

SK≡PTIKO
science & spirituality

***THE SCIENCE
OF SPIRITUALITY
AND HEALTH***

#509-ALEXANDER-MOREIRA-ALMEIDA



1
00:00:03,909 --> 00:00:01,270
and if any of you are troubled i

2
00:00:08,230 --> 00:00:03,919
encourage you to speak out

3
00:00:11,110 --> 00:00:08,240
testify i'm hoping you can pray for us

4
00:00:12,549 --> 00:00:11,120
um we're soldiers home on leave and my

5
00:00:14,789 --> 00:00:12,559
friends here are troubled

6
00:00:16,230 --> 00:00:14,799
cheever has a very bad back and a broken

7
00:00:17,830 --> 00:00:16,240
marriage and he wants to take his own

8
00:00:20,150 --> 00:00:17,840
life

9
00:00:21,990 --> 00:00:20,160
and tk's wounded in the private parts

10
00:00:23,750 --> 00:00:22,000
which is why he's lying to his fiance

11
00:00:25,589 --> 00:00:23,760
about going to horse

12
00:00:28,150 --> 00:00:25,599
that's a scene from the movie the lucky

13
00:00:31,509 --> 00:00:28,160

ones with rachel mcadams where she's

14

00:00:34,150 --> 00:00:31,519

seeking a spiritual healing which is a

15

00:00:36,630 --> 00:00:34,160

topic we touch on with today's guest the

16

00:00:37,910 --> 00:00:36,640

extraordinarily excellent dr alexander

17

00:00:41,510 --> 00:00:37,920

morita almida

18

00:00:44,709 --> 00:00:41,520

who is a world-class brazilian doctor

19

00:00:46,950 --> 00:00:44,719

and expert on spirituality and health

20

00:00:48,069 --> 00:00:46,960

he's an md university professor

21

00:00:50,389 --> 00:00:48,079

researcher

22

00:00:51,270 --> 00:00:50,399

and one of the big takeaway messages

23

00:00:53,110 --> 00:00:51,280

that he has

24

00:00:55,910 --> 00:00:53,120

is that even though we're conditioned to

25

00:00:57,670 --> 00:00:55,920

immediately apply the crazy tag to any

26

00:00:58,229 --> 00:00:57,680

connection between spirituality and

27

00:01:00,069 --> 00:00:58,239

health

28

00:01:01,590 --> 00:01:00,079

the actual science leads us to the

29

00:01:04,710 --> 00:01:01,600

verified fact that there

30

00:01:05,429 --> 00:01:04,720

is a connection here's a clip sometimes

31

00:01:09,030 --> 00:01:05,439

of course

32

00:01:12,870 --> 00:01:09,040

there is the dark side of spirituality

33

00:01:14,870 --> 00:01:12,880

but it's not the average the on average

34

00:01:16,469 --> 00:01:14,880

the use of religious spirituality is

35

00:01:19,910 --> 00:01:16,479

positive and have

36

00:01:20,950 --> 00:01:19,920

even impact on mortality just one

37

00:01:24,310 --> 00:01:20,960

example

38

00:01:25,670 --> 00:01:24,320

professor tyler van der wielz is a chair

39

00:01:28,070 --> 00:01:25,680

of public health

40

00:01:30,630 --> 00:01:28,080

at harvard university is one of the best

41

00:01:34,550 --> 00:01:30,640

statisticians in the world nowadays

42

00:01:38,630 --> 00:01:34,560

he has several studies following up

43

00:01:41,910 --> 00:01:38,640

70 000 80 000 people for 10

44

00:01:44,069 --> 00:01:41,920

15 years and showing for example

45

00:01:45,350 --> 00:01:44,079

that the people who attended a religious

46

00:01:48,389 --> 00:01:45,360

service at least

47

00:01:51,990 --> 00:01:48,399

once a week died 50

48

00:01:55,670 --> 00:01:52,000

less in a 14 years follow-up

49

00:01:59,109 --> 00:01:55,680

or died six times less from suicide

50

00:02:02,149 --> 00:01:59,119

in this also 14 years follow-up

51

00:02:04,230 --> 00:02:02,159

so that is a a strong impact

52

00:02:05,190 --> 00:02:04,240

but now i think the current challenge is

53

00:02:09,350 --> 00:02:05,200

first

54

00:02:12,150 --> 00:02:09,360

to disseminate this information to

55

00:02:12,869 --> 00:02:12,160

general population and also in the

56

00:02:15,270 --> 00:02:12,879

training

57

00:02:17,270 --> 00:02:15,280

of physicians of nurses and

58

00:02:19,830 --> 00:02:17,280

psychologists because sometimes

59

00:02:20,470 --> 00:02:19,840

this knowledge has not been translated

60

00:02:23,030 --> 00:02:20,480

yet

61

00:02:24,309 --> 00:02:23,040

in actual clinical training of

62

00:02:29,030 --> 00:02:24,319

professionals

63

00:02:32,070 --> 00:02:29,040

challenge i think perhaps is more even

64

00:02:34,550 --> 00:02:32,080

of interest to skeptical audience

65

00:02:36,229 --> 00:02:34,560

is uh okay but what is the meaning of

66

00:02:40,630 --> 00:02:36,239

spirituality

67

00:02:42,470 --> 00:02:40,640

can understand okay

68

00:02:44,949 --> 00:02:42,480

yeah really church attendance can be

69

00:02:45,270 --> 00:02:44,959

related to social support can be related

70

00:02:48,869 --> 00:02:45,280

to

71

00:02:51,830 --> 00:02:48,879

beliefs but does actually have

72

00:02:53,110 --> 00:02:51,840

an any ontological reality this is

73

00:02:54,949 --> 00:02:53,120

spirituality

74

00:02:56,229 --> 00:02:54,959

is there something actually beyond

75

00:02:58,070 --> 00:02:56,239

matter so

76

00:02:59,589 --> 00:02:58,080

i think this studies for example of

77

00:03:01,910 --> 00:02:59,599

spiritual experiences

78

00:03:04,070 --> 00:03:01,920

and try to understand the ultimate

79

00:03:06,070 --> 00:03:04,080

source of this spiritual experiences

80

00:03:07,430 --> 00:03:06,080

and the meaning of this experience to

81

00:03:09,750 --> 00:03:07,440

human nature

82

00:03:10,869 --> 00:03:09,760

i think is one of the most interesting

83

00:03:14,710 --> 00:03:10,879

challenges

84

00:03:19,110 --> 00:03:16,869

so this is obviously a very complicated

85

00:03:21,190 --> 00:03:19,120

issue so it's good to know that it's

86

00:03:23,509 --> 00:03:21,200

being tackled by somebody who can

87

00:03:25,110 --> 00:03:23,519

handle the complexity i mean this is

88

00:03:26,070 --> 00:03:25,120

someone who actually earlier in his

89

00:03:28,789 --> 00:03:26,080

career

90

00:03:29,670 --> 00:03:28,799

researched john of god you know the now

91

00:03:32,309 --> 00:03:29,680

exposed sex

92

00:03:34,229 --> 00:03:32,319

trafficker rapist cult leader murderer

93

00:03:35,589 --> 00:03:34,239

who was friends with oprah winfrey and

94

00:03:37,670 --> 00:03:35,599

bill clinton until

95

00:03:38,630 --> 00:03:37,680

an investigative reporter who later was

96

00:03:40,550 --> 00:03:38,640

suicided

97

00:03:42,710 --> 00:03:40,560

revealed that the whole thing was about

98

00:03:44,630 --> 00:03:42,720

sex traffic and other evils that we can

99

00:03:45,750 --> 00:03:44,640

only imagine and that's something we get

100

00:03:47,990 --> 00:03:45,760

into a little bit in this

101
00:03:50,229 --> 00:03:48,000
interview but imagine this worst of the

102
00:03:52,789 --> 00:03:50,239
worst john of god figure

103
00:03:54,630 --> 00:03:52,799
you know when you really go study them

104
00:03:57,509 --> 00:03:54,640
you come back with reports of

105
00:03:59,030 --> 00:03:57,519
people being healed so some people are

106
00:04:01,270 --> 00:03:59,040
being incredibly abused

107
00:04:02,949 --> 00:04:01,280
but some people are being healed you

108
00:04:05,670 --> 00:04:02,959
want to talk about complexity

109
00:04:08,309 --> 00:04:05,680
there you go this is important research

110
00:04:10,470 --> 00:04:08,319
important forward-looking science

111
00:04:12,390 --> 00:04:10,480
and i loved every minute of it hope you

112
00:04:14,229 --> 00:04:12,400
enjoy it as well

113
00:04:16,550 --> 00:04:14,239

welcome to skeptico where we explore

114

00:04:18,789 --> 00:04:16,560

controversial science and spirituality

115

00:04:21,430 --> 00:04:18,799

with leading researchers thinkers and

