draw attention to the fact

435

00:16:29,860 --> 00:16:27,980

that there are enough people from

436

00:16:32,829 --> 00:16:29,870

different traditions talking about these

437

00:16:36,220 --> 00:16:32,839

that we may be Auto at least look at the

438

00:16:38,170 --> 00:16:36,230

extent to which science has completely

439

00:16:40,360 --> 00:16:38,180

abdicated its responsibility for

440

00:16:42,490 --> 00:16:40,370

exploring us so I do not have a

441

00:16:44,350 --> 00:16:42,500

scientific understanding of where we

442

00:16:46,360 --> 00:16:44,360

would even begin to talk about what evil

443

00:16:48,910 --> 00:16:46,370

is because science can't even talk about

444

00:16:51,730 --> 00:16:48,920

extended consciousness so I'm always

445

00:16:53,379 --> 00:16:51,740

keen to finding people who are talking

446

00:16:55,389 --> 00:16:53,389

about the way that you're talking about

447

00:16:58,540 --> 00:16:55,399

it is great so let me do this let me

448

00:17:00,970 --> 00:16:58,550

just oppose what you're saying with a

449

00:17:03,100 --> 00:17:00,980

guest that I just had on the show who I

450

00:17:05,470 --> 00:17:03,110

think is really a pretty interesting guy

451  
00:17:07,079 --> 00:17:05,480  
and I think they'll offer a springboard

452  
00:17:13,779 --> 00:17:07,089  
into talking about a lot of this stuff

453  
00:17:15,970 --> 00:17:13,789  
this guy's name is Tom Zinser mm-hmm and

454  
00:17:17,770 --> 00:17:15,980  
Tom is a clinical psychologist he's been

455  
00:17:20,140 --> 00:17:17,780  
a clinical psychologist for like 30

456  
00:17:23,409 --> 00:17:20,150  
years thousands of patients and he got

457  
00:17:27,760 --> 00:17:23,419  
into doing some of this spirit work some

458  
00:17:31,000 --> 00:17:27,770  
of this darkness work with his clients

459  
00:17:32,200 --> 00:17:31,010  
in the form of ego separation I think it

460  
00:17:33,640 --> 00:17:32,210  
has direct parallels to what you're

461  
00:17:36,490 --> 00:17:33,650  
talking about let's listen to what he

462  
00:17:40,320 --> 00:17:36,500  
has to say the distinction that you make

463  
00:17:42,779 --> 00:17:40,330

between darkness and evil well

464

00:17:45,600 --> 00:17:42,789

I have to go back again and emphasize

465

00:17:49,019 --> 00:17:45,610

the clinical nature because all of these

466

00:17:52,320 --> 00:17:49,029

start with the clients own story my work

467

00:17:56,220 --> 00:17:52,330

is basically identifying those things

468

00:17:59,009 --> 00:17:56,230

within person that blocks the light so

469

00:18:01,919 --> 00:17:59,019

the protocol developed for the ego state

470

00:18:04,799 --> 00:18:01,929

system make the contact communicate with

471

00:18:07,889 --> 00:18:04,809

them make it safe for them to receive

472

00:18:12,180 --> 00:18:07,899

this light love energy once they receive

473

00:18:13,620 --> 00:18:12,190

it as I said 99% say whippy I love this

474

00:18:16,919 --> 00:18:13,630

I don't want to be without it

475

00:18:18,840 --> 00:18:16,929

and then they will move through the

476

00:18:22,830 --> 00:18:18,850

sharing and release or what happened to

477

00:18:25,769 --> 00:18:22,840

them for a spirit attachment outside

478

00:18:28,230 --> 00:18:25,779

entity it's a different protocol they

479

00:18:31,460 --> 00:18:28,240

don't belong with the person they need

480

00:18:33,840 --> 00:18:31,470

to leave and in the worst cases

481

00:18:38,430 --> 00:18:33,850

protocols designed to get to a point

482

00:18:41,850 --> 00:18:38,440

where they could be removed okay so

483

00:18:44,159 --> 00:18:41,860

here's the point and Soyoung is also a

484

00:18:45,810 --> 00:18:44,169

clinician right it's interesting to look

485

00:18:47,690 --> 00:18:45,820

at that history he's meeting with people

486

00:18:51,120 --> 00:18:47,700

and at one point I think Young says

487

00:18:55,799 --> 00:18:51,130

whether these spirit entities are real

488

00:18:59,639 --> 00:18:55,809

or not I've found it most effective to

489

00:19:04,320 --> 00:18:59,649

assume and act as if they are mmm and

490

00:19:06,570 --> 00:19:04,330

now I think what tom is saying from as a

491

00:19:08,190 --> 00:19:06,580

clinician here's a guy who reached a

492

00:19:10,620 --> 00:19:08,200

point in his practice where he was ready

493

00:19:12,570 --> 00:19:10,630

to give up his hypnotherapy work because

494

00:19:15,120 --> 00:19:12,580

people weren't getting better but when

495

00:19:16,649 --> 00:19:15,130

he connected with the spirit guide who

496

00:19:18,120 --> 00:19:16,659

said here's how you have to work with

497

00:19:20,789 --> 00:19:18,130

these people and they really do so in

498

00:19:23,639 --> 00:19:20,799

some cases have spirit possession or

499

00:19:27,120 --> 00:19:23,649

spirit interference and that that's

500

00:19:28,799 --> 00:19:27,130

really what's going on that these people

501  
00:19:32,460 --> 00:19:28,809  
started getting better in a lot more

502  
00:19:34,680 --> 00:19:32,470  
ways so again I'd I'd kind of throw it

503  
00:19:38,399 --> 00:19:34,690  
out there Charlie where do we kind of

504  
00:19:42,750 --> 00:19:38,409  
get into that blurry zone of what is

505  
00:19:46,320 --> 00:19:42,760  
real real and what is real in terms of

506  
00:19:48,750 --> 00:19:46,330  
this creation that we have in this plane

507  
00:19:50,159 --> 00:19:48,760  
of existence yeah great question

508  
00:19:53,190 --> 00:19:50,169  
and if you look at some of the research

509  
00:19:54,870 --> 00:19:53,200  
on my exorcisms they work really well

510  
00:19:56,910 --> 00:19:54,880  
if the client believes that they have a

511  
00:19:58,770 --> 00:19:56,920  
spirit within them and if you do like an

512  
00:20:00,570 --> 00:19:58,780  
exorcism and you really go for and you

513  
00:20:02,160 --> 00:20:00,580

enter into that what I was sayin during

514

00:20:04,320 --> 00:20:02,170

the site into the psychosis of the

515

00:20:06,180 --> 00:20:04,330

client and the exorcism can work right

516

00:20:07,800 --> 00:20:06,190

it doesn't necessarily mean though that

517

00:20:09,390 --> 00:20:07,810

there was an externally existing

518

00:20:11,880 --> 00:20:09,400

objective embassy there in the first

519

00:20:14,940 --> 00:20:11,890

place though I mean I don't know does it

520

00:20:16,410 --> 00:20:14,950

mean there wasn't an external spirit

521

00:20:19,200 --> 00:20:16,420

yeah I don't think it matters if there

522

00:20:23,000 --> 00:20:19,210

was I think if it is like an internal

523

00:20:26,190 --> 00:20:23,010

psychosis its manifesting as some I mean

524

00:20:28,800 --> 00:20:26,200

if an element of the shadow becomes so

525

00:20:30,240 --> 00:20:28,810

split off it will kind of take on its

526

00:20:32,130 --> 00:20:30,250

own consciousness I mean young were

527

00:20:33,720 --> 00:20:32,140

saying this right and that will seem

528

00:20:35,250 --> 00:20:33,730

like an external entity just like in

529

00:20:37,470 --> 00:20:35,260

your lucid dream you can meet the shadow

530

00:20:39,750 --> 00:20:37,480

and it will people say no no that wasn't

531

00:20:40,530 --> 00:20:39,760

my shadow that was an external demon

532

00:20:43,110 --> 00:20:40,540

anything I say

533

00:20:44,970 --> 00:20:43,120

that's the calling card of the shadow it

534

00:20:46,530 --> 00:20:44,980

will it won't seem like it's part of you

535

00:20:48,480 --> 00:20:46,540

that's the point because it has been

536

00:20:50,730 --> 00:20:48,490

split off so again you kind of loop

537

00:20:52,650 --> 00:20:50,740

around him and well where do we go here

538

00:20:54,000 --> 00:20:52,660

I mean the Buddhist point of view is if

539

00:20:56,430 --> 00:20:54,010

you look at the Buddhist view and demons

540

00:20:58,490 --> 00:20:56,440

right I love this stuff

541

00:21:01,080 --> 00:20:58,500

magic lab driven is a famous female

542

00:21:03,360 --> 00:21:01,090

practitioner of the 10th century she was

543

00:21:04,920 --> 00:21:03,370

called the mistress of demons and she's

544

00:21:07,110 --> 00:21:04,930

asked by her son mother what is this

545

00:21:09,510 --> 00:21:07,120

demon lee teuk oh he says all my son

546

00:21:11,460 --> 00:21:09,520

when I talk of demons I do not mean some

547

00:21:13,620 --> 00:21:11,470

small black creature who terrifies all

548

00:21:15,000 --> 00:21:13,630

who look upon it when I talk of demons I

549

00:21:17,790 --> 00:21:15,010

talk of anything that prevents your

550

00:21:19,170 --> 00:21:17,800

experience of freedom I think wow so

551  
00:21:22,020 --> 00:21:19,180  
when we use the term like the demon of

552  
00:21:24,360 --> 00:21:22,030  
my addiction the demon of my grief the

553  
00:21:25,440 --> 00:21:24,370  
demon of my hatred we're kind of using

554  
00:21:27,510 --> 00:21:25,450  
Buddhist terminology there very

555  
00:21:28,980 --> 00:21:27,520  
correctly it's not the dissing sternal

556  
00:21:30,900 --> 00:21:28,990  
embassy it's anything within us that

557  
00:21:32,660 --> 00:21:30,910  
prevents our experience of freedom and

558  
00:21:34,950 --> 00:21:32,670  
yet if you look at the practice or

559  
00:21:36,870 --> 00:21:34,960  
exercising those demons within us in

560  
00:21:39,210 --> 00:21:36,880  
Buddhism it is a very jewy list ik

561  
00:21:40,920 --> 00:21:39,220  
practice where you allow that demon of

562  
00:21:43,500 --> 00:21:40,930  
an addiction perhaps to be personified

563  
00:21:45,630 --> 00:21:43,510

and you imagine offering yourself to

564

00:21:46,950 --> 00:21:45,640

that demon actually it's very kind of

565

00:21:48,630 --> 00:21:46,960

esoteric then you want the parts of your

566

00:21:50,220 --> 00:21:48,640

body and you kind of dine with demons

567

00:21:51,900 --> 00:21:50,230

you break bread with the enemy as it

568

00:21:55,170 --> 00:21:51,910

were so there's that there is this

569

00:21:57,510 --> 00:21:55,180

external personification of the demon

570

00:22:00,390 --> 00:21:57,520

but simply as a way for you to interact

571

00:22:01,920 --> 00:22:00,400

with it in dialogue and no point is ever

572

00:22:03,900 --> 00:22:01,930

said we should believe those demons

573

00:22:04,440 --> 00:22:03,910

actually exist and again you look like

574

00:22:06,120 --> 00:22:04,450

Miller

575

00:22:08,730 --> 00:22:06,130

one of the most famous sayings again he

576

00:22:11,190 --> 00:22:08,740

says there are no demons there was only

577

00:22:13,350 --> 00:22:11,200

the demon that prevents freedom existing

578

00:22:15,180 --> 00:22:13,360

in one's mind so the Buddhist view this

579

00:22:18,060 --> 00:22:15,190

kind of non-dualistic view is there is

580

00:22:20,210 --> 00:22:18,070

no that there are no external demons but

581

00:22:22,920 --> 00:22:20,220

it can be a very good idea sometimes to

582

00:22:24,870 --> 00:22:22,930

externalize or personify an elements of

583

00:22:26,580 --> 00:22:24,880

our own trauma so that we can dialogue

584

00:22:27,930 --> 00:22:26,590

with it and that's why chair therapy

585

00:22:29,370 --> 00:22:27,940

works so well that's why the feeding

586

00:22:30,810 --> 00:22:29,380

your demons practice of sorts from ally

587

00:22:32,460 --> 00:22:30,820

already works so well that's why this

588

00:22:34,530 --> 00:22:32,470

chip rackets within Tibetan Buddhism

589

00:22:36,510 --> 00:22:34,540

seems to work so well but the view is

590

00:22:38,370 --> 00:22:36,520

there isn't any external embassy there

591

00:22:40,560 --> 00:22:38,380

oh but one more thing that that guy said

592

00:22:42,780 --> 00:22:40,570

that was really cool where he talked

593

00:22:44,520 --> 00:22:42,790

about what was blocking the light and I

594

00:22:45,960 --> 00:22:44,530

love this idea where shadow work both in

595

00:22:47,130 --> 00:22:45,970

the Buddhist view of shadow work

596

00:22:48,120 --> 00:22:47,140

although you can't really say that

597

00:22:49,590 --> 00:22:48,130

because there isn't a concept of the

598

00:22:51,540 --> 00:22:49,600

shadow and Buddhism but the Buddhist

599

00:22:54,180 --> 00:22:51,550

view of working with harmful possibly

600

00:22:56,460 --> 00:22:54,190

harmful energies within us a shadow is

