

SK≡PTIKO
science & spirituality

***NEAR DEATH
EXPEREINCE
PIONEER***

#494 BRUCE GREYSON



1
00:00:07,030 --> 00:00:03,590
do you want to have fun with me later

2
00:00:10,470 --> 00:00:07,040
courtney holmes i am mildly surprised

3
00:00:12,950 --> 00:00:10,480
but offer accepted midnight basement sub

4
00:00:15,030 --> 00:00:12,960
level c

5
00:00:17,590 --> 00:00:15,040
what's going on i would like you to stop

6
00:00:20,230 --> 00:00:17,600
my heart that's a clip from the

7
00:00:22,150 --> 00:00:20,240
movie flatliners it's actually a remake

8
00:00:23,269 --> 00:00:22,160
of the 90s movie they remade it again in

9
00:00:25,429 --> 00:00:23,279
2017

10
00:00:27,349 --> 00:00:25,439
which you would think with all the

11
00:00:28,230 --> 00:00:27,359
enormous amount of research that's been

12
00:00:30,790 --> 00:00:28,240
done

13
00:00:31,830 --> 00:00:30,800

on near-death experience much of it

14

00:00:35,510 --> 00:00:31,840

influenced or

15

00:00:36,150 --> 00:00:35,520

done by today's amazing guest dr bruce

16

00:00:39,430 --> 00:00:36,160

grayson

17

00:00:42,630 --> 00:00:39,440

well you'd think with all that science

18

00:00:45,750 --> 00:00:42,640

some of it would make it into this movie

19

00:00:46,790 --> 00:00:45,760

but of course it doesn't and again it's

20

00:00:49,110 --> 00:00:46,800

a movie

21

00:00:50,709 --> 00:00:49,120

so they're trying to be entertaining i

22

00:00:51,189 --> 00:00:50,719

guess that's what they're trying to be

23

00:00:52,869 --> 00:00:51,199

or

24

00:00:54,229 --> 00:00:52,879

maybe they're trying to influence

25

00:00:56,389 --> 00:00:54,239

culture a little bit

26

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

i don't know you know i'm hesitant i

27

00:00:58,630 --> 00:00:58,079

have this great interview coming up and

28

00:01:02,069 --> 00:00:58,640

this guy

29

00:01:03,029 --> 00:01:02,079

is fantastic bruce grayson he is such an

30

00:01:04,390 --> 00:01:03,039

enormous such an

31

00:01:07,190 --> 00:01:04,400

important figure in near-death

32

00:01:09,670 --> 00:01:07,200

experience research science

33

00:01:10,230 --> 00:01:09,680

but at the same time i can't help but

34

00:01:11,910 --> 00:01:10,240

feel

35

00:01:15,030 --> 00:01:11,920

and i really hammered on this in this

36

00:01:17,749 --> 00:01:15,040

interview that he's a little bit

37

00:01:19,109 --> 00:01:17,759

what would you call it when a group of

38

00:01:22,310 --> 00:01:19,119

people

39

00:01:23,590 --> 00:01:22,320

are dishonest i mean provably dishonest

40

00:01:26,870 --> 00:01:23,600

over and over again

41

00:01:28,230 --> 00:01:26,880

what do you call them i know what i call

42

00:01:30,149 --> 00:01:28,240

him

43

00:01:31,749 --> 00:01:30,159

but it turns out it's not the same as

44

00:01:35,030 --> 00:01:31,759

what today's guest

45

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

dr bruce grayson calls him here's a clip

46

00:01:40,230 --> 00:01:36,720

from the interview

47

00:01:43,190 --> 00:01:40,240

i just failed to believe that dr watt

48

00:01:44,469 --> 00:01:43,200

is sitting there doing any kind of real

49

00:01:47,670 --> 00:01:44,479

research

50

00:01:48,469 --> 00:01:47,680

that would compel her to respond to your

51

00:01:50,389 --> 00:01:48,479

paper

52

00:01:51,510 --> 00:01:50,399

so her response going through all the

53

00:01:52,950 --> 00:01:51,520

trouble and then

54

00:01:54,630 --> 00:01:52,960

having the right connections to

55

00:01:56,230 --> 00:01:54,640

immediately zipping it through a

56

00:01:58,950 --> 00:01:56,240

peer-review process

57

00:01:59,830 --> 00:01:58,960

it doesn't seem genuine doctors and

58

00:02:02,630 --> 00:01:59,840

scientists

59

00:02:05,190 --> 00:02:02,640

are just like everybody else i think the

60

00:02:06,469 --> 00:02:05,200

vast majority of these quote debunkers

61

00:02:08,229 --> 00:02:06,479

are people who really believe what

62

00:02:10,389 --> 00:02:08,239

they're saying who are so

63

00:02:11,670 --> 00:02:10,399

locked into their prejudice that they

64

00:02:13,430 --> 00:02:11,680

can't accept

65

00:02:15,430 --> 00:02:13,440

the reality of anything else so i think

66

00:02:18,390 --> 00:02:15,440

most of these people are acting out of

67

00:02:20,150 --> 00:02:18,400

honesty with their own their own beliefs

68

00:02:22,550 --> 00:02:20,160

welcome to skeptico where we explore

69

00:02:25,030 --> 00:02:22,560

controversial science and spirituality

70

00:02:26,070 --> 00:02:25,040

with leading researchers thinkers and

71

00:02:29,350 --> 00:02:26,080

their critics

72

00:02:33,030 --> 00:02:29,360

i'm your host alex sacaris and today

73

00:02:35,509 --> 00:02:33,040

today we got a biggie we have dr bruce

74

00:02:38,070 --> 00:02:35,519

grayson here he has a new book titled

75

00:02:39,830 --> 00:02:38,080

after and we'll get into that in a

76

00:02:41,270 --> 00:02:39,840

minute but i just want to pick up on the

77

00:02:43,190 --> 00:02:41,280

after thing

78

00:02:44,309 --> 00:02:43,200

because i really really love the title

79

00:02:46,229 --> 00:02:44,319

of that

80

00:02:47,910 --> 00:02:46,239

i i just think when you take a big step

81

00:02:49,270 --> 00:02:47,920

back you know we've talked about this on

82

00:02:52,070 --> 00:02:49,280

the show

83

00:02:52,550 --> 00:02:52,080

but if you look at not just our culture

84

00:02:54,309 --> 00:02:52,560

but

85

00:02:57,110 --> 00:02:54,319

every culture we know of throughout

86

00:02:59,910 --> 00:02:57,120

history there has been this

87

00:03:00,710 --> 00:02:59,920

uh fascination doesn't really capture it

88

00:03:04,470 --> 00:03:00,720

but this

89

00:03:07,110 --> 00:03:04,480

deep knowing that the afterlife

90

00:03:08,390 --> 00:03:07,120

is key to not only understanding a

91

00:03:14,309 --> 00:03:08,400

deeper part of

92

00:03:14,869 --> 00:03:14,319

what we need to be or maybe what we can

93

00:03:18,390 --> 00:03:14,879

be

94

00:03:21,750 --> 00:03:18,400

in this life so

95

00:03:24,869 --> 00:03:21,760

dr grayson's amazing work

96

00:03:26,070 --> 00:03:24,879

over his 40-year career as one of the

97

00:03:28,949 --> 00:03:26,080

truly

98

00:03:29,670 --> 00:03:28,959

pioneers and leading researchers in

99

00:03:32,789 --> 00:03:29,680

near-death

100

00:03:36,789 --> 00:03:32,799

experience science has been

101
00:03:40,550 --> 00:03:36,799
part of this really game-changing

102
00:03:44,149 --> 00:03:40,560
science that has taken this deep

103
00:03:46,630 --> 00:03:44,159
fascination we have in the afterlife and

104
00:03:48,869 --> 00:03:46,640
applied science to it and kind of broken

105
00:03:52,309 --> 00:03:48,879
through in some ways that

106
00:03:55,110 --> 00:03:52,319
i think a lot of us i wasn't around

107
00:03:56,949 --> 00:03:55,120
i could say way back when he started but

108
00:03:58,390 --> 00:03:56,959
even for the last 20 years while i've

109
00:03:59,830 --> 00:03:58,400
been aware of it

110
00:04:01,910 --> 00:03:59,840
you know i don't think we could have

111
00:04:03,030 --> 00:04:01,920
even imagined that the kind of cultural

112
00:04:04,789 --> 00:04:03,040
change

113
00:04:06,070 --> 00:04:04,799

that has come about around near-death

114

00:04:08,630 --> 00:04:06,080

experience

115

00:04:10,470 --> 00:04:08,640

would have occurred or or maybe maybe we

116

00:04:12,229 --> 00:04:10,480

did expect it maybe even assumed

117

00:04:14,070 --> 00:04:12,239

that it would happen sooner i don't know

118

00:04:15,910 --> 00:04:14,080

but these are all things

119

00:04:17,590 --> 00:04:15,920

that we're going to talk about there's

120

00:04:21,110 --> 00:04:17,600

no one more central to

121

00:04:22,790 --> 00:04:21,120

this super important science than dr

122

00:04:23,830 --> 00:04:22,800

bruce grayson from the university of

123

00:04:25,749 --> 00:04:23,840

virginia

124

00:04:27,510 --> 00:04:25,759

and i'm just really really pleased that

125

00:04:30,550 --> 00:04:27,520

he's joined us here today

126

00:04:32,230 --> 00:04:30,560

uh bruce thank you for joining me

127

00:04:34,310 --> 00:04:32,240

ah my pleasure alex thank you for

128

00:04:36,230 --> 00:04:34,320

inviting me

129

00:04:38,150 --> 00:04:36,240

so bruce as i mentioned you have a

130

00:04:41,830 --> 00:04:38,160

fantastic new book out

131

00:04:44,150 --> 00:04:41,840

it's titled after a doctor explores what

132

00:04:47,270 --> 00:04:44,160

near-death experiences reveal

133

00:04:50,310 --> 00:04:47,280

about life and beyond

134

00:04:52,150 --> 00:04:50,320

fantastic book it's going to be just

135

00:04:53,830 --> 00:04:52,160

kind of one of those cornerstone

136

00:04:56,150 --> 00:04:53,840

books that anyone who's interested in

137

00:04:57,830 --> 00:04:56,160

this field is going to want to have

138

00:04:59,670 --> 00:04:57,840

but it really goes beyond that because

139

00:05:00,469 --> 00:04:59,680

you know we would expect this to be kind

140

00:05:03,749 --> 00:05:00,479

of a

141

00:05:05,670 --> 00:05:03,759

capstone of your career and all that

142

00:05:08,550 --> 00:05:05,680

and it has all that and it tells all

143

00:05:09,350 --> 00:05:08,560

these great stories of the experience

144

00:05:12,390 --> 00:05:09,360

you've gone through

145

00:05:14,230 --> 00:05:12,400

but it also has a lot of up-to-date

146

00:05:15,510 --> 00:05:14,240

findings and research because you

147

00:05:18,469 --> 00:05:15,520

continually be so

148

00:05:19,270 --> 00:05:18,479

actively involved in this field so i

149

00:05:24,230 --> 00:05:19,280

thought it was

150

00:05:25,830 --> 00:05:24,240

been the reception so far on the book

151
00:05:27,670 --> 00:05:25,840
well i've been very pleased i've gotten

152
00:05:28,790 --> 00:05:27,680
mostly positive reception

153
00:05:30,790 --> 00:05:28,800
i've heard from a lot of people i

154
00:05:33,110 --> 00:05:30,800
haven't heard from in decades uh

155
00:05:34,150 --> 00:05:33,120
that they're delighted to read it so i'm

156
00:05:36,150 --> 00:05:34,160
very happy with the way it's been

157
00:05:39,189 --> 00:05:36,160
received so far

158
00:05:42,150 --> 00:05:39,199
great so i i know you've

159
00:05:43,430 --> 00:05:42,160
told this story several times and you

160
00:05:45,189 --> 00:05:43,440
tell it in the book

161
00:05:46,469 --> 00:05:45,199
and i've also heard interviews where you

162
00:05:49,430 --> 00:05:46,479
talk about your first

163
00:05:51,270 --> 00:05:49,440

encounter with a near-death experience

164

00:05:52,070 --> 00:05:51,280

but it really is a terrific story would

165

00:05:54,710 --> 00:05:52,080

you mind sharing

166

00:05:56,550 --> 00:05:54,720

that with folks sure you know it it kind

167

00:05:57,430 --> 00:05:56,560

of took me by surprise because i've been

168

00:05:59,350 --> 00:05:57,440

raised

169

00:06:01,110 --> 00:05:59,360

in a scientific household where we just

170

00:06:02,629 --> 00:06:01,120

talked about the physical world

171

00:06:04,230 --> 00:06:02,639

there was just never any talk about

172

00:06:06,309 --> 00:06:04,240

anything non-physical any

173

00:06:07,670 --> 00:06:06,319

anything spiritual or religious that

174

00:06:09,189 --> 00:06:07,680

just never came up in our family there

175

00:06:11,110 --> 00:06:09,199

was no reason to

176

00:06:12,469 --> 00:06:11,120

uh we thought what was what you see is

177

00:06:13,670 --> 00:06:12,479

what you get uh

178

00:06:15,990 --> 00:06:13,680

if it couldn't be measured then we

179

00:06:17,430 --> 00:06:16,000

didn't worry about it and that means

180

00:06:18,629 --> 00:06:17,440

that when you die that's the end of

181

00:06:20,550 --> 00:06:18,639

everything and that was fine with me

182

00:06:22,150 --> 00:06:20,560

that was just the way it was

183

00:06:24,790 --> 00:06:22,160

and i went through college and medical

184

00:06:27,270 --> 00:06:24,800

school with that materialistic mindset

185

00:06:27,830 --> 00:06:27,280

i didn't think anything was missing and

186

00:06:29,670 --> 00:06:27,840

then

187

00:06:32,070 --> 00:06:29,680

shortly after i graduated from medical

188

00:06:34,790 --> 00:06:32,080

school in my first few weeks

189

00:06:36,469 --> 00:06:34,800

as a psychiatric trainee i was asked to

190

00:06:37,990 --> 00:06:36,479

see a patient in the emergency room who

191

00:06:39,990 --> 00:06:38,000

had overdosed

192

00:06:41,670 --> 00:06:40,000

well i went down to see her and she was

193

00:06:43,430 --> 00:06:41,680

quite unconscious i could not arouse her

194

00:06:45,029 --> 00:06:43,440

no matter what i did

195

00:06:46,550 --> 00:06:45,039

so i talked with her roommate in a

196

00:06:47,430 --> 00:06:46,560

different room about 50 yards down the

197

00:06:49,510 --> 00:06:47,440

hall

198

00:06:50,950 --> 00:06:49,520

to get information about what has been

199

00:06:52,550 --> 00:06:50,960

going on in the patient's life

200

00:06:53,670 --> 00:06:52,560

what my stressors she might have had

201
00:06:55,029 --> 00:06:53,680
what she might have taken for the

202
00:06:56,710 --> 00:06:55,039
overdose

203
00:06:57,909 --> 00:06:56,720
and i spent about 15 or 20 minutes

204
00:06:59,350 --> 00:06:57,919
talking to the roommate and then went

205
00:06:59,749 --> 00:06:59,360
back to see the patient and she was

206
00:07:02,469 --> 00:06:59,759
still

207
00:07:04,629 --> 00:07:02,479
out cold so she was going to be admitted

208
00:07:05,990 --> 00:07:04,639
to the intensive care unit overnight

209
00:07:08,390 --> 00:07:06,000
and i arranged to see her the following

210
00:07:10,629 --> 00:07:08,400
morning after she woke up

211
00:07:12,309 --> 00:07:10,639
when i went to see her the next day i

212
00:07:14,870 --> 00:07:12,319
introduced myself she was still

213
00:07:15,990 --> 00:07:14,880

very groggy barely awake at all i told

214

00:07:18,550 --> 00:07:16,000

her who i was and she

215

00:07:19,589 --> 00:07:18,560

said i know who you are i remember you

216

00:07:21,110 --> 00:07:19,599

from last night

217

00:07:23,749 --> 00:07:21,120

well that kind of caught me up short

218

00:07:25,670 --> 00:07:23,759

because i i thought she was out cold

219

00:07:27,670 --> 00:07:25,680

so i said to her i'm surprised of that i

220

00:07:28,870 --> 00:07:27,680

thought you were asleep when i saw you

221

00:07:31,270 --> 00:07:28,880

and then she opened her eyes and looked

222

00:07:34,150 --> 00:07:31,280

at me and said not in my room

223

00:07:34,870 --> 00:07:34,160

i saw you talking to my roommate well

224

00:07:36,230 --> 00:07:34,880

that

225

00:07:37,830 --> 00:07:36,240

made no sense to me i couldn't imagine

226

00:07:39,430 --> 00:07:37,840

what she was talking about that could

227

00:07:40,870 --> 00:07:39,440

only happen if she had left her body and

228

00:07:42,070 --> 00:07:40,880

moved with me down the hall to her

229

00:07:44,070 --> 00:07:42,080

roommate's

230

00:07:45,670 --> 00:07:44,080

room and as far as i could tell that

231

00:07:47,350 --> 00:07:45,680

made no sense at all

232

00:07:49,110 --> 00:07:47,360

as far as i knew i was my body how can

233

00:07:52,309 --> 00:07:49,120

you leave it

234

00:07:53,830 --> 00:07:52,319

uh so i kind of fumbled around and she

235

00:07:55,270 --> 00:07:53,840

picked up my confusion and then went to

236

00:07:56,629 --> 00:07:55,280

