

SK≡PTIKO
science & spirituality

***NDE SCIENCE
WINS OUT***

#504-EBEN-ALEXANDER



1
00:00:05,990 --> 00:00:03,669
i'm so bored of living i wake up

2
00:00:08,710 --> 00:00:06,000
every morning in the same bed i get

3
00:00:11,190 --> 00:00:08,720
dressed and i eat the same breakfast and

4
00:00:14,150 --> 00:00:11,200
then take the same commute to work

5
00:00:19,109 --> 00:00:14,160
i'm 28 years old and i'm terrified this

6
00:00:22,390 --> 00:00:21,510
that's a clip from the amazon series

7
00:00:24,790 --> 00:00:22,400
undone

8
00:00:27,029 --> 00:00:24,800
about this woman who has this after

9
00:00:28,710 --> 00:00:27,039
death experience

10
00:00:30,710 --> 00:00:28,720
i actually like it i think it's kind of

11
00:00:33,510 --> 00:00:30,720
interesting of course it doesn't really

12
00:00:34,310 --> 00:00:33,520
follow near-death experience science but

13
00:00:36,950 --> 00:00:34,320

then

14

00:00:38,389 --> 00:00:36,960

why would we expect it to i mean we have

15

00:00:40,869 --> 00:00:38,399

all these really good

16

00:00:43,110 --> 00:00:40,879

accounts like the one from dr evan

17

00:00:45,510 --> 00:00:43,120

alexander the harvard neurosurgeon

18

00:00:47,270 --> 00:00:45,520

but of course we have to attack those

19

00:00:49,910 --> 00:00:47,280

people take down those people

20

00:00:52,310 --> 00:00:49,920

smear those people and then substitute

21

00:00:55,270 --> 00:00:52,320

an entertaining and well done

22

00:00:55,590 --> 00:00:55,280

account of what afterlife experiences

23

00:00:59,670 --> 00:00:55,600

are

24

00:01:02,470 --> 00:00:59,680

well no big the afterlife is a big tent

25

00:01:05,750 --> 00:01:02,480

there's room for all but if you want

26

00:01:09,670 --> 00:01:05,760

something closer to the truth

27

00:01:11,109 --> 00:01:09,680

listen to people like dr evan alexander

28

00:01:12,950 --> 00:01:11,119

getting back to your original question

29

00:01:16,550 --> 00:01:12,960

about the attacks on me

30

00:01:19,510 --> 00:01:16,560

i will also say it's a very good thing

31

00:01:21,510 --> 00:01:19,520

that uh three physicians not involved in

32

00:01:24,390 --> 00:01:21,520

my care and of course one of them was

33

00:01:26,710 --> 00:01:24,400

dr bruce grayson who spent more than 45

34

00:01:29,270 --> 00:01:26,720

years studying ndes but they wrote

35

00:01:30,069 --> 00:01:29,280

a case report on my medical records and

36

00:01:33,109 --> 00:01:30,079

that came out

37

00:01:34,950 --> 00:01:33,119

in september of 2018 in the journal of

38

00:01:37,429 --> 00:01:34,960

nervous and mental diseases

39

00:01:38,630 --> 00:01:37,439

and that case report went a very long

40

00:01:40,870 --> 00:01:38,640

way

41

00:01:42,149 --> 00:01:40,880

towards painting the picture i tried to

42

00:01:43,749 --> 00:01:42,159

paint in proof of heaven they actually

43

00:01:45,109 --> 00:01:43,759

go much further than i did

44

00:01:46,870 --> 00:01:45,119

they had a lot more time to look at my

45

00:01:48,710 --> 00:01:46,880

medical records three of them did it

46

00:01:50,310 --> 00:01:48,720

independently objectively

47

00:01:52,069 --> 00:01:50,320

and i think they were even more shocked

48

00:01:54,230 --> 00:01:52,079

than i was that

49

00:01:57,030 --> 00:01:54,240

when my brain was so demonstrably

50

00:01:58,709 --> 00:01:57,040

offline given my neurologic exams given

51
00:02:00,789 --> 00:01:58,719
the lab values given the

52
00:02:02,069 --> 00:02:00,799
ct and mri scans showing all eight lobes

53
00:02:04,310 --> 00:02:02,079
in my brain affected

54
00:02:05,910 --> 00:02:04,320
that i could have had the most robust

55
00:02:08,869 --> 00:02:05,920
profound

56
00:02:10,790 --> 00:02:08,879
experience of my life in that setting

57
00:02:11,990 --> 00:02:10,800
and in fact when the peer reviewers the

58
00:02:13,030 --> 00:02:12,000
journal of nervousness and mental

59
00:02:15,589 --> 00:02:13,040
disease

60
00:02:17,750 --> 00:02:15,599
asked them how do you explain this case

61
00:02:20,550 --> 00:02:17,760
they said it's because he had an

62
00:02:22,550 --> 00:02:20,560
nde there really shouldn't have been any

63
00:02:23,430 --> 00:02:22,560

controversy it was this manufactured

64

00:02:25,589 --> 00:02:23,440

controversy

65

00:02:27,670 --> 00:02:25,599

i just wanted to kind of put an

66

00:02:31,110 --> 00:02:27,680

exclamation point on that

67

00:02:31,750 --> 00:02:31,120

because there are still these lingering

68

00:02:34,309 --> 00:02:31,760

doubts

69

00:02:35,430 --> 00:02:34,319

which there will be because the

70

00:02:37,990 --> 00:02:35,440

effectiveness

71

00:02:39,350 --> 00:02:38,000

of smearing somebody of taking somebody

72

00:02:41,589 --> 00:02:39,360

down culturally

73

00:02:43,030 --> 00:02:41,599

is very well understood you will carry

74

00:02:44,949 --> 00:02:43,040

that forever it just

75

00:02:47,270 --> 00:02:44,959

never comes clean because they're really

76

00:02:49,270 --> 00:02:47,280

really good at that

77

00:02:50,630 --> 00:02:49,280

i just pull up short when we start

78

00:02:53,110 --> 00:02:50,640

talking about doing and

79

00:02:54,070 --> 00:02:53,120

we have to do and we got to reduce that

80

00:02:56,390 --> 00:02:54,080

plastic

81

00:02:57,750 --> 00:02:56,400

thing in the in the ocean of course we

82

00:02:59,670 --> 00:02:57,760

do but

83

00:03:01,350 --> 00:02:59,680

we just have to be we have to be with

84

00:03:04,869 --> 00:03:01,360

each other i would say you're

85

00:03:06,390 --> 00:03:04,879

absolutely right on the beam and uh

86

00:03:08,550 --> 00:03:06,400

you know early on in all these

87

00:03:10,149 --> 00:03:08,560

discussions after my ndes i was trying

88

00:03:10,390 --> 00:03:10,159

to come to a deeper understanding of it

89

00:03:12,070 --> 00:03:10,400

all

90

00:03:13,670 --> 00:03:12,080

trying to explain to people trying to

91

00:03:14,790 --> 00:03:13,680

come up with a shift in world view that

92

00:03:17,670 --> 00:03:14,800

made sense

93

00:03:18,790 --> 00:03:17,680

i remember karen pointed out to me very

94

00:03:22,229 --> 00:03:18,800

brilliantly

95

00:03:26,710 --> 00:03:22,239

that really all we are here to do is to

96

00:03:30,949 --> 00:03:28,550

welcome to skeptico where we explore

97

00:03:33,350 --> 00:03:30,959

controversial science and spirituality

98

00:03:34,390 --> 00:03:33,360

with leading researchers thinkers and

99

00:03:36,630 --> 00:03:34,400

their critics

100

00:03:37,589 --> 00:03:36,640

i'm your host alexa carrison today we

101

00:03:40,710 --> 00:03:37,599

welcome

102

00:03:42,869 --> 00:03:40,720

dr evan alexander to skeptico

103

00:03:43,910 --> 00:03:42,879

and i can say back to skeptico but it's

104

00:03:46,550 --> 00:03:43,920

really been so

105

00:03:48,229 --> 00:03:46,560

long not that he hasn't been a frequent

106

00:03:49,750 --> 00:03:48,239

topic of conversation on the show but

107

00:03:51,270 --> 00:03:49,760

it's been so long since we had him back

108

00:03:54,630 --> 00:03:51,280

on that i almost have to

109

00:03:57,190 --> 00:03:54,640

reintroduce him so dr alexander

110

00:03:58,949 --> 00:03:57,200

welcome and thanks so much for coming

111

00:04:00,789 --> 00:03:58,959

well alex thanks so much for having me

112

00:04:02,630 --> 00:04:00,799

back on i remember having a

113

00:04:04,550 --> 00:04:02,640

really good time the last time we talked

114

00:04:05,350 --> 00:04:04,560

and of course a lot has happened since

115

00:04:07,750 --> 00:04:05,360

then so

116

00:04:09,270 --> 00:04:07,760

it's great to be back with you again

117

00:04:12,710 --> 00:04:09,280

yeah you know

118

00:04:15,830 --> 00:04:12,720

what i always remember about that time

119

00:04:19,189 --> 00:04:15,840

is i remember 2012 when

120

00:04:22,069 --> 00:04:19,199

you're really it's hard to hard to share

121

00:04:26,550 --> 00:04:22,079

with people how groundbreaking your book

122

00:04:28,629 --> 00:04:26,560

proof of heaven was but what i remember

123

00:04:31,189 --> 00:04:28,639

was being on an airplane and walking

124

00:04:34,870 --> 00:04:31,199

from the front to the back

125

00:04:35,749 --> 00:04:34,880

and how many back covers of proof of

126
00:04:37,749 --> 00:04:35,759
heaven

127
00:04:39,909 --> 00:04:37,759
i saw as i was walking through the

128
00:04:41,189 --> 00:04:39,919
aisles and of course i was

129
00:04:42,950 --> 00:04:41,199
you know really into near-death

130
00:04:45,030 --> 00:04:42,960
experience science

131
00:04:46,710 --> 00:04:45,040
and saying this is important science and

132
00:04:51,510 --> 00:04:46,720
we need to understand this

133
00:04:54,070 --> 00:04:51,520
and bam there it was the cultural shift

134
00:04:54,790 --> 00:04:54,080
that we all wanted and we're all waiting

135
00:04:56,390 --> 00:04:54,800
for

136
00:04:57,749 --> 00:04:56,400
was ha i felt like it was happening

137
00:04:58,469 --> 00:04:57,759
right before my eyes and i felt like it

138
00:05:01,830 --> 00:04:58,479

was happening

139

00:05:04,230 --> 00:05:01,840

after that as i talked to people

140

00:05:06,070 --> 00:05:04,240

you know what was it like for you to

141

00:05:09,990 --> 00:05:06,080

experience

142

00:05:11,110 --> 00:05:10,000

success which was

143

00:05:13,110 --> 00:05:11,120

well deserved because it's such a

144

00:05:15,110 --> 00:05:13,120

fantastic book proof of heaven

145

00:05:17,749 --> 00:05:15,120

but then the cultural shift that came

146

00:05:20,629 --> 00:05:17,759

along with that what was that like

147

00:05:22,310 --> 00:05:20,639

well it was absolutely extraordinary and

148

00:05:24,550 --> 00:05:22,320

in many ways of course

149

00:05:25,670 --> 00:05:24,560

you know i have to kind of reflect a bit

150

00:05:29,189 --> 00:05:25,680

on

151

00:05:29,990 --> 00:05:29,199

my own kind of uh tangling with that

152

00:05:31,990 --> 00:05:30,000

whole

153

00:05:34,390 --> 00:05:32,000

world in terms of understanding it but

154

00:05:37,110 --> 00:05:34,400

uh the reality is to me it seems like

155

00:05:37,510 --> 00:05:37,120

the the culture has made a tremendous uh

156

00:05:40,230 --> 00:05:37,520

kind of

157

00:05:41,830 --> 00:05:40,240

upshift over the last decade or two

158

00:05:42,710 --> 00:05:41,840

concerning ndes and nature of

159

00:05:44,870 --> 00:05:42,720

consciousness

160

00:05:47,029 --> 00:05:44,880

you know afterlife stories uh even

161

00:05:50,150 --> 00:05:47,039

reincarnation i think is being

162

00:05:52,550 --> 00:05:50,160

much more seriously considered by many i

163

00:05:54,790 --> 00:05:52,560

i know i was presenting at a scientific

164

00:05:57,749 --> 00:05:54,800

meeting in belgium about

165

00:06:00,230 --> 00:05:57,759

a year and a half ago when uh one of the

166

00:06:02,070 --> 00:06:00,240

investigators from liege in belgium

167

00:06:04,790 --> 00:06:02,080

showed a slide showing the number of

168

00:06:08,309 --> 00:06:04,800

paper scientific papers on ndes

169

00:06:09,510 --> 00:06:08,319

and that in in the year 2012 and 2013

170

00:06:12,469 --> 00:06:09,520

there was this

171

00:06:13,749 --> 00:06:12,479

giant uh kind of upsurge uh they

172

00:06:15,909 --> 00:06:13,759

attributed it to

173

00:06:18,870 --> 00:06:15,919

proof of heaven but i think there's much

174

00:06:20,550 --> 00:06:18,880

more going on in the cultural landscape

175

00:06:22,550 --> 00:06:20,560

of course it was very gratifying to be

176

00:06:25,590 --> 00:06:22,560

part of that oh and

177

00:06:27,189 --> 00:06:25,600

and i can tell you that really in the 12

178

00:06:29,350 --> 00:06:27,199

years since my coma

179

00:06:30,870 --> 00:06:29,360

uh the thing that to me has been most

180

00:06:33,749 --> 00:06:30,880

gratifying has been

181

00:06:35,990 --> 00:06:33,759

working with scientists around the world

182

00:06:37,350 --> 00:06:36,000

and realizing that there's a tremendous

183

00:06:39,510 --> 00:06:37,360

kind of impetus

184

00:06:40,629 --> 00:06:39,520

uh in the scientific community now that

185

00:06:43,110 --> 00:06:40,639

may not be the

186

00:06:44,629 --> 00:06:43,120

the new york times science section

187

00:06:46,309 --> 00:06:44,639

version of science or scientific

188

00:06:48,629 --> 00:06:46,319

american version of science

189

00:06:51,029 --> 00:06:48,639

but some scientists who are deeply

190

00:06:53,110 --> 00:06:51,039

involved in the science of consciousness

191

00:06:54,710 --> 00:06:53,120

are really in many ways banding together

192

00:06:56,870 --> 00:06:54,720

and that's where i think a tremendous

193

00:06:59,830 --> 00:06:56,880

amount of progress is being made

194

00:07:00,390 --> 00:06:59,840

and i feel like a kid in a candy store

195

00:07:02,070 --> 00:07:00,400

because

196

00:07:04,550 --> 00:07:02,080

you know i went through this experience

197

00:07:07,430 --> 00:07:04,560

it absolutely rocked my world it

198

00:07:09,589 --> 00:07:07,440

turned my world view 180 degrees i mean

199

00:07:12,070 --> 00:07:09,599

i promise you an nde is not what you

200

00:07:14,710 --> 00:07:12,080

expect if you're a materialist scientist

201
00:07:15,749 --> 00:07:14,720
and to have this profound expansion of

202
00:07:18,230 --> 00:07:15,759
consciousness

203
00:07:19,189 --> 00:07:18,240
and then later in the months after my

204
00:07:20,790 --> 00:07:19,199
coma

205
00:07:22,550 --> 00:07:20,800
going through medical records talking

206
00:07:24,309 --> 00:07:22,560
over my doctors

207
00:07:25,749 --> 00:07:24,319
realizing that all the medical evidence

208
00:07:28,550 --> 00:07:25,759
was there that i should

209
00:07:30,629 --> 00:07:28,560
have had no ability to even have a dream

210
00:07:31,589 --> 00:07:30,639
or hallucination given the damage to my

211
00:07:34,390 --> 00:07:31,599
neocortex

212
00:07:35,350 --> 00:07:34,400
and yet i had the most robust profound

213
00:07:38,950 --> 00:07:35,360

detailed

214

00:07:41,670 --> 00:07:38,960

memorable uh important impactful

215

00:07:43,110 --> 00:07:41,680

experience my entire life when my brain

216

00:07:46,869 --> 00:07:43,120

was documented to be

217

00:07:49,029 --> 00:07:46,879

uh offline the neocortex was absolutely

218

00:07:50,390 --> 00:07:49,039

uh damaged beyond function according to

219

00:07:53,029 --> 00:07:50,400

my medical records

220

00:07:54,869 --> 00:07:53,039

my brainstem was damaged so it's really

221

00:07:55,749 --> 00:07:54,879

been an extraordinary journey to be part

222

00:07:58,390 --> 00:07:55,759

of that

223

00:08:00,230 --> 00:07:58,400

although i will confess early on you

224

00:08:01,430 --> 00:08:00,240

know i knew i was going public with a

225

00:08:03,670 --> 00:08:01,440

story that uh

226

00:08:05,029 --> 00:08:03,680

was very much antithetical to a lot of

227

00:08:07,270 --> 00:08:05,039

my career there was

228

00:08:09,029 --> 00:08:07,280

at least some concern that you know my

229

00:08:09,510 --> 00:08:09,039

career could suffer from it all although

230

00:08:11,749 --> 00:08:09,520

i knew

231

00:08:13,189 --> 00:08:11,759

you know this happened and the other

232

00:08:13,670 --> 00:08:13,199

similar stories have happened to other

233

00:08:17,110 --> 00:08:13,680

people

234

00:08:19,029 --> 00:08:17,120

so we need to understand it more um it's

235

00:08:19,990 --> 00:08:19,039

you know it was a bit of up and down

236

00:08:21,430 --> 00:08:20,000

though because there were a lot of

237

00:08:24,950 --> 00:08:21,440

attacks and

238

00:08:27,189 --> 00:08:24,960

uh things like that um and so anyway i i

239

00:08:29,029 --> 00:08:27,199

think the the bottom line is the world

240

00:08:30,869 --> 00:08:29,039

is shifting dramatically

241

00:08:33,670 --> 00:08:30,879

uh i think i've had a little bit to do

242

00:08:35,750 --> 00:08:33,680

with that but more importantly is just

243

00:08:37,350 --> 00:08:35,760

that scientists around the world are now

244

00:08:39,829 --> 00:08:37,360

taking this much more seriously

245

00:08:41,029 --> 00:08:39,839

and we're starting to develop a

246

00:08:42,790 --> 00:08:41,039

worldview

247

00:08:44,149 --> 00:08:42,800

kind of an encompassing system a

248

00:08:45,750 --> 00:08:44,159

hypothetical system

249

00:08:47,509 --> 00:08:45,760

that can enable it that goes beyond

250

00:08:49,190 --> 00:08:47,519

materialist thought

251

00:08:51,269 --> 00:08:49,200

and that's i think been a stumbling

252

00:08:53,190 --> 00:08:51,279

block for science for a long time

253

00:08:54,790 --> 00:08:53,200

is trying to come up with a kind of a

254

00:08:56,870 --> 00:08:54,800

theoretical framework

255

00:08:58,949 --> 00:08:56,880

that would support all this and i think

256

00:09:00,550 --> 00:08:58,959

um certainly a lot of what we cover in

257

00:09:01,269 --> 00:09:00,560

our third book living in a mindful

258

00:09:03,350 --> 00:09:01,279

universe

259

00:09:05,910 --> 00:09:03,360

uh goes that direction in helping to

260

00:09:09,190 --> 00:09:05,920

take the world to the next level

261

00:09:11,190 --> 00:09:09,200

yeah and i really did enjoy this book uh

262

00:09:14,310 --> 00:09:11,200

living in a mindful universe

263

00:09:15,350 --> 00:09:14,320

and i thought it was a good in a lot of

264

00:09:18,389 --> 00:09:15,360

ways follow on

265

00:09:20,230 --> 00:09:18,399

it's again has some great personal

266

00:09:22,550 --> 00:09:20,240

accounts we're just talking

267

00:09:24,470 --> 00:09:22,560

for a second before we started the

268

00:09:26,150 --> 00:09:24,480

interview that i i love the story where

269

00:09:29,030 --> 00:09:26,160

you and karen meet

270

00:09:31,509 --> 00:09:29,040

ram das i've always had a special

271

00:09:33,670 --> 00:09:31,519

affinity towards neem karoli baba

272

00:09:35,110 --> 00:09:33,680

although i've never i never met him or

273

00:09:35,990 --> 00:09:35,120

experienced him in person but i thought

274

00:09:37,750 --> 00:09:36,000

his teachings

275

00:09:39,190 --> 00:09:37,760

and rom dallas is obviously the one who

276

00:09:40,070 --> 00:09:39,200

brought us that and he's an interesting

277

00:09:42,630 --> 00:09:40,080

character too

278

00:09:45,110 --> 00:09:42,640

two harvard guys kind of chatting i'm

279

00:09:46,949 --> 00:09:45,120

sure you had a good conversation

280

00:09:48,790 --> 00:09:46,959

but then karen takes it to the next

281

00:09:50,550 --> 00:09:48,800

level in the book

282

00:09:52,630 --> 00:09:50,560

and this is in living in a mindful

283

00:09:55,670 --> 00:09:52,640

universe where she talks about

284

00:09:57,829 --> 00:09:55,680

this heartfelt meeting

285

00:09:59,030 --> 00:09:57,839

and this encounter of expanded

286

00:10:02,069 --> 00:09:59,040

consciousness

287

00:10:06,069 --> 00:10:02,079

which i thought you know in a way this

288

00:10:09,990 --> 00:10:06,079

book living in a mindful universe is

289

00:10:11,990 --> 00:10:10,000

allowed to exist because of

290

00:10:14,550 --> 00:10:12,000

proof of heaven because of the space

291

00:10:17,269 --> 00:10:14,560

that you created because of the dialogue

292

00:10:18,550 --> 00:10:17,279