601  
00:22:59,070 --> 00:22:56,470  
an epiphenomenon caused by an object

602  
00:23:00,990 --> 00:22:59,080  
blocking the light so we've got a source

603  
00:23:02,880 --> 00:23:01,000  
of light we've got an object blocking

604  
00:23:04,860 --> 00:23:02,890  
the light and then we have a shadow and

605  
00:23:06,630 --> 00:23:04,870  
that shadow will often be in the shape

606  
00:23:09,060 --> 00:23:06,640  
of the object that is blocking the light

607  
00:23:11,520 --> 00:23:09,070  
so as shadow work we're looking at the

608  
00:23:13,770 --> 00:23:11,530  
shadow but we can sometimes get so tied

609  
00:23:15,120 --> 00:23:13,780  
up in the shape of the shadow we forget

610  
00:23:16,890 --> 00:23:15,130  
that it's not about the shadow it's

611  
00:23:18,750 --> 00:23:16,900  
about the thing blocking the light so

612  
00:23:20,880 --> 00:23:18,760  
the most important thing to do is to see

613  
00:23:22,350 --> 00:23:20,890

the shadow see the shape and with Sao

614

00:23:24,570 --> 00:23:22,360

that shape of the shadow looks a bit

615

00:23:26,160 --> 00:23:24,580

like so then I can start looking for

616

00:23:28,380 --> 00:23:26,170

those blocks with my psychophysical

617

00:23:28,800 --> 00:23:28,390

system remove the block and there's no

618

00:23:30,930 --> 00:23:28,810

shadow

619

00:23:33,060 --> 00:23:30,940

there's only light so again it's not

620

00:23:35,970 --> 00:23:33,070

that the shadow was something it was

621

00:23:38,310 --> 00:23:35,980

form emptiness it was something unreal

622

00:23:40,200 --> 00:23:38,320

appearing in form but it never truly

623

00:23:42,260 --> 00:23:40,210

existed it was simply an epi phenomena

624

00:23:45,420 --> 00:23:42,270

caused by something blocking the light I

625

00:23:48,470 --> 00:23:45,430

don't have to make sense but well it

626

00:23:52,560 --> 00:23:48,480

makes sense I just don't know if it's

627

00:23:54,900 --> 00:23:52,570

stands up to the different data that we

628

00:23:56,370 --> 00:23:54,910

see out there so I'm totally okay with

629

00:23:59,630 --> 00:23:56,380

what you're saying I'm more than okay

630

00:24:01,710 --> 00:23:59,640

with what you're saying I'm glad because

631

00:24:02,040 --> 00:24:01,720

let me make sure we look at the same

632

00:24:07,260 --> 00:24:02,050

data

633

00:24:09,900 --> 00:24:07,270

throw first of all there's a guy in the

634

00:24:11,970 --> 00:24:09,910

university Arizona Gary Schwartz super

635

00:24:14,100 --> 00:24:11,980

ph.d head of the department of

636

00:24:17,250 --> 00:24:14,110

psychology and psychiatry at Harvard and

637

00:24:18,360 --> 00:24:17,260

Yale in all these places one of the work

638

00:24:19,740 --> 00:24:18,370

that he did in

639

00:24:21,570 --> 00:24:19,750

we've all heard about this work we just

640

00:24:24,409 --> 00:24:21,580

don't know the source of it is a guy

641

00:24:27,630 --> 00:24:24,419

goes out he gets a heart transplant and

642

00:24:29,310 --> 00:24:27,640

before he was vegan super healthy and he

643

00:24:31,680 --> 00:24:29,320

comes out of it and now he likes pizza

644

00:24:33,870 --> 00:24:31,690

and drinking beer and watching sports

645

00:24:36,840 --> 00:24:33,880

and it turns out they go and meet the

646

00:24:39,000 --> 00:24:36,850

donor and that's what he liked to do and

647

00:24:42,060 --> 00:24:39,010

then we go to universe Virginia and we

648

00:24:45,149 --> 00:24:42,070

do Ian Stevenson's was famous for

649

00:24:47,580 --> 00:24:45,159

pioneering this work on reincarnation

650

00:24:50,639 --> 00:24:47,590

and they go and they have all this very

651  
00:24:52,350 --> 00:24:50,649  
well carefully done research where they

652  
00:24:55,440 --> 00:24:52,360  
go and they track down these people and

653  
00:24:57,960 --> 00:24:55,450  
the reincarnation data fits and there's

654  
00:25:00,480 --> 00:24:57,970  
no way of knowing that again suggesting

655  
00:25:03,930 --> 00:25:00,490  
that there is an extended consciousness

656  
00:25:08,310 --> 00:25:03,940  
entity that is real and has the ability

657  
00:25:09,930 --> 00:25:08,320  
to influence enter into in a way not

658  
00:25:14,340 --> 00:25:09,940  
much different than a spirit possession

659  
00:25:16,919 --> 00:25:14,350  
enter into people's real consciousness

660  
00:25:19,260 --> 00:25:16,929  
whatever that is and effect it so what

661  
00:25:21,299 --> 00:25:19,270  
about that data so Alex I would agree

662  
00:25:23,610 --> 00:25:21,309  
with everything you said there apart

663  
00:25:25,769 --> 00:25:23,620

from one word which is entity you said

664

00:25:28,200 --> 00:25:25,779

consciousness entity that can enter into

665

00:25:30,389 --> 00:25:28,210

I would just remove that term the the

666

00:25:32,340 --> 00:25:30,399

Buddhist view of mind is that is mind

667

00:25:34,919 --> 00:25:32,350

stream which is brilliant mind stream is

668

00:25:40,529 --> 00:25:34,929

a non personal continually flowing

669

00:25:42,029 --> 00:25:40,539

stream of our our kind of consciousness

670

00:25:43,380 --> 00:25:42,039

in fact beyond consciousness because

671

00:25:45,330 --> 00:25:43,390

consciousness requires itself to be

672

00:25:46,470 --> 00:25:45,340

conscious or but so this that's the term

673

00:25:49,409 --> 00:25:46,480

I feel at that you translate that mind

674

00:25:51,180 --> 00:25:49,419

stream and the mind stream manifests

675

00:25:53,279 --> 00:25:51,190

into personalities in different

676  
00:25:55,049 --> 00:25:53,289  
incarnations and the reincarnation data

677  
00:25:56,519 --> 00:25:55,059  
I mean it's amazing some of the stuff

678  
00:25:58,940 --> 00:25:56,529  
that Alan Wallace is bringing out who is

679  
00:26:00,750 --> 00:25:58,950  
a again there's a lot of the mind life

680  
00:26:02,460 --> 00:26:00,760  
Institute stuff they bring the

681  
00:26:06,269 --> 00:26:02,470  
scientists talking about alarm and stuff

682  
00:26:07,980 --> 00:26:06,279  
it's totally valid data kind of proving

683  
00:26:09,810 --> 00:26:07,990  
in many cases or seemingly to prove

684  
00:26:11,399 --> 00:26:09,820  
elements of reincarnation so I'm totally

685  
00:26:12,810 --> 00:26:11,409  
down with that but we can believe in

686  
00:26:15,389 --> 00:26:12,820  
reincarnation we can believe in

687  
00:26:17,549 --> 00:26:15,399  
consciousness from somebody's heart

688  
00:26:19,680 --> 00:26:17,559

being kind of imprinted and entering

689

00:26:22,019 --> 00:26:19,690

into another one's absolutely but I

690

00:26:24,779 --> 00:26:22,029

don't see how that links to externally

691

00:26:26,789 --> 00:26:24,789

existing evil entities well I don't

692

00:26:29,070 --> 00:26:26,799

understand the distinction to a certain

693

00:26:30,450 --> 00:26:29,080

point we get to a matter of semantics if

694

00:26:31,660 --> 00:26:30,460

we say there's this conscious in the

695

00:26:34,600 --> 00:26:31,670

stream that can break

696

00:26:36,100 --> 00:26:34,610

and enter into this other individual and

697

00:26:38,020 --> 00:26:36,110

become part of their consciousness

698

00:26:39,040 --> 00:26:38,030

stream and that's what I like about it

699

00:26:41,230 --> 00:26:39,050

is no longer possible

700

00:26:43,510 --> 00:26:41,240

empathy my definition would be a

701  
00:26:46,900 --> 00:26:43,520  
personal a kind of objective entity

702  
00:26:48,670 --> 00:26:46,910  
right maybe maybe not again words words

703  
00:26:50,650 --> 00:26:48,680  
get in the way and alls we're talking

704  
00:26:53,620 --> 00:26:50,660  
about I mean alls I'm advocating for

705  
00:26:55,780 --> 00:26:53,630  
here is more serious discussions about

706  
00:27:01,560 --> 00:26:55,790  
this topic the kind that we're having

707  
00:27:04,360 --> 00:27:01,570  
here I don't want any fights but - but

708  
00:27:06,940 --> 00:27:04,370  
this conversation right here's what

709  
00:27:09,220 --> 00:27:06,950  
Tom's enzert was his take away from his

710  
00:27:11,560 --> 00:27:09,230  
clinical work and again this is really

711  
00:27:12,700 --> 00:27:11,570  
strange for a lot of people but to give

712  
00:27:14,830 --> 00:27:12,710  
you a little bit more background on

713  
00:27:17,200 --> 00:27:14,840

Tom's story as again he's got this

714

00:27:19,990 --> 00:27:17,210

practice like he's a people helper and

715

00:27:21,610 --> 00:27:20,000

people come in there doing clinical work

716

00:27:23,770 --> 00:27:21,620

they're sitting on the couch I have this

717

00:27:26,440 --> 00:27:23,780

fear of spiders I have this debilitating

718

00:27:28,450 --> 00:27:26,450

fear of going outside and Tom works with

719

00:27:31,030 --> 00:27:28,460

them through traditional hypnotherapy

720

00:27:32,830 --> 00:27:31,040

and one day he's in the coffee room the

721

00:27:35,050 --> 00:27:32,840

break room and this woman walks up to

722

00:27:37,150 --> 00:27:35,060

him says I can't help but tell you that

723

00:27:40,330 --> 00:27:37,160

I overheard your conversation about Auto

724

00:27:41,890 --> 00:27:40,340

Body travel and Robert Monroe and I've

725

00:27:45,310 --> 00:27:41,900

been talking to this spirit entity and

726

00:27:49,240 --> 00:27:45,320

what this spirit entity wants to talk to

727

00:27:52,270 --> 00:27:49,250

you and he says hey fine I'm game I can

728

00:27:53,740 --> 00:27:52,280

handle it I'm a PhD in psychology I know

729

00:27:55,930 --> 00:27:53,750

where to draw the line I have

730

00:27:57,850 --> 00:27:55,940

discernment he starts communicating with

731

00:27:59,860 --> 00:27:57,860

Jared the spirit spirit entity and

732

00:28:02,050 --> 00:27:59,870

pretty quickly he's off reservation in

733

00:28:04,810 --> 00:28:02,060

psychology and he's taking Jarrett's

734

00:28:07,150 --> 00:28:04,820

insights and he's integrating them hand

735

00:28:10,090 --> 00:28:07,160

in glove with all his practice in

736

00:28:13,330 --> 00:28:10,100

training in terms of clinical therapy

737

00:28:15,550 --> 00:28:13,340

and jared is saying oh this person has a

738

00:28:18,070 --> 00:28:15,560

problem with the past life that may be

739

00:28:20,020 --> 00:28:18,080

getting in the way oh this person has an

740

00:28:22,120 --> 00:28:20,030

entity that has entered them that is

741

00:28:24,550 --> 00:28:22,130

their mother and their mother needs to

742

00:28:26,350 --> 00:28:24,560

move on to the light and then Tom as he

743

00:28:29,170 --> 00:28:26,360

heard him at the end he's actually

744

00:28:32,020 --> 00:28:29,180

developed a protocol and the protocol is

745

00:28:34,990 --> 00:28:32,030

a pre-scientific protocol but it's

746

00:28:37,150 --> 00:28:35,000

bordering borderline scientific where he

747

00:28:39,910 --> 00:28:37,160

says here's how we bring in the light

748

00:28:41,500 --> 00:28:39,920

and we ask these entities to release

749

00:28:44,230 --> 00:28:41,510

into the light and there is this stage

750

00:28:45,330 --> 00:28:44,240

of confusion where the data and then he

751

00:28:47,399 --> 00:28:45,340

says that other part

752

00:28:50,190 --> 00:28:47,409

and then some entities have no interest

753

00:28:52,259 --> 00:28:50,200

in going into the light so this is kind

754

00:28:53,639 --> 00:28:52,269

of stands a little bit in contrast to

755

00:28:55,619 --> 00:28:53,649

what you're saying I'm not saying he's

756

00:28:57,799 --> 00:28:55,629

right or he's wrong but I'm saying I

757

00:29:01,110 --> 00:28:57,809

think we have to fully consider the

758

00:29:04,549 --> 00:29:01,120

possibility that in this realm that

759

00:29:07,409 --> 00:29:04,559

we're in things do work in a way that

760

00:29:09,779 --> 00:29:07,419

that is best understood as these

761

00:29:12,930 --> 00:29:09,789

entities being real and I throw that on

762

00:29:14,519 --> 00:29:12,940

the table and say what do you think yeah

763

00:29:19,139 --> 00:29:14,529

I mean eyes it's gonna sound like I've

764

00:29:20,850 --> 00:29:19,149

got contradicting myself but also the

765

00:29:22,769 --> 00:29:20,860

Buddhist view is that this is not the

766

00:29:24,810 --> 00:29:22,779

only realm of existence there are like

767

00:29:26,519 --> 00:29:24,820

six realms of existence which can

