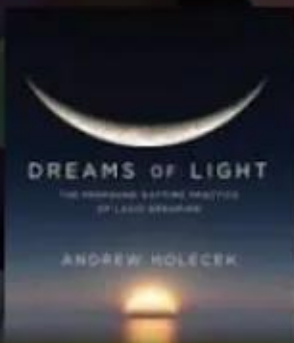


Andrew Holecek

skeptiko #458



Lucid Dreaming & Yoga

Skeptiko Topics:

Consciousness Science

Parapsychology

Near-Death Experience

Spirituality

Skeptics/Skepticism

Psi

Psychics & Mediums

Atheism

UFO

Neuroscience

Conspiracy Theories

Contactee Experience

OBE

1
00:00:04,150 --> 00:00:01,670
brennan you certainly have had a lot of

2
00:00:06,869 --> 00:00:04,160
jobs i'm a bit of a spark plug

3
00:00:08,470 --> 00:00:06,879
and uh human resources lady oh you know

4
00:00:11,669 --> 00:00:08,480
it's actually it's pam

5
00:00:14,230 --> 00:00:11,679
i'm sorry well pan no

6
00:00:15,749 --> 00:00:14,240
my name is pam okay first of all i

7
00:00:17,510 --> 00:00:15,759
needed someone to show your mouth

8
00:00:20,230 --> 00:00:17,520
shall you show your mouth oh okay i

9
00:00:21,349 --> 00:00:20,240
think we've had one second

10
00:00:23,029 --> 00:00:21,359
i needed someone will you show your

11
00:00:23,750 --> 00:00:23,039
mouth shall you show your mouth i'm

12
00:00:25,429 --> 00:00:23,760
sorry what are you

13
00:00:28,070 --> 00:00:25,439

just coming off stupid i'm coming off as

14

00:00:30,390 --> 00:00:28,080

stupid you're wearing tuxedos to a job

15

00:00:31,830 --> 00:00:30,400

that requires you to clean bathrooms

16

00:00:33,350 --> 00:00:31,840

please leave this office we're done with

17

00:00:34,150 --> 00:00:33,360

this interview do we get any sort of

18

00:00:36,870 --> 00:00:34,160

souvenir

19

00:00:39,430 --> 00:00:36,880

get out of my office now i could try and

20

00:00:41,430 --> 00:00:39,440

explain how that clip from step brothers

21

00:00:43,190 --> 00:00:41,440

relates to this show

22

00:00:45,270 --> 00:00:43,200

but that would just be throwing gas on

23

00:00:46,950 --> 00:00:45,280

the fire here's a clip from my interview

24

00:00:49,110 --> 00:00:46,960

with andrew holicek

25

00:00:50,869 --> 00:00:49,120

why there's resistance to just calling

26
00:00:52,389 --> 00:00:50,879
out sue blackmart you quoted her in the

27
00:00:54,869 --> 00:00:52,399
paper did you who she was

28
00:00:56,709 --> 00:00:54,879
i know who sue is so for sure yeah i

29
00:00:58,389 --> 00:00:56,719
mean she's an interesting character

30
00:00:59,590 --> 00:00:58,399
it's so again i'm trying to get even

31
00:01:00,950 --> 00:00:59,600
within that my friend i'm just trying to

32
00:01:02,310 --> 00:01:00,960
be a little bit more clear about where

33
00:01:03,990 --> 00:01:02,320
you want me to go with this why'd you

34
00:01:04,469 --> 00:01:04,000
quote sue blackmore as an example of

35
00:01:05,910 --> 00:01:04,479
that

36
00:01:07,350 --> 00:01:05,920
because she has some interesting things

37
00:01:08,469 --> 00:01:07,360
to say what does she have that's

38
00:01:10,950 --> 00:01:08,479

interesting to say

39

00:01:13,750 --> 00:01:10,960

well i mean she has she has a very uh

40

00:01:16,550 --> 00:01:13,760

kind of vast array of contributions i

41

00:01:18,070 --> 00:01:16,560

i'm not she does terribly anything

42

00:01:20,149 --> 00:01:18,080

interesting to say

43

00:01:22,390 --> 00:01:20,159

because she thinks consciousness is an

44

00:01:23,350 --> 00:01:22,400

illusion and an epiphenomenon of the

45

00:01:26,070 --> 00:01:23,360

brain

46

00:01:27,990 --> 00:01:26,080

she got that question wrong on the test

47

00:01:32,149 --> 00:01:28,000

so she wasn't allowed to go to part

48

00:01:33,590 --> 00:01:32,159

b c d well we you keep saying that but

49

00:01:35,030 --> 00:01:33,600

you got to won't go there

50

00:01:36,710 --> 00:01:35,040

it's it's there where do you where do

51

00:01:39,910 --> 00:01:36,720

you want me to go i don't know

52

00:01:40,230 --> 00:01:39,920

oh man come on so really what do you

53

00:01:41,590 --> 00:01:40,240

think

54

00:01:43,350 --> 00:01:41,600

you heard both these guys what do you

55

00:01:44,469 --> 00:01:43,360

think well again i'm just

56

00:01:46,789 --> 00:01:44,479

i'm trying to just be a little bit

57

00:01:48,550 --> 00:01:46,799

articulate what do i think about what

58

00:01:51,190 --> 00:01:48,560

because they both covered some amazing

59

00:01:53,190 --> 00:01:51,200

topics so what did you think was amazing

60

00:01:54,950 --> 00:01:53,200

well i mean again what i find

61

00:01:56,789 --> 00:01:54,960

provocative and i'm not here to judge

62

00:01:58,069 --> 00:01:56,799

either of them that's just not the way i

63

00:01:59,670 --> 00:01:58,079

roll

64

00:02:01,590 --> 00:01:59,680

what i find compelling i'm always

65

00:02:02,870 --> 00:02:01,600

judging everyone i hate when people say

66

00:02:04,870 --> 00:02:02,880

that of course you're they're judging

67

00:02:06,870 --> 00:02:04,880

positively or judging negatively but

68

00:02:09,510 --> 00:02:06,880

judge feel free this is a

69

00:02:11,589 --> 00:02:09,520

a judge-friendly zone what i find

70

00:02:15,670 --> 00:02:11,599

compelling about what charlie says

71

00:02:17,030 --> 00:02:15,680

is that again we live in a universe in a

72

00:02:19,589 --> 00:02:17,040

world

73

00:02:23,430 --> 00:02:19,599

where there is plenty of room for other

74

00:02:25,030 --> 00:02:23,440

forms of reality

75

00:02:27,350 --> 00:02:25,040

welcome to skeptico where we explore

76

00:02:29,510 --> 00:02:27,360

controversial science and spirituality

77

00:02:30,390 --> 00:02:29,520

with leading researchers thinkers and

78

00:02:32,710 --> 00:02:30,400

their critics

79

00:02:35,270 --> 00:02:32,720

i'm your host alex sacaris and today we

80

00:02:38,470 --> 00:02:35,280

welcome andrew holick to skeptico

81

00:02:38,949 --> 00:02:38,480

andrew is the author of books like dream

82

00:02:40,869 --> 00:02:38,959

yoga

83

00:02:44,229 --> 00:02:40,879

illuminating your life through lucid

84

00:02:47,270 --> 00:02:44,239

dreaming and the tibetan yogis of sleep

85

00:02:50,229 --> 00:02:47,280

and preparing to die practical advice

86

00:02:50,949 --> 00:02:50,239

and spiritual wisdom from the tibetan

87

00:02:53,750 --> 00:02:50,959

buddhist

88

00:02:54,710 --> 00:02:53,760

tradition so we're definitely going to

89

00:02:57,589 --> 00:02:54,720

want to talk about

90

00:02:59,830 --> 00:02:57,599

all of that especially as it relates to

91

00:03:02,070 --> 00:02:59,840

the recent conversations

92

00:03:03,430 --> 00:03:02,080

i've been having with just had lucid

93

00:03:05,750 --> 00:03:03,440

dream teacher

94

00:03:07,990 --> 00:03:05,760

charlie morley who you may have heard of

95

00:03:10,470 --> 00:03:08,000

him okay so that's interesting

96

00:03:12,790 --> 00:03:10,480

and i think andrew's work also relates

97

00:03:13,910 --> 00:03:12,800

to this larger project i've been on in

98

00:03:17,110 --> 00:03:13,920

terms of

99

00:03:18,630 --> 00:03:17,120

diving into a deep look at extended

100

00:03:20,390 --> 00:03:18,640

consciousness and how these different

101

00:03:22,470 --> 00:03:20,400

perspectives

102

00:03:24,229 --> 00:03:22,480

might fit together or might not fit

103

00:03:25,350 --> 00:03:24,239

together we don't want to force things

104

00:03:27,589 --> 00:03:25,360

that don't fit

105

00:03:28,470 --> 00:03:27,599

now one of the really cool things i've

106

00:03:31,350 --> 00:03:28,480

found about

107

00:03:33,509 --> 00:03:31,360

andrew is that he's really smart and

108

00:03:35,270 --> 00:03:33,519

there's no substitute for that i mean

109

00:03:37,190 --> 00:03:35,280

that uh seriously as you've listened to

110

00:03:40,149 --> 00:03:37,200

a lot of these shows oh he has

111

00:03:40,869 --> 00:03:40,159

a doctorate in dental studies but before

112

00:03:43,430 --> 00:03:40,879

that he was

113

00:03:45,270 --> 00:03:43,440

in graduate level physics classes he's

114

00:03:47,670 --> 00:03:45,280

really smart in that way

115

00:03:48,309 --> 00:03:47,680

being a dentist isn't really his thing

116

00:03:50,229 --> 00:03:48,319

but

117

00:03:52,229 --> 00:03:50,239

because he's this cool spiritual guy and

118

00:03:54,949 --> 00:03:52,239

he has this dentistry thing

119

00:03:56,149 --> 00:03:54,959

it led him to create the global dental

120

00:03:58,710 --> 00:03:56,159

relief project

121

00:03:59,990 --> 00:03:58,720

a humanitarian organization that

122

00:04:02,710 --> 00:04:00,000

provides dental work

123

00:04:03,990 --> 00:04:02,720

for people who wouldn't otherwise get it

124

00:04:05,670 --> 00:04:04,000

all over the world so

125

00:04:08,229 --> 00:04:05,680

that's really cool does all sorts of

126
00:04:09,589 --> 00:04:08,239
that stuff also has for example just to

127
00:04:11,910 --> 00:04:09,599
play off on this thing so then i run

128
00:04:14,149 --> 00:04:11,920
across an article he's published on

129
00:04:15,190 --> 00:04:14,159
an ieee publication which is like really

130
00:04:18,310 --> 00:04:15,200
hard to do

131
00:04:19,430 --> 00:04:18,320
lucid virtual dreaming and descendants

132
00:04:21,909 --> 00:04:19,440
and consequence

133
00:04:22,550 --> 00:04:21,919
of virtual lucidity during virtual

134
00:04:25,430 --> 00:04:22,560
threat

135
00:04:26,230 --> 00:04:25,440
i mean this guy is kind of next level

136
00:04:28,310 --> 00:04:26,240
smart

137
00:04:29,590 --> 00:04:28,320
but he also breaks things down in a way

138
00:04:31,670 --> 00:04:29,600

that's understandable

139

00:04:33,030 --> 00:04:31,680

for all of us so there's a lot we can

140

00:04:35,990 --> 00:04:33,040

talk about including

141

00:04:37,030 --> 00:04:36,000

some questions about the tough stuff he

142

00:04:38,950 --> 00:04:37,040

published and

143

00:04:41,110 --> 00:04:38,960

post that i think is really important on

144

00:04:45,430 --> 00:04:41,120

his website called the evolution

145

00:04:48,150 --> 00:04:45,440

of abuse a piece that kind of dies deep

146

00:04:48,790 --> 00:04:48,160

into this question that's on a lot of

147

00:04:50,550 --> 00:04:48,800

our minds

148

00:04:52,070 --> 00:04:50,560

people in the spiritual community and

149

00:04:54,310 --> 00:04:52,080

why buddhist monks have

150

00:04:56,230 --> 00:04:54,320

joined the ranks of other non-dual

151
00:04:59,030 --> 00:04:56,240
teachers and wind up looking

152
00:04:59,830 --> 00:04:59,040
like these pedo pope figures that we see

153
00:05:02,870 --> 00:04:59,840
on tv

154
00:05:04,150 --> 00:05:02,880
all too often what's going on there

155
00:05:06,070 --> 00:05:04,160
so i'm really looking forward to this

156
00:05:07,749 --> 00:05:06,080
conversation before we get started one

157
00:05:10,790 --> 00:05:07,759
last thing i wanted to

158
00:05:11,909 --> 00:05:10,800
make a special thanks out there to jp a

159
00:05:14,150 --> 00:05:11,919
skeptical listener

160
00:05:15,270 --> 00:05:14,160
who suggested andrew and actually did

161
00:05:18,310 --> 00:05:15,280
the first

162
00:05:20,469 --> 00:05:18,320
reach out to connect to him so

163
00:05:21,670 --> 00:05:20,479

i'm looking forward to this one it's

164

00:05:24,390 --> 00:05:21,680

gonna be fun

165

00:05:25,670 --> 00:05:24,400

andrew welcome to skeptico thanks for

166

00:05:27,350 --> 00:05:25,680

joining me

167

00:05:29,029 --> 00:05:27,360

yeah thanks alex thanks for the great

168

00:05:29,749 --> 00:05:29,039

introduction and glad to spend some time

169

00:05:32,950 --> 00:05:29,759

with you

170

00:05:33,590 --> 00:05:32,960

well let's introduce you i gave folks

171

00:05:37,430 --> 00:05:33,600

kind of a

172

00:05:41,189 --> 00:05:37,440

thumbnail sketch but please fill in

173

00:05:43,270 --> 00:05:41,199

who's andrew holicek yeah well i mean

174

00:05:45,110 --> 00:05:43,280

we can take that pretty far right i mean

175

00:05:47,350 --> 00:05:45,120

ramana maharshi's central spiritual

176

00:05:49,670 --> 00:05:47,360

investigation who am i

177

00:05:51,510 --> 00:05:49,680

yeah i mean on a relative level i'm this

178

00:05:54,150 --> 00:05:51,520

guy that really approaches

179

00:05:55,430 --> 00:05:54,160

the nature of mind and reality through

180

00:05:59,029 --> 00:05:55,440

an integral perspective

181

00:06:00,710 --> 00:05:59,039

so i bring and gather and harness truth

182

00:06:01,830 --> 00:06:00,720

wherever i can get it i don't really

183

00:06:03,749 --> 00:06:01,840

care where it comes from

184

00:06:05,510 --> 00:06:03,759

i drink the tibetan buddhist kool-aid

185

00:06:06,950 --> 00:06:05,520

just because there is some truth to the

186

00:06:10,230 --> 00:06:06,960

zen adage

187

00:06:11,749 --> 00:06:10,240

chase two rabbits catch none and so

188

00:06:13,830 --> 00:06:11,759

while that's my

189

00:06:15,430 --> 00:06:13,840

path i've done a three year retreat um

190

00:06:16,390 --> 00:06:15,440

i've been serious student of that

191

00:06:19,430 --> 00:06:16,400

tradition for

192

00:06:21,670 --> 00:06:19,440

decades three year retreat i mean

193

00:06:22,550 --> 00:06:21,680

that's to talk people through what that

194

00:06:24,710 --> 00:06:22,560

means it's

195

00:06:26,309 --> 00:06:24,720

quite an accomplishment really yeah they

196

00:06:27,909 --> 00:06:26,319

give you the title llama when you come

197

00:06:29,749 --> 00:06:27,919

out but i'm the kind of llama there's

198

00:06:31,270 --> 00:06:29,759

two types of llama

199

00:06:32,870 --> 00:06:31,280

there's llamas teacher and guru and

200

00:06:33,270 --> 00:06:32,880

there's the llama that just carries crap

201
00:06:35,590 --> 00:06:33,280
around

202
00:06:36,629 --> 00:06:35,600
i'm that kind of llama so yeah but

203
00:06:38,870 --> 00:06:36,639
thanks for asking

204
00:06:40,469 --> 00:06:38,880
in the in the tibetan kind of

205
00:06:41,990 --> 00:06:40,479
progression of training practices

206
00:06:44,309 --> 00:06:42,000
tibetan buddhism

207
00:06:45,590 --> 00:06:44,319
several hundred years ago if if not

208
00:06:47,830 --> 00:06:45,600
longer

209
00:06:49,189 --> 00:06:47,840
they instituted a really compelling

210
00:06:52,870 --> 00:06:49,199
rigorous rigorous

211
00:06:55,350 --> 00:06:52,880
type of monastic contemplative training

212
00:06:57,110 --> 00:06:55,360
three-year three-month retreat where you

213
00:06:59,909 --> 00:06:57,120

it's like going into a

214

00:07:01,350 --> 00:06:59,919

meditation university where during the

215

00:07:04,790 --> 00:07:01,360

course of three years

216

00:07:06,469 --> 00:07:04,800

really 16 hours a day very intensive

217

00:07:08,230 --> 00:07:06,479

practice but also incredibly well

218

00:07:10,390 --> 00:07:08,240

supported

219

00:07:12,150 --> 00:07:10,400

one has this precious precious

220

00:07:14,070 --> 00:07:12,160

opportunity

221

00:07:16,150 --> 00:07:14,080

with zero distractions i mean you're

222

00:07:19,029 --> 00:07:16,160

literally locked away from the world

223

00:07:21,029 --> 00:07:19,039

i you i became a monk and shave the head

224

00:07:24,070 --> 00:07:21,039

and robes and the whole thing

225

00:07:27,670 --> 00:07:24,080

but alex what it allows one to do is

226

00:07:29,990 --> 00:07:27,680

in the most concentrated protected way

227

00:07:31,510 --> 00:07:30,000

to take a really deep dive into the

228

00:07:33,270 --> 00:07:31,520

center of yourself

229

00:07:34,550 --> 00:07:33,280

and so i had the great good fortune of

230

00:07:37,189 --> 00:07:34,560

engaging in

231

00:07:37,909 --> 00:07:37,199

i don't know 40 50 different types of

232

00:07:40,230 --> 00:07:37,919

meditations

233

00:07:41,909 --> 00:07:40,240

these days meditation is a catch-all

234

00:07:43,510 --> 00:07:41,919

phrase it's a little bit like sport

235

00:07:45,350 --> 00:07:43,520

and when you say sport there are

236

00:07:47,350 --> 00:07:45,360

hundreds of sports

237

00:07:49,189 --> 00:07:47,360

and so meditation there are hundreds of

238

00:07:51,670 --> 00:07:49,199

meditations and so

239

00:07:52,390 --> 00:07:51,680

it was a really incredible opportunity

240

00:07:55,589 --> 00:07:52,400

to just

241

00:07:57,510 --> 00:07:55,599

dive deep into the elegance and the

242

00:07:59,110 --> 00:07:57,520

sophistication of one of the world's

243

00:08:01,830 --> 00:07:59,120

great wisdom traditions

244

00:08:03,110 --> 00:08:01,840

and the kind of spiritual curricula that

245

00:08:05,029 --> 00:08:03,120

they've developed

246

00:08:06,950 --> 00:08:05,039

and i have to say it was it was hands

247

00:08:08,230 --> 00:08:06,960

down the most transformative thing i've

248

00:08:10,550 --> 00:08:08,240

ever done in my life but

249

00:08:12,469 --> 00:08:10,560

it was also the most painful it gave

250

00:08:14,230 --> 00:08:12,479

birth to my first book when i came out

251

00:08:15,510 --> 00:08:14,240

the power and the pain

252

00:08:18,150 --> 00:08:15,520

which is all about understanding

253

00:08:21,510 --> 00:08:18,160

