

SK≡PTIKO
science & spirituality

#476

**YOGA
SHADOW
WORK**

FEATURING

LEANNE WHITNEY



1
00:00:00,640 --> 00:00:03,189

yes

2
00:00:08,470 --> 00:00:05,990

miss black miss eve black tell him i'm

3
00:00:11,509 --> 00:00:08,480

all diked out for him

4
00:00:13,669 --> 00:00:11,519

that's uh three faces of eve from way

5
00:00:15,669 --> 00:00:13,679

back in 1957.

6
00:00:17,590 --> 00:00:15,679

wanna try hypnosis again you mean keep

7
00:00:20,710 --> 00:00:17,600

punting and wait for a fumble

8
00:00:24,230 --> 00:00:20,720

but they knew what's up they understood

9
00:00:24,870 --> 00:00:24,240

shadow work docs you gonna protect them

10
00:00:26,550 --> 00:00:24,880

against me

11
00:00:29,109 --> 00:00:26,560

but they didn't understand the

12
00:00:31,589 --> 00:00:29,119

connection with patanjali

13
00:00:32,630 --> 00:00:31,599

at least not nearly as much as today's

14

00:00:36,389 --> 00:00:32,640

guest

15

00:00:37,350 --> 00:00:36,399

dr leanne whitney that's why i'm saying

16

00:00:40,630 --> 00:00:37,360

if this moment is

17

00:00:42,310 --> 00:00:40,640

anything it's also a moment to call us

18

00:00:45,990 --> 00:00:42,320

towards fearlessness

19

00:00:48,229 --> 00:00:46,000

and and that's what patanjali you know

20

00:00:50,790 --> 00:00:48,239

pushes us towards more so than young

21

00:00:53,510 --> 00:00:50,800

does so the shadow work

22

00:00:54,790 --> 00:00:53,520

may be something that we do have to

23

00:00:58,150 --> 00:00:54,800

experience

24

00:01:01,189 --> 00:00:58,160

on the way towards patanjali's

25

00:01:03,750 --> 00:01:01,199

transcendent seat of

26
00:01:05,910 --> 00:01:03,760
we're co-creators and everything so just

27
00:01:07,190 --> 00:01:05,920
relax everything's perfect the way it is

28
00:01:09,109 --> 00:01:07,200
there's no way to get to that

29
00:01:11,990 --> 00:01:09,119
comfortable seat without

30
00:01:13,910 --> 00:01:12,000
doing all that work welcome to skeptical

31
00:01:15,429 --> 00:01:13,920
where we explore controversial science

32
00:01:17,510 --> 00:01:15,439
and spirituality with leading

33
00:01:19,429 --> 00:01:17,520
researchers thinkers

34
00:01:22,390 --> 00:01:19,439
and their critics i'm your host alex

35
00:01:25,910 --> 00:01:22,400
sacaris and today we're joined by dr

36
00:01:27,030 --> 00:01:25,920
leanne whitney and she's the author of

37
00:01:30,310 --> 00:01:27,040
consciousness

38
00:01:33,510 --> 00:01:30,320

in young and patanjali

39

00:01:33,990 --> 00:01:33,520

very interesting intriguing title and

40

00:01:36,390 --> 00:01:34,000

she

41

00:01:38,310 --> 00:01:36,400

sent me an email and i was immediately

42

00:01:39,990 --> 00:01:38,320

drawn in because these are

43

00:01:41,429 --> 00:01:40,000

kind of on the fringes of stuff we

44

00:01:44,230 --> 00:01:41,439

talked about

45

00:01:45,749 --> 00:01:44,240

and then i looked more into dr whitney's

46

00:01:47,910 --> 00:01:45,759

work

47

00:01:49,270 --> 00:01:47,920

super fascinating listen to this

48

00:01:52,469 --> 00:01:49,280

holistic

49

00:01:54,630 --> 00:01:52,479

and integrative mental health specialist

50

00:01:56,870 --> 00:01:54,640

specializing in the intersection of

51

00:02:00,310 --> 00:01:56,880

western psychology and yoga

52

00:02:01,350 --> 00:02:00,320

yay so this is going to be a deep dive

53

00:02:04,389 --> 00:02:01,360

kind of discussion

54

00:02:07,109 --> 00:02:04,399

it's a deep dive kind of book

55

00:02:07,590 --> 00:02:07,119

it's rigorous it doesn't shy away but it

56

00:02:10,949 --> 00:02:07,600

still

57

00:02:12,790 --> 00:02:10,959

makes this stuff somewhat accessible

58

00:02:15,110 --> 00:02:12,800

and i'm really looking forward to this

59

00:02:16,470 --> 00:02:15,120

so leanne thank you so much for joining

60

00:02:18,390 --> 00:02:16,480

me

61

00:02:19,910 --> 00:02:18,400

thanks alex nice to be here nice to be

62

00:02:24,309 --> 00:02:19,920

with you

63

00:02:27,350 --> 00:02:24,319

so tell us um tell us more about

64
00:02:29,430 --> 00:02:27,360
about who you are and how you came to do

65
00:02:32,150 --> 00:02:29,440
you know this particular work in this

66
00:02:35,990 --> 00:02:32,160
particular way

67
00:02:38,309 --> 00:02:36,000
oh boy it was a long slow climb um

68
00:02:39,350 --> 00:02:38,319
or a long descent i guess say it that

69
00:02:42,229 --> 00:02:39,360
way too

70
00:02:43,690 --> 00:02:42,239
uh in my 20s actually i was really quite

71
00:02:45,270 --> 00:02:43,700
ill

72
00:02:47,509 --> 00:02:45,280
[Music]