768

00:29:28,470 --> 00:29:26,529

actually be all contacted through the

769

00:29:31,399 --> 00:29:28,480

human realm if how to do it and these

770

00:29:34,499 --> 00:29:31,409

include like hell beings heaven realms

771

00:29:36,149 --> 00:29:34,509

Hungry Ghost realms of course animal

772

00:29:37,619 --> 00:29:36,159

realm and the animal realm human realm

773

00:29:39,720 --> 00:29:37,629

of the only kind of ones that we can see

774

00:29:41,879 --> 00:29:39,730

with these eyes in this kind of spectrum

775

00:29:43,350 --> 00:29:41,889

that we you see but happily the eyes to

776

00:29:45,960 --> 00:29:43,360

see it we could see these other beings

777

00:29:48,840 --> 00:29:45,970

right and if some people do so if they

778

00:29:50,879 --> 00:29:48,850

have psychic capacity or perhaps the use

779

00:29:53,129 --> 00:29:50,889

of psychedelics that opens up our kind

780

00:29:54,810 --> 00:29:53,139

of sphere of vision a little bit and it

781

00:29:57,180 --> 00:29:54,820

seems like we can communicate with these

782

00:29:59,009 --> 00:29:57,190

but again this idea of kind of these

783

00:30:01,470 --> 00:29:59,019

aren't nfu these are beings these are

784

00:30:04,560 --> 00:30:01,480

like sentient beings so it's not that

785

00:30:06,720 --> 00:30:04,570

they're it's not like an entity like a

786

00:30:09,570 --> 00:30:06,730

spirit there these things are as real as

787

00:30:11,700 --> 00:30:09,580

humans so from that point of view god

788

00:30:13,830 --> 00:30:11,710

we're absolutely not alone there are

789

00:30:15,989 --> 00:30:13,840

there are trillions because apparently

790

00:30:17,580 --> 00:30:15,999

humans are like the rarest we're the

791

00:30:19,710 --> 00:30:17,590

rarest of these beings there are way

792

00:30:21,869 --> 00:30:19,720

more Hungry Ghost beings and Hell beings

793

00:30:23,879 --> 00:30:21,879

and all this kind of stuff but these are

794

00:30:25,859 --> 00:30:23,889

sentient beings not entities they're not

795

00:30:27,899 --> 00:30:25,869

kind of they're not other things they're

796

00:30:29,810 --> 00:30:27,909

not spirits they're real but they're as

797

00:30:32,310 --> 00:30:29,820

real as we are we just can't see them

798

00:30:33,840 --> 00:30:32,320

charlie let me digress here for a second

799

00:30:35,909 --> 00:30:33,850

cuz one of the things you said on the in

800

00:30:37,499 --> 00:30:35,919

the TED talk kind of blew me away and

801  
00:30:39,629 --> 00:30:37,509  
was almost like a throwaway point for

802  
00:30:42,899 --> 00:30:39,639  
you because you're so immersed in lucid

803  
00:30:44,909 --> 00:30:42,909  
dreaming and in helping people develop

804  
00:30:48,090 --> 00:30:44,919  
that skill and use that skill in their

805  
00:30:51,210 --> 00:30:48,100  
life but you said lucid dreaming is

806  
00:30:54,720 --> 00:30:51,220  
something that Western science has only

807  
00:30:57,620 --> 00:30:54,730  
acknowledged for the last 40 years but

808  
00:30:59,750 --> 00:30:57,630  
Buddhist tradition Buddhist wisdom has

809  
00:31:01,640 --> 00:30:59,760  
talked about extensively for a thousand

810  
00:31:04,520 --> 00:31:01,650  
years so do you want to speak to that

811  
00:31:06,350 --> 00:31:04,530  
long yeah I mean I had roared the wisdom

812  
00:31:08,750 --> 00:31:06,360  
but I don't know a lot of it I mean it's

813  
00:31:10,100 --> 00:31:08,760

like I'm like kindergarten level as far

814

00:31:11,060 --> 00:31:10,110

as Buddhism goes and that someone who

815

00:31:13,100 --> 00:31:11,070

lived in a Buddhist Center for eight

816

00:31:15,170 --> 00:31:13,110

years and I still say I'm absolutely

817

00:31:16,940 --> 00:31:15,180

kindergarten level but yeah I mean there

818

00:31:18,470 --> 00:31:16,950

is a huge wealth of was if you look at

819

00:31:20,390 --> 00:31:18,480

kind of Western psychology it began

820

00:31:22,520 --> 00:31:20,400

about a hundred years ago Eastern

821

00:31:25,910 --> 00:31:22,530

psychology began about two and a half

822

00:31:28,160 --> 00:31:25,920

thousand years ago it's it's like the

823

00:31:30,350 --> 00:31:28,170

the kind of mind mapping these Eastern

824

00:31:32,480 --> 00:31:30,360

traditions have done like eighty five

825

00:31:34,610 --> 00:31:32,490

thousand different aspects of mind that

826  
00:31:37,220 --> 00:31:34,620  
they've mapped labeled and showed how

827  
00:31:39,260 --> 00:31:37,230  
you can experience makes a lot of kind

828  
00:31:40,610 --> 00:31:39,270  
of Western psychology seem to use the

829  
00:31:43,040 --> 00:31:40,620  
term I just did kind of kindergarten

830  
00:31:45,350 --> 00:31:43,050  
level and yet what it doesn't have is

831  
00:31:47,660 --> 00:31:45,360  
the amazing strides in neuroscience that

832  
00:31:49,150 --> 00:31:47,670  
we've had in the West and what's really

833  
00:31:50,810 --> 00:31:49,160  
exciting at the moment is

834  
00:31:52,310 --> 00:31:50,820  
neuroscientists working with this

835  
00:31:54,770 --> 00:31:52,320  
ancient two and a half thousand year old

836  
00:31:56,360 --> 00:31:54,780  
psychological system and kind of proving

837  
00:31:59,480 --> 00:31:56,370  
each other and that's where it gets

838  
00:32:01,370 --> 00:31:59,490

really cool because I wasn't brought up

839

00:32:03,350 --> 00:32:01,380

a Buddhist I kind of worship at the

840

00:32:05,210 --> 00:32:03,360

shrine of materialistic science as much

841

00:32:06,680 --> 00:32:05,220

as the next Westerner whether we know

842

00:32:08,720 --> 00:32:06,690

we're doing it or not this is the kind

843

00:32:10,640 --> 00:32:08,730

of religion we grow up in right so I'm

844

00:32:12,860 --> 00:32:10,650

always really excited when you get kind

845

00:32:14,690 --> 00:32:12,870

of brain stuff proving the Buddhist

846

00:32:16,670 --> 00:32:14,700

stuff not that we should need proof but

847

00:32:18,200 --> 00:32:16,680

it's kind of cool when it does so with

848

00:32:20,330 --> 00:32:18,210

lucid dreaming when in the 70s they

849

00:32:21,860 --> 00:32:20,340

first proved lucid dreaming which

850

00:32:24,380 --> 00:32:21,870

apparently when I spoke to the guy who

851

00:32:26,570 --> 00:32:24,390

proved it it's dr. Caulder keith herm i

852

00:32:29,060 --> 00:32:26,580

said well what was what was the kind of

853

00:32:30,230 --> 00:32:29,070

equivalent of you proving him he said it

854

00:32:33,200 --> 00:32:30,240

would be kind of like us proving

855

00:32:34,640 --> 00:32:33,210

telekinesis right now where there are

856

00:32:35,930 --> 00:32:34,650

some people who say they can do it

857

00:32:38,300 --> 00:32:35,940

there's actually a lot of evidence that

858

00:32:40,190 --> 00:32:38,310

it could be possible but it's still

859

00:32:41,960 --> 00:32:40,200

completely out there whoo he said it was

860

00:32:44,000 --> 00:32:41,970

like that it was like we proved

861

00:32:45,320 --> 00:32:44,010

telekinesis and I had that same effect

862

00:32:46,850 --> 00:32:45,330

on the scientific community it took

863

00:32:48,890 --> 00:32:46,860

about ten years even though it be

864

00:32:50,270 --> 00:32:48,900

improved in 1975 it took another 10

865

00:32:51,890 --> 00:32:50,280

years before anyone's take me seriously

866

00:32:53,900 --> 00:32:51,900

because it was just no one would touch

867

00:32:55,940 --> 00:32:53,910

it right and you guys Stephen Laberge a

868

00:32:58,280 --> 00:32:55,950

few years later over at Stanford who did

869

00:32:59,960 --> 00:32:58,290

similar tests and he managed to get some

870

00:33:01,580 --> 00:32:59,970

stuff peer-reviewed and published and

871

00:33:03,170 --> 00:33:01,590

stuff you are probably much more

872

00:33:05,360 --> 00:33:03,180

familiar with that research but I think

873

00:33:06,080 --> 00:33:05,370

it helps ground people and I love the

874

00:33:08,900 --> 00:33:06,090

way you said it

875

00:33:11,330 --> 00:33:08,910

because we'd have this we're swimming in

876

00:33:13,100 --> 00:33:11,340

this pool of Western rational as

877

00:33:15,530 --> 00:33:13,110

in a way that we don't even understand

878

00:33:18,230 --> 00:33:15,540

we are but we are so I think it helps

879

00:33:21,050 --> 00:33:18,240

when we lock down what this science is

880

00:33:23,030 --> 00:33:21,060

like so they're doing sleep science

881

00:33:26,330 --> 00:33:23,040

right so they're hooking people up to

882

00:33:27,830 --> 00:33:26,340

EEG s and they're of looking at their

883

00:33:30,640 --> 00:33:27,840

eye movement and they're doing all the

884

00:33:32,960 --> 00:33:30,650

stuff that you would expect in order to

885

00:33:35,480 --> 00:33:32,970

understand this right it's it's real

886

00:33:37,130 --> 00:33:35,490

science yeah I mean my back in the day

887

00:33:39,830 --> 00:33:37,140

the way they had to prove it in the mid

888

00:33:41,840 --> 00:33:39,840

70s was or the kind of challenge the

889

00:33:43,490 --> 00:33:41,850

gauntlet that was laid down was the only

890

00:33:45,320 --> 00:33:43,500

way you can prove lucid dreaming is real

891

00:33:47,480 --> 00:33:45,330

is to send a signal from the lucid dream

892

00:33:48,920 --> 00:33:47,490

state to the waking state saying hey I'm

893

00:33:50,600 --> 00:33:48,930

conscious in here and that's a

894

00:33:52,040 --> 00:33:50,610

ridiculous gauntlet to lay that most

895

00:33:54,230 --> 00:33:52,050

people would have given up right but

896

00:33:55,850 --> 00:33:54,240

this guy Keith um okay I know it's real

897

00:33:58,700 --> 00:33:55,860

we got all these testimonials from

898

00:34:00,320 --> 00:33:58,710

Tibetan Buddhism Sufism told that Mexico

899

00:34:02,510 --> 00:34:00,330

even some of the early mess mystic

900

00:34:03,890 --> 00:34:02,520

Gnostic Christian traditions and so we

901  
00:34:05,900 --> 00:34:03,900  
know this is real right so we've got to

902  
00:34:07,910 --> 00:34:05,910  
send the signal so he started trying to

903  
00:34:10,070 --> 00:34:07,920  
send signals through the pinky because

904  
00:34:12,020 --> 00:34:10,080  
like the body's paralyzed during REM

905  
00:34:13,430 --> 00:34:12,030  
sleep so you can't really move but you

906  
00:34:15,080 --> 00:34:13,440  
can someone's get little muscle twitches

907  
00:34:16,760 --> 00:34:15,090  
so first thing it was he tried to get

908  
00:34:18,290 --> 00:34:16,770  
his subject to go into a lucid dream

909  
00:34:20,210 --> 00:34:18,300  
hook him up to the brain scan as the

910  
00:34:21,890 --> 00:34:20,220  
show they are in a lucid dream and that

911  
00:34:23,360 --> 00:34:21,900  
the eyes are moving rapidly for rapid

912  
00:34:25,760 --> 00:34:23,370  
eye movement but anyway the pinky thing

913  
00:34:27,200 --> 00:34:25,770

didn't work but when he was watching one

914

00:34:29,540 --> 00:34:27,210

of these people in the lucid dream

915

00:34:31,220 --> 00:34:29,550

trying to prove lucid dreaming at one

916

00:34:33,800 --> 00:34:31,230

point he saw their eyes flicking left

917

00:34:35,240 --> 00:34:33,810

right left right really kind of

918

00:34:36,020 --> 00:34:35,250

synchronous and he woke them up and said

919

00:34:38,870 --> 00:34:36,030

what were you dreaming about

920

00:34:41,270 --> 00:34:38,880

I dream about a tennis match and he was

921

00:34:43,400 --> 00:34:41,280

like oh that's cool so he made the first

922

00:34:45,200 --> 00:34:43,410

discovery the eyes physically porous

923

00:34:47,510 --> 00:34:45,210

form to what you're dreaming about did

924

00:34:49,220 --> 00:34:47,520

any thought okay right so maybe I can

925

00:34:51,800 --> 00:34:49,230

send a signal a kind of a Morse code

926  
00:34:53,420 --> 00:34:51,810  
signal from the lucid dream state to the

927  
00:34:55,370 --> 00:34:53,430  
waiting's they saying hey guys I'm in

928  
00:34:57,500 --> 00:34:55,380  
here I'm doing the test I'm doing the

929  
00:34:59,360 --> 00:34:57,510  
experiment and he managed to do that and

930  
00:35:01,220 --> 00:34:59,370  
I interviewed him actually at the

931  
00:35:02,780 --> 00:35:01,230  
Science Museum in London where they got

932  
00:35:04,400 --> 00:35:02,790  
the dream machine the original kind of

933  
00:35:06,200 --> 00:35:04,410  