tom wanted to tell me

237

00:07:58,550 --> 00:07:56,639

about the conversation i had with a

238

00:07:59,270 --> 00:07:58,560

roommate where i was sitting where she

239

00:08:01,990 --> 00:07:59,280

was sitting

240

00:08:02,390 --> 00:08:02,000

what we were wearing uh the questions i

241

00:08:04,629 --> 00:08:02,400

asked

242

00:08:05,990 --> 00:08:04,639

the answers her roommate gave and she

243

00:08:09,749 --> 00:08:06,000

made no mistakes i

244

00:08:11,510 --> 00:08:09,759

i could not understand this

245

00:08:13,110 --> 00:08:11,520

however i couldn't deal with my

246

00:08:14,230 --> 00:08:13,120

confusion and my job was there to work

247

00:08:16,469 --> 00:08:14,240

with her

248

00:08:18,629 --> 00:08:16,479

so i focused on what was going on in her

249

00:08:21,110 --> 00:08:18,639

life and her suicidal thinking and

250

00:08:22,469 --> 00:08:21,120

tried to push my feelings uh out of my

251
00:08:24,070 --> 00:08:22,479
mind

252
00:08:25,510 --> 00:08:24,080
in the next several days as i got some

253
00:08:26,150 --> 00:08:25,520
distance from this i told myself this

254
00:08:28,309 --> 00:08:26,160
this

255
00:08:30,550 --> 00:08:28,319
could not have happened uh i must have

256
00:08:31,909 --> 00:08:30,560
misheard misinterpreted

257
00:08:33,350 --> 00:08:31,919
maybe they were playing a trick on me

258
00:08:34,389 --> 00:08:33,360
i'm a green intern they're trying to

259
00:08:36,870 --> 00:08:34,399
embarrass me

260
00:08:39,350 --> 00:08:36,880
it didn't didn't happen well it wasn't

261
00:08:40,870 --> 00:08:39,360
until several years later

262
00:08:42,630 --> 00:08:40,880
that raymond moody joined me at the

263
00:08:45,030 --> 00:08:42,640

university of virginia and he had just

264

00:08:45,750 --> 00:08:45,040

written a book in 1975 called life after

265

00:08:47,590 --> 00:08:45,760

life

266

00:08:48,949 --> 00:08:47,600

in which he gave us the name near death

267

00:08:51,990 --> 00:08:48,959

experiences

268

00:08:54,070 --> 00:08:52,000

and told us what they consist of

269

00:08:55,509 --> 00:08:54,080

and i read his book and talked with him

270

00:08:57,190 --> 00:08:55,519

about it

271

00:08:58,790 --> 00:08:57,200

and i realized for the first time that

272

00:08:59,269 --> 00:08:58,800

this story my patient had told me was

273

00:09:01,430 --> 00:08:59,279

not just

274

00:09:03,509 --> 00:09:01,440

a one-time story by one psychiatric

275

00:09:04,310 --> 00:09:03,519

patient it was part of a much larger

276

00:09:05,829 --> 00:09:04,320

phenomenon that

277

00:09:07,350 --> 00:09:05,839

millions of people all around the world

278

00:09:10,389 --> 00:09:07,360

were talking about

279

00:09:12,310 --> 00:09:10,399

i still couldn't understand it but

280

00:09:13,829 --> 00:09:12,320

to me as a scientist that means you need

281

00:09:15,829 --> 00:09:13,839

to go towards it

282

00:09:18,070 --> 00:09:15,839

you don't deny something that has

283

00:09:20,470 --> 00:09:18,080

happened you try to understand it

284

00:09:21,350 --> 00:09:20,480

and as a skeptic that means i need to

285

00:09:24,710 --> 00:09:21,360

challenge

286

00:09:26,870 --> 00:09:24,720

everything i thought i understood so i

287

00:09:28,389 --> 00:09:26,880

decided we need to go look at this and

288

00:09:31,110 --> 00:09:28,399

collect as many stories as we can

289

00:09:32,630 --> 00:09:31,120

and try to find the patterns and uh here

290

00:09:34,070 --> 00:09:32,640

i am 50 years later still trying to

291

00:09:36,389 --> 00:09:34,080

understand it

292

00:09:38,389 --> 00:09:36,399

yeah that's such an amazing story on so

293

00:09:40,590 --> 00:09:38,399

many levels because

294

00:09:41,910 --> 00:09:40,600

i love the way you say it so

295

00:09:44,710 --> 00:09:41,920

matter-of-factly

296

00:09:46,790 --> 00:09:44,720

as a scientist really no but as a

297

00:09:49,030 --> 00:09:46,800

scientist as well as a physician

298

00:09:50,310 --> 00:09:49,040

and i've heard this from other

299

00:09:52,550 --> 00:09:50,320

near-death experience

300

00:09:53,750 --> 00:09:52,560

researchers really the best ones it's

301

00:09:56,949 --> 00:09:53,760

almost like they were like

302

00:09:59,350 --> 00:09:56,959

well i knew what i had to do and i

303

00:10:00,949 --> 00:09:59,360

didn't think about the consequences that

304

00:10:03,190 --> 00:10:00,959

you know you encountered the

305

00:10:04,949 --> 00:10:03,200

consequences in your career in stumbling

306

00:10:06,470 --> 00:10:04,959

blocks but at the time you're like

307

00:10:08,150 --> 00:10:06,480

hey this is what i'm trained to do i

308

00:10:11,269 --> 00:10:08,160

have a new

309

00:10:12,790 --> 00:10:11,279

experience i need to follow it i was

310

00:10:16,389 --> 00:10:12,800

aware of the consequences i

311

00:10:17,990 --> 00:10:16,399

i knew that um like myself

312

00:10:19,590 --> 00:10:18,000

very few doctors had ever heard of this

313

00:10:21,190 --> 00:10:19,600

thing and and would think be very

314

00:10:24,310 --> 00:10:21,200

skeptical of it and

315

00:10:25,030 --> 00:10:24,320

weren't sure it existed uh but i thought

316

00:10:26,870 --> 00:10:25,040

well

317

00:10:28,069 --> 00:10:26,880

i need to be true to myself i know these

318

00:10:30,949 --> 00:10:28,079

things happen

319

00:10:31,990 --> 00:10:30,959

i saw one um and raymond's written this

320

00:10:34,870 --> 00:10:32,000

book about 150

321

00:10:37,030 --> 00:10:34,880

other cases so it's there and how can

322

00:10:38,470 --> 00:10:37,040

you have intellectual integrity and deny

323

00:10:39,990 --> 00:10:38,480

something that exists so

324

00:10:41,990 --> 00:10:40,000

you need to look at it and try to

325

00:10:42,630 --> 00:10:42,000

understand it now i still went into this

326

00:10:44,710 --> 00:10:42,640

thinking

327

00:10:46,550 --> 00:10:44,720

there's got to be some physiological

328

00:10:47,910 --> 00:10:46,560

explanation for this and that was my

329

00:10:48,949 --> 00:10:47,920

mindset for the first several years

330

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

trying to figure out

331

00:10:53,509 --> 00:10:50,800

how does this happen how do we explain

332

00:10:56,230 --> 00:10:53,519

it i recently had uh

333

00:10:56,949 --> 00:10:56,240

leslie kane on talking about her

334

00:11:00,550 --> 00:10:56,959

excellent

335

00:11:03,910 --> 00:11:00,560

new netflix series surviving death

336

00:11:07,430 --> 00:11:03,920

which you are featured quite prominently

337

00:11:08,470 --> 00:11:07,440

in the first episode do a fantastic job

338

00:11:10,550 --> 00:11:08,480

you really come across

339

00:11:12,069 --> 00:11:10,560

great but one of the things that kind of

340

00:11:12,710 --> 00:11:12,079

struck me and i guess i should have

341

00:11:14,790 --> 00:11:12,720

known this

342

00:11:15,910 --> 00:11:14,800

all along but i always think of you as

343

00:11:19,110 --> 00:11:15,920

this

344

00:11:20,389 --> 00:11:19,120

nde researcher which you are but you're

345

00:11:22,870 --> 00:11:20,399

also a people helper

346

00:11:24,870 --> 00:11:22,880

i mean you got in no doubt you got into

347

00:11:27,430 --> 00:11:24,880

psychiatry and you can maybe tell us

348

00:11:28,949 --> 00:11:27,440

about that but like the scene that i

349

00:11:30,389 --> 00:11:28,959

brought up or the slide that i brought

350

00:11:33,269 --> 00:11:30,399

up is you

351

00:11:35,350 --> 00:11:33,279

sitting in a consultation with a

352

00:11:36,790 --> 00:11:35,360

near-death experiencer and i get the

353

00:11:38,310 --> 00:11:36,800

feeling from reading the book that

354

00:11:39,509 --> 00:11:38,320

you've had many of these and people have

355

00:11:42,150 --> 00:11:39,519

sought you out and

356

00:11:44,949 --> 00:11:42,160

sought you out as a people helper tell

357

00:11:47,670 --> 00:11:44,959

us about that part of this whole

358

00:11:49,430 --> 00:11:47,680

experience for you during your career

359

00:11:49,990 --> 00:11:49,440

well i was interested in pursuing

360

00:11:52,790 --> 00:11:50,000

research

361

00:11:55,110 --> 00:11:52,800

in new death experiences um but nobody

362

00:11:57,750 --> 00:11:55,120

pays you to do that for a living

363

00:11:59,990 --> 00:11:57,760

so i made my living as a psychiatrist

364

00:12:01,829 --> 00:12:00,000

treating psychiatric patients

365

00:12:03,110 --> 00:12:01,839

teaching medical students and residents

366

00:12:05,509 --> 00:12:03,120

about psychiatry

367

00:12:07,190 --> 00:12:05,519

and doing research on the side and i

368

00:12:10,230 --> 00:12:07,200

loved that i liked

369

00:12:11,750 --> 00:12:10,240

being a doctor being a psychiatrist and

370

00:12:12,389 --> 00:12:11,760

that was how i made my living for the

371

00:12:15,110 --> 00:12:12,399

next uh

372

00:12:15,670 --> 00:12:15,120

40 50 years i was just going to say you

373

00:12:18,230 --> 00:12:15,680

know i

374

00:12:19,030 --> 00:12:18,240

kind of cut the bio short because i hate

375

00:12:21,430 --> 00:12:19,040

when people go

376

00:12:23,430 --> 00:12:21,440

on and on about credentials at the

377

00:12:23,990 --> 00:12:23,440

beginning but i did want to read a

378

00:12:26,870 --> 00:12:24,000

little

379

00:12:28,150 --> 00:12:26,880

clip from the book and i don't know if

380

00:12:29,670 --> 00:12:28,160

this will

381

00:12:31,430 --> 00:12:29,680

embarrass you you're a pretty humble guy

382

00:12:31,990 --> 00:12:31,440

you don't quite teach your horn too much

383

00:12:34,069 --> 00:12:32,000

but

384

00:12:35,110 --> 00:12:34,079

in the book you do you just kind of lay

385

00:12:37,910 --> 00:12:35,120

out

386

00:12:38,870 --> 00:12:37,920

who you are and i'm reading from after

387

00:12:40,389 --> 00:12:38,880

here

388

00:12:42,790 --> 00:12:40,399

i've been fortunate enough to serve on

389

00:12:44,310 --> 00:12:42,800

the full-time medical school faculty at

390

00:12:46,629 --> 00:12:44,320

the university of michigan where i ran

391

00:12:48,389 --> 00:12:46,639

the emergency psychiatry service

392

00:12:50,710 --> 00:12:48,399

at the university of connecticut where i

393

00:12:52,389 --> 00:12:50,720

was clinical chief of psychiatry

394

00:12:54,310 --> 00:12:52,399

and at the university of virginia where

395

00:12:55,509 --> 00:12:54,320

i held the endowed chester carlson

396

00:12:57,990 --> 00:12:55,519

professorship

397

00:12:59,509 --> 00:12:58,000

in psychiatry in neurobehavioral

398

00:13:01,590 --> 00:12:59,519

sciences

399

00:13:03,430 --> 00:13:01,600

i received research grants from

400

00:13:04,150 --> 00:13:03,440

government agencies pharmaceutical

401
00:13:05,910 --> 00:13:04,160
companies

402
00:13:07,509 --> 00:13:05,920
and from private and non-private

403
00:13:09,509 --> 00:13:07,519
research foundations

404
00:13:11,590 --> 00:13:09,519
i have been privileged to have addressed

405
00:13:14,710 --> 00:13:11,600
a symposium on consciousness

406
00:13:17,190 --> 00:13:14,720
at the united nations and have earned

407
00:13:19,350 --> 00:13:17,200
awards for my medical research and have

408
00:13:22,150 --> 00:13:19,360
been elected as the distinguished

409
00:13:23,990 --> 00:13:22,160
life fellow of the american psychiatric

410
00:13:25,990 --> 00:13:24,000
association

411
00:13:27,030 --> 00:13:26,000
okay so that's just all true that ain't

412
00:13:29,910 --> 00:13:27,040
bragging if it's true

413
00:13:32,150 --> 00:13:29,920

but here's what you say but through all

414

00:13:34,870 --> 00:13:32,160

these in the back of my mind

415

00:13:35,430 --> 00:13:34,880

were the nagging questions about the

416

00:13:38,389 --> 00:13:35,440

mind

417

00:13:40,230 --> 00:13:38,399

and body relationship that holly raised

418

00:13:42,470 --> 00:13:40,240

with her knowledge of that stain

419

00:13:44,790 --> 00:13:42,480

on my tie which relates back to the

420

00:13:47,430 --> 00:13:44,800

first story you told us

421

00:13:48,629 --> 00:13:47,440

my personal need as a skeptic to follow

422

00:13:51,269 --> 00:13:48,639

the evidence

423

00:13:52,310 --> 00:13:51,279

kept me from closing my eyes to events

424

00:13:55,269 --> 00:13:52,320

like that

425

00:13:56,230 --> 00:13:55,279

events that seemed impossible and led me

426

00:13:59,670 --> 00:13:56,240

on a journey

427

00:14:02,470 --> 00:13:59,680

to study them scientifically

428

00:14:04,230 --> 00:14:02,480

very beautifully written do you do you

429

00:14:06,949 --> 00:14:04,240

have anything to add i mean

430

00:14:07,829 --> 00:14:06,959

this is a very distinguished career and

431

00:14:11,030 --> 00:14:07,839

i i know

432

00:14:12,629 --> 00:14:11,040

from the book that at times you felt

433

00:14:15,189 --> 00:14:12,639

that that career

434

00:14:16,310 --> 00:14:15,199

might be threatened by your your

435

00:14:19,110 --> 00:14:16,320

passionate drive

436

00:14:20,470 --> 00:14:19,120

as a scientist to investigate this what

437

00:14:23,910 --> 00:14:20,480

was that like

438

00:14:26,790 --> 00:14:23,920

well it was um but as you said before

439

00:14:28,389 --> 00:14:26,800

uh there's been a remarkable shift in

440

00:14:31,509 --> 00:14:28,399

public attitudes towards new death

441

00:14:34,389 --> 00:14:31,519

experiences in the last half century

442

00:14:35,670 --> 00:14:34,399

when i started out in this field no

443

00:14:38,230 --> 00:14:35,680

doctors ever heard of it

444

00:14:39,430 --> 00:14:38,240

and most who did hear of it were quite

445

00:14:41,590 --> 00:14:39,440

disbelieving

446

00:14:42,550 --> 00:14:41,600

when we first started talking in medical

447

00:14:44,310 --> 00:14:42,560

conferences

448

00:14:46,710 --> 00:14:44,320

in the early 1980s about near-death

449

00:14:48,230 --> 00:14:46,720

experiences we would get a lot of people

450

00:14:48,790 --> 00:14:48,240

coming to our presentations but there

451
00:14:51,430 --> 00:14:48,800
would be

452
00:14:52,069 --> 00:14:51,440
a very uh a silence in the in the

453
00:14:54,389 --> 00:14:52,079
audience

454
00:14:55,990 --> 00:14:54,399
when we finished and nobody quite knew

455
00:14:59,509 --> 00:14:56,000
what to make of these things

456
00:15:00,870 --> 00:14:59,519
and now when we talk about these ndes in

457
00:15:02,389 --> 00:15:00,880
medical conferences

458
00:15:03,670 --> 00:15:02,399
it's rare that a doctor doesn't get up

459
00:15:05,509 --> 00:15:03,680
from the audience and say let me tell

460
00:15:06,870 --> 00:15:05,519
you about my experience

461
00:15:08,629 --> 00:15:06,880
so i think you know one of the things i

462
00:15:10,790 --> 00:15:08,639
like about working with doctors is that

463
00:15:12,550 --> 00:15:10,800

they're a very practical group

464

00:15:14,790 --> 00:15:12,560

if it's something that will help their

465

00:15:16,790 --> 00:15:14,800

patients they want to know about it

466

00:15:18,470 --> 00:15:16,800

and clearly a lot of their patients are

467

00:15:19,910 --> 00:15:18,480

having near-death experiences

468

00:15:22,470 --> 00:15:19,920

and it affects their attitudes and

469

00:15:24,470 --> 00:15:22,480

beliefs and values and their health care

470

00:15:26,389 --> 00:15:24,480

so doctors want to know about it they

471

00:15:26,949 --> 00:15:26,399

still have i think a healthy skepticism

472

00:15:28,790 --> 00:15:26,959

about