that is possible but i want to fill that

293

00:10:20,150 --> 00:10:18,560

back in because i don't want to get a

294

00:10:22,630 --> 00:10:20,160

little bit i don't want to get too far

295

00:10:24,550 --> 00:10:22,640

into inside baseball and you did a

296

00:10:25,509 --> 00:10:24,560

wonderful job of explaining kind of the

297

00:10:29,750 --> 00:10:25,519

rough

298

00:10:32,389 --> 00:10:29,760

sketch of the big picture this guy

299

00:10:33,910 --> 00:10:32,399

evan alexander iii right dr evan

300

00:10:36,630 --> 00:10:33,920

alexander iii

301
00:10:36,949 --> 00:10:36,640
and part of the reason for the book is

302
00:10:40,230 --> 00:10:36,959
it

303
00:10:42,949 --> 00:10:40,240
tells this almost epic

304
00:10:44,470 --> 00:10:42,959
story of kind of like a hero's journey

305
00:10:47,670 --> 00:10:44,480
kind of story

306
00:10:50,710 --> 00:10:47,680
of challenges and difficulties

307
00:10:53,509 --> 00:10:50,720
in life experiences that i thought

308
00:10:55,030 --> 00:10:53,519
connected with so many people certainly

309
00:10:58,310 --> 00:10:55,040
connected with me

310
00:11:00,870 --> 00:10:58,320
on a deep level on a parent level

311
00:11:03,190 --> 00:11:00,880
and again in the second book living in a

312
00:11:06,630 --> 00:11:03,200
mindful universe you have so much to say

313
00:11:09,110 --> 00:11:06,640

about how that journey has evolved and

314

00:11:12,310 --> 00:11:09,120

how the family dynamic journey

315

00:11:13,269 --> 00:11:12,320

has evolved so as much as you care to do

316

00:11:15,829 --> 00:11:13,279

you want to share

317

00:11:17,110 --> 00:11:15,839

any of uh any of that aspect of this

318

00:11:17,829 --> 00:11:17,120

because i don't think it's talked about

319

00:11:19,590 --> 00:11:17,839

a lot

320

00:11:21,269 --> 00:11:19,600

i love talking about the science i love

321

00:11:23,509 --> 00:11:21,279

talking about near-death experience

322

00:11:26,630 --> 00:11:23,519

science and culture and all that stuff

323

00:11:29,110 --> 00:11:26,640

but but what about that part of it well

324

00:11:31,190 --> 00:11:29,120

certainly the um you know those who've

325

00:11:33,590 --> 00:11:31,200

read proof of heaven will realize

326

00:11:34,389 --> 00:11:33,600

uh the kind of interesting dynamic in my

327

00:11:37,750 --> 00:11:34,399

life

328

00:11:39,590 --> 00:11:37,760

of being adopted uh and you know i was

329

00:11:40,630 --> 00:11:39,600

put up for adoption when i was 11 days

330

00:11:42,630 --> 00:11:40,640

old

331

00:11:44,790 --> 00:11:42,640

i was very fortunate i was adopted into

332

00:11:46,710 --> 00:11:44,800

a beautiful and loving family

333

00:11:49,430 --> 00:11:46,720

uh and i went through my life uh very

334

00:11:52,870 --> 00:11:49,440

much blessed by that adoptive family

335

00:11:56,389 --> 00:11:52,880

and um but like most adoptees i

336

00:11:59,910 --> 00:11:56,399

i was wondering about my my heritage my

337

00:12:02,310 --> 00:11:59,920

my origin story and so i would write

338

00:12:04,310 --> 00:12:02,320

letters to the children's home

339

00:12:05,829 --> 00:12:04,320

you know back when i was in my teens and

340

00:12:07,509 --> 00:12:05,839

20s seeking

341

00:12:09,350 --> 00:12:07,519

information about my birth mother i

342

00:12:10,949 --> 00:12:09,360

sensed my birth mother was out there but

343

00:12:13,670 --> 00:12:10,959

had no notion about

344

00:12:14,069 --> 00:12:13,680

a family or anything and it was really

345

00:12:17,590 --> 00:12:14,079

in

346

00:12:19,590 --> 00:12:17,600

2000 that i actually got a response

347

00:12:21,269 --> 00:12:19,600

back from them i i gave up looking for a

348

00:12:24,150 --> 00:12:21,279

long time

349

00:12:25,509 --> 00:12:24,160

uh through most of my uh years and and

350

00:12:27,030 --> 00:12:25,519

just kind of forgot about that

351

00:12:28,870 --> 00:12:27,040

adoption story because i figured it

352

00:12:30,069 --> 00:12:28,880

wasn't really important my life was

353

00:12:31,430 --> 00:12:30,079

going well so

354

00:12:33,030 --> 00:12:31,440

you can forget about it even though let

355

00:12:34,069 --> 00:12:33,040

me just check because i picked this up

356

00:12:36,470 --> 00:12:34,079

from the second book

357

00:12:37,269 --> 00:12:36,480

and this is so powerful so so powerful

358

00:12:40,389 --> 00:12:37,279

and you're so

359

00:12:43,110 --> 00:12:40,399

open and honest about this your dad said

360

00:12:44,310 --> 00:12:43,120

eben forget about it you couldn't

361

00:12:47,350 --> 00:12:44,320

possibly remember

362

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

anything and besides it doesn't matter

363

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

and and this is from the again the

364

00:12:53,350 --> 00:12:51,120

parent adoption thing

365

00:12:55,190 --> 00:12:53,360

evan we love you we've given you

366

00:12:57,910 --> 00:12:55,200

everything i gave you my name

367

00:12:58,550 --> 00:12:57,920

you got it buddy you got everything but

368

00:13:01,990 --> 00:12:58,560

that

369

00:13:04,629 --> 00:13:02,000

know what i mean

370

00:13:05,990 --> 00:13:04,639

well you know the interesting reality is

371

00:13:08,150 --> 00:13:06,000

intellectually i

372

00:13:09,509 --> 00:13:08,160

knew he had given me all of that my

373

00:13:11,030 --> 00:13:09,519

adoptive family couldn't have been

374

00:13:11,750 --> 00:13:11,040

better they honored all my hopes and

375

00:13:13,670 --> 00:13:11,760

dreams

376

00:13:15,670 --> 00:13:13,680

all that was beautiful but the thing

377

00:13:17,590 --> 00:13:15,680

that my dad did not realize and that it

378

00:13:19,750 --> 00:13:17,600

took me a long time to realize

379

00:13:21,990 --> 00:13:19,760

was being left behind by your mother at

380

00:13:23,670 --> 00:13:22,000

age 11 days what happened was i stopped

381

00:13:26,310 --> 00:13:23,680

eating i went on a hunger strike

382

00:13:27,829 --> 00:13:26,320

i was hospitalized for failure to thrive

383

00:13:31,190 --> 00:13:27,839

and that's what a lot of

384

00:13:32,949 --> 00:13:31,200

infants left behind will do that

385

00:13:34,629 --> 00:13:32,959

and it's from my point of view it's

386

00:13:38,230 --> 00:13:34,639

because they basically

387

00:13:39,990 --> 00:13:38,240

uh do not feel they have a reason to

388

00:13:41,110 --> 00:13:40,000

live if their mother has left them

389

00:13:43,829 --> 00:13:41,120

behind

390

00:13:45,189 --> 00:13:43,839

they have a serious challenge at a deep

391

00:13:46,710 --> 00:13:45,199

emotional level about whether or not

392

00:13:48,150 --> 00:13:46,720

they're worthy of love and

393

00:13:49,350 --> 00:13:48,160

and that is something we discussed a

394

00:13:50,310 --> 00:13:49,360

little bit in that book living in a

395

00:13:51,829 --> 00:13:50,320

mindful universe

396

00:13:54,389 --> 00:13:51,839

but that was a lot of what i wrestled

397

00:13:55,670 --> 00:13:54,399

with and of course i was very loved by

398

00:13:58,470 --> 00:13:55,680

my adoptive family

399

00:13:59,350 --> 00:13:58,480

but that doesn't change the fact that i

400

00:14:01,509 --> 00:13:59,360

i still had

401
00:14:03,990 --> 00:14:01,519
memory of events that happened when i

402
00:14:06,550 --> 00:14:04,000
was 11 days old that were so shocking

403
00:14:07,509 --> 00:14:06,560
it caused me to try to off myself you

404
00:14:10,629 --> 00:14:07,519
know with that

405
00:14:12,150 --> 00:14:10,639
hunger strike uh failure to thrive and

406
00:14:12,790 --> 00:14:12,160
if you will tell the story i thought it

407
00:14:14,470 --> 00:14:12,800
was again

408
00:14:15,990 --> 00:14:14,480
i i don't just dwell on this but it's

409
00:14:19,350 --> 00:14:16,000
super important i think to the

410
00:14:22,230 --> 00:14:19,360
to the larger picture is that your

411
00:14:23,430 --> 00:14:22,240
your adoptive parents your parents i'll

412
00:14:25,670 --> 00:14:23,440
just say that

413
00:14:26,870 --> 00:14:25,680

then are able to conceive and have a

414

00:14:27,590 --> 00:14:26,880

child which they didn't think was

415

00:14:29,990 --> 00:14:27,600

possible

416

00:14:31,829 --> 00:14:30,000

and then what happens to to you again

417

00:14:35,350 --> 00:14:31,839

the the the knowledge that we

418

00:14:38,550 --> 00:14:35,360

carry as you know pre uh

419

00:14:41,189 --> 00:14:38,560

verbal you know amazing

420

00:14:42,389 --> 00:14:41,199

it is amazing and we do carry it in fact

421

00:14:43,990 --> 00:14:42,399

it's one of the biggest

422

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

kind of problems with our modern

423

00:14:48,069 --> 00:14:46,240

societies we believe that everything

424

00:14:49,189 --> 00:14:48,079

uh the only thing's important and the

425

00:14:51,670 --> 00:14:49,199

only things that are real are

426

00:14:54,150 --> 00:14:51,680

linguistically described narratives

427

00:14:55,189 --> 00:14:54,160

and uh so of course we miss a tremendous

428

00:14:56,949 --> 00:14:55,199

amount of what's

429

00:14:59,030 --> 00:14:56,959

kind of going on in our lives but to me

430

00:14:59,670 --> 00:14:59,040

that adoption story was a fundamental

431

00:15:02,710 --> 00:14:59,680

part

432

00:15:04,870 --> 00:15:02,720

of my whole journey because in many ways

433

00:15:05,829 --> 00:15:04,880

i could see kind of the shadow side the

434

00:15:07,670 --> 00:15:05,839

echoes of

435

00:15:09,829 --> 00:15:07,680

my not feeling worthy of love through a

436

00:15:12,069 --> 00:15:09,839

lot of my life before coma

437

00:15:13,829 --> 00:15:12,079

and it had to do with uh it affected my

438

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

relationships in many ways

439

00:15:16,870 --> 00:15:15,839

uh but it was really a huge part of the

440

00:15:19,350 --> 00:15:16,880

journey and of course

441

00:15:21,269 --> 00:15:19,360

in those earliest days i was having

442

00:15:23,030 --> 00:15:21,279

trouble even visualizing as

443

00:15:25,910 --> 00:15:23,040

an issue in my life even though it was a

444

00:15:29,189 --> 00:15:25,920

very important one in my early life

445

00:15:31,030 --> 00:15:29,199

but this entire journey including my nde

446

00:15:33,350 --> 00:15:31,040

and then of course including the 12

447

00:15:34,069 --> 00:15:33,360

years plus of resolution beyond that

448

00:15:36,949 --> 00:15:34,079

point

449

00:15:39,269 --> 00:15:36,959

has been a tremendous lesson in how all

450

00:15:41,670 --> 00:15:39,279

aspects of our lives the good the bad

451

00:15:43,990 --> 00:15:41,680

the challenges the hurdles these are

452

00:15:46,949 --> 00:15:44,000

beautiful gifts and that was something

453

00:15:48,310 --> 00:15:46,959

that i uh kind of sensed after my nde it

454

00:15:50,790 --> 00:15:48,320

was apparent to me that

455

00:15:53,110 --> 00:15:50,800

uh some of the biggest kind of hardships

456

00:15:55,670 --> 00:15:53,120

of my life had actually been

457

00:15:57,189 --> 00:15:55,680

the the catalysts or the kind of mile

458

00:15:59,430 --> 00:15:57,199

post that marked my

459

00:16:00,870 --> 00:15:59,440

greatest progress as i grew into things

460

00:16:01,990 --> 00:16:00,880

and kind of grew into a deeper knowing

461

00:16:04,230 --> 00:16:02,000

of myself

462

00:16:05,430 --> 00:16:04,240

uh and and that's really been the best

463

00:16:06,629 --> 00:16:05,440

part of the journey it's this

464

00:16:09,350 --> 00:16:06,639

extraordinary

465

00:16:11,590 --> 00:16:09,360

richness of having that for one thing a

466

00:16:13,189 --> 00:16:11,600

very expanded view of self relative to

467

00:16:16,069 --> 00:16:13,199

the universe through an nde

468

00:16:17,910 --> 00:16:16,079

a deep kind of spiritual sense of a

469

00:16:19,030 --> 00:16:17,920

certain role in life and a certain

470

00:16:21,269 --> 00:16:19,040

responsibility

471

00:16:22,069 --> 00:16:21,279

and an acknowledgement that our choices

472

00:16:24,550 --> 00:16:22,079

absolutely

473

00:16:25,509 --> 00:16:24,560

matter at every level uh but then to

474

00:16:27,269 --> 00:16:25,519

have this

475

00:16:28,710 --> 00:16:27,279

kind of resolution of that whole

476

00:16:30,790 --> 00:16:28,720

adoption issue and the

477

00:16:33,189 --> 00:16:30,800

worthiness of love and that kind of

478

00:16:34,790 --> 00:16:33,199

feeling of of being less than for much

479

00:16:36,389 --> 00:16:34,800

of my life and

480

00:16:38,470 --> 00:16:36,399

so it really has been an extraordinary

481

00:16:39,509 --> 00:16:38,480

gift but it could not have come without

482

00:16:41,030 --> 00:16:39,519

the hardships

483

00:16:42,870 --> 00:16:41,040

it could not have come without those

484

00:16:45,430 --> 00:16:42,880

difficulties and

485

00:16:46,069 --> 00:16:45,440

uh for that i'm just grateful and that's

486

00:16:48,150 --> 00:16:46,079

why

487

00:16:50,389 --> 00:16:48,160

what i try and share with people is to

488

00:16:51,350 --> 00:16:50,399

embrace those challenges the hurdles in

489

00:16:54,550 --> 00:16:51,360

life

490

00:16:57,590 --> 00:16:54,560

illness injury because in so many ways

491

00:16:58,470 --> 00:16:57,600

they can be the uh basically the engines

492

00:17:01,030 --> 00:16:58,480

of growth

493

00:17:02,790 --> 00:17:01,040

to help our souls come into the higher

494

00:17:04,390 --> 00:17:02,800

soul that we came here to be

495

00:17:05,909 --> 00:17:04,400

and i love being awakened to that and

496

00:17:07,990 --> 00:17:05,919

that's been a huge part

497

00:17:10,309 --> 00:17:08,000

of the kind of expansion of my idea of

498

00:17:12,309 --> 00:17:10,319

self and a relationship to the universe

499

00:17:14,710 --> 00:17:12,319

that resulted from my nde

500

00:17:15,750 --> 00:17:14,720

but i must confess a tremendous amount

501
00:17:18,549 --> 00:17:15,760
of my growth

502
00:17:20,309 --> 00:17:18,559
has also been due to meeting you know

503
00:17:22,710 --> 00:17:20,319
thousands of other experiencers

504
00:17:25,029 --> 00:17:22,720
and working with a scientific community

505
00:17:26,309 --> 00:17:25,039
worldwide that realizes consciousness is

506
00:17:29,750 --> 00:17:26,319
fundamental in the universe

507
00:17:30,630 --> 00:17:29,760
so i was gifted tremendously uh by this

508
00:17:31,830 --> 00:17:30,640
uh what you know

509
00:17:33,750 --> 00:17:31,840
some people would look at a weakened

510
00:17:34,990 --> 00:17:33,760
coma due to a severe grim negative

511
00:17:37,590 --> 00:17:35,000
bacterial

512
00:17:38,150 --> 00:17:37,600
meningoencephalitis is something of a uh

513
00:17:40,950 --> 00:17:38,160

you know

514

00:17:42,070 --> 00:17:40,960

bad luck well no in my case it was an

515

00:17:45,350 --> 00:17:42,080

extraordinary

516

00:17:47,830 --> 00:17:45,360

uh gift to show me ways of healing

517

00:17:49,270 --> 00:17:47,840

of understanding of our kind of

518

00:17:49,990 --> 00:17:49,280

alignment of our purpose with the

519

00:17:52,470 --> 00:17:50,000

universe

520

00:17:54,470 --> 00:17:52,480

that i think can be useful to all beings

521

00:17:57,430 --> 00:17:54,480

and that's why i love sharing the story

522

00:17:58,830 --> 00:17:57,440

and expanding on it because the science

523

00:18:01,990 --> 00:17:58,840

is fully there

524

00:18:02,310 --> 00:18:02,000

supporting this primacy of consciousness

525

00:18:08,230 --> 00:18:02,320

and

526

00:18:10,549 --> 00:18:08,240

powerful notion of free will

527

00:18:11,990 --> 00:18:10,559

you know free will is pretty much on the

528

00:18:13,909 --> 00:18:12,000

chopping block with materialist

529

00:18:15,669 --> 00:18:13,919

neuroscience

530

00:18:17,909 --> 00:18:15,679

because basically they're pretending

531

00:18:19,350 --> 00:18:17,919

that all those ion channels are still

532

00:18:21,990 --> 00:18:19,360

behaving like newtonian

533

00:18:23,750 --> 00:18:22,000

billiard balls and with you know a

534

00:18:24,630 --> 00:18:23,760

perfectly determined course of action

535

00:18:26,549 --> 00:18:24,640

but no

536

00:18:28,630 --> 00:18:26,559

the deepest message of quantum physics

537

00:18:29,190 --> 00:18:28,640

is really one of free will it opens the

538

00:18:31,110 --> 00:18:29,200

door

539

00:18:32,390 --> 00:18:31,120

to free will of sentience of the mental

540

00:18:34,630 --> 00:18:32,400

layer of the universe

541

00:18:36,150 --> 00:18:34,640

and that's where our healing can come in

542

00:18:37,669 --> 00:18:36,160

full force

543

00:18:39,590 --> 00:18:37,679

you know i mean the medical community

544

00:18:41,029 --> 00:18:39,600

has admitted to mind over matter for

545

00:18:43,830 --> 00:18:41,039

more than six decades

546

00:18:46,390 --> 00:18:43,840

by honoring placebo effect as their gold

547

00:18:49,430 --> 00:18:46,400

standard for assessing any new medical

548

00:18:51,510 --> 00:18:49,440

treatment or modality and a placebo

549

00:18:53,590 --> 00:18:51,520

effect is nothing more than an admission

550

00:18:55,430 --> 00:18:53,600

that our beliefs attitudes and thoughts

551
00:18:56,230 --> 00:18:55,440
can have a tremendous influence on our

552
00:18:58,950 --> 00:18:56,240
health

553
00:19:00,390 --> 00:18:58,960
and i would say that this revolution in

554
00:19:02,950 --> 00:19:00,400
understanding of consciousness

555
00:19:04,230 --> 00:19:02,960
greatly expands that notion of our free

556
00:19:07,110 --> 00:19:04,240
will and ability

557
00:19:08,950 --> 00:19:07,120
to become more whole more of the soul we

558
00:19:11,430 --> 00:19:08,960
came here to be

559
00:19:12,950 --> 00:19:11,440
awesome and i i do want to circle back

560
00:19:14,070 --> 00:19:12,960
on something because you mentioned

561
00:19:17,029 --> 00:19:14,080
hardship

562
00:19:17,590 --> 00:19:17,039
and what you had to go through and uh

563
00:19:19,909 --> 00:19:17,600

also

564

00:19:20,950 --> 00:19:19,919

you know you're a humble guy in terms of

565

00:19:23,270 --> 00:19:20,960

talking about

566

00:19:24,710 --> 00:19:23,280

your influence here but as we talked

567

00:19:26,470 --> 00:19:24,720

about at the beginning and i can't

568

00:19:28,390 --> 00:19:26,480

emphasize it enough

569

00:19:30,230 --> 00:19:28,400

you were that swing you were that

570

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

upswing in the chart that the guy

571

00:19:34,549 --> 00:19:33,039

had you know you were selected for

572

00:19:36,230 --> 00:19:34,559

whatever reason to be

573

00:19:39,029 --> 00:19:36,240

we have to understand and for whatever

574

00:19:42,549 --> 00:19:39,039

reason but you were also the guy

575

00:19:43,510 --> 00:19:42,559

who faced really unbelievable hardship

576
00:19:45,029 --> 00:19:43,520
when we look about

577
00:19:46,470 --> 00:19:45,039
when we look at it but i think it's such

578
00:19:46,950 --> 00:19:46,480
an important lesson i think it's a

579
00:19:49,510 --> 00:19:46,960
lesson

580
00:19:51,510 --> 00:19:49,520
and we might not totally agree with this

581
00:19:53,029 --> 00:19:51,520
but we can agree with the data maybe not

582
00:19:55,669 --> 00:19:53,039
the interpretation of the data