EEG think he used to prove it it's

934  
00:35:08,330 --> 00:35:06,210  
behind the kind of cabinet thing cool

935  
00:35:10,190 --> 00:35:08,340  
place into you and I said so how did it

936  
00:35:12,080 --> 00:35:10,200  
work and he said oh I spent eight hours

937  
00:35:13,730 --> 00:35:12,090  
looking at this it was undone on

938  
00:35:15,260 --> 00:35:13,740

paperback day paper read out kind of

939

00:35:16,760 --> 00:35:15,270

like a lie-detector test right there

940

00:35:18,500 --> 00:35:16,770

tick tick tick tick tick across the

941

00:35:20,300 --> 00:35:18,510

screen all these like random eye

942

00:35:22,160 --> 00:35:20,310

movements and after eight hours he said

943

00:35:23,290 --> 00:35:22,170

suddenly on the on the favorite when

944

00:35:25,530 --> 00:35:23,300

come to me

945

00:35:27,810 --> 00:35:25,540

don't doom

946

00:35:30,090 --> 00:35:27,820

to doom doom which was the kind of Morse

947

00:35:32,250 --> 00:35:30,100

code thing the eye movement said to to

948

00:35:33,690 --> 00:35:32,260

to the left one right once the left when

949

00:35:35,430 --> 00:35:33,700

you're dreaming and it turns out the

950

00:35:37,620 --> 00:35:35,440

lucid dream he had hooked us to the

951  
00:35:39,210 --> 00:35:37,630  
scanners had become lucid had remembered

952  
00:35:40,410 --> 00:35:39,220  
the task and over I've gotta send the

953  
00:35:42,240 --> 00:35:40,420  
signal to the outside world

954  
00:35:44,610 --> 00:35:42,250  
so in the lucid dream he looked left

955  
00:35:46,830 --> 00:35:44,620  
left right left that was picked up on

956  
00:35:48,900 --> 00:35:46,840  
the AI monitors thus proving a signal

957  
00:35:50,700 --> 00:35:48,910  
could be sent from that world and I said

958  
00:35:51,930 --> 00:35:50,710  
to him I how did it feel when you saw

959  
00:35:53,910 --> 00:35:51,940  
those eye movements coming through it

960  
00:35:56,040 --> 00:35:53,920  
he's really sweet he went chali on those

961  
00:35:57,930 --> 00:35:56,050  
movies when they're in the NASA control

962  
00:35:59,340 --> 00:35:57,940  
room and they finally get there the

963  
00:36:00,480 --> 00:35:59,350

other thing from Mars and they all give

964

00:36:02,010 --> 00:36:00,490

each other high fives

965

00:36:04,290 --> 00:36:02,020

I said yeah anyone it was like that but

966

00:36:05,850 --> 00:36:04,300

I had no one to high-five and I kind of

967

00:36:07,260 --> 00:36:05,860

leant over and gave him it we like that

968

00:36:09,990 --> 00:36:07,270

he missed we had this like walk with

969

00:36:12,840 --> 00:36:10,000

mist high-five and he went oh well 40

970

00:36:14,340 --> 00:36:12,850

years too late but thank you

971

00:36:15,930 --> 00:36:14,350

he'll be waiting for that high-five for

972

00:36:18,210 --> 00:36:15,940

so long but anyway so they proved it in

973

00:36:20,400 --> 00:36:18,220

the 70s so it was real stuff but then

974

00:36:23,280 --> 00:36:20,410

slightly more contemporarily in I think

975

00:36:25,230 --> 00:36:23,290

with 2010 they did the first fMRI scan

976

00:36:27,060 --> 00:36:25,240

on a lucid dreamer now I've been in an

977

00:36:28,290 --> 00:36:27,070

fMRI scanner before when they wanted to

978

00:36:30,150 --> 00:36:28,300

see if that changed my brain through

979

00:36:31,530 --> 00:36:30,160

meditation I'm sure I had no changes but

980

00:36:33,360 --> 00:36:31,540

they wanted to check and it's like a

981

00:36:36,630 --> 00:36:33,370

techno rave when they put on the magnet

982

00:36:38,430 --> 00:36:36,640

that goes around those I was like how

983

00:36:40,710 --> 00:36:38,440

the hell could anyone sleep in this let

984

00:36:42,570 --> 00:36:40,720

alone medicine but anyway this guy in

985

00:36:44,640 --> 00:36:42,580

Germany managed to fall asleep in one of

986

00:36:46,680 --> 00:36:44,650

these things have a lucid dream and they

987

00:36:48,480 --> 00:36:46,690

were live footage of what happens to the

988

00:36:50,730 --> 00:36:48,490

brain when you become lucid and they had

989

00:36:53,160 --> 00:36:50,740

theorized that when he become lucid in a

990

00:36:55,860 --> 00:36:53,170

dream the senses to do with self

991

00:36:57,540 --> 00:36:55,870

perception and self reflective awareness

992

00:36:59,070 --> 00:36:57,550

so I know that I am having experience

993

00:37:00,630 --> 00:36:59,080

would light up and they were proved

994

00:37:02,760 --> 00:37:00,640

exactly right the right doors lateral

995

00:37:04,350 --> 00:37:02,770

prefrontal cortex just lights up like a

996

00:37:06,840 --> 00:37:04,360

Christmas tree as soon as this guy gets

997

00:37:08,370 --> 00:37:06,850

lucid and they got that and then

998

00:37:09,960 --> 00:37:08,380

suddenly once they had that all this

999

00:37:10,470 --> 00:37:09,970

funding came through and now all these

1000

00:37:12,540 --> 00:37:10,480

cool

1001  
00:37:13,920 --> 00:37:12,550  
lucid dream research things and when the

1002  
00:37:15,870 --> 00:37:13,930  
cool things they did after that was on

1003  
00:37:18,270 --> 00:37:15,880  
sports they wanted to see they were like

1004  
00:37:20,190 --> 00:37:18,280  
oh wait once you get lucid your brain

1005  
00:37:20,940 --> 00:37:20,200  
doesn't think you're dreaming it thinks

1006  
00:37:22,950 --> 00:37:20,950  
you're awake

1007  
00:37:25,020 --> 00:37:22,960  
so we wonder with the brain laid our

1008  
00:37:25,620 --> 00:37:25,030  
neural pathways in the same way as when

1009  
00:37:27,240 --> 00:37:25,630  
we were awake

1010  
00:37:29,190 --> 00:37:27,250  
wouldn't that be cool they were like

1011  
00:37:30,720 --> 00:37:29,200  
yeah and they proved it they get people

1012  
00:37:32,670 --> 00:37:30,730  
to go in their lucid dream and practice

1013  
00:37:34,860 --> 00:37:32,680

athletic disciplines like doing squats

1014

00:37:36,870 --> 00:37:34,870

or a press-up stuff like this and

1015

00:37:38,430 --> 00:37:36,880

control conditions obviously the next

1016

00:37:38,920 --> 00:37:38,440

day they check them essentially they got

1017

00:37:42,910 --> 00:37:38,930

better

1018

00:37:44,319 --> 00:37:42,920

they improved their physical sporting

1019

00:37:46,270 --> 00:37:44,329

performance by training in the lucid

1020

00:37:47,799 --> 00:37:46,280

dream because of these neural pathways a

1021

00:37:49,780 --> 00:37:47,809

neural networks being stimulated while

1022

00:37:51,609 --> 00:37:49,790

they sleep if this sounds like sci-fi it

1023

00:37:54,099 --> 00:37:51,619

kind of should I mean this is nuts but

1024

00:37:57,280 --> 00:37:54,109

this is science now I want you to say

1025

00:37:59,020 --> 00:37:57,290

about entities because I realize I gave

1026  
00:38:00,640 --> 00:37:59,030  
you the Jungian view on entities I gave

1027  
00:38:01,839 --> 00:38:00,650  
the Buddhist view on entities I didn't

1028  
00:38:05,140 --> 00:38:01,849  
actually give you my personal view on

1029  
00:38:07,299 --> 00:38:05,150  
entities which it's like yeah man anyone

1030  
00:38:10,000 --> 00:38:07,309  
who's had like a DMT experience or like

1031  
00:38:12,940 --> 00:38:10,010  
moving into kind of psilocybin therapy

1032  
00:38:16,260 --> 00:38:12,950  
or ayahuasca or something these are

1033  
00:38:18,220 --> 00:38:16,270  
these are not internally generated

1034  
00:38:19,809 --> 00:38:18,230  
experiences like when people are all

1035  
00:38:21,309 --> 00:38:19,819  
having the same experience of mother

1036  
00:38:23,410 --> 00:38:21,319  
ayahuasca coming over them and she

1037  
00:38:25,120 --> 00:38:23,420  
appears in the same way and often is

1038  
00:38:28,299 --> 00:38:25,130

offering the same guidance you thinking

1039

00:38:31,630 --> 00:38:28,309

this is existing did and Rick Strassman

1040

00:38:33,309 --> 00:38:31,640

does a clinical work with DMT and the

1041

00:38:35,049 --> 00:38:33,319

patients don't know each other and they

1042

00:38:37,210 --> 00:38:35,059

say did you see the purple jag work yeah

1043

00:38:38,799 --> 00:38:37,220

that's how the purple Jaguar - I can't

1044

00:38:40,720 --> 00:38:38,809

get lost of the language on that part

1045

00:38:43,750 --> 00:38:40,730

what you're saying about entities only

1046

00:38:46,089 --> 00:38:43,760

exists for like disincarnate granny

1047

00:38:48,010 --> 00:38:46,099

might exist or beings might exist like

1048

00:38:50,349 --> 00:38:48,020

an how how you were defining entities

1049

00:38:52,240 --> 00:38:50,359

because I told me it seems to be the

1050

00:38:54,789 --> 00:38:52,250

nature of consciousness to disassociate

1051

00:38:57,069 --> 00:38:54,799

right and I think there's like there's

1052

00:38:59,289 --> 00:38:57,079

two biases that can go on here so people

1053

00:39:01,530 --> 00:38:59,299

who are very much into mediumistic stuff

1054

00:39:03,849 --> 00:39:01,540

and can maybe miss that about

1055

00:39:05,799 --> 00:39:03,859

consciousness and when I've interviewed

1056

00:39:08,260 --> 00:39:05,809

people who work with me hearing voices

1057

00:39:10,569 --> 00:39:08,270

and listen to their accounts it does

1058

00:39:12,910 --> 00:39:10,579

seem to be like you say the traumatized

1059

00:39:16,150 --> 00:39:12,920

parts of ourselves can separate off and

1060

00:39:18,789 --> 00:39:16,160

start to act as seemingly independently

1061

00:39:20,710 --> 00:39:18,799

and anyone has ever had a dream just

1062

00:39:22,299 --> 00:39:20,720

knows that's the case like we talked

1063

00:39:24,490 --> 00:39:22,309

about it is if this really far-out thing

1064

00:39:26,079 --> 00:39:24,500

I like voices in my head book like yeah

1065

00:39:27,339 --> 00:39:26,089

just fall asleep and you'll have voices

1066

00:39:29,200 --> 00:39:27,349

in your head it seems I'll be safe from

1067

00:39:32,079 --> 00:39:29,210

you so that seems to be like the nature

1068

00:39:32,950 --> 00:39:32,089

of consciousness and at the same time I

1069

00:39:34,390 --> 00:39:32,960

think people looking from that

1070

00:39:36,579 --> 00:39:34,400

perspective can miss the point that

1071

00:39:38,920 --> 00:39:36,589

sometimes these voices deliver

1072

00:39:42,670 --> 00:39:38,930

information that the recipient has no

1073

00:39:44,289 --> 00:39:42,680

earthly right to have and I've met I've

1074

00:39:45,970 --> 00:39:44,299

had experiences at myself and I've met

1075

00:39:48,520 --> 00:39:45,980

like whole way too many people who have

1076

00:39:50,680 --> 00:39:48,530

had it there's also research in labs

1077

00:39:52,859 --> 00:39:50,690

like Gary Swartz and Julie by show and

1078

00:39:54,870 --> 00:39:52,869

so on so that's what I'm what I'm

1079

00:39:57,359 --> 00:39:54,880

like the word entity I'm thinking of

1080

00:39:59,579 --> 00:39:57,369

like the entity could be like granny

1081

00:40:00,870 --> 00:39:59,589

from the astral plane or it could be the

1082

00:40:02,519 --> 00:40:00,880

pirate from the 17th century on the

1083

00:40:04,349 --> 00:40:02,529

astral plane or something else but are

1084

00:40:05,549 --> 00:40:04,359

you using the word entity differently

1085

00:40:07,620 --> 00:40:05,559

there or would you disagree with

1086

00:40:10,049 --> 00:40:07,630

anything I've just said that there seems

1087

00:40:12,029 --> 00:40:10,059

to be like as best I can see a

1088

00:40:13,529 --> 00:40:12,039

coexistence of two different phenomenon

1089

00:40:15,180 --> 00:40:13,539

there might be reduce of the one

1090

00:40:16,440 --> 00:40:15,190

phenomenon at some higher level but on

1091

00:40:18,269 --> 00:40:16,450

the level we're kind of looking at here

1092

00:40:21,239 --> 00:40:18,279

it seems to be like there are two

1093

00:40:23,370 --> 00:40:21,249

categories as things that overlap it's

1094

00:40:25,980 --> 00:40:23,380

funny that term embassy is often used to

1095

00:40:29,339 --> 00:40:25,990

it's like kind of spirit possession and

1096

00:40:32,220 --> 00:40:29,349

entities and and kind of these things

1097

00:40:33,930 --> 00:40:32,230

that attach to us and the Buddhists

1098

00:40:35,400 --> 00:40:33,940

fiona is actually these ascension beings

1099

00:40:36,749 --> 00:40:35,410

these aren't kind of embassies almost

1100

00:40:39,299 --> 00:40:36,759