spiritual hardship and why why is it so

254

00:08:22,950 --> 00:08:21,520

bloody hard to wake up and grow up on

255

00:08:24,070 --> 00:08:22,960

the spiritual path what is that all

256

00:08:27,029 --> 00:08:24,080

about

257

00:08:29,589 --> 00:08:27,039

but for me it just it just created such

258

00:08:31,709 --> 00:08:29,599

a tremendous appreciation for

259

00:08:32,870 --> 00:08:31,719

the skill set these kind of spiritual

260

00:08:35,670 --> 00:08:32,880

technologies

261

00:08:38,070 --> 00:08:35,680

that especially the tibetans have come

262

00:08:39,990 --> 00:08:38,080

up with that allow you to meditate

263

00:08:41,269 --> 00:08:40,000

literally when you're dreaming when

264

00:08:43,829 --> 00:08:41,279

you're sleeping

265

00:08:45,269 --> 00:08:43,839

in sexual activity i mean every

266

00:08:48,310 --> 00:08:45,279

conceivable possible

267

00:08:50,870 --> 00:08:48,320

state of mind can be explored

268

00:08:52,230 --> 00:08:50,880

with this armamentarium the skill set of

269

00:08:54,230 --> 00:08:52,240

meditative tools

270

00:08:56,070 --> 00:08:54,240

and for that i feel profoundly grateful

271

00:08:57,269 --> 00:08:56,080

but it was it cost me everything i lost

272

00:09:00,949 --> 00:08:57,279

my

273

00:09:02,550 --> 00:09:00,959

kind of death for me

274

00:09:03,990 --> 00:09:02,560

but that's where really growth takes

275

00:09:04,870 --> 00:09:04,000

place growth doesn't take place when

276

00:09:06,389 --> 00:09:04,880

you're

277

00:09:08,790 --> 00:09:06,399

sitting on the beach with a margarita

278

00:09:10,230 --> 00:09:08,800

hat fat happy growth

279

00:09:12,230 --> 00:09:10,240

takes place when you're tested and

280

00:09:13,990 --> 00:09:12,240

stretched so lots to say about that my

281

00:09:15,990 --> 00:09:14,000

friend but in short it really was a

282

00:09:17,509 --> 00:09:16,000

before and after experience i mean i

283

00:09:20,550 --> 00:09:17,519

came out of that

284

00:09:22,230 --> 00:09:20,560

completely transformed and have spent

285

00:09:25,190 --> 00:09:22,240

the entirety of my life since then

286

00:09:28,470 --> 00:09:25,200

fundamentally trying to stabilize the

287

00:09:30,550 --> 00:09:28,480

insights that were derived from such a

288

00:09:32,310 --> 00:09:30,560

tremendous kind of spiritual incubator

289

00:09:33,670 --> 00:09:32,320

so many things were really born in that

290

00:09:35,509 --> 00:09:33,680

type of container

291

00:09:37,269 --> 00:09:35,519

and now the charter of my life is to

292

00:09:39,110 --> 00:09:37,279

extend it to

293

00:09:40,790 --> 00:09:39,120

virtually every state and that's part

294

00:09:42,870 --> 00:09:40,800

part of what i do with the books that i

295

00:09:44,949 --> 00:09:42,880

write about dream yoga sleep yoga bardo

296

00:09:47,430 --> 00:09:44,959

yoga which works with deaf and dying

297

00:09:49,030 --> 00:09:47,440

so yeah in a nutshell that's the kind of

298

00:09:49,670 --> 00:09:49,040

what the three year retreat is all about

299

00:09:51,269 --> 00:09:49,680

and

300

00:09:52,710 --> 00:09:51,279

highly recommended if people want to

301

00:09:54,470 --> 00:09:52,720

take a deep dive into the nature of

302

00:09:56,150 --> 00:09:54,480

themselves there's really no better way

303

00:09:57,590 --> 00:09:56,160

to do it than that

304

00:09:59,509 --> 00:09:57,600

i understand it can be really tough i

305

00:10:01,750 --> 00:09:59,519

wonder i'm sure you had some

306

00:10:02,710 --> 00:10:01,760

dark nights of the soul i've heard from

307

00:10:06,150 --> 00:10:02,720

oh my goodness

308

00:10:07,990 --> 00:10:06,160

things started to happen so quickly

309

00:10:09,750 --> 00:10:08,000

that i really couldn't keep track and so

310

00:10:10,150 --> 00:10:09,760

i just ended up keeping all these types

311

00:10:14,550 --> 00:10:10,160

of

312

00:10:16,710 --> 00:10:14,560

it's a little bit like the

313

00:10:17,670 --> 00:10:16,720

the radical iconoclastic teacher

314

00:10:20,550 --> 00:10:17,680

famously said

315

00:10:21,910 --> 00:10:20,560

meditation isn't a sedative it's a

316

00:10:24,389 --> 00:10:21,920

laxative

317

00:10:26,230 --> 00:10:24,399

and so it was like i i mixed my

318

00:10:29,030 --> 00:10:26,240

analogies here it was like a three-year

319

00:10:30,829 --> 00:10:29,040

detox experience for me it was like

320

00:10:33,670 --> 00:10:30,839

engaging in

321

00:10:36,710 --> 00:10:33,680

laxatives laxative type practices

322

00:10:39,430 --> 00:10:36,720

where all this repressed stuff

323

00:10:41,509 --> 00:10:39,440

just comes up and that's really that's

324

00:10:44,150 --> 00:10:41,519

kind of part and parcel when you sign

325

00:10:44,550 --> 00:10:44,160

the contract in deep spiritual practice

326

00:10:47,190 --> 00:10:44,560

all

327

00:10:48,949 --> 00:10:47,200

the repressed unconscious elements have

328

00:10:50,790 --> 00:10:48,959

to come into the light of consciousness

329

00:10:52,150 --> 00:10:50,800

otherwise your awakening is not complete

330

00:10:53,910 --> 00:10:52,160

and this ties into what you were

331

00:10:55,190 --> 00:10:53,920

intimating earlier

332

00:10:57,269 --> 00:10:55,200

about the difference that we can get

333

00:10:58,710 --> 00:10:57,279

into later between waking up and growing

334

00:11:00,870 --> 00:10:58,720

up that the spiritual

335

00:11:01,829 --> 00:11:00,880

people have a lot to offer but it's not

336

00:11:03,670 --> 00:11:01,839

everything and so

337

00:11:05,350 --> 00:11:03,680

so many experiences my friend um

338

00:11:06,150 --> 00:11:05,360

probably one of the most compelling for

339

00:11:07,430 --> 00:11:06,160

me

340

00:11:08,790 --> 00:11:07,440

and again i can talk kind of on the

341

00:11:11,509 --> 00:11:08,800

hardship end of it but one of the most

342

00:11:14,470 --> 00:11:11,519

compelling for me was when i was doing

343

00:11:16,389 --> 00:11:14,480

exhaustive daytime practices and

344

00:11:18,230 --> 00:11:16,399

nighttime practices and dream yoga and

345

00:11:21,430 --> 00:11:18,240

illusory form where

346

00:11:23,190 --> 00:11:21,440

you're doing this stuff 24 7 and you can

347

00:11:26,310 --> 00:11:23,200

really enter these

348

00:11:27,509 --> 00:11:26,320

quite beautiful states of mind

349

00:11:29,269 --> 00:11:27,519

where you can't really tell the

350

00:11:29,670 --> 00:11:29,279

difference between day and night you

351
00:11:35,110 --> 00:11:29,680

you're

352
00:11:37,110 --> 00:11:35,120

equanimous democratic nature of mind and

353
00:11:39,190 --> 00:11:37,120

reality where you fundamentally see that

354
00:11:41,509 --> 00:11:39,200

everything is a display of the mind

355
00:11:44,389 --> 00:11:41,519

that was a monumental insight for me and

356
00:11:46,150 --> 00:11:44,399

one reason i'm so passionate now about

357
00:11:47,910 --> 00:11:46,160

what i refer to as this family of

358
00:11:49,509 --> 00:11:47,920

nocturnal meditations i mean i

359
00:11:51,350 --> 00:11:49,519

have two more books coming out on that

360
00:11:53,269 --> 00:11:51,360

just this summer but in terms of the

361
00:11:55,829 --> 00:11:53,279

hardships oh lordy i mean here's

362
00:11:56,550 --> 00:11:55,839

it really did feel like like a detox i

363
00:11:59,269 --> 00:11:56,560

mean i

364

00:12:00,710 --> 00:11:59,279

i had a little room it was a group

365

00:12:02,949 --> 00:12:00,720

retreat by design

366

00:12:04,790 --> 00:12:02,959

because you need others there to kind of

367

00:12:06,710 --> 00:12:04,800

rub up against right

368

00:12:08,230 --> 00:12:06,720

to throw through all your projections

369

00:12:09,750 --> 00:12:08,240

out against and so

370

00:12:11,269 --> 00:12:09,760

i had a little room and i had a little

371

00:12:13,269 --> 00:12:11,279

meditation box literally

372

00:12:14,310 --> 00:12:13,279

i came to call it ego's coffin i

373

00:12:16,470 --> 00:12:14,320

literally slept

374

00:12:18,389 --> 00:12:16,480

sitting up so i was in a meditation

375

00:12:20,069 --> 00:12:18,399

posture 20 hours a day

376

00:12:21,509 --> 00:12:20,079

it may seem just insane from the

377

00:12:24,389 --> 00:12:21,519

outsides like why would you

378

00:12:25,910 --> 00:12:24,399

do this well what happens is it's really

379

00:12:27,509 --> 00:12:25,920

interesting alex we are we are

380

00:12:30,629 --> 00:12:27,519

fundamentally

381

00:12:33,350 --> 00:12:30,639

addicted to uh movement we're we're

382

00:12:34,550 --> 00:12:33,360

addicted to thought in vajrayana tantric

383

00:12:36,230 --> 00:12:34,560

language

384

00:12:38,949 --> 00:12:36,240

thought is literally called movement of

385

00:12:41,990 --> 00:12:38,959

mind and we don't realize

386

00:12:45,110 --> 00:12:42,000

how we're junkies to movement until

387

00:12:47,350 --> 00:12:45,120

all movement is restricted and so when i

388

00:12:49,350 --> 00:12:47,360

was so confined

389

00:12:51,110 --> 00:12:49,360

i find myself really just having a super

390

00:12:51,990 --> 00:12:51,120

hard time and then asking really deep

391

00:12:55,030 --> 00:12:52,000

questions like why

392

00:12:56,870 --> 00:12:55,040

is this so hard i'm basically just

393

00:12:58,949 --> 00:12:56,880

sitting here doing nothing

394

00:13:01,110 --> 00:12:58,959

why is it so hard and then through a

395

00:13:02,870 --> 00:13:01,120

long-winded kind of process of deep

396

00:13:04,949 --> 00:13:02,880

inquiry and investigation i

397

00:13:05,750 --> 00:13:04,959

fundamentally came to the realization

398

00:13:07,910 --> 00:13:05,760

that

399

00:13:09,269 --> 00:13:07,920

this retreat isn't hard and by

400

00:13:12,310 --> 00:13:09,279

extrapolation you can say

401
00:13:15,670 --> 00:13:12,320
life isn't hard i am

402
00:13:17,590 --> 00:13:15,680
i'm the one that's hard and so retreat

403
00:13:18,310 --> 00:13:17,600
was kind of pulverizing me it was

404
00:13:21,350 --> 00:13:18,320
basically

405
00:13:23,430 --> 00:13:21,360
deconstructing my reifying tendencies

406
00:13:24,310 --> 00:13:23,440
where i make everything so bloody solid

407
00:13:28,470 --> 00:13:24,320
and

408
00:13:30,069 --> 00:13:28,480
my room

409
00:13:32,470 --> 00:13:30,079
after the first couple months with real

410
00:13:34,389 --> 00:13:32,480
sense of fear and anxiety

411
00:13:36,069 --> 00:13:34,399
and then asking like why why am i so

412
00:13:37,829 --> 00:13:36,079
afraid why is this so hard

413
00:13:39,910 --> 00:13:37,839

and he said oh my gosh i'm i'm i'm

414

00:13:42,069 --> 00:13:39,920

basically um

415

00:13:44,470 --> 00:13:42,079

in detox here i'm in detox from western

416

00:13:45,910 --> 00:13:44,480

civilization i'm in detox from ego i'm

417

00:13:47,509 --> 00:13:45,920

in detox from

418

00:13:50,470 --> 00:13:47,519

everything you could even say in a

419

00:13:53,350 --> 00:13:50,480

certain sense the the cursed side

420

00:13:55,670 --> 00:13:53,360

of the cult of scientific materialism i

421

00:13:56,389 --> 00:13:55,680

was just basically detoxifying from that

422

00:13:58,069 --> 00:13:56,399

and it was

423

00:13:59,350 --> 00:13:58,079

it was really challenging and i so i

424

00:14:00,870 --> 00:13:59,360

throw this out for people who are

425

00:14:02,230 --> 00:14:00,880

interested in deep spiritual practice

426
00:14:03,590 --> 00:14:02,240
because

427
00:14:05,990 --> 00:14:03,600
certainly my experience i can't speak

428
00:14:07,509 --> 00:14:06,000
for everybody is that deep spiritual

429
00:14:08,310 --> 00:14:07,519
practice is not really about feeling

430
00:14:11,189 --> 00:14:08,320
good

431
00:14:12,949 --> 00:14:11,199
it's about getting real and getting real

432
00:14:15,829 --> 00:14:12,959
includes feeling pretty crappy

433
00:14:17,590 --> 00:14:15,839
and if we can't open the aperture of our

434
00:14:18,870 --> 00:14:17,600
awareness and embrace unwanted

435
00:14:21,030 --> 00:14:18,880
experiences

436
00:14:22,069 --> 00:14:21,040
then we're just lost in a kind of a new

437
00:14:23,829 --> 00:14:22,079
age fallacy that

438
00:14:26,389 --> 00:14:23,839

spirituality isn't just a feel-good

439

00:14:28,870 --> 00:14:26,399

project there's some validity to what

440

00:14:30,230 --> 00:14:28,880

joseph campbell said follow your bliss

441

00:14:32,069 --> 00:14:30,240

but if you just follow your bliss you're

442

00:14:34,629 --> 00:14:32,079

going to get blissed out

443

00:14:36,470 --> 00:14:34,639

i find it equally valid if not more so

444

00:14:38,470 --> 00:14:36,480

for deep divers to follow your

445

00:14:39,990 --> 00:14:38,480

fear i mean i went into three-year

446

00:14:41,829 --> 00:14:40,000

retreat at that time because i couldn't

447

00:14:44,069 --> 00:14:41,839

think of anything

448

00:14:46,310 --> 00:14:44,079

more frightening than having to face my

449

00:14:48,790 --> 00:14:46,320

mind without distraction for so long

450

00:14:50,629 --> 00:14:48,800

it was terrifying to me but this maxim

451
00:14:51,350 --> 00:14:50,639
follow your fear has been a guiding

452
00:14:53,590 --> 00:14:51,360
point for me

453
00:14:55,269 --> 00:14:53,600
and every time i've done it it's led to

454
00:14:58,470 --> 00:14:55,279
the most transformative

455
00:15:00,949 --> 00:14:58,480
illuminative insights because really

456
00:15:03,030 --> 00:15:00,959
darkness is a code word for ignorance

457
00:15:04,150 --> 00:15:03,040
fear is an affective expression of

458
00:15:06,389 --> 00:15:04,160
ignorance

459
00:15:08,310 --> 00:15:06,399
if you really want to honor it on earth

460
00:15:11,110 --> 00:15:08,320
ignorance which by definition is very

461
00:15:14,629 --> 00:15:11,120
hard to do because it's so insidious

462
00:15:17,110 --> 00:15:14,639
i recommend deep divers follow your fear

463
00:15:18,870 --> 00:15:17,120

fear the word interesting alex the word

464

00:15:21,670 --> 00:15:18,880

etymologically

465

00:15:23,750 --> 00:15:21,680

means comes from a root that means fair

466

00:15:26,389 --> 00:15:23,760

f-a-r-e as in toll

467

00:15:27,829 --> 00:15:26,399

i mean how interesting is that fear is

468

00:15:29,749 --> 00:15:27,839

the fair

469

00:15:31,030 --> 00:15:29,759

that really must be paid to wake up and

470

00:15:33,590 --> 00:15:31,040

if we don't understand that

471

00:15:34,230 --> 00:15:33,600

and we can really riff on this we will

472

00:15:36,069 --> 00:15:34,240

basically

473

00:15:38,470 --> 00:15:36,079

spend the entirety of our lives and i

474

00:15:40,310 --> 00:15:38,480

mean the entirety

475

00:15:42,389 --> 00:15:40,320

in a very sophisticated avoidance

476

00:15:43,430 --> 00:15:42,399

strategy to stay away from this thing

477

00:15:44,870 --> 00:15:43,440

called fear

478

00:15:46,230 --> 00:15:44,880

and so if you want to go there i'm happy

479

00:15:47,749 --> 00:15:46,240

to go in that direction but i also want

480

00:15:50,310 --> 00:15:47,759

to come up for air and make this a bit

481

00:15:52,710 --> 00:15:50,320

of a conversation so it's not just me

482

00:15:54,629 --> 00:15:52,720

riffing over here so long-winded

483

00:15:58,470 --> 00:15:54,639

response to a poignant question

484

00:16:01,990 --> 00:15:58,480

so how did that lead to the

485

00:16:03,350 --> 00:16:02,000

dream stuff which is on one hand seems

486

00:16:06,310 --> 00:16:03,360

to be

487

00:16:08,230 --> 00:16:06,320

gaining a lot of popularity and traction

488

00:16:09,430 --> 00:16:08,240

you seem to be taking a much more

489

00:16:12,230 --> 00:16:09,440

serious deeper

490

00:16:13,829 --> 00:16:12,240

look at it from a wisdom tradition that

491

00:16:16,310 --> 00:16:13,839

extends way back

492

00:16:17,189 --> 00:16:16,320

not everyone is doing that nowadays some

493

00:16:19,030 --> 00:16:17,199

people are

494

00:16:21,189 --> 00:16:19,040

jumping in with the bio hack how to

495

00:16:22,629 --> 00:16:21,199

lucid dream and a weekend retreat

496

00:16:24,629 --> 00:16:22,639

not saying there's anything wrong with

497

00:16:27,670 --> 00:16:24,639

that either but

498

00:16:28,870 --> 00:16:27,680

what is how has this become one of the

499

00:16:30,710 --> 00:16:28,880

things that you do

500

00:16:32,389 --> 00:16:30,720

and maybe putting it in a better term

501
00:16:34,470 --> 00:16:32,399
what are people

502
00:16:35,509 --> 00:16:34,480
experiencing from your teachings that

503
00:16:37,670 --> 00:16:35,519
they're finding most

504
00:16:39,590 --> 00:16:37,680
helpful with regard to that yeah well

505
00:16:42,870 --> 00:16:39,600
thank you for that opportunity alex so

506
00:16:43,829 --> 00:16:42,880
a number of things for me dream has come

507
00:16:45,990 --> 00:16:43,839
to become a kind of

508
00:16:48,069 --> 00:16:46,000
code word it's very interesting in the

509