473

00:15:30,870 --> 00:15:28,800

what causes ndes what their ultimate

474

00:15:32,389 --> 00:15:30,880

meaning is but there's no doubt in their

475

00:15:35,350 --> 00:15:32,399

minds that they do exist

476

00:15:35,990 --> 00:15:35,360

and they're fairly common you know what

477

00:15:39,030 --> 00:15:36,000

about

478

00:15:41,990 --> 00:15:39,040

the personal aspect of this because

479

00:15:43,590 --> 00:15:42,000

i did mention that there's some great

480

00:15:45,509 --> 00:15:43,600

interviews that you've done one of my

481

00:15:47,509 --> 00:15:45,519

favorites is with my friend

482

00:15:48,790 --> 00:15:47,519

rick archer from boot at the gas pump

483

00:15:49,430 --> 00:15:48,800

one of the things i really appreciate

484

00:15:51,910 --> 00:15:49,440

about your

485

00:15:53,350 --> 00:15:51,920

interview with him is you guys kind of

486

00:15:55,910 --> 00:15:53,360

separated out

487

00:15:57,030 --> 00:15:55,920

the spiritually transformative

488

00:16:00,550 --> 00:15:57,040

experience

489

00:16:02,949 --> 00:16:00,560

is super important

490

00:16:04,069 --> 00:16:02,959

on one level that's really where the

491

00:16:06,069 --> 00:16:04,079

beef is because

492

00:16:07,670 --> 00:16:06,079

people come through transformed and

493

00:16:09,910 --> 00:16:07,680

their lives show it

494

00:16:12,230 --> 00:16:09,920

but because you're a scientist and

495

00:16:14,550 --> 00:16:12,240

because you're a professional

496

00:16:15,829 --> 00:16:14,560

uh academic and medical professional

497

00:16:17,430 --> 00:16:15,839

you've had to pursue this

498

00:16:19,350 --> 00:16:17,440

kind of scientifically from a

499

00:16:21,430 --> 00:16:19,360

physiological standpoint from a research

500

00:16:23,269 --> 00:16:21,440

publishing standpoint

501
00:16:25,430 --> 00:16:23,279
like you just mentioned at conferences

502
00:16:27,030 --> 00:16:25,440
so it's great to to kind of bifurcate

503
00:16:29,509 --> 00:16:27,040
those in a way because there's two

504
00:16:30,470 --> 00:16:29,519
interesting discussions i wonder

505
00:16:34,150 --> 00:16:30,480
personally

506
00:16:36,230 --> 00:16:34,160
as uh as a man as a son

507
00:16:37,590 --> 00:16:36,240
of your parents who were you know your

508
00:16:39,990 --> 00:16:37,600
dad was chemistry guy

509
00:16:41,110 --> 00:16:40,000
very kind of nuts and bolts but then as

510
00:16:43,430 --> 00:16:41,120
a father yourself

511
00:16:44,470 --> 00:16:43,440
as a husband i mean what has this been

512
00:16:47,030 --> 00:16:44,480
like for you

513
00:16:47,910 --> 00:16:47,040

because i know anyone who studies this

514

00:16:50,870 --> 00:16:47,920

for as long as

515

00:16:52,310 --> 00:16:50,880

you have there's a personal spiritual

516

00:16:53,990 --> 00:16:52,320

transformation just for hearing these

517

00:16:55,670 --> 00:16:54,000

accounts right

518

00:16:57,350 --> 00:16:55,680

there is there is you know i was raised

519

00:16:59,509 --> 00:16:57,360

as a scientist and i

520

00:17:01,910 --> 00:16:59,519

firmly believe that science is a great

521

00:17:03,509 --> 00:17:01,920

way to learn about the world around us

522

00:17:06,150 --> 00:17:03,519

and so i still turn to that as my

523

00:17:08,470 --> 00:17:06,160

primary way of knowing what's going on

524

00:17:10,230 --> 00:17:08,480

so i tend to apply scientific methods to

525

00:17:11,669 --> 00:17:10,240

everything in my life including my

526

00:17:14,710 --> 00:17:11,679

research

527

00:17:16,630 --> 00:17:14,720

i have pursued all the physiological

528

00:17:19,990 --> 00:17:16,640

hypotheses that have been proposed

529

00:17:22,549 --> 00:17:20,000

to explain nds and rather than accepting

530

00:17:24,789 --> 00:17:22,559

or denying them i've sought out data

531

00:17:26,549 --> 00:17:24,799

to test them and all the ones i've been

532

00:17:29,590 --> 00:17:26,559

able to test so far have

533

00:17:30,950 --> 00:17:29,600

been contradicted by the data

534

00:17:33,110 --> 00:17:30,960

now there are some that we have not been

535

00:17:35,750 --> 00:17:33,120

able to test yet so they still remain

536

00:17:37,190 --> 00:17:35,760

plausible but untested and a part of me

537

00:17:39,350 --> 00:17:37,200

thinks that we may someday

538

00:17:41,190 --> 00:17:39,360

find a physiological answer for these

539

00:17:43,029 --> 00:17:41,200

things but i'm getting

540

00:17:44,630 --> 00:17:43,039

less and less convinced we ever will as

541

00:17:46,710 --> 00:17:44,640

the time goes on and we don't find

542

00:17:50,310 --> 00:17:46,720

anything that's coming close to it

543

00:17:52,150 --> 00:17:50,320

so i also i'm very aware that

544

00:17:53,510 --> 00:17:52,160

the major effect of this experience on

545

00:17:55,750 --> 00:17:53,520

people who have them

546

00:17:56,789 --> 00:17:55,760

is not what it tells them about the

547

00:17:58,950 --> 00:17:56,799

afterlife

548

00:17:59,990 --> 00:17:58,960

but what it tells them about this life

549

00:18:03,350 --> 00:18:00,000

and how to lead a more

550

00:18:05,830 --> 00:18:03,360

meaningful and fulfilling life and it is

551

00:18:07,590 --> 00:18:05,840

spiritual transformation it involves

552

00:18:09,270 --> 00:18:07,600

their relationship to other people to

553

00:18:12,230 --> 00:18:09,280

something greater than themselves

554

00:18:14,310 --> 00:18:12,240

to the universe as a whole to the divine

555

00:18:16,070 --> 00:18:14,320

and that affects everything they do

556

00:18:18,549 --> 00:18:16,080

and when you talk to people about this

557

00:18:20,150 --> 00:18:18,559

again and again over decades

558

00:18:22,950 --> 00:18:20,160

you can't help but be affected by it

559

00:18:25,270 --> 00:18:22,960

yourself and think more and more about

560

00:18:28,950 --> 00:18:25,280

what is the meaning of life why are we

561

00:18:31,669 --> 00:18:28,960

here how should we be spending our time

562

00:18:33,909 --> 00:18:31,679

you wrote a book with dr jan holden from

563

00:18:35,830 --> 00:18:33,919

the university of north texas colleague

564

00:18:37,830 --> 00:18:35,840

i i know you have a lot of a lot of

565

00:18:40,950 --> 00:18:37,840

respect for i did too

566

00:18:43,029 --> 00:18:40,960

together you both wrote the handbook of

567

00:18:43,510 --> 00:18:43,039

near-death experiences which is really

568

00:18:46,470 --> 00:18:43,520

really an

569

00:18:47,350 --> 00:18:46,480

important book on a number of levels but

570

00:18:51,110 --> 00:18:47,360

mainly because

571

00:18:53,350 --> 00:18:51,120

it's almost like a reference guide for

572

00:18:55,350 --> 00:18:53,360

healthcare professionals who encounter

573

00:18:57,990 --> 00:18:55,360

this you know nurses who

574

00:18:59,990 --> 00:18:58,000

have a patient come back and are dying

575

00:19:00,710 --> 00:19:00,000

to tell somebody but i saw this i saw

576
00:19:07,510 --> 00:19:00,720
that

577
00:19:08,870 --> 00:19:07,520
because of their own you know lack of

578
00:19:10,710 --> 00:19:08,880
knowledge would

579
00:19:12,630 --> 00:19:10,720
be dismissive towards that person or

580
00:19:14,870 --> 00:19:12,640
make that person feel less than

581
00:19:15,830 --> 00:19:14,880
than welcomed so that was a really

582
00:19:18,150 --> 00:19:15,840
important book

583
00:19:19,830 --> 00:19:18,160
and you've done a revision of it that is

584
00:19:24,390 --> 00:19:19,840
super important

585
00:19:27,190 --> 00:19:24,400
but the pushback

586
00:19:29,029 --> 00:19:27,200
against near-death experience science

587
00:19:30,950 --> 00:19:29,039
has been

588
00:19:32,870 --> 00:19:30,960

really hard to explain like the

589

00:19:34,390 --> 00:19:32,880

skeptical episode i brought up here i

590

00:19:37,110 --> 00:19:34,400

did an interview with jan holland

591

00:19:38,470 --> 00:19:37,120

and we were really i asked her to

592

00:19:41,669 --> 00:19:38,480

respond to

593

00:19:45,510 --> 00:19:41,679

an interview i did with carolyn lott who

594

00:19:47,750 --> 00:19:45,520

uh published a peer-reviewed paper

595

00:19:49,190 --> 00:19:47,760

there's nothing paranormal about

596

00:19:51,669 --> 00:19:49,200

near-death experiences

597

00:19:52,950 --> 00:19:51,679

how neuroscience can explain seeing

598

00:19:55,830 --> 00:19:52,960

bright lights

599

00:19:57,190 --> 00:19:55,840

meeting the dead or being convinced you

600

00:19:59,990 --> 00:19:57,200

are one of them

601
00:20:00,870 --> 00:20:00,000
and i love jan's quote she's actually

602
00:20:03,430 --> 00:20:00,880
quoting you

603
00:20:04,390 --> 00:20:03,440
in the interview that i did with her but

604
00:20:07,430 --> 00:20:04,400
i'm saying

605
00:20:09,830 --> 00:20:07,440
how can such schlocky just

606
00:20:10,870 --> 00:20:09,840
unprofessional research which it is i

607
00:20:14,310 --> 00:20:10,880
don't care i

608
00:20:16,870 --> 00:20:14,320
interviewed miss watt and confronted her

609
00:20:20,149 --> 00:20:16,880
with it directly her misquotes

610
00:20:22,549 --> 00:20:20,159
her complete uh rigging

611
00:20:23,190 --> 00:20:22,559
of any kind of normal interpretation of

612
00:20:26,549 --> 00:20:23,200
the data

613
00:20:28,149 --> 00:20:26,559

you would have failed this paper uh dr

614

00:20:29,830 --> 00:20:28,159

holden would have failed this paper

615

00:20:31,909 --> 00:20:29,840

would have suggested somebody

616

00:20:33,430 --> 00:20:31,919

seek a different profession if they were

617

00:20:35,430 --> 00:20:33,440

if you're in one of your classes but

618

00:20:38,070 --> 00:20:35,440

here's the quote

619

00:20:38,950 --> 00:20:38,080

i said you know what what do you make

620

00:20:41,110 --> 00:20:38,960

jan of this

621

00:20:43,190 --> 00:20:41,120

there's nothing paranormal about

622

00:20:46,549 --> 00:20:43,200

near-death experiences

623

00:20:48,549 --> 00:20:46,559

and she says well she's from texas

624

00:20:50,390 --> 00:20:48,559

she's she's you know she lives in texas

625

00:20:52,310 --> 00:20:50,400

she's nice you know she's not gonna

626

00:20:54,230 --> 00:20:52,320

i don't know the material that's out

627

00:20:55,270 --> 00:20:54,240

there actually supports a different

628

00:20:58,310 --> 00:20:55,280

conclusion

629

00:21:01,350 --> 00:20:58,320

to quote my colleague bruce grayson

630

00:21:04,870 --> 00:21:01,360

if you ignore everything paranormal

631

00:21:06,549 --> 00:21:04,880

about ndes then it's easy to conclude

632

00:21:10,630 --> 00:21:06,559

there's nothing paranormal

633

00:21:13,909 --> 00:21:10,640

about them so maybe you want to speak

634

00:21:17,350 --> 00:21:13,919

for a minute to this kind of

635

00:21:20,230 --> 00:21:17,360

over the top debunking

636

00:21:22,470 --> 00:21:20,240

that nde science has faced over the

637

00:21:25,350 --> 00:21:22,480

years

638

00:21:26,870 --> 00:21:25,360

i'm somewhat sympathetic with these um

639

00:21:28,950 --> 00:21:26,880

debunkers because

640

00:21:30,950 --> 00:21:28,960

i started out there and i understand

641

00:21:34,070 --> 00:21:30,960

where they're coming from

642

00:21:36,149 --> 00:21:34,080

and it really requires you to

643

00:21:37,990 --> 00:21:36,159

give up some of your cherished beliefs

644

00:21:39,350 --> 00:21:38,000

about how the world is constructed if

645

00:21:40,870 --> 00:21:39,360

you really want to

646

00:21:42,390 --> 00:21:40,880

take these things seriously and

647

00:21:45,669 --> 00:21:42,400

understand them

648

00:21:47,029 --> 00:21:45,679

and that is very unnerving to do i was

649

00:21:50,710 --> 00:21:47,039

tremendously unnerved when i first

650

00:21:51,669 --> 00:21:50,720

got into this field but i was confident

651
00:21:53,590 --> 00:21:51,679
that they were really

652
00:21:54,870 --> 00:21:53,600
a real phenomenon and it was important

653
00:21:56,630 --> 00:21:54,880
to understand them

654
00:21:58,149 --> 00:21:56,640
if my cherished beliefs about the world

655
00:22:00,390 --> 00:21:58,159
were wrong

656
00:22:01,430 --> 00:22:00,400
i wanted to know that i didn't want to

657
00:22:03,510 --> 00:22:01,440
continue with my

658
00:22:04,710 --> 00:22:03,520
wrong beliefs so i thought it was

659
00:22:07,909 --> 00:22:04,720
worthwhile

660
00:22:09,350 --> 00:22:07,919
risking that to uh to pursue them but i

661
00:22:10,549 --> 00:22:09,360
can understand how people would not be

662
00:22:13,029 --> 00:22:10,559
willing to do that

663
00:22:14,630 --> 00:22:13,039

i i get that on one level and i want to

664

00:22:15,430 --> 00:22:14,640

talk about that from your personal level

665

00:22:17,510 --> 00:22:15,440

of being sure

666

00:22:19,350 --> 00:22:17,520

a skeptic and being comfortable that the

667

00:22:20,630 --> 00:22:19,360

life of your life is meaningless as you

668

00:22:20,950 --> 00:22:20,640

were told and all that i want to talk

669

00:22:22,710 --> 00:22:20,960

about

670

00:22:24,149 --> 00:22:22,720

in just a minute but i want to throw

671

00:22:27,029 --> 00:22:24,159

this on the table because i wonder if

672

00:22:30,070 --> 00:22:27,039

you're willing to at least consider

673

00:22:33,510 --> 00:22:30,080

the possibility that this is

674

00:22:35,350 --> 00:22:33,520

a manufactured dissent this isn't

675

00:22:37,590 --> 00:22:35,360

genuine in the way that we think about

676

00:22:39,510 --> 00:22:37,600

it i have a hard hit and i've done this

677

00:22:41,990 --> 00:22:39,520

for years so many of these people

678

00:22:44,310 --> 00:22:42,000

and pursued them for peer-reviewed you

679

00:22:47,590 --> 00:22:44,320

know it always has to be peer-reviewed

680

00:22:51,029 --> 00:22:47,600

posing as science kind of stuff

681

00:22:54,149 --> 00:22:51,039

i just fail to believe that uh

682

00:22:54,470 --> 00:22:54,159

dr watt is sitting there doing any kind

683

00:22:58,470 --> 00:22:54,480

of

684

00:23:01,510 --> 00:22:58,480

real research that would compel her to

685

00:23:02,870 --> 00:23:01,520

respond to your paper so her response

686

00:23:04,789 --> 00:23:02,880

going through all the trouble

687

00:23:06,470 --> 00:23:04,799

and then having the right connections to

688

00:23:08,070 --> 00:23:06,480

immediately zipping it through a

689

00:23:10,149 --> 00:23:08,080

peer-review process

690

00:23:11,990 --> 00:23:10,159

it doesn't seem genuine and it doesn't

691

00:23:13,909 --> 00:23:12,000

seem genuine when you stack it up with

692

00:23:14,789 --> 00:23:13,919

all the other papers that as soon as a

693

00:23:16,630 --> 00:23:14,799

new

694

00:23:18,470 --> 00:23:16,640

significant near-death experience

695

00:23:21,830 --> 00:23:18,480

research uh

696

00:23:23,909 --> 00:23:21,840

uh effort comes out whether it's uh

697

00:23:24,950 --> 00:23:23,919

sam parney or whether it's pinball or

698

00:23:26,950 --> 00:23:24,960

whether it's you

699

00:23:28,789 --> 00:23:26,960

or whether it's evan alexander you know

700

00:23:31,990 --> 00:23:28,799

it's like

701
00:23:32,789 --> 00:23:32,000
it is organized it is immediate and the

702
00:23:36,070 --> 00:23:32,799
response

703
00:23:38,470 --> 00:23:36,080
is it seems to me that it's

704
00:23:39,990 --> 00:23:38,480
hitting a different tone it's hitting a

705
00:23:43,350 --> 00:23:40,000
tone of

706
00:23:45,750 --> 00:23:43,360
i'm not sure that we

707
00:23:47,590 --> 00:23:45,760
want to go and leave that out there