like entities almost like a little bit

1101  
00:40:41,039 --> 00:40:39,309  
of a pejorative term here match it's not

1102  
00:40:43,140 --> 00:40:41,049  
that they're being that they're saying

1103  
00:40:44,609 --> 00:40:43,150  
it means as sentient as you and I but

1104  
00:40:48,539 --> 00:40:44,619  
they're existing in different dimensions

1105  
00:40:50,700 --> 00:40:48,549  
of reality it's not that there's like an

1106  
00:40:52,079 --> 00:40:50,710  
objective entity kind of clinging on to

1107  
00:40:53,480 --> 00:40:52,089  
us in this reality that perhaps that

1108  
00:40:55,380 --> 00:40:53,490  
we're experiencing like an

1109  
00:40:57,140 --> 00:40:55,390  
interdimensional communication with

1110  
00:40:59,579 --> 00:40:57,150  
these other beings in other realities

1111  
00:41:01,680 --> 00:40:59,589  
but again I mean I get out my debt very

1112  
00:41:03,269 --> 00:41:01,690  
quickly with this because as Buddha said

1113  
00:41:05,609 --> 00:41:03,279

like take nothing I tell you is true

1114

00:41:07,470 --> 00:41:05,619

till you find it's true yourself so like

1115

00:41:09,960 --> 00:41:07,480

I can talk about the Buddhist view on

1116

00:41:12,630 --> 00:41:09,970

things but really like my own view is

1117

00:41:14,339 --> 00:41:12,640

that I'm yet to find any proof of

1118

00:41:15,690 --> 00:41:14,349

external entities entering people's

1119

00:41:18,539 --> 00:41:15,700

lucid dreams or anything like that

1120

00:41:20,029 --> 00:41:18,549

however in the out-of-body state I have

1121

00:41:23,009 --> 00:41:20,039

a lot of proof that you can absolutely

1122

00:41:24,989 --> 00:41:23,019

contact things which are not you this is

1123

00:41:26,999 --> 00:41:24,999

because you have left the scope of your

1124

00:41:29,549 --> 00:41:27,009

own personal consciousness and are now

1125

00:41:31,680 --> 00:41:29,559

in a space where you can absolutely meet

1126

00:41:34,319 --> 00:41:31,690

being just like I can meet you but

1127

00:41:36,329 --> 00:41:34,329

because you're in a disembodied form

1128

00:41:39,150 --> 00:41:36,339

you're kind of spectrum of who you can

1129

00:41:40,859 --> 00:41:39,160

meet is much much wider let me let me

1130

00:41:43,799 --> 00:41:40,869

take a run at this in a slightly

1131

00:41:45,539 --> 00:41:43,809

different way because you're being super

1132

00:41:48,329 --> 00:41:45,549

humble because you sound like a super

1133

00:41:50,640 --> 00:41:48,339

humble cool spiritually enlightened guy

1134

00:41:52,529 --> 00:41:50,650

but you have a lot to offer and you've

1135

00:41:54,509 --> 00:41:52,539

done a lot of this work and you've also

1136

00:41:56,970 --> 00:41:54,519

worked with so many people so you have

1137

00:41:58,680 --> 00:41:56,980

the kind of advantage of having that

1138

00:42:01,349 --> 00:41:58,690

kind of collective experience of so many

1139

00:42:05,519 --> 00:42:01,359

people who you've taken through this let

1140

00:42:07,089 --> 00:42:05,529

me try and see if I can lay out another

1141

00:42:09,190 --> 00:42:07,099

parallel that I've found between

1142

00:42:10,210 --> 00:42:09,200

you and what time Zinser is saying and

1143

00:42:12,370 --> 00:42:10,220

then we're gonna look at one other

1144

00:42:14,489 --> 00:42:12,380

person I've talked to who is a medium

1145

00:42:16,809 --> 00:42:14,499

there in the UK Claire broad and both

1146

00:42:18,549 --> 00:42:16,819

Richard and I have both spoken to her

1147

00:42:21,729 --> 00:42:18,559

and she has a different perspective on

1148

00:42:24,789 --> 00:42:21,739

this as well but at some point Charlie I

1149

00:42:27,640 --> 00:42:24,799

heard you say that it is understood

1150

00:42:30,910 --> 00:42:27,650

through the Buddhist tradition our

1151

00:42:34,150 --> 00:42:30,920

ability to create the separation in

1152

00:42:37,630 --> 00:42:34,160

these ego states can lead to those

1153

00:42:39,969 --> 00:42:37,640

states actually becoming real in some

1154

00:42:41,859 --> 00:42:39,979

sense and I might not be saying that

1155

00:42:43,509 --> 00:42:41,869

exactly the way that you said it but

1156

00:42:45,519 --> 00:42:43,519

that was the gist I don't think I'll

1157

00:42:46,809 --> 00:42:45,529

totally understand that question yeah so

1158

00:42:48,969 --> 00:42:46,819

maybe I'm not getting it I'll tell you

1159

00:42:50,920 --> 00:42:48,979

what Tom Zinser says yeah so Tom sins

1160

00:42:53,499 --> 00:42:50,930

are like when he first started doing

1161

00:42:55,479 --> 00:42:53,509

this work he was working with people

1162

00:42:58,809 --> 00:42:55,489

that had disassociative identity

1163

00:43:01,839 --> 00:42:58,819

disorder right split personality kind of

1164

00:43:03,759 --> 00:43:01,849

stuff which 20 30 years ago was like

1165

00:43:06,539 --> 00:43:03,769

highly controversial and now it's

1166

00:43:08,559 --> 00:43:06,549

accepted people have all sorts of

1167

00:43:11,289 --> 00:43:08,569

disassociation with parts of themselves

1168

00:43:13,089 --> 00:43:11,299

and sometimes it's very mild and it just

1169

00:43:15,099 --> 00:43:13,099

causes anxiety that seems to come out of

1170

00:43:17,319 --> 00:43:15,109

nowhere and sometimes it's like really

1171

00:43:19,599 --> 00:43:17,329

extreme where people can forget the

1172

00:43:22,539 --> 00:43:19,609

other part of themselves while they're

1173

00:43:24,640 --> 00:43:22,549

occupying this other space and I thought

1174

00:43:26,140 --> 00:43:24,650

I heard either and if I didn't we'll

1175

00:43:28,089 --> 00:43:26,150

just scratch all this but I thought I

1176

00:43:30,940 --> 00:43:28,099

heard either in your TED talk or your

1177

00:43:33,759 --> 00:43:30,950

interview with Richard you talking about

1178

00:43:36,609 --> 00:43:33,769

that the Buddhist understood that you

1179

00:43:39,160 --> 00:43:36,619

could if you kind of put your energy

1180

00:43:42,190 --> 00:43:39,170

into it break off a side of a break off

1181

00:43:44,829 --> 00:43:42,200

a part of yourself in that consciousness

1182

00:43:46,989 --> 00:43:44,839

space that we all have and that that can

1183

00:43:48,489 --> 00:43:46,999

become and in your lucid dreams you can

1184

00:43:50,589 --> 00:43:48,499

dream in that and that you can kind of

1185

00:43:52,239 --> 00:43:50,599

and it kind of becomes this total thing

1186

00:43:59,589 --> 00:43:52,249

where it kind of actually becomes real

1187

00:44:03,099 --> 00:43:59,599

the same way little okay oh wow very

1188

00:44:05,559 --> 00:44:03,109

very esoteric and it's a trick but isn't

1189

00:44:07,870 --> 00:44:05,569

it also just kind of an ordinary in an

1190

00:44:10,719 --> 00:44:07,880

ordinary way too so when we ever we hear

1191

00:44:12,849 --> 00:44:10,729

about tapa we think about ah this weird

1192

00:44:16,209 --> 00:44:12,859

big ghost that's there but don't we have

1193

00:44:17,650 --> 00:44:16,219

just like little tapas in okay let's

1194

00:44:19,059 --> 00:44:17,660

look at that that we can talk about yeah

1195

00:44:21,420 --> 00:44:19,069

I mean looking at using too

1196

00:44:24,130 --> 00:44:21,430

as a metaphor of a kind of psychological

1197

00:44:26,259 --> 00:44:24,140

integration or psychological departs

1198

00:44:28,630 --> 00:44:26,269

absolutely although it should be said

1199

00:44:30,400 --> 00:44:28,640

that apparently tapas the top a practice

1200

00:44:32,739 --> 00:44:30,410

was real and the ability to kind of

1201

00:44:34,089 --> 00:44:32,749

manifest course away you would take some

1202

00:44:35,949 --> 00:44:34,099

of your consciousness and kind of

1203

00:44:37,660 --> 00:44:35,959

project it into a court and that court

1204

00:44:38,979 --> 00:44:37,670

should be manifest but because it was

1205

00:44:40,269 --> 00:44:38,989

only an aspect of your conscience it

1206

00:44:42,279 --> 00:44:40,279

would be a bit of a zombie-like it

1207

00:44:44,289 --> 00:44:42,289

couldn't like you couldn't couldn't play

1208

00:44:45,430 --> 00:44:44,299

poker with this thing

1209

00:44:47,049 --> 00:44:45,440

but it would kind of follow you around

1210

00:44:49,029 --> 00:44:47,059

and something could carry your bags and

1211

00:44:50,739 --> 00:44:49,039

stuff it is very utilitarian - that was

1212

00:44:52,779 --> 00:44:50,749

a big country some do to carry your bags

1213

00:44:54,249 --> 00:44:52,789

if you're gonna walk like five weeks

1214

00:44:55,539 --> 00:44:54,259

well I mean that that's crazy so that

1215

00:44:58,029 --> 00:44:55,549

people can google that it seems to

1216

00:44:59,469 --> 00:44:58,039

pepper it seems to have some existence

1217

00:45:01,870 --> 00:44:59,479

but yes let's look at kind of that

1218

00:45:05,459 --> 00:45:01,880

internal aspects of a split off parts in

1219

00:45:07,539 --> 00:45:05,469

the lucid dream absolutely you can meet

1220

00:45:10,029 --> 00:45:07,549

personifications and elements of your

1221

00:45:11,289 --> 00:45:10,039

own psyche and that's cool man I mean

1222

00:45:12,849 --> 00:45:11,299

that's you can kind of do work like that

1223

00:45:14,259 --> 00:45:12,859

through shamanic journeying and maybe

1224

00:45:15,670 --> 00:45:14,269

through some yoga nidra work and through

1225

00:45:17,529 --> 00:45:15,680

some psychedelic work if you were using

1226  
00:45:19,120 --> 00:45:17,539  
therapeutic Lee but the cool thing about

1227  
00:45:21,849 --> 00:45:19,130  
lucid dreaming is you can actually meet

1228  
00:45:23,620 --> 00:45:21,859  
a personification of your fear you can

1229  
00:45:26,349 --> 00:45:23,630  
meet a personification of your sexual

1230  
00:45:27,640 --> 00:45:26,359  
trauma you can meet your greed you can

1231  
00:45:30,519 --> 00:45:27,650  
meet I mean I met once the

1232  
00:45:31,059 --> 00:45:30,529  
personification of my capacity for

1233  
00:45:34,449 --> 00:45:31,069  
violence

1234  
00:45:36,219 --> 00:45:34,459  
an hours crazy man and of course the

1235  
00:45:37,689 --> 00:45:36,229  
lucid dream feels as real as this this

1236  
00:45:39,489 --> 00:45:37,699  
is the strange thing about lucid

1237  
00:45:41,289 --> 00:45:39,499  
dreaming and of course that feeds into

1238  
00:45:43,599 --> 00:45:41,299

the view of the hell realms too but the

1239

00:45:45,099 --> 00:45:43,609

lucid dream feels absolutely as real as

1240

00:45:46,660 --> 00:45:45,109

the waiting stick I mean you can taste

1241

00:45:47,890 --> 00:45:46,670

you can touch that the whole thing about

1242

00:45:49,749 --> 00:45:47,900

pinch yourself to see if you're dreaming

1243

00:45:51,249 --> 00:45:49,759

that doesn't work on a lucid dream you

1244

00:45:53,499 --> 00:45:51,259

pinch yourself in a lucid dream you just

1245

00:45:56,799 --> 00:45:53,509

feel pain and that's cool because you're

1246

00:45:59,199 --> 00:45:56,809

like pain but I'm asleep in bed I'm not

1247

00:46:01,089 --> 00:45:59,209

really pinching myself my dream fingers

1248

00:46:02,680 --> 00:46:01,099

are pinching my dream arm and dream pain

1249

00:46:04,809 --> 00:46:02,690

is being evoke to my mind I mean that's

1250

00:46:06,069 --> 00:46:04,819

super cool anyway but so in the elusive

1251  
00:46:07,959 --> 00:46:06,079  
dream state you can kind of meet these

1252  
00:46:09,670 --> 00:46:07,969  
lists off parts of yourself you can meet

1253  
00:46:11,170 --> 00:46:09,680  
these personifications you are own

1254  
00:46:13,539 --> 00:46:11,180  
psyche which yeah they manifest like a

1255  
00:46:15,849 --> 00:46:13,549  
tool but they seem to to exist they

1256  
00:46:17,799 --> 00:46:15,859  
don't really its form an emptiness it's

1257  
00:46:19,269 --> 00:46:17,809  
it's it's not real as a projection of

1258  
00:46:21,880 --> 00:46:19,279  
your mind but you can touch it you can

1259  
00:46:23,769 --> 00:46:21,890  
taste it you couldn't interact with it

1260  
00:46:25,779 --> 00:46:23,779  
so the lucid dream said yeah we can meet

1261  
00:46:27,789 --> 00:46:25,789  
these aspects of ourselves and what I

1262  
00:46:29,890 --> 00:46:27,799  
always ask people to do always advisable

1263  
00:46:31,509 --> 00:46:29,900

to do is to hug them back and really the

1264