00:16:49,350 --> 00:16:48,079
what i call my term the nocturnal

510
00:16:51,670 --> 00:16:49,360
meditations

511
00:16:53,430 --> 00:16:51,680
which by the way just i controlled what

512
00:16:55,509 --> 00:16:53,440
those are just so people know they're

513
00:16:57,509 --> 00:16:55,519

actually five practices in my

514

00:16:58,629 --> 00:16:57,519

cartography of what i call nocturnal

515

00:17:00,310 --> 00:16:58,639

practice

516

00:17:02,790 --> 00:17:00,320

there's what's called liminal dreaming i

517

00:17:05,990 --> 00:17:02,800

can define all these liminal dreaming

518

00:17:09,270 --> 00:17:06,000

lucid dreaming dream yoga

519

00:17:12,710 --> 00:17:09,280

sleep yoga and bardo yoga and

520

00:17:13,110 --> 00:17:12,720

these are all nocturnal in itself is a

521

00:17:16,309 --> 00:17:13,120

kind of

522

00:17:17,590 --> 00:17:16,319

code word for subtle so basically when

523

00:17:19,029 --> 00:17:17,600

you're working with these nocturnal

524

00:17:20,789 --> 00:17:19,039

practices you're working with really

525

00:17:23,029 --> 00:17:20,799

subtle dimensions of mind

526

00:17:25,110 --> 00:17:23,039

specifically the exploration of dream is

527

00:17:27,590 --> 00:17:25,120

very interesting and if you look at

528

00:17:29,110 --> 00:17:27,600

the way the the buddhists talk about

529

00:17:30,710 --> 00:17:29,120

this especially tibetans it's quite

530

00:17:32,470 --> 00:17:30,720

compelling because well first of all

531

00:17:35,830 --> 00:17:32,480

etymologically here

532

00:17:37,750 --> 00:17:35,840

but literally means the awakened one

533

00:17:38,870 --> 00:17:37,760

that's super interesting like what did

534

00:17:41,510 --> 00:17:38,880

he wake up from

535

00:17:44,150 --> 00:17:41,520

what did he wake up to but fundamentally

536

00:17:46,070 --> 00:17:44,160

in the in the tibetan arena of dream

537

00:17:48,150 --> 00:17:46,080

they talked about three dreams three

538

00:17:50,870 --> 00:17:48,160

types of dream it's very interesting

539

00:17:51,430 --> 00:17:50,880

the first is what's called the example

540

00:17:53,350 --> 00:17:51,440

dream

541

00:17:55,110 --> 00:17:53,360

or the double i love this term the

542

00:17:57,190 --> 00:17:55,120

double delusion

543

00:17:58,150 --> 00:17:57,200

that's the nighttime dream that's the

544

00:18:01,190 --> 00:17:58,160

nighttime dream

545

00:18:02,070 --> 00:18:01,200

the second type of dream is the primary

546

00:18:05,350 --> 00:18:02,080

dream

547

00:18:06,870 --> 00:18:05,360

our existence on this plane is on some

548

00:18:09,350 --> 00:18:06,880

level illusionary

549

00:18:10,870 --> 00:18:09,360

and then we enter into another state

550

00:18:13,750 --> 00:18:10,880

where we exactly

551
00:18:16,310 --> 00:18:13,760
exactly yes exactly exactly so there's a

552
00:18:17,990 --> 00:18:16,320
double delusion the example dream

553
00:18:20,470 --> 00:18:18,000
and then of course all the studies of

554
00:18:22,070 --> 00:18:20,480
dream yoga are about using the double

555
00:18:24,230 --> 00:18:22,080
delusion

556
00:18:25,750 --> 00:18:24,240
to understand the primary illusion

557
00:18:27,669 --> 00:18:25,760
because working with the mind

558
00:18:29,029 --> 00:18:27,679
in the lucid dreaming state is really

559
00:18:30,549 --> 00:18:29,039
like evan thompson

560
00:18:32,789 --> 00:18:30,559
i know he interviewed him he's a dear

561
00:18:33,750 --> 00:18:32,799
friend it's working with a laboratory of

562
00:18:35,909 --> 00:18:33,760
the mind

563
00:18:37,510 --> 00:18:35,919

in in a really interesting refined

564

00:18:38,470 --> 00:18:37,520

distilled state of consciousness the

565

00:18:39,990 --> 00:18:38,480

dream state

566

00:18:41,430 --> 00:18:40,000

and so then you take those insights you

567

00:18:42,710 --> 00:18:41,440

extrapolate them back to so-called

568

00:18:44,950 --> 00:18:42,720

waking reality this

569

00:18:46,390 --> 00:18:44,960

this is the cult so-called primary dream

570

00:18:47,110 --> 00:18:46,400

and we can talk about what that really

571

00:18:48,470 --> 00:18:47,120

means

572

00:18:50,789 --> 00:18:48,480

and then the last dream is what's called

573

00:18:53,190 --> 00:18:50,799

the dream at the end of time

574

00:18:55,590 --> 00:18:53,200

that's the tibetans way of referring to

575

00:18:56,310 --> 00:18:55,600

death which is where bardo yoga comes in

576
00:18:58,150 --> 00:18:56,320
bardo

577
00:18:59,830 --> 00:18:58,160
is a tibetan word that means gap

578
00:19:01,510 --> 00:18:59,840
transitional process and so

579
00:19:02,950 --> 00:19:01,520
what's super interesting here my friend

580
00:19:05,430 --> 00:19:02,960
is that

581
00:19:07,830 --> 00:19:05,440
dream in my deep exploration of all

582
00:19:11,430 --> 00:19:07,840
these iterations of dream

583
00:19:14,950 --> 00:19:11,440
dream itself is a is also a code word

584
00:19:15,990 --> 00:19:14,960
for manifestation of mind everything's a

585
00:19:17,990 --> 00:19:16,000
dream

586
00:19:19,669 --> 00:19:18,000
and so by understanding and working with

587
00:19:21,270 --> 00:19:19,679
the dream and the nocturnal arena

588
00:19:22,789 --> 00:19:21,280

through lucid dreaming and dream yoga

589

00:19:25,270 --> 00:19:22,799

liminal dreaming

590

00:19:26,470 --> 00:19:25,280

you're basically working with your mind

591

00:19:29,190 --> 00:19:26,480

in that capacity because

592

00:19:30,230 --> 00:19:29,200

maybe people don't think about this but

593

00:19:33,029 --> 00:19:30,240

what is a dream

594

00:19:35,350 --> 00:19:33,039

made of there's no pre-existing

595

00:19:35,750 --> 00:19:35,360

dreamscape that you fall into it's just

596

00:19:40,789 --> 00:19:35,760

you

597

00:19:44,789 --> 00:19:40,799

are a very interesting expression of

598

00:19:45,990 --> 00:19:44,799

mind and there's a vast array a spectrum

599

00:19:49,110 --> 00:19:46,000

of dreams from

600

00:19:51,909 --> 00:19:49,120

from pure raw kind of neurological noise

601
00:19:53,430 --> 00:19:51,919
discharge to what are called hyperlucid

602
00:19:55,590 --> 00:19:53,440
dreams of clear light where

603
00:19:57,750 --> 00:19:55,600
you have a dream and these are these are

604
00:19:59,830 --> 00:19:57,760
literally life-changing events like a

605
00:20:01,590 --> 00:19:59,840
near-death experience where

606
00:20:02,950 --> 00:20:01,600
you wake up from just one of these

607
00:20:04,789 --> 00:20:02,960
puppies

608
00:20:06,470 --> 00:20:04,799
and it's a total game changer because

609
00:20:08,950 --> 00:20:06,480
that type of dream

610
00:20:09,909 --> 00:20:08,960
literally is so vibrant so real so hyper

611
00:20:12,630 --> 00:20:09,919
real

612
00:20:14,870 --> 00:20:12,640
that when you wake up from that this

613
00:20:16,470 --> 00:20:14,880

appears to be the foggy dream

614

00:20:18,149 --> 00:20:16,480

and then you start asking yourself

615

00:20:21,110 --> 00:20:18,159

really interesting questions

616

00:20:21,669 --> 00:20:21,120

what exactly is the relationship of my

617

00:20:24,390 --> 00:20:21,679

mind

618

00:20:25,590 --> 00:20:24,400

my reality as it expresses itself in the

619

00:20:27,909 --> 00:20:25,600

dream state

620

00:20:29,990 --> 00:20:27,919

and this and according to the wisdom

621

00:20:31,909 --> 00:20:30,000

traditions not just tibetan but most of

622

00:20:33,510 --> 00:20:31,919

the non-dual wisdom traditions

623

00:20:36,630 --> 00:20:33,520

one of the things that constitutes

624

00:20:38,710 --> 00:20:36,640

so-called enlightenment or awakening

625

00:20:40,390 --> 00:20:38,720

is in fact realizing the utter

626

00:20:42,630 --> 00:20:40,400

equanimous nature of

627

00:20:45,669 --> 00:20:42,640

all states of consciousness they're

628

00:20:48,390 --> 00:20:45,679

literally sleeping dreaming dying

629

00:20:49,909 --> 00:20:48,400

all the same literally one taste the

630

00:20:51,669 --> 00:20:49,919

great equanimity everything in the

631

00:20:54,789 --> 00:20:51,679

christian mystical tradition

632

00:20:56,149 --> 00:20:54,799

everything tastes like god and so we can

633

00:20:57,990 --> 00:20:56,159

explore there's so much to say here

634

00:21:00,310 --> 00:20:58,000

that's why i'm so passionate about this

635

00:21:02,470 --> 00:21:00,320

because there's so much untapped natural

636

00:21:04,070 --> 00:21:02,480

resources in the nocturnal mind i mean

637

00:21:07,430 --> 00:21:04,080

think about this we

638

00:21:09,510 --> 00:21:07,440

we spend a third of our lives asleep 25

639

00:21:11,110 --> 00:21:09,520

percent of that is in the dream state

640

00:21:13,110 --> 00:21:11,120

which means if you do the math that's

641

00:21:15,350 --> 00:21:13,120

about a month a year

642

00:21:17,430 --> 00:21:15,360

that's well over six years during the

643

00:21:19,510 --> 00:21:17,440

course of a lifetime you can get a phd

644

00:21:21,270 --> 00:21:19,520

in less than six years

645

00:21:23,029 --> 00:21:21,280

think about how much you could learn if

646

00:21:25,830 --> 00:21:23,039

you literally literally had

647

00:21:27,990 --> 00:21:25,840

six additional years of consciousness

648

00:21:30,390 --> 00:21:28,000

just what i need andrew one more thing

649

00:21:33,669 --> 00:21:30,400

in my freaking to-do list

650

00:21:35,270 --> 00:21:33,679

you have done this deep deep dive into

651
00:21:37,110 --> 00:21:35,280
dream yoga and people really need to

652
00:21:38,070 --> 00:21:37,120
check that out and the other book that i

653
00:21:40,549 --> 00:21:38,080
think people

654
00:21:41,990 --> 00:21:40,559
do apparently find really really helpful

655
00:21:43,750 --> 00:21:42,000
and useful and i haven't had a chance to

656
00:21:45,190 --> 00:21:43,760
read to it that's why i say other people

657
00:21:46,549 --> 00:21:45,200
is your book on dying in the dying

658
00:21:48,070 --> 00:21:46,559
process and there's this huge fear of

659
00:21:49,750 --> 00:21:48,080
death in our culture and

660
00:21:51,510 --> 00:21:49,760
that i think is super helpful to people

661
00:21:52,950 --> 00:21:51,520
too i'm going to kind of move it in a

662
00:21:54,710 --> 00:21:52,960
different direction a little bit

663
00:21:55,909 --> 00:21:54,720

as a way of kind of getting back to some

664

00:21:56,870 --> 00:21:55,919

of the things you're talking about

665

00:21:59,270 --> 00:21:56,880

talking about

666

00:22:01,430 --> 00:21:59,280

so i'm listening to interviews you've

667

00:22:03,029 --> 00:22:01,440

done checking out your very excellent

668

00:22:04,470 --> 00:22:03,039

website you have some very thoughtful

669

00:22:05,830 --> 00:22:04,480

posts on there

670

00:22:08,870 --> 00:22:05,840

and i definitely encourage people to

671

00:22:11,270 --> 00:22:08,880

check that and i ran across one that

672

00:22:12,070 --> 00:22:11,280

really caught my attention a couple of

673

00:22:16,149 --> 00:22:12,080

ways the

674

00:22:17,510 --> 00:22:16,159

evolution of abuse and

675

00:22:19,750 --> 00:22:17,520

why don't we talk about that tell us a

676

00:22:20,630 --> 00:22:19,760

little bit about the in general what

677

00:22:22,310 --> 00:22:20,640

that's about

678

00:22:24,149 --> 00:22:22,320

and then i want to pick out a quote from

679

00:22:26,950 --> 00:22:24,159

that that i think can propel us

680

00:22:29,190 --> 00:22:26,960

into a further conversation about this

681

00:22:30,230 --> 00:22:29,200

stuff yeah i just recently posted this i

682

00:22:33,669 --> 00:22:30,240

actually wrote it

683

00:22:36,070 --> 00:22:33,679

some two years ago when the next

684

00:22:37,830 --> 00:22:36,080

in the never-ending scandals this one

685

00:22:40,310 --> 00:22:37,840

with the shambhala community

686

00:22:41,270 --> 00:22:40,320

um came out and it was like okay here we

687

00:22:44,070 --> 00:22:41,280

go again

688

00:22:45,990 --> 00:22:44,080

the guru sage on the stage from whatever

689

00:22:47,590 --> 00:22:46,000

religious tradition but this always has

690

00:22:48,390 --> 00:22:47,600

been this has been kind of a shock for

691

00:22:49,750 --> 00:22:48,400

the buddhist

692

00:22:52,310 --> 00:22:49,760

community and for the non-violent

693

00:22:52,630 --> 00:22:52,320

community we thought if i'm not gone off

694

00:22:56,950 --> 00:22:52,640

we

695

00:22:59,430 --> 00:22:56,960

least separate from that or

696

00:23:00,710 --> 00:22:59,440

immune to that and clearly they're not

697

00:23:03,350 --> 00:23:00,720

yeah it's just it just

698

00:23:04,789 --> 00:23:03,360

it continues to cause just such a heap

699

00:23:08,230 --> 00:23:04,799

of hurt

700

00:23:08,789 --> 00:23:08,240

and so i i finally decided i wrote this

701
00:23:10,470 --> 00:23:08,799
thing

702
00:23:11,990 --> 00:23:10,480
and i had a discussion with some

703
00:23:14,630 --> 00:23:12,000
publishers and and then

704
00:23:15,190 --> 00:23:14,640
the topic was so hot we decided to table

705
00:23:16,789 --> 00:23:15,200
it

706
00:23:18,230 --> 00:23:16,799
and i decided i'm just not going to

707
00:23:19,750 --> 00:23:18,240
publish it and then

708
00:23:21,190 --> 00:23:19,760
a couple months ago i decided what the

709
00:23:22,789 --> 00:23:21,200
heck i'm just going to throw it on my

710
00:23:24,789 --> 00:23:22,799
site just to see what happens and so

711
00:23:27,029 --> 00:23:24,799
just for listeners who are out there

712
00:23:29,750 --> 00:23:27,039
it's a i i titled it the evolution of

713
00:23:33,029 --> 00:23:29,760

abuse because it basically

714

00:23:35,669 --> 00:23:33,039

tries to articulate the kind of

715

00:23:36,950 --> 00:23:35,679

vectors of human psychospiritual

716

00:23:40,070 --> 00:23:36,960

development

717

00:23:41,830 --> 00:23:40,080

that really have to be recognized in

718

00:23:44,390 --> 00:23:41,840

order for real awakening

719

00:23:46,390 --> 00:23:44,400

to take place and this is where i draw

720

00:23:49,110 --> 00:23:46,400

heavily on

721

00:23:49,590 --> 00:23:49,120

what's called integral theory which is

722

00:23:51,909 --> 00:23:49,600

to me

723

00:23:53,909 --> 00:23:51,919

a real gift to the world it has so much

724

00:23:55,830 --> 00:23:53,919

explanatory power so this is ken

725

00:23:57,990 --> 00:23:55,840

wilbur stuff we've talked about not just

726

00:23:59,669 --> 00:23:58,000

ken wilbur no i mean ken wilber is the

727

00:24:01,190 --> 00:23:59,679

is the loudest voice and he's a genius

728

00:24:03,430 --> 00:24:01,200

and he's a dear friend of mine

729

00:24:05,430 --> 00:24:03,440

but he pioneered it right i mean so well

730

00:24:06,950 --> 00:24:05,440

he he's cutting edge but if you actually

731

00:24:09,510 --> 00:24:06,960

look at integral approaches

732

00:24:10,230 --> 00:24:09,520

it goes back quite a bit before him and

733

00:24:13,830 --> 00:24:10,240

he's

734

00:24:15,830 --> 00:24:13,840

great contributor

735

00:24:17,190 --> 00:24:15,840

and i rely a lot on his work but he

736

00:24:18,870 --> 00:24:17,200

again he's not the only one there are

737

00:24:21,029 --> 00:24:18,880

many other really skillful

738

00:24:22,470 --> 00:24:21,039

individuals but the the fundamental

739

00:24:24,390 --> 00:24:22,480

charter

740

00:24:25,830 --> 00:24:24,400

of integral theory when you really kind

741

00:24:28,870 --> 00:24:25,840

of spend some time with it

742

00:24:30,710 --> 00:24:28,880

just makes so much sense it's just a way

743

00:24:33,669 --> 00:24:30,720

to look in a much more

744

00:24:35,590 --> 00:24:33,679

kind of systemic holistic ecological

745

00:24:38,549 --> 00:24:35,600

comprehensive way

746

00:24:39,190 --> 00:24:38,559

about the real kind of mess of the human

747

00:24:41,750 --> 00:24:39,200

condition

748

00:24:44,310 --> 00:24:41,760

and that you can't really effectively

749

00:24:45,990 --> 00:24:44,320

put all your eggs in one basket

750

00:24:47,669 --> 00:24:46,000

and so we can talk very specifically

751
00:24:50,149 --> 00:24:47,679
about what integral theory is but i

752
00:24:52,310 --> 00:24:50,159
think for our purposes here alex that

753
00:24:54,470 --> 00:24:52,320
the most important thing for for

754
00:24:56,470 --> 00:24:54,480
spiritual practitioners those interested

755
00:24:58,710 --> 00:24:56,480
in this and trying to understand

756
00:25:00,070 --> 00:24:58,720
these kind of all these abuse things is

757
00:25:02,549 --> 00:25:00,080
that there are in fact these two

758
00:25:04,710 --> 00:25:02,559
different vectors of development

759
00:25:06,149 --> 00:25:04,720
this is the rocking growing up thing

760
00:25:08,390 --> 00:25:06,159
which ken got from

761
00:25:10,870 --> 00:25:08,400
john wellwood that comes from john

762
00:25:13,029 --> 00:25:10,880
wellwood and so the waking up is

763
00:25:14,230 --> 00:25:13,039