73
00:02:50,150 --> 00:02:47,519
my immune system collapsed and in

74
00:02:53,670 --> 00:02:50,160
retrospect now i look at it as

75
00:02:55,589 --> 00:02:53,680
sort of a spiritual crisis um

76

00:02:57,750 --> 00:02:55,599

so that was a lot to grapple with in my

77

00:03:00,790 --> 00:02:57,760

20s you know a lot of my friends were

78

00:03:04,149 --> 00:03:00,800

out you know clubbing and enjoying life

79

00:03:04,869 --> 00:03:04,159

in in ways that i wasn't able to so it

80

00:03:08,470 --> 00:03:04,879

took me

81

00:03:11,430 --> 00:03:08,480

um switching into holistic modalities

82

00:03:13,190 --> 00:03:11,440

to get my body back on track and and

83

00:03:16,309 --> 00:03:13,200

feeling better and then

84

00:03:18,710 --> 00:03:16,319

as i sort of healed from that i was

85

00:03:19,750 --> 00:03:18,720

began practicing yoga and i was in a

86

00:03:22,470 --> 00:03:19,760

yoga room

87

00:03:24,550 --> 00:03:22,480

and i had what's known uh in the

88

00:03:27,509 --> 00:03:24,560

religious studies literature as a pure

89

00:03:34,309 --> 00:03:31,030

and then that radically reshifted my

90

00:03:36,949 --> 00:03:34,319

um way of looking at the world

91

00:03:38,630 --> 00:03:36,959

um even more so than the illness in my

92

00:03:41,910 --> 00:03:38,640

20s that pure consciousness

93

00:03:45,509 --> 00:03:41,920

event happened uh in my early 30s so

94

00:03:47,750 --> 00:03:45,519

um those two those two things shifted

95

00:03:49,670 --> 00:03:47,760

my way of being in the world completely

96

00:03:52,229 --> 00:03:49,680

i was in the film world

97

00:03:53,589 --> 00:03:52,239

i had done some acting i was making a

98

00:03:55,910 --> 00:03:53,599

documentary film

99

00:03:58,070 --> 00:03:55,920

i went to make a documentary about the

100

00:04:01,270 --> 00:03:58,080

evolution of human consciousness

101
00:04:01,589 --> 00:04:01,280
and then i sort of took a big pivot and

102
00:04:04,149 --> 00:04:01,599
went

103
00:04:05,750 --> 00:04:04,159
into academia back into academia and

104
00:04:08,229 --> 00:04:05,760
that's where i got my degree in depth

105
00:04:11,589 --> 00:04:08,239
psychology and now i've been

106
00:04:12,390 --> 00:04:11,599
uh you know working on the lines of east

107
00:04:15,110 --> 00:04:12,400
west

108
00:04:16,069 --> 00:04:15,120
the shamanic tradition you know looking

109
00:04:19,590 --> 00:04:16,079
at

110
00:04:20,229 --> 00:04:19,600
um basically a lot of different ways

111
00:04:23,909 --> 00:04:20,239
that we

112
00:04:26,710 --> 00:04:23,919
seem to be rooted or not um

113
00:04:28,390 --> 00:04:26,720

on this planet well you know it's so

114

00:04:29,270 --> 00:04:28,400

cool because you're kind of balancing a

115

00:04:31,590 --> 00:04:29,280

lot of different

116

00:04:32,550 --> 00:04:31,600

things i can already tell in you know

117

00:04:36,070 --> 00:04:32,560

your sketch

118

00:04:37,030 --> 00:04:36,080

of the life like you know you're in your

119

00:04:39,270 --> 00:04:37,040

20s

120

00:04:41,670 --> 00:04:39,280

you're obviously a very attractive woman

121

00:04:43,510 --> 00:04:41,680

i'm sure that in in our society i just

122

00:04:46,629 --> 00:04:43,520

say that because in our society

123

00:04:47,909 --> 00:04:46,639

that means something and steers someone

124

00:04:51,670 --> 00:04:47,919

down a course

125

00:04:54,830 --> 00:04:51,680

which usually doesn't easily intersect

126

00:04:56,150 --> 00:04:54,840

intersect with either the the spiritual

127

00:04:58,870 --> 00:04:56,160

awakening

128

00:05:00,390 --> 00:04:58,880

and or the deep intellectual you know

129

00:05:03,590 --> 00:05:00,400

i'll just go get a phd

130

00:05:06,070 --> 00:05:03,600

in depth psychology kind of thing

131

00:05:07,909 --> 00:05:06,080

and you know you said you're even pulled

132

00:05:10,390 --> 00:05:07,919

towards the acting thing which again

133

00:05:11,110 --> 00:05:10,400

kind of plays into that this is what the

134

00:05:13,510 --> 00:05:11,120

culture is

135

00:05:15,189 --> 00:05:13,520

feeding back to you about who you are

136

00:05:17,909 --> 00:05:15,199

and who you need to be

137

00:05:19,590 --> 00:05:17,919

i am fascinated with how you how you

138

00:05:21,430 --> 00:05:19,600

kind of navigated that

139

00:05:22,790 --> 00:05:21,440

yeah let us let's start there because i

140

00:05:25,990 --> 00:05:22,800

actually took a turn

141

00:05:29,350 --> 00:05:26,000

towards acting after the illness i had

142

00:05:29,830 --> 00:05:29,360

acted uh in in grade school and in high

143

00:05:32,790 --> 00:05:29,840

school

144

00:05:33,749 --> 00:05:32,800

i did some of the musical theater and

145

00:05:37,029 --> 00:05:33,759

productions

146

00:05:38,870 --> 00:05:37,039

um in in my grade school in high school

147

00:05:41,029 --> 00:05:38,880

uh but it was the illness that actually

148

00:05:42,550 --> 00:05:41,039

made the turn back to acting because i

149

00:05:45,909 --> 00:05:42,560

knew that there was a lot of

150

00:05:48,950 --> 00:05:45,919

emotions that needed to be discharged

151
00:05:51,270 --> 00:05:48,960
and i felt like creating characters was

152
00:05:51,990 --> 00:05:51,280
one possible way of doing that so

153
00:05:54,469 --> 00:05:52,000
actually

154
00:05:55,909 --> 00:05:54,479
the head towards art towards acting

155
00:05:59,430 --> 00:05:55,919
towards filmmaking

156
00:06:03,029 --> 00:05:59,440
was uh me trying to carve my way into

157
00:06:04,550 --> 00:06:03,039
healing as well okay

158
00:06:07,270 --> 00:06:04,560
and fair enough i don't want to put you

159
00:06:08,790 --> 00:06:07,280
on kind of personal stuff i just

160
00:06:12,150 --> 00:06:08,800
i just think that's kind of an

161
00:06:15,749 --> 00:06:12,160
interesting i mean like for me

162
00:06:18,870 --> 00:06:15,759
you know being a guy the thing was more

163
00:06:21,909 --> 00:06:18,880

money right and success

164

00:06:25,510 --> 00:06:21,919

and that's where i was totally geared

165

00:06:28,469 --> 00:06:25,520

now all along i had this idea that

166

00:06:29,270 --> 00:06:28,479

i had to probe some of these deeper

167

00:06:32,469 --> 00:06:29,280

questions

168

00:06:34,710 --> 00:06:32,479

so i had a a high-tech startup and i'm

169

00:06:38,309 --> 00:06:34,720

doing the mail-order

170

00:06:38,950 --> 00:06:38,319

mail-in things with um self-realization

171

00:06:40,950 --> 00:06:38,960

fellowship

172

00:06:43,990 --> 00:06:40,960

you know i'm in texas and i'm getting it

173

00:06:47,029 --> 00:06:44,000

so i always had those things but i was

174

00:06:47,430 --> 00:06:47,039

pulled towards because society culture

175

00:06:51,510 --> 00:06:47,440

and

176

00:06:54,070 --> 00:06:51,520

family that hey man you know get the mba

177

00:06:55,110 --> 00:06:54,080

get a good job and then make the money

178

00:06:58,150 --> 00:06:55,120

you know

179

00:06:59,510 --> 00:06:58,160

and it almost sounds like your story had

180

00:07:02,870 --> 00:06:59,520

a couple of those shifts

181

00:07:06,550 --> 00:07:02,880

and not even mentioned the you know

182

00:07:08,150 --> 00:07:06,560

uh kundalini kind of thing that

183

00:07:09,670 --> 00:07:08,160

some people don't even recover from that

184

00:07:11,350 --> 00:07:09,680

i mean that just kind of like tells or

185

00:07:12,070 --> 00:07:11,360

it takes them a long time to reintegrate

186

00:07:15,110 --> 00:07:12,080

that i mean

187

00:07:18,309 --> 00:07:15,120

does any of that stuff resonate with you

188

00:07:18,710 --> 00:07:18,319

oh god it just taken me a very long time

189

00:07:22,469 --> 00:07:18,720

to

190

00:07:25,670 --> 00:07:22,479

think you're getting at is the

191

00:07:29,270 --> 00:07:25,680

cultural influence on our psyche

192

00:07:32,309 --> 00:07:29,280

and that i i could say

193

00:07:34,230 --> 00:07:32,319

played a big part in why

194

00:07:35,990 --> 00:07:34,240

i'm calling it now in my 20s why it was

195

00:07:37,510 --> 00:07:36,000

a psycho spiritual crisis

196

00:07:40,550 --> 00:07:37,520

because the cultural pieces were

197

00:07:42,950 --> 00:07:40,560

weighing so heavily on me at that time

198

00:07:44,869 --> 00:07:42,960

i came from a family you know where my

199

00:07:48,070 --> 00:07:44,879

my father was very successful

200

00:07:48,869 --> 00:07:48,080

um by the time i was at university the

201
00:07:50,950 --> 00:07:48,879
first time

202
00:07:52,070 --> 00:07:50,960
uh you know he was making a lot of money

203
00:07:55,909 --> 00:07:52,080
and what you're saying that

204
00:07:59,350 --> 00:07:55,919
influence of money materialism

205
00:08:00,550 --> 00:07:59,360
um sort of egoic how do i make my place

206
00:08:02,469 --> 00:08:00,560
in the world

207
00:08:03,589 --> 00:08:02,479
sure those those factors were all

208
00:08:07,029 --> 00:08:03,599
influencing me

209
00:08:08,230 --> 00:08:07,039
um and in a way that sent me into a

210
00:08:10,469 --> 00:08:08,240
crisis eventually

211
00:08:12,309 --> 00:08:10,479
and that that's what that first crisis

212
00:08:14,950 --> 00:08:12,319
was in my 20s for sure

213
00:08:17,510 --> 00:08:14,960

a lot of the cultural pieces collapsing

214

00:08:21,270 --> 00:08:19,510

you know and i don't want to take it too

215

00:08:21,830 --> 00:08:21,280

far or in another direction but i do

216

00:08:24,869 --> 00:08:21,840

think it's

217

00:08:27,189 --> 00:08:24,879

super relevant in a way and that that's

218

00:08:30,309 --> 00:08:27,199

that

219

00:08:32,149 --> 00:08:30,319

sooner or later you have to face

220

00:08:33,909 --> 00:08:32,159

if you're thinking about things if

221

00:08:35,829 --> 00:08:33,919

you're waking up at all and thinking

222

00:08:36,630 --> 00:08:35,839

about these things even intellectually

223

00:08:38,469 --> 00:08:36,640

not

224

00:08:40,070 --> 00:08:38,479

spiritually with your opening which we