00:46:31,960 --> 00:46:31,519

whole teaching I'll be doing for last 11

1265

00:46:33,609 --> 00:46:31,970

years good

1266

00:46:35,230 --> 00:46:33,619

summed up in that huggy everything in

1267

00:46:37,540 --> 00:46:35,240

your lucid dream because if everything

1268

00:46:39,490 --> 00:46:37,550

in the lucid dream or at least 99% of

1269

00:46:41,109 --> 00:46:39,500

everything in lucid dream is you then

1270

00:46:42,849 --> 00:46:41,119

whether it's a manifestation on your

1271

00:46:44,170 --> 00:46:42,859

anger or your fear your sexual trauma

1272

00:46:46,870 --> 00:46:44,180

hug it because what could be more

1273

00:46:49,180 --> 00:46:46,880

symbolic of love of acceptance of

1274

00:46:52,660 --> 00:46:49,190

integration and hug so I often say hug

1275

00:46:55,390 --> 00:46:52,670

first talk later I love that hey Charlie

1276

00:46:59,160 --> 00:46:55,400

would you tell folks your story about

1277

00:47:01,060 --> 00:46:59,170

entering the hell realm and the hugging

1278

00:47:02,710 --> 00:47:01,070

okay there are actually two different

1279

00:47:05,260 --> 00:47:02,720

ones but the hell realm I can talk about

1280

00:47:06,849 --> 00:47:05,270

and I think actually my Buddhist teacher

1281

00:47:08,770 --> 00:47:06,859

allowed me to remedy his book comes out

1282

00:47:10,960 --> 00:47:08,780

his biography comes out next month and I

1283

00:47:12,640 --> 00:47:10,970

think I get a mention he says about one

1284

00:47:14,620 --> 00:47:12,650

of his students visiting the hell realms

1285

00:47:17,859 --> 00:47:14,630

through the lucid dream state so because

1286

00:47:20,230 --> 00:47:17,869

of this idea that the realms of

1287

00:47:22,480 --> 00:47:20,240

existence are dreamlike including this

1288

00:47:24,400 --> 00:47:22,490

one it said that you can use the lucid

1289

00:47:26,200 --> 00:47:24,410

dream state and the outer body state

1290

00:47:28,599 --> 00:47:26,210

which in Tibetan Buddhism is referred to

1291

00:47:30,400 --> 00:47:28,609

it the special dream body state you can

1292

00:47:33,190 --> 00:47:30,410

use those states to visit these hell

1293

00:47:34,960 --> 00:47:33,200

realms because they don't exist outside

1294

00:47:36,430 --> 00:47:34,970

of the mind but they're needed is this

1295

00:47:37,660 --> 00:47:36,440

you can visit hell realm as

1296

00:47:39,070 --> 00:47:37,670

realistically through the lucid dream

1297

00:47:40,870 --> 00:47:39,080

state as you would if you actually

1298

00:47:42,820 --> 00:47:40,880

entered hell realm right

1299

00:47:44,740 --> 00:47:42,830

apparently so anyway I got this

1300

00:47:46,300 --> 00:47:44,750

instruction to visit hell realm now I

1301  
00:47:47,710 --> 00:47:46,310  
wouldn't advise anyone going to a hell

1302  
00:47:49,510 --> 00:47:47,720  
realm unless they're Buddhist Lama tells

1303  
00:47:51,640 --> 00:47:49,520  
them to - anything else you've got no

1304  
00:47:52,750 --> 00:47:51,650  
kind of safety backup I was like visit

1305  
00:47:56,589 --> 00:47:52,760  
the hell and will I be alright and he

1306  
00:47:58,329 --> 00:47:56,599  
was like yes yes I'm mad or something so

1307  
00:48:00,460 --> 00:47:58,339  
I become lucid I don't know what I know

1308  
00:48:02,980 --> 00:48:00,470  
I was in a car that was it I was in a

1309  
00:48:04,150 --> 00:48:02,990  
car and I realized no one was driving

1310  
00:48:05,050 --> 00:48:04,160  
the car something like that and I went

1311  
00:48:06,760 --> 00:48:05,060  
happen that's weird

1312  
00:48:08,890 --> 00:48:06,770  
oh my god I'm dreaming so I noticed the

1313  
00:48:10,810 --> 00:48:08,900

weird thing I became lucid I'm dreaming

1314

00:48:13,780 --> 00:48:10,820

right and then I remembered the dream

1315

00:48:15,040 --> 00:48:13,790

plan as we'll call it from lama yeshe go

1316

00:48:16,570 --> 00:48:15,050

to a hell realm so I thought we how do

1317

00:48:19,359 --> 00:48:16,580

you do this so I don't know so I just

1318

00:48:21,700 --> 00:48:19,369

yelled out in the car hell realm now I

1319

00:48:29,500 --> 00:48:21,710

want to experience the hell realm now

1320

00:48:32,670 --> 00:48:29,510

and then everything and it was so hard

1321

00:48:35,260 --> 00:48:32,680

to describe it was complete stuckness

1322

00:48:40,450 --> 00:48:35,270

imagine the dream pausing like shook

1323

00:48:43,390 --> 00:48:40,460

paused but now imagine that everything

1324

00:48:46,269 --> 00:48:43,400

that was movement anything had ever

1325

00:48:49,809 --> 00:48:46,279

did not exist the concept of flexibility

1326  
00:48:52,150 --> 00:48:49,819  
or movement or unstuck knees did not

1327  
00:48:54,849 --> 00:48:52,160  
exist in that state there had only ever

1328  
00:48:57,220 --> 00:48:54,859  
been stuck nests in that point in time

1329  
00:49:01,870 --> 00:48:57,230  
and then time disappeared

1330  
00:49:03,759 --> 00:49:01,880  
so it was like infinite stuckness and I

1331  
00:49:06,870 --> 00:49:03,769  
can't explain how terrifying the

1332  
00:49:08,829 --> 00:49:06,880  
experience of infinite stuckness is I

1333  
00:49:10,539 --> 00:49:08,839  
literally can't explain it is beyond

1334  
00:49:13,239 --> 00:49:10,549  
words but it was the most terrifying

1335  
00:49:15,220 --> 00:49:13,249  
experience I've ever had because time

1336  
00:49:17,829 --> 00:49:15,230  
didn't exist so it would go on forever I

1337  
00:49:21,749 --> 00:49:17,839  
would never not be in it and it was a

1338  
00:49:25,599 --> 00:49:21,759

place where movement didn't exist and

1339

00:49:27,249 --> 00:49:25,609

then I panicked and I was like oh we got

1340

00:49:28,599 --> 00:49:27,259

and I tried all the trick in the book

1341

00:49:29,739 --> 00:49:28,609

and I just stuck there stuck this that

1342

00:49:31,390 --> 00:49:29,749

the thought seemed like in terminal

1343

00:49:33,910 --> 00:49:31,400

amount of time probably two seconds and

1344

00:49:35,200 --> 00:49:33,920

I woke up when I spoke to Lama Yeshe

1345

00:49:36,460 --> 00:49:35,210

about I was like but I thought the hell

1346

00:49:37,599 --> 00:49:36,470

realms would be like the Buddhist

1347

00:49:40,120 --> 00:49:37,609

descriptions were like fire and

1348

00:49:42,099 --> 00:49:40,130

brimstone and stuff and he says hell is

1349

00:49:44,499 --> 00:49:42,109

in my mind for you hell is stuckness and

1350

00:49:45,999 --> 00:49:44,509

I thought about oh wow

1351  
00:49:48,130 --> 00:49:46,009  
that is true I think for many people

1352  
00:49:50,559 --> 00:49:48,140  
hell is stuckness you know complete

1353  
00:49:53,289 --> 00:49:50,569  
inability to move a complete being

1354  
00:49:56,140 --> 00:49:53,299  
frozen in time having no agency having

1355  
00:49:58,630 --> 00:49:56,150  
no free will being stuck in a place of

1356  
00:50:01,660 --> 00:49:58,640  
no movement forever was my experience of

1357  
00:50:03,309 --> 00:50:01,670  
Hell so yeah that was a hell realm who

1358  
00:50:04,960 --> 00:50:03,319  
knows if you did the same lucid dream

1359  
00:50:06,160 --> 00:50:04,970  
plan and of course you could it'll be

1360  
00:50:07,749 --> 00:50:06,170  
totally different like a Christian

1361  
00:50:08,979 --> 00:50:07,759  
listening to this if they called out to

1362  
00:50:11,049 --> 00:50:08,989  
go to hell it would probably be a

1363  
00:50:12,759 --> 00:50:11,059

totally different experience and whether

1364

00:50:14,319 --> 00:50:12,769

that would be a good thing to do or and

1365

00:50:16,390 --> 00:50:14,329

final thing to do or not I don't know

1366

00:50:18,160 --> 00:50:16,400

but that was a hell realm one as far as

1367

00:50:19,599 --> 00:50:18,170

the hugging the demons things oh I know

1368

00:50:22,989 --> 00:50:19,609

what else I'll tell you one that really

1369

00:50:24,700 --> 00:50:22,999

crossed the boundary so I've done a lot

1370

00:50:26,349 --> 00:50:24,710

of this work well whenever you get lucid

1371

00:50:28,779 --> 00:50:26,359

if ever you meet anything scary in the

1372

00:50:29,890 --> 00:50:28,789

lucid dream it's you write everything in

1373

00:50:31,690 --> 00:50:29,900

the lucid dream is you so you meet

1374

00:50:33,609 --> 00:50:31,700

something scary you meet a monster you

1375

00:50:35,829 --> 00:50:33,619

meet a vampire whatever it's got a

1376  
00:50:38,019 --> 00:50:35,839  
zombie go and hug them show them love

1377  
00:50:40,839 --> 00:50:38,029  
because they are an external they are a

1378  
00:50:43,029 --> 00:50:40,849  
personification of some zombified part

1379  
00:50:45,009 --> 00:50:43,039  
of yourself or some monstrous part of

1380  
00:50:46,809 --> 00:50:45,019  
yourself or some fearful part of

1381  
00:50:48,190 --> 00:50:46,819  
yourself terrifying part of yourself so

1382  
00:50:49,479 --> 00:50:48,200  
you go and hug them you show them love

1383  
00:50:52,960 --> 00:50:49,489  
and then often they like dissolve into

1384  
00:50:54,970 --> 00:50:52,970  
white light will they like turn into you

1385  
00:50:56,550 --> 00:50:54,980  
hug them actually they then you release

1386  
00:50:58,620 --> 00:50:56,560  
the embrace and then or angry

1387  
00:51:00,960 --> 00:50:58,630  
you kind of pacified really obvious

1388  
00:51:03,420 --> 00:51:00,970

psychological work here so I had this

1389

00:51:05,970 --> 00:51:03,430

dream about four years ago or something

1390

00:51:07,440 --> 00:51:05,980

maybe five I became lucid I was at

1391

00:51:10,320 --> 00:51:07,450

Liverpool Street Station was a big

1392

00:51:12,750 --> 00:51:10,330

station in London and I looked over the

1393

00:51:17,550 --> 00:51:12,760

barriers down into the kind of forecourt

1394

00:51:20,520 --> 00:51:17,560

of the train station and I saw these

1395

00:51:23,670 --> 00:51:20,530

people in black robes standing in a

1396

00:51:25,790 --> 00:51:23,680

circle around a pentacle or pentagram I

1397

00:51:28,740 --> 00:51:25,800

always forget that symbol pentagram

1398

00:51:31,320 --> 00:51:28,750

pentagram right and I think okay shadow

1399

00:51:33,900 --> 00:51:31,330

elements scary stuff and literally de

1400

00:51:35,400 --> 00:51:33,910

Blasio flew down off the thing went them

1401

00:51:38,610 --> 00:51:35,410

I thought okay they're representations

1402

00:51:39,900 --> 00:51:38,620

of what a fear of satanic ritual yeah my

1403

00:51:42,060 --> 00:51:39,910

Christian upbringing whatever it is okay

1404

00:51:44,070 --> 00:51:42,070

just shadows stuff like so I see the

1405

00:51:46,770 --> 00:51:44,080

main one the main one looks like Charles

1406

00:51:48,390 --> 00:51:46,780

dance who's a character who's a actors

1407

00:51:50,010 --> 00:51:48,400

been many things but particularly he he

1408

00:51:52,260 --> 00:51:50,020

was in Game of Thrones people I know him

1409

00:51:54,360 --> 00:51:52,270

and he was like main like ringleader of

1410

00:51:56,460 --> 00:51:54,370

the satanic cult thing so I just fly

1411

00:51:59,700 --> 00:51:56,470

over to him like ground level fly and I

1412

00:52:02,940 --> 00:51:59,710

hug him and I go my shadow and I hug him

1413

00:52:06,090 --> 00:52:02,950

and then I felt this incredible force I

1414

00:52:09,600 --> 00:52:06,100

mean it was like being hit by like a

1415

00:52:12,600 --> 00:52:09,610

sonic boom mmm-hmm and I literally flew

1416

00:52:15,150 --> 00:52:12,610

off onto the floor and then he levitated

1417

00:52:16,500 --> 00:52:15,160

up into the sky like feet down to the

1418

00:52:19,200 --> 00:52:16,510

ground so kind of levitate straight up

1419

00:52:21,660 --> 00:52:19,210

when I am NOT your shadow I am the devil

1420

00:52:25,530 --> 00:52:21,670

and just for a minute

1421

00:52:27,270 --> 00:52:25,540

I was like oh she's I really hope I'm in

1422

00:52:30,930 --> 00:52:27,280

a lucid dream now and not in an

1423

00:52:32,100 --> 00:52:30,940

outer-body or in some sort of thin state

1424

00:52:33,600 --> 00:52:32,110

where you can cross over through the

1425

00:52:35,400 --> 00:52:33,610

lucid dream sites or other dimensions I

1426  
00:52:36,840 --> 00:52:35,410  
was like I really hope I'm in music team

1427  
00:52:39,330 --> 00:52:36,850  
and then I just thought I thought on my

1428  
00:52:41,130 --> 00:52:39,340  