116

00:04:23,990 --> 00:04:21,440

their critics i'm your host alex sacaris

117

00:04:25,670 --> 00:04:24,000

and today we welcome dr alexander

118

00:04:29,030 --> 00:04:25,680

moretta this folks

119

00:04:31,749 --> 00:04:29,040

this ought to be a good one

120

00:04:33,909 --> 00:04:31,759

dr al maida is a recognized

121

00:04:34,550 --> 00:04:33,919

around-the-world world recognized leader

122

00:04:37,670 --> 00:04:34,560

in

123

00:04:39,830 --> 00:04:37,680

spirituality and health research tons of

124

00:04:41,189 --> 00:04:39,840

academic clinical experience in

125

00:04:42,950 --> 00:04:41,199

psychiatry

126

00:04:44,550 --> 00:04:42,960

psychotherapy as well as scientific

127

00:04:47,590 --> 00:04:44,560

research md

128

00:04:50,469 --> 00:04:47,600

phd in brazil post doctoral and

129

00:04:51,510 --> 00:04:50,479

duke writes books with dean rayden

130

00:04:54,710 --> 00:04:51,520

marilyn schlitz

131

00:04:56,310 --> 00:04:54,720

allen wallace andrew newberg and i only

132

00:04:57,909 --> 00:04:56,320

throw those names out there because

133

00:04:59,430 --> 00:04:57,919

those might be ones that you've

134

00:05:01,189 --> 00:04:59,440

heard on this show because we've

135

00:05:04,469 --> 00:05:01,199

interviewed all those folks

136

00:05:07,189 --> 00:05:04,479

so this is really really

137

00:05:07,990 --> 00:05:07,199

a very prominent and important figure in

138

00:05:11,550 --> 00:05:08,000

this field

139

00:05:14,710 --> 00:05:11,560
of the intersection of science

140

00:05:17,110 --> 00:05:14,720
spirituality and medicine and it's

141

00:05:18,950 --> 00:05:17,120
really a terrific opportunity for us to

142

00:05:20,870 --> 00:05:18,960
have him join us today

143

00:05:23,189 --> 00:05:20,880
dr amanda thank you very much for being

144

00:05:25,350 --> 00:05:23,199
on skeptico

145

00:05:26,390 --> 00:05:25,360
alex thank you very much it's a great

146

00:05:29,430 --> 00:05:26,400
pleasure being here

147

00:05:30,950 --> 00:05:29,440
talking to you and to the audience of

148

00:05:33,590 --> 00:05:30,960
skeptical and congratulations for the

149

00:05:36,629 --> 00:05:33,600
work that you have done at skeptical

150

00:05:37,670 --> 00:05:36,639
well that's very nice of you to say but

151
00:05:39,590 --> 00:05:37,680
let's uh

152
00:05:41,029 --> 00:05:39,600
let's talk about your background a

153
00:05:44,870 --> 00:05:41,039
little bit you're

154
00:05:45,749 --> 00:05:44,880
uh a brazilian and i think from the

155
00:05:49,029 --> 00:05:45,759
beginning from

156
00:05:51,270 --> 00:05:49,039
jump street your bio sort of brings

157
00:05:54,870 --> 00:05:51,280
forward the kind of

158
00:05:57,350 --> 00:05:54,880
more full-flavored understanding that we

159
00:05:57,830 --> 00:05:57,360
might have of how these things do merge

160
00:06:01,430 --> 00:05:57,840
together

161
00:06:04,790 --> 00:06:01,440
how spirituality and rational scientific

162
00:06:06,870 --> 00:06:04,800
inquiry your bio is is that story in a

163
00:06:09,909 --> 00:06:06,880

lot of ways isn't it

164

00:06:13,189 --> 00:06:09,919

yeah i during my

165

00:06:15,749 --> 00:06:13,199

when i was a medical student i was

166

00:06:17,029 --> 00:06:15,759

since the beginning interested in

167

00:06:19,510 --> 00:06:17,039

clinical practicing

168

00:06:20,070 --> 00:06:19,520

seeing patients but the same time i was

169

00:06:23,430 --> 00:06:20,080

interested

170

00:06:26,870 --> 00:06:23,440

in scientific research and specifically

171

00:06:30,629 --> 00:06:26,880

during my i think it's second or third

172

00:06:34,870 --> 00:06:30,639

year of medical school i got to know

173

00:06:38,870 --> 00:06:34,880

about psychic surgeries and i've read

174

00:06:41,909 --> 00:06:38,880

uh some articles in newspapers and

175

00:06:43,909 --> 00:06:41,919

magazines uh here in brazil about

176

00:06:46,070 --> 00:06:43,919

this stuff about all the controversy

177

00:06:49,670 --> 00:06:46,080

about if they are fraud or not

178

00:06:53,350 --> 00:06:49,680

then i thought oh why instead of just

179

00:06:56,550 --> 00:06:53,360

uh making uh suppositions about

180

00:06:58,710 --> 00:06:56,560

this stuff why don't anyone go there and

181

00:07:01,990 --> 00:06:58,720

study and analyze what is happening

182

00:07:05,029 --> 00:07:02,000

so it was exactly what we did we went

183

00:07:06,710 --> 00:07:05,039

there we collected the material the

184

00:07:09,350 --> 00:07:06,720

tissues that were

185

00:07:11,189 --> 00:07:09,360

allegedly removed from patients and we

186

00:07:14,469 --> 00:07:11,199

brought to the universe to

187

00:07:16,390 --> 00:07:14,479

to submit to analysis so this is exactly

188

00:07:19,029 --> 00:07:16,400

the start of our

189

00:07:19,990 --> 00:07:19,039

academic interest in this field

190

00:07:22,469 --> 00:07:20,000

fantastic

191

00:07:24,870 --> 00:07:22,479

that's the next level stuff i really

192

00:07:27,830 --> 00:07:24,880

want to get in there the the

193

00:07:28,710 --> 00:07:27,840

john of god i mean this puts a whole

194

00:07:30,550 --> 00:07:28,720

different

195

00:07:32,550 --> 00:07:30,560

flavor and we can take it in so many

196

00:07:34,710 --> 00:07:32,560

different directions it's so much deeper

197

00:07:36,150 --> 00:07:34,720

i think we have to start maybe even with

198

00:07:37,990 --> 00:07:36,160

just kind of the baseline

199

00:07:39,510 --> 00:07:38,000

interest but what i really wanted to

200

00:07:43,589 --> 00:07:39,520

refer back to is

201
00:07:46,469 --> 00:07:43,599
even uh your upbringing as uh

202
00:07:47,589 --> 00:07:46,479
as a child inside of a culture that has

203
00:07:50,710 --> 00:07:47,599
a very

204
00:07:52,309 --> 00:07:50,720
rich and diverse spiritual and

205
00:07:54,390 --> 00:07:52,319
spiritualist

206
00:07:56,230 --> 00:07:54,400
kind of understanding of the world tell

207
00:07:57,909 --> 00:07:56,240
us about that because i think

208
00:07:59,909 --> 00:07:57,919
we you know we hear about that but then

209
00:08:01,990 --> 00:07:59,919
we don't really process it

210
00:08:04,070 --> 00:08:02,000
as uh you know americans in the united

211
00:08:05,189 --> 00:08:04,080
states what that really means can you

212
00:08:07,110 --> 00:08:05,199
add some

213
00:08:09,189 --> 00:08:07,120

depth to that what that meant growing up

214

00:08:12,869 --> 00:08:09,199

in that culture

215

00:08:15,909 --> 00:08:12,879

okay yeah here in brazil officially

216

00:08:18,550 --> 00:08:15,919

catholicism is the most prevalent uh

217

00:08:20,710 --> 00:08:18,560

religion in brazil but in addition to

218

00:08:22,869 --> 00:08:20,720

that we have of course several

219

00:08:23,990 --> 00:08:22,879

different lines of protestantism

220

00:08:26,469 --> 00:08:24,000

evangelicals

221

00:08:28,230 --> 00:08:26,479

but also we have spiritism we have

222

00:08:30,150 --> 00:08:28,240

african brazilian religions

223

00:08:32,070 --> 00:08:30,160

and several other different traditions

224

00:08:34,949 --> 00:08:32,080

and in brazil is very frequent

225

00:08:36,709 --> 00:08:34,959

people mixing different faiths different

226

00:08:37,430 --> 00:08:36,719

religions different practices for

227

00:08:40,230 --> 00:08:37,440

example

228

00:08:41,110 --> 00:08:40,240

there is a national survey showing that

229

00:08:42,949 --> 00:08:41,120

in brazil

230

00:08:44,710 --> 00:08:42,959

half of catholics believe in

231