225

00:08:41,750 --> 00:08:40,080

can get to

226

00:08:44,230 --> 00:08:41,760

but you're going to face the crisis

227

00:08:46,550 --> 00:08:44,240

right you can't be

228

00:08:47,750 --> 00:08:46,560

looking at just what you described the

229

00:08:49,030 --> 00:08:47,760

cultural kind of thing

230

00:08:50,949 --> 00:08:49,040

there's all this money there's all this

231

00:08:52,630 --> 00:08:50,959

it'll get egoic there's all this

232

00:08:54,150 --> 00:08:52,640

uh demands on what i'm supposed to do

233

00:08:55,750 --> 00:08:54,160

how i'm supposed to fit in

234

00:08:57,509 --> 00:08:55,760

if you're religious at all you know if

235

00:08:59,190 --> 00:08:57,519

you're christian and then you go to

236

00:09:00,630 --> 00:08:59,200

college a lot of people face that the

237

00:09:02,150 --> 00:09:00,640

first person that comes along and says

238

00:09:03,750 --> 00:09:02,160

that's [h__\h] don't you know this and

239

00:09:06,470 --> 00:09:03,760

this and this and it's like

240

00:09:07,829 --> 00:09:06,480

no i didn't i was raised in a you know

241

00:09:08,389 --> 00:09:07,839

in a world where everyone kind of told

242

00:09:10,070 --> 00:09:08,399

me

243

00:09:11,350 --> 00:09:10,080

all this stuff makes sense you know no

244

00:09:12,949 --> 00:09:11,360

one told me there was this kind of wink

245

00:09:13,750 --> 00:09:12,959

and nod yeah well we know it's not

246

00:09:16,870 --> 00:09:13,760

literally true

247

00:09:18,790 --> 00:09:16,880

it's you know what i mean so all right

248

00:09:21,350 --> 00:09:18,800

so i was brought up catholic

249

00:09:23,030 --> 00:09:21,360

i went to a catholic school uh so there

250

00:09:24,389 --> 00:09:23,040

was a lot of regimentation there a lot

251

00:09:26,470 --> 00:09:24,399

of control a lot of control

252

00:09:28,070 --> 00:09:26,480

in my elementary school life and then

253

00:09:31,350 --> 00:09:28,080

there was a lot of control

254

00:09:34,470 --> 00:09:31,360

also in my in my family situation um but

255

00:09:39,590 --> 00:09:34,480

in particular to go into the catholicism

256

00:09:46,710 --> 00:09:43,110

boy how do i articulate this succinctly

257

00:09:50,630 --> 00:09:46,720

my body always knew

258

00:09:51,670 --> 00:09:50,640

when i look back on it i my body was

259

00:09:53,910 --> 00:09:51,680

telling me

260

00:09:54,949 --> 00:09:53,920

i'm hearing these messages about jesus

261

00:09:57,829 --> 00:09:54,959

and about love

262

00:10:00,710 --> 00:09:57,839

but the the nuns and the priests the

263

00:10:04,230 --> 00:10:00,720

what they were emanating it was not that

264

00:10:07,670 --> 00:10:04,240

so the the the um the conflict

265

00:10:08,870 --> 00:10:07,680

was being literally viscerally lived in

266

00:10:10,310 --> 00:10:08,880

my body

267

00:10:11,990 --> 00:10:10,320

you know and by the time i got to high

268

00:10:13,430 --> 00:10:12,000

school i told my parents no more

269

00:10:14,550 --> 00:10:13,440

catholic school like we're gonna have to

270

00:10:17,509 --> 00:10:14,560

find a way around this

271

00:10:19,190 --> 00:10:17,519

because this doesn't work for me i just

272

00:10:21,910 --> 00:10:19,200

you know the tension was building

273

00:10:22,790 --> 00:10:21,920

even then you know i couldn't again back

274

00:10:24,870 --> 00:10:22,800

then

275

00:10:26,630 --> 00:10:24,880

i even in in some way struggled to

276

00:10:28,150 --> 00:10:26,640

articulate about it now but back then i

277

00:10:31,350 --> 00:10:28,160

couldn't articulate at all

278

00:10:32,630 --> 00:10:31,360

but now i see working in holistic and

279

00:10:34,870 --> 00:10:32,640

integrative medicine

280

00:10:36,550 --> 00:10:34,880

the body keeps the score as bethel van

281

00:10:39,110 --> 00:10:36,560

der kolk so beautifully said

282

00:10:39,990 --> 00:10:39,120

on the title of his book the body is

283

00:10:43,030 --> 00:10:40,000

keeping the score

284

00:10:46,069 --> 00:10:43,040

there's no way to run from consciousness

285

00:10:48,630 --> 00:10:46,079

there's just you can't run away from it

286

00:10:49,829 --> 00:10:48,640

that's beautiful leanne that's a great

287

00:10:53,509 --> 00:10:49,839

great beautifully

288

00:10:56,550 --> 00:10:53,519

put insight link that up for us

289

00:10:59,509 --> 00:10:56,560

with your yoga practice

290

00:10:59,990 --> 00:10:59,519

because we share this in common a long

291

00:11:03,350 --> 00:11:00,000

time

292

00:11:05,030 --> 00:11:03,360

yoga practitioner i am and it took me

293

00:11:06,310 --> 00:11:05,040

years and years and years to realize

294

00:11:10,949 --> 00:11:06,320

it's not

295

00:11:14,230 --> 00:11:10,959

the least bit about the poses and that

296

00:11:15,990 --> 00:11:14,240

it's deeper on so many levels and yet at

297

00:11:16,630 --> 00:11:16,000

the same time like you're just alluding

298

00:11:20,470 --> 00:11:16,640

to

299

00:11:23,590 --> 00:11:20,480

hell yes it's about the poses you know

300

00:11:25,750 --> 00:11:23,600

so because the body that that's such a

301
00:11:26,870 --> 00:11:25,760
beautiful insight and i think there's

302
00:11:29,750 --> 00:11:26,880
some truth

303
00:11:30,550 --> 00:11:29,760
there that yoga is trying to get at even

304
00:11:33,430 --> 00:11:30,560
though it's

305
00:11:35,110 --> 00:11:33,440
it it has its same co-opting corruption

306
00:11:38,630 --> 00:11:35,120
kind of elements

307
00:11:40,069 --> 00:11:38,640
as as everybody else does too which we

308
00:11:43,190 --> 00:11:40,079
can talk about but

309
00:11:45,190 --> 00:11:43,200
thoughts on that uh sure within sort of

310
00:11:47,190 --> 00:11:45,200
the guru traditions there there can be

311
00:11:50,389 --> 00:11:47,200
corruption that happens there

312
00:11:52,310 --> 00:11:50,399
um yeah the way i like to frame it is

313
00:11:55,110 --> 00:11:52,320

the body is a metaphor

314

00:11:57,829 --> 00:11:55,120

so where the the poses i'm sorry the

315

00:12:01,430 --> 00:11:57,839

poses the asana poses are a metaphor

316

00:12:04,629 --> 00:12:01,440

so we're looking you know for balance

317

00:12:06,710 --> 00:12:04,639

right left in out up down

318

00:12:08,870 --> 00:12:06,720

we're looking to find as the buddha

319

00:12:12,470 --> 00:12:08,880

succinctly said the middle way

320

00:12:15,110 --> 00:12:12,480

so psychologically you know physically

321

00:12:16,069 --> 00:12:15,120

and so when we get on our mat and do the

322

00:12:18,310 --> 00:12:16,079

asana

323

00:12:19,829 --> 00:12:18,320

that's what we're doing is we're living

324

00:12:20,550 --> 00:12:19,839

out sort of the metaphor of what we're

325

00:12:24,069 --> 00:12:20,560

attempting

326

00:12:28,230 --> 00:12:24,079

also psychologically to get our minds

327

00:12:31,269 --> 00:12:28,240

balanced and therefore in alignment

328

00:12:32,389 --> 00:12:31,279

with what perhaps we could say pure

329

00:12:33,750 --> 00:12:32,399

consciousness

330

00:12:35,350 --> 00:12:33,760

and we could go deeper in this

331

00:12:36,150 --> 00:12:35,360

conversation also about the archetypal

332

00:12:39,110 --> 00:12:36,160

levels

333

00:12:39,990 --> 00:12:39,120

but that's that's the way i frame the

334

00:12:41,910 --> 00:12:40,000

asana

335

00:12:43,190 --> 00:12:41,920

and the pranayama component the

336

00:12:46,150 --> 00:12:43,200

breathing component

337

00:12:47,030 --> 00:12:46,160

is just so critically important because

338

00:12:50,230 --> 00:12:47,040

the breath

339

00:12:52,870 --> 00:12:50,240

helps us understand where the fear

340

00:12:54,230 --> 00:12:52,880

is located where the binds are where the

341

00:12:56,790 --> 00:12:54,240

blocks are

342

00:12:58,550 --> 00:12:56,800

and if there is you know if this moment

343

00:13:00,629 --> 00:12:58,560

in time is about the realization that

344

00:13:02,470 --> 00:13:00,639

the body keeps the score i would say

345

00:13:04,949 --> 00:13:02,480

this moment in time is also about the

346

00:13:06,150 --> 00:13:04,959

realization that it's imperative that we

347

00:13:09,670 --> 00:13:06,160

begin to eradicate

348

00:13:12,310 --> 00:13:09,680

fear that's awesome and uh

349

00:13:14,069 --> 00:13:12,320

you kind of uh laid it out only slightly

350

00:13:15,590 --> 00:13:14,079

differently but actually then i would

351
00:13:17,190 --> 00:13:15,600
although you kind of came back around to

352
00:13:21,190 --> 00:13:17,200
exactly where where

353
00:13:23,269 --> 00:13:21,200
my kind of accumulated intuitive

354
00:13:25,670 --> 00:13:23,279
limited intuitive very very limited

355
00:13:29,190 --> 00:13:25,680
intuitive feel of it is that

356
00:13:32,069 --> 00:13:29,200
it is about releasing

357
00:13:34,710 --> 00:13:32,079
it's about breathing and releasing and

358
00:13:37,910 --> 00:13:34,720
that the poses the asanas the physical

359
00:13:39,829 --> 00:13:37,920
positions can help release the blockages

360
00:13:43,110 --> 00:13:39,839
but that's what it's really all about

361
00:13:43,509 --> 00:13:43,120
because my experience is that anyone who

362
00:13:46,870 --> 00:13:43,519
does

363
00:13:50,389 --> 00:13:46,880

five minutes of meditation realizes

364

00:13:54,069 --> 00:13:50,399

that the [h__\h] that's coming up is

365

00:13:56,550 --> 00:13:54,079

you know of their creation and that the

366

00:13:58,949 --> 00:13:56,560

only way to get rid of it

367

00:14:00,069 --> 00:13:58,959

is to release it to allow it to be and

368

00:14:02,150 --> 00:14:00,079

to allow it to

369

00:14:03,750 --> 00:14:02,160

release itself because you've kind of

370

00:14:06,550 --> 00:14:03,760

created the mess and

371

00:14:08,550 --> 00:14:06,560

you've got to kind of clean it up and i

372

00:14:10,420 --> 00:14:08,560

i think i love your idea of the

373

00:14:11,670 --> 00:14:10,430

of the metaphor um

374

00:14:14,470 --> 00:14:11,680

[Music]