708
00:23:49,909 --> 00:23:47,600
without a response

709
00:23:51,350 --> 00:23:49,919
are you at all open to that or are you

710
00:23:53,830 --> 00:23:51,360
totally convinced that

711
00:23:55,110 --> 00:23:53,840
it is all just kind of organic gosh

712
00:23:57,510 --> 00:23:55,120
dolly g

713
00:23:58,870 --> 00:23:57,520

those guys are so wrong let me go tell

714

00:24:02,310 --> 00:23:58,880

them

715

00:24:04,950 --> 00:24:02,320

well you know doctors and scientists

716

00:24:07,830 --> 00:24:04,960

are just like everybody else they have

717

00:24:11,110 --> 00:24:07,840

the same motives the same biases

718

00:24:13,669 --> 00:24:11,120

there certainly are i'm sure some people

719

00:24:14,789 --> 00:24:13,679

who are just playing an academic game

720

00:24:16,710 --> 00:24:14,799

and trying to give

721

00:24:19,110 --> 00:24:16,720

their supervisors what they think they

722

00:24:20,950 --> 00:24:19,120

want to hear and trying to give the

723

00:24:22,390 --> 00:24:20,960

journal publishers editors what they

724

00:24:24,230 --> 00:24:22,400

think they want to hear

725

00:24:26,149 --> 00:24:24,240

but that's a small number if they do

726
00:24:27,590 --> 00:24:26,159
exist i think the vast majority of these

727
00:24:28,870 --> 00:24:27,600
quote debunkers

728
00:24:30,630 --> 00:24:28,880
are people who really believe what

729
00:24:32,789 --> 00:24:30,640
they're saying who are so

730
00:24:34,070 --> 00:24:32,799
locked into their prejudice that they

731
00:24:36,070 --> 00:24:34,080
can't accept

732
00:24:38,950 --> 00:24:36,080
the reality of anything else in that

733
00:24:41,750 --> 00:24:38,960
sense that type of

734
00:24:43,350 --> 00:24:41,760
unshape unshakable belief in materialism

735
00:24:44,470 --> 00:24:43,360
is very much like any fundamentalist

736
00:24:46,630 --> 00:24:44,480
religion

737
00:24:47,510 --> 00:24:46,640
you cannot accept any evidence that

738
00:24:49,909 --> 00:24:47,520

contradicts

739

00:24:51,269 --> 00:24:49,919

your beliefs so you don't you honestly

740

00:24:52,789 --> 00:24:51,279

don't believe it

741

00:24:54,870 --> 00:24:52,799

so i think most of these people are

742

00:24:55,909 --> 00:24:54,880

acting out of honesty with their own

743

00:24:57,110 --> 00:24:55,919

their own beliefs they're just not

744

00:24:59,830 --> 00:24:57,120

willing to

745

00:25:00,710 --> 00:24:59,840

uh accept i'm down with the most people

746

00:25:02,310 --> 00:25:00,720

part of that

747

00:25:03,669 --> 00:25:02,320

and i don't want to pursue this too much

748

00:25:05,029 --> 00:25:03,679

further but i'm going to pursue it a

749

00:25:08,549 --> 00:25:05,039

tiny bit further because

750

00:25:11,029 --> 00:25:08,559

sure what really uh

751

00:25:12,230 --> 00:25:11,039

it's only i started out really first of

752

00:25:13,590 --> 00:25:12,240

all i started out interested in

753

00:25:16,630 --> 00:25:13,600

parapsychology because

754

00:25:18,070 --> 00:25:16,640

i was i was a business guy

755

00:25:19,669 --> 00:25:18,080

and then i got done with that and i said

756

00:25:21,110 --> 00:25:19,679

i want to know the big picture questions

757

00:25:22,789 --> 00:25:21,120

who are we why are we here

758

00:25:24,710 --> 00:25:22,799

and i thought these guys you know dean

759

00:25:25,510 --> 00:25:24,720

rayden and rupert sheldrick and those

760

00:25:28,870 --> 00:25:25,520

guys were doing

761

00:25:31,430 --> 00:25:28,880

interesting real science well

762

00:25:33,110 --> 00:25:31,440

when i found the opposition to that was

763

00:25:36,310 --> 00:25:33,120

just

764

00:25:37,190 --> 00:25:36,320

despicable as uh sheldor comes out and

765

00:25:39,430 --> 00:25:37,200

says

766

00:25:41,110 --> 00:25:39,440

deceptive that they're being deceptive

767

00:25:42,230 --> 00:25:41,120

sheldrick's a cambridge biologist and

768

00:25:43,990 --> 00:25:42,240

he's a pretty

769

00:25:45,830 --> 00:25:44,000

buttoned up british guy he i don't think

770

00:25:48,950 --> 00:25:45,840

he throws around a deceptive

771

00:25:49,510 --> 00:25:48,960

scientist title very easily it started

772

00:25:53,990 --> 00:25:49,520

me

773

00:25:55,430 --> 00:25:54,000

that

774

00:25:58,470 --> 00:25:55,440

this science may have drawn the

775

00:26:01,909 --> 00:25:58,480

attention of folks who are interested

776

00:26:02,630 --> 00:26:01,919

in controlling messages controlling

777

00:26:04,310 --> 00:26:02,640

culture

778

00:26:06,149 --> 00:26:04,320

and anyone who isn't comfortable with

779

00:26:07,510 --> 00:26:06,159

that just has to wake up to

780

00:26:09,909 --> 00:26:07,520

you know the example i always use is

781

00:26:10,710 --> 00:26:09,919

gloria steinem go gloria stein was in

782

00:26:17,269 --> 00:26:10,720

the cia

783

00:26:18,789 --> 00:26:17,279

the women's movement

784

00:26:20,470 --> 00:26:18,799

it's not like she started the women's

785

00:26:21,269 --> 00:26:20,480

movement and then was recruited by the

786

00:26:24,630 --> 00:26:21,279

cia

787

00:26:27,590 --> 00:26:24,640

women's

788

00:26:28,870 --> 00:26:27,600

on other projects and then got recruited

789

00:26:31,110 --> 00:26:28,880

to join the women's movement

790

00:26:32,630 --> 00:26:31,120

this is our history it is undeniable

791

00:26:34,789 --> 00:26:32,640

they are out of her mouth

792

00:26:35,750 --> 00:26:34,799

out of the words of the people who

793

00:26:37,909 --> 00:26:35,760

control her

794

00:26:39,269 --> 00:26:37,919

i'm not suggesting that there's a

795

00:26:42,070 --> 00:26:39,279

parallel here

796

00:26:42,870 --> 00:26:42,080

with near-death experience research but

797

00:26:47,110 --> 00:26:42,880

i'm not

798

00:26:50,630 --> 00:26:47,120

totally convinced that there isn't

799

00:26:53,990 --> 00:26:50,640

a trail of breadcrumbs that are left

800

00:26:57,110 --> 00:26:54,000

for people to pursue a certain line of

801
00:26:59,669 --> 00:26:57,120
attack against this research that

802
00:27:01,110 --> 00:26:59,679
that shouldn't there shouldn't be that

803
00:27:02,549 --> 00:27:01,120
kind of dissent

804
00:27:04,070 --> 00:27:02,559
like you just mentioned you know the

805
00:27:07,110 --> 00:27:04,080
kind of research that you and your

806
00:27:09,990 --> 00:27:07,120
colleagues have done has been

807
00:27:12,070 --> 00:27:10,000
like what we would expect to see oh is

808
00:27:14,710 --> 00:27:12,080
this the last gasp of a dying brain

809
00:27:16,470 --> 00:27:14,720
well let's check oxygen levels let's

810
00:27:17,029 --> 00:27:16,480
check if there's other chemicals in the

811
00:27:19,830 --> 00:27:17,039
system

812
00:27:20,630 --> 00:27:19,840
let's check all these things on all this

813
00:27:23,350 --> 00:27:20,640

kind of

814

00:27:25,190 --> 00:27:23,360

debunking research there's none of that

815

00:27:27,590 --> 00:27:25,200

there is virtually no research

816

00:27:30,070 --> 00:27:27,600

most of the time they've never even

817

00:27:32,630 --> 00:27:30,080

talked to anyone who's experienced

818

00:27:33,510 --> 00:27:32,640

this near-death encounter kind of thing

819

00:27:37,269 --> 00:27:33,520

so

820

00:27:39,830 --> 00:27:37,279

i'll let it go after this but

821

00:27:42,710 --> 00:27:39,840

maybe i'll let it go now i won't require

822

00:27:45,750 --> 00:27:42,720

that you comment on that but that is

823

00:27:47,909 --> 00:27:45,760

my inevitable conclusion to it

824

00:27:48,789 --> 00:27:47,919

well alex let me just say that there

825

00:27:51,430 --> 00:27:48,799

definitely are

826
00:27:51,909 --> 00:27:51,440
people who are diehard materialists who

827
00:27:54,310 --> 00:27:51,919
will not

828
00:27:55,510 --> 00:27:54,320
look at all the evidence and insist they

829
00:27:57,990 --> 00:27:55,520
know the truth

830
00:27:59,350 --> 00:27:58,000
on the other hand i know die-hard people

831
00:28:00,149 --> 00:27:59,360
with a religious or spiritual

832
00:28:01,990 --> 00:28:00,159
perspective

833
00:28:03,269 --> 00:28:02,000
who will not look at any contradictory

834
00:28:04,789 --> 00:28:03,279
evidence also

835
00:28:06,950 --> 00:28:04,799
so that's that's just human nature that

836
00:28:07,750 --> 00:28:06,960
some people are so locked into their own

837
00:28:09,269 --> 00:28:07,760
viewpoint

838
00:28:11,110 --> 00:28:09,279

they are not willing to look at the

839

00:28:12,630 --> 00:28:11,120

evidence that contradicts them

840

00:28:14,789 --> 00:28:12,640

fortunately i think the vast majority of

841

00:28:18,789 --> 00:28:14,799

new death researchers are not like that

842

00:28:19,909 --> 00:28:18,799

they're honest open skeptical scientists

843

00:28:21,750 --> 00:28:19,919

you know the other thing that you

844

00:28:22,470 --> 00:28:21,760

mentioned a minute ago that i wanted to

845

00:28:26,789 --> 00:28:22,480

circle back

846

00:28:27,350 --> 00:28:26,799

on is do you think that people in the

847

00:28:30,149 --> 00:28:27,360

medical

848

00:28:30,789 --> 00:28:30,159

field kind of have a little bit of a leg

849

00:28:33,830 --> 00:28:30,799

up

850

00:28:37,590 --> 00:28:33,840

kind of from a philosophical standpoint

851

00:28:39,269 --> 00:28:37,600

or from a patient doctor relationship

852

00:28:41,350 --> 00:28:39,279

you mentioned that and i think that's

853

00:28:42,230 --> 00:28:41,360

definitely true do you want to speak to

854

00:28:43,750 --> 00:28:42,240

that at all

855

00:28:45,590 --> 00:28:43,760

yeah i think it is true i think that's

856

00:28:46,389 --> 00:28:45,600

one of the reasons i like working with

857

00:28:48,549 --> 00:28:46,399

doctors

858

00:28:49,830 --> 00:28:48,559

you know a lot of scientists especially

859

00:28:52,070 --> 00:28:49,840

basic scientists

860

00:28:53,590 --> 00:28:52,080

uh come at it from a theoretical

861

00:28:55,350 --> 00:28:53,600

perspective

862

00:28:56,789 --> 00:28:55,360

and of course they want to understand

863

00:28:57,990 --> 00:28:56,799

how things work

864

00:29:00,950 --> 00:28:58,000

and if they can't understand it they

865

00:29:01,750 --> 00:29:00,960

don't accept it doctors and even more so

866

00:29:04,070 --> 00:29:01,760

nurses

867

00:29:05,350 --> 00:29:04,080

are very practical people they want to

868

00:29:06,710 --> 00:29:05,360

do what works

869

00:29:07,750 --> 00:29:06,720

and if they can't understand how it

870

00:29:08,789 --> 00:29:07,760

works if they don't understand the

871

00:29:10,310 --> 00:29:08,799

mechanism

872

00:29:12,470 --> 00:29:10,320

okay that's too bad but we know it works

873

00:29:13,750 --> 00:29:12,480

so we'll use it and that makes them

874

00:29:15,909 --> 00:29:13,760

different from

875

00:29:17,990 --> 00:29:15,919

scientists who say i need to understand

876

00:29:19,430 --> 00:29:18,000

it before i'm going to use it

877

00:29:21,110 --> 00:29:19,440

so i think for that reason doctors and

878

00:29:22,230 --> 00:29:21,120

nurses are very practical their major

879

00:29:24,710 --> 00:29:22,240

concern is

880

00:29:27,750 --> 00:29:24,720

will this help or hurt my patient not do

881

00:29:31,510 --> 00:29:27,760

we understand how it works

882

00:29:35,269 --> 00:29:31,520

great so in the book after

883

00:29:36,950 --> 00:29:35,279

you not only talk about that kind of

884

00:29:39,510 --> 00:29:36,960

transformation that we're talking about

885

00:29:41,909 --> 00:29:39,520

and what it means for people's lives and

886

00:29:43,510 --> 00:29:41,919

some of the problems and opportunities

887

00:29:45,350 --> 00:29:43,520

you know because it isn't always

888

00:29:47,510 --> 00:29:45,360

perfect as you point out in the book

889

00:29:49,029 --> 00:29:47,520

there is some transition a lot of times

890

00:29:49,350 --> 00:29:49,039

that people have to do when they return

891

00:29:52,870 --> 00:29:49,360

and

892

00:29:55,430 --> 00:29:52,880

their life aren't changed but that's

893

00:29:56,870 --> 00:29:55,440

really kind of a minor topic

894

00:29:58,630 --> 00:29:56,880

because the question i really wanted to

895

00:30:01,669 --> 00:29:58,640

ask you is could you

896

00:30:05,350 --> 00:30:01,679

recall what were maybe

897

00:30:07,669 --> 00:30:05,360

one or two of the most

898

00:30:09,350 --> 00:30:07,679

significant kind of breakthrough moments

899

00:30:11,590 --> 00:30:09,360

for you scientifically

900

00:30:13,029 --> 00:30:11,600

where you maybe went into some research

901
00:30:15,510 --> 00:30:13,039
and i always like hearing

902
00:30:16,070 --> 00:30:15,520
when scientists say i went into the

903
00:30:17,350 --> 00:30:16,080
research

904
00:30:19,830 --> 00:30:17,360
and i really didn't know how it was

905
00:30:21,830 --> 00:30:19,840
going to come out and i was afraid that

906
00:30:23,350 --> 00:30:21,840
you know maybe it was going to come out

907
00:30:25,909 --> 00:30:23,360
and i was going to have to go

908
00:30:27,909 --> 00:30:25,919
nope i guess i was wrong you know did

909
00:30:29,830 --> 00:30:27,919
you ever have any of those moments

910
00:30:31,830 --> 00:30:29,840
where you were kind of holding your

911
00:30:33,430 --> 00:30:31,840
breath to see how it would come out

912
00:30:34,870 --> 00:30:33,440
sure sure i think that's that's the

913
00:30:36,470 --> 00:30:34,880

essence of science

914

00:30:38,149 --> 00:30:36,480

you know the great lewis thomas wrote

915

00:30:38,950 --> 00:30:38,159

that great science if it's really

916

00:30:40,310 --> 00:30:38,960

science

917

00:30:42,630 --> 00:30:40,320

is something that you don't know how

918

00:30:46,149 --> 00:30:42,640

it's going to turn out um

919

00:30:49,190 --> 00:30:46,159

you know one of the one of the most uh

920

00:30:50,950 --> 00:30:49,200

impactful events for me in this was when

921

00:30:53,909 --> 00:30:50,960

i developed this near-death experience

922

00:30:55,269 --> 00:30:53,919

scale to standardize research into ndes

923

00:30:55,750 --> 00:30:55,279

so we know we'd all be talking about the

924

00:30:58,710 --> 00:30:55,760

same

925

00:31:00,230 --> 00:30:58,720

phenomenon because originally all the

926
00:31:02,310 --> 00:31:00,240
near-death researchers were rocking

927
00:31:03,350 --> 00:31:02,320
isolation with no one else at their own

928
00:31:04,710 --> 00:31:03,360
university

929
00:31:06,389 --> 00:31:04,720
and i wasn't sure we were all talking

930
00:31:07,190 --> 00:31:06,399
about the same thing so we developed a

931
00:31:08,710 --> 00:31:07,200
scale

932
00:31:10,389 --> 00:31:08,720
through our elaborate statistical

933
00:31:11,830 --> 00:31:10,399
process to come up with

934
00:31:14,310 --> 00:31:11,840
a way of defining what our native

935
00:31:16,870 --> 00:31:14,320
experiences for research purposes

936
00:31:19,590 --> 00:31:16,880
and that was in use for maybe a decade

937
00:31:21,830 --> 00:31:19,600
or so when i was approached by two

938
00:31:23,430 --> 00:31:21,840

um skeptical statisticians who i did not

939

00:31:25,750 --> 00:31:23,440

know

940

00:31:26,710 --> 00:31:25,760

and they had they had been using this

941

00:31:28,389 --> 00:31:26,720

unusual

942

00:31:30,070 --> 00:31:28,399

and very sophisticated test called the

943

00:31:32,470 --> 00:31:30,080

rash analysis

944

00:31:34,789 --> 00:31:32,480

to analyze whether a scale was really

945

00:31:37,350 --> 00:31:34,799

worthwhile whether it was really valid