583
00:19:56,789 --> 00:19:55,679
but what you experience from a cultural

584
00:20:03,830 --> 00:19:56,799
takedown

585
00:20:07,110 --> 00:20:03,840
of dr evan alexander which was

586
00:20:08,070 --> 00:20:07,120
really so absurd on some level so over

587
00:20:10,149 --> 00:20:08,080
the top

588
00:20:12,230 --> 00:20:10,159

that anyone should have been able to

589

00:20:13,750 --> 00:20:12,240

spot it but let me recap because we've

590

00:20:17,430 --> 00:20:13,760

talked about a lot on this show

591

00:20:20,470 --> 00:20:17,440

so you come out with this book

592

00:20:22,390 --> 00:20:20,480

again folks you know the the way that i

593

00:20:23,510 --> 00:20:22,400

i always like to relate this to people

594

00:20:26,789 --> 00:20:23,520

is like

595

00:20:29,669 --> 00:20:26,799

when i tell people that the

596

00:20:32,230 --> 00:20:29,679

quote-unquote prominent atheist sam

597

00:20:34,470 --> 00:20:32,240

harris who's also a neuroscientist

598

00:20:36,789 --> 00:20:34,480

said that uh what did he exactly say

599

00:20:37,350 --> 00:20:36,799

it's alarmingly unscientific this guy's

600

00:20:39,750 --> 00:20:37,360

book

601
00:20:41,590 --> 00:20:39,760
and then he went on to say this guy

602
00:20:43,350 --> 00:20:41,600
doesn't know neuroscience

603
00:20:45,029 --> 00:20:43,360
and when i relate to that story to

604
00:20:47,029 --> 00:20:45,039
people people always have this

605
00:20:49,669 --> 00:20:47,039
quizzical look and they go but i thought

606
00:20:50,149 --> 00:20:49,679
you said he was a harvard neurosurgeon

607
00:20:51,990 --> 00:20:50,159
as if

608
00:20:54,149 --> 00:20:52,000
you know he was in the harvard medical

609
00:20:57,029 --> 00:20:54,159
school teaching students

610
00:20:57,830 --> 00:20:57,039
neuroscience and neurosurgery and i go

611
00:20:59,750 --> 00:20:57,840
yeah

612
00:21:00,950 --> 00:20:59,760
and i'm like well then why what it

613
00:21:05,590 --> 00:21:00,960

doesn't even

614

00:21:07,590 --> 00:21:05,600

where it would kind of even be

615

00:21:10,789 --> 00:21:07,600

reasonable or you know another prominent

616

00:21:13,110 --> 00:21:10,799

guy in his past now but oliver sacks

617

00:21:14,870 --> 00:21:13,120

oliver sachs who was loved by the

618

00:21:17,270 --> 00:21:14,880

psychology community and all that

619

00:21:19,029 --> 00:21:17,280

he felt the need to come out esquire

620

00:21:22,950 --> 00:21:19,039

magazine which we covered

621

00:21:25,510 --> 00:21:22,960

you know on this show extensively uh

622

00:21:26,710 --> 00:21:25,520

came out with a cover story evan

623

00:21:29,110 --> 00:21:26,720

alexander

624

00:21:30,310 --> 00:21:29,120

you know and when you really break it

625

00:21:33,830 --> 00:21:30,320

down they're

626
00:21:37,230 --> 00:21:33,840
caught just with bold-faced lies

627
00:21:40,230 --> 00:21:37,240
we broke it down lies

628
00:21:42,549 --> 00:21:40,240
misrepresentations where we're the

629
00:21:44,149 --> 00:21:42,559
the physician who was your primary care

630
00:21:47,110 --> 00:21:44,159
physician in the hospital

631
00:21:48,710 --> 00:21:47,120
has to write a response and say i have

632
00:21:51,190 --> 00:21:48,720
been misrepresented

633
00:21:52,470 --> 00:21:51,200
i'm deeply concerned about what esquire

634
00:21:55,430 --> 00:21:52,480
magazine has written

635
00:21:58,789 --> 00:21:55,440
it's not at all my opinion about dr

636
00:22:01,830 --> 00:21:58,799
alexander or about what he's

637
00:22:04,789 --> 00:22:01,840
this is a cultural takedown

638
00:22:05,430 --> 00:22:04,799

it's in my opinion it's not accidental

639

00:22:09,029 --> 00:22:05,440

it's not

640

00:22:10,950 --> 00:22:09,039

around and going

641

00:22:12,230 --> 00:22:10,960

well gee you know i have a different

642

00:22:15,750 --> 00:22:12,240

scholarly opinion

643

00:22:17,750 --> 00:22:15,760

on that based on my analysis

644

00:22:19,110 --> 00:22:17,760

what do you think about that are you

645

00:22:21,990 --> 00:22:19,120

willing to

646

00:22:23,750 --> 00:22:22,000

even explore the possibility that there

647

00:22:27,350 --> 00:22:23,760

was some

648

00:22:29,909 --> 00:22:27,360

some design behind that takedown

649

00:22:30,710 --> 00:22:29,919

well i would say that you know we

650

00:22:32,950 --> 00:22:30,720

everybody

651
00:22:34,149 --> 00:22:32,960
um has a certain addiction to their

652
00:22:37,350 --> 00:22:34,159
beliefs

653
00:22:40,870 --> 00:22:37,360
and this is true for all people and that

654
00:22:42,950 --> 00:22:40,880
includes scientists and philosophers um

655
00:22:44,310 --> 00:22:42,960
you know we like to think we understand

656
00:22:48,310 --> 00:22:44,320
things and so

657
00:22:50,470 --> 00:22:48,320
people uh kind of are attracted

658
00:22:51,430 --> 00:22:50,480
uh to a set of beliefs that they develop

659
00:22:53,990 --> 00:22:51,440
over time and

660
00:22:55,990 --> 00:22:54,000
in our culture unfortunately scientific

661
00:22:58,789 --> 00:22:56,000
materialism has held sway for

662
00:22:59,350 --> 00:22:58,799
you know many generations now uh and

663
00:23:01,510 --> 00:22:59,360

that

664

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

i i would say has led to a tremendous

665

00:23:05,350 --> 00:23:02,880

amount of damage

666

00:23:08,070 --> 00:23:05,360

but when i look at for example the uh

667

00:23:11,430 --> 00:23:08,080

critiques so that sam harris and

668

00:23:13,110 --> 00:23:11,440

oliver sacks uh came at me with

669

00:23:14,549 --> 00:23:13,120

mainly it was because they didn't they

670

00:23:16,549 --> 00:23:14,559

hadn't really read my

671

00:23:18,149 --> 00:23:16,559

book for one thing they basically but

672

00:23:20,310 --> 00:23:18,159

evan no they they read your book

673

00:23:21,350 --> 00:23:20,320

no they i talked to sam harris they read

674

00:23:22,789 --> 00:23:21,360

your book

675

00:23:25,029 --> 00:23:22,799

that that's why i and you don't have to

676

00:23:27,510 --> 00:23:25,039

go there but i i think we

677

00:23:29,430 --> 00:23:27,520

we kind of do our community a disservice

678

00:23:30,549 --> 00:23:29,440

if we don't address this head-on so if

679

00:23:31,190 --> 00:23:30,559

you're saying you you believe

680

00:23:33,270 --> 00:23:31,200

differently

681

00:23:35,430 --> 00:23:33,280

if you believe sam harris is an honest

682

00:23:35,990 --> 00:23:35,440

player who just is you know just doing

683

00:23:38,230 --> 00:23:36,000

his best

684

00:23:40,470 --> 00:23:38,240

and just couldn't understand it and all

685

00:23:41,430 --> 00:23:40,480

the i mean fine but i don't see it that

686

00:23:44,789 --> 00:23:41,440

way i see it

687

00:23:48,870 --> 00:23:44,799

as spirituality is

688

00:23:50,870 --> 00:23:48,880

enough assault on scientific materialism

689

00:23:52,070 --> 00:23:50,880

and there's certain people that have a

690

00:23:55,110 --> 00:23:52,080

vested interest

691

00:23:57,350 --> 00:23:55,120

in seeing that not prevail

692

00:23:58,549 --> 00:23:57,360

and that they just like in everything

693

00:24:00,149 --> 00:23:58,559

else in life

694

00:24:02,070 --> 00:24:00,159

they are going to exercise whatever

695

00:24:04,149 --> 00:24:02,080

extent of control they have

696

00:24:05,510 --> 00:24:04,159

to to see that that doesn't happen so

697

00:24:06,390 --> 00:24:05,520

you don't have to agree with that but to

698

00:24:07,909 --> 00:24:06,400

me that seems

699

00:24:09,750 --> 00:24:07,919

self-evident i would say in many ways

700

00:24:10,950 --> 00:24:09,760

you're exactly right and for example if

701
00:24:14,310 --> 00:24:10,960
you compare

702
00:24:15,269 --> 00:24:14,320
sam harris's attack on me where he was

703
00:24:18,470 --> 00:24:15,279
basically

704
00:24:20,390 --> 00:24:18,480
uh trying to say that uh this if if this

705
00:24:22,789 --> 00:24:20,400
experience happened at all it looked

706
00:24:25,110 --> 00:24:22,799
like a dmt experience he

707
00:24:26,230 --> 00:24:25,120
he went that far to try and say this is

708
00:24:27,269 --> 00:24:26,240
nothing more than that it's a

709
00:24:29,590 --> 00:24:27,279
biochemical

710
00:24:31,510 --> 00:24:29,600
uh thing we can forget about it uh and

711
00:24:34,870 --> 00:24:31,520
then if you simultaneously

712
00:24:37,029 --> 00:24:34,880
go and read bernardo castro's blog

713
00:24:38,390 --> 00:24:37,039

postings at the same time responding to

714

00:24:41,350 --> 00:24:38,400

sam harris

715

00:24:42,230 --> 00:24:41,360

castro comes at it with a far more kind

716

00:24:45,750 --> 00:24:42,240

of intelligent

717

00:24:45,990 --> 00:24:45,760

open-minded and i would say realistic

718

00:24:48,549 --> 00:24:46,000

way

719

00:24:50,789 --> 00:24:48,559

of interpreting my experience uh where

720

00:24:51,909 --> 00:24:50,799

he is fully open to the reality of that

721

00:24:55,350 --> 00:24:51,919

experience

722

00:24:57,350 --> 00:24:55,360

and i i would say first of all i i think

723

00:24:59,110 --> 00:24:57,360

you're making a good point in many ways

724

00:25:02,630 --> 00:24:59,120

that there is kind of this

725

00:25:03,190 --> 00:25:02,640

groundswell of kind of angst and recoil

726
00:25:04,950 --> 00:25:03,200
in in

727
00:25:07,430 --> 00:25:04,960
some members of the scientific community

728
00:25:08,710 --> 00:25:07,440
and also in those who claim to be

729
00:25:11,669 --> 00:25:08,720
science science

730
00:25:13,190 --> 00:25:11,679
journalists uh that's a bias it's a

731
00:25:16,070 --> 00:25:13,200
prejudice and it

732
00:25:18,230 --> 00:25:16,080
is goes into attack mode as soon as you

733
00:25:19,350 --> 00:25:18,240
mention anything about heaven or god or

734
00:25:22,710 --> 00:25:19,360
an afterlife

735
00:25:25,590 --> 00:25:22,720
uh they go ballistic and yet uh you know

736
00:25:28,149 --> 00:25:25,600
the 300 plus scientists now associated

737
00:25:29,430 --> 00:25:28,159
with galileocommission.org

738
00:25:33,350 --> 00:25:29,440

for example and i'm one of the

739

00:25:35,669 --> 00:25:33,360
scientific advisors for that group

740

00:25:37,110 --> 00:25:35,679
will actually argue that these

741

00:25:39,750 --> 00:25:37,120
experiences

742

00:25:41,190 --> 00:25:39,760
uh help us and in that i would say not

743

00:25:43,350 --> 00:25:41,200
only afterlife nde

744

00:25:44,549 --> 00:25:43,360
deafbed vision experiences but also the

745

00:25:45,990 --> 00:25:44,559
tremendous

746

00:25:48,390 --> 00:25:46,000
of scientific literature on

747

00:25:50,149 --> 00:25:48,400
reincarnation and there's a lot of it

748

00:25:50,470 --> 00:25:50,159
out there but the biggest body i know of

749

00:25:56,630 --> 00:25:50,480
is

750

00:25:57,669 --> 00:25:56,640
more than six decades of work and what

751
00:26:00,149 --> 00:25:57,679
you realize

752
00:26:02,310 --> 00:26:00,159
is that a lot of scientists currently

753
00:26:06,470 --> 00:26:02,320
studying consciousness

754
00:26:07,430 --> 00:26:06,480
completely go with the reality of these

755
00:26:09,669 --> 00:26:07,440
experiences

756
00:26:10,789 --> 00:26:09,679
because they're not forbidden by science

757
00:26:13,029 --> 00:26:10,799
at all

758
00:26:14,710 --> 00:26:13,039
in fact in many ways when you look at

759
00:26:16,549 --> 00:26:14,720
quantum physics and how it's evolved

760
00:26:19,909 --> 00:26:16,559
over the last few decades

761
00:26:21,990 --> 00:26:19,919
uh not only is kind of the spiritual

762
00:26:25,750 --> 00:26:22,000
realm a realm of unified

763
00:26:26,549 --> 00:26:25,760

mental function and of kind of shared

764

00:26:30,230 --> 00:26:26,559

purpose

765

00:26:31,990 --> 00:26:30,240

not only is that allowed by the findings

766

00:26:35,029 --> 00:26:32,000

of scientific experiments and

767

00:26:36,630 --> 00:26:35,039

modern paradigms it's actually demanded

768

00:26:38,230 --> 00:26:36,640

i mean the alternative

769

00:26:40,230 --> 00:26:38,240

for example in interpreting the

770

00:26:42,230 --> 00:26:40,240

measurement paradox in quantum physics

771

00:26:44,470 --> 00:26:42,240

is the mini world's interpretation in

772

00:26:46,789 --> 00:26:44,480

infinite parallel universes

773

00:26:48,710 --> 00:26:46,799

and i think that most of us can agree

774

00:26:50,950 --> 00:26:48,720

that doesn't appear to be

775

00:26:52,470 --> 00:26:50,960

the world we live in and that's where i

776

00:26:55,350 --> 00:26:52,480

would say that science

777

00:26:57,350 --> 00:26:55,360

will actually benefit from appreciating

778

00:26:59,269 --> 00:26:57,360

you know this bigger database about the

779

00:27:01,110 --> 00:26:59,279

afterlife and about reincarnation about

780

00:27:03,110 --> 00:27:01,120

what it tells us about consciousness

781

00:27:04,390 --> 00:27:03,120

about the relationship of ontology with

782

00:27:06,070 --> 00:27:04,400

epistemology

783

00:27:07,669 --> 00:27:06,080

uh and how we can come to a deeper

784

00:27:08,390 --> 00:27:07,679

understanding of ourselves so it's

785

00:27:11,830 --> 00:27:08,400

really

786

00:27:12,630 --> 00:27:11,840

a very important shift uh to move us to

787

00:27:15,110 --> 00:27:12,640

the next level

788

00:27:15,830 --> 00:27:15,120

and and i think one specific example of

789

00:27:19,350 --> 00:27:15,840

how i see

790

00:27:22,310 --> 00:27:19,360

science as growing into this would be

791

00:27:24,789 --> 00:27:22,320

the the recent uh set of scientific

792

00:27:28,070 --> 00:27:24,799

papers over the last nine years or so

793

00:27:31,430 --> 00:27:28,080

uh of using fmri functional magneto

794

00:27:32,549 --> 00:27:31,440

uh uh you know magnetic resonance

795

00:27:35,430 --> 00:27:32,559

imaging scans

796

00:27:35,990 --> 00:27:35,440

as well as magnetoencephalography and

797

00:27:38,950 --> 00:27:36,000

other

798

00:27:39,909 --> 00:27:38,960

techniques of looking at the brain and

799

00:27:41,269 --> 00:27:39,919

with

800

00:27:44,549 --> 00:27:41,279

when you study people under the

801
00:27:47,350 --> 00:27:44,559
influence of certain serotonin 2a

802
00:27:48,710 --> 00:27:47,360
type plant medicines like psilocybin

803
00:27:51,750 --> 00:27:48,720
magic mushrooms

804
00:27:54,630 --> 00:27:51,760
dmt uh active principle in ayahuasca

805
00:27:55,110 --> 00:27:54,640
uh lsd there are papers out there from

806
00:27:57,350 --> 00:27:55,120
london

807
00:27:58,470 --> 00:27:57,360
from south america that show that the

808
00:28:00,470 --> 00:27:58,480
brains of people

809
00:28:01,590 --> 00:28:00,480
under the influence of these substances

810
00:28:03,190 --> 00:28:01,600
goes dark

811
00:28:05,350 --> 00:28:03,200
there's no part of the brain that

812
00:28:05,990 --> 00:28:05,360
increases an activity in fact the whole

813
00:28:08,470 --> 00:28:06,000

brain

814

00:28:10,070 --> 00:28:08,480
gets out of the way and from a

815

00:28:12,310 --> 00:28:10,080
scientific perspective

816

00:28:13,990 --> 00:28:12,320
that doesn't mean we have to stop it

817

00:28:15,990 --> 00:28:14,000
just means we have to realize that

818

00:28:16,789 --> 00:28:16,000
within the materials paradigm and trying

819

00:28:19,110 --> 00:28:16,799
to look at

820

00:28:21,350 --> 00:28:19,120
phenomenal experience as the result of

821

00:28:23,430 --> 00:28:21,360
chemical reactions and electron fluxes

822

00:28:24,789 --> 00:28:23,440
you have to realize no there are higher

823

00:28:27,669 --> 00:28:24,799
ordering principles

824

00:28:28,870 --> 00:28:27,679
involved uh that give us our phenomenal

825

00:28:31,990 --> 00:28:28,880
experience and they're not

826

00:28:33,350 --> 00:28:32,000

simply the result of atoms and molecules

827

00:28:35,430 --> 00:28:33,360

following

828

00:28:37,269 --> 00:28:35,440

the laws of physics chemistry and

829

00:28:39,190 --> 00:28:37,279

biology and so it really

830

00:28:41,430 --> 00:28:39,200

helps for science to expand its

831

00:28:43,190 --> 00:28:41,440

worldview beyond materialism

832

00:28:45,510 --> 00:28:43,200

i don't think that science well

833

00:28:47,110 --> 00:28:45,520

practiced is limited to materialism

834

00:28:49,350 --> 00:28:47,120

except for the fact of course

835

00:28:51,029 --> 00:28:49,360

that people like to measure things and

836

00:28:52,310 --> 00:28:51,039

most measurements kind of occur in the

837

00:28:54,710 --> 00:28:52,320

material world

838

00:28:56,310 --> 00:28:54,720

uh but i think that a scientific mind

839

00:28:58,230 --> 00:28:56,320

for example when i look at the

840

00:28:59,430 --> 00:28:58,240

work coming out of uva dots and

841

00:29:02,149 --> 00:28:59,440

especially of those three

842

00:29:04,149 --> 00:29:02,159

landmark books from ed kelly uh you know

843

00:29:05,110 --> 00:29:04,159

irreducible mind beyond physicalism and

844

00:29:07,510 --> 00:29:05,120

now consciousness

845

00:29:08,710 --> 00:29:07,520

unbound they're a beautiful example of

846

00:29:11,830 --> 00:29:08,720

how science can go

847

00:29:13,430 --> 00:29:11,840

far beyond materialism in trying to

848

00:29:16,549 --> 00:29:13,440

explain the nature of reality

849

00:29:19,269 --> 00:29:16,559

as in fact it must because there's more

850

00:29:20,149 --> 00:29:19,279

to this universe than the physical world

851
00:29:22,070 --> 00:29:20,159
and

852
00:29:24,230 --> 00:29:22,080
you know getting back to your original

853
00:29:27,830 --> 00:29:24,240
question about the attacks on me

854
00:29:30,789 --> 00:29:27,840
i will also say it's a very good thing

855
00:29:32,710 --> 00:29:30,799
that uh three physicians not involved in

856
00:29:35,029 --> 00:29:32,720
my care and of course one of them was

857
00:29:37,110 --> 00:29:35,039
dr bruce grayson who spent more than uh

858
00:29:39,510 --> 00:29:37,120
45 years studying ndes

859
00:29:41,350 --> 00:29:39,520
but they wrote up a case report on my

860
00:29:44,389 --> 00:29:41,360
medical records and that came out

861
00:29:46,149 --> 00:29:44,399
in september of 2018 in the journal of

862
00:29:49,110 --> 00:29:46,159
nervous and mental diseases

863
00:29:50,310 --> 00:29:49,120

and that uh case report went a very long

864

00:29:52,950 --> 00:29:50,320

way

865

00:29:54,070 --> 00:29:52,960

towards uh painting the picture i tried

866

00:29:55,990 --> 00:29:54,080

to paint and proof of heaven they

867

00:29:57,350 --> 00:29:56,000

actually go much further than i did

868

00:29:59,029 --> 00:29:57,360

they had a lot more time to look at my

869

00:30:00,870 --> 00:29:59,039

medical records three of them did it

870

00:30:02,389 --> 00:30:00,880

independently objectively

871

00:30:04,870 --> 00:30:02,399

uh and i think they were even more

872

00:30:07,430 --> 00:30:04,880

shocked than i was that my brain

873

00:30:08,389 --> 00:30:07,440

uh you know that when my brain was so

874

00:30:11,269 --> 00:30:08,399

demonstrably

875

00:30:12,870 --> 00:30:11,279

offline given my neurologic exams given

876

00:30:14,950 --> 00:30:12,880

the lab values given the

877

00:30:16,230 --> 00:30:14,960

ct and mri scan showing all eight lobes

878

00:30:18,470 --> 00:30:16,240

in my brain affected

879

00:30:20,310 --> 00:30:18,480

that i could have had the most robust