375

00:14:16,150 --> 00:14:14,480

but it's almost like the first part of

376

00:14:19,030 --> 00:14:16,160

what you said is kind of true too

377

00:14:21,430 --> 00:14:19,040

the body is a metaphor the poses are a

378

00:14:22,470 --> 00:14:21,440

metaphor but the body is also a metaphor

379

00:14:25,670 --> 00:14:22,480

for

380

00:14:27,750 --> 00:14:25,680

what we're experiencing you know at this

381

00:14:29,350 --> 00:14:27,760

time so god there's so many different

382

00:14:32,389 --> 00:14:29,360

ways we could go there

383

00:14:36,069 --> 00:14:32,399

but i love this conversation because

384

00:14:40,470 --> 00:14:36,079

in my experience yoga is so

385

00:14:42,629 --> 00:14:40,480

misunderstood and so uh taught so poorly

386

00:14:43,990 --> 00:14:42,639

i would say capitalism will devour

387

00:14:46,230 --> 00:14:44,000

anything in its path i mean

388

00:14:47,829 --> 00:14:46,240

it's like a giant pac-man i mean it just

389

00:14:49,670 --> 00:14:47,839

it has an insatiable

390

00:14:51,670 --> 00:14:49,680

predatory capitalism it seems to have an

391

00:14:54,310 --> 00:14:51,680

insatiable appetite so

392

00:14:54,710 --> 00:14:54,320

um it certainly has gobbled up yoga at

393

00:14:57,990 --> 00:14:54,720

least

394

00:15:00,150 --> 00:14:58,000

in america you know euro american

395

00:15:03,269 --> 00:15:00,160

culture i probably can say

396

00:15:06,150 --> 00:15:04,949

and let me enter let me interject

397

00:15:07,750 --> 00:15:06,160

something there because i don't know

398

00:15:09,670 --> 00:15:07,760

that i don't know that we're on the same

399

00:15:11,030 --> 00:15:09,680

page there necessarily and

400

00:15:12,870 --> 00:15:11,040

staying out of that because i don't

401

00:15:14,710 --> 00:15:12,880

think capitalism comes into it

402

00:15:15,910 --> 00:15:14,720

you know i had a really interesting

403

00:15:18,310 --> 00:15:15,920

dialogue

404

00:15:19,110 --> 00:15:18,320

a year ago when i was writing this book

405

00:15:21,430 --> 00:15:19,120

with uh

406

00:15:23,670 --> 00:15:21,440

a woman named annika lucas and i don't

407

00:15:26,710 --> 00:15:23,680

know if you've ever heard of her

408

00:15:28,870 --> 00:15:26,720

but she started something in new york

409

00:15:33,030 --> 00:15:28,880

upstate new york called uh

410

00:15:36,470 --> 00:15:33,040

prison liberation yoga she does yoga for

411

00:15:38,790 --> 00:15:36,480

uh inmates that primarily women

412

00:15:40,790 --> 00:15:38,800

who are incarcerated and is dealing with

413

00:15:43,350 --> 00:15:40,800

all that kind of stuff

414

00:15:45,110 --> 00:15:43,360

but the reason i contacted to her is she

415

00:15:47,350 --> 00:15:45,120

was a victim of uh

416

00:15:49,189 --> 00:15:47,360

that satanic ritual abuse cult in

417

00:15:50,949 --> 00:15:49,199

belgium back in the 80s

418

00:15:53,110 --> 00:15:50,959

and it was just a horrible experience

419

00:15:54,470 --> 00:15:53,120

from time she was six years old

420

00:15:56,069 --> 00:15:54,480

but where the story really gets

421

00:15:57,990 --> 00:15:56,079

interesting so we're talking about all

422

00:16:02,230 --> 00:15:58,000

that and she goes yeah

423

00:16:05,269 --> 00:16:02,240

and then i met patabhi joyce

424

00:16:06,629 --> 00:16:05,279

and he sexually assaulted me and then

425

00:16:08,949 --> 00:16:06,639

you go on and you look for

426
00:16:09,910 --> 00:16:08,959
patabhi joyce there's hundreds of women

427
00:16:12,389 --> 00:16:09,920
that have come forward

428
00:16:13,590 --> 00:16:12,399
and said yeah you did that then you look

429
00:16:16,949 --> 00:16:13,600
at iengar

430
00:16:19,829 --> 00:16:16,959
so i started with ayengar in dallas

431
00:16:21,350 --> 00:16:19,839
and you know he was the the slap guy you

432
00:16:23,350 --> 00:16:21,360
know come around he's just rude and

433
00:16:25,350 --> 00:16:23,360
obnoxious and would slap people but

434
00:16:26,790 --> 00:16:25,360
everyone had to go oh you know that's

435
00:16:28,710 --> 00:16:26,800
part of his you know

436
00:16:30,470 --> 00:16:28,720
thing or you don't know what he's been

437
00:16:31,829 --> 00:16:30,480
through with his brown skin and all the

438
00:16:34,310 --> 00:16:31,839

rest and it's like

439

00:16:35,509 --> 00:16:34,320

i don't know but if that's the fruits of

440

00:16:37,350 --> 00:16:35,519

his work

441

00:16:40,550 --> 00:16:37,360

it doesn't seem right and then there's

442

00:16:43,590 --> 00:16:40,560

the same kind of sexual misconduct

443

00:16:46,150 --> 00:16:43,600

going on there so that you got to take

444

00:16:47,829 --> 00:16:46,160

capitalism out of the out of the thing

445

00:16:49,990 --> 00:16:47,839

there and it starts looking

446

00:16:50,949 --> 00:16:50,000

like all these other cults it looks like

447

00:16:53,269 --> 00:16:50,959

every other cult

448

00:16:54,550 --> 00:16:53,279

we've run into and when power is

449

00:16:57,749 --> 00:16:54,560

concentrated

450

00:16:58,550 --> 00:16:57,759

and you know particularly with in this

451
00:17:00,550 --> 00:16:58,560
case

452
00:17:01,910 --> 00:17:00,560
men who are great who are raised in one

453
00:17:04,150 --> 00:17:01,920
culture india

454
00:17:05,350 --> 00:17:04,160
who are kind of thrust into this other

455
00:17:08,390 --> 00:17:05,360
culture and they can't

456
00:17:09,909 --> 00:17:08,400
deal with some of the stuff that comes

457
00:17:12,949 --> 00:17:09,919
with that culture

458
00:17:15,510 --> 00:17:12,959
it's very human it ain't very

459
00:17:16,390 --> 00:17:15,520
complicated on a deep psychology level

460
00:17:18,230 --> 00:17:16,400
it's just

461
00:17:20,549 --> 00:17:18,240
they're working out their [h__\h] and they

462
00:17:23,750 --> 00:17:20,559
haven't done it and in that respect

463
00:17:26,230 --> 00:17:23,760

that doesn't have anything to do with uh

464

00:17:27,270 --> 00:17:26,240

capitalism but i think that is the root

465

00:17:30,230 --> 00:17:27,280

cause

466

00:17:32,070 --> 00:17:30,240

of the problem with yoga the problem

467

00:17:35,830 --> 00:17:32,080

with yoga is it needs a

468

00:17:37,909 --> 00:17:35,840

serious disintermediation it needs

469

00:17:39,190 --> 00:17:37,919

you don't need me to show you the

470

00:17:42,549 --> 00:17:39,200

[h__\h] poses

471

00:17:43,190 --> 00:17:42,559

you can just that's that's not the hard

472

00:17:45,350 --> 00:17:43,200

part

473

00:17:47,110 --> 00:17:45,360

what you need me to do is help create an

474

00:17:49,830 --> 00:17:47,120

experience

475

00:17:50,630 --> 00:17:49,840

through which you can understand who you

476
00:17:52,470 --> 00:17:50,640
are

477
00:17:54,630 --> 00:17:52,480
by a combination of these very simple

478
00:17:54,950 --> 00:17:54,640
poses and breathing which aren't magical

479
00:17:56,470 --> 00:17:54,960
but

480
00:17:58,310 --> 00:17:56,480
we just kind of do them and they kind of

481
00:18:01,350 --> 00:17:58,320
help

482
00:18:03,270 --> 00:18:01,360
yeah i i'm so with you with the guru

483
00:18:03,750 --> 00:18:03,280
culture where we we're actually talking

484
00:18:05,190 --> 00:18:03,760
about

485
00:18:06,789 --> 00:18:05,200
uh two different things where i was

486
00:18:09,909 --> 00:18:06,799
going with capitalism

487
00:18:12,950 --> 00:18:09,919
was this idea of you know buying 150

488
00:18:14,470 --> 00:18:12,960

yoga pants and having a pert butt and

489

00:18:16,710 --> 00:18:14,480

there's a lot of money there's six

490

00:18:18,310 --> 00:18:16,720

billion dollars i think at last count

491

00:18:20,070 --> 00:18:18,320

or something like that there's a lot of

492

00:18:22,950 --> 00:18:20,080

money in the yoga industry

493

00:18:24,549 --> 00:18:22,960

so that the money that gets exchanged

494

00:18:26,870 --> 00:18:24,559

between all the products

495

00:18:27,990 --> 00:18:26,880

and i don't know about the studios but

496

00:18:30,310 --> 00:18:28,000

again there's money out there

497

00:18:31,510 --> 00:18:30,320

to be had and i think that's part of the

498

00:18:35,270 --> 00:18:31,520

the corruption

499

00:18:38,390 --> 00:18:35,280

but also for sure the guru culture

500

00:18:40,070 --> 00:18:38,400

is part of the corruption as well and if

501
00:18:41,510 --> 00:18:40,080
we could go into that just a little bit

502
00:18:41,990 --> 00:18:41,520
further because i think it ties it does

503
00:18:43,990 --> 00:18:42,000
tie in

504
00:18:46,549 --> 00:18:44,000
we'll eventually get to your awesome

505
00:18:49,830 --> 00:18:46,559
book and all the rest of that stuff

506
00:18:51,750 --> 00:18:49,840
it's not just the guru culture because i

507
00:18:55,190 --> 00:18:51,760
think the guru culture

508
00:18:58,470 --> 00:18:55,200
is a reflection of the

509
00:19:01,430 --> 00:18:58,480
cultish way that we've approached

510
00:19:02,710 --> 00:19:01,440
spirituality through religion so what

511
00:19:04,549 --> 00:19:02,720
they're doing is they're just

512
00:19:05,909 --> 00:19:04,559
replicating the hierarchy right so you

513
00:19:08,070 --> 00:19:05,919

go to the catholic church and the

514

00:19:11,110 --> 00:19:08,080

catholic church says

515

00:19:13,750 --> 00:19:11,120

god is awesome and all powerful

516

00:19:15,270 --> 00:19:13,760

and we will be your intermediary your

517

00:19:18,230 --> 00:19:15,280

soul intermediary

518

00:19:19,510 --> 00:19:18,240

to experiencing that divine

519

00:19:21,510 --> 00:19:19,520

consciousness

520

00:19:23,350 --> 00:19:21,520

and then the yogis are doing the same

521

00:19:24,150 --> 00:19:23,360

thing whether they realize it or not

522

00:19:26,390 --> 00:19:24,160

they're saying

523

00:19:27,669 --> 00:19:26,400

we will intermediate that for you

524

00:19:30,230 --> 00:19:27,679

there's no way you could

525

00:19:31,909 --> 00:19:30,240

directly access that well of course you

526

00:19:33,190 --> 00:19:31,919

could if you can't directly access it

527

00:19:35,190 --> 00:19:33,200

then it isn't real

528

00:19:37,190 --> 00:19:35,200

and i think yoga runs the risk of making

529

00:19:39,830 --> 00:19:37,200

that same mistake has made that same

530

00:19:41,590 --> 00:19:39,840

yoga in the west is built on those same

531

00:19:44,630 --> 00:19:41,600

principles and they need to be

532

00:19:48,789 --> 00:19:46,470

to the extent that it is yes i wouldn't

533

00:19:51,190 --> 00:19:48,799

make such a big statement but it's there

534

00:19:52,150 --> 00:19:51,200

it's definitely there there's no doubt

535

00:19:55,029 --> 00:19:52,160

about it

536

00:19:55,590 --> 00:19:55,039

is it everywhere i'm not sure about that

537

00:19:58,470 --> 00:19:55,600

but

538

00:19:59,350 --> 00:19:58,480

it's definitely there yeah and i agree

539

00:20:02,470 --> 00:19:59,360

with you

540

00:20:02,710 --> 00:20:02,480

ultimately yoga like young is pointing

541

00:20:05,669 --> 00:20:02,720

us

542

00:20:06,549 --> 00:20:05,679

towards direct experience i mean that's

543

00:20:09,669 --> 00:20:06,559

what

544

00:20:12,630 --> 00:20:09,679

is

545

00:20:13,590 --> 00:20:12,640

not mediated by another person that

546

00:20:15,990 --> 00:20:13,600

you're

547

00:20:16,950 --> 00:20:16,000

working to clear the distortions from

548

00:20:18,549 --> 00:20:16,960

your lens

549

00:20:20,149 --> 00:20:18,559

which goes back to what you were talking

550

00:20:22,149 --> 00:20:20,159

about you know

551
00:20:23,830 --> 00:20:22,159
on the mat that's what we're doing here

552
00:20:26,149 --> 00:20:23,840
if consciousness is all there is

553
00:20:27,750 --> 00:20:26,159
this is a big letting go this is a big

554
00:20:29,270 --> 00:20:27,760
clearing of blocks this isn't about

555
00:20:30,070 --> 00:20:29,280
gaining anything this is about letting

556
00:20:32,230 --> 00:20:30,080
go

557
00:20:34,070 --> 00:20:32,240
of a lot of things which have to do with

558
00:20:37,190 --> 00:20:34,080
you know distorted thought patterns

559
00:20:38,390 --> 00:20:37,200
and uh yeah confused tendencies in the

560
00:20:39,750 --> 00:20:38,400
mind

561
00:20:41,590 --> 00:20:39,760
and then pure consciousness is right

562
00:20:44,950 --> 00:20:41,600
there to show itself

563
00:20:46,710 --> 00:20:44,960

it was either hidden inside you know

564

00:20:48,149 --> 00:20:46,720

you know there wasn't good bagel tone or

565

00:20:51,029 --> 00:20:48,159

it was you know hidden down

566

00:20:52,470 --> 00:20:51,039

in the nervous system somewhere and we

567

00:20:54,470 --> 00:20:52,480

were clenched in

568

00:20:56,390 --> 00:20:54,480

fight flight or fear for long periods of

569

00:20:58,470 --> 00:20:56,400

time and then those

570

00:20:59,909 --> 00:20:58,480