946

00:31:38,070 --> 00:31:37,360

and they wanted to apply the scale to my

947

00:31:40,070 --> 00:31:38,080

data

948

00:31:41,430 --> 00:31:40,080

to see whether my scale was really

949

00:31:42,710 --> 00:31:41,440

worthwhile

950

00:31:44,950 --> 00:31:42,720

and i thought about this i didn't

951
00:31:47,190 --> 00:31:44,960
understand the test it was way beyond my

952
00:31:48,470 --> 00:31:47,200
my level of understanding of statistics

953
00:31:50,870 --> 00:31:48,480
and there are people i didn't know

954
00:31:52,549 --> 00:31:50,880
i didn't know how honest or how

955
00:31:54,789 --> 00:31:52,559
open-minded they were

956
00:31:56,950 --> 00:31:54,799
and they wanted they wanted access to my

957
00:31:58,149 --> 00:31:56,960
raw data to test the scale

958
00:32:00,470 --> 00:31:58,159
and i thought about it and thought well

959
00:32:02,950 --> 00:32:00,480
do i want to risk having all this

960
00:32:03,590 --> 00:32:02,960
credibility destroyed by this on the

961
00:32:06,230 --> 00:32:03,600
other hand

962
00:32:06,630 --> 00:32:06,240
if the scale doesn't work i want to know

963
00:32:08,230 --> 00:32:06,640

that

964

00:32:09,909 --> 00:32:08,240

i don't want to keep using it promoting

965

00:32:11,110 --> 00:32:09,919

it if it isn't really a valid can we

966

00:32:12,630 --> 00:32:11,120

pause one second there

967

00:32:14,149 --> 00:32:12,640

i want to make sure everyone understands

968

00:32:15,909 --> 00:32:14,159

what we're talking about so this is

969

00:32:18,789 --> 00:32:15,919

known as the grayson scale

970

00:32:19,430 --> 00:32:18,799

after your name and what are some of the

971

00:32:22,070 --> 00:32:19,440

factors

972

00:32:23,509 --> 00:32:22,080

that you found in these massive number

973

00:32:25,830 --> 00:32:23,519

of accounts that you collected

974

00:32:26,549 --> 00:32:25,840

and then statistically analyzed and

975

00:32:29,190 --> 00:32:26,559

organized

976
00:32:31,029 --> 00:32:29,200
into some repeatable patterns that come

977
00:32:31,350 --> 00:32:31,039
up on the scale just so people know like

978
00:32:34,549 --> 00:32:31,360
what

979
00:32:36,389 --> 00:32:34,559
items on the grayson scale that these

980
00:32:38,149 --> 00:32:36,399
guys then further analyzed

981
00:32:41,110 --> 00:32:38,159
right i never called it the grayson

982
00:32:43,269 --> 00:32:41,120
scale i called it the nde scale

983
00:32:45,029 --> 00:32:43,279
and other people have just called it the

984
00:32:47,269 --> 00:32:45,039
great grayson skull as a shortcut

985
00:32:48,389 --> 00:32:47,279
but i never called it that and i'm not

986
00:32:49,750 --> 00:32:48,399
particularly happy with that being

987
00:32:53,029 --> 00:32:49,760
called but anyway

988
00:32:55,430 --> 00:32:53,039

the scale includes 16 items includes

989

00:32:56,870 --> 00:32:55,440

changes in your thought processes like

990

00:32:57,269 --> 00:32:56,880

thoughts becoming faster than ever

991

00:33:00,389 --> 00:32:57,279

before

992

00:33:02,630 --> 00:33:00,399

review

993

00:33:03,990 --> 00:33:02,640

it includes emotional changes like

994

00:33:05,590 --> 00:33:04,000

feeling of overwhelming peace and

995

00:33:08,070 --> 00:33:05,600

well-being

996

00:33:09,909 --> 00:33:08,080

a sense of being one with the universe a

997

00:33:11,990 --> 00:33:09,919

sense of being

998

00:33:13,509 --> 00:33:12,000

encapsulated by unconditional love from

999

00:33:15,509 --> 00:33:13,519

a being of light

1000

00:33:16,870 --> 00:33:15,519

it includes so-called paranormal things

1001

00:33:19,430 --> 00:33:16,880

like a sense of

1002

00:33:21,029 --> 00:33:19,440

leaving the physical body and seeing

1003

00:33:23,110 --> 00:33:21,039

things beyond the range of your senses

1004

00:33:24,789 --> 00:33:23,120

so-called extra sensory perception

1005

00:33:27,750 --> 00:33:24,799

it includes free cognitive visions of

1006

00:33:30,149 --> 00:33:27,760

the future and it includes

1007

00:33:31,029 --> 00:33:30,159

so-called otherworldly things being in

1008

00:33:33,190 --> 00:33:31,039

some other

1009

00:33:34,070 --> 00:33:33,200

non-physical realm or dimension

1010

00:33:36,230 --> 00:33:34,080

encountering

1011

00:33:38,389 --> 00:33:36,240

what seemed to be entities not of this

1012

00:33:40,789 --> 00:33:38,399

world deities or deceased

1013

00:33:42,549 --> 00:33:40,799

spirits and finally coming to a point of

1014

00:33:45,590 --> 00:33:42,559

no return beyond which you can't

1015

00:33:48,310 --> 00:33:45,600

go and still return to life

1016

00:33:50,230 --> 00:33:48,320

so there are 16 of these items that were

1017

00:33:51,750 --> 00:33:50,240

most commonly reported by near-death

1018

00:33:52,549 --> 00:33:51,760

experiences and which most easily

1019

00:33:55,110 --> 00:33:52,559

differentiated

1020

00:33:57,110 --> 00:33:55,120

ndes from other responses to a brush

1021

00:33:59,830 --> 00:33:57,120

with death

1022

00:34:01,509 --> 00:33:59,840

so that's what the scale was and

1023

00:34:03,110 --> 00:34:01,519

eventually i decided i needed to know if

1024

00:34:06,549 --> 00:34:03,120

it really worked or not

1025

00:34:09,589 --> 00:34:06,559

so i gave these two scholars jim horan

1026

00:34:11,669 --> 00:34:09,599

and renzo lang access to all my raw data

1027

00:34:14,069 --> 00:34:11,679

i thought it was around 600 or so near

1028

00:34:16,710 --> 00:34:14,079

death experiences responses on the scale

1029

00:34:17,270 --> 00:34:16,720

and they proceeded to analyze it and

1030

00:34:19,909 --> 00:34:17,280

months

1031

00:34:21,430 --> 00:34:19,919

went by before i heard from them and i

1032

00:34:22,389 --> 00:34:21,440

was nervous i didn't know what to expect

1033

00:34:25,030 --> 00:34:22,399

from this

1034

00:34:26,310 --> 00:34:25,040

but i had to go with it that's you know

1035

00:34:27,589 --> 00:34:26,320

if you're going to be skeptical

1036

00:34:29,990 --> 00:34:27,599

you have to be skeptical about your own

1037

00:34:31,909 --> 00:34:30,000

ideas as well as everyone else's so

1038

00:34:33,669 --> 00:34:31,919

i gave them all the data and waited and

1039

00:34:35,109 --> 00:34:33,679

waited and waited

1040

00:34:37,430 --> 00:34:35,119

and after a few months they came back

1041

00:34:41,109 --> 00:34:37,440

with the answer that the scale

1042

00:34:45,829 --> 00:34:41,119

was valid it produced

1043

00:34:47,030 --> 00:34:45,839

a reasonable measure of one experience

1044

00:34:48,950 --> 00:34:47,040

there were some things that they

1045

00:34:52,629 --> 00:34:48,960

corrected with my scale for example

1046

00:34:54,149 --> 00:34:52,639

in my scale each item had three possible

1047

00:34:55,829 --> 00:34:54,159

responses

1048

00:34:57,510 --> 00:34:55,839

and they said their analysis showed you

1049

00:34:59,109 --> 00:34:57,520

didn't need three that two was fine

1050

00:35:00,950 --> 00:34:59,119

if they were just yes or no that would

1051
00:35:02,150 --> 00:35:00,960
give you as much information

1052
00:35:04,470 --> 00:35:02,160
but they concluded that the scale

1053
00:35:07,670 --> 00:35:04,480
measured one uh coherent

1054
00:35:11,270 --> 00:35:07,680
experience that was the same across uh

1055
00:35:13,510 --> 00:35:11,280
gender race religiosity length of time

1056
00:35:15,589 --> 00:35:13,520
since the experience and so forth

1057
00:35:16,950 --> 00:35:15,599
and that really validated my experience

1058
00:35:20,230 --> 00:35:16,960
my scale

1059
00:35:23,430 --> 00:35:20,240
and this scale dr grayson has been

1060
00:35:25,349 --> 00:35:23,440
kind of the foundational piece in

1061
00:35:27,589 --> 00:35:25,359
just a lot of research that's been

1062
00:35:30,790 --> 00:35:27,599
published around the world by

1063
00:35:33,510 --> 00:35:30,800

labs outside of university of virginia

1064

00:35:34,870 --> 00:35:33,520

that's maybe take it to the next step

1065

00:35:37,589 --> 00:35:34,880

and explain to people

1066

00:35:38,550 --> 00:35:37,599

how someone has how some folks have used

1067

00:35:40,630 --> 00:35:38,560

the scale

1068

00:35:41,829 --> 00:35:40,640

to kind of move this research forward

1069

00:35:44,310 --> 00:35:41,839

yeah it's it's been

1070

00:35:46,069 --> 00:35:44,320

translated into about 20 languages and

1071

00:35:49,030 --> 00:35:46,079

it's been used in hundreds of studies

1072

00:35:50,150 --> 00:35:49,040

all around the world and it's it's kind

1073

00:35:52,790 --> 00:35:50,160

of the main way now

1074

00:35:54,069 --> 00:35:52,800

of identifying and quantifying the depth

1075

00:35:56,310 --> 00:35:54,079

of a near-death experience

1076
00:35:57,349 --> 00:35:56,320
it's very helpful in research to make

1077
00:35:59,270 --> 00:35:57,359
sure you have

1078
00:36:00,390 --> 00:35:59,280
a coherent sample of one consistent

1079
00:36:01,750 --> 00:36:00,400
phenomenon

1080
00:36:03,430 --> 00:36:01,760
it's not helpful in dealing with an

1081
00:36:05,349 --> 00:36:03,440
individual experiencer for example if

1082
00:36:07,670 --> 00:36:05,359
someone says to me

1083
00:36:09,109 --> 00:36:07,680
i was pronounced dead i had this

1084
00:36:11,670 --> 00:36:09,119
incredible experience

1085
00:36:12,870 --> 00:36:11,680
and i am forever transformed by it and

1086
00:36:13,829 --> 00:36:12,880
you give them the skill and they score

1087
00:36:15,190 --> 00:36:13,839
too low

1088
00:36:17,270 --> 00:36:15,200

to be qualified as a near-death

1089

00:36:18,550 --> 00:36:17,280

experience you can't tell them they

1090

00:36:20,630 --> 00:36:18,560

didn't have a near-death experience

1091

00:36:22,470 --> 00:36:20,640

they clearly had a transformable

1092

00:36:24,230 --> 00:36:22,480

transformative spiritual event

1093

00:36:26,069 --> 00:36:24,240

when they were in close to death or

1094

00:36:27,190 --> 00:36:26,079

pronounced dead that's on your death

1095

00:36:29,109 --> 00:36:27,200

experience

1096

00:36:30,950 --> 00:36:29,119

so it doesn't help you in defining an

1097

00:36:33,670 --> 00:36:30,960

nde for an individual person

1098

00:36:36,630 --> 00:36:33,680

but it's helpful in looking at a large

1099

00:36:39,990 --> 00:36:36,640

sample of research subjects

1100

00:36:42,630 --> 00:36:40,000

so it's been used by that over the last

1101

00:36:43,190 --> 00:36:42,640

40 years uh in all different types of

1102

00:36:45,430 --> 00:36:43,200

study

1103

00:36:47,510 --> 00:36:45,440

now there are some questions now about

1104

00:36:49,270 --> 00:36:47,520

whether it needs to be updated

1105

00:36:50,710 --> 00:36:49,280

because we've learned a lot about ndes

1106

00:36:52,230 --> 00:36:50,720

since the scale was first developed in

1107

00:36:53,990 --> 00:36:52,240

the early 1980s

1108

00:36:55,270 --> 00:36:54,000

and i'm working with some people now to

1109

00:36:55,990 --> 00:36:55,280

look at whether they should change it

1110

00:36:59,030 --> 00:36:56,000

and if so

1111

00:37:02,150 --> 00:36:59,040

how interesting any

1112

00:37:04,069 --> 00:37:02,160

study from the grayson scale i've got to

1113

00:37:07,190 --> 00:37:04,079

use that term i'm sorry

1114

00:37:10,390 --> 00:37:07,200

that that it wasn't in at the uva

1115

00:37:14,150 --> 00:37:10,400

but you thought was particularly

1116

00:37:16,470 --> 00:37:14,160

interesting or novel way of applying it

1117

00:37:18,230 --> 00:37:16,480

uh well there are a number of scales all

1118

00:37:19,750 --> 00:37:18,240

over the country um

1119

00:37:21,430 --> 00:37:19,760

you know there's a group in university

1120

00:37:23,750 --> 00:37:21,440

of asia in belgium

1121

00:37:25,589 --> 00:37:23,760

in steve laurie's lab and he's got some

1122

00:37:27,030 --> 00:37:25,599

great uh young researchers there who are

1123

00:37:29,670 --> 00:37:27,040

using it um

1124

00:37:30,310 --> 00:37:29,680

charlotte martial vanessa uh charlene

1125

00:37:32,870 --> 00:37:30,320

verville

1126

00:37:34,230 --> 00:37:32,880

and elaine kassel who are doing very

1127

00:37:36,790 --> 00:37:34,240

innovative work with

1128

00:37:38,310 --> 00:37:36,800

samples of new death experiencers using

1129

00:37:39,829 --> 00:37:38,320

my scout to define them

1130

00:37:41,910 --> 00:37:39,839

this group in new zealand brought headed

1131

00:37:43,109 --> 00:37:41,920

by natasha tassell matamua who are using

1132

00:37:45,990 --> 00:37:43,119

the scale

1133

00:37:46,630 --> 00:37:46,000

that's been used by teams in in italy um

1134

00:37:49,589 --> 00:37:46,640

of course in

1135

00:37:50,870 --> 00:37:49,599

several in the uk and throughout the

1136

00:37:52,550 --> 00:37:50,880

united states as well

1137

00:37:54,630 --> 00:37:52,560

one example that i found super

1138

00:37:58,150 --> 00:37:54,640

interesting is this idea that

1139

00:38:00,550 --> 00:37:58,160

you looked at you are a psychiatrist

1140

00:38:02,150 --> 00:38:00,560

uh he you've looked at her i'm not sure

1141

00:38:05,510 --> 00:38:02,160

if other people looked at

1142

00:38:06,390 --> 00:38:05,520

mental health and in these and i think

1143

00:38:09,589 --> 00:38:06,400

again this is where

1144

00:38:11,670 --> 00:38:09,599

the scale can kind of help right

1145

00:38:13,750 --> 00:38:11,680

right right well you know being a

1146

00:38:15,430 --> 00:38:13,760

psychiatrist i have access to

1147

00:38:17,190 --> 00:38:15,440

large numbers of people with mental

1148

00:38:19,910 --> 00:38:17,200

illness um

1149

00:38:21,349 --> 00:38:19,920

so i looked at that the association

1150

00:38:22,870 --> 00:38:21,359

between mental illness and near-death

1151

00:38:25,190 --> 00:38:22,880

experiences

1152

00:38:26,950 --> 00:38:25,200

and first i looked at a large sample of

1153

00:38:28,550 --> 00:38:26,960

near-death experiencers

1154

00:38:30,950 --> 00:38:28,560

and gave them a screening questionnaire

1155

00:38:32,550 --> 00:38:30,960

for symptoms of mental illness

1156

00:38:33,990 --> 00:38:32,560

and i found that their rate of mental

1157

00:38:37,190 --> 00:38:34,000

illness was the same

1158

00:38:39,990 --> 00:38:37,200

as the general population so

1159

00:38:40,790 --> 00:38:40,000

people with ndes have the same amount of

1160

00:38:43,910 --> 00:38:40,800

mental illness

1161

00:38:44,950 --> 00:38:43,920

as everybody else does then i looked at

1162

00:38:47,990 --> 00:38:44,960

people who were

1163

00:38:49,510 --> 00:38:48,000

seeking psychiatric help and i looked at

1164

00:38:50,790 --> 00:38:49,520

everyone who came to the psychiatric

1165

00:38:52,310 --> 00:38:50,800

clinic over the course of a year some

1166

00:38:53,750 --> 00:38:52,320

800 people

1167

00:38:55,670 --> 00:38:53,760

and asked them if they had been ever

1168

00:38:58,710 --> 00:38:55,680

been close to death and if so

1169

00:39:01,829 --> 00:38:58,720

i had them fill out my nde scale

1170

00:39:03,750 --> 00:39:01,839

and when i found that was almost 20

1171

00:39:05,270 --> 00:39:03,760

of them had a near-death experience

1172

00:39:06,870 --> 00:39:05,280

which is about the same as the general

1173

00:39:07,829 --> 00:39:06,880

population of people who come close to

1174

00:39:10,150 --> 00:39:07,839

death

1175

00:39:12,150 --> 00:39:10,160

so again mental illness does not seem to

1176

00:39:15,109 --> 00:39:12,160

have any particular relation with

1177

00:39:17,030 --> 00:39:15,119