as kind of a state it's a kind of

764

00:25:16,870 --> 00:25:14,240

development

765

00:25:17,750 --> 00:25:16,880

or evolution of state level

766

00:25:20,710 --> 00:25:17,760

consciousness

767

00:25:21,990 --> 00:25:20,720

the and that's what the east so to speak

768

00:25:23,990 --> 00:25:22,000

specializes in

769

00:25:25,590 --> 00:25:24,000

um working with different states of

770

00:25:27,190 --> 00:25:25,600

consciousness and this ties into what we

771

00:25:29,110 --> 00:25:27,200

were talking about earlier fundamentally

772

00:25:31,350 --> 00:25:29,120

attaining lucidity

773

00:25:33,190 --> 00:25:31,360

again lucidity is another code word for

774

00:25:34,470 --> 00:25:33,200

awareness right a lucid dream isn't a

775

00:25:37,029 --> 00:25:34,480

weird dream

776

00:25:37,909 --> 00:25:37,039

so state vectors of development waking

777

00:25:39,750 --> 00:25:37,919

up

778

00:25:41,029 --> 00:25:39,760

is basically fundamentally about

779

00:25:43,350 --> 00:25:41,039

extending awareness

780

00:25:44,789 --> 00:25:43,360

consciousness into all states somewhat

781

00:25:45,510 --> 00:25:44,799

what we were talking about earlier so

782

00:25:47,590 --> 00:25:45,520

that

783

00:25:48,789 --> 00:25:47,600

eventually in fact meditators already

784

00:25:51,830 --> 00:25:48,799

know this studies have

785

00:25:52,630 --> 00:25:51,840

shown this meditators have more lucid

786

00:25:54,230 --> 00:25:52,640

dreams

787

00:25:57,430 --> 00:25:54,240

because they're basically working with

788

00:25:59,350 --> 00:25:57,440

lucidity i.e awareness during the day

789

00:26:01,029 --> 00:25:59,360

in the mind of a meditation master as

790

00:26:02,549 --> 00:26:01,039

outrageous as it may seem

791

00:26:04,310 --> 00:26:02,559

all their dreams are elusive there's no

792

00:26:05,750 --> 00:26:04,320

such thing as a non-lucid dream

793

00:26:07,990 --> 00:26:05,760

and by the way for people who may not

794

00:26:09,510 --> 00:26:08,000

know what a lucid dream is

795

00:26:11,110 --> 00:26:09,520

that's a beautiful state of

796

00:26:13,430 --> 00:26:11,120

consciousness when you're dreaming

797

00:26:14,870 --> 00:26:13,440

in the nighttime dream and something

798

00:26:17,669 --> 00:26:14,880

clues you into the fact that you're

799

00:26:19,190 --> 00:26:17,679

dreaming so you wake up you become lucid

800

00:26:20,630 --> 00:26:19,200

while you're still in the dream so

801
00:26:22,549 --> 00:26:20,640
you're actually conscious and

802
00:26:25,669 --> 00:26:22,559
unconscious at the same time

803
00:26:26,950 --> 00:26:25,679
so that's one state level of development

804
00:26:29,669 --> 00:26:26,960
the next one of course

805
00:26:31,430 --> 00:26:29,679
is attaining consciousness awareness in

806
00:26:32,630 --> 00:26:31,440
the deep dreamless state

807
00:26:34,070 --> 00:26:32,640
before we go down that path because we

808
00:26:35,029 --> 00:26:34,080
were talking about waking up and growing

809
00:26:35,909 --> 00:26:35,039
up and then you're gonna talk about the

810
00:26:38,630 --> 00:26:35,919
western

811
00:26:38,950 --> 00:26:38,640
psychological aspect of growing up stuff

812
00:26:40,149 --> 00:26:38,960
but

813
00:26:41,750 --> 00:26:40,159

i want to take it in a slightly

814

00:26:43,190 --> 00:26:41,760

different direction from one of the from

815

00:26:45,350 --> 00:26:43,200

a quote in the article

816

00:26:46,390 --> 00:26:45,360

one of the points you make is that if

817

00:26:50,310 --> 00:26:46,400

you're leaning

818

00:26:53,350 --> 00:26:50,320

on a lie it's only a matter of time

819

00:26:54,710 --> 00:26:53,360

before you're going to fall but now let

820

00:26:56,950 --> 00:26:54,720

me take that in a different direction

821

00:27:00,710 --> 00:26:56,960

from where you were taking it because

822

00:27:03,350 --> 00:27:00,720

later in the article you quote

823

00:27:04,549 --> 00:27:03,360

my friend former guest on this show sue

824

00:27:07,590 --> 00:27:04,559

blackmore

825

00:27:08,870 --> 00:27:07,600

who i think this is like spiritual

826

00:27:11,029 --> 00:27:08,880

non-dual people

827

00:27:12,390 --> 00:27:11,039

they don't see the freaking lies that

828

00:27:14,149 --> 00:27:12,400

they're leaning on

829

00:27:15,990 --> 00:27:14,159

and i think that's one thing i want to

830

00:27:19,110 --> 00:27:16,000

bounce off of you so

831

00:27:21,269 --> 00:27:19,120

lack more is leaning on this huge

832

00:27:22,630 --> 00:27:21,279

lie that you understand from your

833

00:27:25,190 --> 00:27:22,640

understanding of

834

00:27:25,990 --> 00:27:25,200

scientism and materialism and sue

835

00:27:28,070 --> 00:27:26,000

blackmore

836

00:27:29,350 --> 00:27:28,080

is leaning on the consciousness is an

837

00:27:32,149 --> 00:27:29,360

illusion lie

838

00:27:32,710 --> 00:27:32,159

and she wrapped it in some kind of

839

00:27:35,029 --> 00:27:32,720

buddhist

840

00:27:37,110 --> 00:27:35,039

friendly terms that a lot of people fall

841

00:27:39,430 --> 00:27:37,120

for but if you really look at what she

842

00:27:41,990 --> 00:27:39,440

says and if you interview her like i do

843

00:27:42,549 --> 00:27:42,000

and you press around the data she's in

844

00:27:45,190 --> 00:27:42,559

this

845

00:27:45,909 --> 00:27:45,200

consciousness is an epiphenomenon of the

846

00:27:52,470 --> 00:27:45,919

brain

847

00:27:53,190 --> 00:27:52,480

and that takes us in a really strange

848

00:27:56,470 --> 00:27:53,200

bizarre

849

00:27:58,470 --> 00:27:56,480

place that has to be called out for

850

00:28:01,190 --> 00:27:58,480

not nothing against sue blackmore but

851
00:28:04,470 --> 00:28:01,200
it's a lie that has perpetuated

852
00:28:06,310 --> 00:28:04,480
the materialistic science that we see

853
00:28:07,510 --> 00:28:06,320
yeah it's a belief system fundamentally

854
00:28:09,110 --> 00:28:07,520
i mean material

855
00:28:10,789 --> 00:28:09,120
you throw so many noodles against the

856
00:28:13,190 --> 00:28:10,799
wall here first of all i wouldn't say

857
00:28:16,230 --> 00:28:13,200
um consciousness is so much an illusion

858
00:28:16,710 --> 00:28:16,240
as consciousness is illusory that the

859
00:28:19,669 --> 00:28:16,720
objective

860
00:28:20,149 --> 00:28:19,679
so you said it i said sue blackmore said

861
00:28:25,990 --> 00:28:20,159
it

862
00:28:27,269 --> 00:28:26,000
in science that is the mainstream

863
00:28:30,870 --> 00:28:27,279

science position

864

00:28:32,710 --> 00:28:30,880

so neil degrasse tyson says it he says

865

00:28:34,470 --> 00:28:32,720

consciousness will come to understand

866

00:28:35,750 --> 00:28:34,480

that it's nothing and i think there's a

867

00:28:37,269 --> 00:28:35,760

subtle difference here that maybe you

868

00:28:38,870 --> 00:28:37,279

want to talk about maybe you don't

869

00:28:40,630 --> 00:28:38,880

when you say consciousness is

870

00:28:43,190 --> 00:28:40,640

illusionary

871

00:28:44,070 --> 00:28:43,200

people like sue blackmore turn that

872

00:28:46,230 --> 00:28:44,080

around and say

873

00:28:47,190 --> 00:28:46,240

consciousness is an illusion and they

874

00:28:49,990 --> 00:28:47,200

equate the two

875

00:28:52,470 --> 00:28:50,000

and they couldn't be more different yeah

876

00:28:53,350 --> 00:28:52,480

exactly it's it's a conflation due to a

877

00:28:55,190 --> 00:28:53,360

policeman's

878

00:28:56,630 --> 00:28:55,200

misunderstanding of the nature of the

879

00:28:58,149 --> 00:28:56,640

term itself and so

880

00:28:59,510 --> 00:28:58,159

you have to direct me a little bit on my

881

00:29:00,870 --> 00:28:59,520

friend in terms of where you want me to

882

00:29:02,310 --> 00:29:00,880

run with this because you're throwing a

883

00:29:03,830 --> 00:29:02,320

lot of noodles on the wall they're

884

00:29:06,149 --> 00:29:03,840

really interesting

885

00:29:07,830 --> 00:29:06,159

one is you want me to talk a little bit

886

00:29:09,190 --> 00:29:07,840

about consciousness as illusion

887

00:29:11,269 --> 00:29:09,200

you want me to talk a little bit about

888

00:29:11,990 --> 00:29:11,279

my view of the cult of scientific

889

00:29:14,310 --> 00:29:12,000

materialism

890

00:29:15,669 --> 00:29:14,320

and how i think that's off so just so

891

00:29:16,870 --> 00:29:15,679

we're on the same wavelength here maybe

892

00:29:17,990 --> 00:29:16,880

you can guide me towards where you want

893

00:29:20,470 --> 00:29:18,000

me to run with this

894

00:29:22,630 --> 00:29:20,480

well i think the cult of kind of

895

00:29:26,310 --> 00:29:22,640

scientific materialism

896

00:29:30,389 --> 00:29:26,320

and in particular how that has

897

00:29:33,430 --> 00:29:30,399

worked its way in in a strange way into

898

00:29:35,110 --> 00:29:33,440

modern american buddhism and people like

899

00:29:38,470 --> 00:29:35,120

sue blackmore who do

900

00:29:39,269 --> 00:29:38,480

wrap herself in a kind of buddhist cloak

901
00:29:42,149 --> 00:29:39,279
in this

902
00:29:44,950 --> 00:29:42,159
atheistic buddhist and that's okay and

903
00:29:46,470 --> 00:29:44,960
you can really pursue spirituality and

904
00:29:49,029 --> 00:29:46,480
still believe consciousness is an

905
00:29:51,590 --> 00:29:49,039
illusion i think

906
00:29:52,549 --> 00:29:51,600
i'm just picking up on your term i think

907
00:29:55,590 --> 00:29:52,559
she is leaning

908
00:29:58,230 --> 00:29:55,600
on what is fundamentally a lie

909
00:29:59,990 --> 00:29:58,240
and if i was to go back to your earlier

910
00:30:03,110 --> 00:30:00,000
quote that i really like

911
00:30:05,350 --> 00:30:03,120
is that it's only a matter of time

912
00:30:07,350 --> 00:30:05,360
before you're going to fall and i just

913
00:30:10,630 --> 00:30:07,360

don't i don't know why

914

00:30:12,389 --> 00:30:10,640

we don't call that out why why there's

915

00:30:13,909 --> 00:30:12,399

resistance to just calling out sue

916

00:30:15,190 --> 00:30:13,919

blackmart you quoted her in the paper

917

00:30:17,669 --> 00:30:15,200

did you who she was

918

00:30:19,669 --> 00:30:17,679

i know who sue is so for sure yeah i

919

00:30:21,430 --> 00:30:19,679

mean she's an interesting character

920

00:30:22,630 --> 00:30:21,440

so again i'm trying to get even within

921

00:30:23,830 --> 00:30:22,640

that my friend i'm just trying to be a

922

00:30:25,350 --> 00:30:23,840

little bit more clear about where you

923

00:30:27,269 --> 00:30:25,360

want me to go with this why'd you quote

924

00:30:28,710 --> 00:30:27,279

sue blackmore as an example of that

925

00:30:30,149 --> 00:30:28,720

because she has some interesting things

926

00:30:31,269 --> 00:30:30,159

to say what does she have that's

927

00:30:33,750 --> 00:30:31,279

interesting to say

928

00:30:35,990 --> 00:30:33,760

well i mean she has she has a very uh

929

00:30:39,269 --> 00:30:36,000

kind of vast array of contributions

930

00:30:41,909 --> 00:30:39,279

i i'm not she does terribly anything

931

00:30:43,750 --> 00:30:41,919

interesting to say because she thinks

932

00:30:46,389 --> 00:30:43,760

consciousness is an illusion

933

00:30:48,870 --> 00:30:46,399

and an epiphenomenon of the brain she

934

00:30:51,510 --> 00:30:48,880

got that question wrong on the test

935

00:30:52,149 --> 00:30:51,520

so she wasn't allowed to go to part b c

936

00:30:55,909 --> 00:30:52,159

d

937

00:30:58,070 --> 00:30:55,919

about going after people

938

00:31:00,070 --> 00:30:58,080

and their views i'm more interested in

939

00:31:02,149 --> 00:31:00,080

in the kind of the integral approach to

940

00:31:04,310 --> 00:31:02,159

reality and that but basically

941

00:31:05,990 --> 00:31:04,320

my understanding alex is that sue is

942

00:31:08,389 --> 00:31:06,000

basically talking from a particular

943

00:31:10,310 --> 00:31:08,399

bandwidth of understanding

944

00:31:11,909 --> 00:31:10,320

based on all kinds of very interesting

945

00:31:13,269 --> 00:31:11,919

things that i think is more interesting

946

00:31:15,509 --> 00:31:13,279

to talk about

947

00:31:16,310 --> 00:31:15,519

and so within the context of the way i

948

00:31:18,389 --> 00:31:16,320

approach

949

00:31:19,830 --> 00:31:18,399

certain things there are aspects of her

950

00:31:21,750 --> 00:31:19,840

work that are

951
00:31:23,430 --> 00:31:21,760
true but partial and so what i think

952
00:31:25,509 --> 00:31:23,440
might be more fruitful

953
00:31:26,950 --> 00:31:25,519
is to talk about what might be more more

954
00:31:29,590 --> 00:31:26,960
encompassing for instance

955
00:31:31,269 --> 00:31:29,600
your intimation about the limitations of

956
00:31:33,269 --> 00:31:31,279
scientific materialism i

957
00:31:36,549 --> 00:31:33,279
completely agree with that it's really

958
00:31:39,590 --> 00:31:36,559
more a belief system and a religiosity

959
00:31:41,430 --> 00:31:39,600
that is that is founded on hubris where

960
00:31:42,310 --> 00:31:41,440
the the elegance of the scientific

961
00:31:44,950 --> 00:31:42,320
method

962
00:31:46,710 --> 00:31:44,960
i please understand i'm a huge fan of

963
00:31:49,269 --> 00:31:46,720

the scientific method

964

00:31:50,230 --> 00:31:49,279

i'm not a fan of reductionism

965

00:31:52,470 --> 00:31:50,240

materialism

966

00:31:53,990 --> 00:31:52,480

i think that's science gone bad and

967

00:31:55,990 --> 00:31:54,000

especially as you put it that's when

968

00:31:57,350 --> 00:31:56,000

science flips into scientism so i'm not

969

00:32:00,190 --> 00:31:57,360

anti-science

970

00:32:02,630 --> 00:32:00,200

i'm anti-materialism and i'm

971

00:32:04,470 --> 00:32:02,640

anti-reductionism in that regard

972

00:32:05,830 --> 00:32:04,480

so what might might perhaps be more

973

00:32:08,630 --> 00:32:05,840

fruitful

974

00:32:10,230 --> 00:32:08,640

is to talk about how we can take the

975

00:32:12,149 --> 00:32:10,240

essence of the scientific method

976
00:32:13,269 --> 00:32:12,159
and this is where your conversation i'm

977
00:32:15,830 --> 00:32:13,279
not sure if it went

978
00:32:16,870 --> 00:32:15,840
in this direction with evan thompson how

979
00:32:19,509 --> 00:32:16,880
that we can look

980
00:32:21,990 --> 00:32:19,519
at the exploration of mind as a type of

981
00:32:25,190 --> 00:32:22,000
science only in that it's empirical

982
00:32:26,789 --> 00:32:25,200
i again i will go anywhere well

983
00:32:29,029 --> 00:32:26,799
you keep saying that but you kind of

984
00:32:31,669 --> 00:32:29,039
won't go there it's it's there where do

985
00:32:33,269 --> 00:32:31,679
where do you want me to go okay so i

986
00:32:35,110 --> 00:32:33,279
wrote a book a few years ago and the

987
00:32:37,750 --> 00:32:35,120
title of the book was

988
00:32:38,470 --> 00:32:37,760

why science is wrong about almost

989

00:32:41,190 --> 00:32:38,480

everything

990

00:32:43,669 --> 00:32:41,200

the premise of the book was that if you

991

00:32:45,590 --> 00:32:43,679

can't get consciousness right

992

00:32:47,750 --> 00:32:45,600

then you really can't get much else

993

00:32:49,830 --> 00:32:47,760

right because if consciousness is

994

00:32:50,789 --> 00:32:49,840

fundamental then you can't measure

995

00:32:52,950 --> 00:32:50,799

things so

996

00:32:55,350 --> 00:32:52,960

i'm not caught sue blackmore seems like

997

00:32:57,750 --> 00:32:55,360

a nice person and i like her hair

998

00:32:58,789 --> 00:32:57,760

and she's a great entertainer and we

999

00:33:01,830 --> 00:32:58,799

need

1000

00:33:05,190 --> 00:33:01,840

science spiritual entertainers i'm not

1001
00:33:06,070 --> 00:33:05,200
looking to mud at her but i think she's

1002
00:33:07,990 --> 00:33:06,080
part of

1003
00:33:10,070 --> 00:33:08,000
this whether you want to call it

1004
00:33:13,110 --> 00:33:10,080
deliberate disinformation or

1005
00:33:16,149 --> 00:33:13,120
just kind of useful idiot kind of

1006
00:33:18,070 --> 00:33:16,159
thing to redirect people towards this

1007
00:33:19,590 --> 00:33:18,080
idea that all you need to do is

1008
00:33:22,149 --> 00:33:19,600
like things and buy things and

1009
00:33:22,870 --> 00:33:22,159
accumulate things and she's part of that

1010
00:33:25,909 --> 00:33:22,880
because

1011
00:33:28,149 --> 00:33:25,919
everyone knows that consciousness isn't

1012
00:33:30,710 --> 00:33:28,159
an epiphenomenon of the brain everyone

1013
00:33:33,190 --> 00:33:30,720

knows we are not biological robots

1014

00:33:35,269 --> 00:33:33,200

in a meaningless universe so when people

1015

00:33:37,830 --> 00:33:35,279

like sue blackmore perpetuate it

1016

00:33:38,389 --> 00:33:37,840

i think we have to politely draw the

1017

00:33:40,470 --> 00:33:38,399

line

1018

00:33:42,149 --> 00:33:40,480

so let me give you a number two because

1019