nerve endings those nadis those channels

571

00:21:02,070 --> 00:20:59,919

begin to open

572

00:21:03,590 --> 00:21:02,080

and then that material becomes more

573

00:21:07,029 --> 00:21:03,600

available to us to process

574

00:21:09,669 --> 00:21:07,039

and integrate and um you know stand

575

00:21:13,110 --> 00:21:09,679

stronger in the body because of

576

00:21:15,750 --> 00:21:13,120

so how does this relate to young

577

00:21:18,070 --> 00:21:15,760

and patanjali what sent you down that

578

00:21:21,190 --> 00:21:18,080

path what needed to be

579

00:21:24,789 --> 00:21:21,200

explored and exposed in that kind of

580

00:21:29,270 --> 00:21:27,270

so i was in a yoga room when i had that

581

00:21:32,630 --> 00:21:29,280

pure consciousness event

582

00:21:35,270 --> 00:21:32,640

um and again i you know i i

583

00:21:36,950 --> 00:21:35,280

i've said this in other interviews i

584

00:21:38,950 --> 00:21:36,960

didn't ask for it

585

00:21:40,390 --> 00:21:38,960

didn't even know at that point i hadn't

586

00:21:42,149 --> 00:21:40,400

even studied the philosophy

587

00:21:43,510 --> 00:21:42,159

i had been turned on to yoga because i

588

00:21:45,750 --> 00:21:43,520

was sick in my 20s

589

00:21:46,789 --> 00:21:45,760

i was looking to feel better and to heal

590

00:21:48,950 --> 00:21:46,799

but i hadn't

591

00:21:50,470 --> 00:21:48,960

in any way explored the philosophy or

592

00:21:53,750 --> 00:21:50,480

the psychology

593

00:21:57,830 --> 00:21:53,760

um but i had that

594

00:21:58,950 --> 00:21:57,840

event and then i started to look deeper

595

00:22:00,950 --> 00:21:58,960

into

596

00:22:02,630 --> 00:22:00,960

the first text actually i went to was

597

00:22:04,789 --> 00:22:02,640

the tibetan book of the dead

598

00:22:07,029 --> 00:22:04,799

thankfully and that was a big relief to

599

00:22:09,830 --> 00:22:07,039

read that text and realize that the

600

00:22:10,549 --> 00:22:09,840

pure awareness that i had been you know

601
00:22:12,789 --> 00:22:10,559
if you could

602
00:22:14,549 --> 00:22:12,799
if i could loosely say awakened into

603
00:22:15,510 --> 00:22:14,559
that that was already existing and being

604
00:22:18,470 --> 00:22:15,520
talked about

605
00:22:19,750 --> 00:22:18,480
and then um then i began to study

606
00:22:22,870 --> 00:22:19,760
potentially

607
00:22:25,909 --> 00:22:22,880
somebody introduced me to young

608
00:22:28,230 --> 00:22:25,919
and you know for the next eight years

609
00:22:31,350 --> 00:22:28,240
prior to going to the academy i studied

610
00:22:35,830 --> 00:22:33,270
study young psychology like i just

611
00:22:39,430 --> 00:22:35,840
studied them both consecutively

612
00:22:40,070 --> 00:22:39,440
so tell us tell us tell us what what do

613
00:22:42,950 --> 00:22:40,080

you find

614

00:22:44,149 --> 00:22:42,960

in that you know kind of interesting

615

00:22:45,270 --> 00:22:44,159

interplay you just did it with your

616

00:22:49,590 --> 00:22:45,280

hands

617

00:22:50,870 --> 00:22:49,600

tell us you know there's a lot of places

618

00:22:52,549 --> 00:22:50,880

where they meet

619

00:22:54,390 --> 00:22:52,559

they have a lot of similarities right

620

00:22:55,830 --> 00:22:54,400

they're both interested in the healing

621

00:22:58,549 --> 00:22:55,840

of human suffering

622

00:23:00,870 --> 00:22:58,559

they're both interested in the religious

623

00:23:03,190 --> 00:23:00,880

function of the psyche we could say

624

00:23:04,870 --> 00:23:03,200

uh affect as an empirical means of

625

00:23:08,310 --> 00:23:04,880

entering the psyche

626

00:23:10,070 --> 00:23:08,320

um but ultimately after studying them

627

00:23:12,070 --> 00:23:10,080

for a long period of time and it really

628

00:23:13,990 --> 00:23:12,080

ended up being looking like uh you know

629

00:23:20,149 --> 00:23:14,000

a needle in a haystack

630

00:23:26,630 --> 00:23:24,230

used capital s self this term the self

631

00:23:28,070 --> 00:23:26,640

the archetype of the self and he was

632

00:23:30,230 --> 00:23:28,080

pulling from the

633

00:23:31,750 --> 00:23:30,240

uh eastern traditions from the wisdom

634

00:23:34,789 --> 00:23:31,760

traditions from yoga

635

00:23:37,350 --> 00:23:34,799

because he himself growing up in

636

00:23:39,750 --> 00:23:37,360

uh protestantism he didn't want to use

637

00:23:43,110 --> 00:23:39,760

the term god so he borrowed this term

638

00:23:45,269 --> 00:23:43,120

but when you when you really look at

639

00:23:46,950 --> 00:23:45,279

it young self has both conscious and

640

00:23:49,750 --> 00:23:46,960

unconscious components

641

00:23:50,870 --> 00:23:49,760

he's mostly talking about the contents

642

00:23:53,110 --> 00:23:50,880

of consciousness

643

00:23:54,230 --> 00:23:53,120

and what patanjali is ultimately

644

00:23:56,310 --> 00:23:54,240

pointing to

645

00:23:57,990 --> 00:23:56,320

is this antic reality of pure

646

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

consciousness that the reality of our

647

00:24:03,350 --> 00:23:59,679

being is pure consciousness

648

00:24:05,350 --> 00:24:03,360

so it can never go unconscious

649

00:24:06,710 --> 00:24:05,360

young's making a representation in other

650

00:24:10,549 --> 00:24:06,720

words

651
00:24:14,149 --> 00:24:10,559
yes yes i i'm interested in this

652
00:24:16,710 --> 00:24:14,159
middle ground because

653
00:24:17,430 --> 00:24:16,720
if you think about this very deeply and

654
00:24:20,230 --> 00:24:17,440
again

655
00:24:21,350 --> 00:24:20,240
you have you're an extremely deep

656
00:24:24,630 --> 00:24:21,360
thinker and it's so

657
00:24:26,630 --> 00:24:24,640
awesome to encounter somebody who

658
00:24:28,950 --> 00:24:26,640
is relatable and can speak on so many

659
00:24:31,110 --> 00:24:28,960
different levels but this book

660
00:24:32,630 --> 00:24:31,120
i mean i don't want to like steer people

661
00:24:36,149 --> 00:24:32,640
away from it

662
00:24:36,470 --> 00:24:36,159
but look inside amazon and make sure

663
00:24:37,990 --> 00:24:36,480

you're

664

00:24:40,630 --> 00:24:38,000

up for it because it's not like just a

665

00:24:43,029 --> 00:24:40,640

kind of quick crazy read you know

666

00:24:45,190 --> 00:24:43,039

which everything shouldn't be a quick

667

00:24:49,590 --> 00:24:45,200

breezy read you know

668

00:24:53,430 --> 00:24:49,600

but the bottom line for me

669

00:24:57,269 --> 00:24:53,440

is the middle ground the middle

670

00:25:00,630 --> 00:24:57,279

territory you know and

671

00:25:03,430 --> 00:25:00,640

young stops there in my in

672

00:25:05,269 --> 00:25:03,440

my read of it is young is all about that

673

00:25:06,870 --> 00:25:05,279

young is all about okay

674

00:25:09,029 --> 00:25:06,880

where are we where are we with the

675

00:25:11,669 --> 00:25:09,039

shadow where are we with the angels and

676
00:25:14,070 --> 00:25:11,679
demons i mean young is about you know

677
00:25:16,549 --> 00:25:14,080
hypothesized spirit entities that are

678
00:25:19,510 --> 00:25:16,559
interacting with us you know whatever

679
00:25:20,950 --> 00:25:19,520
and patanjali is kind of the traditional

680
00:25:23,350 --> 00:25:20,960
yogi like

681
00:25:24,070 --> 00:25:23,360
why would you want to stop there just go

682
00:25:26,310 --> 00:25:24,080
past that

683
00:25:27,990 --> 00:25:26,320
keep asking what's next what's

684
00:25:31,110 --> 00:25:28,000
fundamental what's at the base

685
00:25:33,510 --> 00:25:31,120
of all this and

686
00:25:34,950 --> 00:25:33,520
one i guess i want to know if that's

687
00:25:38,789 --> 00:25:34,960
your read of it

688
00:25:44,470 --> 00:25:42,310

well i would say what patanjali does

689

00:25:46,470 --> 00:25:44,480

what potentially his view does and

690

00:25:50,470 --> 00:25:46,480

potentially can do

691

00:25:52,789 --> 00:25:50,480

is it therefore it changes the

692

00:25:54,630 --> 00:25:52,799

perception the field of perception the

693

00:25:57,590 --> 00:25:54,640

paradigm

694

00:25:58,549 --> 00:25:57,600

reality ends up looking quite

695

00:26:01,110 --> 00:25:58,559

holographic

696

00:26:02,789 --> 00:26:01,120

which as i say in my book right we know

697

00:26:04,230 --> 00:26:02,799

kyle pribrum was pointing towards that

698

00:26:05,190 --> 00:26:04,240

we know david bowman was pointing

699

00:26:07,510 --> 00:26:05,200

towards that

700

00:26:09,110 --> 00:26:07,520

um mel sedona i think his name is

701

00:26:11,110 --> 00:26:09,120

there's definitely quantum physicists

702

00:26:14,789 --> 00:26:11,120

currently who are pointing towards that

703

00:26:16,789 --> 00:26:14,799

um and no uh

704

00:26:18,870 --> 00:26:16,799

you know young points towards

705

00:26:22,149 --> 00:26:18,880

synchronicity

706

00:26:26,310 --> 00:26:22,159

there's he doesn't comprehensively

707

00:26:27,669 --> 00:26:26,320

put all his uh phenomenology

708

00:26:29,990 --> 00:26:27,679

together all his theory and

709

00:26:32,310 --> 00:26:30,000

phenomenology together to him you know

710

00:26:34,390 --> 00:26:32,320

the psyche used this ongoing dynamic in

711

00:26:39,190 --> 00:26:34,400

in you know rightly so

712

00:26:41,590 --> 00:26:39,200

but what patanjali's outlook does

713

00:26:42,470 --> 00:26:41,600

it allows us to take a comfortable seat

714

00:26:44,230 --> 00:26:42,480

more so

715

00:26:45,669 --> 00:26:44,240

in the body i don't think we can ever

716

00:26:48,789 --> 00:26:45,679

take a comfortable seat

717

00:26:51,110 --> 00:26:48,799

in young's middle path because

718

00:26:52,230 --> 00:26:51,120

suffering always remains and you know

719

00:26:54,950 --> 00:26:52,240

potentially

720

00:26:55,909 --> 00:26:54,960

continuing to see through all that

721

00:26:57,590 --> 00:26:55,919

phenomena

722

00:26:59,750 --> 00:26:57,600

not get caught in it and that's why i'm

723

00:27:02,470 --> 00:26:59,760

saying if this moment is anything

724

00:27:03,750 --> 00:27:02,480

it's also a moment to call us towards

725

00:27:07,510 --> 00:27:03,760

fearlessness

726
00:27:09,750 --> 00:27:07,520
and and that's what patanjali you know

727
00:27:10,549 --> 00:27:09,760
pushes us towards more so than young

728
00:27:13,510 --> 00:27:10,559
does yeah

729
00:27:15,350 --> 00:27:13,520
young helps for sure shadow work is

730
00:27:16,310 --> 00:27:15,360
beautiful and amazing and right in

731
00:27:18,789 --> 00:27:16,320
alignment

732
00:27:21,750 --> 00:27:18,799
with the self-inquiry of patanjali yoga

733
00:27:23,590 --> 00:27:21,760
no doubt about it

734
00:27:25,909 --> 00:27:23,600
you know awesome i mean there's like we

735
00:27:26,870 --> 00:27:25,919
could spend an hour talking about all

736
00:27:29,269 --> 00:27:26,880
that

737
00:27:30,710 --> 00:27:29,279
but i'm just going to ask you to to keep

738
00:27:34,789 --> 00:27:30,720

going

739

00:27:37,269 --> 00:27:34,799

with this because i i don't know if uh

740

00:27:39,029 --> 00:27:37,279

if everyone's understanding i don't know

741

00:27:40,310 --> 00:27:39,039

if i'm understanding i think i'm

742

00:27:41,350 --> 00:27:40,320

understanding i think we're on the same

743

00:27:45,750 --> 00:27:41,360

page here

744

00:27:48,870 --> 00:27:45,760

but so the shadow work may be something

745

00:27:50,110 --> 00:27:48,880

that we do have to experience on the way

746

00:27:53,590 --> 00:27:50,120

towards

747

00:27:56,310 --> 00:27:53,600

patanjali's transcendent seat

748

00:27:57,269 --> 00:27:56,320

of we're co-creators and everything so

749

00:27:59,430 --> 00:27:57,279

just

750

00:28:01,350 --> 00:27:59,440

relax everything's perfect the way it is

751

00:28:04,070 --> 00:28:01,360

we may have to go through

752

00:28:05,990 --> 00:28:04,080

it's not perfect because the shadow it's

753

00:28:09,350 --> 00:28:06,000

not perfect because

754

00:28:13,269 --> 00:28:09,360

what entities are interacting with me

755

00:28:16,310 --> 00:28:13,279

you know so how do you see people

756

00:28:17,269 --> 00:28:16,320

who come to you for help how are they

757

00:28:22,070 --> 00:28:17,279

dealing with

758

00:28:25,990 --> 00:28:22,080

that path towards patanjali's seat

759

00:28:28,149 --> 00:28:26,000

of awareness well if i can just say look

760

00:28:30,230 --> 00:28:28,159

in chapters one and chapter two i think

761

00:28:31,830 --> 00:28:30,240

potentially makes it clear we absolutely

762

00:28:33,029 --> 00:28:31,840

have to deal with this material

763

00:28:34,950 --> 00:28:33,039

there's no way to get to that

764

00:28:38,230 --> 00:28:34,960

comfortable seat without

765

00:28:40,470 --> 00:28:38,240

doing all that work both uh

766

00:28:42,549 --> 00:28:40,480