00:08:47,430 --> 00:08:44,720

reincarnation in brazil

232

00:08:48,389 --> 00:08:47,440

so this is this and in my family

233

00:08:51,590 --> 00:08:48,399

background

234

00:08:53,750 --> 00:08:51,600

uh was basically in catholicism and

235

00:08:55,670 --> 00:08:53,760

spiritism so there was a mix of

236

00:08:58,230 --> 00:08:55,680

catholicism and spiritism

237

00:09:00,310 --> 00:08:58,240

and also something of african brazilian

238

00:09:03,030 --> 00:09:00,320

religions like umbanda

239

00:09:04,389 --> 00:09:03,040

and also something of protestantism so

240

00:09:08,310 --> 00:09:04,399

it was exactly

241

00:09:11,110 --> 00:09:08,320

in this melting pot i when i was

242

00:09:12,150 --> 00:09:11,120

a child i attended some mediumistic

243

00:09:14,870 --> 00:09:12,160

sciences

244

00:09:15,670 --> 00:09:14,880

both in african brazilian religions and

245

00:09:19,110 --> 00:09:15,680

also in

246

00:09:19,990 --> 00:09:19,120

espiritism and also uh there is a strong

247

00:09:22,870 --> 00:09:20,000

emphasis

248

00:09:25,430 --> 00:09:22,880

in hispanism in putting together science

249

00:09:27,990 --> 00:09:25,440

and spirituality and trying to

250

00:09:29,829 --> 00:09:28,000

there is uh emphasis in trying to have a

251
00:09:30,389 --> 00:09:29,839
rational faith or some things like that

252
00:09:36,310 --> 00:09:30,399
so

253
00:09:39,190 --> 00:09:36,320
touched me the idea in trying to

254
00:09:42,790 --> 00:09:39,200
understand in a rational scientific

255
00:09:46,630 --> 00:09:42,800
view the spirituality so yeah i think

256
00:09:48,949 --> 00:09:46,640
everything uh of of this

257
00:09:50,150 --> 00:09:48,959
uh different perspectives and

258
00:09:53,269 --> 00:09:50,160
environment to

259
00:09:56,550 --> 00:09:53,279
mode myself fantastic so then

260
00:09:58,389 --> 00:09:56,560
when you do have this sense of this

261
00:09:59,910 --> 00:09:58,399
rational scientific and you're obviously

262
00:10:02,550 --> 00:09:59,920
super intelligent so you want to

263
00:10:03,269 --> 00:10:02,560

explore that part of it what is that

264

00:10:05,509 --> 00:10:03,279

like

265

00:10:07,269 --> 00:10:05,519

for you personally and also what do you

266

00:10:09,269 --> 00:10:07,279

feel because you are

267

00:10:11,670 --> 00:10:09,279

work with so many people internationally

268

00:10:13,670 --> 00:10:11,680

other researchers and scholars

269

00:10:16,310 --> 00:10:13,680

do you think that transition that

270

00:10:18,710 --> 00:10:16,320

blending that you were able to do

271

00:10:20,630 --> 00:10:18,720

was easier for you or was it just as

272

00:10:22,230 --> 00:10:20,640

difficult as it is for so many people in

273

00:10:24,790 --> 00:10:22,240

the west to then

274

00:10:26,630 --> 00:10:24,800

feel like they're at this crossroads

275

00:10:29,030 --> 00:10:26,640

where they either have to leave behind

276

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

all these experiences that they feel are

277

00:10:32,230 --> 00:10:29,839

genuine

278

00:10:34,069 --> 00:10:32,240

but yet in order to enter into this

279

00:10:34,630 --> 00:10:34,079

scientific rational world they have to

280

00:10:37,110 --> 00:10:34,640

leave those

281

00:10:38,949 --> 00:10:37,120

behind was that at all a struggle for

282

00:10:41,990 --> 00:10:38,959

you or just kind of an easy transition

283

00:10:43,670 --> 00:10:42,000

okay well uh

284

00:10:45,509 --> 00:10:43,680

well first of all it's interesting to

285

00:10:48,710 --> 00:10:45,519

say that i myself

286

00:10:50,710 --> 00:10:48,720

do not have this anomalous experience i

287

00:10:51,670 --> 00:10:50,720

don't see anything i don't hear anything

288

00:10:54,310 --> 00:10:51,680

i don't have

289

00:10:56,550 --> 00:10:54,320

this experience but i'm deeply

290

00:10:57,910 --> 00:10:56,560

interested in this experience and i know

291

00:11:00,230 --> 00:10:57,920

many people who have

292

00:11:01,269 --> 00:11:00,240

this sorts of experience for this is one

293

00:11:03,750 --> 00:11:01,279

point the second

294

00:11:05,430 --> 00:11:03,760

point now it has been more than 25 years

295

00:11:08,230 --> 00:11:05,440

that i started doing this kind of

296

00:11:08,710 --> 00:11:08,240

research in the beginning i thought it

297

00:11:11,829 --> 00:11:08,720

was

298

00:11:15,030 --> 00:11:11,839

it would be much harder than it

299

00:11:17,670 --> 00:11:15,040

actually was yes i

300

00:11:19,430 --> 00:11:17,680

even here i've heard a lot oh you faced

301
00:11:21,750 --> 00:11:19,440
opposition you should

302
00:11:22,630 --> 00:11:21,760
think about a different career or things

303
00:11:25,590 --> 00:11:22,640
like that

304
00:11:26,150 --> 00:11:25,600
but actually also since the beginning i

305
00:11:28,630 --> 00:11:26,160
was

306
00:11:29,590 --> 00:11:28,640
very very committed to a very rigorous

307
00:11:32,790 --> 00:11:29,600
investigation

308
00:11:35,110 --> 00:11:32,800
i i've always been very very concerned

309
00:11:38,150 --> 00:11:35,120
about methodological rigor

310
00:11:40,710 --> 00:11:38,160
and and also having a philosophical and

311
00:11:44,389 --> 00:11:40,720
historical understanding of science

312
00:11:47,430 --> 00:11:44,399
and what actually makes science

313
00:11:49,030 --> 00:11:47,440

and what are the other stuff that are

314

00:11:51,110 --> 00:11:49,040

not necessarily science but some

315

00:11:52,870 --> 00:11:51,120

ideological commitments or historical

316

00:11:56,949 --> 00:11:52,880

perspectives and things like that

317

00:11:59,990 --> 00:11:56,959

so but uh the bottom line is of course

318

00:12:00,710 --> 00:12:00,000

we had to to struggle with several

319

00:12:03,269 --> 00:12:00,720

challenges

320

00:12:04,470 --> 00:12:03,279

but actually it was much easier than i

321

00:12:07,670 --> 00:12:04,480

had thought

322

00:12:09,910 --> 00:12:07,680

and also it was very interesting that

323

00:12:12,069 --> 00:12:09,920

for example here in brazil i was

324

00:12:15,110 --> 00:12:12,079

surprised by many

325

00:12:18,230 --> 00:12:15,120

key figures in scientific community that

326

00:12:21,190 --> 00:12:18,240

despite not being openly interested

327

00:12:22,069 --> 00:12:21,200

in religion and spirituality when they

328

00:12:24,629 --> 00:12:22,079

found out

329

00:12:25,990 --> 00:12:24,639

that find out that someone like me was

330

00:12:28,389 --> 00:12:26,000

interested in pursuing

331

00:12:29,829 --> 00:12:28,399

a research on that i received a lot of

332

00:12:33,110 --> 00:12:29,839

support sometimes

333

00:12:36,470 --> 00:12:33,120

behind the scenes sometimes more

334

00:12:40,629 --> 00:12:36,480

openly but also i'm very very

335

00:12:42,069 --> 00:12:40,639

grateful to many uh leading researchers

336

00:12:44,550 --> 00:12:42,079

worldwide that were

337

00:12:47,030 --> 00:12:44,560

very very kind and very very supportive

338

00:12:49,910 --> 00:12:47,040

to me so it's amazing how

339

00:12:51,110 --> 00:12:49,920

leading people in this field in many

340

00:12:54,150 --> 00:12:51,120

different countries

341

00:12:56,870 --> 00:12:54,160

have been supportive to myself and to my

342

00:12:58,629 --> 00:12:56,880

career building you that's uh that's

343

00:13:00,150 --> 00:12:58,639

super interesting to me because i've

344

00:13:04,069 --> 00:13:00,160

interviewed so many folks

345

00:13:08,069 --> 00:13:04,079

that i i do believe that your experience