880

00:30:23,350 --> 00:30:20,320

profound

881

00:30:25,430 --> 00:30:23,360

experience of my life uh you know

882

00:30:26,789 --> 00:30:25,440

in that setting and in fact when the

883

00:30:28,630 --> 00:30:26,799

peer reviewers the journal of

884

00:30:30,630 --> 00:30:28,640

nervousness and mental disease

885

00:30:32,310 --> 00:30:30,640

ask them how do you explain this case

886

00:30:33,590 --> 00:30:32,320

because just like when i reviewed my

887

00:30:35,110 --> 00:30:33,600

records i was like this

888

00:30:37,669 --> 00:30:35,120

these are the records of someone who is

889

00:30:39,350 --> 00:30:37,679

bound to die not someone who is going to

890

00:30:41,590 --> 00:30:39,360

end up having a full recovery

891

00:30:44,789 --> 00:30:41,600

so it was a deep mystery to me likewise

892

00:30:46,950 --> 00:30:44,799

to these three doctors who reviewed my

893

00:30:48,310 --> 00:30:46,960

case until when they were challenged how

894

00:30:52,070 --> 00:30:48,320

do you explain

895

00:30:53,830 --> 00:30:52,080

this horrific uh medical circumstance

896

00:30:57,509 --> 00:30:53,840

resulting in a full recovery

897

00:30:59,990 --> 00:30:57,519

they said it's because he had an nde

898

00:31:00,950 --> 00:31:00,000

that was enough to satisfy the peer

899

00:31:03,509 --> 00:31:00,960

reviewers

900

00:31:04,950 --> 00:31:03,519

of a scientific medical journal oh now

901
00:31:06,630 --> 00:31:04,960
we have an explanation

902
00:31:09,269 --> 00:31:06,640
and it's because they knew of other

903
00:31:10,950 --> 00:31:09,279
cases like anita morgani who

904
00:31:13,269 --> 00:31:10,960
wrote the book dying to be me and had an

905
00:31:15,830 --> 00:31:13,279
advanced stage 4 lymphoma

906
00:31:17,190 --> 00:31:15,840
that she was within hours of death by

907
00:31:19,350 --> 00:31:17,200
any doctor's reckoning

908
00:31:20,789 --> 00:31:19,360
and yet she had a profound nde came back

909
00:31:22,870 --> 00:31:20,799
to this world

910
00:31:25,190 --> 00:31:22,880
almost 20 years ago is when she did all

911
00:31:26,149 --> 00:31:25,200
this and it was because of her nde she

912
00:31:28,470 --> 00:31:26,159
came back

913
00:31:29,909 --> 00:31:28,480

likewise dr mary c neil the orthopedic

914

00:31:32,950 --> 00:31:29,919

surgeon she wrote a book called

915

00:31:36,149 --> 00:31:32,960

heaven and back a warm water drowning in

916

00:31:38,149 --> 00:31:36,159

chile kayaking back in 1999 she was

917

00:31:40,630 --> 00:31:38,159

underwater more than 30 minutes her legs

918

00:31:43,110 --> 00:31:40,640

broken under a boulder

919

00:31:44,310 --> 00:31:43,120

she was brought to the surface dead

920

00:31:46,389 --> 00:31:44,320

resuscitated

921

00:31:48,070 --> 00:31:46,399

ended up making a full recovery she had

922

00:31:50,549 --> 00:31:48,080

a profound nde

923

00:31:51,509 --> 00:31:50,559

so it's it's simply taking our lesson

924

00:31:53,830 --> 00:31:51,519

from

925

00:31:55,190 --> 00:31:53,840

placebo effect and acknowledgement of

926
00:31:57,269 --> 00:31:55,200
beliefs thoughts

927
00:31:58,230 --> 00:31:57,279
and attitudes playing a tremendous role

928
00:32:00,870 --> 00:31:58,240
in our health

929
00:32:03,029 --> 00:32:00,880
and realizing well in these deeper kind

930
00:32:05,350 --> 00:32:03,039
of spiritual journeys of ndes

931
00:32:06,149 --> 00:32:05,360
uh you have extraordinary options for

932
00:32:08,870 --> 00:32:06,159
returning

933
00:32:09,990 --> 00:32:08,880
health to a soul on a journey but it

934
00:32:12,630 --> 00:32:10,000
involves

935
00:32:13,669 --> 00:32:12,640
waking up to that much bigger role that

936
00:32:16,389 --> 00:32:13,679
we play the much

937
00:32:18,389 --> 00:32:16,399
bigger soul that we are a soul that has

938
00:32:19,750 --> 00:32:18,399

been here many lives before will be here

939

00:32:22,149 --> 00:32:19,760

many lives to come

940

00:32:23,269 --> 00:32:22,159

and participate in this evolution of all

941

00:32:25,350 --> 00:32:23,279

of consciousness

942

00:32:27,110 --> 00:32:25,360

and that's where i think so much of the

943

00:32:30,389 --> 00:32:27,120

current revolution in science

944

00:32:32,549 --> 00:32:30,399

about primacy of consciousness and this

945

00:32:34,389 --> 00:32:32,559

deep debate about free will and

946

00:32:35,990 --> 00:32:34,399

uh whether it really exists and how can

947

00:32:38,310 --> 00:32:36,000

it manifest is so

948

00:32:39,110 --> 00:32:38,320

important if for nothing else to heal

949

00:32:41,669 --> 00:32:39,120

ourselves

950

00:32:44,789 --> 00:32:41,679

to come into wholeness that's what this

951
00:32:46,389 --> 00:32:44,799
is really all about this awakening

952
00:32:48,149 --> 00:32:46,399
you know i want to just return i want to

953
00:32:50,470 --> 00:32:48,159
make sure people got

954
00:32:51,990 --> 00:32:50,480
that little story that you did there

955
00:32:52,870 --> 00:32:52,000
there really shouldn't have been any

956
00:32:55,269 --> 00:32:52,880
controversy

957
00:32:56,149 --> 00:32:55,279
it was really cut and dried but it was

958
00:32:59,029 --> 00:32:56,159
this manufactured

959
00:33:00,710 --> 00:32:59,039
controversy but the story behind it and

960
00:33:02,230 --> 00:33:00,720
you just said that now it's been

961
00:33:02,630 --> 00:33:02,240
medically reviewed and you know i just

962
00:33:05,590 --> 00:33:02,640
had

963
00:33:06,950 --> 00:33:05,600

dr bruce grayson on the show recently

964

00:33:10,470 --> 00:33:06,960

and of course he's written this

965

00:33:13,190 --> 00:33:10,480

terrific book after and you are uh

966

00:33:14,950 --> 00:33:13,200

mentioned throughout that but i love

967

00:33:18,149 --> 00:33:14,960

this story that he tells

968

00:33:20,950 --> 00:33:18,159

about kind of the personal part again of

969

00:33:23,669 --> 00:33:20,960

you have this experience and you get

970

00:33:27,590 --> 00:33:23,679

some pretty sage advice from your son

971

00:33:29,190 --> 00:33:27,600

who says dad don't read anything you're

972

00:33:31,110 --> 00:33:29,200

going to be tempted to kind of go there

973

00:33:32,470 --> 00:33:31,120

don't just get your account down

974

00:33:34,070 --> 00:33:32,480

and that turns out to be really good

975

00:33:35,110 --> 00:33:34,080

advice you do that then you get in the

976

00:33:38,149 --> 00:33:35,120

car and you drive

977

00:33:40,389 --> 00:33:38,159

and you guys meet with dr grayson

978

00:33:42,389 --> 00:33:40,399

and uh so that's kind of an important

979

00:33:45,590 --> 00:33:42,399

meeting and then later on

980

00:33:47,110 --> 00:33:45,600

he says what you just recounts that just

981

00:33:49,750 --> 00:33:47,120

a couple years ago

982

00:33:51,029 --> 00:33:49,760

they finally published this but he had

983

00:33:53,430 --> 00:33:51,039

investigated it

984

00:33:54,149 --> 00:33:53,440

prior to saying okay let me examine this

985

00:33:57,110 --> 00:33:54,159

case

986

00:33:58,870 --> 00:33:57,120

from a medical standpoint and they had

987

00:34:00,470 --> 00:33:58,880

three independent people and i just love

988

00:34:01,909 --> 00:34:00,480

this little snippet which i was trying

989

00:34:05,029 --> 00:34:01,919

to lead to

990

00:34:07,110 --> 00:34:05,039

grayson goes well then i you know

991

00:34:08,629 --> 00:34:07,120

kind of pow-wowed with my colleagues to

992

00:34:10,470 --> 00:34:08,639

see where there were any discrepancies

993

00:34:11,990 --> 00:34:10,480

because to me it was clear-cut

994

00:34:14,149 --> 00:34:12,000

and he said that there were no

995

00:34:14,629 --> 00:34:14,159

discrepancies everybody came back and

996

00:34:16,470 --> 00:34:14,639

said

997

00:34:18,550 --> 00:34:16,480

this is why am i even examining this

998

00:34:20,550 --> 00:34:18,560

this is a slam dunk of course

999

00:34:22,149 --> 00:34:20,560

that this is a non-functioning brain

1000

00:34:24,149 --> 00:34:22,159

this person should have died

1001

00:34:25,510 --> 00:34:24,159

and if they you know if they didn't die

1002

00:34:27,030 --> 00:34:25,520

which the 99

1003

00:34:28,869 --> 00:34:27,040

they would have died they no way they

1004

00:34:31,230 --> 00:34:28,879

would ever recover so

1005

00:34:32,550 --> 00:34:31,240

again to me that all points to a

1006

00:34:33,510 --> 00:34:32,560

manufactured

1007

00:34:35,109 --> 00:34:33,520

but i'm going to get into that you

1008

00:34:36,470 --> 00:34:35,119

already t you already handled that i

1009

00:34:39,190 --> 00:34:36,480

just wanted to

1010

00:34:39,829 --> 00:34:39,200

kind of put an exclamation point on that

1011

00:34:43,270 --> 00:34:39,839

because

1012

00:34:46,470 --> 00:34:43,280

there are still these lingering doubts

1013

00:34:49,190 --> 00:34:46,480

which there will be because the the

1014

00:34:50,470 --> 00:34:49,200

effectiveness of smearing somebody of

1015

00:34:53,349 --> 00:34:50,480

taking somebody down

1016

00:34:55,669 --> 00:34:53,359

culturally is is very well understood

1017

00:34:56,550 --> 00:34:55,679

these guys do a great job you will carry

1018

00:35:00,310 --> 00:34:56,560

that

1019

00:35:02,950 --> 00:35:00,320

never comes clean because they're

1020

00:35:04,390 --> 00:35:02,960

really really good at that but back to

1021

00:35:06,150 --> 00:35:04,400

your other point let me kind of

1022

00:35:07,990 --> 00:35:06,160

wrap that into a question it's kind of a

1023

00:35:09,750 --> 00:35:08,000

related question and again we might not

1024

00:35:12,870 --> 00:35:09,760

see it the same way but

1025

00:35:15,349 --> 00:35:12,880

i i just interviewed this wonderful guy

1026

00:35:17,349 --> 00:35:15,359

dr steve taylor and he's written this

1027

00:35:20,630 --> 00:35:17,359

book and i hope i can get the name right

1028

00:35:21,589 --> 00:35:20,640

why science science spiritual science

1029

00:35:26,470 --> 00:35:21,599

exactly

1030

00:35:33,349 --> 00:35:30,390

fill in the blank and i i i love the guy

1031

00:35:35,670 --> 00:35:33,359

but he's got it completely backwards

1032

00:35:37,430 --> 00:35:35,680

it's not that science needs spirituality

1033

00:35:39,670 --> 00:35:37,440

science is doing everything it freaking

1034

00:35:40,630 --> 00:35:39,680

can to keep spirituality out of the

1035

00:35:43,190 --> 00:35:40,640

picture to keep them

1036

00:35:44,790 --> 00:35:43,200

out of their game their game is up when

1037

00:35:47,349 --> 00:35:44,800

they let spirituality in

1038

00:35:49,190 --> 00:35:47,359

so you can talk as you are about the

1039

00:35:51,750 --> 00:35:49,200

advancements and maybe we can

1040

00:35:53,190 --> 00:35:51,760

ground up you know from the ground up

1041

00:35:54,790 --> 00:35:53,200

from the bottom up

1042

00:35:57,030 --> 00:35:54,800

you know change the tide and we

1043

00:35:58,630 --> 00:35:57,040

certainly have to so we have to try

1044

00:36:00,390 --> 00:35:58,640

right so what you're talking about is

1045

00:36:03,349 --> 00:36:00,400

certainly true

1046

00:36:05,030 --> 00:36:03,359

but i do kind of call into question

1047

00:36:05,829 --> 00:36:05,040

whether or not we should consider the

1048

00:36:08,870 --> 00:36:05,839

alternative

1049

00:36:11,990 --> 00:36:08,880

is that science is actively

1050

00:36:14,150 --> 00:36:12,000

trying to keep spirituality out of

1051

00:36:16,069 --> 00:36:14,160

the equation because it's not good for

1052

00:36:18,710 --> 00:36:16,079

business it's not good for science as we

1053

00:36:21,270 --> 00:36:18,720

know it's business

1054

00:36:22,150 --> 00:36:21,280

well those are interesting points i've

1055

00:36:23,910 --> 00:36:22,160

read

1056

00:36:26,790 --> 00:36:23,920

steve taylor's book i thought it was

1057

00:36:28,550 --> 00:36:26,800

actually quite good um

1058

00:36:30,950 --> 00:36:28,560

and uh you know as i was mentioning a

1059

00:36:32,870 --> 00:36:30,960

few minutes ago with talking about the

1060

00:36:34,390 --> 00:36:32,880

psychedelics and looking at the brain

1061

00:36:36,470 --> 00:36:34,400

and the brain goes dark

1062

00:36:38,150 --> 00:36:36,480

that's why i'm saying science does need

1063

00:36:39,750 --> 00:36:38,160

to expand beyond material

1064

00:36:42,470 --> 00:36:39,760

the material is thinking of brain

1065

00:36:44,950 --> 00:36:42,480

creates consciousness is clearly false

1066

00:36:46,150 --> 00:36:44,960

and uh and and so that's where that's

1067

00:36:49,030 --> 00:36:46,160

for me an example

1068

00:36:50,870 --> 00:36:49,040

of how science can be more open-minded

1069

00:36:52,470 --> 00:36:50,880

and grow into a bigger picture

1070

00:36:55,030 --> 00:36:52,480

to try and get to the truth i mean

1071

00:36:58,230 --> 00:36:55,040

ultimately we all would like to know the

1072

00:36:58,630 --> 00:36:58,240

capital t truth you know the the the

1073

00:37:01,270 --> 00:36:58,640

true

1074

00:37:02,230 --> 00:37:01,280

nuts and bolts of how the universe works

1075

00:37:04,550 --> 00:37:02,240

and uh

1076
00:37:05,430 --> 00:37:04,560
you know i'd say especially given all

1077
00:37:08,230 --> 00:37:05,440
the study of

1078
00:37:09,190 --> 00:37:08,240
ndes uh and all the evidence

1079
00:37:11,349 --> 00:37:09,200
accumulating and

1080
00:37:13,349 --> 00:37:11,359
saying the hospice literature about the

1081
00:37:15,990 --> 00:37:13,359
power of deathbed visions the

1082
00:37:16,950 --> 00:37:16,000
the reality the transformative abilities

1083
00:37:18,630 --> 00:37:16,960
that they bring

1084
00:37:19,990 --> 00:37:18,640
and then you've got this tremendous body

1085
00:37:22,790 --> 00:37:20,000
of evidence

1086
00:37:23,670 --> 00:37:22,800
on reincarnation not just from groups

1087
00:37:25,589 --> 00:37:23,680
like uva

1088
00:37:27,829 --> 00:37:25,599

dots where they have more than 2500

1089

00:37:29,430 --> 00:37:27,839

cases of past life memories and children

1090

00:37:30,950 --> 00:37:29,440

suggestive of reincarnation

1091

00:37:33,030 --> 00:37:30,960

but you have this whole world of

1092

00:37:34,870 --> 00:37:33,040

transpersonal psychology

1093

00:37:36,230 --> 00:37:34,880

beginning with the work of carl jung and

1094

00:37:38,630 --> 00:37:36,240

charles tartan and

1095

00:37:40,550 --> 00:37:38,640

uh moving on to stan groff and michael

1096

00:37:42,390 --> 00:37:40,560

newton brian weiss and others

1097

00:37:44,870 --> 00:37:42,400

where they realized that to deal with

1098

00:37:47,030 --> 00:37:44,880

the issues faced by their patients

1099

00:37:48,630 --> 00:37:47,040

uh you know with very psychological

1100

00:37:52,150 --> 00:37:48,640

psychiatric issues

1101
00:37:54,230 --> 00:37:52,160
that by doing uh hypnotic regression and

1102
00:37:55,510 --> 00:37:54,240
uncovering memories of past lives you

1103
00:37:58,230 --> 00:37:55,520
start to explain

1104
00:37:59,750 --> 00:37:58,240
and understand why certain challenges

1105
00:38:02,310 --> 00:37:59,760
are there in this lifetime

1106
00:38:04,230 --> 00:38:02,320
and not only that you gain the tools to

1107
00:38:06,230 --> 00:38:04,240
start to heal them so

1108
00:38:08,550 --> 00:38:06,240
this is not just some kind of idle you

1109
00:38:10,630 --> 00:38:08,560
know armchair philosophy question of

1110
00:38:11,910 --> 00:38:10,640
you know afterlife and reincarnation are

1111
00:38:13,510 --> 00:38:11,920
they real or not

1112
00:38:15,270 --> 00:38:13,520
uh you know just to tell us what happens

1113
00:38:17,190 --> 00:38:15,280

when we die it's a much

1114

00:38:18,870 --> 00:38:17,200

bigger question of how do we live the

1115

00:38:21,109 --> 00:38:18,880

lives we have here and now

1116

00:38:22,390 --> 00:38:21,119

day to day how do we make choices how do

1117

00:38:24,630 --> 00:38:22,400

we see ourselves

1118

00:38:26,630 --> 00:38:24,640

in relationship to others and to the

1119

00:38:29,990 --> 00:38:26,640

universe and i would argue

1120

00:38:33,270 --> 00:38:30,000

that this kind of expanded the vision

1121

00:38:35,430 --> 00:38:33,280

of a study of consciousness uh allows us

1122

00:38:37,270 --> 00:38:35,440

to greatly expand our own kind of

1123

00:38:38,470 --> 00:38:37,280

self-vision of our relationship with the

1124

00:38:41,750 --> 00:38:38,480

universe and

1125

00:38:42,950 --> 00:38:41,760

uh really how to act how to be uh how to

1126

00:38:45,270 --> 00:38:42,960

think of ourselves

1127

00:38:47,270 --> 00:38:45,280

so that when we come to the end of a

1128

00:38:50,470 --> 00:38:47,280

life of a physical body

1129

00:38:52,550 --> 00:38:50,480

we don't get that extreme shock

1130

00:38:54,069 --> 00:38:52,560

of having your body die and all of a

1131

00:38:55,670 --> 00:38:54,079

sudden realize you're more conscious

1132

00:38:59,030 --> 00:38:55,680

than you've ever been before

1133

00:39:01,829 --> 00:38:59,040

and damn did i waste that life

1134

00:39:03,910 --> 00:39:01,839

following a falsehood that was promoted

1135

00:39:05,750 --> 00:39:03,920

by the material of scientific community

1136

00:39:07,030 --> 00:39:05,760

just because their theoretical models

1137

00:39:08,550 --> 00:39:07,040

were inadequate

1138

00:39:10,310 --> 00:39:08,560

uh and they couldn't figure out what the

1139

00:39:12,390 --> 00:39:10,320

empirical data was telling them

1140

00:39:13,829 --> 00:39:12,400

doesn't mean we have to just kind of

1141

00:39:15,510 --> 00:39:13,839

give up and pretend total

1142

00:39:17,510 --> 00:39:15,520

ignorance and and follow this

1143

00:39:20,710 --> 00:39:17,520

materialist uh

1144

00:39:22,790 --> 00:39:20,720

uh mindset down into the abyss no

1145

00:39:24,790 --> 00:39:22,800

this is about and as i said earlier with

1146

00:39:27,510 --> 00:39:24,800

placebo effect and healing

1147

00:39:28,150 --> 00:39:27,520

uh it's such an extraordinary capacity

1148

00:39:30,550 --> 00:39:28,160

to kind of

1149

00:39:31,430 --> 00:39:30,560

improve ourselves and gain health and

1150

00:39:33,670 --> 00:39:31,440

wholeness

1151

00:39:34,870 --> 00:39:33,680

why in the world would we keep pursuing

1152

00:39:37,750 --> 00:39:34,880

a very limited

1153

00:39:38,950 --> 00:39:37,760

disproven worldview like materialism i

1154

00:39:40,550 --> 00:39:38,960

mean essentially

1155

00:39:42,470 --> 00:39:40,560

it should have been banned from the

1156

00:39:43,670 --> 00:39:42,480

world 80 years ago with the advent of

1157

00:39:45,750 --> 00:39:43,680

quantum physics

1158

00:39:47,510 --> 00:39:45,760

you know materialism really has died

1159

00:39:49,030 --> 00:39:47,520

it's just that a lot of materialists

1160

00:39:51,349 --> 00:39:49,040

have not read the memo yet

1161

00:39:53,190 --> 00:39:51,359

but it's an absolute fact when you study

1162

00:39:54,230 --> 00:39:53,200

the data and if human beings want to

1163

00:39:57,109 --> 00:39:54,240

understand

1164

00:39:58,790 --> 00:39:57,119

human experience they need to realize

1165

00:40:00,390 --> 00:39:58,800

this science of consciousness

1166

00:40:02,310 --> 00:40:00,400

is about trying to get to a deeper

1167

00:40:04,550 --> 00:40:02,320

understanding of some of the toughest

1168