feet okay we'll look whether you're in a

1429  
00:52:43,800 --> 00:52:41,140  
lucid dream or the out-of-body state if

1430  
00:52:46,110 --> 00:52:43,810  
you show this dude fear if he truly is

1431  
00:52:48,180 --> 00:52:46,120  
the devil which feeds upon fear you're a

1432  
00:52:50,670 --> 00:52:48,190  
goner mate so you were to stay fearless

1433  
00:52:53,100 --> 00:52:50,680  
so I flew up to him and I grabbed him

1434  
00:52:56,430 --> 00:52:53,110  
again and I went there is no devil

1435  
00:52:57,510 --> 00:52:56,440  
there was only energy and it was so hard

1436  
00:52:59,820 --> 00:52:57,520  
to keep my embrace but I was

1437  
00:53:02,130 --> 00:52:59,830  
bear-hugging mr.john energy and then

1438  
00:53:03,990 --> 00:53:02,140

suddenly falling Lee exploded into white

1439

00:53:05,700 --> 00:53:04,000

light and then the whole dream explodes

1440

00:53:06,970 --> 00:53:05,710

a white light then I found myself in my

1441

00:53:10,240 --> 00:53:06,980

bed

1442

00:53:11,770 --> 00:53:10,250

I mean that was a close one man I mean

1443

00:53:13,270 --> 00:53:11,780

I'm still pretty sure it was a lucid

1444

00:53:16,210 --> 00:53:13,280

dream and not an out-of-body whatever

1445

00:53:17,859 --> 00:53:16,220

because of course what is my shadow what

1446

00:53:20,140 --> 00:53:17,869

is my worst fear is a lucid dreaming

1447

00:53:22,330 --> 00:53:20,150

teacher my worst fear is that one day I

1448

00:53:24,550 --> 00:53:22,340

actually will meet the externalise devil

1449

00:53:26,770 --> 00:53:24,560

but it turns out love is the most

1450

00:53:29,140 --> 00:53:26,780

powerful force in the universe it does

1451

00:53:31,630 --> 00:53:29,150

not matter whether it is internal or

1452

00:53:33,609 --> 00:53:31,640

external if you show the things fear you

1453

00:53:36,310 --> 00:53:33,619

feed it and it will have power of you if

1454

00:53:38,590 --> 00:53:36,320

you are fearless an attack it would love

1455

00:53:40,750 --> 00:53:38,600

with love with compassion that which

1456

00:53:43,510 --> 00:53:40,760

makes the universe whole there is

1457

00:53:45,099 --> 00:53:43,520

nothing to fear that's totally that's

1458

00:53:48,340 --> 00:53:45,109

totally awesome and it's actually a

1459

00:53:50,020 --> 00:53:48,350

great kind of lead into this last clip

1460

00:53:52,320 --> 00:53:50,030

I'm gonna play even super generous with

1461

00:53:55,060 --> 00:53:52,330

your time let me cue up this last one

1462

00:53:57,400 --> 00:53:55,070

somebody said to me the other day you do

1463

00:53:58,900 --> 00:53:57,410

believe God is evil then because I was

1464

00:54:01,690 --> 00:53:58,910

saying the same thing I there's light

1465

00:54:04,450 --> 00:54:01,700

and dark in all of us I know evil exists

1466

00:54:06,040 --> 00:54:04,460

I've experienced it but to do I have to

1467

00:54:08,109 --> 00:54:06,050

get stuck in it though I have to be

1468

00:54:08,650 --> 00:54:08,119

identified with it do I have to be ruled

1469

00:54:11,140 --> 00:54:08,660

by it

1470

00:54:14,290 --> 00:54:11,150

do I have to fear it no I don't why one

1471

00:54:17,470 --> 00:54:14,300

of my spiritual teachers told me is the

1472

00:54:21,520 --> 00:54:17,480

secret of the ascent is to always look

1473

00:54:23,920 --> 00:54:21,530

up so what you brought home clearly in

1474

00:54:25,690 --> 00:54:23,930

your readings and in your work because

1475

00:54:27,520 --> 00:54:25,700

you talked about your work with the

1476

00:54:32,200 --> 00:54:27,530

clients and the people that come see you

1477

00:54:34,859 --> 00:54:32,210

is that what if it's about raising the

1478

00:54:38,349 --> 00:54:34,869

moment that's in front of you and

1479

00:54:39,700 --> 00:54:38,359

transforming that moment to a higher

1480

00:54:42,790 --> 00:54:39,710

state

1481

00:54:44,349 --> 00:54:42,800

I find that when you look at the dark

1482

00:54:46,390 --> 00:54:44,359

side it disappears

1483

00:54:50,140 --> 00:54:46,400

because it no longer holds power over

1484

00:54:53,590 --> 00:54:50,150

then you can then start to reach up to

1485

00:54:57,460 --> 00:54:53,600

something more joyful some of my darkest

1486

00:55:01,480 --> 00:54:57,470

moments have led to my most empowered

1487

00:55:04,000 --> 00:55:01,490

choices well talk about parallels with

1488

00:55:05,980 --> 00:55:04,010

what you just said but that it is clear

1489

00:55:07,990 --> 00:55:05,990

brought you some excellent books she's

1490

00:55:11,170 --> 00:55:08,000

been on Richards show and on my show and

1491

00:55:13,150 --> 00:55:11,180

she's a psychic medium and they're in

1492

00:55:17,109 --> 00:55:13,160

the UK Charlie what did you think I

1493

00:55:19,540 --> 00:55:17,119

thought it was great and it reminded me

1494

00:55:20,400 --> 00:55:19,550

of reminded me of this idea of our

1495

00:55:22,110 --> 00:55:20,410

belief system

1496

00:55:24,930 --> 00:55:22,120

right what Buddha said he said with our

1497

00:55:28,260 --> 00:55:24,940

minds we make the world so if that's

1498

00:55:30,620 --> 00:55:28,270

true then if I have to choose a belief

1499

00:55:33,720 --> 00:55:30,630

system I'm gonna choose the one says

1500

00:55:36,360 --> 00:55:33,730

this is a compassionate universe there

1501  
00:55:38,100 --> 00:55:36,370  
is no externalized evil you are a fully

1502  
00:55:42,270 --> 00:55:38,110  
enlightened Buddha who just hasn't woken

1503  
00:55:44,790 --> 00:55:42,280  
up to it yet and are the kind of raison

1504  
00:55:47,820 --> 00:55:44,800  
d'etre of our life is to wake up to our

1505  
00:55:49,980 --> 00:55:47,830  
inherent wakefulness to wake up to our

1506  
00:55:51,360 --> 00:55:49,990  
enlightened nature now I know it's a

1507  
00:55:53,610 --> 00:55:51,370  
belief system but if I have to choose

1508  
00:55:55,200 --> 00:55:53,620  
one I choose that one because that one

1509  
00:55:57,810 --> 00:55:55,210  
lets me go to sleep fearlessly

1510  
00:55:59,520 --> 00:55:57,820  
that one lets me see the best in people

1511  
00:56:01,860 --> 00:55:59,530  
that one lets me see the best in others

1512  
00:56:04,200 --> 00:56:01,870  
I'm not saying it's true it's simply a

1513  
00:56:06,570 --> 00:56:04,210

belief system but if it's true that with

1514

00:56:07,980 --> 00:56:06,580

our minds we make the world why not

1515

00:56:10,890 --> 00:56:07,990

choose a belief system that is

1516

00:56:12,660 --> 00:56:10,900

empowering and that says that we are

1517

00:56:14,220 --> 00:56:12,670

these fully enlightened Buddhas that we

1518

00:56:15,720 --> 00:56:14,230

have this fullest potential within us

1519

00:56:17,760 --> 00:56:15,730

and that love is the most powerful force

1520

00:56:19,500 --> 00:56:17,770

in the universe when I had that lucid

1521

00:56:21,420 --> 00:56:19,510

dream of the devil I was very thankful

1522

00:56:22,860 --> 00:56:21,430

for that belief system because if I had

1523

00:56:24,600 --> 00:56:22,870

not had that belief system I don't know

1524

00:56:25,800 --> 00:56:24,610

man about I truly believe that the devil

1525

00:56:27,300 --> 00:56:25,810

I could have woken up with some sort of

1526

00:56:29,310 --> 00:56:27,310

psychotic break or something so who

1527

00:56:31,920 --> 00:56:29,320

knows but yeah I totally agree with her

1528

00:56:33,600 --> 00:56:31,930

that they that once you face evil once

1529

00:56:36,090 --> 00:56:33,610

you face the shadow again what is the

1530

00:56:38,610 --> 00:56:36,100

shadow it is an epiphenomenon caused by

1531

00:56:40,380 --> 00:56:38,620

an object blocking the light the shadow

1532

00:56:41,790 --> 00:56:40,390

is not the problem here it's the thing

1533

00:56:44,400 --> 00:56:41,800

that's blocking the light remove the

1534

00:56:46,650 --> 00:56:44,410

block and there's only life maybe evil 2

1535

00:56:48,930 --> 00:56:46,660

is an epiphenomenon caused by something

1536

00:56:50,910 --> 00:56:48,940

blocking my light it's not the evil has

1537

00:56:54,420 --> 00:56:50,920

objective existence it is that is a

1538

00:56:58,290 --> 00:56:54,430

shadow cast by the blocks in our in our

1539

00:57:00,660 --> 00:56:58,300

love maybe I don't know Richard

1540

00:57:04,880 --> 00:57:00,670

any final thoughts before we wrap it up

1541

00:57:07,890 --> 00:57:04,890

here with our very good friend Charlie

1542

00:57:10,790 --> 00:57:07,900

yes I'll say something you can call it

1543

00:57:13,800 --> 00:57:10,800

if you want like so a couple of

1544

00:57:16,170 --> 00:57:13,810

curiosities I actually wonder Alex what

1545

00:57:19,170 --> 00:57:16,180

you make of what Charlie saying about

1546

00:57:20,730 --> 00:57:19,180

evil and the shadow and there not being

1547

00:57:23,730 --> 00:57:20,740

an external evil given that you're

1548

00:57:26,070 --> 00:57:23,740

writing a book with the word evil in the

1549

00:57:27,620 --> 00:57:26,080

title and just to state my own

1550

00:57:30,670 --> 00:57:27,630

perspective where I'm coming from is it

1551

00:57:33,610 --> 00:57:30,680

ultimately I think I the same

1552

00:57:35,620 --> 00:57:33,620

as Charlie in seeing evil as a

1553

00:57:37,960 --> 00:57:35,630

manifestation off or what we call evil

1554

00:57:40,180 --> 00:57:37,970

as a manifestation of trauma and I

1555

00:57:42,400 --> 00:57:40,190

actually think that we might look back

1556

00:57:44,350 --> 00:57:42,410

on the 20th century and say like the

1557

00:57:46,750 --> 00:57:44,360

greatest leap forward in human

1558

00:57:47,890 --> 00:57:46,760

understanding wasn't the stuff that let

1559

00:57:50,170 --> 00:57:47,900

us put a man on the moon or anything

1560

00:57:52,690 --> 00:57:50,180

like that it was Carl Jung and

1561

00:57:54,370 --> 00:57:52,700

therapists like Alice Miller who looked

1562

00:57:56,890 --> 00:57:54,380

at the great dictators and showed how

1563

00:57:59,620 --> 00:57:56,900

who they were arose out of child abuse

1564

00:58:02,710 --> 00:57:59,630

and the role that trauma particularly

1565

00:58:05,770 --> 00:58:02,720

for in early life effects as an effect

1566

00:58:09,850 --> 00:58:05,780

on later to me that the precursor

1567

00:58:11,950 --> 00:58:09,860

doesn't explain the the act so the

1568

00:58:15,010 --> 00:58:11,960

reason I'm drawn to like Tom Zinser is

1569

00:58:17,320 --> 00:58:15,020

at least he has a complete theory like I

1570

00:58:19,930 --> 00:58:17,330

really respect what Charlie said there

1571

00:58:22,120 --> 00:58:19,940

but to me it's somewhat incomplete it

1572

00:58:24,130 --> 00:58:22,130

doesn't close the loop tom Zinser does

1573

00:58:25,960 --> 00:58:24,140

tom says look there's a force out there

1574

00:58:27,640 --> 00:58:25,970

it's darkness it's like gravity right

1575

00:58:29,530 --> 00:58:27,650

which is totally consistent with what

1576

00:58:32,020 --> 00:58:29,540

the Buddhists are saying it's just there

1577

00:58:33,460 --> 00:58:32,030

it's not good it's not bad it's not evil

1578

00:58:36,490 --> 00:58:33,470

but then they're people that are

1579

00:58:39,130 --> 00:58:36,500

attracted to the darkness and do evil

1580

00:58:41,980 --> 00:58:39,140

things and he even contemplates and I've

1581

00:58:43,780 --> 00:58:41,990

heard other of my spiritual teachers say

1582

00:58:46,050 --> 00:58:43,790

the reason they're attracted to the

1583

00:58:48,970 --> 00:58:46,060

darkness is because they have blockages

1584

00:58:51,400 --> 00:58:48,980

the light the love wants to move through

1585

00:58:54,040 --> 00:58:51,410

them but they have some scars they

1586

00:58:56,980 --> 00:58:54,050

have other blockages that prevent that

1587

00:58:59,440 --> 00:58:56,990

so that then energy gets redirected and

1588

00:59:01,450 --> 00:58:59,450

often it gets redirected in any way that

1589

00:59:04,870 --> 00:59:01,460

feels comfortable at the time either

1590

00:59:07,840 --> 00:59:04,880

addiction or attraction to things that

1591

00:59:10,240 --> 00:59:07,850

get that out of us in an evil way

1592

00:59:12,760 --> 00:59:10,250

but then at that point they really are

1593

00:59:14,770 --> 00:59:12,770

doing evil in the way that Charlie

1594