346

00:13:10,150 --> 00:13:08,079

is maybe if not unique is unique to

347

00:13:12,389 --> 00:13:10,160

your culture i think brazil is more

348

00:13:15,110 --> 00:13:12,399

forward thinking more more flexible

349

00:13:15,590 --> 00:13:15,120

more free to kind of move through those

350

00:13:17,190 --> 00:13:15,600

things

351

00:13:19,350 --> 00:13:17,200

i've talked to so many researchers in

352

00:13:21,269 --> 00:13:19,360

the united states and in the uk who

353

00:13:22,710 --> 00:13:21,279

it was much much more difficult and

354

00:13:26,389 --> 00:13:22,720

there was much more kind of

355

00:13:27,190 --> 00:13:26,399

hostility so great and that's great and

356

00:13:29,670 --> 00:13:27,200

it's good to know

357

00:13:30,870 --> 00:13:29,680

that that's possible but i did want to

358

00:13:34,069 --> 00:13:30,880

give folks

359

00:13:36,069 --> 00:13:34,079

more of a kind of concrete sense of

360

00:13:37,829 --> 00:13:36,079

the work that you do so i've pulled up

361

00:13:41,110 --> 00:13:37,839

your amazon page

362

00:13:42,310 --> 00:13:41,120

on the screen and then in particular

363

00:13:45,189 --> 00:13:42,320

here's a book

364

00:13:46,629 --> 00:13:45,199

spiritism and mental health and i just

365

00:13:49,350 --> 00:13:46,639

wanted to

366

00:13:50,470 --> 00:13:49,360

run through the table of contents of

367

00:13:51,670 --> 00:13:50,480

this book

368

00:13:54,069 --> 00:13:51,680

because i think it'll help people

369

00:13:56,710 --> 00:13:54,079

understand what i meant in terms of

370

00:13:57,189 --> 00:13:56,720

where you kind of fit in the world so

371

00:14:00,310 --> 00:13:57,199

this

372

00:14:02,790 --> 00:14:00,320

is compiled and edited by dr

373

00:14:04,389 --> 00:14:02,800

emma bragdon and i'm not familiar with

374

00:14:06,710 --> 00:14:04,399

her but she looks like she is

375

00:14:07,910 --> 00:14:06,720

a pretty impressive person but she

376

00:14:10,310 --> 00:14:07,920

called upon you to write

377

00:14:11,030 --> 00:14:10,320

chapters a brief overview of the

378

00:14:12,949 --> 00:14:11,040

philosophy

379

00:14:14,310 --> 00:14:12,959

and development of spiritism

380

00:14:17,350 --> 00:14:14,320

methodologies

381

00:14:18,710 --> 00:14:17,360

the spiritus view of mental disorders

382

00:14:20,710 --> 00:14:18,720

which we're going to talk about in a

383

00:14:22,389 --> 00:14:20,720

minute fascinating

384

00:14:23,910 --> 00:14:22,399

the relationship of mediumship and

385

00:14:26,150 --> 00:14:23,920

mental disorders

386

00:14:27,590 --> 00:14:26,160

another topic that you're interested in

387

00:14:29,030 --> 00:14:27,600

you didn't actually write that chapter

388

00:14:30,550 --> 00:14:29,040

or i'm not sure if you contributed

389

00:14:32,790 --> 00:14:30,560

anyway i just want people to know you

390

00:14:35,910 --> 00:14:32,800

know uh then there's like uh where's

391

00:14:39,110 --> 00:14:35,920

alan wallace who's been

392

00:14:40,470 --> 00:14:39,120

on the show you know uh a science of

393

00:14:43,189 --> 00:14:40,480

understanding the mind

394

00:14:44,150 --> 00:14:43,199

alan wallace spiritual attachment and

395

00:14:47,030 --> 00:14:44,160

health

396

00:14:48,310 --> 00:14:47,040

and then we have dean rayden and marilyn

397

00:14:50,629 --> 00:14:48,320

schlitz compassionate

398

00:14:51,829 --> 00:14:50,639

intention is a therapeutic intervention

399

00:14:54,389 --> 00:14:51,839

by partners of

400

00:14:56,550 --> 00:14:54,399

cancer patients and again i'm not going

401
00:14:58,870 --> 00:14:56,560
to go into each one of those topics

402
00:15:00,870 --> 00:14:58,880
i just want people to get a sense as we

403
00:15:05,030 --> 00:15:00,880
kind of jump into your work

404
00:15:08,310 --> 00:15:05,040
of where you sit and that there is this

405
00:15:11,590 --> 00:15:08,320
body of work that's going on and you are

406
00:15:13,910 --> 00:15:11,600
right in the middle and a part of it of

407
00:15:14,949 --> 00:15:13,920
serious scientific research that's

408
00:15:18,870 --> 00:15:14,959
exploring this

409
00:15:21,990 --> 00:15:18,880
intersection of science and spirituality

410
00:15:24,710 --> 00:15:22,000
so do you want to maybe comment on that

411
00:15:25,110 --> 00:15:24,720
in terms of just the landscape that

412
00:15:27,590 --> 00:15:25,120
we're

413
00:15:29,030 --> 00:15:27,600

in and how it's changed in the years

414

00:15:29,749 --> 00:15:29,040

that you've been at this and where you

415

00:15:32,949 --> 00:15:29,759

see it

416

00:15:35,910 --> 00:15:32,959

at currently okay i think the

417

00:15:37,990 --> 00:15:35,920

first major step in the field of

418

00:15:38,949 --> 00:15:38,000

spirituality and health spirituality and

419

00:15:43,189 --> 00:15:38,959

science

420

00:15:46,069 --> 00:15:43,199

uh starting the 1980s 1990s

421

00:15:46,310 --> 00:15:46,079

uh with some alters like herd carnegie

422

00:15:48,870 --> 00:15:46,320

and

423

00:15:50,949 --> 00:15:48,880

others who start performing large

424

00:15:53,350 --> 00:15:50,959

epidemiological studies

425

00:15:55,110 --> 00:15:53,360

showing that spirituality and

426
00:15:58,470 --> 00:15:55,120
religiosity

427
00:15:59,910 --> 00:15:58,480
is still very prevalent nowadays and

428
00:16:04,069 --> 00:15:59,920
that they actually have

429
00:16:06,710 --> 00:16:04,079
impact a significant impact on health

430
00:16:08,629 --> 00:16:06,720
and i think this is nowadays i

431
00:16:12,150 --> 00:16:08,639
established knowledge

432
00:16:16,069 --> 00:16:12,160
so uh i think you is basically

433
00:16:18,069 --> 00:16:16,079
commonology in medicine and psychology

434
00:16:20,230 --> 00:16:18,079
for example international psychiatric

435
00:16:22,310 --> 00:16:20,240
associations like the word psychiatric

436
00:16:23,829 --> 00:16:22,320
association the american psychiatric the

437
00:16:26,870 --> 00:16:23,839
indian south american

438
00:16:29,990 --> 00:16:26,880

south american south african brazilian

439

00:16:31,910 --> 00:16:30,000

in germany united kingdom all these

440

00:16:34,150 --> 00:16:31,920

psychiatric associations for example

441

00:16:35,590 --> 00:16:34,160

have sections on spirituality and

442

00:16:38,230 --> 00:16:35,600

psychiatry so

443

00:16:39,269 --> 00:16:38,240

it's nowadays acknowledge that

444

00:16:42,069 --> 00:16:39,279

spiritualities

445

00:16:42,710 --> 00:16:42,079

is not easy still and probably will keep

446

00:16:49,749 --> 00:16:42,720

being

447

00:16:51,110 --> 00:16:49,759

and that has a lot of impact on health

448

00:16:52,949 --> 00:16:51,120

let me just interject with a couple of

449

00:16:54,550 --> 00:16:52,959

points that i learned from

450

00:16:56,949 --> 00:16:54,560

a couple of your presentations that i

451
00:16:58,629 --> 00:16:56,959
found because what you said

452
00:17:00,310 --> 00:16:58,639
you're saying in a very matter-of-fact

453
00:17:02,949 --> 00:17:00,320
way but

454
00:17:04,949 --> 00:17:02,959
it does push against i think some public

455
00:17:05,909 --> 00:17:04,959
perceptions or misconceptions that

456
00:17:08,949 --> 00:17:05,919
people have

457
00:17:11,669 --> 00:17:08,959
one is that religion and religiosity

458
00:17:12,230 --> 00:17:11,679
is still very very strong across the

459
00:17:14,150 --> 00:17:12,240
world

460
00:17:15,829 --> 00:17:14,160
and if anything it's increasing the

461
00:17:18,230 --> 00:17:15,839
number of people who identify

462