00:33:43,830 --> 00:33:42,159

there's three of these and they're all

1020

00:33:46,870 --> 00:33:43,840

gonna be just as much fun

1021

00:33:49,590 --> 00:33:46,880

as that first one trust me so here's

1022

00:33:50,470 --> 00:33:49,600

another lie that i think we lean on and

1023

00:33:53,750 --> 00:33:50,480

it comes from an

1024

00:33:54,149 --> 00:33:53,760

interview i did with really a terrific

1025

00:33:55,590 --> 00:33:54,159

guy

1026

00:33:57,509 --> 00:33:55,600

and again it's going to sound like i'm

1027

00:33:59,350 --> 00:33:57,519

bashing him and i'm not because he does

1028

00:34:01,909 --> 00:33:59,360

fantastic work he's at ohio state

1029

00:34:04,070 --> 00:34:01,919

university religious studies department

1030

00:34:06,549 --> 00:34:04,080

but the book that he wrote was on the

1031

00:34:09,190 --> 00:34:06,559

church of scientology

1032

00:34:10,710 --> 00:34:09,200

and i love the subtitle a history of a

1033

00:34:12,710 --> 00:34:10,720

new religion

1034

00:34:14,950 --> 00:34:12,720

and we all know that scientology is a

1035

00:34:18,069 --> 00:34:14,960

cult it's not a new religion

1036

00:34:20,230 --> 00:34:18,079

it's a cult so when we talked about the

1037

00:34:21,909 --> 00:34:20,240

origins of scientology which

1038

00:34:24,550 --> 00:34:21,919

i don't know if you're into that kind of

1039

00:34:26,710 --> 00:34:24,560

stuff but the origins are

1040

00:34:27,909 --> 00:34:26,720

this guy named I ron hubbard who we've

1041

00:34:31,109 --> 00:34:27,919

heard about

1042

00:34:34,470 --> 00:34:31,119

is out in the desert with jack parsons

1043

00:34:36,470 --> 00:34:34,480

who is uh number one student of aleister

1044

00:34:38,869 --> 00:34:36,480

crowley the occultist

1045

00:34:40,869 --> 00:34:38,879

and they're performing this ritual by

1046

00:34:42,149 --> 00:34:40,879

which they're trying to bring forth the

1047

00:34:43,750 --> 00:34:42,159

antichrist they're trying to

1048

00:34:45,909 --> 00:34:43,760

actually bring forth the of

1049

00:34:47,829 --> 00:34:45,919

babylon so that they can

1050

00:34:49,510 --> 00:34:47,839

have sex with her and then she will give

1051

00:34:51,589 --> 00:34:49,520

birth to the antichrist

1052

00:34:53,270 --> 00:34:51,599

and the antichrist will come take over

1053

00:34:55,190 --> 00:34:53,280

the world and they'll have some control

1054

00:34:58,470 --> 00:34:55,200

over that and wouldn't that be great

1055

00:35:02,470 --> 00:34:58,480

now the interesting thing is that that

1056

00:35:05,270 --> 00:35:02,480

is dr urban's research finding

1057

00:35:05,990 --> 00:35:05,280

his finding like sure we understand each

1058

00:35:08,630 --> 00:35:06,000

other is

1059

00:35:10,790 --> 00:35:08,640

yep that really happened so when i push

1060

00:35:12,150 --> 00:35:10,800

him on that and i say don't we need to

1061

00:35:15,109 --> 00:35:12,160

understand

1062

00:35:17,430 --> 00:35:15,119

whether or not there is any reality to

1063

00:35:18,710 --> 00:35:17,440

the extended reality they were trying to

1064

00:35:21,109 --> 00:35:18,720

tap into

1065

00:35:23,109 --> 00:35:21,119

and he said no it really doesn't it only

1066

00:35:24,630 --> 00:35:23,119

matters that they believe that there was

1067

00:35:26,550 --> 00:35:24,640

a reality to it

1068

00:35:27,670 --> 00:35:26,560

and i would suggest that this is leaning

1069

00:35:30,950 --> 00:35:27,680

on a lie

1070

00:35:32,470 --> 00:35:30,960

because the lie is understanding however

1071

00:35:34,230 --> 00:35:32,480

we were to understand it

1072

00:35:35,510 --> 00:35:34,240

through a buddhist perspective or a

1073

00:35:38,870 --> 00:35:35,520

christian perspective

1074

00:35:42,310 --> 00:35:38,880

at least get it on the table that by now

1075

00:35:42,630 --> 00:35:42,320

we understand despite what sue blackmore

1076

00:35:44,150 --> 00:35:42,640

says

1077

00:35:46,069 --> 00:35:44,160

we understand that extended

1078

00:35:48,870 --> 00:35:46,079

consciousness states

1079

00:35:50,069 --> 00:35:48,880

are not an illusion they're real and

1080

00:35:52,790 --> 00:35:50,079

that's what matters

1081

00:35:53,589 --> 00:35:52,800

first and foremost and then secondarily

1082

00:35:55,430 --> 00:35:53,599

it matters

1083

00:35:57,270 --> 00:35:55,440

what you believe and how you manifest

1084

00:36:00,069 --> 00:35:57,280

that and how you interface with it

1085

00:36:00,550 --> 00:36:00,079

but we've completely dropped the ball in

1086

00:36:06,550 --> 00:36:00,560

the

1087

00:36:08,710 --> 00:36:06,560

people really like to go completely drop

1088

00:36:12,069 --> 00:36:08,720

the ball in terms of leaning on this

1089

00:36:15,109 --> 00:36:12,079

lie about extended consciousness realms

1090

00:36:17,109 --> 00:36:15,119

and suggesting and making it okay to say

1091

00:36:18,950 --> 00:36:17,119

we don't know if they exist or not yes

1092

00:36:21,190 --> 00:36:18,960

we do know they exist

1093

00:36:23,349 --> 00:36:21,200

yes so there's a lot there so again i

1094

00:36:24,630 --> 00:36:23,359

i'm happy to take this anywhere you want

1095

00:36:26,069 --> 00:36:24,640

but maybe

1096

00:36:28,150 --> 00:36:26,079

just help me out a little bit in terms

1097

00:36:30,950 --> 00:36:28,160

of where you want me to run with it i'm

1098

00:36:32,550 --> 00:36:30,960

thrilled to talk about my understanding

1099

00:36:34,470 --> 00:36:32,560

about consciousness and why it's

1100

00:36:36,230 --> 00:36:34,480

illusory and what's more foundational

1101

00:36:38,230 --> 00:36:36,240

than even consciousness

1102

00:36:40,470 --> 00:36:38,240

because the wisdom tradition says i've

1103

00:36:42,230 --> 00:36:40,480

come to practice and understand them

1104

00:36:43,990 --> 00:36:42,240

obviously speak a great deal about this

1105

00:36:45,589 --> 00:36:44,000

and consciousness has a very limited

1106

00:36:47,589 --> 00:36:45,599

kind of bandwidth

1107

00:36:49,829 --> 00:36:47,599

in terms of the spectrum of mind there's

1108

00:36:51,910 --> 00:36:49,839

something actually more foundational

1109

00:36:53,270 --> 00:36:51,920

so if you want me to run with that i'm

1110

00:36:54,630 --> 00:36:53,280

happy to do it so it's just

1111

00:36:56,630 --> 00:36:54,640

maybe a little bit of guidance from you

1112

00:36:58,150 --> 00:36:56,640

in terms of the baton you're handing on

1113

00:36:59,829 --> 00:36:58,160

me i can't really give you any more

1114

00:37:00,870 --> 00:36:59,839

guidance than that i think yeah pretty

1115

00:37:02,630 --> 00:37:00,880

pretty

1116

00:37:04,069 --> 00:37:02,640

so let me do this let me play i i can

1117

00:37:05,109 --> 00:37:04,079

see that you you're you're kind of

1118

00:37:06,950 --> 00:37:05,119

struggling with this

1119

00:37:08,710 --> 00:37:06,960

let me know i'm just you're just being a

1120

00:37:09,430 --> 00:37:08,720

little bit opaque again i couldn't i

1121

00:37:12,630 --> 00:37:09,440

couldn't be more

1122

00:37:13,750 --> 00:37:12,640

you what's the point what's the point

1123

00:37:16,069 --> 00:37:13,760

you're trying to make to me that you

1124

00:37:18,310 --> 00:37:16,079

want me to respond to

1125

00:37:19,349 --> 00:37:18,320

sum it up i'll sum it up for you again

1126

00:37:23,109 --> 00:37:19,359

great

1127

00:37:26,710 --> 00:37:23,119

extended consciousness realms matter

1128

00:37:29,430 --> 00:37:26,720

and they're real and our inability to

1129

00:37:31,030 --> 00:37:29,440

understand that from a serious academic

1130

00:37:33,030 --> 00:37:31,040

intellectual

1131

00:37:34,950 --> 00:37:33,040

scientific forget it they're still stuck

1132

00:37:38,230 --> 00:37:34,960

on consciousness as an illusion

1133

00:37:38,870 --> 00:37:38,240

but the fact that we can't even begin to

1134

00:37:41,030 --> 00:37:38,880

approach

1135

00:37:42,390 --> 00:37:41,040

extended consciousness realms and that

1136

00:37:44,870 --> 00:37:42,400

dr urban

1137

00:37:46,870 --> 00:37:44,880

feels like it's okay to say it only

1138

00:37:48,870 --> 00:37:46,880

matters what they believe

1139

00:37:49,990 --> 00:37:48,880

therefore sidestepping the whole

1140

00:37:53,829 --> 00:37:50,000

extended consciousness

1141

00:37:54,150 --> 00:37:53,839

realm thing is is problematic i mean

1142

00:37:58,230 --> 00:37:54,160

it's

1143

00:37:59,990 --> 00:37:58,240

well that part i

1144

00:38:02,150 --> 00:38:00,000

100 agree with you because then what

1145

00:38:03,670 --> 00:38:02,160

happens is this kind of myopia this kind

1146

00:38:06,069 --> 00:38:03,680

of centrism

1147

00:38:07,510 --> 00:38:06,079

that only reality can be disclosed

1148

00:38:09,670 --> 00:38:07,520

through certain types of

1149

00:38:11,349 --> 00:38:09,680

consciousness experiences and and so i

1150

00:38:12,310 --> 00:38:11,359

could not agree more with you on that

1151
00:38:13,670 --> 00:38:12,320
track

1152
00:38:15,349 --> 00:38:13,680
that what i think you're talking about

1153
00:38:16,630 --> 00:38:15,359
extended consciousness and extended

1154
00:38:19,030 --> 00:38:16,640
realms

1155
00:38:20,630 --> 00:38:19,040
in my vocabulary would in fact be this

1156
00:38:21,750 --> 00:38:20,640
type of archetype of awareness or

1157
00:38:24,150 --> 00:38:21,760
lucidity

1158
00:38:25,109 --> 00:38:24,160
where in fact we can indeed open the

1159
00:38:27,910 --> 00:38:25,119
aperture

1160
00:38:30,950 --> 00:38:27,920
of our mind and our heart and become

1161
00:38:33,990 --> 00:38:30,960
available and aware of dimensions

1162
00:38:36,710 --> 00:38:34,000
that are utterly as huxley and and

1163
00:38:38,310 --> 00:38:36,720

other scholars have talked about i'm

1164

00:38:41,190 --> 00:38:38,320

completely part of this

1165

00:38:42,069 --> 00:38:41,200

beautiful vast mystery of the cosmos and

1166

00:38:43,670 --> 00:38:42,079

so

1167

00:38:45,109 --> 00:38:43,680

that part i completely agree with you

1168

00:38:48,630 --> 00:38:45,119

and then what happens with

1169

00:38:50,069 --> 00:38:48,640

belief systems with scientism with even

1170

00:38:52,390 --> 00:38:50,079

the academic

1171

00:38:53,990 --> 00:38:52,400

need is we we just consider do you think

1172

00:38:54,390 --> 00:38:54,000

it was okay that these guys were trying

1173

00:38:57,030 --> 00:38:54,400

to

1174

00:38:58,550 --> 00:38:57,040

summon the antichrist and i'm not i'm

1175

00:39:00,790 --> 00:38:58,560

not saying that's okay

1176

00:39:01,589 --> 00:39:00,800

not at all i'm simply saying is it is it

1177

00:39:03,910 --> 00:39:01,599

not okay

1178

00:39:05,589 --> 00:39:03,920

is it bad i mean do are we in a position

1179

00:39:06,150 --> 00:39:05,599

to make any kind of value judgment on

1180

00:39:08,790 --> 00:39:06,160

that i

1181

00:39:10,230 --> 00:39:08,800

i framed it in a way where you would say

1182

00:39:12,230 --> 00:39:10,240

no i'm not saying it's good

1183

00:39:13,990 --> 00:39:12,240

maybe it is good maybe you know doeth

1184

00:39:15,589 --> 00:39:14,000

thou wilt i mean we're all trying to

1185

00:39:16,790 --> 00:39:15,599

exercise power and bring

1186

00:39:18,630 --> 00:39:16,800

i don't think i mean you're talking

1187

00:39:20,710 --> 00:39:18,640

about type of radical relativism

1188

00:39:22,390 --> 00:39:20,720

kind of the extreme of post-modernism i

1189

00:39:23,829 --> 00:39:22,400

i don't think that's particularly

1190

00:39:25,829 --> 00:39:23,839

helpful because

1191

00:39:27,589 --> 00:39:25,839

fundamentally reality is not an infinite

1192

00:39:29,190 --> 00:39:27,599

sliding scale if you think it is you're

1193

00:39:31,349 --> 00:39:29,200

called a psychotic

1194

00:39:32,870 --> 00:39:31,359

so i i think what i'm trying to derive

1195

00:39:36,310 --> 00:39:32,880

from what you're throwing

1196

00:39:38,790 --> 00:39:36,320

my direction to respond to is that no

1197

00:39:41,670 --> 00:39:38,800

not everything is just okay there have

1198

00:39:43,670 --> 00:39:41,680

to be kind of metrics for reality

1199

00:39:45,829 --> 00:39:43,680

and what those metrics actually are

1200

00:39:47,829 --> 00:39:45,839

that's a monumental question who's who's

1201
00:39:49,030 --> 00:39:47,839
to decide upon that i think that's one

1202
00:39:50,790 --> 00:39:49,040
of the great

1203
00:39:52,630 --> 00:39:50,800
kind of issues contributions and

1204
00:39:54,950 --> 00:39:52,640
contestations from all these different

1205
00:39:56,790 --> 00:39:54,960
type of traditions that go after it

1206
00:39:59,349 --> 00:39:56,800
so i'm i'm definitely not saying that's

1207
00:40:01,270 --> 00:39:59,359
or okay what i am saying is it's kind of

1208
00:40:03,589 --> 00:40:01,280
the near enemy of this integral approach

1209
00:40:06,069 --> 00:40:03,599
integral theory integral thinking

1210
00:40:07,510 --> 00:40:06,079
is about again opening realizing

1211
00:40:09,430 --> 00:40:07,520
underrating honoring

1212
00:40:10,790 --> 00:40:09,440
honoring and incorporating truth from

1213
00:40:12,309 --> 00:40:10,800

all these different traditions

1214

00:40:13,829 --> 00:40:12,319

but at a certain point here's a very

1215

00:40:15,750 --> 00:40:13,839

interesting maxim

1216

00:40:17,190 --> 00:40:15,760

it's really really important to have an

1217

00:40:19,510 --> 00:40:17,200

open mind

1218

00:40:20,950 --> 00:40:19,520

but if your mind is too open your brains

1219

00:40:22,790 --> 00:40:20,960

will fall out

1220

00:40:24,790 --> 00:40:22,800

and so somewhere in there has to be a

1221

00:40:26,230 --> 00:40:24,800

middle way that we want to maintain

1222

00:40:29,190 --> 00:40:26,240

honor and incorporate different

1223

00:40:30,870 --> 00:40:29,200

dimensions realize which is always very

1224

00:40:32,309 --> 00:40:30,880

difficult because by definition these

1225

00:40:34,230 --> 00:40:32,319

are blind spots

1226

00:40:35,990 --> 00:40:34,240

the limitations of our own ways of

1227

00:40:38,710 --> 00:40:36,000

looking at the world increasing our

1228

00:40:40,950 --> 00:40:38,720

tolerance receptivity and accommodation

1229

00:40:42,309 --> 00:40:40,960

so that then from that was born humility

1230

00:40:44,470 --> 00:40:42,319

for ourselves

1231

00:40:46,309 --> 00:40:44,480

in a sense of tolerance and receptivity

1232

00:40:48,069 --> 00:40:46,319

and acknowledgement of others

1233

00:40:49,750 --> 00:40:48,079

are you okay with calling scientology

1234

00:40:51,430 --> 00:40:49,760

occult yeah

1235

00:40:53,990 --> 00:40:51,440

it's absolutely a cult as far as i can

1236

00:40:55,430 --> 00:40:54,000

tell i mean i'm not a deep scholar of

1237

00:40:57,190 --> 00:40:55,440

that tradition because it doesn't take

1238

00:40:58,390 --> 00:40:57,200

very long to realize they're like pretty

1239

00:40:59,990 --> 00:40:58,400

far off base

1240

00:41:01,510 --> 00:41:00,000

but yeah i would say it's absolutely a

1241

00:41:03,910 --> 00:41:01,520

cult of which there are so isn't it

1242

00:41:04,470 --> 00:41:03,920

isn't it a problem that we can't call it

1243

00:41:05,910 --> 00:41:04,480

a cult

1244

00:41:08,309 --> 00:41:05,920

in religious studies you won't find a

1245

00:41:10,150 --> 00:41:08,319

religious studies professor

1246

00:41:11,510 --> 00:41:10,160

or look at where integral studies are

1247

00:41:13,109 --> 00:41:11,520

going in academia

1248

00:41:15,670 --> 00:41:13,119

and find one of those people to stand up

1249

00:41:18,309 --> 00:41:15,680

and say what we all know it's a cult

1250

00:41:19,589 --> 00:41:18,319

yeah you can't do that well again that's

1251

00:41:21,589 --> 00:41:19,599

kind of a carp large snap

1252

00:41:23,589 --> 00:41:21,599

statement i think some may but honestly

1253

00:41:25,829 --> 00:41:23,599

i think again and i'm not i'm not

1254

00:41:27,270 --> 00:41:25,839

that facile in kind of cross-cultural

1255

00:41:28,550 --> 00:41:27,280

studies when it comes to things like

1256

00:41:30,630 --> 00:41:28,560

scientology

1257

00:41:32,710 --> 00:41:30,640

but i think most people honestly and you

1258

00:41:35,109 --> 00:41:32,720

probably know more about this than me

1259

00:41:36,950 --> 00:41:35,119

just probably don't spend a lot of time

1260

00:41:39,030 --> 00:41:36,960

on something that's just so overtly

1261

00:41:40,550 --> 00:41:39,040

um overtly kind of politician off the

1262

00:41:42,230 --> 00:41:40,560

mark at least that's what i do

1263

00:41:44,150 --> 00:41:42,240

doesn't take long to scratch the surface

1264

00:41:45,109 --> 00:41:44,160

and realize there's just some confusion

1265

00:41:47,109 --> 00:41:45,119

here

1266

00:41:49,030 --> 00:41:47,119

but again i'm quoting i'm quoting an

1267

00:41:51,030 --> 00:41:49,040