the growth phenomena on the front of our

767

00:28:46,070 --> 00:28:42,559

eyes but also the more subtle

768

00:28:48,389 --> 00:28:46,080

phenomena all feelings all

769

00:28:49,190 --> 00:28:48,399

subtle thought forms on the interior of

770

00:28:51,510 --> 00:28:49,200

our eyes

771

00:28:53,430 --> 00:28:51,520

that this all has to be looked at it

772

00:28:53,830 --> 00:28:53,440

potentially is very clear on that i

773

00:28:55,990 --> 00:28:53,840

think

774

00:28:57,350 --> 00:28:56,000

right right but hold on because there's

775

00:28:59,590 --> 00:28:57,360

a bunch of people

776

00:29:02,470 --> 00:28:59,600

in the non-dual community or whatever

777

00:29:05,029 --> 00:29:02,480

you want to call it

778

00:29:06,149 --> 00:29:05,039

readers and uh you know thinkers about

779

00:29:07,669 --> 00:29:06,159

patanjali

780

00:29:09,430 --> 00:29:07,679

who kind of spin it a different way

781

00:29:11,350 --> 00:29:09,440

which has merit which is

782

00:29:13,190 --> 00:29:11,360

as soon as you realize that as soon as

783

00:29:13,750 --> 00:29:13,200

you read chapters one and two it is kind

784

00:29:15,350 --> 00:29:13,760

of over

785

00:29:17,190 --> 00:29:15,360

right because i have to work through

786

00:29:20,230 --> 00:29:17,200

that okay

787

00:29:22,549 --> 00:29:20,240

that's done i did you know my all's i

788

00:29:23,190 --> 00:29:22,559

need to do is wake up to the reality

789

00:29:26,870 --> 00:29:23,200

that

790

00:29:29,430 --> 00:29:26,880

really is no work

791

00:29:31,750 --> 00:29:29,440

to do right i mean there is that

792

00:29:33,750 --> 00:29:31,760

interpretation of it that is

793

00:29:36,070 --> 00:29:33,760

you know i'm not saying it's it's a lot

794

00:29:37,990 --> 00:29:36,080

of people wake up to you know there's no

795

00:29:40,870 --> 00:29:38,000

me here there's no

796

00:29:42,230 --> 00:29:40,880

anything you know and i'm not saying i'm

797

00:29:45,669 --> 00:29:42,240

in that camp but i

798

00:29:47,990 --> 00:29:45,679

i do see a certain uh inescapable

799

00:29:48,710 --> 00:29:48,000

you know reality to that too you know

800

00:29:53,110 --> 00:29:48,720

it's like

801
00:29:56,230 --> 00:29:55,029
i think i hear what you're saying it's

802
00:29:58,630 --> 00:29:56,240
so interesting right

803
00:29:59,990 --> 00:29:58,640
like talking to you know because again

804
00:30:02,310 --> 00:30:00,000
everybody's interpretation

805
00:30:04,389 --> 00:30:02,320
of young and patanjali are different i

806
00:30:06,389 --> 00:30:04,399
really set myself up for a challenge

807
00:30:07,510 --> 00:30:06,399
picking these two scholars because it's

808
00:30:10,070 --> 00:30:07,520
like a hornet's nest

809
00:30:11,830 --> 00:30:10,080
no matter what way you turn you know if

810
00:30:12,950 --> 00:30:11,840
you look at like all the jungian

811
00:30:15,190 --> 00:30:12,960
societies

812
00:30:16,310 --> 00:30:15,200
you know in england and chicago they all

813
00:30:18,070 --> 00:30:16,320

end up breaking apart

814

00:30:19,510 --> 00:30:18,080

because even the youngins can't agree on

815

00:30:21,590 --> 00:30:19,520

what young's saying right and then

816

00:30:23,590 --> 00:30:21,600

everybody reads potentially differently

817

00:30:24,710 --> 00:30:23,600

so but you know both these scholars

818

00:30:26,870 --> 00:30:24,720

maybe we could say are

819

00:30:28,389 --> 00:30:26,880

so broad in a way so everybody puts

820

00:30:31,510 --> 00:30:28,399

their read into it

821

00:30:34,070 --> 00:30:31,520

if i were to present to you and say

822

00:30:35,669 --> 00:30:34,080

leanne you're not talking to alex you're

823

00:30:38,870 --> 00:30:35,679

talking to

824

00:30:42,310 --> 00:30:38,880

what is being presented as

825

00:30:46,310 --> 00:30:42,320

alex now to you but the real me

826

00:30:49,990 --> 00:30:46,320

is uh you know that i realize

827

00:30:52,710 --> 00:30:50,000

is beyond that and is always with me

828

00:30:54,630 --> 00:30:52,720

and i can play this game here uh this

829

00:30:57,029 --> 00:30:54,640

egoic game of alex but

830

00:30:58,950 --> 00:30:57,039

i am so aware that that's not who i am i

831

00:31:02,070 --> 00:30:58,960

i kind of move in and out of even being

832

00:31:07,269 --> 00:31:05,110

well i would say actually i always

833

00:31:08,789 --> 00:31:07,279

talk to people i talk to the buddha

834

00:31:11,430 --> 00:31:08,799

within people

835

00:31:13,110 --> 00:31:11,440

i mean when i sweep my the pathway up to

836

00:31:14,389 --> 00:31:13,120

my house every day i'm sweeping it for

837

00:31:17,350 --> 00:31:14,399

the buddha to walk in

838

00:31:18,950 --> 00:31:17,360

i'm always talking to that aspect of

839

00:31:22,310 --> 00:31:18,960

people because

840

00:31:25,430 --> 00:31:22,320

that's just kind of where i'm at that

841

00:31:28,549 --> 00:31:25,440

that that buddha seed is in all of us

842

00:31:30,070 --> 00:31:28,559

and i it to me it's still my hair just

843

00:31:32,230 --> 00:31:30,080

stood on end actually it's still within

844

00:31:35,590 --> 00:31:32,240

the realm of possibility

845

00:31:37,750 --> 00:31:35,600

that we can wake up to that but we need

846

00:31:38,470 --> 00:31:37,760

the right environment and i think that's

847

00:31:39,909 --> 00:31:38,480

part of

848

00:31:41,909 --> 00:31:39,919

you know what we're talking about now

849

00:31:44,230 --> 00:31:41,919

with like the fearlessness or

850

00:31:45,190 --> 00:31:44,240

you know a paradigm shift we need the

851
00:31:47,590 --> 00:31:45,200
right environment

852
00:31:48,549 --> 00:31:47,600
in order for you know as many people as

853
00:31:51,990 --> 00:31:48,559
possible

854
00:31:52,950 --> 00:31:52,000
to stabilize enough move past enough

855
00:31:57,430 --> 00:31:52,960
fear where that

856
00:31:59,110 --> 00:31:57,440
realization can really take hold

857
00:32:00,870 --> 00:31:59,120
because again it's already in all of us

858
00:32:04,389 --> 00:32:00,880
it's not it's not something that's

859
00:32:07,909 --> 00:32:04,399
it has right it's there already

860
00:32:08,710 --> 00:32:07,919
okay so tell us this leanne for people

861
00:32:11,669 --> 00:32:08,720
who are

862
00:32:13,509 --> 00:32:11,679
intrigued with the way you're

863
00:32:16,950 --> 00:32:13,519

approaching this

864

00:32:17,669 --> 00:32:16,960

how can you and how do you kind of help

865

00:32:23,269 --> 00:32:17,679

people

866

00:32:26,630 --> 00:32:25,430

what we talked about earlier when we

867

00:32:28,870 --> 00:32:26,640

were saying about

868

00:32:30,070 --> 00:32:28,880

the body keeps the score i definitely

869

00:32:33,350 --> 00:32:30,080

look at

870

00:32:34,630 --> 00:32:33,360

you know what is the what is manifesting

871

00:32:38,230 --> 00:32:34,640

within the body

872

00:32:40,149 --> 00:32:38,240

and then where is the mind bound in

873

00:32:43,669 --> 00:32:40,159

particular thought patterns that

874

00:32:46,549 --> 00:32:43,679

aren't allowing the energy to freely

875

00:32:48,149 --> 00:32:46,559

move throughout the channels in the body

876

00:32:51,110 --> 00:32:48,159

so i kind of take a

877

00:32:53,590 --> 00:32:51,120

two-pronged approach look back to see

878

00:32:55,269 --> 00:32:53,600

where things might have gotten bound

879

00:32:56,630 --> 00:32:55,279

sometimes you can find them sometimes

880

00:32:57,590 --> 00:32:56,640

you can't you know they're either in

881

00:33:01,830 --> 00:32:57,600

cultural pieces

882

00:33:06,149 --> 00:33:01,840

family pieces you know work pieces

883

00:33:07,830 --> 00:33:06,159

but then also very teleological i.e

884

00:33:09,909 --> 00:33:07,840

where does the psyche want to go

885

00:33:11,590 --> 00:33:09,919

where does that energy feel like it

886

00:33:14,470 --> 00:33:11,600

wants to move

887

00:33:14,950 --> 00:33:14,480

you know creatively does it does it want

888

00:33:19,509 --> 00:33:14,960

to

889

00:33:20,789 --> 00:33:19,519

eradicated do you want peace

890

00:33:23,750 --> 00:33:20,799

you know i always ask people what are

891

00:33:26,470 --> 00:33:23,760

their values what are they looking for

892

00:33:28,389 --> 00:33:26,480

what do they need and then we try to get

893

00:33:30,310 --> 00:33:28,399

where that energy is bound and

894

00:33:32,870 --> 00:33:30,320

so it becomes available so they can move

895

00:33:34,389 --> 00:33:32,880

it along different lines

896

00:33:36,149 --> 00:33:34,399

but again the no i always say the

897

00:33:37,909 --> 00:33:36,159

knowledge is in you i

898

00:33:39,430 --> 00:33:37,919

always tell my clients the knowledge is

899

00:33:42,389 --> 00:33:39,440

in you right i'm

900

00:33:44,470 --> 00:33:42,399

i'm here and we're having a a safe

901
00:33:45,110 --> 00:33:44,480
container but that knowledge will bubble

902
00:33:49,669 --> 00:33:45,120
up from

903
00:33:59,350 --> 00:33:54,950
so where do you see clinical psychology

904
00:34:00,870 --> 00:33:59,360
heading in terms of its ability to

905
00:34:03,590 --> 00:34:00,880
do this kind of integration that you're

906
00:34:06,389 --> 00:34:03,600
trying to do with

907
00:34:07,269 --> 00:34:06,399
really extended consciousness and this

908
00:34:10,389 --> 00:34:07,279
gets tricky

909
00:34:11,589 --> 00:34:10,399
because you know the jungian extended

910
00:34:13,990 --> 00:34:11,599
consciousness

911
00:34:16,230 --> 00:34:14,000
includes the angel demon thing i mean i

912
00:34:17,589 --> 00:34:16,240
just talked to a guy dr bernardo

913
00:34:20,550 --> 00:34:17,599

castro i don't know if you know him but

914

00:34:22,550 --> 00:34:20,560

he's a phd philosopher and computer

915

00:34:24,790 --> 00:34:22,560

scientist and just wrote a book on young

916

00:34:25,829 --> 00:34:24,800

we were talking about the metaphysics of

917

00:34:27,829 --> 00:34:25,839

young and if you

918

00:34:28,950 --> 00:34:27,839

you know it's like he's right there he's

919

00:34:30,389 --> 00:34:28,960

saying he has that

920

00:34:32,550 --> 00:34:30,399

religious background but he's saying

921

00:34:34,790 --> 00:34:32,560

yeah angels and demons they're

922

00:34:37,109 --> 00:34:34,800

there you got to deal with them so

923

00:34:38,230 --> 00:34:37,119

that's one aspect of this extended

924

00:34:41,430 --> 00:34:38,240

consciousness realm

925

00:34:44,230 --> 00:34:41,440

that in some ways you know

926
00:34:46,069 --> 00:34:44,240
psychology has zero chance in terms of

927
00:34:47,030 --> 00:34:46,079
academic psychology zero chance there

928
00:34:50,230 --> 00:34:47,040
just can't

929
00:34:51,990 --> 00:34:50,240
clinical psychology there's an opening

930
00:34:54,629 --> 00:34:52,000
there because they're more

931
00:34:56,230 --> 00:34:54,639
kind of artistic kind of freewheeling

932
00:34:59,270 --> 00:34:56,240
and kind of stuff

933
00:35:00,870 --> 00:34:59,280
but then when you get over to patanjali

934
00:35:02,470 --> 00:35:00,880
and that kind of where you're heading in

935
00:35:05,990 --> 00:35:02,480
that well let's just move past

936
00:35:09,109 --> 00:35:06,000
all that then

937
00:35:12,069 --> 00:35:09,119
where what are the opportunities

938
00:35:16,069 --> 00:35:12,079

and challenges for psychology with all

939

00:35:18,150 --> 00:35:16,079

this extended consciousness stuff

940

00:35:20,150 --> 00:35:18,160

now the frame that i use on that these

941

00:35:21,589 --> 00:35:20,160

are all contents of consciousness

942

00:35:23,589 --> 00:35:21,599

that's the way that i would frame it not

943

00:35:25,990 --> 00:35:23,599

necessarily extended consciousness maybe

944

00:35:29,510 --> 00:35:26,000

deeper realms of the cosmos

945

00:35:31,510 --> 00:35:29,520

but it's all the contents right i for me

946

00:35:33,910 --> 00:35:31,520

i like to keep pure consciousness in its

947

00:35:35,990 --> 00:35:33,920

own category if you will the fear

948

00:35:37,670 --> 00:35:36,000

established in its own nature so it's

949

00:35:38,870 --> 00:35:37,680

seeing and what is it seeing well it's

950

00:35:41,349 --> 00:35:38,880

seeing phenomena

951
00:35:41,990 --> 00:35:41,359
but it's again uh consciousness is all

952
00:35:44,150 --> 00:35:42,000
there is

953
00:35:45,750 --> 00:35:44,160
so it's you know how is this

954
00:35:47,589 --> 00:35:45,760
manifestation happening

955
00:35:50,069 --> 00:35:47,599
and to the degree that clinical

956
00:35:53,430 --> 00:35:50,079
psychology

957
00:35:55,190 --> 00:35:53,440
makes a turn towards the soul right

958
00:35:57,670 --> 00:35:55,200
psychology right

959
00:35:59,270 --> 00:35:57,680
turn towards the soul then yes we have a

960
00:36:01,750 --> 00:35:59,280
chance the more

961
00:36:04,589 --> 00:36:01,760