00:40:06,870 --> 00:40:04,560

most challenging experiences humans have

1169

00:40:07,750 --> 00:40:06,880

ever had and yet they reveal some very

1170

00:40:11,109 --> 00:40:07,760

profound

1171

00:40:14,309 --> 00:40:11,119

and refreshing and liberating truths

1172

00:40:15,109 --> 00:40:14,319

about our true nature and that's where i

1173

00:40:17,510 --> 00:40:15,119

think this is

1174

00:40:19,510 --> 00:40:17,520

a very important thing to do to share

1175

00:40:21,430 --> 00:40:19,520

this discussion get it out there

1176

00:40:23,589 --> 00:40:21,440

i'm glad you do exactly what you do

1177

00:40:25,990 --> 00:40:23,599

because i think you are

1178

00:40:26,950 --> 00:40:26,000

playing a central role in helping to

1179

00:40:28,950 --> 00:40:26,960

catalyze

1180

00:40:30,230 --> 00:40:28,960

tremendous awakening of this planet

1181

00:40:31,109 --> 00:40:30,240

which i would say is absolutely

1182

00:40:33,670 --> 00:40:31,119

necessary

1183

00:40:35,270 --> 00:40:33,680

if we're going to survive i mean with

1184

00:40:37,430 --> 00:40:35,280

all the addiction of fossil fuels

1185

00:40:39,109 --> 00:40:37,440

plastic pollution we are in deep trouble

1186

00:40:40,550 --> 00:40:39,119

from materialist thinking in a false

1187

00:40:42,790 --> 00:40:40,560

sense of separation

1188

00:40:44,230 --> 00:40:42,800

we need to take responsibility for our

1189

00:40:46,150 --> 00:40:44,240

choices

1190

00:40:47,349 --> 00:40:46,160

well let's you know you you touch on

1191

00:40:48,710 --> 00:40:47,359

something that's uh

1192

00:40:50,309 --> 00:40:48,720

super important and those are very kind

1193

00:40:51,670 --> 00:40:50,319

words and i appreciate it but you

1194

00:40:54,550 --> 00:40:51,680

touched on

1195

00:40:56,230 --> 00:40:54,560

you know where a lot of your energy and

1196

00:40:59,510 --> 00:40:56,240

mission has gone

1197

00:41:01,829 --> 00:40:59,520

in in recent years and that is the tools

1198

00:41:02,870 --> 00:41:01,839

of healing the tools of becoming whole

1199

00:41:04,950 --> 00:41:02,880

the tools of

1200

00:41:07,109 --> 00:41:04,960

you know because one of the things we

1201
00:41:09,030 --> 00:41:07,119
know from this near-death experience and

1202
00:41:11,589 --> 00:41:09,040
we've explored on this show

1203
00:41:13,190 --> 00:41:11,599
it doesn't mean that the journey's over

1204
00:41:13,990 --> 00:41:13,200
and it doesn't mean that the challenges

1205
00:41:15,270 --> 00:41:14,000
aren't over

1206
00:41:17,030 --> 00:41:15,280
and it doesn't mean that you're still

1207
00:41:19,990 --> 00:41:17,040
not going to face stuff and

1208
00:41:21,190 --> 00:41:20,000
in some ways it it does make it worse

1209
00:41:22,950 --> 00:41:21,200
right it makes

1210
00:41:24,550 --> 00:41:22,960
some of our relationships worse because

1211
00:41:25,270 --> 00:41:24,560
not everyone went through the experience

1212
00:41:27,109 --> 00:41:25,280
with us

1213
00:41:28,710 --> 00:41:27,119

so they might not see it the same way

1214

00:41:30,230 --> 00:41:28,720

and the world hasn't gone through the

1215

00:41:30,630 --> 00:41:30,240

experience so there's a lot of issues

1216

00:41:33,670 --> 00:41:30,640

here

1217

00:41:36,630 --> 00:41:33,680

so i want you to talk about healing

1218

00:41:37,430 --> 00:41:36,640

and uh you and karen your partner have

1219

00:41:40,069 --> 00:41:37,440

done some

1220

00:41:41,829 --> 00:41:40,079

you know specific work some specific

1221

00:41:43,589 --> 00:41:41,839

products that might help that

1222

00:41:45,430 --> 00:41:43,599

but the other aspect of that that you

1223

00:41:48,790 --> 00:41:45,440

just touched on earlier that i find

1224

00:41:52,550 --> 00:41:48,800

super powerful free easy

1225

00:41:56,550 --> 00:41:52,560

low risk is just these accounts

1226

00:41:58,950 --> 00:41:56,560

these accounts these heartfelt soul-felt

1227

00:42:01,109 --> 00:41:58,960

near-death experience accounts can be

1228

00:42:02,950 --> 00:42:01,119

incredibly healing they've been healing

1229

00:42:04,710 --> 00:42:02,960

for me but they've been healing to so

1230

00:42:08,069 --> 00:42:04,720

many people that i've talked to

1231

00:42:09,829 --> 00:42:08,079

so can you speak to that for a minute

1232

00:42:11,589 --> 00:42:09,839

well you make a beautiful point there

1233

00:42:12,870 --> 00:42:11,599

you know ken ring who is one of the

1234

00:42:14,870 --> 00:42:12,880

founding

1235

00:42:16,190 --> 00:42:14,880

members of the international association

1236

00:42:17,430 --> 00:42:16,200

of near-death studies back in the

1237

00:42:19,829 --> 00:42:17,440

mid-1970s

1238

00:42:20,870 --> 00:42:19,839

a few decades ago he wrote a paper about

1239

00:42:24,790 --> 00:42:20,880

how

1240

00:42:25,910 --> 00:42:24,800

influential just knowing about ndes

1241

00:42:27,510 --> 00:42:25,920

studying ndes

1242

00:42:29,510 --> 00:42:27,520

reading some of the stories or hearing

1243

00:42:32,069 --> 00:42:29,520

them presented from an indy ear

1244

00:42:33,750 --> 00:42:32,079

can have a very profound positive

1245

00:42:36,790 --> 00:42:33,760

transformative effect

1246

00:42:39,670 --> 00:42:36,800

on people who get that knowledge

1247

00:42:41,430 --> 00:42:39,680

uh and karen and i realized early on in

1248

00:42:44,710 --> 00:42:41,440

our collaboration beginning

1249

00:42:47,270 --> 00:42:44,720

a decade or so ago um that you really

1250

00:42:50,230 --> 00:42:47,280

have to meet people where they are

1251
00:42:50,790 --> 00:42:50,240
and don't expect people to you know come

1252
00:42:53,349 --> 00:42:50,800
to me

1253
00:42:53,990 --> 00:42:53,359
to hear my story but i've gotta share

1254
00:42:56,550 --> 00:42:54,000
with them

1255
00:42:57,670 --> 00:42:56,560
what they are ready to hear in in a way

1256
00:43:00,230 --> 00:42:57,680
that can help them

1257
00:43:01,829 --> 00:43:00,240
to grow to the next level and that's

1258
00:43:02,790 --> 00:43:01,839
always going to be through personal

1259
00:43:04,470 --> 00:43:02,800
experience so

1260
00:43:06,230 --> 00:43:04,480
and it's not just about sharing the

1261
00:43:08,390 --> 00:43:06,240
stories uh but

1262
00:43:10,069 --> 00:43:08,400
but encouraging people to develop a

1263
00:43:11,750 --> 00:43:10,079

practice of going within

1264

00:43:13,430 --> 00:43:11,760
as you realize that the modern

1265

00:43:15,829 --> 00:43:13,440
scientific

1266

00:43:17,349 --> 00:43:15,839
model of consciousness is really one of

1267

00:43:19,670 --> 00:43:17,359
one mind that we're really

1268

00:43:21,750 --> 00:43:19,680
sharing one mind i like to uh say it's

1269

00:43:23,750 --> 00:43:21,760
like the facets on a diamond

1270

00:43:25,270 --> 00:43:23,760
the diamond is the one mind each one of

1271

00:43:27,510 --> 00:43:25,280
us is a facet so we're

1272

00:43:29,190 --> 00:43:27,520
we have slightly different perspectives

1273

00:43:30,790 --> 00:43:29,200
of what is going on with the one mind

1274

00:43:33,910 --> 00:43:30,800
but we're all contributing

1275

00:43:35,750 --> 00:43:33,920
to the knowing of the one mind uh and

1276

00:43:36,790 --> 00:43:35,760

personal experience is a way of of

1277

00:43:38,710 --> 00:43:36,800

gleaning that and

1278

00:43:40,790 --> 00:43:38,720

especially like in our book living in a

1279

00:43:41,829 --> 00:43:40,800

mind universe is we argue for objective

1280

00:43:43,510 --> 00:43:41,839

idealism

1281

00:43:45,670 --> 00:43:43,520

you know the primacy of consciousness

1282

00:43:46,630 --> 00:43:45,680

and we talk about the brain is a filter

1283

00:43:49,510 --> 00:43:46,640

so it filters

1284

00:43:51,670 --> 00:43:49,520

in this primordial mind but that's when

1285

00:43:52,790 --> 00:43:51,680

you realize that going within mind is

1286

00:43:54,950 --> 00:43:52,800

actually a way to go

1287

00:43:56,870 --> 00:43:54,960

out into the universe that's why

1288

00:44:00,309 --> 00:43:56,880

meditation centering prayer

1289

00:44:03,589 --> 00:44:00,319

can be incredibly powerful gifts um

1290

00:44:05,670 --> 00:44:03,599

and so sacred acoustics uh

1291

00:44:07,190 --> 00:44:05,680

is uh is karen's company as you point

1292

00:44:10,390 --> 00:44:07,200

out and in fact i

1293

00:44:11,030 --> 00:44:10,400

played a kind of a seminal role in

1294

00:44:13,030 --> 00:44:11,040

getting

1295

00:44:14,309 --> 00:44:13,040

she and her business partner kevin coste

1296

00:44:17,430 --> 00:44:14,319

to join together

1297

00:44:19,670 --> 00:44:17,440

uh back in 2011 to start bringing

1298

00:44:21,349 --> 00:44:19,680

these differential frequency brainwave

1299

00:44:23,829 --> 00:44:21,359

entrainment tones

1300

00:44:25,190 --> 00:44:23,839

out to people because i was astonished

1301
00:44:27,430 --> 00:44:25,200
at the power

1302
00:44:28,309 --> 00:44:27,440
that they gave me and that included

1303
00:44:31,510 --> 00:44:28,319
power to go

1304
00:44:33,910 --> 00:44:31,520
back into my nde and develop a much

1305
00:44:35,270 --> 00:44:33,920
richer relationship so this was not just

1306
00:44:37,750 --> 00:44:35,280
about recovering

1307
00:44:39,910 --> 00:44:37,760
uh information about my nde as much as

1308
00:44:40,790 --> 00:44:39,920
developing an ongoing relationship with

1309
00:44:43,670 --> 00:44:40,800
the various

1310
00:44:44,950 --> 00:44:43,680
uh kind of entities and denizens and uh

1311
00:44:47,430 --> 00:44:44,960
that infinitely

1312
00:44:49,270 --> 00:44:47,440
loving god force at the core of all that

1313
00:44:51,829 --> 00:44:49,280

was all part of my

1314

00:44:54,790 --> 00:44:51,839

meditative practice and yet i also

1315

00:44:58,230 --> 00:44:54,800

realized karen had never had an nde

1316

00:44:58,550 --> 00:44:58,240

and yet she had a profound sense of the

1317

00:45:00,470 --> 00:44:58,560

uh

1318

00:45:01,589 --> 00:45:00,480

infinitely healing power of that loving

1319

00:45:04,309 --> 00:45:01,599

force at the core

1320

00:45:04,950 --> 00:45:04,319

from her own meditative experiences and

1321

00:45:07,430 --> 00:45:04,960

so

1322

00:45:09,349 --> 00:45:07,440

when i encouraged her and kevin to put

1323

00:45:10,790 --> 00:45:09,359

together this company's sacred acoustics

1324

00:45:13,990 --> 00:45:10,800

and people can learn a lot more

1325

00:45:16,470 --> 00:45:14,000

at sacredacoustics.com it was really

1326

00:45:17,990 --> 00:45:16,480

to help share those tools and just to

1327

00:45:18,950 --> 00:45:18,000

help your listeners understand why

1328

00:45:20,950 --> 00:45:18,960

they're different

1329

00:45:22,950 --> 00:45:20,960

i would point out that every sound

1330

00:45:24,550 --> 00:45:22,960

you've ever heard including a chant or

1331

00:45:26,950 --> 00:45:24,560

anthem or hymn that might have

1332

00:45:27,589 --> 00:45:26,960

influenced a you know a transition into

1333

00:45:54,150 --> 00:45:27,599

a

1334

00:45:56,630 --> 00:45:54,160

physicist

1335

00:45:58,630 --> 00:45:56,640

uh it was binaural beats were used in

1336

00:46:00,230 --> 00:45:58,640

the late 20th century to enhance

1337

00:46:02,550 --> 00:46:00,240

out-of-body experiences

1338

00:46:04,950 --> 00:46:02,560

remote viewing things like that enhance

1339

00:46:07,750 --> 00:46:04,960

transcendental non-local consciousness

1340

00:46:09,349 --> 00:46:07,760

and uh that's what piqued my interest

1341

00:46:10,630 --> 00:46:09,359

and i believe and this is something we

1342

00:46:12,150 --> 00:46:10,640

go into more detail in

1343

00:46:14,470 --> 00:46:12,160

in our book living and mindful universe

1344

00:46:16,790 --> 00:46:14,480

to explain but i believe the mechanism

1345

00:46:19,030 --> 00:46:16,800

is because those differential frequency

1346

00:46:19,990 --> 00:46:19,040

sounds slightly different tones to the

1347

00:46:21,829 --> 00:46:20,000

two ears

1348

00:46:24,390 --> 00:46:21,839

are actually intersecting in the lower

1349

00:46:26,150 --> 00:46:24,400

brain stem

1350

00:46:28,870 --> 00:46:26,160

and that is a circuit that arose more

1351
00:46:30,150 --> 00:46:28,880
than 300 million years ago

1352
00:46:31,990 --> 00:46:30,160
there's a general principle in

1353
00:46:33,829 --> 00:46:32,000
evolutionary biology

1354
00:46:35,109 --> 00:46:33,839
that if you want to more fully

1355
00:46:37,190 --> 00:46:35,119
understand a function

1356
00:46:39,190 --> 00:46:37,200
and an anatomic structure related to

1357
00:46:41,430 --> 00:46:39,200
function you really want to look back

1358
00:46:43,829 --> 00:46:41,440
through the evolution of that anatomy

1359
00:46:44,790 --> 00:46:43,839
uh going back millions of years if you

1360
00:46:46,950 --> 00:46:44,800
can

1361
00:46:48,950 --> 00:46:46,960
and when we do we find that these

1362
00:46:51,270 --> 00:46:48,960
differential frequency of

1363
00:46:52,950 --> 00:46:51,280

sounds are processed in the lower

1364

00:46:54,550 --> 00:46:52,960

brain stem and the superior olivary

1365

00:46:56,630 --> 00:46:54,560

nucleus complex

1366

00:46:58,150 --> 00:46:56,640

and that gives them an opportunity to

1367

00:47:01,430 --> 00:46:58,160

have a tremendous

1368

00:47:02,390 --> 00:47:01,440

modulatory role on ascending signals

1369

00:47:04,309 --> 00:47:02,400

that we believe

1370

00:47:05,829 --> 00:47:04,319

govern kind of the modulation of

1371

00:47:08,630 --> 00:47:05,839

consciousness in the

1372

00:47:10,870 --> 00:47:08,640

in the neocortex that's the human part

1373

00:47:12,150 --> 00:47:10,880

of consciousness all the details of

1374

00:47:13,030 --> 00:47:12,160

conscious awareness come from the

1375

00:47:14,950 --> 00:47:13,040

neocortex

1376

00:47:16,710 --> 00:47:14,960

but it's basically being driven from way

1377

00:47:17,349 --> 00:47:16,720

down at this lowest level i'm talking

1378

00:47:19,030 --> 00:47:17,359

about

1379

00:47:21,030 --> 00:47:19,040

and that's where we believe sacred

1380

00:47:22,069 --> 00:47:21,040

acoustics and similar binaural be

1381

00:47:24,870 --> 00:47:22,079

brainwave entrainment

1382

00:47:26,230 --> 00:47:24,880

can have such a powerful effect at

1383

00:47:28,630 --> 00:47:26,240

liberating people

1384

00:47:30,470 --> 00:47:28,640

uh from this kind of here and now and

1385

00:47:32,790 --> 00:47:30,480

and bodily sense of self

1386

00:47:34,790 --> 00:47:32,800

and being locked into a material world

1387

00:47:37,190 --> 00:47:34,800

it's what allows our consciousness

1388

00:47:37,990 --> 00:47:37,200

to really roam free just as it will be

1389

00:47:40,230 --> 00:47:38,000

set free

1390

00:47:42,150 --> 00:47:40,240

when our physical brain and body die at

1391

00:47:45,670 --> 00:47:42,160

the end of our physical life

1392

00:47:46,150 --> 00:47:45,680

and uh so to have a kind of a leg up on

1393

00:47:48,549 --> 00:47:46,160

this

1394

00:47:50,309 --> 00:47:48,559

kind of exploring consciousness beyond

1395

00:47:52,470 --> 00:47:50,319

the veil of the brain

1396

00:47:53,910 --> 00:47:52,480

is a tremendous benefit and it's

1397

00:47:55,190 --> 00:47:53,920

something that we see over and over in

1398

00:47:57,190 --> 00:47:55,200

our workshops

1399

00:47:59,349 --> 00:47:57,200

and i see it in a lot of the feedback

1400

00:48:01,190 --> 00:47:59,359

karen gets on her sacred acoustics

1401
00:48:02,790 --> 00:48:01,200
website she's got tens of thousands of

1402
00:48:04,549 --> 00:48:02,800
people all around the world

1403
00:48:06,309 --> 00:48:04,559
using that technology for deep

1404
00:48:08,390 --> 00:48:06,319
meditative experiences

1405
00:48:09,670 --> 00:48:08,400
uh and it can bring extraordinary

1406
00:48:11,990 --> 00:48:09,680
healing and uh

1407
00:48:14,230 --> 00:48:12,000
i mean we we did participate with a

1408
00:48:15,990 --> 00:48:14,240
psychiatrist in new york on a

1409
00:48:17,829 --> 00:48:16,000
a pilot study that appeared in the

1410
00:48:21,109 --> 00:48:17,839
journal of nervous and mental diseases

1411
00:48:23,670 --> 00:48:21,119
in february 2020 it's by dr anna yousum

1412
00:48:25,829 --> 00:48:23,680
it was looking at sacred acoustics tones

1413
00:48:29,190 --> 00:48:25,839

as a modality for alleviating

1414

00:48:32,470 --> 00:48:29,200

uh anxiety and depression symptoms uh

1415

00:48:34,150 --> 00:48:32,480

and in fact this uh this study that dr

1416

00:48:37,589 --> 00:48:34,160

yousem performed

1417

00:48:40,710 --> 00:48:37,599

showed a 26 reduction uh

1418

00:48:42,710 --> 00:48:40,720

in anxiety symptoms over two weeks uh

1419

00:48:43,750 --> 00:48:42,720

listening to the tones combined with

1420

00:48:48,230 --> 00:48:43,760

talk therapy

1421

00:48:49,589 --> 00:48:48,240

only a seven percent reduction so that's

1422

00:48:51,670 --> 00:48:49,599

a pretty dramatic

1423

00:48:53,510 --> 00:48:51,680

uh effect and and when you read the

1424

00:48:55,589 --> 00:48:53,520

qualitative reports in our study

1425

00:48:57,190 --> 00:48:55,599

you find even more kind of interesting

1426
00:48:57,910 --> 00:48:57,200
evidence of kind of the transcendental

1427
00:49:01,109 --> 00:48:57,920
nature of

1428
00:49:02,470 --> 00:49:01,119
these experiences and how people

1429
00:49:04,309 --> 00:49:02,480
have benefited from this kind of

1430
00:49:05,589 --> 00:49:04,319
meditative practice even though it can

1431
00:49:07,510 --> 00:49:05,599
be very simple

1432
00:49:09,430 --> 00:49:07,520
uh and i think that that is where

1433
00:49:12,150 --> 00:49:09,440
there's extraordinary power

1434
00:49:13,829 --> 00:49:12,160
uh the only other point i'd like to make

1435
00:49:15,990 --> 00:49:13,839
kind of along those same lines

1436
00:49:16,950 --> 00:49:16,000
is there's also a big literature coming

1437
00:49:19,510 --> 00:49:16,960
up lately

1438
00:49:21,270 --> 00:49:19,520

in addiction medicine treating uh some

1439

00:49:22,870 --> 00:49:21,280

of the worst addictions and also

1440

00:49:23,589 --> 00:49:22,880

treating fear of death and cancer

1441

00:49:26,150 --> 00:49:23,599

patients

1442

00:49:27,829 --> 00:49:26,160

using psilocybin magic mushrooms the

1443

00:49:30,309 --> 00:49:27,839

interesting thing is you only need one

1444

00:49:33,270 --> 00:49:30,319

or two doses of the mushroom so

1445

00:49:34,150 --> 00:49:33,280

it's not as if you need psilocybin in

1446

00:49:36,390 --> 00:49:34,160

your system

1447

00:49:37,990 --> 00:49:36,400

on a regular daily basis to accomplish

1448

00:49:39,430 --> 00:49:38,000

these extraordinary goals of

1449

00:49:41,589 --> 00:49:39,440

getting rid of fear of death and

1450

00:49:43,190 --> 00:49:41,599

defeating addiction what you need is the

1451

00:49:45,589 --> 00:49:43,200

proper therapeutic setting

1452

00:49:47,030 --> 00:49:45,599

what i would argue is that is just

1453

00:49:50,309 --> 00:49:47,040

another example of

1454

00:49:51,990 --> 00:49:50,319

traversing the veil getting in closer

1455

00:49:55,109 --> 00:49:52,000

touch with your higher soul

1456

00:49:55,510 --> 00:49:55,119

uh with that primordial mind uh in ways

1457

00:49:58,309 --> 00:49:55,520

that

1458

00:49:59,349 --> 00:49:58,319

indy ears have done you know for