ohio state university

1268

00:41:53,349 --> 00:41:51,040

professor respected professor and it's

1269

00:41:56,470 --> 00:41:53,359

not like his position is

1270

00:41:57,910 --> 00:41:56,480

unique let me play uh you're running out

1271

00:41:59,190 --> 00:41:57,920

of patience i can tell

1272

00:42:00,309 --> 00:41:59,200

i'm not running out of patience i'm just

1273

00:42:01,430 --> 00:42:00,319

trying to figure out where you where

1274

00:42:02,950 --> 00:42:01,440

you're running with all this i'm

1275

00:42:04,870 --> 00:42:02,960

definitely not running out of patience

1276

00:42:06,950 --> 00:42:04,880

let me play some clips for you from my

1277

00:42:09,270 --> 00:42:06,960

interview with charlie morley and then

1278

00:42:10,230 --> 00:42:09,280

with tom zinzer and i might pause during

1279

00:42:12,230 --> 00:42:10,240

these clips okay

1280

00:42:13,990 --> 00:42:12,240

straight off the bat i don't believe in

1281

00:42:16,069 --> 00:42:14,000

any objectively existing

1282

00:42:17,510 --> 00:42:16,079

external evil i don't even believe in

1283

00:42:20,870 --> 00:42:17,520

evil as a concept

1284

00:42:21,190 --> 00:42:20,880

i believe in traumatized people acting

1285

00:42:23,510 --> 00:42:21,200

out

1286

00:42:25,270 --> 00:42:23,520

unintegrated trauma which manifests as

1287

00:42:26,309 --> 00:42:25,280

seeming human evil

1288

00:42:28,550 --> 00:42:26,319

so from a buddhist point of view the

1289

00:42:28,950 --> 00:42:28,560

hell realms are as real as this waking

1290

00:42:33,349 --> 00:42:28,960

life

1291

00:42:35,030 --> 00:42:33,359

and then i get way out of my depth

1292

00:42:37,109 --> 00:42:35,040

if the client believes that they have a

1293

00:42:38,790 --> 00:42:37,119

spirit within them and if you do like an

1294

00:42:40,390 --> 00:42:38,800

exorcism and you really go for it and

1295

00:42:41,190 --> 00:42:40,400

you enter into that what i would say

1296

00:42:42,950 --> 00:42:41,200

entering into

1297

00:42:44,630 --> 00:42:42,960

into the psychosis of the client then

1298

00:42:46,230 --> 00:42:44,640

the exorcism could work right

1299

00:42:48,069 --> 00:42:46,240

it doesn't necessarily mean though that

1300

00:42:49,510 --> 00:42:48,079

there was an externally existing

1301

00:42:51,190 --> 00:42:49,520

objective entity there in the first

1302

00:42:54,550 --> 00:42:51,200

place though okay so

1303

00:42:56,550 --> 00:42:54,560

that was charlie morley and he is a

1304

00:42:59,430 --> 00:42:56,560

super excellent guy i love talking to

1305

00:43:00,710 --> 00:42:59,440

him great guy he's a lucid dream teacher

1306

00:43:02,630 --> 00:43:00,720

in the uk

1307

00:43:05,270 --> 00:43:02,640

and we're having this conversation and

1308

00:43:06,870 --> 00:43:05,280

he's going down this kind of line which

1309

00:43:09,430 --> 00:43:06,880

i don't totally agree with but then i

1310

00:43:12,390 --> 00:43:09,440

played for him a clip that i'm gonna

1311

00:43:14,870 --> 00:43:12,400

now play for you andrew and it's from

1312

00:43:18,550 --> 00:43:14,880

clinical psychologist tom zinzer

1313

00:43:21,990 --> 00:43:18,560

tom zinzer has spent oh 15 years

1314

00:43:24,589 --> 00:43:22,000

working with mainly traumatized

1315

00:43:25,750 --> 00:43:24,599

people who have experienced

1316

00:43:27,349 --> 00:43:25,760

disassociation

1317

00:43:29,109 --> 00:43:27,359

in one form or another i think you'll

1318

00:43:32,230 --> 00:43:29,119

catch on to what his

1319

00:43:35,589 --> 00:43:32,240

uh what his practice has been like okay

1320

00:43:38,870 --> 00:43:35,599

my work is basically identifying those

1321

00:43:39,430 --> 00:43:38,880

things within person that blocks the

1322

00:43:42,630 --> 00:43:39,440

light

1323

00:43:44,069 --> 00:43:42,640

from them so the protocol developed for

1324

00:43:47,109 --> 00:43:44,079

the ego stages

1325

00:43:49,510 --> 00:43:47,119

make the contact communicate with them

1326

00:43:51,190 --> 00:43:49,520

make it safe for them to receive this

1327

00:43:54,470 --> 00:43:51,200

light love energy

1328

00:43:56,550 --> 00:43:54,480

once they receive it 99 say whippy

1329

00:43:57,910 --> 00:43:56,560

uh i love this i don't want to be

1330

00:44:00,630 --> 00:43:57,920

without it

1331

00:44:02,470 --> 00:44:00,640

and then they will move through the

1332

00:44:03,030 --> 00:44:02,480

sharing and release of what happened to

1333

00:44:05,910 --> 00:44:03,040

them

1334

00:44:07,990 --> 00:44:05,920

for spirit attachment outside entities

1335

00:44:10,390 --> 00:44:08,000

it's a different protocol

1336

00:44:11,589 --> 00:44:10,400

they don't belong with the person they

1337

00:44:14,790 --> 00:44:11,599

need to leave

1338

00:44:16,390 --> 00:44:14,800

and in the worst cases protocols

1339

00:44:17,030 --> 00:44:16,400
designed to get to a point where they

1340

00:44:19,349 --> 00:44:17,040
could be

1341

00:44:21,670 --> 00:44:19,359
removed it's going to sound like i've

1342

00:44:23,510 --> 00:44:21,680
got a well not contradicting myself but

1343

00:44:25,430 --> 00:44:23,520
also the buddhist view is that this is

1344

00:44:27,430 --> 00:44:25,440
not the only realm of existence

1345

00:44:29,270 --> 00:44:27,440
there are like six realms of existence

1346

00:44:31,190 --> 00:44:29,280
which can actually be all contacted

1347

00:44:33,109 --> 00:44:31,200
through the human realm if how to do it

1348

00:44:34,550 --> 00:44:33,119
and these include like hell beings

1349

00:44:37,510 --> 00:44:34,560
heaven realms

1350

00:44:38,630 --> 00:44:37,520
um hungry ghost realms i wanted to say

1351

00:44:39,910 --> 00:44:38,640

about entities

1352

00:44:41,589 --> 00:44:39,920

because i realized i gave you the

1353

00:44:42,790 --> 00:44:41,599

jungian view on entities i gave you the

1354

00:44:43,990 --> 00:44:42,800

buddhist view on entities

1355

00:44:46,390 --> 00:44:44,000

i didn't actually give you my personal

1356

00:44:48,470 --> 00:44:46,400

view on entities which is like yeah man

1357

00:44:49,270 --> 00:44:48,480

anyone who's had like a dmt experience

1358

00:44:51,589 --> 00:44:49,280

or like

1359

00:44:53,670 --> 00:44:51,599

moving into kind of psilocybin therapy

1360

00:44:56,309 --> 00:44:53,680

or ayahuasca or something

1361

00:44:57,510 --> 00:44:56,319

these are these are not internally

1362

00:44:59,190 --> 00:44:57,520

generated

1363

00:45:00,790 --> 00:44:59,200

experiences like when people are all

1364

00:45:02,230 --> 00:45:00,800

having the same experience of mother

1365

00:45:03,750 --> 00:45:02,240

ayahuasca coming over them and she

1366

00:45:05,670 --> 00:45:03,760

appears in the same way

1367

00:45:09,190 --> 00:45:05,680

and often is offering the same guidance

1368

00:45:11,190 --> 00:45:09,200

you're thinking this is existing dude

1369

00:45:13,030 --> 00:45:11,200

so i kind of laid a lot on you there but

1370

00:45:14,309 --> 00:45:13,040

for people who are listening just so you

1371

00:45:16,950 --> 00:45:14,319

understand

1372

00:45:18,950 --> 00:45:16,960

charlie is going down this line he's an

1373

00:45:20,069 --> 00:45:18,960

awesome guy but he has to kind of hold

1374

00:45:22,710 --> 00:45:20,079

to that

1375

00:45:24,309 --> 00:45:22,720

sue blackmore materialism it's all in

1376

00:45:25,750 --> 00:45:24,319

the brain kind of stuff and that's what

1377

00:45:27,270 --> 00:45:25,760

he's saying at the beginning when you

1378

00:45:29,430 --> 00:45:27,280

can manifest it is just

1379

00:45:31,109 --> 00:45:29,440

your own psychosis and all the rest that

1380

00:45:32,790 --> 00:45:31,119

then we talk about tom zinzer and tom

1381

00:45:33,670 --> 00:45:32,800

zinzer says i've worked with hundreds of

1382

00:45:36,150 --> 00:45:33,680

people and i

1383

00:45:37,109 --> 00:45:36,160

spirit possession i don't know how else

1384

00:45:39,430 --> 00:45:37,119

to talk about it

1385

00:45:40,710 --> 00:45:39,440

with just associated ego states within

1386

00:45:43,190 --> 00:45:40,720

these individuals

1387

00:45:44,069 --> 00:45:43,200

seem to be a reality and from a jungian

1388

00:45:45,910 --> 00:45:44,079

perspective

1389

00:45:48,550 --> 00:45:45,920

you treat it like that and it works like

1390

00:45:50,309 --> 00:45:48,560

that and it's it follows his protocol

1391

00:45:52,710 --> 00:45:50,319

and then you go back to charlie and he

1392

00:45:53,910 --> 00:45:52,720

goes well yeah i guess there is that

1393

00:45:55,910 --> 00:45:53,920

part of it too

1394

00:45:57,510 --> 00:45:55,920

that the buddhists do recognize that

1395

00:45:59,990 --> 00:45:57,520

there are entities that do

1396

00:46:02,230 --> 00:46:00,000

inhabit consciousness and maybe it can

1397

00:46:05,589 --> 00:46:02,240

fold into tom's idea of

1398

00:46:07,349 --> 00:46:05,599

these separated like sub personalities

1399

00:46:10,230 --> 00:46:07,359

that separate so

1400

00:46:12,630 --> 00:46:10,240

a lot to cover here and i just don't

1401
00:46:14,950 --> 00:46:12,640
want to gloss it all over and integrate

1402
00:46:16,870 --> 00:46:14,960
it and talk about how dream yoga

1403
00:46:19,829 --> 00:46:16,880
answers this question i don't think it

1404
00:46:22,790 --> 00:46:19,839
does i don't know what's the question

1405
00:46:24,470 --> 00:46:22,800
oh man come on so really you're you're

1406
00:46:25,829 --> 00:46:24,480
what do you think you you you heard all

1407
00:46:27,510 --> 00:46:25,839
you heard both these guys what do you

1408
00:46:28,710 --> 00:46:27,520
think well again i'm just

1409
00:46:31,030 --> 00:46:28,720
i'm trying to just be a little bit

1410
00:46:32,790 --> 00:46:31,040
articulate what do i think about what

1411
00:46:35,430 --> 00:46:32,800
because they both covered some amazing

1412
00:46:37,430 --> 00:46:35,440
topics so what did you think was amazing

1413
00:46:39,190 --> 00:46:37,440

well i mean again what i find

1414

00:46:41,030 --> 00:46:39,200

provocative and i'm not here to judge

1415

00:46:42,230 --> 00:46:41,040

either of them that's just not the way i

1416

00:46:43,910 --> 00:46:42,240

roll

1417

00:46:45,750 --> 00:46:43,920

what i find compelling i'm always

1418

00:46:47,109 --> 00:46:45,760

judging everyone i hate when people say

1419

00:46:49,109 --> 00:46:47,119

that of course you're they're judging

1420

00:46:51,270 --> 00:46:49,119

positively or judging negatively but

1421

00:46:53,750 --> 00:46:51,280

judge feel free this is a

1422

00:46:56,069 --> 00:46:53,760

judge friendly zone what i find

1423

00:46:56,550 --> 00:46:56,079

compelling about what charlie says is

1424

00:47:01,270 --> 00:46:56,560

that

1425

00:47:03,829 --> 00:47:01,280

again we live in a universe in a world

1426
00:47:05,990 --> 00:47:03,839
where there is plenty of room for other

1427
00:47:08,550 --> 00:47:06,000
forms of reality

1428
00:47:10,470 --> 00:47:08,560
so what i find compelling with his

1429
00:47:12,470 --> 00:47:10,480
statement in particular

1430
00:47:14,550 --> 00:47:12,480
is i really like what he said that these

1431
00:47:17,990 --> 00:47:14,560
dimensions are just as real or

1432
00:47:19,190 --> 00:47:18,000
unreal as this that to me is the crux of

1433
00:47:22,829 --> 00:47:19,200
it alex where

1434
00:47:24,309 --> 00:47:22,839
basically the the charter to base uh to

1435
00:47:26,950 --> 00:47:24,319
de-reify

1436
00:47:28,870 --> 00:47:26,960
to look at our reality in a more humble

1437
00:47:30,950 --> 00:47:28,880
contextual way

1438
00:47:32,870 --> 00:47:30,960

to realize that fundamentally we don't

1439

00:47:35,030 --> 00:47:32,880

know everything we don't

1440

00:47:37,750 --> 00:47:35,040

have kind of ontological rights of

1441

00:47:40,309 --> 00:47:37,760

supremacy that this is the only reality

1442

00:47:41,990 --> 00:47:40,319

i think that's that's what i derive from

1443

00:47:44,870 --> 00:47:42,000

what charlie was saying

1444

00:47:46,950 --> 00:47:44,880

is that once we really open again that's

1445

00:47:48,790 --> 00:47:46,960

the charter as i've come to understand

1446

00:47:50,630 --> 00:47:48,800

it and experience it is we open our

1447

00:47:52,549 --> 00:47:50,640

minds we open our hearts

1448

00:47:54,309 --> 00:47:52,559

we're opening ourselves to two of

1449

00:47:55,829 --> 00:47:54,319

different dimensions of reality that to

1450

00:47:58,069 --> 00:47:55,839

me is the important point that there

1451

00:47:59,190 --> 00:47:58,079

isn't just one particular reified thing

1452

00:48:02,390 --> 00:47:59,200

as the scientists

1453

00:48:04,470 --> 00:48:02,400

as the materialists tend to put forth my

1454

00:48:05,430 --> 00:48:04,480

view of things alex is that reality is

1455

00:48:06,870 --> 00:48:05,440

plastic

1456

00:48:08,150 --> 00:48:06,880

i think that's what i'm deriving from

1457

00:48:10,470 --> 00:48:08,160

what i'm hearing here this kind of

1458

00:48:13,990 --> 00:48:10,480

ontological plasticity

1459

00:48:16,470 --> 00:48:14,000

that really the world responds in kind

1460

00:48:17,589 --> 00:48:16,480

to the to the kind of apparatus of

1461

00:48:19,510 --> 00:48:17,599

perception

1462

00:48:21,510 --> 00:48:19,520

belief systems and the like that we

1463

00:48:22,870 --> 00:48:21,520

bring to it and so this may be tying

1464

00:48:24,630 --> 00:48:22,880

into some of the other things that you

1465

00:48:26,470 --> 00:48:24,640

were talking about that

1466

00:48:29,030 --> 00:48:26,480

it's like how did what's the maxim go we

1467

00:48:32,309 --> 00:48:29,040

don't see things the way they are

1468

00:48:34,390 --> 00:48:32,319

we see things the way we are and so

1469

00:48:36,470 --> 00:48:34,400

that is a really that's a really quite

1470

00:48:39,109 --> 00:48:36,480

important statement because again

1471

00:48:39,510 --> 00:48:39,119

it brings about a sense of humility that

1472

00:48:45,109 --> 00:48:39,520

my

1473

00:48:46,790 --> 00:48:45,119

which is why i'm always reluctant to

1474

00:48:47,190 --> 00:48:46,800

criticize the views of others unless

1475

00:48:49,670 --> 00:48:47,200

they're

1476

00:48:50,870 --> 00:48:49,680

ragingly off-page there also is this

1477

00:48:53,510 --> 00:48:50,880

interface

1478

00:48:53,990 --> 00:48:53,520

with this reality so what i appreciate

1479

00:48:56,309 --> 00:48:54,000

about

1480

00:48:57,349 --> 00:48:56,319

tom zinser who again is a clinical

1481

00:48:59,349 --> 00:48:57,359

psychologist right

1482

00:49:01,030 --> 00:48:59,359

he's a people helper in grand rapids

1483

00:49:02,870 --> 00:49:01,040

michigan he's retired now

1484

00:49:04,790 --> 00:49:02,880

but for years and years and the

1485

00:49:08,309 --> 00:49:04,800

interesting thing about tom's story is

1486

00:49:10,309 --> 00:49:08,319

he's got a phd texas a m trained in a

1487

00:49:12,230 --> 00:49:10,319

mental hospital he's all the credentials

1488

00:49:13,670 --> 00:49:12,240

right and people are coming to him

1489

00:49:15,349 --> 00:49:13,680

and he's frustrated because he's not

1490

00:49:17,670 --> 00:49:15,359

able to help people people

1491

00:49:19,430 --> 00:49:17,680

have trauma and he can sometimes help

1492

00:49:21,109 --> 00:49:19,440

them but not always

1493

00:49:23,589 --> 00:49:21,119

when he when he starts having an

1494

00:49:27,270 --> 00:49:23,599

encounter with a spirit guide

1495

00:49:30,870 --> 00:49:27,280

from jared jared starts guiding him

1496

00:49:33,510 --> 00:49:30,880

in terms of how to help these people

1497

00:49:35,190 --> 00:49:33,520

with spirit entities that are

1498

00:49:38,390 --> 00:49:35,200

interfering with their life

1499

00:49:40,150 --> 00:49:38,400

now we can take your approach and say

1500

00:49:41,589 --> 00:49:40,160

well gee i don't know if there's any

1501

00:49:43,670 --> 00:49:41,599

reality to that it's what

1502

00:49:45,750 --> 00:49:43,680

we make of it or we can go back to you

1503

00:49:47,109 --> 00:49:45,760

urban it doesn't matter if that's true

1504

00:49:49,510 --> 00:49:47,119

it matters what they believe

1505

00:49:50,870 --> 00:49:49,520

but at the same time i listen to you and

1506

00:49:52,790 --> 00:49:50,880

you are a practical

1507

00:49:54,150 --> 00:49:52,800

guy in terms of the interface with

1508

00:49:55,990 --> 00:49:54,160

reality so you say

1509

00:49:57,270 --> 00:49:56,000

sleep on your right side keep one

1510

00:50:00,790 --> 00:49:57,280

nostril closed

1511

00:50:04,549 --> 00:50:00,800

do this meditation you're more likely to

1512

00:50:07,750 --> 00:50:04,559

enter a lucid dream state so you're not

1513

00:50:08,470 --> 00:50:07,760

that's very practical this world kind of

1514

00:50:11,030 --> 00:50:08,480

stuff