near-death experiences we also looked at

1178

00:39:19,510 --> 00:39:17,040

specific types of mental illness

1179

00:39:20,230 --> 00:39:19,520

that might be theoretically associated

1180

00:39:22,710 --> 00:39:20,240

with

1181

00:39:23,910 --> 00:39:22,720

um near-death experiences post-traumatic

1182

00:39:26,230 --> 00:39:23,920

stress disorder

1183

00:39:27,030 --> 00:39:26,240

um dissociation and so forth and we

1184

00:39:29,430 --> 00:39:27,040

found that

1185

00:39:30,230 --> 00:39:29,440

they were not the same thing that those

1186

00:39:33,510 --> 00:39:30,240

those

1187

00:39:34,950 --> 00:39:33,520

uh psychiatric diagnoses um did not

1188

00:39:36,310 --> 00:39:34,960

apply to people with new death

1189

00:39:37,990 --> 00:39:36,320

experiences

1190

00:39:39,430 --> 00:39:38,000

let me switch gears for a minute and ask

1191

00:39:41,750 --> 00:39:39,440

you a kind of

1192

00:39:42,950 --> 00:39:41,760

really really big picture question you

1193

00:39:47,670 --> 00:39:42,960

know

1194

00:39:50,630 --> 00:39:47,680

max planck said you can't get behind

1195

00:39:53,109 --> 00:39:50,640

consciousness right which kind of takes

1196

00:39:56,310 --> 00:39:53,119

us in a whole other direction about

1197

00:39:58,310 --> 00:39:56,320

what we're even doing you know so we're

1198

00:40:00,310 --> 00:39:58,320

post materialistic science all those

1199

00:40:02,870 --> 00:40:00,320

dummies back there

1200

00:40:04,390 --> 00:40:02,880

but are we considering the possibility

1201

00:40:06,069 --> 00:40:04,400

that

1202

00:40:08,069 --> 00:40:06,079

maybe our understanding of these

1203

00:40:10,870 --> 00:40:08,079

extended consciousness realms

1204

00:40:12,950 --> 00:40:10,880

we're dragging along some of our kind of

1205

00:40:13,270 --> 00:40:12,960

i always say backdoor materialism kind

1206

00:40:15,750 --> 00:40:13,280

of

1207

00:40:17,430 --> 00:40:15,760

look at how things are organized and how

1208

00:40:19,430 --> 00:40:17,440

things work i mean

1209

00:40:21,670 --> 00:40:19,440

if there's nothing behind consciousness

1210

00:40:24,069 --> 00:40:21,680

are we in consciousness

1211

00:40:25,270 --> 00:40:24,079

all the time both when we're not in a

1212

00:40:26,550 --> 00:40:25,280

near-death experience

1213

00:40:28,950 --> 00:40:26,560

and when we're in a near-death

1214

00:40:31,430 --> 00:40:28,960

experience and when we're in a

1215

00:40:32,230 --> 00:40:31,440

in theogen experience and all the rest

1216

00:40:34,069 --> 00:40:32,240

of it i'm sure

1217

00:40:35,270 --> 00:40:34,079

you've thought deeply about this what

1218

00:40:37,589 --> 00:40:35,280

are your thoughts about

1219

00:40:39,109 --> 00:40:37,599

the larger questions of consciousness i

1220

00:40:40,309 --> 00:40:39,119

think you have to look at those things

1221

00:40:42,550 --> 00:40:40,319

you have to keep going with them

1222

00:40:44,790 --> 00:40:42,560

with an open mind you know i grew up

1223

00:40:47,030 --> 00:40:44,800

with the idea that most people have that

1224

00:40:48,230 --> 00:40:47,040

the mind is what the brain does that all

1225

00:40:50,630 --> 00:40:48,240

our thoughts and feelings and

1226

00:40:51,829 --> 00:40:50,640

perceptions are created by the brain

1227

00:40:54,309 --> 00:40:51,839

that certainly seems that way in

1228

00:40:55,990 --> 00:40:54,319

everyday life when you get intoxicated

1229

00:40:57,670 --> 00:40:56,000

uh you don't think very clearly when you

1230

00:40:59,190 --> 00:40:57,680

get here on the head or have a stroke

1231

00:41:01,990 --> 00:40:59,200

that affects your thinking so clearly

1232

00:41:02,870 --> 00:41:02,000

the brain is instrumental in our in our

1233

00:41:04,950 --> 00:41:02,880

thoughts

1234

00:41:06,309 --> 00:41:04,960

um and it's only in extreme

1235

00:41:07,670 --> 00:41:06,319

circumstances like near-death

1236

00:41:10,710 --> 00:41:07,680

experiences

1237

00:41:13,670 --> 00:41:10,720

when the brain seems to be offline or

1238

00:41:15,109 --> 00:41:13,680

severely limited and consciousness seems

1239

00:41:16,950 --> 00:41:15,119

to be expanding

1240

00:41:18,390 --> 00:41:16,960

people think clearer than ever before

1241

00:41:19,349 --> 00:41:18,400

they have perceptions more vivid than

1242

00:41:21,750 --> 00:41:19,359

ever before

1243

00:41:23,589 --> 00:41:21,760

when the brain seems to be incapable of

1244

00:41:25,510 --> 00:41:23,599

forming a thought

1245

00:41:27,670 --> 00:41:25,520

and we see this in other substances as

1246

00:41:30,230 --> 00:41:27,680

well there's a phenomenon called

1247

00:41:32,470 --> 00:41:30,240

terminal lucidity in people with end

1248

00:41:34,230 --> 00:41:32,480

stage dementia like alzheimer's disease

1249

00:41:35,910 --> 00:41:34,240

who have not recognized family for

1250

00:41:36,950 --> 00:41:35,920

decades and have not been able to

1251

00:41:39,030 --> 00:41:36,960

communicate

1252

00:41:40,710 --> 00:41:39,040

suddenly became totally lucid in the

1253

00:41:42,390 --> 00:41:40,720

hours before they die

1254

00:41:44,069 --> 00:41:42,400

and they recognize family and carry on

1255

00:41:46,470 --> 00:41:44,079

coherent conversations

1256

00:41:48,390 --> 00:41:46,480

and they collapse and there is no

1257

00:41:49,750 --> 00:41:48,400

medical explanation for this

1258

00:41:51,510 --> 00:41:49,760

someone with advanced alzheimer's

1259

00:41:52,550 --> 00:41:51,520

disease does not regenerate the brain

1260

00:41:55,430 --> 00:41:52,560

and become

1261

00:41:57,270 --> 00:41:55,440

you know incapable of thinking again the

1262

00:42:00,790 --> 00:41:57,280

brain cannot be involved in this

1263

00:42:03,030 --> 00:42:00,800

and yet the consciousness does

1264

00:42:04,710 --> 00:42:03,040

so clearly it seems to me that

1265

00:42:08,470 --> 00:42:04,720

consciousness can exist

1266

00:42:09,990 --> 00:42:08,480

without the help of the brain

1267

00:42:11,829 --> 00:42:10,000

that raises the question of whether can

1268

00:42:13,030 --> 00:42:11,839

continue to do so after the brain dies

1269

00:42:15,190 --> 00:42:13,040

after our bodies die

1270

00:42:17,430 --> 00:42:15,200

is conscious is still there i think you

1271

00:42:18,630 --> 00:42:17,440

answer that over and over again but i i

1272

00:42:21,510 --> 00:42:18,640

gotta say you know

1273

00:42:22,150 --> 00:42:21,520

you're kind of staying on the scientific

1274

00:42:25,430 --> 00:42:22,160

uh

1275

00:42:27,349 --> 00:42:25,440

medical track which is great but i was

1276

00:42:30,150 --> 00:42:27,359

surprised to hear

1277

00:42:31,750 --> 00:42:30,160

you talk about god and uh you know

1278

00:42:33,990 --> 00:42:31,760

you're really stepping out there

1279

00:42:35,910 --> 00:42:34,000

and saying hey that's where the data

1280

00:42:36,790 --> 00:42:35,920

leads and you know i first heard that

1281

00:42:39,190 --> 00:42:36,800

from

1282

00:42:40,710 --> 00:42:39,200

jeff long a colleague and i know you

1283

00:42:41,190 --> 00:42:40,720

have a lot of respect for jeff and i do

1284

00:42:44,950 --> 00:42:41,200

too

1285

00:42:46,790 --> 00:42:44,960

radiation oncologist in louisiana

1286

00:42:47,990 --> 00:42:46,800

but he went out and did some survey work

1287

00:42:49,829 --> 00:42:48,000

the most extensive

1288

00:42:52,150 --> 00:42:49,839

that's out there and kind of came to the

1289

00:42:53,990 --> 00:42:52,160

same conclusion like look we can

1290

00:42:57,349 --> 00:42:54,000

you may not like the answer to this but

1291

00:43:01,430 --> 00:42:57,359

this is the most significantly

1292

00:43:02,309 --> 00:43:01,440

uh reported experience from the near

1293

00:43:04,390 --> 00:43:02,319

death experience

1294

00:43:05,910 --> 00:43:04,400

is that experience with that greater

1295

00:43:07,750 --> 00:43:05,920

that god that

1296

00:43:09,430 --> 00:43:07,760

all-encompassing love and light more

1297

00:43:13,030 --> 00:43:09,440

than a tunnel more than the light

1298

00:43:14,950 --> 00:43:13,040

it's that feeling experience of god

1299

00:43:16,550 --> 00:43:14,960

and then i've heard you say and in the

1300

00:43:19,589 --> 00:43:16,560

book say

1301

00:43:22,150 --> 00:43:19,599

you're not going to be a

1302

00:43:23,829 --> 00:43:22,160

tight-buttoned scientist it's dodged

1303

00:43:25,430 --> 00:43:23,839

that question you jump right in there

1304

00:43:26,230 --> 00:43:25,440

and say well that's how it looks to you

1305

00:43:29,109 --> 00:43:26,240

too

1306

00:43:29,829 --> 00:43:29,119

yeah well you know the talking about the

1307

00:43:32,150 --> 00:43:29,839

other world

1308

00:43:34,230 --> 00:43:32,160

or about a deity is something that's

1309

00:43:34,950 --> 00:43:34,240

very hard to study scientifically you

1310

00:43:38,069 --> 00:43:34,960

can't

1311

00:43:40,550 --> 00:43:38,079

test god um he doesn't usually cooperate

1312

00:43:42,230 --> 00:43:40,560

with our double-blind trials

1313

00:43:44,069 --> 00:43:42,240

but there are things about what they say

1314

00:43:46,950 --> 00:43:44,079

about the other life that can be

1315

00:43:47,829 --> 00:43:46,960

tested scientifically but whether

1316

00:43:50,069 --> 00:43:47,839

there's a god

1317

00:43:52,150 --> 00:43:50,079

is not one of them now i look at the

1318

00:43:53,349 --> 00:43:52,160

data from what the end of years say and

1319

00:43:56,950 --> 00:43:53,359

how they respond

1320

00:43:59,990 --> 00:43:56,960

and i see remarkable consistency in

1321

00:44:02,710 --> 00:44:00,000

the phenomena they experience but not

1322

00:44:04,950 --> 00:44:02,720

necessarily in how they describe it

1323

00:44:06,630 --> 00:44:04,960

most near-death experiences say that

1324

00:44:08,470 --> 00:44:06,640

there are no words to describe what

1325

00:44:09,349 --> 00:44:08,480

happened to me i just can't put it into

1326
00:44:10,950 --> 00:44:09,359
english

1327
00:44:13,270 --> 00:44:10,960
and then we say great tell me all about

1328
00:44:15,430 --> 00:44:13,280
that so we're kind of forcing them to

1329
00:44:17,190 --> 00:44:15,440
distort it by putting into words

1330
00:44:18,550 --> 00:44:17,200
so they use whatever metaphors come

1331
00:44:19,270 --> 00:44:18,560
readily to them and those are often

1332
00:44:22,309 --> 00:44:19,280
religious

1333
00:44:23,430 --> 00:44:22,319
or cultural metaphors so most people

1334
00:44:25,430 --> 00:44:23,440
will talk about

1335
00:44:27,109 --> 00:44:25,440
encountering this warm loving being of

1336
00:44:28,630 --> 00:44:27,119
light it's not like a static light like

1337
00:44:31,030 --> 00:44:28,640
a light bulb or the sun

1338
00:44:31,990 --> 00:44:31,040

it's a being it's an entity with

1339

00:44:34,630 --> 00:44:32,000

intelligence and

1340

00:44:36,230 --> 00:44:34,640

and radiating this incredible

1341

00:44:38,550 --> 00:44:36,240

unconditional love and acceptance and

1342

00:44:40,950 --> 00:44:38,560

protection

1343

00:44:42,309 --> 00:44:40,960

and when people describe this to you

1344

00:44:43,990 --> 00:44:42,319

they will maybe use

1345

00:44:46,309 --> 00:44:44,000

whatever metaphors come to them if you

1346

00:44:48,550 --> 00:44:46,319

happen to be a christian you may say

1347

00:44:50,390 --> 00:44:48,560

that was god or that was christ if

1348

00:44:51,990 --> 00:44:50,400

you're a hindu you may say that was a

1349

00:44:54,470 --> 00:44:52,000

yam dude or something else

1350

00:44:55,910 --> 00:44:54,480

um people describe it by what their

1351

00:44:57,670 --> 00:44:55,920

culture tells them to describe it

1352

00:44:59,270 --> 00:44:57,680

but even those who use the word god will

1353

00:45:00,550 --> 00:44:59,280

often say to me

1354

00:45:02,390 --> 00:45:00,560

i'm using the word god so you know what

1355

00:45:03,670 --> 00:45:02,400

i'm talking about but it wasn't like the

1356

00:45:05,349 --> 00:45:03,680

god i was taught about in church it was

1357

00:45:07,430 --> 00:45:05,359

much bigger than that

1358

00:45:08,950 --> 00:45:07,440

you know evan alexander says the word

1359

00:45:10,309 --> 00:45:08,960

god is much too puny for what i

1360

00:45:11,829 --> 00:45:10,319

experienced

1361

00:45:13,670 --> 00:45:11,839

and i think that many of them say like

1362

00:45:15,349 --> 00:45:13,680

anita morgani says

1363

00:45:18,069 --> 00:45:15,359

you can call it anything you want you

1364

00:45:20,950 --> 00:45:18,079

can call it god allah krishna buddha

1365

00:45:23,030 --> 00:45:20,960

whatever it's all that is and there is

1366

00:45:26,790 --> 00:45:23,040

no word to encompass it

1367

00:45:29,430 --> 00:45:26,800

and that's the type of way they describe

1368

00:45:30,950 --> 00:45:29,440

this entity that has the properties of

1369

00:45:33,990 --> 00:45:30,960

what we call a god but

1370

00:45:34,630 --> 00:45:34,000

much more than that i get you on all

1371

00:45:40,470 --> 00:45:34,640

that

1372

00:45:41,109 --> 00:45:40,480

talk about it we talk about it in a way

1373

00:45:44,150 --> 00:45:41,119

to kind of

1374

00:45:44,950 --> 00:45:44,160

appease appease an atheistic scientific

1375

00:45:46,390 --> 00:45:44,960

community

1376

00:45:48,870 --> 00:45:46,400

that really doesn't want to hear about

1377

00:45:50,630 --> 00:45:48,880

god because you're you're spinning it

1378

00:45:52,390 --> 00:45:50,640

one you're not spinning it but you're

1379

00:45:54,550 --> 00:45:52,400

talking about it one way which is

1380

00:45:55,589 --> 00:45:54,560

important to understand that we can't

1381

00:45:58,950 --> 00:45:55,599

attach

1382

00:46:00,710 --> 00:45:58,960

a a religious tie to it and

1383

00:46:01,990 --> 00:46:00,720

manny i've talked to christians who

1384

00:46:04,550 --> 00:46:02,000

tried to co-op

1385

00:46:05,190 --> 00:46:04,560

you know hey if you don't see jesus you

1386

00:46:07,990 --> 00:46:05,200

didn't have

1387

00:46:08,710 --> 00:46:08,000

i got my own scale my scale is in unity

1388

00:46:12,069 --> 00:46:08,720

jesus

1389

00:46:14,630 --> 00:46:12,079

you didn't have a real nde but

1390

00:46:16,309 --> 00:46:14,640

the the the thing that i just don't want

1391

00:46:18,069 --> 00:46:16,319

to bury and i'm not saying that you are

1392

00:46:19,430 --> 00:46:18,079

but i want to emphasize is

1393

00:46:21,670 --> 00:46:19,440

this is the most profound part of their

1394

00:46:22,630 --> 00:46:21,680

experience so they might say i might not

1395

00:46:25,270 --> 00:46:22,640

have the language for

1396

00:46:27,349 --> 00:46:25,280

this and that but they say listen up

1397

00:46:30,790 --> 00:46:27,359

this is what it's about

1398

00:46:34,550 --> 00:46:30,800

and the atheist materialist stuff

1399

00:46:36,790 --> 00:46:34,560

is so far freaking wrong that it's just

1400

00:46:40,710 --> 00:46:36,800

completely outside the box

1401
00:46:41,430 --> 00:46:40,720
they're not doing this scale analysis of

1402
00:46:44,550 --> 00:46:41,440
could it be

1403
00:46:48,069 --> 00:46:44,560
knowing

1404
00:46:49,670 --> 00:46:48,079
that there is this all loving source

1405
00:46:51,270 --> 00:46:49,680
that this stuff comes through and i i

1406
00:46:52,470 --> 00:46:51,280
hear you saying that in the book i just

1407
00:46:54,470 --> 00:46:52,480
want to make sure

1408
00:46:56,150 --> 00:46:54,480