it turns towards psychot what is current

962
00:36:07,829 --> 00:36:04,599
day psychiatry in a more dualistic

963
00:36:09,829 --> 00:36:07,839

materialistic all brain based

964

00:36:11,190 --> 00:36:09,839

uh then yeah there's there's lots of

965

00:36:13,270 --> 00:36:11,200

problems there but when clinical

966

00:36:17,109 --> 00:36:13,280

psychology opens its doors

967

00:36:20,710 --> 00:36:17,119

to soul then we definitely have

968

00:36:22,630 --> 00:36:20,720

um opportunities

969

00:36:25,349 --> 00:36:22,640

we just have to be very careful at how

970

00:36:27,190 --> 00:36:25,359

quickly we pathologize and that's where

971

00:36:28,630 --> 00:36:27,200

their the strength i think is in the

972

00:36:32,150 --> 00:36:28,640

young ian camp

973

00:36:35,430 --> 00:36:32,160

is it's really anti pathologizing

974

00:36:38,710 --> 00:36:35,440

it's hey let's get a lot of space

975

00:36:41,910 --> 00:36:38,720

so we can look at all this phenomena

976
00:36:45,349 --> 00:36:41,920
yeah awesome awesome i i hope that

977
00:36:46,230 --> 00:36:45,359
sounds somewhat interesting to somebody

978
00:36:50,550 --> 00:36:46,240
out there

979
00:36:54,069 --> 00:36:50,560
were a lot of you know you were

980
00:36:55,750 --> 00:36:54,079
very very uh nice and generous to play

981
00:36:56,870 --> 00:36:55,760
along with my little uh questionnaire

982
00:36:59,030 --> 00:36:56,880
that i sent you

983
00:37:00,790 --> 00:36:59,040
you're somewhat of a guinea pig but i've

984
00:37:01,589 --> 00:37:00,800
been i'm sending these out to all my

985
00:37:03,670 --> 00:37:01,599
guests

986
00:37:07,030 --> 00:37:03,680
but you were kind of the first one to

987
00:37:09,670 --> 00:37:07,040
get a previous version of that

988
00:37:11,109 --> 00:37:09,680

you know i'm i'm interested in a couple

989

00:37:11,430 --> 00:37:11,119
of different things that are a little

990

00:37:15,349 --> 00:37:11,440
bit

991

00:37:17,670 --> 00:37:15,359
off topic but not really

992

00:37:18,630 --> 00:37:17,680
one you touched on this idea that we

993

00:37:21,349 --> 00:37:18,640
need to get

994

00:37:23,349 --> 00:37:21,359
enough people and that we need to you

995

00:37:25,109 --> 00:37:23,359
know this often gets kind of tied into

996

00:37:28,150 --> 00:37:25,119
some kind of

997

00:37:30,069 --> 00:37:28,160
political or parapolitical kind of you

998

00:37:32,870 --> 00:37:30,079
know we need to raise the

999

00:37:34,950 --> 00:37:32,880
vibratory level of so many people and

1000

00:37:37,270 --> 00:37:34,960
this and that

1001

00:37:39,430 --> 00:37:37,280

i i wonder what your thoughts are on

1002

00:37:43,550 --> 00:37:39,440

that and in particular

1003

00:37:45,750 --> 00:37:43,560

you know what that means in terms of

1004

00:37:47,190 --> 00:37:45,760

environmentalism but particularly what

1005

00:37:50,630 --> 00:37:47,200

it means in terms of

1006

00:37:53,510 --> 00:37:50,640

uh conspiracy and

1007

00:37:55,030 --> 00:37:53,520

uh let me stop there but then i i say i

1008

00:37:56,630 --> 00:37:55,040

want to stop there but then i can't

1009

00:37:57,750 --> 00:37:56,640

really stop there because i haven't

1010

00:38:01,910 --> 00:37:57,760

given you

1011

00:38:04,630 --> 00:38:01,920

i believe that uh scientific materialism

1012

00:38:05,750 --> 00:38:04,640

as we've come to understand it as it is

1013

00:38:08,630 --> 00:38:05,760

enshrined in

1014

00:38:10,470 --> 00:38:08,640

psychiatry and psychology that you are a

1015

00:38:11,510 --> 00:38:10,480

biological robot in a meaningless

1016

00:38:14,069 --> 00:38:11,520

universe

1017

00:38:16,790 --> 00:38:14,079

that you can never be more than an

1018

00:38:18,710 --> 00:38:16,800

epiphenomenon of your brain

1019

00:38:20,150 --> 00:38:18,720

i thought i didn't see this at the

1020

00:38:21,589 --> 00:38:20,160

beginning but i see that as highly

1021

00:38:25,109 --> 00:38:21,599

conspiratorial

1022

00:38:27,990 --> 00:38:25,119

i see that as uh just too convenient

1023

00:38:30,069 --> 00:38:28,000

for a social engineering disempowering

1024

00:38:33,030 --> 00:38:30,079

mechanism to control people

1025

00:38:33,430 --> 00:38:33,040

to be accidental and i also find it to

1026

00:38:35,270 --> 00:38:33,440

be

1027

00:38:37,030 --> 00:38:35,280

too absurd just as a notion

1028

00:38:38,069 --> 00:38:37,040

philosophically that is an absurd idea

1029

00:38:42,150 --> 00:38:38,079

it's just absurd

1030

00:38:43,910 --> 00:38:42,160

you know that you are not

1031

00:38:45,190 --> 00:38:43,920

you are not experiencing anything right

1032

00:38:48,069 --> 00:38:45,200

now you are an illusion

1033

00:38:48,950 --> 00:38:48,079

it's just an absurd idea so that leads

1034

00:38:50,870 --> 00:38:48,960

me to the

1035

00:38:52,790 --> 00:38:50,880

conclusion that it's it's somewhat

1036

00:38:54,150 --> 00:38:52,800

conspiratorial it's it's somewhat

1037

00:38:55,589 --> 00:38:54,160

related to some kind of social

1038

00:38:57,910 --> 00:38:55,599

engineering project

1039

00:38:59,270 --> 00:38:57,920

and then i would relate it back to you

1040

00:39:00,950 --> 00:38:59,280

know is consciousness

1041

00:39:04,069 --> 00:39:00,960

run the risk of being co-opted in the

1042

00:39:08,950 --> 00:39:06,790

i'm saying well consciousness is being

1043

00:39:10,710 --> 00:39:08,960

co-opted by anybody who's in an egoic

1044

00:39:12,150 --> 00:39:10,720

separate self mindset that's exactly

1045

00:39:13,030 --> 00:39:12,160

what's happening they're appropriating

1046

00:39:15,750 --> 00:39:13,040

consciousness

1047

00:39:17,109 --> 00:39:15,760

they're binding it and you know they're

1048

00:39:18,310 --> 00:39:17,119

they're tightening it up and then

1049

00:39:20,790 --> 00:39:18,320

they're acting it out

1050

00:39:22,069 --> 00:39:20,800

by trying to control people or have

1051
00:39:25,270 --> 00:39:22,079
power over people

1052
00:39:26,470 --> 00:39:25,280
and this um you know part of what we

1053
00:39:29,670 --> 00:39:26,480
want to talk about

1054
00:39:31,430 --> 00:39:29,680
perhaps globally if we got psychologists

1055
00:39:35,750 --> 00:39:31,440
from all different nations together

1056
00:39:39,349 --> 00:39:35,760
is you know making sure that our leaders

1057
00:39:42,790 --> 00:39:39,359
are um have a view that

1058
00:39:46,390 --> 00:39:42,800
has to do with holistic

1059
00:39:49,270 --> 00:39:46,400
um you know non-violence truth

1060
00:39:50,390 --> 00:39:49,280
non-greed non-stealing we need

1061
00:39:54,829 --> 00:39:50,400
leadership

1062
00:39:57,910 --> 00:39:54,839
that's going to you know allow that to

1063
00:39:59,270 --> 00:39:57,920

permeate multiple cultures across the

1064

00:40:02,390 --> 00:39:59,280

world so again people

1065

00:40:05,349 --> 00:40:02,400

can feel comfortable in their culture

1066

00:40:06,710 --> 00:40:05,359

and you know move about in the world in

1067

00:40:10,550 --> 00:40:06,720

a way that's comfortable not

1068

00:40:13,030 --> 00:40:10,560

fear-based and a lot of what

1069

00:40:13,829 --> 00:40:13,040

comes out is fear-based because

1070

00:40:15,750 --> 00:40:13,839

leadership

1071

00:40:16,950 --> 00:40:15,760

is in the power over model they're

1072

00:40:19,589 --> 00:40:16,960

trying to grab

1073

00:40:20,390 --> 00:40:19,599

power in a you know an egoic way but

1074

00:40:24,069 --> 00:40:20,400

ultimately

1075

00:40:27,190 --> 00:40:24,079

this is the thing consciousness

1076
00:40:27,910 --> 00:40:27,200
knows exactly what the mind is doing at

1077
00:40:30,309 --> 00:40:27,920
all times

1078
00:40:31,030 --> 00:40:30,319
pure consciousness the fear right the

1079
00:40:36,309 --> 00:40:31,040
conscious

1080
00:40:38,790 --> 00:40:36,319
what's another way for me to say this

1081
00:40:40,790 --> 00:40:38,800
there's a very

1082
00:40:42,950 --> 00:40:40,800
the the the universe is in balance right

1083
00:40:43,510 --> 00:40:42,960
there's a there's harmony that allows

1084
00:40:45,990 --> 00:40:43,520
the

1085
00:40:46,790 --> 00:40:46,000
earth to be on its axis and rotate on

1086
00:40:49,270 --> 00:40:46,800
its

1087
00:40:50,630 --> 00:40:49,280
axis and rotate around the sun right

1088
00:40:53,750 --> 00:40:50,640

there's there's a

1089

00:40:56,309 --> 00:40:53,760

there's a harmony to the universe now we

1090

00:41:00,470 --> 00:40:56,319

come along

1091

00:41:03,430 --> 00:41:00,480

and we want to again take power

1092

00:41:04,470 --> 00:41:03,440

grab to greed through stealing but

1093

00:41:06,870 --> 00:41:04,480

ultimately

1094

00:41:08,710 --> 00:41:06,880

it can't be done because we'll blow

1095

00:41:12,309 --> 00:41:08,720

ourselves up

1096

00:41:12,630 --> 00:41:12,319

we'll be gone well we've probably done

1097

00:41:15,030 --> 00:41:12,640

that

1098

00:41:16,870 --> 00:41:15,040

a lot of times in the past and this is

1099

00:41:18,630 --> 00:41:16,880

where i think

1100

00:41:20,150 --> 00:41:18,640

we won't be able to kind of get into all

1101
00:41:25,829 --> 00:41:20,160
this territory because it's too

1102
00:41:30,230 --> 00:41:28,390
it's it's just hard for me to uh

1103
00:41:32,550 --> 00:41:30,240
reconcile that with history

1104
00:41:33,990 --> 00:41:32,560
with any history i i always like to go

1105
00:41:37,270 --> 00:41:34,000
to christianity because it's easy

1106
00:41:39,270 --> 00:41:37,280
and people can wrap their arms around it

1107
00:41:42,069 --> 00:41:39,280
christianity if you go back to the first

1108
00:41:44,150 --> 00:41:42,079
century and you go back to the idea that

1109
00:41:45,270 --> 00:41:44,160
the bible is pro-roman i just did a show

1110
00:41:48,309 --> 00:41:45,280
on this

1111
00:41:50,309 --> 00:41:48,319
how the [h__\h] in the bible be pro-roman

1112
00:41:52,230 --> 00:41:50,319
the bible is pro-roman because it was a

1113
00:41:54,710 --> 00:41:52,240

social engineering project

1114

00:41:56,950 --> 00:41:54,720

now it wasn't like designed perfectly in

1115

00:41:59,829 --> 00:41:56,960

terms of how they did it how they did it

1116

00:42:01,030 --> 00:41:59,839

but go look at the arc of titus you know

1117

00:42:03,670 --> 00:42:01,040

it's a big statue

1118

00:42:05,430 --> 00:42:03,680

you go look at the thing and you can go

1119

00:42:06,790 --> 00:42:05,440

see where the romans kicked their ass

1120

00:42:08,950 --> 00:42:06,800

those people in judea who are giving

1121

00:42:11,030 --> 00:42:08,960

them all those problems the cult

1122

00:42:12,630 --> 00:42:11,040

in judea right because it was a cult

1123

00:42:14,150 --> 00:42:12,640

they were like following all these rules

1124

00:42:16,630 --> 00:42:14,160

down to the nth degree

1125

00:42:17,270 --> 00:42:16,640

occult so they're all cults but this was

1126

00:42:19,349 --> 00:42:17,280

a cult

1127

00:42:21,270 --> 00:42:19,359

and then they took all the stuff out and

1128

00:42:22,790 --> 00:42:21,280

they had a historian who documented

1129

00:42:23,270 --> 00:42:22,800

everything that they did every step of

1130

00:42:25,910 --> 00:42:23,280

the way

1131

00:42:26,870 --> 00:42:25,920

his name's josephus probably a fictional

1132

00:42:28,150 --> 00:42:26,880

character because

1133

00:42:30,150 --> 00:42:28,160

it doesn't really make sense that the

1134

00:42:32,710 --> 00:42:30,160

romans would land in galilee and just

1135

00:42:34,470 --> 00:42:32,720

wrap their arms around this jewish rabbi

1136

00:42:36,550 --> 00:42:34,480

and say come write the history for us

1137

00:42:38,470 --> 00:42:36,560

but that being what it is

1138

00:42:40,630 --> 00:42:38,480

josephus's historical account which

1139

00:42:42,470 --> 00:42:40,640

every historian says josephus josephus

1140

00:42:44,550 --> 00:42:42,480

is the most reliable record

1141

00:42:46,950 --> 00:42:44,560

just see if this winds up in the bible

1142

00:42:50,309 --> 00:42:46,960

so all the bible writers are writing

1143

00:42:53,750 --> 00:42:50,319

out of this roman historian

1144

00:42:57,030 --> 00:42:53,760

this is a psyop

1145

00:42:59,670 --> 00:42:57,040

this is a control mechanism this is uh

1146

00:43:01,270 --> 00:42:59,680

give unto caesar what is caesar go the

1147

00:43:03,349 --> 00:43:01,280

extra mile which means

1148

00:43:04,630 --> 00:43:03,359

carry the backpack of the roman soldier

1149

00:43:07,109 --> 00:43:04,640

an extra mile

1150

00:43:09,190 --> 00:43:07,119

it doesn't mean that spiritual

1151
00:43:12,710 --> 00:43:09,200
transcendancy can't arise

1152
00:43:14,470 --> 00:43:12,720
out of this spiritual tradition because

1153
00:43:18,069 --> 00:43:14,480
it can arise out of it yeah

1154
00:43:21,430 --> 00:43:18,079