00:59:15,910 --> 00:59:14,780

defined it and that's not even to what

1595

00:59:17,740 --> 00:59:15,920

Charlie said is it doesn't sound

1596

00:59:19,930 --> 00:59:17,750

different to me do you think it's

1597

00:59:21,820 --> 00:59:19,940

different or sounds like well hold on

1598

00:59:24,610 --> 00:59:21,830

because I think it's different when we

1599

00:59:28,720 --> 00:59:24,620

then say that these people are in now

1600

00:59:30,550 --> 00:59:28,730

engaged actively engaged in doing evil

1601  
00:59:33,130 --> 00:59:30,560  
things that prevent the free will of

1602  
00:59:34,720 --> 00:59:33,140  
other people being exorcised and then

1603  
00:59:36,910 --> 00:59:34,730  
here's the kicker to me that I think

1604  
00:59:38,350 --> 00:59:36,920  
everyone kind of likes the gloss over

1605  
00:59:41,220 --> 00:59:38,360  
because they're uncomfortable with it is

1606  
00:59:43,800 --> 00:59:41,230  
that in that process of redirecting and

1607  
00:59:46,530 --> 00:59:43,810  
misdirecting that energy they are

1608  
00:59:50,910 --> 00:59:46,540  
nektion with energy that is outside of

1609  
00:59:53,610 --> 00:59:50,920  
them that is recharging and energizing

1610  
00:59:55,530 --> 00:59:53,620  
that energy so the reason they do the

1611  
00:59:57,060 --> 00:59:55,540  
satanic ritual abuse like this is my

1612  
00:59:59,280 --> 00:59:57,070  
objection like when I talk to you about

1613  
01:00:01,410 --> 00:59:59,290

the guy Richard inside baseball there

1614

01:00:05,190 --> 01:00:01,420

the guy from Ohio State University who

1615

01:00:07,110 --> 01:00:05,200

says hell yeah I ron Hubbard and Jack

1616

01:00:08,820 --> 01:00:07,120

Parsons were in the desert and they were

1617

01:00:11,970 --> 01:00:08,830

working with Aleister Crowley to bring

1618

01:00:13,830 --> 01:00:11,980

about the Antichrist and the Ohio State

1619

01:00:16,170 --> 01:00:13,840

University professor says well whatever

1620

01:00:18,900 --> 01:00:16,180

people believe that's what's most

1621

01:00:22,280 --> 01:00:18,910

important no what's important

1622

01:00:26,090 --> 01:00:22,290

first and foremost is is it possible to

1623

01:00:28,980 --> 01:00:26,100

direct your energy to beings entities

1624

01:00:31,290 --> 01:00:28,990

real things that are in these extended

1625

01:00:33,330 --> 01:00:31,300

realm and have them manifest in a way

1626  
01:00:35,820 --> 01:00:33,340  
that interacts with this realm because

1627  
01:00:39,180 --> 01:00:35,830  
if that's real that is a different

1628  
01:00:40,620 --> 01:00:39,190  
reality that we have to deal with so I

1629  
01:00:42,990 --> 01:00:40,630  
don't think that that depending

1630  
01:00:44,610 --> 01:00:43,000  
philosophy right because I can connect

1631  
01:00:46,890 --> 01:00:44,620  
let's say I'm connecting with what could

1632  
01:00:49,110 --> 01:00:46,900  
be traumatized spirits in some way that

1633  
01:00:50,520 --> 01:00:49,120  
people who have had a bad life here or a

1634  
01:00:52,680 --> 01:00:50,530  
bad life there whatever they're

1635  
01:00:54,330 --> 01:00:52,690  
traumatized spirits and they they want

1636  
01:00:55,860 --> 01:00:54,340  
to do harm in the way damaged people

1637  
01:00:57,630 --> 01:00:55,870  
here want to do harm that's not

1638  
01:00:59,880 --> 01:00:57,640

fundamentally different on some level

1639

01:01:01,590 --> 01:00:59,890

from me connecting with all the damaged

1640

01:01:03,210 --> 01:01:01,600

people here in a call to something like

1641

01:01:05,340 --> 01:01:03,220

the magazine company and going out to do

1642

01:01:06,870 --> 01:01:05,350

huh so it's not about whether there's a

1643

01:01:08,340 --> 01:01:06,880

fundamentally evil it's getting together

1644

01:01:10,110 --> 01:01:08,350

with its traumatized people getting

1645

01:01:12,180 --> 01:01:10,120

together all the traumatized people so

1646

01:01:14,040 --> 01:01:12,190

that if we can't get there to talk about

1647

01:01:16,290 --> 01:01:14,050

that then we're lost

1648

01:01:19,230 --> 01:01:16,300

right if we always have to talk about it

1649

01:01:21,660 --> 01:01:19,240

in metaphor then we're lost if we if we

1650

01:01:23,880 --> 01:01:21,670

are willing to contemplate the potential

1651

01:01:26,610 --> 01:01:23,890

reality of that that just like people

1652

01:01:28,620 --> 01:01:26,620

can go through a crack house and connect

1653

01:01:31,080 --> 01:01:28,630

with a bunch of very negative energy and

1654

01:01:33,600 --> 01:01:31,090

wind up in a worse place well that they

1655

01:01:35,790 --> 01:01:33,610

can connect with the crack house in the

1656

01:01:38,340 --> 01:01:35,800

spirit realm and wind up with some very

1657

01:01:39,990 --> 01:01:38,350

dark forces there as soon as we say okay

1658

01:01:41,880 --> 01:01:40,000

that's on the table then I'm with you

1659

01:01:43,770 --> 01:01:41,890

let's start that discussion but right

1660

01:01:45,840 --> 01:01:43,780

now we have to recognize that we're not

1661

01:01:48,090 --> 01:01:45,850

having that discussion science will not

1662

01:01:50,700 --> 01:01:48,100

allow us to enter into that realm and

1663

01:01:52,620 --> 01:01:50,710

religion as we know it will not allow us

1664

01:01:54,180 --> 01:01:52,630

to contemplate those things that's the

1665

01:01:55,410 --> 01:01:54,190

great thing about what Charlie's

1666

01:01:57,460 --> 01:01:55,420

bringing to the table he says hey I'm

1667

01:02:00,460 --> 01:01:57,470

part of the spiritual tradition Allah

1668

01:02:02,020 --> 01:02:00,470

in tradition there they're not only open

1669

01:02:04,510 --> 01:02:02,030

to it but they'll tell you they have a

1670

01:02:06,790 --> 01:02:04,520

pretty complete explanation of how that

1671

01:02:12,849 --> 01:02:06,800

stuff might work Charlie are like

1672

01:02:14,200 --> 01:02:12,859

listening in I mean I just such a cool

1673

01:02:15,640 --> 01:02:14,210

calm as that is my interviews are not

1674

01:02:17,470 --> 01:02:15,650

usually like this man they usually just

1675

01:02:20,319 --> 01:02:17,480

tell me about lucid dreaming this is

1676

01:02:23,530 --> 01:02:20,329

brilliant of nature reality objective

1677

01:02:26,170 --> 01:02:23,540

evil evil and subjective and objective

1678

01:02:28,750 --> 01:02:26,180

evil and subjective brilliant I mean

1679

01:02:31,059 --> 01:02:28,760

yeah I listen to both of you speak I

1680

01:02:32,200 --> 01:02:31,069

agree on both counts oh yeah I really

1681

01:02:35,589 --> 01:02:32,210

agree with that I also agree with that

1682

01:02:37,960 --> 01:02:35,599

it's like yeah I've got anyone who's

1683

01:02:39,400 --> 01:02:37,970

making like hard and fast claims about

1684

01:02:40,990 --> 01:02:39,410

this stuff I think probably to check

1685

01:02:42,640 --> 01:02:41,000

themselves right but let's at least have

1686

01:02:44,609 --> 01:02:42,650

conversations about it let's at least

1687

01:02:46,270 --> 01:02:44,619

talk about these possibilities and

1688

01:02:48,790 --> 01:02:46,280

explore I mean what could be more

1689

01:02:50,680 --> 01:02:48,800

fascinating than this right agreed

1690

01:02:52,569 --> 01:02:50,690

hey I tell you what we've used up a lot

1691

01:02:55,690 --> 01:02:52,579

of your time Charlie tell folks a little

1692

01:02:58,089 --> 01:02:55,700

bit more about the work that you do with

1693

01:03:00,579 --> 01:02:58,099

individuals I know we're in kind of a

1694

01:03:03,970 --> 01:03:00,589

strange state where workshops are

1695

01:03:07,920 --> 01:03:03,980

probably not our kind of inflex but you

1696

01:03:10,690 --> 01:03:07,930

have a perfect way of integrating in the

1697

01:03:12,520 --> 01:03:10,700

technology and consulting sessions along

1698

01:03:14,400 --> 01:03:12,530

with the books tell people how they can

1699

01:03:16,900 --> 01:03:14,410

learn more about what you're up to

1700

01:03:19,210 --> 01:03:16,910

yes I mean I would advertise a whole

1701

01:03:21,010 --> 01:03:19,220

world tour I had finished at the end of

1702

01:03:22,240 --> 01:03:21,020

November but this whether that's gonna

1703

01:03:24,040 --> 01:03:22,250

happen it seems like the world tour is

1704

01:03:24,730 --> 01:03:24,050

gonna be right here in the zoom screen

1705

01:03:26,440 --> 01:03:24,740

in my living room

1706

01:03:27,670 --> 01:03:26,450

but yeah I've truly embraced that so I

1707

01:03:28,900 --> 01:03:27,680

would like like what loads of online

1708

01:03:31,150 --> 01:03:28,910

course they were like to lucid dream

1709

01:03:32,440 --> 01:03:31,160

online courses one oh the shadow work

1710

01:03:33,670 --> 01:03:32,450

online cause it particularly good

1711

01:03:35,829 --> 01:03:33,680

actually people been interested in

1712

01:03:37,660 --> 01:03:35,839

shadow integration stuff and then I'm

1713

01:03:39,970 --> 01:03:37,670

now doing a lot of live stuff so live

1714

01:03:42,309 --> 01:03:39,980

five week online courses do my first

1715

01:03:44,079 --> 01:03:42,319

ever lucid dreaming retreat through zoom

1716

01:03:45,579 --> 01:03:44,089

where I'll be like waking people up four

1717

01:03:47,680 --> 01:03:45,589

times a night just as we would do on the

1718

01:03:49,420 --> 01:03:47,690

lucidity retreat but you'll have like a

1719

01:03:51,730 --> 01:03:49,430

recording of my voice that you will say

1720

01:03:53,859 --> 01:03:51,740

that's kind of fun trying to use this

1721

01:03:54,970 --> 01:03:53,869

technology to make this happen but yeah

1722

01:03:56,410 --> 01:03:54,980

everyone finds it from my website

1723

01:03:58,540 --> 01:03:56,420

Charlie more calm

1724

01:04:01,030 --> 01:03:58,550

loads of online staff and Skype sessions

1725

01:04:03,400 --> 01:04:01,040

and oh I've got this big online elusive

1726

01:04:05,829 --> 01:04:03,410

dream of online summit that's mid-july

1727

01:04:06,849 --> 01:04:05,839

you'll find online when it goes up but

1728

01:04:09,490 --> 01:04:06,859

you can google it and there's me

1729

01:04:10,650 --> 01:04:09,500

interviewing like 15 or 20 experts I'm

1730

01:04:12,570 --> 01:04:10,660

trying to really be commerce a

1731

01:04:14,610 --> 01:04:12,580

about just how far lucid dream can go so

1732

01:04:17,010 --> 01:04:14,620

lucid dreaming online summit you'll find

1733

01:04:19,500 --> 01:04:17,020

it Charlie it's been absolutely

1734

01:04:21,750 --> 01:04:19,510

fantastic having you on Richard thanks

1735

01:04:24,420 --> 01:04:21,760

so much for being a part of this and

1736

01:04:27,330 --> 01:04:24,430

helping connect me to Charlie so thanks

1737

01:04:30,500 --> 01:04:27,340

to you both and goodbye thank you so

1738

01:04:36,110 --> 01:04:33,140

thanks again to Charlie for joining me

1739

01:04:38,750 --> 01:04:36,120

and Richard for riding shotgun the one

1740

01:04:40,850 --> 01:04:38,760

question I T up from this interview is

1741

01:04:43,130 --> 01:04:40,860

what do you make of Charlie's take on

1742

01:04:45,170 --> 01:04:43,140

entities that seem to be kind of one of

1743

01:04:48,400 --> 01:04:45,180

the central points of this interview as

1744

01:04:51,140 --> 01:04:48,410

we enter this dreamscape are we creating

1745

01:04:53,180 --> 01:04:51,150

everything well of course we're creating

1746

01:04:55,670 --> 01:04:53,190

everything but it seems like when we're

1747

01:04:58,970 --> 01:04:55,680

really pressed we come back to this idea

1748

01:05:01,760 --> 01:04:58,980

that there are these external entities

1749

01:05:06,760 --> 01:05:01,770

not just in this minute-by-minute thing

1750

01:05:09,830 --> 01:05:06,770

we call reality but somehow beyond that

1751

01:05:11,540 --> 01:05:09,840

so that would be the question pop on

1752

01:05:13,520 --> 01:05:11,550

over to skeptical form if you wouldn't

1753

01:05:16,190 --> 01:05:13,530

let me know your thoughts or drop me a

1754

01:05:17,780 --> 01:05:16,200

note tell me what you think I got some

1755

01:05:19,880 --> 01:05:17,790

good ones coming up I got some

1756

01:05:21,770 --> 01:05:19,890

not-so-good ones too but that's part of

1757

01:05:24,530 --> 01:05:21,780

the process anyways

1758

01:05:28,650 --> 01:05:24,540

stay with me for all of that until next