1459

00:50:01,030 --> 00:49:59,359

millennia

1460

00:50:03,589 --> 00:50:01,040

uh that coming in touch with that

1461

00:50:04,870 --> 00:50:03,599

oneness has a tremendous power to heal

1462

00:50:07,750 --> 00:50:04,880

us in this life

1463

00:50:09,030 --> 00:50:07,760

and likewise i would say that those uh

1464

00:50:11,750 --> 00:50:09,040

kind of psilocybin

1465

00:50:13,030 --> 00:50:11,760

experiments with fear of death and with

1466

00:50:15,510 --> 00:50:13,040

um

1467

00:50:16,870 --> 00:50:15,520

addictions is just showing us the power

1468

00:50:19,109 --> 00:50:16,880

of our higher soul

1469

00:50:21,270 --> 00:50:19,119

and free will to do this you're using

1470

00:50:23,430 --> 00:50:21,280

the psilocybin as a catalyst

1471

00:50:25,270 --> 00:50:23,440

i would argue that you can easily use

1472

00:50:28,309 --> 00:50:25,280

binaural brainwave entrainment

1473

00:50:30,549 --> 00:50:28,319

to get at least as far if not further so

1474

00:50:32,630 --> 00:50:30,559

it's a very important modality

1475

00:50:33,829 --> 00:50:32,640

to help us in healing coming into better

1476

00:50:35,670 --> 00:50:33,839

mental health

1477

00:50:37,510 --> 00:50:35,680

coming into more alignment and i believe

1478

00:50:40,150 --> 00:50:37,520

ultimately

1479

00:50:42,230 --> 00:50:40,160

much more radical healing like you would

1480

00:50:44,630 --> 00:50:42,240

find on the institute of noetic sciences

1481

00:50:47,030 --> 00:50:44,640

website if you put in the search term

1482

00:50:50,069 --> 00:50:47,040

spontaneous remission and uncover that

1483

00:50:50,950 --> 00:50:50,079

book they published in 1995 with 3 500

1484

00:50:54,150 --> 00:50:50,960

cases

1485

00:50:56,790 --> 00:50:54,160

of curing of cancer infections

1486

00:50:58,470 --> 00:50:56,800

other things beyond any expectation of

1487

00:50:59,990 --> 00:50:58,480

medical intervention

1488

00:51:01,750 --> 00:51:00,000

and i believe that that is the way of

1489

00:51:04,549 --> 00:51:01,760

the future our healing our

1490

00:51:06,790 --> 00:51:04,559

medical arts are going to change

1491

00:51:09,910 --> 00:51:06,800

dramatically over the next few decades

1492

00:51:11,670 --> 00:51:09,920

because of the true power of our mind

1493

00:51:13,349 --> 00:51:11,680

over matter to heal and bring us more

1494

00:51:14,630 --> 00:51:13,359

into wholeness

1495

00:51:16,390 --> 00:51:14,640

yeah and the great thing about the bone

1496

00:51:18,549 --> 00:51:16,400

marrow beets is

1497

00:51:20,950 --> 00:51:18,559

safe i mean you're just listening to

1498

00:51:23,270 --> 00:51:20,960

something easy

1499

00:51:24,950 --> 00:51:23,280

inexpensive i mean it kind of hits all

1500

00:51:26,309 --> 00:51:24,960

the all the things there

1501
00:51:28,150 --> 00:51:26,319
the one thing and i can't remember if it

1502
00:51:31,349 --> 00:51:28,160
was from reading it

1503
00:51:34,309 --> 00:51:31,359
in your guy's book or someplace else

1504
00:51:35,589 --> 00:51:34,319
but i thought uh the hypothesis for why

1505
00:51:37,109 --> 00:51:35,599
it might work

1506
00:51:38,549 --> 00:51:37,119
is interesting that if you have two

1507
00:51:39,990 --> 00:51:38,559
different frequencies playing in two

1508
00:51:43,190 --> 00:51:40,000
different

1509
00:51:45,750 --> 00:51:43,200
that primordial

1510
00:51:46,950 --> 00:51:45,760
brain and it's trying to resolve it at

1511
00:51:48,790 --> 00:51:46,960
some point it just goes

1512
00:51:50,549 --> 00:51:48,800
oh to heck with it and kind of gets out

1513
00:51:51,349 --> 00:51:50,559

of the way kind of thing to put it in

1514

00:51:53,270 --> 00:51:51,359

simple terms

1515

00:51:55,030 --> 00:51:53,280

do you have any quick thoughts on that

1516

00:51:55,589 --> 00:51:55,040

well i would say essentially what you're

1517

00:51:58,470 --> 00:51:55,599

doing

1518

00:52:00,630 --> 00:51:58,480

is you're kind of giving it another task

1519

00:52:02,790 --> 00:52:00,640

you're taking all that circuitry

1520

00:52:04,549 --> 00:52:02,800

in the brain that involves you know

1521

00:52:06,630 --> 00:52:04,559

ignition circuits in the lower brain

1522

00:52:08,950 --> 00:52:06,640

stem 40 times per second

1523

00:52:10,549 --> 00:52:08,960

firing these now signals to coordinate

1524

00:52:12,470 --> 00:52:10,559

the phlegm of cortical loops

1525

00:52:14,150 --> 00:52:12,480

that whole engine of consciousness and

1526

00:52:15,030 --> 00:52:14,160

of course the ultimate details of

1527

00:52:18,309 --> 00:52:15,040

consciousness

1528

00:52:19,670 --> 00:52:18,319

depend entirely on the neocortex

1529

00:52:21,270 --> 00:52:19,680

you know everything we see in the

1530

00:52:23,109 --> 00:52:21,280

occipital lobes everything we hear in

1531

00:52:25,109 --> 00:52:23,119

the acoustic cortex our

1532

00:52:27,270 --> 00:52:25,119

planning bodily position all these

1533

00:52:30,390 --> 00:52:27,280

things in parietal and frontal lobes

1534

00:52:32,150 --> 00:52:30,400

every bit of that uh is this machine

1535

00:52:34,470 --> 00:52:32,160

that we're kind of used to being in

1536

00:52:35,589 --> 00:52:34,480

and what these binaural beats do i

1537

00:52:37,990 --> 00:52:35,599

believe is at a very

1538

00:52:39,349 --> 00:52:38,000

deep level they kind of disconnect your

1539

00:52:40,309 --> 00:52:39,359

conscious awareness from all that

1540

00:52:42,069 --> 00:52:40,319

machinery

1541

00:52:43,430 --> 00:52:42,079

and that is why they were useful for

1542

00:52:45,510 --> 00:52:43,440

things like remote viewing

1543

00:52:46,870 --> 00:52:45,520

out of body experiences as shown in the

1544

00:52:48,390 --> 00:52:46,880

late 20th century

1545

00:52:50,630 --> 00:52:48,400

and i believe that's exactly what's

1546

00:52:52,710 --> 00:52:50,640

going on here and uh i've learned to

1547

00:52:55,270 --> 00:52:52,720

ride those tones beautifully it's a

1548

00:52:56,309 --> 00:52:55,280

very powerful technique uh and and i

1549

00:52:57,270 --> 00:52:56,319

mean what you're trying to do

1550

00:52:59,190 --> 00:52:57,280

essentially is

1551
00:53:00,630 --> 00:52:59,200
take the little voice in your head you

1552
00:53:02,069 --> 00:53:00,640
know so many of us identify with a

1553
00:53:02,630 --> 00:53:02,079
little running stream of thoughts in our

1554
00:53:04,950 --> 00:53:02,640
head

1555
00:53:06,230 --> 00:53:04,960
well never forget i love how michael

1556
00:53:07,589 --> 00:53:06,240
singer calls that

1557
00:53:10,390 --> 00:53:07,599
stream of thoughts in our head the

1558
00:53:11,990 --> 00:53:10,400
annoying roommate because it's it's that

1559
00:53:14,150 --> 00:53:12,000
you know it's a parlor trick

1560
00:53:15,990 --> 00:53:14,160
uh that is not your consciousness that

1561
00:53:16,870 --> 00:53:16,000
is not the deep and profound mystery of

1562
00:53:19,990 --> 00:53:16,880
consciousness

1563
00:53:21,829 --> 00:53:20,000

that profound mystery is the awareness

1564

00:53:23,910 --> 00:53:21,839

and it's because in many ways the

1565

00:53:26,069 --> 00:53:23,920

universe is self-aware

1566

00:53:27,750 --> 00:53:26,079

and we that's called the mental layer of

1567

00:53:29,829 --> 00:53:27,760

the universe and it's universal it's

1568

00:53:33,829 --> 00:53:29,839

been there since before the big bang

1569

00:53:37,349 --> 00:53:33,839

and that is what we can tap into

1570

00:53:40,870 --> 00:53:37,359

and uh that's what we do by

1571

00:53:42,790 --> 00:53:40,880

basically uh kind of monotonizing this

1572

00:53:44,950 --> 00:53:42,800

machinery that normally keeps us in the

1573

00:53:46,790 --> 00:53:44,960

here and now and sense itself

1574

00:53:48,309 --> 00:53:46,800

and that allows our conscious awareness

1575

00:53:50,309 --> 00:53:48,319

to really uh

1576

00:53:51,910 --> 00:53:50,319

go places and that's where we start to

1577

00:53:53,270 --> 00:53:51,920

realize much of our connection with the

1578

00:53:55,990 --> 00:53:53,280

rest of the universe

1579

00:53:56,630 --> 00:53:56,000

the information we can glean and also a

1580

00:53:58,790 --> 00:53:56,640

much

1581

00:53:59,670 --> 00:53:58,800

richer sense of kind of free will and

1582

00:54:02,710 --> 00:53:59,680

our ability

1583

00:54:03,190 --> 00:54:02,720

to influence our evolving reality uh you

1584

00:54:05,030 --> 00:54:03,200

know you can

1585

00:54:06,470 --> 00:54:05,040

easily argue if you're stuck in your ego

1586

00:54:07,430 --> 00:54:06,480

mind all the time of course you don't

1587

00:54:11,190 --> 00:54:07,440

have free will

1588

00:54:13,829 --> 00:54:11,200

you're an automaton but by engaging your

1589

00:54:15,510 --> 00:54:13,839

basically primordial mind by engaging

1590

00:54:17,990 --> 00:54:15,520

the mind of the universe that we all

1591

00:54:19,190 --> 00:54:18,000

share you start to reach a point where

1592

00:54:22,390 --> 00:54:19,200

you're actually

1593

00:54:23,990 --> 00:54:22,400

uh able to manifest a free will that can

1594

00:54:27,190 --> 00:54:24,000

have tremendous influence on your

1595

00:54:29,030 --> 00:54:27,200

life and on the evolving uh

1596

00:54:30,870 --> 00:54:29,040

kind of human awareness and

1597

00:54:32,790 --> 00:54:30,880

consciousness and kind of

1598

00:54:34,630 --> 00:54:32,800

the mission of humanity will change

1599

00:54:37,270 --> 00:54:34,640

dramatically as we realize

1600

00:54:38,069 --> 00:54:37,280

this unification i mean i mentioned a

1601
00:54:40,069 --> 00:54:38,079
little while ago

1602
00:54:41,910 --> 00:54:40,079
the damage done to this world by the

1603
00:54:43,750 --> 00:54:41,920
false sense of separation

1604
00:54:44,870 --> 00:54:43,760
uh that comes from materialist thinking

1605
00:54:46,309 --> 00:54:44,880
you know it's right there at the heart

1606
00:54:48,069 --> 00:54:46,319
of reductive materialism

1607
00:54:49,990 --> 00:54:48,079
break it all down into the parts

1608
00:54:51,270 --> 00:54:50,000
understand how those parts interact

1609
00:54:53,349 --> 00:54:51,280
and then you can understand the whole

1610
00:54:56,710 --> 00:54:53,359
world well that assumes that

1611
00:54:58,549 --> 00:54:56,720
you know electrons protons quarks

1612
00:55:00,470 --> 00:54:58,559
all these things dancing around

1613
00:55:03,829 --> 00:55:00,480

following the laws of physics

1614

00:55:06,230 --> 00:55:03,839

uh give us the events of human lives

1615

00:55:08,789 --> 00:55:06,240

well no that's not true because there is

1616

00:55:09,270 --> 00:55:08,799

a set of top-down causal principles that

1617

00:55:12,230 --> 00:55:09,280

are far

1618

00:55:13,750 --> 00:55:12,240

more important in determining the events

1619

00:55:16,710 --> 00:55:13,760

that unfold around us

1620

00:55:18,390 --> 00:55:16,720

and that top-down causality is something

1621

00:55:19,190 --> 00:55:18,400

that comes from that mental layer of the

1622

00:55:20,789 --> 00:55:19,200

universe

1623

00:55:22,630 --> 00:55:20,799

and for those interested in the quantum

1624

00:55:23,430 --> 00:55:22,640

physics aspect of that i would steer you

1625

00:55:25,829 --> 00:55:23,440

to the writings

1626
00:55:26,789 --> 00:55:25,839
of george f r ellis the south african

1627
00:55:28,789 --> 00:55:26,799
mathematician

1628
00:55:30,150 --> 00:55:28,799
who's written extensively about top down

1629
00:55:32,470 --> 00:55:30,160
causality

1630
00:55:34,390 --> 00:55:32,480
in quantum systems but i believe that is

1631
00:55:37,910 --> 00:55:34,400
really kind of the heart of where you go

1632
00:55:41,829 --> 00:55:37,920
with objective idealism filter theory

1633
00:55:43,910 --> 00:55:41,839
uh and then uh kind of that notion of

1634
00:55:46,230 --> 00:55:43,920
of top-down causality and how it

1635
00:55:48,069 --> 00:55:46,240
manifests in this world

1636
00:55:49,750 --> 00:55:48,079
and there's a tremendous amount of

1637
00:55:51,349 --> 00:55:49,760
potential for that kind of a worldview

1638
00:55:52,870 --> 00:55:51,359

to expand this is something

1639

00:55:54,870 --> 00:55:52,880

that we call the primordial mind

1640

00:55:56,789 --> 00:55:54,880

hypothesis we talk about it

1641

00:55:58,789 --> 00:55:56,799

uh in chapter five of living in mindful

1642

00:56:00,710 --> 00:55:58,799

universe but a lot of my thinking on it

1643

00:56:01,670 --> 00:56:00,720

has advanced since that book came out so

1644

00:56:03,510 --> 00:56:01,680

i believe

1645

00:56:05,109 --> 00:56:03,520

it probably is time to write another

1646

00:56:06,710 --> 00:56:05,119

book

1647

00:56:07,910 --> 00:56:06,720

great well i want to talk about that in

1648

00:56:09,190 --> 00:56:07,920

just a minute i want to know what's

1649

00:56:11,030 --> 00:56:09,200

what's coming up for you but i

1650

00:56:12,710 --> 00:56:11,040

i can't leave that last part without

1651
00:56:14,710 --> 00:56:12,720
touching on a couple things one i have a

1652
00:56:16,309 --> 00:56:14,720
ton of respect and love michael singer i

1653
00:56:19,270 --> 00:56:16,319
think he's i think he's wonderful

1654
00:56:22,150 --> 00:56:19,280
and i love the yogic approach and uh

1655
00:56:25,030 --> 00:56:22,160
your explanation for the binaural beats

1656
00:56:26,950 --> 00:56:25,040
potentially hypothetically how the how

1657
00:56:28,950 --> 00:56:26,960
they might be working on a more

1658
00:56:30,069 --> 00:56:28,960
neurophysical level kind of thing i

1659
00:56:31,270 --> 00:56:30,079
thought it was so awesome

1660
00:56:33,589 --> 00:56:31,280
and it connects with me because i'm a

1661
00:56:35,270 --> 00:56:33,599
long time kind of yoga practitioner and

1662
00:56:37,030 --> 00:56:35,280
michael singer has that background you

1663
00:56:40,230 --> 00:56:37,040

know so many other people but

1664

00:56:40,630 --> 00:56:40,240

early on in you know the asana kind of

1665

00:56:44,470 --> 00:56:40,640

thing

1666

00:56:47,510 --> 00:56:44,480

i had a really good teacher and it was

1667

00:56:50,230 --> 00:56:47,520

the same kind of thing like okay now

1668

00:56:52,069 --> 00:56:50,240

move your left toe here while you do

1669

00:56:52,789 --> 00:56:52,079

your hip and see the energy this length

1670

00:56:55,349 --> 00:56:52,799

is

1671

00:56:57,430 --> 00:56:55,359

a bunch of instructions for what purpose

1672

00:56:59,270 --> 00:56:57,440

till finally your mind goes oh to heck

1673

00:57:00,870 --> 00:56:59,280

with it i can't keep track of

1674

00:57:02,789 --> 00:57:00,880

all these physical things that are going

1675

00:57:06,150 --> 00:57:02,799

on and boom that's

1676

00:57:07,670 --> 00:57:06,160

when that little shift opens up and

1677

00:57:11,109 --> 00:57:07,680

so i thought the way that you connected

1678

00:57:12,870 --> 00:57:11,119

that is it hypothetically is super super

1679

00:57:14,150 --> 00:57:12,880

interesting and i think people that have

1680

00:57:15,910 --> 00:57:14,160

gone there

1681

00:57:17,430 --> 00:57:15,920

in that kind of in any kind of different

1682

00:57:18,789 --> 00:57:17,440

modality where they've gotten that heck

1683

00:57:20,470 --> 00:57:18,799

you can get there by driving

1684

00:57:22,309 --> 00:57:20,480

don't do this but you know by driving a

1685

00:57:23,829 --> 00:57:22,319

daydream you kind of get to

1686

00:57:25,510 --> 00:57:23,839

some of that same effect so that's

1687

00:57:26,549 --> 00:57:25,520

fantastic but let me ask you this

1688

00:57:30,230 --> 00:57:26,559

because you just

1689

00:57:33,510 --> 00:57:30,240

you teed it up what is

1690

00:57:34,630 --> 00:57:33,520

in the future for dr evan alexander

1691

00:57:36,230 --> 00:57:34,640

where are you going i'm sure there's

1692

00:57:38,549 --> 00:57:36,240

more books i'm sure there's you're

1693

00:57:41,270 --> 00:57:38,559

connecting with so many people

1694

00:57:43,349 --> 00:57:41,280

and you're bringing us this kind of

1695

00:57:44,950 --> 00:57:43,359

reporting from the frontier because you

1696

00:57:46,630 --> 00:57:44,960

are connected with so many folks

1697

00:57:48,870 --> 00:57:46,640

i'm sure you're going to continue to do

1698

00:57:50,230 --> 00:57:48,880

that but what are your plans for the

1699

00:57:52,069 --> 00:57:50,240

future

1700

00:57:53,670 --> 00:57:52,079

well i can tell you in the near term

1701

00:57:55,910 --> 00:57:53,680

karen and i are very busy we're

1702

00:57:57,510 --> 00:57:55,920

participating in a certain competition

1703

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

that i'm sure

1704

00:58:01,829 --> 00:57:58,880

many of your listeners are probably

1705

00:58:04,549 --> 00:58:01,839

aware of uh the bigelow institute of

1706

00:58:05,829 --> 00:58:04,559

consciousness studies in las vegas is

1707

00:58:09,270 --> 00:58:05,839

organizing

1708

00:58:13,190 --> 00:58:09,280

um basically an essay competition

1709

00:58:16,950 --> 00:58:13,200

um to for the best essay supporting the

1710

00:58:19,670 --> 00:58:16,960

scientific uh evidence that uh

1711

00:58:22,150 --> 00:58:19,680

there's an afterlife and uh i find that

1712

00:58:24,950 --> 00:58:22,160

absolutely fascinating i think

1713

00:58:25,750 --> 00:58:24,960

the evidence is really there it's strong

1714

00:58:27,829 --> 00:58:25,760

enough now that

1715

00:58:29,990 --> 00:58:27,839

anybody who pursues the evidence will

1716

00:58:32,390 --> 00:58:30,000

come to the conclusion

1717

00:58:33,510 --> 00:58:32,400

that the afterlife is more likely than

1718

00:58:35,190 --> 00:58:33,520

not

1719

00:58:37,270 --> 00:58:35,200

and so we're very excited about that

1720

00:58:38,630 --> 00:58:37,280

competition it kind of dovetails into a

1721

00:58:41,910 --> 00:58:38,640

lot of our other

1722

00:58:42,789 --> 00:58:41,920

uh kind of projects moving forward but i

1723

00:58:46,870 --> 00:58:42,799

believe that

1724

00:58:48,829 --> 00:58:46,880

uh i i can confess that since uh

1725

00:58:50,390 --> 00:58:48,839

living in a mindful universe came out in

1726

00:58:53,510 --> 00:58:50,400

2017 uh

1727

00:58:55,430 --> 00:58:53,520

i've really uh come to kind of a deeper

1728

00:58:58,309 --> 00:58:55,440

understanding in my own mind that i

1729

00:58:59,270 --> 00:58:58,319

i believe in uh looking at how brain and

1730

00:59:01,589 --> 00:58:59,280

mind connect

1731

00:59:04,549 --> 00:59:01,599

in uh you know in the brain in a way

1732

00:59:07,270 --> 00:59:04,559

that would support this filter theory

1733

00:59:07,910 --> 00:59:07,280

and notion of primordial consciousness

1734

00:59:09,510 --> 00:59:07,920

and all

1735

00:59:11,829 --> 00:59:09,520

and that's where i really want to go

1736

00:59:12,710 --> 00:59:11,839

next and this involves collaboration

1737

00:59:14,470 --> 00:59:12,720

with

1738

00:59:16,270 --> 00:59:14,480

scientists around the world i do a lot

1739

00:59:17,750 --> 00:59:16,280

of work as i mentioned earlier with

1740

00:59:19,829 --> 00:59:17,760

galileocommission.org

1741

00:59:21,800 --> 00:59:19,839

some of the other investigators there

1742

00:59:23,109 --> 00:59:21,810

and i really think that that is

1743

00:59:25,750 --> 00:59:23,119

[Music]