1515

00:50:12,069 --> 00:50:11,040

so in that same way tom zinzer is saying

1516

00:50:15,109 --> 00:50:12,079

from a practical

1517

00:50:17,750 --> 00:50:15,119

real world standpoint you could be

1518

00:50:18,470 --> 00:50:17,760

encountering these kind of spirit

1519

00:50:20,230 --> 00:50:18,480

entities

1520

00:50:21,829 --> 00:50:20,240

in your day-to-day life and they could

1521

00:50:23,430 --> 00:50:21,839

be interfering with your life

1522

00:50:24,870 --> 00:50:23,440

i don't want to gloss that over i want i

1523

00:50:26,069 --> 00:50:24,880

don't want to accept that it's true i'm

1524

00:50:28,069 --> 00:50:26,079

not saying it is true

1525

00:50:30,790 --> 00:50:28,079

but we don't even we don't have the

1526
00:50:32,390 --> 00:50:30,800
means to even deal with it it seems like

1527
00:50:34,790 --> 00:50:32,400
deal with it in which way just deal with

1528
00:50:37,430 --> 00:50:34,800
it philosophically or or

1529
00:50:39,030 --> 00:50:37,440
ontologically practically how about

1530
00:50:41,190 --> 00:50:39,040
practically should we follow

1531
00:50:42,069 --> 00:50:41,200
tom's protocol should we follow your

1532
00:50:43,750 --> 00:50:42,079
protocol

1533
00:50:45,670 --> 00:50:43,760
should we should we sleep on our right

1534
00:50:46,790 --> 00:50:45,680
side with one nostril closed

1535
00:50:48,470 --> 00:50:46,800
well i mean you're kind of all over the

1536
00:50:49,670 --> 00:50:48,480
map here my friend if i might say i i

1537
00:50:53,670 --> 00:50:49,680
think we follow what

1538
00:50:56,790 --> 00:50:53,680

practicality does it not

1539

00:50:58,470 --> 00:50:56,800

alex doesn't the practicality derive

1540

00:50:59,990 --> 00:50:58,480

from our relationship to mind and

1541

00:51:01,910 --> 00:51:00,000

reality i guess that's what i'm coming

1542

00:51:03,190 --> 00:51:01,920

down on so if it's if it's perhaps

1543

00:51:06,470 --> 00:51:03,200

helpful

1544

00:51:08,309 --> 00:51:06,480

for someone to relate to a deity or to

1545

00:51:10,950 --> 00:51:08,319

an entity and the like

1546

00:51:12,069 --> 00:51:10,960

why not use that as a segue as a

1547

00:51:13,829 --> 00:51:12,079

skillful means

1548

00:51:15,829 --> 00:51:13,839

to develop some communication with that

1549

00:51:17,829 --> 00:51:15,839

individual and then work with them at

1550

00:51:19,910 --> 00:51:17,839

that provisional level it may not be the

1551
00:51:20,790 --> 00:51:19,920
ultimate reality but again who are we to

1552
00:51:27,349 --> 00:51:20,800
say

1553
00:51:28,710 --> 00:51:27,359
value judgments belief judgments about

1554
00:51:31,030 --> 00:51:28,720
what reality is

1555
00:51:31,829 --> 00:51:31,040
of course we do that all the time this

1556
00:51:33,829 --> 00:51:31,839
is uh

1557
00:51:35,910 --> 00:51:33,839
this is the good part of science this is

1558
00:51:37,109 --> 00:51:35,920
the scientific method part that you said

1559
00:51:39,109 --> 00:51:37,119
you appreciate

1560
00:51:40,870 --> 00:51:39,119
we do things we test things we see if

1561
00:51:43,750 --> 00:51:40,880
they work if they're repeatable

1562
00:51:46,150 --> 00:51:43,760
if they're falsifiable we do have a

1563
00:51:48,950 --> 00:51:46,160

certain attachment to reality yes

1564

00:51:50,069 --> 00:51:48,960

for sure i mean that's because yeah if

1565

00:51:52,069 --> 00:51:50,079

we didn't have that then

1566

00:51:53,829 --> 00:51:52,079

yeah the whole egoic structure would

1567

00:51:54,790 --> 00:51:53,839

fall apart and we'd be in deep doo-doo

1568

00:51:58,230 --> 00:51:54,800

so

1569

00:52:00,069 --> 00:51:58,240

the bandwidths of

1570

00:52:01,270 --> 00:52:00,079

kind of harmony and resonance between

1571

00:52:03,030 --> 00:52:01,280

what i'm trying to

1572

00:52:04,630 --> 00:52:03,040

extract from what you're saying and what

1573

00:52:06,549 --> 00:52:04,640

perhaps i can say that could be of some

1574

00:52:08,150 --> 00:52:06,559

benefit or contribution

1575

00:52:10,549 --> 00:52:08,160

and so again i'm just trying to

1576

00:52:11,910 --> 00:52:10,559

articulate to my ability maybe it's my

1577

00:52:13,190 --> 00:52:11,920

lack of understanding of what you're

1578

00:52:15,750 --> 00:52:13,200

saying

1579

00:52:17,030 --> 00:52:15,760

what do you when you put those things

1580

00:52:18,870 --> 00:52:17,040

forward to me

1581

00:52:20,150 --> 00:52:18,880

where does that land with you where does

1582

00:52:21,990 --> 00:52:20,160

it challenge you

1583

00:52:24,390 --> 00:52:22,000

i mean what do you come down on that

1584

00:52:27,510 --> 00:52:24,400

doesn't settle or does settle with you

1585

00:52:29,430 --> 00:52:27,520

well to answer that question is try and

1586

00:52:32,150 --> 00:52:29,440

be as direct as i can

1587

00:52:33,510 --> 00:52:32,160

i look at the forces in culture that

1588

00:52:35,190 --> 00:52:33,520

have kind of boxed us

1589

00:52:36,549 --> 00:52:35,200

into where we would understand the

1590

00:52:38,549 --> 00:52:36,559

answer to that question

1591

00:52:39,670 --> 00:52:38,559

and on one hand i see scientific

1592

00:52:42,870 --> 00:52:39,680

materialism

1593

00:52:45,030 --> 00:52:42,880

and i see our friend with the

1594

00:52:46,230 --> 00:52:45,040

punching bag for this show has been sue

1595

00:52:47,510 --> 00:52:46,240

blackmore she's

1596

00:52:49,270 --> 00:52:47,520

not a bad person she's just

1597

00:52:51,270 --> 00:52:49,280

representative of that so

1598

00:52:52,630 --> 00:52:51,280

my kids i told you my daughters see you

1599

00:52:55,510 --> 00:52:52,640

you're there in boulder

1600

00:52:56,309 --> 00:52:55,520

what she encounters in the humanities

1601
00:52:59,510 --> 00:52:56,319
department

1602
00:53:01,990 --> 00:52:59,520
and in the school of science in general

1603
00:53:03,510 --> 00:53:02,000
is you are a biological robot in a

1604
00:53:07,349 --> 00:53:03,520
meaningless universe

1605
00:53:09,190 --> 00:53:07,359
that is what is drilled into her and so

1606
00:53:10,710 --> 00:53:09,200
when we look at sue blackmore you know

1607
00:53:11,349 --> 00:53:10,720
you think she's going to come with some

1608
00:53:13,190 --> 00:53:11,359
kind of

1609
00:53:14,950 --> 00:53:13,200
wisdom tradition of great buddhist

1610
00:53:16,470 --> 00:53:14,960
thought but no she's gonna

1611
00:53:18,710 --> 00:53:16,480
trick you into that and then she's gonna

1612
00:53:20,309 --> 00:53:18,720
come back and tell you in fact

1613
00:53:21,910 --> 00:53:20,319

you are a biological robot and

1614

00:53:24,309 --> 00:53:21,920
meaningless universe so don't

1615

00:53:26,309 --> 00:53:24,319
think about it too much and then if we

1616

00:53:29,510 --> 00:53:26,319
look at the other side where we might go

1617

00:53:31,430 --> 00:53:29,520
and mainstream perspective for an

1618

00:53:33,910 --> 00:53:31,440
understanding of that deeper part

1619

00:53:35,510 --> 00:53:33,920
we'd look at religion and then we're

1620

00:53:37,589 --> 00:53:35,520
we're leaning on another lie well

1621

00:53:39,990 --> 00:53:37,599
really just good guys over there those

1622

00:53:42,069 --> 00:53:40,000
catholics just a few bad apples

1623

00:53:44,150 --> 00:53:42,079
instead of what we really all know that

1624

00:53:47,349 --> 00:53:44,160
it's institutionalized

1625

00:53:50,549 --> 00:53:47,359
sexual abuse rape of

1626
00:53:50,870 --> 00:53:50,559
kids and it comes out again i think we

1627
00:53:52,470 --> 00:53:50,880
have to

1628
00:53:55,030 --> 00:53:52,480
some of them are that way i wouldn't

1629
00:53:58,069 --> 00:53:55,040
just say that institutionalized

1630
00:54:00,069 --> 00:53:58,079
i would say at this point any thinking

1631
00:54:01,270 --> 00:54:00,079
person would have to acknowledge that at

1632
00:54:03,990 --> 00:54:01,280
the very least

1633
00:54:04,470 --> 00:54:04,000
the burden of proof is on the catholic

1634
00:54:07,430 --> 00:54:04,480
church

1635
00:54:08,069 --> 00:54:07,440
at the highest level to prove beyond any

1636
00:54:10,309 --> 00:54:08,079
doubt

1637
00:54:13,190 --> 00:54:10,319
that it is not an institutionally

1638
00:54:15,829 --> 00:54:13,200

supported and understood

1639

00:54:16,710 --> 00:54:15,839

practice that's been enshrined for many

1640

00:54:18,069 --> 00:54:16,720

years that's just

1641

00:54:20,150 --> 00:54:18,079

that's just the evidence that's where

1642

00:54:22,390 --> 00:54:20,160

the evidence leaves we can't keep saying

1643

00:54:24,069 --> 00:54:22,400

oh it's just a few bad apples but again

1644

00:54:25,750 --> 00:54:24,079

if those are the two forces you have if

1645

00:54:27,670 --> 00:54:25,760

you have science on one hand saying your

1646

00:54:29,670 --> 00:54:27,680

biological robot means universe

1647

00:54:31,349 --> 00:54:29,680

and on the other hand you have this

1648

00:54:34,710 --> 00:54:31,359

really corrupted

1649

00:54:37,190 --> 00:54:34,720

religious kind of understanding i think

1650

00:54:38,069 --> 00:54:37,200

people are looking for something like

1651
00:54:40,950 --> 00:54:38,079
which way to go

1652
00:54:41,990 --> 00:54:40,960
here thing so that's that's my read of

1653
00:54:45,829 --> 00:54:42,000
it

1654
00:54:48,870 --> 00:54:45,839
true alex that

1655
00:54:52,069 --> 00:54:48,880
the human condition is really

1656
00:54:54,630 --> 00:54:52,079
just very sticky very messy and so

1657
00:54:56,150 --> 00:54:54,640
i think what we are trying to do people

1658
00:54:58,470 --> 00:54:56,160
like you and i

1659
00:54:59,430 --> 00:54:58,480
is make sense of a very complex

1660
00:55:01,349 --> 00:54:59,440
situation

1661
00:55:04,309 --> 00:55:01,359
and so i do it with a particular

1662
00:55:06,710 --> 00:55:04,319
apparatus of biases and

1663
00:55:07,829 --> 00:55:06,720

value judgments and skill sets you do it

1664

00:55:09,510 --> 00:55:07,839

with your own

1665

00:55:11,910 --> 00:55:09,520

but i keep trying to come back to

1666

00:55:14,630 --> 00:55:11,920

something very positive about

1667

00:55:16,630 --> 00:55:14,640

just looking at all these different

1668

00:55:18,230 --> 00:55:16,640

manifestations of the human condition

1669

00:55:19,670 --> 00:55:18,240

whether it's it's a sue blackmore

1670

00:55:19,910 --> 00:55:19,680

whether it's a charlie morley whether

1671

00:55:22,230 --> 00:55:19,920

it's

1672

00:55:23,349 --> 00:55:22,240

in in really appreciating the

1673

00:55:25,430 --> 00:55:23,359

historicity

1674

00:55:27,990 --> 00:55:25,440

appreciating what it is that brings them

1675

00:55:30,470 --> 00:55:28,000

to that particular view of reality

1676

00:55:32,630 --> 00:55:30,480

how we can understand the limitations of

1677

00:55:34,630 --> 00:55:32,640

our own views i think that perhaps maybe

1678

00:55:37,030 --> 00:55:34,640

the most important point

1679

00:55:38,630 --> 00:55:37,040

that we are all really limited and this

1680

00:55:40,789 --> 00:55:38,640

is what we never finished that i want to

1681

00:55:42,309 --> 00:55:40,799

just ping back for just a quick second

1682

00:55:44,309 --> 00:55:42,319

when we are talking about those two

1683

00:55:47,030 --> 00:55:44,319

vectors of human development

1684

00:55:48,390 --> 00:55:47,040

in my article on the evolution of abuse

1685

00:55:49,990 --> 00:55:48,400

one of the most important vectors that

1686

00:55:51,430 --> 00:55:50,000

comes into play right here is the vector

1687

00:55:53,109 --> 00:55:51,440

of the growing up

1688

00:55:55,589 --> 00:55:53,119

where we have these structures of

1689

00:55:57,750 --> 00:55:55,599

consciousness these developmental levels

1690

00:55:59,910 --> 00:55:57,760

that by definition are fundamental

1691

00:56:01,190 --> 00:55:59,920

archetypal blind spots we don't see that

1692

00:56:02,710 --> 00:56:01,200

we don't see

1693

00:56:04,309 --> 00:56:02,720

and so i do want to throw that back into

1694

00:56:04,789 --> 00:56:04,319

the mix because i do think this is

1695

00:56:06,789 --> 00:56:04,799

really

1696

00:56:08,390 --> 00:56:06,799

important that in order in a certain way

1697

00:56:10,069 --> 00:56:08,400

it's circumambulating everything we're

1698

00:56:13,190 --> 00:56:10,079

talking about

1699

00:56:14,230 --> 00:56:13,200

that we have these these complex vectors

1700

00:56:16,309 --> 00:56:14,240

of psycho

1701

00:56:18,470 --> 00:56:16,319

spiritual human development and if we

1702

00:56:19,910 --> 00:56:18,480

don't understand those two vectors alex

1703

00:56:21,589 --> 00:56:19,920

that's when we get into trouble

1704

00:56:22,870 --> 00:56:21,599

whether it's the christians and the

1705

00:56:24,870 --> 00:56:22,880

catholics and the buddhists that

1706

00:56:27,829 --> 00:56:24,880

basically every human

1707

00:56:29,190 --> 00:56:27,839

if we don't realize that we have these

1708

00:56:31,670 --> 00:56:29,200

two these are the grossest what are

1709

00:56:34,549 --> 00:56:31,680

called orienting generalizations

1710

00:56:35,670 --> 00:56:34,559

one vector of psychological structural

1711

00:56:37,510 --> 00:56:35,680

development

1712

00:56:38,710 --> 00:56:37,520

what john wellwood talked about is

1713

00:56:40,710 --> 00:56:38,720

growing up

1714

00:56:41,990 --> 00:56:40,720

the other vector the state level of

1715

00:56:44,150 --> 00:56:42,000

waking up

1716

00:56:45,990 --> 00:56:44,160

to me what i'd like to to drive home

1717

00:56:46,789 --> 00:56:46,000

with your teacher with your audience is

1718

00:56:49,750 --> 00:56:46,799

that

1719

00:56:51,670 --> 00:56:49,760

understanding the complexity and really

1720

00:56:53,349 --> 00:56:51,680

paying homage and allegiance to the

1721

00:56:54,309 --> 00:56:53,359

power of these two vectors of human

1722

00:56:56,710 --> 00:56:54,319

development

1723

00:56:58,309 --> 00:56:56,720

are really important because otherwise

1724

00:56:59,270 --> 00:56:58,319

then our knowledge our relationship to

1725

00:57:01,030 --> 00:56:59,280

ourselves and to the

1726

00:57:02,950 --> 00:57:01,040

into the world is really limited and

1727

00:57:04,789 --> 00:57:02,960

then we're we're really lost

1728

00:57:07,589 --> 00:57:04,799

just like mark twain said it's not what

1729

00:57:10,630 --> 00:57:07,599

you don't know that gets you in trouble

1730

00:57:12,950 --> 00:57:10,640

it's what you do know that just ain't so

1731

00:57:14,710 --> 00:57:12,960

and so to me it's like what are in fact

1732

00:57:17,910 --> 00:57:14,720

these archetypal blind spots

1733

00:57:20,309 --> 00:57:17,920

what if that ain't so andrew it's like

1734

00:57:21,190 --> 00:57:20,319

when people get spinning off on the

1735

00:57:24,230 --> 00:57:21,200

integral stuff

1736

00:57:25,270 --> 00:57:24,240

and the wake up grow up stuff and i just

1737

00:57:27,750 --> 00:57:25,280

offered you

1738

00:57:28,789 --> 00:57:27,760

an alternative perspective an

1739

00:57:31,990 --> 00:57:28,799

alternative view

1740

00:57:34,950 --> 00:57:32,000

and that's not to shout down yours

1741

00:57:35,510 --> 00:57:34,960

i want to put yours on the table but i

1742

00:57:37,670 --> 00:57:35,520

want you

1743

00:57:38,710 --> 00:57:37,680

also to have mine on the table yeah

1744

00:57:42,549 --> 00:57:38,720

totally

1745

00:57:45,030 --> 00:57:42,559

get that vibe and i don't get that vibe

1746

00:57:46,789 --> 00:57:45,040

not just from you i don't get that vibe

1747

00:57:47,430 --> 00:57:46,799

from so many people in the non-dual

1748

00:57:49,990 --> 00:57:47,440

community

1749

00:57:51,750 --> 00:57:50,000

and they put it alex let me ask you this

1750

00:57:54,789 --> 00:57:51,760

what what is the approach when you say

1751
00:57:56,470 --> 00:57:54,799
that what you're putting on the table

1752
00:57:58,230 --> 00:57:56,480
tell me more about articulate

1753
00:57:59,270 --> 00:57:58,240
specifically what is that that you're

1754
00:58:00,870 --> 00:57:59,280
referring to

1755
00:58:04,150 --> 00:58:00,880
so when i played the clip from tom

1756
00:58:05,589 --> 00:58:04,160
zenzer he's talking about a protocol

1757
00:58:08,549 --> 00:58:05,599
because one of the things i appreciate

1758
00:58:10,390 --> 00:58:08,559
about tom's work is it's clinical work

1759
00:58:11,990 --> 00:58:10,400
he's worked with hundreds of patients

1760
00:58:14,150 --> 00:58:12,000
he's tested it out

1761
00:58:15,750 --> 00:58:14,160
he's seen when it works when it doesn't

1762
00:58:17,190 --> 00:58:15,760
work he's tried to test it try and

1763
00:58:19,190 --> 00:58:17,200

refine it

1764

00:58:21,510 --> 00:58:19,200

he has a different model than wake up

1765

00:58:24,470 --> 00:58:21,520

grow up that's not the model

1766

00:58:25,589 --> 00:58:24,480

the model is that your ego states can

1767