anything you know but if we don't start

1155
00:43:23,030 --> 00:43:21,440
unraveling these things

1156
00:43:24,630 --> 00:43:23,040
i just don't see how we're going to be

1157
00:43:26,870 --> 00:43:24,640
able to connect that

1158
00:43:28,950 --> 00:43:26,880
to what you're saying of that we got to

1159
00:43:30,309 --> 00:43:28,960
get rid of these greedy capitalists and

1160
00:43:32,069 --> 00:43:30,319
then the greedy capitalists come along

1161
00:43:35,270 --> 00:43:32,079
and say well we're not really your enemy

1162
00:43:37,190 --> 00:43:35,280
your enemy is china your enemy is north

1163
00:43:38,150 --> 00:43:37,200

korea because that's how they want

1164

00:43:39,990 --> 00:43:38,160

everyone to live

1165

00:43:41,910 --> 00:43:40,000

you know you go [h__h] well i don't want

1166

00:43:43,190 --> 00:43:41,920

that and then you come over in the u.s

1167

00:43:44,470 --> 00:43:43,200

and they said well we're really doing

1168

00:43:44,710 --> 00:43:44,480

the same thing we're just not telling

1169

00:43:46,150 --> 00:43:44,720

you

1170

00:43:48,069 --> 00:43:46,160

well i don't want that well then it's

1171

00:43:51,109 --> 00:43:48,079

like what do you want because

1172

00:43:54,390 --> 00:43:51,119

ultimately you do want to

1173

00:43:55,190 --> 00:43:54,400

be able to live your life so i just

1174

00:43:57,910 --> 00:43:55,200

don't think

1175

00:43:58,550 --> 00:43:57,920

it's that simple and until we are

1176
00:44:00,550 --> 00:43:58,560
willing to

1177
00:44:02,790 --> 00:44:00,560
embrace the complexity of it and the

1178
00:44:04,550 --> 00:44:02,800
conspiratorial nature of it

1179
00:44:05,829 --> 00:44:04,560
we just don't even have a chance of

1180
00:44:09,030 --> 00:44:05,839
really

1181
00:44:10,150 --> 00:44:09,040
understanding this stuff yeah oh and i

1182
00:44:13,349 --> 00:44:10,160
definitely don't think it's

1183
00:44:13,829 --> 00:44:13,359
simple either by any chance by any means

1184
00:44:15,990 --> 00:44:13,839
i mean

1185
00:44:17,990 --> 00:44:16,000
again i i'm saying you know we would

1186
00:44:18,550 --> 00:44:18,000
need psychologists from all over the

1187
00:44:20,870 --> 00:44:18,560
globe

1188
00:44:23,510 --> 00:44:20,880

to come together we're in a global brain

1189

00:44:26,630 --> 00:44:23,520

now with the internet in particular

1190

00:44:29,270 --> 00:44:26,640

so if we if we want to bring some level

1191

00:44:30,230 --> 00:44:29,280

of harmony forward then we need

1192

00:44:33,270 --> 00:44:30,240

leadership

1193

00:44:37,190 --> 00:44:33,280

that want literally wants

1194

00:44:40,470 --> 00:44:37,200

that that uh feeling

1195

00:44:42,230 --> 00:44:40,480

for the people in each nation they wants

1196

00:44:43,670 --> 00:44:42,240

it and and i hear what you're saying

1197

00:44:46,790 --> 00:44:43,680

it's a big grab

1198

00:44:48,150 --> 00:44:46,800

for power and control through religion

1199

00:44:50,870 --> 00:44:48,160

you know that's not what i'm saying so

1200

00:44:54,230 --> 00:44:50,880

much i'm saying that sounds that always

1201
00:44:55,750 --> 00:44:54,240
winds up sounding to me like backdoor

1202
00:44:58,150 --> 00:44:55,760
materialism

1203
00:45:00,390 --> 00:44:58,160
like okay we need to give we need to

1204
00:45:02,150 --> 00:45:00,400
give up control

1205
00:45:03,910 --> 00:45:02,160
and then we need to grab it back and say

1206
00:45:05,349 --> 00:45:03,920
okay what we really really really meant

1207
00:45:06,870 --> 00:45:05,359
by giving up control is

1208
00:45:08,710 --> 00:45:06,880
we have to make sure that this happens

1209
00:45:10,950 --> 00:45:08,720
and that social justice happens

1210
00:45:12,069 --> 00:45:10,960
in this way that i define as social

1211
00:45:14,390 --> 00:45:12,079
justice and that

1212
00:45:15,670 --> 00:45:14,400
these people are penalized in this way

1213
00:45:17,829 --> 00:45:15,680

as i understand it

1214

00:45:19,910 --> 00:45:17,839

and i go back to my story with my friend

1215

00:45:22,230 --> 00:45:19,920

annika lucas right so she's

1216

00:45:23,030 --> 00:45:22,240

sold into a satanic ritual abuse cult at

1217

00:45:25,750 --> 00:45:23,040

six years old

1218

00:45:26,550 --> 00:45:25,760

i can't tell you how many people cannot

1219

00:45:29,510 --> 00:45:26,560

accept that

1220

00:45:30,630 --> 00:45:29,520

deal with that they turn off tuna and i

1221

00:45:33,349 --> 00:45:30,640

go well just go

1222

00:45:34,069 --> 00:45:33,359

they have the photos of the guy who was

1223

00:45:36,550 --> 00:45:34,079

arrested

1224

00:45:37,109 --> 00:45:36,560

in belgium they have pictures of the

1225

00:45:42,230 --> 00:45:37,119

kids

1226
00:45:44,710 --> 00:45:42,240
while he was in prison awaiting trial

1227
00:45:46,870 --> 00:45:44,720
he wasn't able to go and feed the kids

1228
00:45:48,950 --> 00:45:46,880
that he was pedaling to

1229
00:45:50,790 --> 00:45:48,960
elites right and people are still like

1230
00:45:52,309 --> 00:45:50,800
no no no no no

1231
00:45:53,750 --> 00:45:52,319
i wouldn't believe it even if it was

1232
00:45:54,309 --> 00:45:53,760
true because it doesn't fit into their

1233
00:45:57,589 --> 00:45:54,319
thing

1234
00:46:00,309 --> 00:45:57,599
but then here's the problem with with

1235
00:46:01,670 --> 00:46:00,319
annika is go talk to people who are

1236
00:46:05,349 --> 00:46:01,680
doing between

1237
00:46:06,150 --> 00:46:05,359
life research and between life

1238
00:46:08,309 --> 00:46:06,160

regressions

1239

00:46:09,270 --> 00:46:08,319

and they say well she her soul chose

1240

00:46:13,190 --> 00:46:09,280

that

1241

00:46:14,950 --> 00:46:13,200

of this experience

1242

00:46:16,470 --> 00:46:14,960

for whatever lesson she was going to get

1243

00:46:17,349 --> 00:46:16,480

out of that now i can't wrap my head

1244

00:46:20,550 --> 00:46:17,359

around that

1245

00:46:21,910 --> 00:46:20,560

but i can't dismiss that either and that

1246

00:46:22,550 --> 00:46:21,920

just sends us in a whole different

1247

00:46:25,589 --> 00:46:22,560

direction

1248

00:46:26,470 --> 00:46:25,599

in terms of how this stuff is supposed

1249

00:46:28,550 --> 00:46:26,480

to play out

1250

00:46:30,069 --> 00:46:28,560

not only on an individual level but on a

1251
00:46:32,870 --> 00:46:30,079
you know

1252
00:46:37,510 --> 00:46:32,880
global level on a national level on a

1253
00:46:41,430 --> 00:46:40,550
i mean that's where the the deep the

1254
00:46:45,109 --> 00:46:41,440
depth comes

1255
00:46:45,430 --> 00:46:45,119
in right because it it it really is it's

1256
00:46:49,109 --> 00:46:45,440
so

1257
00:46:51,829 --> 00:46:49,119
it but

1258
00:46:52,550 --> 00:46:51,839
that's why i mean at least through the

1259
00:46:55,670 --> 00:46:52,560
lineages

1260
00:46:57,990 --> 00:46:55,680
of young and potentially this turn

1261
00:47:00,790 --> 00:46:58,000
that we each have to make the turn

1262
00:47:01,670 --> 00:47:00,800
within to find where that evil is within

1263
00:47:04,150 --> 00:47:01,680

us

1264

00:47:06,470 --> 00:47:04,160

where where any of that aggression where

1265

00:47:08,230 --> 00:47:06,480

any of that power over is within us

1266

00:47:10,309 --> 00:47:08,240

because when we understand how it's

1267

00:47:12,470 --> 00:47:10,319

playing out within us then we have

1268

00:47:14,309 --> 00:47:12,480

a better understanding of then how it's

1269

00:47:18,230 --> 00:47:14,319

playing out in other people

1270

00:47:20,309 --> 00:47:18,240

so i i hear you but really until

1271

00:47:21,270 --> 00:47:20,319

i i don't know what enough of us would

1272

00:47:24,549 --> 00:47:21,280

be but

1273

00:47:27,430 --> 00:47:24,559

it's if there is strength in numbers

1274

00:47:28,390 --> 00:47:27,440

then it's taking that deep deep turn

1275

00:47:31,829 --> 00:47:28,400

within

1276

00:47:34,069 --> 00:47:31,839

to process our own deep levels of

1277

00:47:35,349 --> 00:47:34,079

like we're talking about either evil but

1278

00:47:38,309 --> 00:47:35,359

i also like to say

1279

00:47:39,430 --> 00:47:38,319

fear for sure because the fear ends up

1280

00:47:41,430 --> 00:47:39,440

manifesting

1281

00:47:42,870 --> 00:47:41,440

as a power over as some kind of

1282

00:47:45,910 --> 00:47:42,880

aggression that i

1283

00:47:46,390 --> 00:47:45,920

can somehow alleviate my own internal

1284

00:47:48,309 --> 00:47:46,400

fear

1285

00:47:50,470 --> 00:47:48,319

by controlling people in my external

1286

00:47:53,349 --> 00:47:50,480

world

1287

00:47:54,790 --> 00:47:53,359

and again when we do that work within we

1288

00:47:55,349 --> 00:47:54,800

have a better understanding of why

1289

00:47:58,630 --> 00:47:55,359

people

1290

00:48:03,349 --> 00:48:01,349

yeah i really like that oh absolutely

1291

00:48:07,109 --> 00:48:03,359

and i really like the way that uh

1292

00:48:09,910 --> 00:48:07,119

the way that you put that so uh leanne

1293

00:48:11,030 --> 00:48:09,920

how how's the best way for people to

1294

00:48:12,710 --> 00:48:11,040

connect with you

1295

00:48:15,190 --> 00:48:12,720

is it through this book i see that you

1296

00:48:16,630 --> 00:48:15,200

actually i said the book is pretty dense

1297

00:48:18,630 --> 00:48:16,640

you've actually put together like a

1298

00:48:19,190 --> 00:48:18,640

training course that people can kind of

1299

00:48:21,270 --> 00:48:19,200

go through

1300

00:48:22,870 --> 00:48:21,280

but is that the material that people are

1301
00:48:25,030 --> 00:48:22,880
finding most

1302
00:48:26,470 --> 00:48:25,040
useful and i love the way you say making

1303
00:48:28,069 --> 00:48:26,480
that turn you know

1304
00:48:30,950 --> 00:48:28,079
what's what's the best way for people to

1305
00:48:32,950 --> 00:48:30,960
connect with what you're doing

1306
00:48:35,349 --> 00:48:32,960
well my book is definitely academic you

1307
00:48:35,990 --> 00:48:35,359
know it's definitely academic so it's

1308
00:48:38,150 --> 00:48:36,000
it's

1309
00:48:39,589 --> 00:48:38,160
definitely for people who who want a

1310
00:48:42,230 --> 00:48:39,599
deep dive but

1311
00:48:43,829 --> 00:48:42,240
through an academic lens into both young

1312
00:48:46,710 --> 00:48:43,839
and patanjali

1313
00:48:47,270 --> 00:48:46,720

i do hope to write a book that's more it

1314

00:48:50,470 --> 00:48:47,280

has more

1315

00:48:53,670 --> 00:48:50,480

mass appeal to it in short order but

1316

00:48:57,190 --> 00:48:53,680

i do i teach i teach yoga online often

1317

00:48:58,790 --> 00:48:57,200

i have an upcoming course uh in january

1318

00:49:00,230 --> 00:48:58,800

i have some events with the young

1319

00:49:02,870 --> 00:49:00,240

society coming up

1320

00:49:04,390 --> 00:49:02,880

but overall the best way to um if they

1321

00:49:07,829 --> 00:49:04,400

wanted to reach out to me directly is

1322

00:49:10,870 --> 00:49:07,839

through my website leannewhitney.com

1323

00:49:12,150 --> 00:49:10,880

great leanne whitney.com easy you got

1324

00:49:13,750 --> 00:49:12,160

the url

1325

00:49:15,670 --> 00:49:13,760

surprise you must have gotten it a long

1326

00:49:19,910 --> 00:49:15,680

time ago that's good

1327

00:49:22,390 --> 00:49:19,920

i did well it's been absolutely

1328

00:49:23,990 --> 00:49:22,400

super connecting with you really fun

1329

00:49:27,670 --> 00:49:24,000

conversation

1330

00:49:29,510 --> 00:49:27,680

i i hope somebody out there uh has

1331

00:49:32,069 --> 00:49:29,520

an interest enough in this kind of deep

1332

00:49:32,710 --> 00:49:32,079

deep dive but there's so much meat there

1333

00:49:35,990 --> 00:49:32,720

so

1334

00:49:37,750 --> 00:49:36,000

joining me

1335

00:49:40,549 --> 00:49:37,760

thanks for having me alex nice to be

1336

00:49:44,870 --> 00:49:42,790

thanks again to dr leanne whitney for

1337

00:49:47,990 --> 00:49:44,880

joining me today on skeptico

1338

00:49:50,390 --> 00:49:48,000

i really enjoyed the conversation and

1339

00:49:52,309 --> 00:49:50,400

the way we were able to

1340

00:49:53,750 --> 00:49:52,319

really bring this back to some of the

1341

00:49:57,109 --> 00:49:53,760

fundamental questions

1342

00:49:57,990 --> 00:49:57,119

about spirituality so the natural

1343

00:50:01,510 --> 00:49:58,000

question to tia

1344

00:50:04,950 --> 00:50:01,520

from this interview is which

1345

00:50:07,190 --> 00:50:04,960

superhero do you choose young

1346

00:50:08,230 --> 00:50:07,200

or patanjali i'd like to hear your

1347

00:50:11,270 --> 00:50:08,240

thoughts on that please

1348

00:50:12,950 --> 00:50:11,280

do a skeptical forum check it out and do

1349

00:50:13,589 --> 00:50:12,960

stick around i have a lot of great shows