1744

00:59:26,549 --> 00:59:25,760

a major next step because one of the

1745

00:59:28,390 --> 00:59:26,559

tremendous

1746

00:59:30,309 --> 00:59:28,400

hurdles to the scientific community

1747

00:59:32,230 --> 00:59:30,319

getting on board with all this

1748

00:59:33,670 --> 00:59:32,240

uh has just been that kind of missing

1749

00:59:36,870 --> 00:59:33,680

link of connection

1750

00:59:38,870 --> 00:59:36,880

uh at the brained mind level of uh

1751

00:59:40,549 --> 00:59:38,880

what all is going on and what most

1752

00:59:42,870 --> 00:59:40,559

people get trapped into

1753

00:59:43,670 --> 00:59:42,880

is they keep following the material side

1754

00:59:45,829 --> 00:59:43,680

and the brain

1755

00:59:47,349 --> 00:59:45,839

side and thinking that is going to lead

1756

00:59:48,150 --> 00:59:47,359

us there where you actually have to take

1757

00:59:50,069 --> 00:59:48,160

the lead

1758

00:59:51,670 --> 00:59:50,079

of phenomenal experience and of

1759

00:59:53,190 --> 00:59:51,680

consciousness itself

1760

00:59:54,950 --> 00:59:53,200

and i believe when we come at it from

1761

00:59:55,430 --> 00:59:54,960

that direction and that includes this

1762

00:59:57,829 --> 00:59:55,440

much

1763

00:59:59,589 --> 00:59:57,839

bigger uh kind of expression of

1764

01:00:03,349 --> 00:59:59,599

consciousness of afterlife

1765

01:00:05,510 --> 01:00:03,359

reincarnation all of it writ large and

1766

01:00:07,190 --> 01:00:05,520

present through your models but that's

1767

01:00:09,030 --> 01:00:07,200

what i really would like to do in the

1768

01:00:10,789 --> 01:00:09,040

next few years is come up with a

1769

01:00:13,190 --> 01:00:10,799

much better explanation of kind of the

1770

01:00:15,670 --> 01:00:13,200

hypothetical possibilities

1771

01:00:17,109 --> 01:00:15,680

for the scientific community to to

1772

01:00:18,950 --> 01:00:17,119

relieve us of the shackles of

1773

01:00:21,349 --> 01:00:18,960

materialism and that's where i'd

1774

01:00:23,349 --> 01:00:21,359

hope i would go next i'm i'm not sure

1775

01:00:25,270 --> 01:00:23,359

exactly i'm sure this bigelow project

1776

01:00:27,829 --> 01:00:25,280

will lead us into a lot of interesting

1777

01:00:30,230 --> 01:00:27,839

kind of territory uh but from my point

1778

01:00:33,349 --> 01:00:30,240

of view the real gift to the world

1779

01:00:36,150 --> 01:00:33,359

and the one that absolutely will help

1780

01:00:37,030 --> 01:00:36,160

this help humanity to grow into this

1781

01:00:39,750 --> 01:00:37,040

awakening

1782

01:00:41,510 --> 01:00:39,760

would be a better uh kind of nuts and

1783

01:00:44,230 --> 01:00:41,520

bolts explanation

1784

01:00:45,109 --> 01:00:44,240

of from a neuroscientist about what is

1785

01:00:47,430 --> 01:00:45,119

going on

1786

01:00:48,150 --> 01:00:47,440

with this kind of idea of primordial

1787

01:00:50,950 --> 01:00:48,160

mind

1788

01:00:52,390 --> 01:00:50,960

uh of objective idealism or analytic

1789

01:00:54,230 --> 01:00:52,400

idealism

1790

01:00:55,990 --> 01:00:54,240

how is it really working and how can we

1791

01:00:57,270 --> 01:00:56,000

all interact with

1792

01:00:59,750 --> 01:00:57,280

that kind of mental layer of the

1793

01:01:02,390 --> 01:00:59,760

universe to

1794

01:01:03,190 --> 01:01:02,400

really bring the uh the dreams of our

1795

01:01:05,030 --> 01:01:03,200

higher soul

1796

01:01:07,349 --> 01:01:05,040

into fruition that's essentially what

1797

01:01:10,789 --> 01:01:07,359

this is about is coming into

1798

01:01:13,990 --> 01:01:10,799

humankind's potential which i think

1799

01:01:17,349 --> 01:01:14,000

the beliefs of our modern society are

1800

01:01:19,109 --> 01:01:17,359

incredibly falsely restricting uh as to

1801
01:01:19,990 --> 01:01:19,119
what is possible for humans to

1802
01:01:22,309 --> 01:01:20,000
accomplish

1803
01:01:24,230 --> 01:01:22,319
and i think the more we investigate you

1804
01:01:26,069 --> 01:01:24,240
know a deep meditation centering prayer

1805
01:01:27,510 --> 01:01:26,079
the different modalities of

1806
01:01:29,750 --> 01:01:27,520
kind of getting into deep conscious

1807
01:01:31,589 --> 01:01:29,760
awareness and the information systems of

1808
01:01:34,630 --> 01:01:31,599
the universe and then being able

1809
01:01:35,510 --> 01:01:34,640
to uh use that in terms of our free will

1810
01:01:39,829 --> 01:01:35,520
of

1811
01:01:42,230 --> 01:01:39,839
is where this whole world can change

1812
01:01:43,109 --> 01:01:42,240
dramatically i mean from my point of

1813
01:01:45,349 --> 01:01:43,119

view this

1814

01:01:46,630 --> 01:01:45,359

shift of understanding is uh

1815

01:01:49,109 --> 01:01:46,640

irreversible

1816

01:01:51,430 --> 01:01:49,119

and i know i i in fact i recently

1817

01:01:54,150 --> 01:01:51,440

rewatched your uh

1818

01:01:55,750 --> 01:01:54,160

uh interview with uh with bruce grayson

1819

01:01:56,549 --> 01:01:55,760

and i also had seen the one with steve

1820

01:01:59,670 --> 01:01:56,559

taylor

1821

01:02:02,470 --> 01:01:59,680

uh not too long ago um and

1822

01:02:04,470 --> 01:02:02,480

i believe that uh the world needs this i

1823

01:02:06,309 --> 01:02:04,480

mean we are in deep trouble

1824

01:02:08,309 --> 01:02:06,319

but the materialist model very

1825

01:02:10,069 --> 01:02:08,319

self-centered egocentric uh

1826

01:02:12,150 --> 01:02:10,079

you know kind of completely out of

1827

01:02:13,589 --> 01:02:12,160

balance economic and social systems

1828

01:02:15,829 --> 01:02:13,599

judicial systems

1829

01:02:17,349 --> 01:02:15,839

all of it is a reflection of the false

1830

01:02:18,630 --> 01:02:17,359

sense of separation that comes out of

1831

01:02:22,230 --> 01:02:18,640

materialist thought

1832

01:02:26,230 --> 01:02:22,240

and so in so many ways we will do a far

1833

01:02:28,950 --> 01:02:26,240

better job and truly become homo sapiens

1834

01:02:29,829 --> 01:02:28,960

sapiens means wise well when i look

1835

01:02:32,630 --> 01:02:29,839

around at a

1836

01:02:34,870 --> 01:02:32,640

fossil a fuel addicted world that's with

1837

01:02:35,910 --> 01:02:34,880

35 000 species on the verge of

1838

01:02:38,549 --> 01:02:35,920

extinction

1839

01:02:39,190 --> 01:02:38,559

of a plastic geyser twice the size of

1840

01:02:41,029 --> 01:02:39,200

texas

1841

01:02:42,950 --> 01:02:41,039

floating in the eastern pacific ocean

1842

01:02:45,430 --> 01:02:42,960

from all the discarded plastic bags

1843

01:02:46,309 --> 01:02:45,440

i don't see a very wise species in

1844

01:02:48,230 --> 01:02:46,319

charge

1845

01:02:50,309 --> 01:02:48,240

and i think that we owe it to this

1846

01:02:51,270 --> 01:02:50,319

planet to the blessing of our very

1847

01:02:53,990 --> 01:02:51,280

existence

1848

01:02:55,029 --> 01:02:54,000

to rise to the occasion to come out of

1849

01:02:57,589 --> 01:02:55,039

this absolute

1850

01:02:59,829 --> 01:02:57,599

madness of materialist thought that has

1851
01:03:02,069 --> 01:02:59,839
led us into such a dark abyss

1852
01:03:03,670 --> 01:03:02,079
it is time to awaken to the true

1853
01:03:06,710 --> 01:03:03,680
potential of humanity

1854
01:03:07,270 --> 01:03:06,720
and truly become homo sapiens for the

1855
01:03:10,390 --> 01:03:07,280
first

1856
01:03:11,510 --> 01:03:10,400
time so i am going to do everything i

1857
01:03:13,910 --> 01:03:11,520
can

1858
01:03:15,029 --> 01:03:13,920
to help this world wake up to this far

1859
01:03:18,710 --> 01:03:15,039
deeper truth

1860
01:03:21,589 --> 01:03:18,720
and the importance of our responsibility

1861
01:03:23,109 --> 01:03:21,599
to ourselves to each other to future

1862
01:03:23,910 --> 01:03:23,119
generations and of course when you

1863
01:03:26,069 --> 01:03:23,920

review that

1864

01:03:27,990 --> 01:03:26,079

reincarnation literature you can start

1865

01:03:29,109 --> 01:03:28,000

getting a little bit selfish about that

1866

01:03:31,829 --> 01:03:29,119

because our own

1867

01:03:33,589 --> 01:03:31,839

some aspect of this awareness is going

1868

01:03:34,309 --> 01:03:33,599

to be living in another body in the

1869

01:03:36,470 --> 01:03:34,319

future

1870

01:03:37,510 --> 01:03:36,480

and we need to do a good job of making

1871

01:03:40,230 --> 01:03:37,520

sure this planet

1872

01:03:41,190 --> 01:03:40,240

is not completely wrecked for future

1873

01:03:44,789 --> 01:03:41,200

generations

1874

01:03:47,829 --> 01:03:44,799

you are incredibly uh powerful

1875

01:03:48,309 --> 01:03:47,839

spokesman uh for this message and i'm

1876

01:03:54,069 --> 01:03:48,319

i'm

1877

01:03:56,150 --> 01:03:54,079

for the work that you're doing i do pull

1878

01:03:57,029 --> 01:03:56,160

up a little bit on the last part of what

1879

01:03:58,390 --> 01:03:57,039

you're saying

1880

01:03:59,510 --> 01:03:58,400

and i want to just i was going to let

1881

01:04:00,950 --> 01:03:59,520

you go and then i want to kind of

1882

01:04:01,349 --> 01:04:00,960

squeeze one more question in there and

1883

01:04:04,789 --> 01:04:01,359

that's

1884

01:04:08,549 --> 01:04:04,799

it and you totally get this

1885

01:04:11,670 --> 01:04:08,559

but like from a spiritual standpoint

1886

01:04:12,390 --> 01:04:11,680

the doing stuff kind of takes a back

1887

01:04:14,630 --> 01:04:12,400

seat

1888

01:04:15,910 --> 01:04:14,640

you know which is essentially the most

1889

01:04:18,950 --> 01:04:15,920

important part of your message

1890

01:04:19,829 --> 01:04:18,960

is about love compassion being there

1891

01:04:23,270 --> 01:04:19,839

about

1892

01:04:24,230 --> 01:04:23,280

the light is infinitely more powerful

1893

01:04:26,549 --> 01:04:24,240

than the dark

1894

01:04:28,470 --> 01:04:26,559

you know and i focus plenty on the dark

1895

01:04:31,990 --> 01:04:28,480

because i don't want to ignore the dark

1896

01:04:33,109 --> 01:04:32,000

but i don't for a minute really concern

1897

01:04:35,109 --> 01:04:33,119

myself

1898

01:04:37,349 --> 01:04:35,119

at that level i'm you know i love the

1899

01:04:38,150 --> 01:04:37,359

quote from amma the hugging saint you

1900

01:04:41,029 --> 01:04:38,160

know which is

1901

01:04:42,549 --> 01:04:41,039

works tirelessly to try and do

1902

01:04:45,109 --> 01:04:42,559

everything to help the world and she's

1903

01:04:46,789 --> 01:04:45,119

in india digging with the you know

1904

01:04:48,789 --> 01:04:46,799

untouchables digging women

1905

01:04:49,990 --> 01:04:48,799

latrines at 18 hours a day and just how

1906

01:04:52,309 --> 01:04:50,000

does she have that energy

1907

01:04:53,029 --> 01:04:52,319

and then her devotees go gee but you

1908

01:04:55,349 --> 01:04:53,039

said

1909

01:04:57,430 --> 01:04:55,359

you know that we're not about this world

1910

01:05:00,630 --> 01:04:57,440

why you put all your energies into it

1911

01:05:04,230 --> 01:05:00,640

and she goes world what world

1912

01:05:06,390 --> 01:05:04,240

you know she is in the biblical sense

1913

01:05:07,589 --> 01:05:06,400

in this world but not of that world of

1914

01:05:10,470 --> 01:05:07,599

this world

1915

01:05:12,470 --> 01:05:10,480

and i don't see a conflict at all with

1916

01:05:15,190 --> 01:05:12,480

what you're saying

1917

01:05:17,029 --> 01:05:15,200

but it is a subtle kind of shift i mean

1918

01:05:18,549 --> 01:05:17,039

the compassion that we have to

1919

01:05:20,870 --> 01:05:18,559

have and i think you're totally down

1920

01:05:24,549 --> 01:05:20,880

with this for everyone

1921

01:05:26,870 --> 01:05:24,559

for all the people who are the

1922

01:05:27,990 --> 01:05:26,880

not maybe doing the best thing or don't

1923

01:05:31,270 --> 01:05:28,000

seem to be acting

1924

01:05:33,029 --> 01:05:31,280

in the interest of the whole they're not

1925

01:05:35,029 --> 01:05:33,039

separate either you know what any

1926

01:05:37,670 --> 01:05:35,039

thoughts on that as we wrap it up

1927

01:05:40,309 --> 01:05:37,680

well i have a lot of thoughts on that

1928

01:05:43,109 --> 01:05:40,319

but i think essentially just to try and

1929

01:05:45,270 --> 01:05:43,119

uh boil it down uh you know the deep

1930

01:05:47,190 --> 01:05:45,280

truth that near-death experiencers

1931

01:05:49,029 --> 01:05:47,200

come back with the blessing in their

1932

01:05:51,510 --> 01:05:49,039

lives is really

1933

01:05:52,870 --> 01:05:51,520

realization that love binds us all

1934

01:05:55,430 --> 01:05:52,880

together it binds

1935

01:05:56,470 --> 01:05:55,440

uh all souls to the universe at large we

1936

01:05:59,109 --> 01:05:56,480

can trust

1937

01:06:01,109 --> 01:05:59,119

in a very loving universe at the core of

1938

01:06:03,029 --> 01:06:01,119

our of our existence that's the deep

1939

01:06:05,349 --> 01:06:03,039

lesson of ndes

1940

01:06:06,230 --> 01:06:05,359

and of course the important thing that i

1941

01:06:10,309 --> 01:06:06,240

would stress

1942

01:06:11,910 --> 01:06:10,319

is it's not so much uh crucial to

1943

01:06:13,430 --> 01:06:11,920

you know the lessons they give us about

1944

01:06:13,990 --> 01:06:13,440

what happens when we die of course

1945

01:06:17,190 --> 01:06:14,000

that's

1946

01:06:19,589 --> 01:06:17,200

helpful but far more important is

1947

01:06:20,710 --> 01:06:19,599

of how indie ears would express that

1948

01:06:23,349 --> 01:06:20,720

their journey

1949

01:06:23,990 --> 01:06:23,359

showed them how to live this life day to

1950

01:06:25,670 --> 01:06:24,000

day

1951

01:06:27,750 --> 01:06:25,680

every choice how they view their

1952

01:06:30,710 --> 01:06:27,760

relationship with themselves

1953

01:06:31,589 --> 01:06:30,720

with the universe with other beings this

1954

01:06:34,870 --> 01:06:31,599

is where

1955

01:06:38,230 --> 01:06:34,880

we can really uh kind of improve

1956

01:06:40,870 --> 01:06:38,240

and expand our human experience

1957

01:06:41,910 --> 01:06:40,880

uh it's and it's by the work we do here

1958

01:06:44,230 --> 01:06:41,920

in this world

1959

01:06:45,990 --> 01:06:44,240

that's why it's so crucial to realize

1960

01:06:48,470 --> 01:06:46,000

and and that's why reincarnation

1961

01:06:50,390 --> 01:06:48,480

is absolutely essential if you miss the

1962

01:06:51,190 --> 01:06:50,400

piece of reincarnation you're absolutely

1963

01:06:54,069 --> 01:06:51,200

missing

1964

01:06:55,750 --> 01:06:54,079

the growth that occurs over time the the

1965

01:06:59,270 --> 01:06:55,760

progress of souls

1966

01:07:02,630 --> 01:06:59,280

uh and and reincarnation is a a

1967

01:07:03,270 --> 01:07:02,640

story that helps us get to a much deeper

1968

01:07:06,549 --> 01:07:03,280

truth

1969

01:07:08,950 --> 01:07:06,559

but it also points out that the the true

1970

01:07:09,910 --> 01:07:08,960

work of soul growth occurs here in these

1971

01:07:11,990 --> 01:07:09,920

bodies

1972

01:07:13,349 --> 01:07:12,000

even temporarily dumbed down in

1973

01:07:15,029 --> 01:07:13,359

believing that this is the only

1974

01:07:16,950 --> 01:07:15,039

existence there is

1975

01:07:18,150 --> 01:07:16,960

um you know our higher soul knows

1976

01:07:20,710 --> 01:07:18,160

differently from that but

1977

01:07:22,230 --> 01:07:20,720

uh you know we we kind of buy into that

1978

01:07:23,750 --> 01:07:22,240

and as long as we don't get too sucked

1979

01:07:26,069 --> 01:07:23,760

into the ego side of it

1980

01:07:27,750 --> 01:07:26,079

we can start appreciating this this

1981

01:07:27,990 --> 01:07:27,760

benefit of helping others and being

1982

01:07:30,630 --> 01:07:28,000

there

1983

01:07:31,829 --> 01:07:30,640

for others and alex i think the biggest

1984

01:07:34,789 --> 01:07:31,839

uh

1985

01:07:37,029 --> 01:07:34,799

shift of certainly a major shift will be

1986

01:07:39,589 --> 01:07:37,039

how we treat our fellow human beings

1987

01:07:41,109 --> 01:07:39,599

but another absolutely essential piece

1988

01:07:44,630 --> 01:07:41,119

of this is realizing

1989

01:07:48,150 --> 01:07:44,640

you know homo sapiens doesn't have uh

1990

01:07:49,589 --> 01:07:48,160

you know a primary claim to spiritual

1991

01:07:51,910 --> 01:07:49,599

life and the spiritual nature of the

1992

01:07:55,109 --> 01:07:51,920

universe the entire animal world

1993

01:07:56,150 --> 01:07:55,119

uh plant kingdom every bit of it is part

1994

01:07:58,069 --> 01:07:56,160

of the spiritual

1995

01:07:59,349 --> 01:07:58,079

universe within consciousness within

1996

01:08:01,829 --> 01:07:59,359

this one mind of

1997

01:08:02,870 --> 01:08:01,839

infinitely bound together through love

1998

01:08:05,510 --> 01:08:02,880

and that's why we

1999

01:08:06,069 --> 01:08:05,520

we have a tremendous amount of kind of

2000

01:08:08,309 --> 01:08:06,079

growth

2001
01:08:09,670 --> 01:08:08,319
and transformation that society needs to

2002
01:08:12,230 --> 01:08:09,680
go through

2003
01:08:13,829 --> 01:08:12,240
to fully awaken and assimilate these

2004
01:08:15,750 --> 01:08:13,839
kind of deep and profound truths

2005
01:08:17,910 --> 01:08:15,760
but they're really about how we live in

2006
01:08:20,390 --> 01:08:17,920
this world i think that's a fantastic

2007
01:08:22,550 --> 01:08:20,400
point particularly in the broader

2008
01:08:23,749 --> 01:08:22,560