yeah you know we're not kind of

1409
00:46:58,150 --> 00:46:56,160
soft-pedaling it to

1410
00:47:00,390 --> 00:46:58,160
because i feel like we do this all the

1411
00:47:00,950 --> 00:47:00,400
time we are playing on the other guy's

1412
00:47:03,190 --> 00:47:00,960
court

1413
00:47:05,829 --> 00:47:03,200

i mean whether we like it or not

1414

00:47:08,230 --> 00:47:05,839

scientific materialism

1415

00:47:09,510 --> 00:47:08,240

they own the court and they decide who

1416

00:47:10,950 --> 00:47:09,520

plays and they decide

1417

00:47:13,190 --> 00:47:10,960

what the rules are and you've had a

1418

00:47:14,710 --> 00:47:13,200

fantastic career but there's a lot of

1419

00:47:17,030 --> 00:47:14,720

people that would love to

1420

00:47:18,470 --> 00:47:17,040

pursue this research but they can't i've

1421

00:47:18,870 --> 00:47:18,480

talked to them they're like this will

1422

00:47:21,270 --> 00:47:18,880

not

1423

00:47:23,430 --> 00:47:21,280

get me i won't even be able to keep my

1424

00:47:26,710 --> 00:47:23,440

job let alone get to the next

1425

00:47:27,349 --> 00:47:26,720

rung on the ladder so i don't know i

1426

00:47:29,190 --> 00:47:27,359

just

1427

00:47:30,470 --> 00:47:29,200

i think that has to be thrown out there

1428

00:47:32,309 --> 00:47:30,480

as well do you have any

1429

00:47:34,390 --> 00:47:32,319

thoughts you want to add yeah i sure do

1430

00:47:35,670 --> 00:47:34,400

i sure do i am no longer a scientific

1431

00:47:39,109 --> 00:47:35,680

materialist

1432

00:47:42,390 --> 00:47:39,119

but i'm still a scientist and that means

1433

00:47:43,750 --> 00:47:42,400

everything i know comes through my

1434

00:47:45,510 --> 00:47:43,760

experiences

1435

00:47:47,750 --> 00:47:45,520

and i know as a scientist that my

1436

00:47:50,790 --> 00:47:47,760

experiences are subject to my

1437

00:47:51,589 --> 00:47:50,800

interpretation of them i'm never totally

1438

00:47:54,150 --> 00:47:51,599

convinced

1439

00:47:56,309 --> 00:47:54,160

that i'm seeing things properly and that

1440

00:47:58,630 --> 00:47:56,319

i'm understanding them properly

1441

00:48:00,390 --> 00:47:58,640

i am fairly convinced that the sun's

1442

00:48:02,790 --> 00:48:00,400

going to come up tomorrow

1443

00:48:05,430 --> 00:48:02,800

from the evidence i've had in the past

1444

00:48:06,790 --> 00:48:05,440

i'm not 100 convinced

1445

00:48:08,470 --> 00:48:06,800

i approach the world in that way that

1446

00:48:10,230 --> 00:48:08,480

i'm always a little skeptical about what

1447

00:48:11,829 --> 00:48:10,240

i think i know

1448

00:48:13,430 --> 00:48:11,839

so i am fairly convinced from what

1449

00:48:14,870 --> 00:48:13,440

people have told me from what thousands

1450

00:48:16,390 --> 00:48:14,880

of people have told me

1451
00:48:17,990 --> 00:48:16,400
near-death experiences that from their

1452
00:48:18,630 --> 00:48:18,000
own experience not from their religious

1453
00:48:22,069 --> 00:48:18,640
teachings

1454
00:48:25,670 --> 00:48:22,079
but from their experience there is this

1455
00:48:28,150 --> 00:48:25,680
all-knowing all-loving being or entity

1456
00:48:28,870 --> 00:48:28,160
that is guiding us and that is waiting

1457
00:48:31,829 --> 00:48:28,880
to force

1458
00:48:32,710 --> 00:48:31,839
when we pass and that we are in fact

1459
00:48:34,630 --> 00:48:32,720
part of that

1460
00:48:36,309 --> 00:48:34,640
it's like a wave in the ocean you're a

1461
00:48:37,430 --> 00:48:36,319
distinct thing you're a wave

1462
00:48:39,349 --> 00:48:37,440
but you're part of the same thing the

1463
00:48:41,589 --> 00:48:39,359

rest of the ocean is

1464

00:48:43,990 --> 00:48:41,599

um so i'm fairly convinced that that's

1465

00:48:45,589 --> 00:48:44,000

the truth that's the way things are

1466

00:48:47,910 --> 00:48:45,599

but i'm not totally convinced because i

1467

00:48:49,190 --> 00:48:47,920

know that i can be misinterpreting

1468

00:48:51,750 --> 00:48:49,200

mishearing

1469

00:48:54,150 --> 00:48:51,760

and i never never i'm never totally

1470

00:48:57,430 --> 00:48:54,160

convinced that i got the right story

1471

00:48:59,270 --> 00:48:57,440

i i i love it i love it and i've been

1472

00:49:00,790 --> 00:48:59,280

holding back and every time you say

1473

00:49:02,710 --> 00:49:00,800

skeptic i kind of want to

1474

00:49:04,230 --> 00:49:02,720

jump in there because it's obviously

1475

00:49:05,910 --> 00:49:04,240

part of the title of this show and i

1476

00:49:09,670 --> 00:49:05,920

think the word has been

1477

00:49:13,829 --> 00:49:11,829

and i even think that sometimes when we

1478

00:49:14,470 --> 00:49:13,839

talk this is like a point i always make

1479

00:49:20,390 --> 00:49:14,480

is

1480

00:49:21,510 --> 00:49:20,400

it's not if you want to be you just have

1481

00:49:23,589 --> 00:49:21,520

to do good science

1482

00:49:24,630 --> 00:49:23,599

that's why we have the scientific method

1483

00:49:26,630 --> 00:49:24,640

because someone can say

1484

00:49:29,510 --> 00:49:26,640

i'm skeptical and someone say i'm not

1485

00:49:31,750 --> 00:49:29,520

skeptical i'm biased i'm not biased

1486

00:49:33,270 --> 00:49:31,760

show me the data you know it really

1487

00:49:34,950 --> 00:49:33,280

that's how it's supposed to work it's

1488

00:49:35,670 --> 00:49:34,960

supposed to all just come out in the

1489

00:49:38,069 --> 00:49:35,680

wash

1490

00:49:40,230 --> 00:49:38,079

if we do good work it's not a matter of

1491

00:49:42,309 --> 00:49:40,240

oh you're not skeptical enough

1492

00:49:44,790 --> 00:49:42,319

i mean do you have any thoughts you want

1493

00:49:46,309 --> 00:49:44,800

to add to that yeah i do alex

1494

00:49:49,109 --> 00:49:46,319

we are all biased there's no getting

1495

00:49:50,150 --> 00:49:49,119

around that everyone has biases whether

1496

00:49:53,030 --> 00:49:50,160

they're personal

1497

00:49:54,630 --> 00:49:53,040

cultural religious political we're all

1498

00:49:55,510 --> 00:49:54,640

biased we all have ways of that

1499

00:49:57,750 --> 00:49:55,520

determine

1500

00:49:59,589 --> 00:49:57,760

whether color color our thinking not

1501

00:50:02,630 --> 00:49:59,599

determine it but color it

1502

00:50:04,870 --> 00:50:02,640

and i know that i do too and um

1503

00:50:06,630 --> 00:50:04,880

you have to constantly be trying to

1504

00:50:07,670 --> 00:50:06,640

understand and maybe trying to fight

1505

00:50:09,670 --> 00:50:07,680

against it

1506

00:50:11,589 --> 00:50:09,680

and see what's the truth there beyond my

1507

00:50:12,950 --> 00:50:11,599

biases and that requires i think

1508

00:50:15,270 --> 00:50:12,960

skepticism

1509

00:50:16,710 --> 00:50:15,280

about the evidence and about your own

1510

00:50:18,630 --> 00:50:16,720

ideas

1511

00:50:20,230 --> 00:50:18,640

unless you entertain that doubt that

1512

00:50:21,190 --> 00:50:20,240

skepticism

1513

00:50:22,549 --> 00:50:21,200

you're never sure you're getting the

1514

00:50:24,829 --> 00:50:22,559

right story or are you getting your own

1515

00:50:28,870 --> 00:50:24,839

biases

1516

00:50:31,510 --> 00:50:28,880

great you know dr grayson we talked

1517

00:50:32,549 --> 00:50:31,520

well we didn't really talk at in depth

1518

00:50:35,109 --> 00:50:32,559

about

1519

00:50:36,630 --> 00:50:35,119

some of the more hard science medical

1520

00:50:38,230 --> 00:50:36,640

science that's been applied to

1521

00:50:40,230 --> 00:50:38,240

near-death experiences

1522

00:50:41,990 --> 00:50:40,240

mainly because i've talked about it on

1523

00:50:43,589 --> 00:50:42,000

so many other shows and you've done some

1524

00:50:44,230 --> 00:50:43,599

great interviews and people need to read

1525

00:50:45,750 --> 00:50:44,240

the book

1526
00:50:47,750 --> 00:50:45,760
because that stuff is in there and it's

1527
00:50:49,990 --> 00:50:47,760
kind of laid out step by step you know

1528
00:50:53,829 --> 00:50:50,000
whatever you think your

1529
00:50:54,790 --> 00:50:53,839
pet hypothesis is on why near-death

1530
00:50:57,430 --> 00:50:54,800
experiences

1531
00:50:57,829 --> 00:50:57,440
aren't everything you're saying get the

1532
00:50:59,829 --> 00:50:57,839
book

1533
00:51:01,430 --> 00:50:59,839
get after and i think those will be put

1534
00:51:05,910 --> 00:51:01,440
to rest

1535
00:51:09,030 --> 00:51:05,920
one thing that does i i guess nag at me

1536
00:51:10,630 --> 00:51:09,040
is the relationship the whole

1537
00:51:13,349 --> 00:51:10,640
resuscitation thing

1538
00:51:14,630 --> 00:51:13,359

is fascinating right and another

1539

00:51:17,670 --> 00:51:14,640

colleague of yours

1540

00:51:20,870 --> 00:51:17,680

excellent researcher dr samparnia

1541

00:51:21,990 --> 00:51:20,880

has really advanced this jan holden

1542

00:51:25,510 --> 00:51:22,000

again has

1543

00:51:27,510 --> 00:51:25,520

dr penny sartori dr jan holden dr penny

1544

00:51:28,309 --> 00:51:27,520

sartoria i always love and reference

1545

00:51:30,670 --> 00:51:28,319

their research

1546

00:51:32,790 --> 00:51:30,680

on interviewing people after

1547

00:51:34,549 --> 00:51:32,800

resuscitation and recalling it

1548

00:51:36,230 --> 00:51:34,559

yeah they go to the control group people

1549

00:51:38,150 --> 00:51:36,240

didn't have an indian they're saying

1550

00:51:39,829 --> 00:51:38,160

what are you talking about i was dead i

1551

00:51:41,349 --> 00:51:39,839

don't recall anything

1552

00:51:42,790 --> 00:51:41,359

and the other was just good no here's

1553

00:51:43,510 --> 00:51:42,800

how it was they wheeled me and they did

1554

00:51:46,470 --> 00:51:43,520

this that

1555

00:51:47,430 --> 00:51:46,480

yeah fantastic simple anyone can get

1556

00:51:50,630 --> 00:51:47,440

that

1557

00:51:53,349 --> 00:51:50,640

dr pernia kind of more uh

1558

00:51:54,470 --> 00:51:53,359

rigorous in-hospital thing but here's

1559

00:51:59,510 --> 00:51:54,480

the thing

1560

00:52:03,990 --> 00:51:59,520

it kind of implies again back to this

1561

00:52:06,950 --> 00:52:04,000

almost mechanistic relationship between

1562

00:52:08,790 --> 00:52:06,960

the brain and this technology that's

1563

00:52:11,910 --> 00:52:08,800

being applied to our body

1564

00:52:14,710 --> 00:52:11,920

and then it's connecting to this

1565

00:52:15,670 --> 00:52:14,720

god thing and this spiritual thing in a

1566

00:52:18,069 --> 00:52:15,680

way that

1567

00:52:20,790 --> 00:52:18,079

doesn't satisfy either group doesn't

1568

00:52:21,430 --> 00:52:20,800

satisfy the materialist leaning kind of

1569

00:52:24,950 --> 00:52:21,440

folks

1570

00:52:27,270 --> 00:52:24,960

and doesn't satisfy the purely spiritual

1571

00:52:27,990 --> 00:52:27,280

kind of people how do you wrestle with

1572

00:52:31,670 --> 00:52:28,000

that

1573

00:52:32,710 --> 00:52:31,680

well near death experiences share a lot

1574

00:52:34,470 --> 00:52:32,720

in common with

1575

00:52:36,470 --> 00:52:34,480

other spiritually transformative events

1576

00:52:38,630 --> 00:52:36,480

that occur in other situations

1577

00:52:40,549 --> 00:52:38,640

you can have this through spiritual

1578

00:52:42,150 --> 00:52:40,559

traditions like meditation

1579

00:52:43,829 --> 00:52:42,160

you can have it through sensory

1580

00:52:45,109 --> 00:52:43,839

deprivation

1581

00:52:47,510 --> 00:52:45,119

you can have it through lots of

1582

00:52:49,510 --> 00:52:47,520

different ways

1583

00:52:51,430 --> 00:52:49,520

but the near-death experience coming

1584

00:52:53,109 --> 00:52:51,440

close to death seems to be now

1585

00:52:54,549 --> 00:52:53,119

one of the most reliable ways of getting

1586

00:52:57,270 --> 00:52:54,559

it

1587

00:52:58,470 --> 00:52:57,280

but why is that approach to death a way

1588

00:53:00,950 --> 00:52:58,480

of reaching this

1589

00:53:02,790 --> 00:53:00,960

spiritual transformative event you know

1590

00:53:05,030 --> 00:53:02,800

most people who have one through

1591

00:53:07,430 --> 00:53:05,040

uh meditation or some other spiritual

1592

00:53:08,710 --> 00:53:07,440

tradition are trying to get it

1593

00:53:10,390 --> 00:53:08,720

they've been prepared for it they know

1594

00:53:11,430 --> 00:53:10,400

what to expect they have a guru or

1595

00:53:14,230 --> 00:53:11,440

someone who's gonna help them

1596

00:53:15,829 --> 00:53:14,240

reintegrate it people who have ndes

1597

00:53:18,150 --> 00:53:15,839

aren't looking for it

1598

00:53:18,870 --> 00:53:18,160

they don't want it it sort of comes upon

1599

00:53:23,829 --> 00:53:18,880

them

1600

00:53:26,470 --> 00:53:23,839

appears that in the near-death situation

1601
00:53:28,790 --> 00:53:26,480
something about dying or about

1602
00:53:33,510 --> 00:53:28,800
approaching death

1603
00:53:36,150 --> 00:53:33,520
triggers or allows this to happen

1604
00:53:37,109 --> 00:53:36,160
and i'm i'm fairly convinced now that

1605
00:53:40,150 --> 00:53:37,119
something about us

1606
00:53:43,190 --> 00:53:40,160
that's non-physical can leave the body

1607
00:53:43,750 --> 00:53:43,200
in these extreme circumstances but it

1608
00:53:47,430 --> 00:53:43,760
may be

1609
00:53:49,030 --> 00:53:47,440
that something that happens in the brain

1610
00:53:51,589 --> 00:53:49,040
whether it's electrical or chemical or

1611
00:53:52,710 --> 00:53:51,599
both allows that to happen now you

1612
00:53:56,069 --> 00:53:52,720
certainly can have out-of-body

1613
00:53:58,309 --> 00:53:56,079

experiences in other circumstances

1614

00:53:59,829 --> 00:53:58,319

something about the brain decaying

1615

00:54:03,349 --> 00:53:59,839

deteriorating

1616

00:54:05,190 --> 00:54:03,359

makes that easy to happen and permits it

1617

00:54:06,390 --> 00:54:05,200

so i think it's worth looking at the

1618

00:54:09,270 --> 00:54:06,400

physiological

1619

00:54:09,990 --> 00:54:09,280

correlates of indian death experience to

1620

00:54:12,630 --> 00:54:10,000

see

1621

00:54:14,309 --> 00:54:12,640

what's going on in the brain to permit

1622

00:54:16,470 --> 00:54:14,319

the non-physical part of us

1623

00:54:17,910 --> 00:54:16,480

to separate from the physical part of us

1624

00:54:21,030 --> 00:54:17,920

to parts that are normally

1625

00:54:22,549 --> 00:54:21,040

working together in perfect harmony yeah

1626
00:54:24,790 --> 00:54:22,559
it's just kind of interesting because

1627
00:54:27,349 --> 00:54:24,800
now we're bringing the brain

1628
00:54:29,430 --> 00:54:27,359
back in you know we started by kind of

1629
00:54:31,829 --> 00:54:29,440
setting it aside and saying wow

1630
00:54:33,750 --> 00:54:31,839
it looks like the brain doesn't play the

1631
00:54:35,910 --> 00:54:33,760
role that we thought it did

1632
00:54:36,950 --> 00:54:35,920
the brain is shut down after cardiac

1633
00:54:39,349 --> 00:54:36,960
arrest which

1634
00:54:41,430 --> 00:54:39,359
right i always mentioned people you know

1635
00:54:42,069 --> 00:54:41,440
dr grayson and his colleagues have

1636
00:54:45,109 --> 00:54:42,079
focused

1637
00:54:46,150 --> 00:54:45,119
on ndes that are occurring in a medical

1638
00:54:48,549 --> 00:54:46,160

situation

1639

00:54:50,309 --> 00:54:48,559

not because that's their pet interest

1640

00:54:51,510 --> 00:54:50,319

but because it's the closest they can

1641

00:54:53,670 --> 00:54:51,520

get to kind of