00:17:19,270 --> 00:17:18,240
as being part of some religious group is

463
00:17:22,069 --> 00:17:19,280

very high

464

00:17:24,230 --> 00:17:22,079

80 percent range and as you point out

465

00:17:25,829 --> 00:17:24,240

that trend is trending up

466

00:17:27,510 --> 00:17:25,839

because many times especially in the

467

00:17:29,510 --> 00:17:27,520

united states we get the

468

00:17:31,510 --> 00:17:29,520

impression that it's no it's trending

469

00:17:32,549 --> 00:17:31,520

down and many people are less religious

470

00:17:34,470 --> 00:17:32,559

and less spiritual

471

00:17:36,310 --> 00:17:34,480

and that's not really what the data says

472

00:17:38,549 --> 00:17:36,320

but the other thing you're pointing to

473

00:17:40,150 --> 00:17:38,559

that again it sounds controversial but

474

00:17:41,590 --> 00:17:40,160

when you just look at it like you're

475

00:17:43,110 --> 00:17:41,600

talking about from a super high level

476

00:17:46,390 --> 00:17:43,120

and you go survey people

477

00:17:48,549 --> 00:17:46,400

and you correlate their religiosity

478

00:17:49,830 --> 00:17:48,559

with their overall health there's a

479

00:17:51,830 --> 00:17:49,840

correlation there

480

00:17:53,430 --> 00:17:51,840

that you're alluding to that religious

481

00:17:56,549 --> 00:17:53,440

people even if we

482

00:17:57,029 --> 00:17:56,559

don't try and attach an explanation to

483

00:17:59,350 --> 00:17:57,039

it

484

00:18:00,150 --> 00:17:59,360

seem to be more healthy and they seem to

485

00:18:01,990 --> 00:18:00,160

understand

486

00:18:03,270 --> 00:18:02,000

that there is some relationship between

487

00:18:06,310 --> 00:18:03,280

their spirituality

488

00:18:09,510 --> 00:18:06,320

and their health so am i correct in

489

00:18:11,510 --> 00:18:09,520

in that's what i pull from your stuff so

490

00:18:14,390 --> 00:18:11,520

is that correct

491

00:18:16,310 --> 00:18:14,400

yeah yeah exactly first at the pew

492

00:18:20,470 --> 00:18:16,320

research center pure research center

493

00:18:23,270 --> 00:18:20,480

is probably the best uh think tank in

494

00:18:24,470 --> 00:18:23,280

in discussing about beliefs and behavior

495

00:18:27,870 --> 00:18:24,480

around the globe

496

00:18:29,350 --> 00:18:27,880

so they have a international survey for

497

00:18:31,830 --> 00:18:29,360

2015

498

00:18:32,950 --> 00:18:31,840

showing that 84 of the world's

499

00:18:35,990 --> 00:18:32,960

population have

500

00:18:38,310 --> 00:18:36,000

a religious affiliation and even among

501
00:18:39,110 --> 00:18:38,320
the 16 percent of the world population

502
00:18:42,070 --> 00:18:39,120
that

503
00:18:42,630 --> 00:18:42,080
do not having a religious affiliation

504
00:18:45,669 --> 00:18:42,640
they

505
00:18:46,710 --> 00:18:45,679
usually have some sort of spirituality

506
00:18:50,789 --> 00:18:46,720
believe in god

507
00:18:54,470 --> 00:18:50,799
god spirits whatever and the trends

508
00:18:56,870 --> 00:18:54,480
are that there will be a decrease

509
00:18:58,150 --> 00:18:56,880
in people in non-affiliated people in

510
00:19:00,789 --> 00:18:58,160
the next decades

511
00:19:01,510 --> 00:19:00,799
so this is uh well established data

512
00:19:04,230 --> 00:19:01,520
nowadays

513
00:19:05,150 --> 00:19:04,240

the point is usually this sort of data

514

00:19:08,789 --> 00:19:05,160

is not

515

00:19:09,990 --> 00:19:08,799

widespread through global media and

516

00:19:12,310 --> 00:19:10,000

things like that this is one

517

00:19:13,590 --> 00:19:12,320

point the second point is regarding

518

00:19:16,230 --> 00:19:13,600

exactly the

519

00:19:18,710 --> 00:19:16,240

impact of spirituality on health

520

00:19:19,590 --> 00:19:18,720

sometimes of course there is the dark

521

00:19:23,029 --> 00:19:19,600

side

522

00:19:25,750 --> 00:19:23,039

of spirituality it also can have

523

00:19:26,710 --> 00:19:25,760

deleterious effects but it's not the

524

00:19:31,510 --> 00:19:26,720

average

525

00:19:35,029 --> 00:19:31,520

spirituality is positive

526

00:19:37,909 --> 00:19:35,039

and have even impact on mortality

527

00:19:38,470 --> 00:19:37,919

just one example professor tyler van der

528

00:19:41,909 --> 00:19:38,480

wielz

529

00:19:43,430 --> 00:19:41,919

he's a chair of public health at harvard

530

00:19:46,310 --> 00:19:43,440

university is one of the

531

00:19:48,710 --> 00:19:46,320

best statisticians in the world nowadays

532

00:19:51,830 --> 00:19:48,720

he has several studies

533

00:19:55,909 --> 00:19:51,840

following up seventy

534

00:19:58,390 --> 00:19:55,919

80 000 people for 10 15 years

535

00:20:00,390 --> 00:19:58,400

and showing for example that the people

536

00:20:03,990 --> 00:20:00,400

who attended a religious service

537

00:20:07,669 --> 00:20:04,000

at least once a week died 50

538

00:20:11,270 --> 00:20:07,679

less in a 14 years follow-up

539

00:20:14,710 --> 00:20:11,280

or died six times less from suicide

540

00:20:18,230 --> 00:20:14,720

in this also 14 years follow-up

541

00:20:19,270 --> 00:20:18,240

so that is a a strong impact we don't

542

00:20:22,230 --> 00:20:19,280

know

543

00:20:24,230 --> 00:20:22,240

very well by now what are the mechanisms

544

00:20:27,830 --> 00:20:24,240

we have some ideas about that

545

00:20:30,149 --> 00:20:27,840

but the point is is currently well

546

00:20:32,470 --> 00:20:30,159

understood that there is this impact

547

00:20:36,230 --> 00:20:32,480

that we need to take this in account

548

00:20:37,830 --> 00:20:36,240

and so i think this is one major change

549

00:20:39,669 --> 00:20:37,840

since the beginning i started to

550

00:20:41,830 --> 00:20:39,679

investigate this topic

551
00:20:42,789 --> 00:20:41,840
but now i think the current challenge is

552
00:20:46,870 --> 00:20:42,799
first

553
00:20:49,669 --> 00:20:46,880
to disseminate this information to

554
00:20:50,390 --> 00:20:49,679
general population and also in the

555
00:20:52,870 --> 00:20:50,400
training

556
00:20:54,789 --> 00:20:52,880
of physicians of nurses and

557
00:20:57,350 --> 00:20:54,799
psychologists because sometimes

558
00:20:57,990 --> 00:20:57,360
this knowledge has not been translated

559
00:21:00,830 --> 00:20:58,000
yet

560
00:21:03,110 --> 00:21:00,840
in actual clinical training of

561
00:21:04,310 --> 00:21:03,120
professionals of health professionals

562
00:21:06,310 --> 00:21:04,320
and for example couldn't

563
00:21:07,990 --> 00:21:06,320

we are now working together with

564

00:21:08,789 --> 00:21:08,000

professor john petit for harvard

565

00:21:11,830 --> 00:21:08,799

university

566

00:21:15,830 --> 00:21:11,840

in developing a curriculum

567

00:21:18,950 --> 00:21:15,840

for psychiatric training in psychiatric

568

00:21:22,630 --> 00:21:18,960

so we're exactly testing this

569

00:21:25,230 --> 00:21:22,640

new curriculum how could we insert

570

00:21:26,549 --> 00:21:25,240

the curriculum spirituality to

571

00:21:29,190 --> 00:21:26,559

psychiatrists

572

00:21:30,470 --> 00:21:29,200

so this is one major challenge and the

573

00:21:33,430 --> 00:21:30,480

second challenge i think

574

00:21:34,310 --> 00:21:33,440

perhaps is more even of interest to

575

00:21:37,110 --> 00:21:34,320

skeptical

576

00:21:39,430 --> 00:21:37,120

audience is uh okay but what is the

577

00:21:42,149 --> 00:21:39,440

meaning of spirituality actually

578

00:21:44,390 --> 00:21:42,159

so spirituality is because of course we