00:58:29,109 --> 00:58:25,599

separate

1768

00:58:31,510 --> 00:58:29,119

and that separation can lead to

1769

00:58:32,230 --> 00:58:31,520

kind of a reduction in your immune

1770

00:58:35,430 --> 00:58:32,240

system

1771

00:58:38,789 --> 00:58:35,440

from being interfered with by

1772

00:58:41,349 --> 00:58:38,799

spirit entities okay so okay again

1773

00:58:42,230 --> 00:58:41,359

and this isn't my i'm not on board with

1774

00:58:44,470 --> 00:58:42,240

this

1775

00:58:45,750 --> 00:58:44,480

okay i just i'm just drawing out the

1776

00:58:47,670 --> 00:58:45,760

fact that this

1777

00:58:50,309 --> 00:58:47,680

is not consistent with what you're

1778

00:58:52,470 --> 00:58:50,319

saying this is not wake up grow up

1779

00:58:54,390 --> 00:58:52,480

it's something different and what i'm

1780

00:58:56,549 --> 00:58:54,400

really the whole point of

1781

00:58:58,470 --> 00:58:56,559

this project that i've been on is just

1782

00:59:00,230 --> 00:58:58,480

to show how we're totally how we've

1783

00:59:02,789 --> 00:59:00,240

accepted

1784

00:59:03,990 --> 00:59:02,799

the ineptitude that the intellectuals

1785

00:59:06,230 --> 00:59:04,000

have for dealing with

1786

00:59:07,109 --> 00:59:06,240

this for someone to say god damn that's

1787

00:59:09,670 --> 00:59:07,119

right

1788

00:59:11,750 --> 00:59:09,680

i have to figure out whether andrew's

1789

00:59:13,910 --> 00:59:11,760

right or whether alex is right

1790

00:59:15,990 --> 00:59:13,920

so you're here urban at ohio state you

1791

00:59:18,470 --> 00:59:16,000

got to say stop the presses

1792

00:59:19,510 --> 00:59:18,480

stop the research to stop all the

1793

00:59:21,670 --> 00:59:19,520

about

1794

00:59:22,630 --> 00:59:21,680

it only matters what people believe i

1795

00:59:25,829 --> 00:59:22,640

have to get to

1796

00:59:27,670 --> 00:59:25,839

some kind of bedrock of what is the

1797

00:59:28,309 --> 00:59:27,680

nature of this extended consciousness

1798

00:59:31,510 --> 00:59:28,319

realm

1799

00:59:33,190 --> 00:59:31,520

not just talk about feelings and beliefs

1800

00:59:35,750 --> 00:59:33,200

and the rest of that

1801

00:59:37,430 --> 00:59:35,760

we may never know i mean but you seem to

1802

00:59:40,069 --> 00:59:37,440

be interested in science when you say

1803

00:59:41,349 --> 00:59:40,079

sleep on your right side and close your

1804

00:59:43,190 --> 00:59:41,359

nostril

1805

00:59:45,670 --> 00:59:43,200

which i'm going to try tonight i'm not

1806

00:59:48,230 --> 00:59:45,680

against that i'm biohacking all the time

1807

00:59:48,710 --> 00:59:48,240

so i'm in ice baths i'm doing yoga i'm

1808

00:59:50,789 --> 00:59:48,720

try

1809

00:59:52,230 --> 00:59:50,799

everything as a bile act because i want

1810

00:59:54,789 --> 00:59:52,240

to get to some of these states

1811

00:59:56,069 --> 00:59:54,799

and as you say in your book experience

1812

00:59:58,630 --> 00:59:56,079

does kind of hook us

1813

01:00:00,789 --> 00:59:58,640

in but i think we have a real blind spot

1814

01:00:03,910 --> 01:00:00,799

when it comes to

1815

01:00:06,309 --> 01:00:03,920

really taking a a real bite

1816

01:00:07,990 --> 01:00:06,319

into these extended consciousness realms

1817

01:00:11,430 --> 01:00:08,000

and trying to figure out

1818

01:00:12,630 --> 01:00:11,440

how we might come to pre-scientific but

1819

01:00:14,870 --> 01:00:12,640

at least

1820

01:00:16,789 --> 01:00:14,880

somewhat scientific understanding of

1821

01:00:17,349 --> 01:00:16,799

what's going on without just leaning on

1822

01:00:19,030 --> 01:00:17,359

some

1823

01:00:20,710 --> 01:00:19,040

wisdom tradition saying oh it must be

1824

01:00:22,710 --> 01:00:20,720

that because that's what the buddha said

1825

01:00:24,950 --> 01:00:22,720

well no that's not true my friend i mean

1826

01:00:26,950 --> 01:00:24,960

again i hope you understand this that

1827

01:00:29,510 --> 01:00:26,960

even the buddha himself said but

1828

01:00:32,069 --> 01:00:29,520

buddhism is not a belief system buddhism

1829

01:00:35,190 --> 01:00:32,079

is an anti-belief system it's a it's a

1830

01:00:37,910 --> 01:00:35,200

it's an unbelief system it's not better

1831

01:00:38,549 --> 01:00:37,920

better than most right yes yeah and

1832

01:00:40,390 --> 01:00:38,559

exactly

1833

01:00:42,150 --> 01:00:40,400

and this is in the very deepest sense

1834

01:00:44,390 --> 01:00:42,160

buddhism is empirical i'm not going to

1835

01:00:46,470 --> 01:00:44,400

say it's scientific because i agree with

1836

01:00:48,950 --> 01:00:46,480

evan thompson's very lucid

1837

01:00:50,309 --> 01:00:48,960

attack on the exceptionalism and the

1838

01:00:52,230 --> 01:00:50,319

kind of elitism of thinking that

1839

01:00:53,430 --> 01:00:52,240

buddhism is somehow a science of mind i

1840

01:00:56,549 --> 01:00:53,440

think there's a lot of

1841

01:00:57,670 --> 01:00:56,559

traction to what he says but the the

1842

01:00:59,510 --> 01:00:57,680

great thing about these wisdom

1843

01:01:01,190 --> 01:00:59,520

traditions and it's again why i am an

1844

01:01:03,030 --> 01:01:01,200

allegiance with them

1845

01:01:05,030 --> 01:01:03,040

is because of their empirical nature

1846

01:01:08,150 --> 01:01:05,040

they're they're not based on

1847

01:01:08,549 --> 01:01:08,160

beliefs and conjecture they're based on

1848

01:01:12,630 --> 01:01:08,559

here's

1849

01:01:14,150 --> 01:01:12,640

enlightened state

1850

01:01:16,470 --> 01:01:14,160

here's a hypothesis there's this thing

1851
01:01:18,789 --> 01:01:16,480
called lucid dream lucid sleep

1852
01:01:20,710 --> 01:01:18,799
and then here's a way to actually bring

1853
01:01:21,829 --> 01:01:20,720
this into your own experience and so

1854
01:01:24,710 --> 01:01:21,839
that empirical

1855
01:01:25,349 --> 01:01:24,720
approach the ability to test it to find

1856
01:01:27,349 --> 01:01:25,359
out

1857
01:01:29,510 --> 01:01:27,359
for yourself whether this speaks to you

1858
01:01:31,670 --> 01:01:29,520
or not is really what's important

1859
01:01:33,430 --> 01:01:31,680
and yeah i mean i guess that's where i

1860
01:01:35,109 --> 01:01:33,440
rest and that's one reason i take refuge

1861
01:01:36,789 --> 01:01:35,119
in those approaches because they're they

1862
01:01:39,349 --> 01:01:36,799
don't really espouse

1863
01:01:40,470 --> 01:01:39,359

belief they espouse criticality and in

1864

01:01:43,589 --> 01:01:40,480

fact

1865

01:01:45,270 --> 01:01:43,599

the buddha himself said as with socrates

1866

01:01:47,270 --> 01:01:45,280

questions are more important than

1867

01:01:48,870 --> 01:01:47,280

answers the questions are what's really

1868

01:01:51,589 --> 01:01:48,880

important how you

1869

01:01:53,030 --> 01:01:51,599

sound the mind in other directions

1870

01:01:55,589 --> 01:01:53,040

they're conducive

1871

01:01:57,190 --> 01:01:55,599

to the inquiry into reality or not and

1872

01:01:59,430 --> 01:01:57,200

even heisenberg

1873

01:02:00,549 --> 01:01:59,440

very famously said what we discover in

1874

01:02:03,990 --> 01:02:00,559

science

1875

01:02:05,349 --> 01:02:04,000

is not reality itself but reality is

1876

01:02:07,910 --> 01:02:05,359

this revealed by

1877

01:02:09,109 --> 01:02:07,920

our methods of investigation and so

1878

01:02:11,750 --> 01:02:09,119

therefore to me

1879

01:02:13,029 --> 01:02:11,760

again it's like it's how we ask the

1880

01:02:15,829 --> 01:02:13,039

questions

1881

01:02:16,870 --> 01:02:15,839

where we direct our intentions where we

1882

01:02:19,109 --> 01:02:16,880

direct our our

1883

01:02:20,390 --> 01:02:19,119

efforts and then reality in a certain

1884

01:02:23,430 --> 01:02:20,400

sense is cooperative

1885

01:02:25,510 --> 01:02:23,440

reality will disclose itself based on

1886

01:02:27,029 --> 01:02:25,520

the kind of investigatory lens that we

1887

01:02:29,029 --> 01:02:27,039

bring to it

1888

01:02:30,710 --> 01:02:29,039

and so i i think that's what's what's

1889

01:02:32,549 --> 01:02:30,720

somewhat important here and that people

1890

01:02:34,390 --> 01:02:32,559

have different lenses

1891

01:02:35,670 --> 01:02:34,400

some are more in resonance with reality

1892

01:02:38,390 --> 01:02:35,680

than others some

1893

01:02:40,470 --> 01:02:38,400

send them barking up the wrong tree

1894

01:02:42,549 --> 01:02:40,480

versus trying to find the right one

1895

01:02:44,390 --> 01:02:42,559

and so to me it's like honoring that

1896

01:02:46,390 --> 01:02:44,400

understanding that acknowledging

1897

01:02:48,230 --> 01:02:46,400

the kind of messiness of the whole thing

1898

01:02:50,390 --> 01:02:48,240

and then realize we're all

1899

01:02:53,029 --> 01:02:50,400

more or less trying to do the best

1900

01:02:54,710 --> 01:02:53,039

within the limitations of what we have

1901
01:02:56,309 --> 01:02:54,720
so i mean somewhere in there than kind

1902
01:02:57,510 --> 01:02:56,319
of a handful of noodles that i throw

1903
01:03:00,470 --> 01:02:57,520
against the wall

1904
01:03:02,470 --> 01:03:00,480
fair enough excellent really our guest

1905
01:03:02,789 --> 01:03:02,480
again has been andrew holicek and he's

1906
01:03:06,069 --> 01:03:02,799
been

1907
01:03:07,190 --> 01:03:06,079
super kind and generous with his time

1908
01:03:09,829 --> 01:03:07,200
and to withstand

1909
01:03:11,029 --> 01:03:09,839
and put up with my badgering questions

1910
01:03:11,990 --> 01:03:11,039
there's a couple of books you're going

1911
01:03:14,470 --> 01:03:12,000
to want to check out

1912
01:03:15,029 --> 01:03:14,480
and i wanted to tell us more about that

1913
01:03:17,029 --> 01:03:15,039

and he

1914

01:03:18,549 --> 01:03:17,039

some of the upcoming books he has in the

1915

01:03:21,190 --> 01:03:18,559

works it sounds like but

1916

01:03:21,829 --> 01:03:21,200

dream yoga preparing to die are two of

1917

01:03:23,910 --> 01:03:21,839

them

1918

01:03:25,670 --> 01:03:23,920

andrew what else is coming up for you

1919

01:03:27,510 --> 01:03:25,680

and thank you thank you alex for

1920

01:03:29,589 --> 01:03:27,520

that's always appreciated when i can set

1921

01:03:31,109 --> 01:03:29,599

up my lemonade stand for just a second

1922

01:03:32,789 --> 01:03:31,119

yeah i have two books coming out this

1923

01:03:35,109 --> 01:03:32,799

summer one is a

1924

01:03:36,230 --> 01:03:35,119

kind of a more kind of prequel

1925

01:03:39,029 --> 01:03:36,240

entry-level book

1926

01:03:39,670 --> 01:03:39,039

called the lucid dreaming workbook it's

1927

01:03:41,990 --> 01:03:39,680

kind of a

1928

01:03:43,510 --> 01:03:42,000

more on-ramp to the practice of lucid

1929

01:03:45,430 --> 01:03:43,520

dreaming altogether

1930

01:03:46,630 --> 01:03:45,440

and then on the complete other end of

1931

01:03:49,510 --> 01:03:46,640

the extreme is a

1932

01:03:51,829 --> 01:03:49,520

very deep dive this is um the second

1933

01:03:53,990 --> 01:03:51,839

book in a trilogy i'm writing

1934

01:03:55,910 --> 01:03:54,000

for my publisher sounds true this one's

1935

01:03:57,829 --> 01:03:55,920

called dreams of light

1936

01:03:59,190 --> 01:03:57,839

the profound daytime practice of lucid

1937

01:04:02,549 --> 01:03:59,200

dreaming and this is a

1938

01:04:05,270 --> 01:04:02,559

deep exploration of the daytime practice

1939

01:04:07,510 --> 01:04:05,280

of lucid dreaming dream yoga which is

1940

01:04:09,829 --> 01:04:07,520

called the practice of a loose reform

1941

01:04:11,750 --> 01:04:09,839

and the science that supports it the

1942

01:04:12,309 --> 01:04:11,760

meditations that help you reveal it and

1943

01:04:14,950 --> 01:04:12,319

the reason

1944

01:04:16,230 --> 01:04:14,960

i wrote this book alex is because as you

1945

01:04:19,029 --> 01:04:16,240

probably know

1946

01:04:21,190 --> 01:04:19,039

lucid dreaming promises a great deal

1947

01:04:23,109 --> 01:04:21,200

promises a lot but it's hard to deliver

1948

01:04:24,549 --> 01:04:23,119

on these promises there's lucidity is

1949

01:04:27,510 --> 01:04:24,559

not such an easy thing

1950

01:04:27,829 --> 01:04:27,520

and so this book was written as a way to

1951

01:04:29,829 --> 01:04:27,839

give

1952

01:04:31,349 --> 01:04:29,839

people a different set of skill

1953

01:04:33,910 --> 01:04:31,359

practices

1954

01:04:35,829 --> 01:04:33,920

they allow one to realize the same kind

1955

01:04:38,309 --> 01:04:35,839

of dimensions of insight that lucid

1956

01:04:41,190 --> 01:04:38,319

dreaming and dream yoga bring about

1957

01:04:43,109 --> 01:04:41,200

using daytime methods and so it's again

1958

01:04:45,750 --> 01:04:43,119

this larger charter

1959

01:04:46,870 --> 01:04:45,760

of using these great gifts from the east

1960

01:04:49,510 --> 01:04:46,880

and the west

1961

01:04:50,069 --> 01:04:49,520

is basically a way to perhap perhaps

1962

01:04:52,710 --> 01:04:50,079

invite

1963

01:04:54,470 --> 01:04:52,720

a development of the human condition how

1964

01:04:56,789 --> 01:04:54,480

can we actually be

1965

01:04:58,710 --> 01:04:56,799

be more awake be more lucid and

1966

01:04:59,270 --> 01:04:58,720

therefore be of benefit to ourselves and

1967

01:05:01,270 --> 01:04:59,280

others so

1968

01:05:02,789 --> 01:05:01,280

thanks for the opportunity to plug those

1969

01:05:04,630 --> 01:05:02,799

i'm always grateful when people

1970

01:05:06,309 --> 01:05:04,640

provide that for me so i'm really

1971

01:05:08,150 --> 01:05:06,319

excited about both books

1972

01:05:09,430 --> 01:05:08,160

but the dreams of light book is one i'm

1973

01:05:11,430 --> 01:05:09,440

really quite excited about because it's

1974

01:05:13,670 --> 01:05:11,440

a it's a pretty deep dive so

1975

01:05:14,870 --> 01:05:13,680

thanks for that well that's awesome

1976

01:05:17,990 --> 01:05:14,880

andrew and again

1977

01:05:20,230 --> 01:05:18,000

it's very encouraging for me

1978

01:05:22,390 --> 01:05:20,240

when people can't have these kind of

1979

01:05:24,630 --> 01:05:22,400

sometimes uncomfortable but

1980

01:05:26,470 --> 01:05:24,640

too infrequently done kind of

1981

01:05:27,430 --> 01:05:26,480

conversation so thanks for hanging in

1982

01:05:30,870 --> 01:05:27,440

moving with me

1983

01:05:32,870 --> 01:05:30,880

and all that all right appreciate it

1984

01:05:35,829 --> 01:05:32,880

thanks to andrew for joining me today on

1985

01:05:37,829 --> 01:05:35,839

skeptico and a special thanks to jp a

1986

01:05:40,309 --> 01:05:37,839

skeptical listener who

1987

01:05:42,230 --> 01:05:40,319

helped me set up this interview jp i

1988

01:05:43,990 --> 01:05:42,240

hope we got what we wanted

1989

01:05:45,990 --> 01:05:44,000

this one it may be different than what

1990

01:05:46,789 --> 01:05:46,000

we thought so at any rate the one

1991

01:05:49,029 --> 01:05:46,799

question i t

1992

01:05:50,630 --> 01:05:49,039

up from this interview is the haters

1993

01:05:54,150 --> 01:05:50,640

ball kind of question

1994

01:05:56,950 --> 01:05:54,160

and that is it's nice to be nice

1995

01:05:59,029 --> 01:05:56,960

but is it good to be nice i mean this is

1996

01:06:01,029 --> 01:05:59,039

kind of a deep skeptical question but

1997

01:06:02,870 --> 01:06:01,039

maybe it's kind of pretentious to even

1998

01:06:03,589 --> 01:06:02,880

think we can answer any of these

1999

01:06:05,910 --> 01:06:03,599

questions

2000

01:06:08,150 --> 01:06:05,920

but if we can i kind of play off the

2001
01:06:10,470 --> 01:06:08,160
idea that donald hoffman threw out a few

2002
01:06:13,750 --> 01:06:10,480
episodes ago and that is

2003
01:06:15,109 --> 01:06:13,760
if we are going to speak let's try and

2004
01:06:17,990 --> 01:06:15,119
be as precise

2005
01:06:19,829 --> 01:06:18,000
as possible so for hoffman that's

2006
01:06:22,309 --> 01:06:19,839
mathematics and that has some

2007
01:06:24,870 --> 01:06:22,319
nice aspects in terms of being precise

2008
01:06:28,630 --> 01:06:24,880
but also has some limitations as well

2009
01:06:32,069 --> 01:06:28,640
but maybe precise in this case means

2010
01:06:33,109 --> 01:06:32,079
sometimes not being so nice i guess

2011
01:06:35,109 --> 01:06:33,119
there's a question

2012
01:06:36,950 --> 01:06:35,119
in there somewhere let me know your

2013
01:06:38,309 --> 01:06:36,960

thoughts join me over on the skeptical

2014

01:06:41,109 --> 01:06:38,319

forum

2015

01:06:42,630 --> 01:06:41,119

or just drop me a note let me know what

2016

01:06:45,109 --> 01:06:42,640

you think

2017

01:06:45,990 --> 01:06:45,119

i have some good stuff coming up stay

2018

01:06:50,140 --> 01:06:46,000

with me for all of

2019

01:06:58,829 --> 01:06:50,150

that until next time take care bye for