understanding of consciousness and i

2009
01:08:24,870 --> 01:08:23,759
want you to go into that in a minute you

2010
01:08:28,709 --> 01:08:24,880
know

2011
01:08:30,550 --> 01:08:28,719
dolphins are conscience

2012
01:08:32,229 --> 01:08:30,560
conscious so you know you go down the

2013
01:08:34,070 --> 01:08:32,239

list and then why would we draw some

2014

01:08:36,870 --> 01:08:34,080

arbitrary line and think it's

2015

01:08:38,789 --> 01:08:36,880

all it's all part of this soup but but

2016

01:08:40,950 --> 01:08:38,799

if i can i i want to kind of make sure

2017

01:08:42,229 --> 01:08:40,960

i i make the point so you can address it

2018

01:08:45,030 --> 01:08:42,239

we started with

2019

01:08:46,709 --> 01:08:45,040

ram das and neem karoli baba and i love

2020

01:08:48,309 --> 01:08:46,719

this story about neem crowley baba

2021

01:08:50,070 --> 01:08:48,319

that maybe gets more to my point and

2022

01:08:51,669 --> 01:08:50,080

he's talking about

2023

01:08:55,110 --> 01:08:51,679

you know all these westerners who are

2024

01:08:57,349 --> 01:08:55,120

coming to see him this is ram das

2025

01:08:59,030 --> 01:08:57,359

guru that's a kind of an outdated term

2026

01:09:01,189 --> 01:08:59,040

but he's the guy who really kind of

2027

01:09:03,110 --> 01:09:01,199

leads him on this

2028

01:09:05,349 --> 01:09:03,120

spiritually transformative experience

2029

01:09:07,829 --> 01:09:05,359

because he's really kind of

2030

01:09:09,910 --> 01:09:07,839

in the way that we're all messed up he's

2031

01:09:13,030 --> 01:09:09,920

really kind of has a lot of

2032

01:09:15,269 --> 01:09:13,040

issues you know in his life and

2033

01:09:16,550 --> 01:09:15,279

neem crowley baba is transformative and

2034

01:09:19,110 --> 01:09:16,560

he's the first one to say that

2035

01:09:22,070 --> 01:09:19,120

completely transformative but

2036

01:09:22,950 --> 01:09:22,080

neem crowley baba says you westerners

2037

01:09:26,789 --> 01:09:22,960

are all about

2038

01:09:29,990 --> 01:09:26,799

doing making doing he goes those

2039

01:09:30,709 --> 01:09:30,000

guys up in the caves those gurus those

2040

01:09:33,590 --> 01:09:30,719

sadhus

2041

01:09:33,990 --> 01:09:33,600

up in the cave that are sitting there

2042

01:09:36,950 --> 01:09:34,000

they're

2043

01:09:39,669 --> 01:09:36,960

keeping the planet spinning and i'm sure

2044

01:09:42,470 --> 01:09:39,679

he's talking about that metaphorically

2045

01:09:44,470 --> 01:09:42,480

but the point is i just pull up short

2046

01:09:46,950 --> 01:09:44,480

when we start talking about doing and

2047

01:09:48,789 --> 01:09:46,960

we have to do and we got to reduce that

2048

01:09:51,910 --> 01:09:48,799

plastic thing in the

2049

01:09:52,550 --> 01:09:51,920

in the ocean of course we do but we just

2050

01:09:57,030 --> 01:09:52,560

have to be

2051

01:09:59,830 --> 01:09:57,040

smile at that woman who's

2052

01:10:01,990 --> 01:09:59,840

wearing a mask driving alone in her car

2053

01:10:05,189 --> 01:10:02,000

and doesn't understand the science

2054

01:10:07,990 --> 01:10:05,199

of how that's a complete sham

2055

01:10:08,310 --> 01:10:08,000

but we can't hate on it we just have to

2056

01:10:10,229 --> 01:10:08,320

have

2057

01:10:12,790 --> 01:10:10,239

love and compassion and the more that we

2058

01:10:14,870 --> 01:10:12,800

can face the people that we don't

2059

01:10:16,070 --> 01:10:14,880

necessarily agree with with that love

2060

01:10:19,110 --> 01:10:16,080

and compassion

2061

01:10:20,550 --> 01:10:19,120

you know that's the healing too so i'd

2062

01:10:22,870 --> 01:10:20,560

throw out out there

2063

01:10:23,590 --> 01:10:22,880

i would say you're absolutely right on

2064

01:10:26,470 --> 01:10:23,600

the beam

2065

01:10:28,630 --> 01:10:26,480

and uh you know early on in all these

2066

01:10:30,229 --> 01:10:28,640

discussions after my ndes i was trying

2067

01:10:32,070 --> 01:10:30,239

to come to a deeper understanding of it

2068

01:10:33,590 --> 01:10:32,080

all trying to explain to people trying

2069

01:10:34,870 --> 01:10:33,600

to come up with a shift in world view

2070

01:10:37,990 --> 01:10:34,880

that made sense

2071

01:10:39,110 --> 01:10:38,000

i remember karen pointed out to me very

2072

01:10:42,550 --> 01:10:39,120

brilliantly

2073

01:10:46,229 --> 01:10:42,560

that really all we are here to do is to

2074

01:10:49,510 --> 01:10:46,239

be the love that we are

2075

01:10:50,709 --> 01:10:49,520

and when i fully absorb the depth of

2076

01:10:53,030 --> 01:10:50,719

what she was

2077

01:10:54,630 --> 01:10:53,040

telling me it was not an act of loving

2078

01:10:56,470 --> 01:10:54,640

or you know

2079

01:10:58,790 --> 01:10:56,480

all of that kind of machination well how

2080

01:11:01,189 --> 01:10:58,800

do i love myself how do i love others

2081

01:11:02,550 --> 01:11:01,199

but becoming that love and that that is

2082

01:11:05,110 --> 01:11:02,560

something i was

2083

01:11:06,310 --> 01:11:05,120

very used to from my core experience

2084

01:11:08,470 --> 01:11:06,320

deep in my nde

2085

01:11:10,390 --> 01:11:08,480

in that sanctum sanctum of the divine

2086

01:11:11,110 --> 01:11:10,400

becoming one with that infinitely

2087

01:11:13,669 --> 01:11:11,120

healing

2088

01:11:14,550 --> 01:11:13,679

force of love that god force is

2089

01:11:17,510 --> 01:11:14,560

something that is

2090

01:11:18,550 --> 01:11:17,520

totally indescribable uh and yet it's

2091

01:11:21,669 --> 01:11:18,560

exactly what

2092

01:11:24,229 --> 01:11:21,679

what karen was urging me to remember

2093

01:11:26,550 --> 01:11:24,239

about my experience and the importance

2094

01:11:27,430 --> 01:11:26,560

of unpacking that experience for this

2095

01:11:30,630 --> 01:11:27,440

world

2096

01:11:32,870 --> 01:11:30,640

uh is that we are all uh are truly bound

2097

01:11:35,189 --> 01:11:32,880

together through love and that is what

2098

01:11:35,990 --> 01:11:35,199

one of the deepest lessons from the tip

2099

01:11:40,950 --> 01:11:36,000

of the spear

2100

01:11:43,990 --> 01:11:40,960

changing this world around consciousness

2101

01:11:47,110 --> 01:11:44,000

uh but that is the profound lesson that

2102

01:11:48,390 --> 01:11:47,120

in the ears agree upon is that we are

2103

01:11:51,669 --> 01:11:48,400

fundamentally

2104

01:11:54,149 --> 01:11:51,679

uh essence of pure love and

2105

01:11:56,790 --> 01:11:54,159

and that is something that i think comes

2106

01:12:00,070 --> 01:11:56,800

out tremendously from the nde community

2107

01:12:02,390 --> 01:12:00,080

and also from this larger community of

2108

01:12:03,750 --> 01:12:02,400

of the science of consciousness studies

2109

01:12:07,110 --> 01:12:03,760

it's really all about

2110

01:12:09,110 --> 01:12:07,120

being that love but in doing so

2111

01:12:11,510 --> 01:12:09,120

in becoming that that's how we can

2112

01:12:13,830 --> 01:12:11,520

change this world

2113

01:12:14,870 --> 01:12:13,840

it may come out through all of those

2114

01:12:16,229 --> 01:12:14,880

things and

2115

01:12:18,550 --> 01:12:16,239

let's hope that that does but it

2116

01:12:20,870 --> 01:12:18,560

certainly comes out in the work that

2117

01:12:23,350 --> 01:12:20,880

you're doing which is

2118

01:12:25,189 --> 01:12:23,360

just terrific you know i mean i can't

2119

01:12:28,550 --> 01:12:25,199

stress it enough

2120

01:12:31,270 --> 01:12:28,560

i don't know why you were chosen

2121

01:12:32,709 --> 01:12:31,280

but thank god you were chosen you were

2122

01:12:34,950 --> 01:12:32,719

the you were the

2123

01:12:35,990 --> 01:12:34,960

guy you were the right guy for the job

2124

01:12:38,310 --> 01:12:36,000

let me tell you and it's

2125

01:12:40,950 --> 01:12:38,320

fantastic well you know i the thing is i

2126

01:12:43,270 --> 01:12:40,960

having been where i've been

2127

01:12:44,950 --> 01:12:43,280

you know in this nde and trying to make

2128

01:12:47,430 --> 01:12:44,960

sense of it

2129

01:12:49,030 --> 01:12:47,440

i realized that you know in md and

2130

01:12:52,630 --> 01:12:49,040

harvard and all that stuff

2131

01:12:55,430 --> 01:12:52,640

doesn't mean squat doesn't mean a thing

2132

01:12:56,870 --> 01:12:55,440

i've met uh you know people from all

2133

01:12:59,030 --> 01:12:56,880

different walks of life who've had

2134

01:12:59,910 --> 01:12:59,040

profound ndes that they shared with me

2135

01:13:03,030 --> 01:12:59,920

that helped me

2136

01:13:04,070 --> 01:13:03,040

tremendously in my own understanding so

2137

01:13:06,229 --> 01:13:04,080

these

2138

01:13:08,470 --> 01:13:06,239

events are out there you know by the

2139

01:13:09,510 --> 01:13:08,480

millions to help change humanity and

2140

01:13:11,430 --> 01:13:09,520

help wake us up

2141

01:13:13,590 --> 01:13:11,440

i think the only importance of my story

2142

01:13:17,590 --> 01:13:13,600

in our current cultural

2143

01:13:19,870 --> 01:13:17,600

kind of uh paralysis in some sense um

2144

01:13:21,189 --> 01:13:19,880

has been that you know by being a

2145

01:13:24,390 --> 01:13:21,199

neuroscientist

2146

01:13:26,470 --> 01:13:24,400

uh even though my brain was so savaged

2147

01:13:28,870 --> 01:13:26,480

by the infection that when i woke up on

2148

01:13:31,189 --> 01:13:28,880

day seven of coma and that icu bed

2149

01:13:33,669 --> 01:13:31,199

i did not even recognize my mother my

2150

01:13:36,390 --> 01:13:33,679

sisters my sons standing at the bedside

2151
01:13:37,270 --> 01:13:36,400
all i knew was where i had just been my

2152
01:13:40,790 --> 01:13:37,280
brain was

2153
01:13:42,229 --> 01:13:40,800
wrecked but that's the kind of beauty of

2154
01:13:45,750 --> 01:13:42,239
the message because it then

2155
01:13:48,870 --> 01:13:45,760
all came back and

2156
01:13:51,030 --> 01:13:48,880
and that's a kind of an extraordinary uh

2157
01:13:52,070 --> 01:13:51,040
story but what it what it does is it

2158
01:13:55,350 --> 01:13:52,080
helps me

2159
01:13:58,390 --> 01:13:55,360
uh to understand kind of the depths of

2160
01:13:59,910 --> 01:13:58,400
of uh of of my own journey i mean if i'd

2161
01:14:00,790 --> 01:13:59,920
been a truck driver and had this

2162
01:14:03,189 --> 01:14:00,800
experience

2163
01:14:05,030 --> 01:14:03,199

my doctors as my doctors told me when i

2164

01:14:06,709 --> 01:14:05,040

woke up not knowing any neuroscience

2165

01:14:08,550 --> 01:14:06,719

having none of that knowledge

2166

01:14:10,870 --> 01:14:08,560

they said the dying brain plays all

2167

01:14:11,110 --> 01:14:10,880

kinds of tricks so you can forget about

2168

01:14:12,950 --> 01:14:11,120

it

2169

01:14:14,950 --> 01:14:12,960

we have no idea how you're coming back

2170

01:14:16,390 --> 01:14:14,960

to us your brain was soaking in pus

2171

01:14:18,630 --> 01:14:16,400

nobody thought you'd even live through

2172

01:14:19,990 --> 01:14:18,640

it but you can forget about that

2173

01:14:20,390 --> 01:14:20,000

experience you're trying to tell us

2174

01:14:22,550 --> 01:14:20,400

about

2175

01:14:24,550 --> 01:14:22,560

and so i did you know that's where we

2176

01:14:26,550 --> 01:14:24,560

get back to that story you shared of my

2177

01:14:27,990 --> 01:14:26,560

son coming home two days after i got out

2178

01:14:29,750 --> 01:14:28,000

of the hospital

2179

01:14:31,430 --> 01:14:29,760

and by then i bought what my doctors

2180

01:14:31,990 --> 01:14:31,440

told me the dying brain plays all kinds

2181

01:14:34,470 --> 01:14:32,000

of tricks

2182

01:14:35,830 --> 01:14:34,480

so i told him it was way too real to be

2183

01:14:37,189 --> 01:14:35,840

real

2184

01:14:38,870 --> 01:14:37,199

and that's when he advised me we'll

2185

01:14:40,950 --> 01:14:38,880

write it all down before you read

2186

01:14:42,870 --> 01:14:40,960

anything about somebody else's nde

2187

01:14:45,590 --> 01:14:42,880

because you need a pure version of your

2188

01:14:48,709 --> 01:14:45,600

story best advice i've ever gotten

2189

01:14:50,470 --> 01:14:48,719

but that was absolutely critical but

2190

01:14:51,189 --> 01:14:50,480

then as my knowledge came back i

2191

01:14:53,350 --> 01:14:51,199

realized this

2192

01:14:55,030 --> 01:14:53,360

is impossible this cannot happen and

2193

01:14:56,790 --> 01:14:55,040

that of course is where that case report

2194

01:14:57,669 --> 01:14:56,800

is so important because they thought the

2195

01:15:00,470 --> 01:14:57,679

same thing

2196

01:15:01,830 --> 01:15:00,480

this kind of patient did not wake up and

2197

01:15:03,510 --> 01:15:01,840

yet i did

2198

01:15:05,350 --> 01:15:03,520

and not only that i had this profound

2199

01:15:07,350 --> 01:15:05,360

experience and of course that's what

2200

01:15:09,750 --> 01:15:07,360

they explained scientifically

2201

01:15:10,870 --> 01:15:09,760

as the explanation for why i had the

2202

01:15:12,630 --> 01:15:10,880

recovery

2203

01:15:14,310 --> 01:15:12,640

and i think that's beautiful it shows us

2204

01:15:17,590 --> 01:15:14,320

that the scientific world

2205

01:15:18,470 --> 01:15:17,600

is certainly making progress and opening

2206

01:15:19,830 --> 01:15:18,480

up to truth

2207

01:15:21,669 --> 01:15:19,840

i mean that's what we're all after here

2208

01:15:23,110 --> 01:15:21,679

we want to understand the truth and we

2209

01:15:25,510 --> 01:15:23,120

should not let our

2210

01:15:26,310 --> 01:15:25,520

the limitations of our theoretical

2211

01:15:28,790 --> 01:15:26,320

models

2212

01:15:29,590 --> 01:15:28,800

of our inability to assimilate and

2213

01:15:32,070 --> 01:15:29,600

integrate

2214

01:15:33,270 --> 01:15:32,080

empirical data we shouldn't let those

2215

01:15:35,590 --> 01:15:33,280

weaknesses

2216

01:15:37,590 --> 01:15:35,600

get in the way of trying to get at the

2217

01:15:39,910 --> 01:15:37,600

deep truth of all of this and that

2218

01:15:42,149 --> 01:15:39,920

involves a very open mind and it also

2219

01:15:45,510 --> 01:15:42,159

involves a responsibility

2220

01:15:48,470 --> 01:15:45,520

to study the data and i would also say

2221

01:15:50,709 --> 01:15:48,480

encourage people go within the answers

2222

01:15:52,709 --> 01:15:50,719

truly lie within us all meditation

2223

01:15:54,070 --> 01:15:52,719

centering prayer whatever your means of

2224

01:15:56,229 --> 01:15:54,080

quieting that little

2225

01:15:58,229 --> 01:15:56,239

voice of the annoying roommate you know

2226

01:15:59,910 --> 01:15:58,239

on a regular basis i meditate an hour to

2227

01:16:01,750 --> 01:15:59,920

a day with sacred acoustics and

2228

01:16:03,750 --> 01:16:01,760

i wouldn't trade it for anything it's a

2229

01:16:05,750 --> 01:16:03,760

tremendous gift

2230

01:16:08,390 --> 01:16:05,760

and all of us can come into much greater

2231

01:16:12,149 --> 01:16:08,400

healing uh with this kind of uh

2232

01:16:14,550 --> 01:16:12,159

kind of going within well fantastic

2233

01:16:15,750 --> 01:16:14,560

and it's been just terrific having you

2234

01:16:17,189 --> 01:16:15,760

on thank you you're so generous with

2235

01:16:19,110 --> 01:16:17,199

your time and

2236

01:16:20,950 --> 01:16:19,120

sharing all this terrific stuff thanks

2237

01:16:22,070 --> 01:16:20,960

for having me on and thank you for what

2238

01:16:25,110 --> 01:16:22,080

you're doing because i

2239

01:16:25,350 --> 01:16:25,120

promise you a lot of what i interpret as

2240

01:16:27,270 --> 01:16:25,360

an

2241

01:16:28,870 --> 01:16:27,280

improvement in the world's kind of

2242

01:16:29,669 --> 01:16:28,880

understanding of all this in the last

2243

01:16:31,669 --> 01:16:29,679

decade

2244

01:16:35,430 --> 01:16:31,679

a lot of that is due to your work so

2245

01:16:37,270 --> 01:16:35,440

keep it up thanks again to dr evan

2246

01:16:38,390 --> 01:16:37,280

alexander for joining me today on

2247

01:16:43,030 --> 01:16:38,400

skeptico

2248

01:16:46,070 --> 01:16:43,040

and thanks again for all that he does

2249

01:16:47,750 --> 01:16:46,080

it ain't easy doing what he does

2250

01:16:49,510 --> 01:16:47,760

so the one question i'd have to tip from

2251
01:16:50,310 --> 01:16:49,520
this episode relates back to something

2252
01:16:53,510 --> 01:16:50,320
we talked about

2253
01:16:56,630 --> 01:16:53,520
early on in the conversation and that is

2254
01:17:00,070 --> 01:16:56,640
dr alexander's near-death experience

2255
01:17:02,790 --> 01:17:00,080
seems to be tied to his family dynamics

2256
01:17:04,470 --> 01:17:02,800
in a very powerful way and i wonder what

2257
01:17:08,149 --> 01:17:04,480
y'all think about

2258
01:17:11,910 --> 01:17:08,159
the role of near-death experiences

2259
01:17:13,990 --> 01:17:11,920
in our personal spiritual journey

2260
01:17:16,149 --> 01:17:14,000
i know that's some next level stuff but

2261
01:17:16,709 --> 01:17:16,159
i'd really like to go there i want to go

2262
01:17:21,750 --> 01:17:16,719
there

2263
01:17:23,669 --> 01:17:21,760

share any thoughts you might have

2264

01:17:25,910 --> 01:17:23,679

track me down on the skeptical forum or

2265

01:17:28,830 --> 01:17:25,920

anywhere else you would like

2266

01:17:30,400 --> 01:17:28,840

until next time take care and bye for

2267

01:17:44,000 --> 01:17:30,410

now