579

00:21:46,149 --> 00:21:44,400

can understand okay

580

00:21:48,470 --> 00:21:46,159

church attendance can be related to

581

00:21:52,070 --> 00:21:48,480

social support can be related to

582

00:21:55,029 --> 00:21:52,080

beliefs but does actually have

583

00:21:56,310 --> 00:21:55,039

an any ontological reality this is

584

00:21:58,070 --> 00:21:56,320

spirituality

585

00:21:59,430 --> 00:21:58,080

is there something actually beyond

586

00:22:01,270 --> 00:21:59,440

matter so

587

00:22:02,789 --> 00:22:01,280

i think this studies for example

588

00:22:05,029 --> 00:22:02,799

spiritual experiences

589

00:22:07,270 --> 00:22:05,039

and try to understand the ultimate

590

00:22:09,270 --> 00:22:07,280

source of these spiritual experiences

591

00:22:10,549 --> 00:22:09,280

and the meaning of this experience to

592

00:22:12,950 --> 00:22:10,559

human nature

593

00:22:14,070 --> 00:22:12,960

i think is one of the most interesting

594

00:22:17,510 --> 00:22:14,080

challenges

595

00:22:19,590 --> 00:22:17,520

things that we have nowadays yes but i

596

00:22:22,310 --> 00:22:19,600

really respect and admire

597

00:22:25,110 --> 00:22:22,320

the way you've built the argument right

598

00:22:27,110 --> 00:22:25,120

there which is to start with the data

599

00:22:28,789 --> 00:22:27,120

and just pound people over the head with

600

00:22:31,029 --> 00:22:28,799

the data and say

601
00:22:32,549 --> 00:22:31,039
now explain to me again while you're why

602
00:22:34,950 --> 00:22:32,559
you're looking away

603
00:22:35,750 --> 00:22:34,960
why you're insisting that this data is

604
00:22:38,270 --> 00:22:35,760
the exact

605
00:22:40,470 --> 00:22:38,280
opposite of what it comes through

606
00:22:42,310 --> 00:22:40,480
overwhelmingly again and again

607
00:22:44,870 --> 00:22:42,320
please explain that's what i hear you

608
00:22:46,470 --> 00:22:44,880
saying and that is the the first step

609
00:22:48,549 --> 00:22:46,480
and you know we could mirror that with

610
00:22:49,590 --> 00:22:48,559
another area of interest that i want you

611
00:22:52,350 --> 00:22:49,600
to talk about

612
00:22:53,750 --> 00:22:52,360
one of your interest areas is on

613
00:22:56,549 --> 00:22:53,760

establishing

614

00:22:58,149 --> 00:22:56,559

evidence for the differentiation between

615

00:23:02,470 --> 00:22:58,159

mental disorders

616

00:23:05,190 --> 00:23:02,480

and spiritual experiences and that has

617

00:23:07,350 --> 00:23:05,200

a real depth to it that i think will

618

00:23:09,110 --> 00:23:07,360

come as kind of a surprise to people

619

00:23:12,470 --> 00:23:09,120

because this isn't just like

620

00:23:15,350 --> 00:23:12,480

oh my gosh our is everyone who's having

621

00:23:16,149 --> 00:23:15,360

a spiritual experience are they crazy

622

00:23:18,470 --> 00:23:16,159

kind of thing

623

00:23:20,390 --> 00:23:18,480

no you've taken it a a whole step

624

00:23:21,110 --> 00:23:20,400

further where it kind of reminds me of

625

00:23:22,950 --> 00:23:21,120

like the

626
00:23:24,630 --> 00:23:22,960
near-death experience research where

627
00:23:26,549 --> 00:23:24,640
they've said okay does it have this

628
00:23:28,549 --> 00:23:26,559
factor this factor this factor

629
00:23:29,990 --> 00:23:28,559
then maybe we should consider it as part

630
00:23:32,070 --> 00:23:30,000
of a mental disorder

631
00:23:33,590 --> 00:23:32,080
and if it doesn't then we have to put it

632
00:23:34,549 --> 00:23:33,600
into this other category that we're

633
00:23:35,669 --> 00:23:34,559
defining

634
00:23:38,710 --> 00:23:35,679
do you want to walk us through that

635
00:23:41,990 --> 00:23:38,720
research it's fascinating

636
00:23:46,390 --> 00:23:42,000
yeah yeah this is this was actually the

637
00:23:51,350 --> 00:23:46,400
topic of my phd dissertation in 2004

638
00:23:53,750 --> 00:23:51,360

i investigated 115 spiritist mediums

639

00:23:55,350 --> 00:23:53,760

and try to investigate the phenomenology

640

00:23:58,630 --> 00:23:55,360

of their experience

641

00:24:01,830 --> 00:23:58,640

and if and also the mental health of

642

00:24:04,230 --> 00:24:01,840

these mediums and try to figure out

643

00:24:05,510 --> 00:24:04,240

if they were psychotic if they had

644

00:24:07,510 --> 00:24:05,520

mental disorders

645

00:24:08,789 --> 00:24:07,520

and if not what how could we

646

00:24:12,070 --> 00:24:08,799

differentiate

647

00:24:14,950 --> 00:24:12,080

these nonpathological experiences from

648

00:24:15,510 --> 00:24:14,960

a psychotic or other mental disorder

649

00:24:17,269 --> 00:24:15,520

well

650

00:24:19,110 --> 00:24:17,279

actually it's interesting they start off

651
00:24:22,710 --> 00:24:19,120
that because my wife

652
00:24:24,310 --> 00:24:22,720
she is a historian and she was doing a

653
00:24:27,269 --> 00:24:24,320
phd also

654
00:24:28,870 --> 00:24:27,279
and in her phd she was exactly

655
00:24:32,230 --> 00:24:28,880
investigating

656
00:24:35,430 --> 00:24:32,240
the psychiatric resistance regarding

657
00:24:37,909 --> 00:24:35,440
spiritism and other religions that

658
00:24:39,990 --> 00:24:37,919
foster spiritual experiences because not

659
00:24:42,710 --> 00:24:40,000
only in brazil it was very strong

660
00:24:43,510 --> 00:24:42,720
his resistance but also in europe and in

661
00:24:46,470 --> 00:24:43,520
us

662
00:24:49,029 --> 00:24:46,480
especially in the end of 19th century

663
00:24:51,430 --> 00:24:49,039

and for a large part of 20th century

664

00:24:52,149 --> 00:24:51,440

this kind of trans experience were

665

00:24:55,590 --> 00:24:52,159

considered

666

00:24:58,310 --> 00:24:55,600

a major cause of mental disorder

667

00:24:59,190 --> 00:24:58,320

or a symptom of mental disorder actually

668

00:25:02,310 --> 00:24:59,200

there were some

669

00:25:05,350 --> 00:25:02,320

several some laws uh

670

00:25:07,269 --> 00:25:05,360

forbidding the proxy of these religions

671

00:25:10,390 --> 00:25:07,279

because they would be very harmful

672

00:25:12,710 --> 00:25:10,400

to public health there is even

673

00:25:15,029 --> 00:25:12,720

an author in brazil who who said that

674

00:25:16,630 --> 00:25:15,039

spiritism was determiningly because of

675

00:25:18,789 --> 00:25:16,640

madness in brazil

676
00:25:19,669 --> 00:25:18,799
so i was very interested when i started

677
00:25:23,830 --> 00:25:19,679
to read

678
00:25:26,789 --> 00:25:23,840
her study and then i had that oh why

679
00:25:27,110 --> 00:25:26,799
why not try to investigate nowadays what

680
00:25:33,909 --> 00:25:27,120
is

681
00:25:35,750 --> 00:25:33,919
investigation so basically what we found

682
00:25:36,789 --> 00:25:35,760
in this studies but in several other

683
00:25:39,510 --> 00:25:36,799
studies

684
00:25:41,669 --> 00:25:39,520
that people having spiritual experiences

685
00:25:43,830 --> 00:25:41,679
for example in leadership but also

686
00:25:45,750 --> 00:25:43,840
other sorts of spiritual experiences

687
00:25:48,549 --> 00:25:45,760
they have several experiences that are

688
00:25:49,909 --> 00:25:48,559

quite similar to psychotic experience

689

00:25:53,029 --> 00:25:49,919

for example they can hear

690

00:25:55,990 --> 00:25:53,039

vices they can see things they can have

691

00:25:56,549 --> 00:25:56,000

thought insertions feel insertions that

692

00:25:58,710 --> 00:25:56,559

are

693

00:26:01,110 --> 00:25:58,720

usually related to schizophrenia or

694

00:26:04,470 --> 00:26:01,120