1642

00:54:55,589 --> 00:54:53,680

controlling the physiology and building

1643

00:54:58,309 --> 00:54:55,599

on this database we have of

1644

00:55:00,150 --> 00:54:58,319

what happens to the body so but anyways

1645

00:55:02,309 --> 00:55:00,160

we're saying okay the brain

1646

00:55:03,349 --> 00:55:02,319

set that aside this seems to be max

1647

00:55:04,549 --> 00:55:03,359

planck

1648

00:55:06,630 --> 00:55:04,559

you know we can't get behind

1649

00:55:08,950 --> 00:55:06,640

consciousness or something greater

1650

00:55:10,870 --> 00:55:08,960

and now it's just kind of strange that

1651
00:55:12,950 --> 00:55:10,880
we're bringing the brain back in say

1652
00:55:15,109 --> 00:55:12,960
well it does seem like maybe the brain

1653
00:55:17,430 --> 00:55:15,119
is triggering these and as we get better

1654
00:55:19,990 --> 00:55:17,440
with resuscitation technology

1655
00:55:21,510 --> 00:55:20,000
there seems to be this link that that is

1656
00:55:23,349 --> 00:55:21,520
unexplainable from a spiritual

1657
00:55:25,510 --> 00:55:23,359
perspective when people are saying

1658
00:55:27,430 --> 00:55:25,520
well i knew i was going to have the nde

1659
00:55:30,549 --> 00:55:27,440
or they told me this or that

1660
00:55:31,990 --> 00:55:30,559
you know life is planned uh this is part

1661
00:55:35,670 --> 00:55:32,000
of the plan kind of

1662
00:55:37,510 --> 00:55:35,680
there's gaps in the story you know a

1663
00:55:38,870 --> 00:55:37,520

couple of different ways

1664

00:55:40,390 --> 00:55:38,880

let me turn your thinking about the

1665

00:55:41,270 --> 00:55:40,400

brain and these experiences around a

1666

00:55:43,910 --> 00:55:41,280

little bit

1667

00:55:44,870 --> 00:55:43,920

um we're thinking about the brain

1668

00:55:48,549 --> 00:55:44,880

triggering this

1669

00:55:51,670 --> 00:55:48,559

event let me propose that

1670

00:55:53,670 --> 00:55:51,680

under normal circumstances the brain

1671

00:55:54,789 --> 00:55:53,680

sort of imprisons the non-physical part

1672

00:55:56,870 --> 00:55:54,799

of us so that it can't

1673

00:55:58,950 --> 00:55:56,880

lead you can't experience these other

1674

00:56:00,870 --> 00:55:58,960

types of consciousness

1675

00:56:02,069 --> 00:56:00,880

and they have to get the brain out of

1676

00:56:05,109 --> 00:56:02,079

the way

1677

00:56:07,270 --> 00:56:05,119

to let this happen so not that the brain

1678

00:56:11,270 --> 00:56:07,280

is triggering it but the brain is being

1679

00:56:14,470 --> 00:56:11,280

taken away from whatever it does that

1680

00:56:16,630 --> 00:56:14,480

prohibits us from doing this it's like

1681

00:56:18,789 --> 00:56:16,640

the brain has a filter in it

1682

00:56:20,630 --> 00:56:18,799

to stop this other consciousness from

1683

00:56:23,270 --> 00:56:20,640

coming to us and that makes sense

1684

00:56:24,549 --> 00:56:23,280

in terms of evolution all our senses

1685

00:56:25,589 --> 00:56:24,559

evolve to help us survive in the

1686

00:56:27,990 --> 00:56:25,599

physical world

1687

00:56:29,109 --> 00:56:28,000

you don't hear every possible sound

1688

00:56:30,390 --> 00:56:29,119

that's out there

1689

00:56:32,470 --> 00:56:30,400

that would overwhelm you you wouldn't be

1690

00:56:33,270 --> 00:56:32,480

able to understand anything so your ears

1691

00:56:35,589 --> 00:56:33,280

filter out

1692

00:56:37,510 --> 00:56:35,599

those irrelevant sounds and just lets in

1693

00:56:39,430 --> 00:56:37,520

the small frequencies that

1694

00:56:41,510 --> 00:56:39,440

are relevant to your survival your eyes

1695

00:56:44,470 --> 00:56:41,520

don't see everything every wavelength

1696

00:56:45,510 --> 00:56:44,480

in the spectrum it just lets in those

1697

00:56:47,589 --> 00:56:45,520

few wavelengths

1698

00:56:49,750 --> 00:56:47,599

the small range that's relevant to our

1699

00:56:51,829 --> 00:56:49,760

survival and filters out the rest

1700

00:56:53,589 --> 00:56:51,839

so if thoughts are out there if our mind

1701
00:56:55,030 --> 00:56:53,599
is out there somewhere

1702
00:56:57,190 --> 00:56:55,040
it makes sense that your brain would

1703
00:56:59,349 --> 00:56:57,200
have evolved to filter out

1704
00:57:00,630 --> 00:56:59,359
the irrelevant stuff like god like

1705
00:57:02,950 --> 00:57:00,640
deceased loved ones

1706
00:57:04,549 --> 00:57:02,960
and just let in those thoughts and

1707
00:57:05,990 --> 00:57:04,559
perceptions that relate to our physical

1708
00:57:08,069 --> 00:57:06,000
survivals how to find food

1709
00:57:09,910 --> 00:57:08,079
mate a shelter you don't need to talk

1710
00:57:11,750 --> 00:57:09,920
about god to do those things

1711
00:57:14,470 --> 00:57:11,760
so it makes sense that the brain evolved

1712
00:57:16,309 --> 00:57:14,480
to filter out that higher consciousness

1713
00:57:18,309 --> 00:57:16,319

and only when the brain's filter is shut

1714

00:57:20,870 --> 00:57:18,319

down somehow

1715

00:57:22,630 --> 00:57:20,880

does it allow you to experience those

1716

00:57:24,309 --> 00:57:22,640

higher forms of consciousness

1717

00:57:25,990 --> 00:57:24,319

but don't we still have a little bit of

1718

00:57:29,190 --> 00:57:26,000

a wrinkle

1719

00:57:31,670 --> 00:57:29,200

in the story when we introduce

1720

00:57:32,870 --> 00:57:31,680

this resuscitation technology what is

1721

00:57:34,789 --> 00:57:32,880

going on there with

1722

00:57:37,190 --> 00:57:34,799

technology the link between technology

1723

00:57:40,309 --> 00:57:37,200

medical technology resuscitation

1724

00:57:41,510 --> 00:57:40,319

and the spiritual do you have any any

1725

00:57:42,950 --> 00:57:41,520

thoughts

1726

00:57:44,870 --> 00:57:42,960

well i think the spiritual the this

1727

00:57:47,030 --> 00:57:44,880

resuscitation stuff is just

1728

00:57:48,069 --> 00:57:47,040

one way of making it more possible and

1729

00:57:50,309 --> 00:57:48,079

more common

1730

00:57:52,230 --> 00:57:50,319

for us to come back from this death

1731

00:57:55,190 --> 00:57:52,240

state and talk about these things

1732

00:57:56,390 --> 00:57:55,200

it used to be that people would die and

1733

00:57:57,910 --> 00:57:56,400

if you were lucky enough to hear them

1734

00:57:59,589 --> 00:57:57,920

talk as they were dying you may hear

1735

00:58:01,430 --> 00:57:59,599

about deathbed visions that are like

1736

00:58:03,349 --> 00:58:01,440

ndes but usually they just died and

1737

00:58:05,270 --> 00:58:03,359

never told anybody about it

1738

00:58:07,109 --> 00:58:05,280

with resuscitation techniques we can

1739

00:58:08,069 --> 00:58:07,119

bring them back and then hear what they

1740

00:58:10,150 --> 00:58:08,079

experienced

1741

00:58:11,430 --> 00:58:10,160

you know we're struggling with how can

1742

00:58:13,589 --> 00:58:11,440

this mind that's

1743

00:58:14,950 --> 00:58:13,599

if it's not part of the brain how does

1744

00:58:16,870 --> 00:58:14,960

it relate to the brain

1745

00:58:18,150 --> 00:58:16,880

we have no idea how that could happen

1746

00:58:20,069 --> 00:58:18,160

and materialists say

1747

00:58:22,069 --> 00:58:20,079

well that means you can't have a mind

1748

00:58:23,670 --> 00:58:22,079

separate from the brain we don't

1749

00:58:25,990 --> 00:58:23,680

understand how that could work

1750

00:58:27,829 --> 00:58:26,000

but the dirty secret of neuroscience is

1751

00:58:30,230 --> 00:58:27,839

we can't explain consciousness

1752

00:58:31,430 --> 00:58:30,240

inside the brain either no one's ever

1753

00:58:33,109 --> 00:58:31,440

come up with an idea about how

1754

00:58:34,870 --> 00:58:33,119

an electrical or chemical process in the

1755

00:58:36,390 --> 00:58:34,880

brain can create a thought

1756

00:58:38,309 --> 00:58:36,400

that's just as much mystery as

1757

00:58:40,789 --> 00:58:38,319

consciousness outside the brain

1758

00:58:41,589 --> 00:58:40,799

yeah so we're stuck both ways of looking

1759

00:58:43,990 --> 00:58:41,599

at things

1760

00:58:46,230 --> 00:58:44,000

have huge holes in them that make us not

1761

00:58:48,230 --> 00:58:46,240

understand what's going on

1762

00:58:50,549 --> 00:58:48,240

i think when you have that much trouble

1763

00:58:52,870 --> 00:58:50,559

understanding the basics of

1764

00:58:54,630 --> 00:58:52,880

mind and consciousness and brain then

1765

00:58:56,150 --> 00:58:54,640

we're not asking the right questions

1766

00:58:58,549 --> 00:58:56,160

it doesn't seem to be an answer to the

1767

00:59:00,309 --> 00:58:58,559

questions we're asking

1768

00:59:01,750 --> 00:59:00,319

yeah well said i i like when people

1769

00:59:03,030 --> 00:59:01,760

always go the hard problem of

1770

00:59:04,870 --> 00:59:03,040

consciousness

1771

00:59:07,510 --> 00:59:04,880

let's start with the easy problem of

1772

00:59:11,109 --> 00:59:07,520

consciousness which we don't understand

1773

00:59:13,990 --> 00:59:11,119

at all right hey dr grayson what do you

1774

00:59:15,589 --> 00:59:14,000

see coming up in the future of

1775

00:59:18,069 --> 00:59:15,599

near-death experience

1776

00:59:19,430 --> 00:59:18,079

research what are you most excited about

1777

00:59:24,230 --> 00:59:19,440

what are you

1778

00:59:25,829 --> 00:59:24,240

looking forward to seeing come about

1779

00:59:27,349 --> 00:59:25,839

well there are two answers to that one

1780

00:59:29,270 --> 00:59:27,359

is me personally and

1781

00:59:31,190 --> 00:59:29,280

the other is where the field is going

1782

00:59:33,750 --> 00:59:31,200

and me personally i am still

1783

00:59:35,030 --> 00:59:33,760

a psychiatrist a healer and that's what

1784

00:59:37,430 --> 00:59:35,040

i'm interested in

1785

00:59:39,349 --> 00:59:37,440

and my colleague marietta pillavanova

1786

00:59:41,030 --> 00:59:39,359

and i are now looking at people who

1787

00:59:42,950 --> 00:59:41,040

have difficulties after a new death

1788

00:59:43,829 --> 00:59:42,960

experience and we feel like they need

1789

00:59:45,589 --> 00:59:43,839

help

1790

00:59:47,270 --> 00:59:45,599

integrating that into their lives and

1791

00:59:48,710 --> 00:59:47,280

we're looking at what types of things

1792

00:59:50,150 --> 00:59:48,720

make them come for help

1793

00:59:51,990 --> 00:59:50,160

what types of help they're seeking what

1794

00:59:53,990 --> 00:59:52,000

type of helpers they're seeking

1795

00:59:55,829 --> 00:59:54,000

and what they find helpful and not

1796

00:59:57,349 --> 00:59:55,839

helpful and hopefully come up with some

1797

00:59:59,349 --> 00:59:57,359

virtual guidelines for how to help

1798

01:00:01,589 --> 00:59:59,359

people like this

1799

01:00:04,230 --> 01:00:01,599

but i'm limited because of my interest

1800

01:00:06,230 --> 01:00:04,240

and background in what i can study

1801
01:00:08,069 --> 01:00:06,240
fortunately there's a new generation of

1802
01:00:09,589 --> 01:00:08,079
researchers coming up behind me

1803
01:00:12,069 --> 01:00:09,599
who have vastly different areas of

1804
01:00:13,510 --> 01:00:12,079
expertise who are interested in ndes

1805
01:00:15,829 --> 01:00:13,520
and they're bringing to the study of

1806
01:00:18,390 --> 01:00:15,839
ndes areas that

1807
01:00:19,190 --> 01:00:18,400
i couldn't uh hope to hope to understand

1808
01:00:21,829 --> 01:00:19,200
whether it's

1809
01:00:23,030 --> 01:00:21,839
cross-cultural and sociological uh

1810
01:00:24,870 --> 01:00:23,040
evaluations or

1811
01:00:27,349 --> 01:00:24,880
physiological electrochemical

1812
01:00:29,349 --> 01:00:27,359
evaluations and i think in the next

1813
01:00:31,190 --> 01:00:29,359

20 30 40 years we're going to see a lot

1814

01:00:33,030 --> 01:00:31,200

more about ndes that we can't even

1815

01:00:35,270 --> 01:00:33,040

imagine now

1816

01:00:36,549 --> 01:00:35,280

well i'm sure it's incredibly gratifying

1817

01:00:39,589 --> 01:00:36,559

to you

1818

01:00:43,109 --> 01:00:39,599

to see that research and know that you

1819

01:00:45,589 --> 01:00:43,119

are directly responsible for

1820

01:00:46,309 --> 01:00:45,599

spawning so much of it inspiring so much

1821

01:00:49,510 --> 01:00:46,319

of it and

1822

01:00:51,589 --> 01:00:49,520

uh and then being directly correctly a

1823

01:00:53,990 --> 01:00:51,599

part of so much of it it's really

1824

01:00:56,390 --> 01:00:54,000

an amazing body of work so this book

1825

01:01:00,390 --> 01:00:56,400

again folks check it out

1826
01:01:04,309 --> 01:01:00,400
after a doctor explores what near-death

1827
01:01:05,910 --> 01:01:04,319
experiences reveal about life and beyond

1828
01:01:07,750 --> 01:01:05,920
i kind of pushed him a little bit he

1829
01:01:09,190 --> 01:01:07,760
didn't reveal a lot of personal stuff

1830
01:01:11,910 --> 01:01:09,200
about his

1831
01:01:13,589 --> 01:01:11,920
personal spiritual experience and that's

1832
01:01:16,390 --> 01:01:13,599
okay he doesn't have to

1833
01:01:17,349 --> 01:01:16,400
it's been absolutely fantastic having

1834
01:01:19,510 --> 01:01:17,359
you on and uh

1835
01:01:20,549 --> 01:01:19,520
congratulations on a fantastic book dr

1836
01:01:22,950 --> 01:01:20,559
congratulations

1837
01:01:24,950 --> 01:01:22,960
it's been fun talking to you thanks

1838
01:01:26,069 --> 01:01:24,960

again to dr bruce grayson for joining me

1839

01:01:29,109 --> 01:01:26,079

today on skeptico

1840

01:01:29,829 --> 01:01:29,119

the one question i cannot resist teeing

1841

01:01:33,670 --> 01:01:29,839

up from this

1842

01:01:34,549 --> 01:01:33,680

interview is are the dishonest debunkers

1843

01:01:37,670 --> 01:01:34,559

that have stood

1844

01:01:38,230 --> 01:01:37,680

in the way of near-death experience

1845

01:01:39,670 --> 01:01:38,240

science

1846

01:01:41,910 --> 01:01:39,680

by following what could only be

1847

01:01:44,549 --> 01:01:41,920

characterized as dishonest practices

1848

01:01:45,109 --> 01:01:44,559

you know i mean dishonestly spinning the

1849

01:01:47,589 --> 01:01:45,119

data

1850

01:01:49,349 --> 01:01:47,599

dishonestly publishing peer-reviewed

1851

01:01:53,589 --> 01:01:49,359

work that doesn't meet

1852

01:01:55,829 --> 01:01:53,599

their normal standards are they really

1853

01:01:57,750 --> 01:01:55,839

dishonest would we really call them

1854

01:02:00,950 --> 01:01:57,760

dishonest or are they just

1855

01:02:03,750 --> 01:02:00,960

oh kind of stuck in their belief systems

1856

01:02:05,990 --> 01:02:03,760

and what about this idea that i keep

1857

01:02:09,029 --> 01:02:06,000

hammering on of social engineering

1858

01:02:10,630 --> 01:02:09,039

i mean could there possibly be any

1859

01:02:14,789 --> 01:02:10,640

social engineering

1860

01:02:19,029 --> 01:02:14,799

element to near-death experience science

1861

01:02:22,150 --> 01:02:19,039

well i i guess i can't really resist

1862

01:02:23,750 --> 01:02:22,160

injecting my opinion into the tone of

1863

01:02:25,270 --> 01:02:23,760

that question

1864

01:02:27,190 --> 01:02:25,280

but i would like to hear your thoughts

1865

01:02:28,230 --> 01:02:27,200

on it let me know jump on over to the

1866

01:02:30,870 --> 01:02:28,240

skeptical forum

1867

01:02:32,870 --> 01:02:30,880

or track me down any way you like i got

1868

01:02:34,870 --> 01:02:32,880

some really good shows coming up

1869

01:02:36,470 --> 01:02:34,880

stick with me for all of that until next