other or other psychotic disorders

695

00:26:07,269 --> 00:26:04,480

however despite having high levels

696

00:26:08,390 --> 00:26:07,279

of these specific experiences they

697

00:26:11,029 --> 00:26:08,400

usually had

698

00:26:11,830 --> 00:26:11,039

a very good level of mental health very

699

00:26:13,590 --> 00:26:11,840

good function

700

00:26:15,110 --> 00:26:13,600

very good social adjustment and things

701
00:26:18,549 --> 00:26:15,120
like that so

702
00:26:21,750 --> 00:26:18,559
it became clear that they did not have

703
00:26:24,070 --> 00:26:21,760
a higher prevalence of mental disorder

704
00:26:25,029 --> 00:26:24,080
we found that and other other

705
00:26:28,390 --> 00:26:25,039
researchers have

706
00:26:31,669 --> 00:26:28,400
also found that and what became

707
00:26:35,190 --> 00:26:31,679
is becoming more and more clear nowadays

708
00:26:36,390 --> 00:26:35,200
is that uh this what we call positive

709
00:26:39,590 --> 00:26:36,400
psychotic symptoms that

710
00:26:42,710 --> 00:26:39,600
are hearing things uh seeing things

711
00:26:45,029 --> 00:26:42,720
are not a good criteria to this

712
00:26:47,350 --> 00:26:45,039
to detect mental disorder because for

713
00:26:49,750 --> 00:26:47,360

example in a psychotic disorder

714

00:26:52,230 --> 00:26:49,760

in addition to these positive psychotic

715

00:26:52,789 --> 00:26:52,240

symptoms as we call in psychiatry seeing

716

00:26:57,430 --> 00:26:52,799

things

717

00:27:00,070 --> 00:26:57,440

they the psychotic patients also have

718

00:27:00,710 --> 00:27:00,080

cognitive disorganization they have

719

00:27:02,950 --> 00:27:00,720

problems

720

00:27:04,070 --> 00:27:02,960

in their interaction with people they

721

00:27:06,710 --> 00:27:04,080

have problems

722

00:27:07,909 --> 00:27:06,720

in their work in their family affairs

723

00:27:10,630 --> 00:27:07,919

and also in the

724

00:27:11,430 --> 00:27:10,640

social relationship the abundant effect

725

00:27:14,710 --> 00:27:11,440

they have

726

00:27:17,669 --> 00:27:14,720

several other symptoms that much

727

00:27:17,990 --> 00:27:17,679

more reliable to make this distinction

728

00:27:21,350 --> 00:27:18,000

so

729

00:27:23,110 --> 00:27:21,360

we have moved a long way in with other

730

00:27:25,110 --> 00:27:23,120

colleagues in this we also have

731

00:27:27,830 --> 00:27:25,120

performed some neuro imaging

732

00:27:29,909 --> 00:27:27,840

investigation functional imaging studies

733

00:27:30,870 --> 00:27:29,919

uh analyzing the brain functioning

734

00:27:34,070 --> 00:27:30,880

during these

735

00:27:37,110 --> 00:27:34,080

trans experiences and currently now

736

00:27:39,430 --> 00:27:37,120

we are performing genetic studies exoma

737

00:27:42,149 --> 00:27:39,440

study we are investigating 100

738

00:27:43,430 --> 00:27:42,159

millions in brazil more prominent

739

00:27:47,110 --> 00:27:43,440

mediums and we are

740

00:27:50,470 --> 00:27:47,120

investigating the genetic expression

741

00:27:53,750 --> 00:27:50,480

and if there is some sort of

742

00:27:54,389 --> 00:27:53,760

some group of genes that are more

743

00:27:56,549 --> 00:27:54,399

prevalent

744

00:27:59,029 --> 00:27:56,559

or more active in mediums compared to

745

00:28:01,269 --> 00:27:59,039

controls or compared to people

746

00:28:03,590 --> 00:28:01,279

with psychotic disorders but we don't

747

00:28:06,149 --> 00:28:03,600

have the results yet but we hope

748

00:28:07,430 --> 00:28:06,159

that in a few months we'll have some

749

00:28:08,789 --> 00:28:07,440

results

750

00:28:11,590 --> 00:28:08,799

see that's what makes this so

751

00:28:14,310 --> 00:28:11,600

interesting is there's so many layers

752

00:28:15,029 --> 00:28:14,320

to this that we have to explore i mean

753

00:28:16,789 --> 00:28:15,039

the first

754

00:28:19,029 --> 00:28:16,799

layer that you talked about from a

755

00:28:22,310 --> 00:28:19,039

historical perspective is

756

00:28:24,549 --> 00:28:22,320

why did we ever fall for that simplistic

757

00:28:26,950 --> 00:28:24,559

kindergarten explanation that

758

00:28:28,070 --> 00:28:26,960

everyone who hears voices is

759

00:28:30,950 --> 00:28:28,080

hallucinating

760

00:28:32,310 --> 00:28:30,960

i mean we always had a sense from a

761

00:28:35,110 --> 00:28:32,320

cross culture cross

762

00:28:37,029 --> 00:28:35,120

time and just stories in our families

763

00:28:38,630 --> 00:28:37,039

that that wasn't true that it wasn't

764

00:28:40,789 --> 00:28:38,640

that that didn't always mean it but we

765

00:28:42,389 --> 00:28:40,799

accepted it out of hand so

766

00:28:44,389 --> 00:28:42,399

i love when your research comes in and

767

00:28:47,430 --> 00:28:44,399

goes well wait you know what

768

00:28:48,230 --> 00:28:47,440

just through good modern psychology we

769

00:28:52,310 --> 00:28:48,240

can

770

00:28:55,110 --> 00:28:52,320

you said is someone distressed

771

00:28:57,350 --> 00:28:55,120

by hearing these voices if they're

772

00:28:57,990 --> 00:28:57,360

having hallucinations in their psychotic

773

00:29:00,230 --> 00:28:58,000

or they're

774

00:29:01,990 --> 00:29:00,240

experiencing schizophrenia we know what

775

00:29:03,669 --> 00:29:02,000

that looks like and it doesn't look very

776

00:29:05,029 --> 00:29:03,679

good for that person in terms of their

777

00:29:06,470 --> 00:29:05,039

stress level in terms of how they

778

00:29:07,430 --> 00:29:06,480

socially function in terms of how they

779

00:29:09,190 --> 00:29:07,440

function at work

780

00:29:11,029 --> 00:29:09,200

hey we look over at this person none of

781

00:29:13,110 --> 00:29:11,039

those things are happening that is

782

00:29:14,630 --> 00:29:13,120

incredibly powerful and i love the way

783

00:29:15,750 --> 00:29:14,640

you just went through it again in a very

784

00:29:18,149 --> 00:29:15,760

matter-of-fact way

785

00:29:19,510 --> 00:29:18,159

but in a very methodological way because

786

00:29:22,389 --> 00:29:19,520

it gets to this

787

00:29:24,149 --> 00:29:22,399

fundamental mind-body problem which

788

00:29:26,149 --> 00:29:24,159

isn't really a problem which has always

789

00:29:27,990 --> 00:29:26,159

been more or less obvious but science

790

00:29:28,630 --> 00:29:28,000

has kind of done this end run on it

791

00:29:31,669 --> 00:29:28,640

about

792

00:29:33,830 --> 00:29:31,679

materialism and it can only be you know

793

00:29:35,350 --> 00:29:33,840

the the mind is 100 percent of function

794

00:29:37,830 --> 00:29:35,360

a function of the brain

795

00:29:39,350 --> 00:29:37,840

it kind of addresses that problem in a

796

00:29:41,830 --> 00:29:39,360

very direct way

797

00:29:42,389 --> 00:29:41,840

but what is so fascinating which is

798

00:29:44,710 --> 00:29:42,399

level

799

00:29:45,990 --> 00:29:44,720

three is then you come back around and

800

00:29:47,750 --> 00:29:46,000

say oh yeah

801
00:29:50,230 --> 00:29:47,760
but we are looking at the biology of it

802
00:29:52,070 --> 00:29:50,240
too we are looking at genetics

803
00:29:53,510 --> 00:29:52,080
because that might play a role in it too

804
00:29:55,110 --> 00:29:53,520
which would then kind of turn the whole

805
00:29:57,909 --> 00:29:55,120
thing upside down

806
00:29:59,669 --> 00:29:57,919
and our gut instinct i think is of

807
00:30:02,070 --> 00:29:59,679
course it has to be both

808
00:30:04,470 --> 00:30:02,080
it can't be an either or thing because

809
00:30:07,110 --> 00:30:04,480
again experientially that's what we know

810
00:30:09,029 --> 00:30:07,120
that's what we're observing so what do

811
00:30:09,590 --> 00:30:09,039
you think about that whole package of

812
00:30:15,990 --> 00:30:09,600
the

813
00:30:16,470 --> 00:30:16,000

leaning on materialism in a way and

814

00:30:18,870 --> 00:30:16,480

saying

815

00:30:21,110 --> 00:30:18,880

well you weren't totally out to lunch

816

00:30:23,590 --> 00:30:21,120

there might be something there

817

00:30:25,830 --> 00:30:23,600

yeah i like very much much aristotle

818

00:30:27,750 --> 00:30:25,840

estoto when he said that

819

00:30:29,909 --> 00:30:27,760

virtue is the middle ground this in the

820

00:30:32,310 --> 00:30:29,919

middle is not in the extremes

821

00:30:33,669 --> 00:30:32,320

so usually when you have extremes the

822

00:30:36,389 --> 00:30:33,679

gladiator

823

00:30:38,310 --> 00:30:36,399

both are partially correct and both are

824

00:30:41,110 --> 00:30:38,320

partially wrong

825

00:30:42,070 --> 00:30:41,120

and i more and more even my clean

826

00:30:44,630 --> 00:30:42,080

corporate see

827

00:30:45,750 --> 00:30:44,640

and i do i've emphasized it pretty much

828

00:30:48,310 --> 00:30:45,760

with my

829

00:30:49,430 --> 00:30:48,320

students my psychiat residents and so on

830

00:30:52,710 --> 00:30:49,440

so forth

831

00:30:54,149 --> 00:30:52,720

that we are bio psycho social spiritual

832

00:30:56,230 --> 00:30:54,159

beings

833

00:30:57,909 --> 00:30:56,240

say that again so people get it

834

00:31:01,190 --> 00:30:57,919

biological

835

00:31:03,590 --> 00:31:01,200

psycho social

836

00:31:05,590 --> 00:31:03,600

spiritual beings so we have all this

837

00:31:09,350 --> 00:31:05,600

dimension

838

00:31:12,149 --> 00:31:09,360

working together influencing each other

839

00:31:12,710 --> 00:31:12,159

and if we take in consideration only one

840

00:31:15,669 --> 00:31:12,720

of these

841

00:31:16,830 --> 00:31:15,679

or if we exclude any of this we will

842

00:31:19,990 --> 00:31:16,840

have an

843

00:31:22,149 --> 00:31:20,000

incomplete perspective of human beings

844

00:31:23,350 --> 00:31:22,159

it's not necessary to choose between

845

00:31:26,149 --> 00:31:23,360

these perspectives

846

00:31:27,590 --> 00:31:26,159

it's wrong doing that we must take

847

00:31:30,310 --> 00:31:27,600

everything in consideration

848

00:31:31,990 --> 00:31:30,320

just to give an example even in that

849

00:31:34,630 --> 00:31:32,000

study that i said previously

850

00:31:35,430 --> 00:31:34,640

from the harvard group about church

851
00:31:39,190 --> 00:31:35,440
attendance

852
00:31:41,830 --> 00:31:39,200
and mortality they found that

853
00:31:42,710 --> 00:31:41,840
people who attend every week at least

854
00:31:45,590 --> 00:31:42,720
once a week

855
00:31:47,909 --> 00:31:45,600
religious service they died 50 percent

856
00:31:51,110 --> 00:31:47,919
controlling first social demographic and

857
00:31:52,549 --> 00:31:51,120
all other variables but they found what

858
00:31:55,590 --> 00:31:52,559
would be some the main

859
00:31:58,710 --> 00:31:55,600
mediators they found that people

860
00:32:00,070 --> 00:31:58,720
who attended religious service so that

861
00:32:03,830 --> 00:32:00,080
means i spilt off her

862
00:32:07,430 --> 00:32:03,840
part it impact mortality

863
00:32:10,230 --> 00:32:07,440

by first they had

864

00:32:11,190 --> 00:32:10,240

lower levels of cigarette smoking so it

865

00:32:14,310 --> 00:32:11,200

impacts some

866

00:32:16,389 --> 00:32:14,320

behavior and biology they also had

867

00:32:17,830 --> 00:32:16,399

higher levels of social integration so

868

00:32:20,950 --> 00:32:17,840

the social aspect

869

00:32:23,750 --> 00:32:20,960

and they had higher levels of optimism

870

00:32:24,549 --> 00:32:23,760

and lower levels of depression so we

871

00:32:27,350 --> 00:32:24,559

have here this

872

00:32:28,310 --> 00:32:27,360

the spiritual factor impacting the

873

00:32:30,470 --> 00:32:28,320

biological

874

00:32:32,389 --> 00:32:30,480

the social and also the psychological

875

00:32:34,950 --> 00:32:32,399

aspects so it's impossible

876

00:32:36,070 --> 00:32:34,960

to to distinguish to separate all this

877

00:32:38,310 --> 00:32:36,080

stuff so

878

00:32:39,110 --> 00:32:38,320

we definitely we don't need because i

879

00:32:42,470 --> 00:32:39,120

think this is

880

00:32:45,509 --> 00:32:42,480

a very important point alex when people

881

00:32:46,389 --> 00:32:45,519

quite often i try to emphasize the

882

00:32:49,590 --> 00:32:46,399

spiritual

883

00:32:52,230 --> 00:32:49,600

aspect they deny the psychological

884

00:32:52,630 --> 00:32:52,240

or the biological aspects for example

885

00:32:55,190 --> 00:32:52,640

even

886

00:32:55,990 --> 00:32:55,200

the importance of spirituality to we

887

00:32:57,669 --> 00:32:56,000

don't need to

888

00:32:59,590 --> 00:32:57,679

deny the importance of psychiatric

889

00:33:00,710 --> 00:32:59,600

medications i'm psychiatrists i

890

00:33:03,029 --> 00:33:00,720

prescribe

891

00:33:04,389 --> 00:33:03,039

psychiatric medicines of course they are

892

00:33:07,269 --> 00:33:04,399

very very useful

893

00:33:07,830 --> 00:33:07,279

well used of course i don't need to deny

894

00:33:10,389 --> 00:33:07,840

this

895

00:33:11,269 --> 00:33:10,399

to talk about the importance of

896

00:33:14,070 --> 00:33:11,279

spirituality and

897

00:33:14,630 --> 00:33:14,080

the same thing when i'm saying that many

898

00:33:16,630 --> 00:33:14,640

people

899

00:33:18,070 --> 00:33:16,640

who hear vice are not psychotic it does

900

00:33:21,509 --> 00:33:18,080

not mean that everything

901
00:33:24,549 --> 00:33:21,519
who hears voice is mentally health

902
00:33:25,269 --> 00:33:24,559
that's not the case also so we don't

903
00:33:28,470 --> 00:33:25,279
need

904
00:33:29,590 --> 00:33:28,480
to follow this trap make it be forced to

905
00:33:33,190 --> 00:33:29,600
make choices

906
00:33:36,549 --> 00:33:33,200
or do you be do you have faith or reason

907
00:33:39,750 --> 00:33:36,559
do you believe in spirituality or in

908
00:33:40,710 --> 00:33:39,760
in science or whatever why i i don't

909
00:33:43,830 --> 00:33:40,720
need to

910
00:33:46,470 --> 00:33:43,840
because it's

911
00:33:47,669 --> 00:33:46,480
it's very dangerous and there is a

912
00:33:50,710 --> 00:33:47,679
temptation to

913
00:33:53,269 --> 00:33:50,720

to go the easy way to just choose

914

00:33:55,350 --> 00:33:53,279

one side of the dispute i think yeah i

915

00:33:57,509 --> 00:33:55,360

think that's the major point

916

00:33:59,830 --> 00:33:57,519

that's that's excellent very very well

917

00:34:03,590 --> 00:33:59,840

said i wanted to pivot a little bit

918

00:34:06,549 --> 00:34:03,600

and do in skeptical fashion

919

00:34:06,950 --> 00:34:06,559

poke a little bit at the problems that

920

00:34:08,790 --> 00:34:06,960

do

921

00:34:10,470 --> 00:34:08,800

come up so from another one of your

922

00:34:13,750 --> 00:34:10,480

presentations

923

00:34:16,310 --> 00:34:13,760

what do religion and spirituality mean

924

00:34:18,950 --> 00:34:16,320

is the slide i picked i pulled up

925

00:34:20,389 --> 00:34:18,960

i have a little bit of a little bit of

926
00:34:21,829 --> 00:34:20,399
resistance to some of this

927
00:34:23,990 --> 00:34:21,839
spirituality you define as the

928
00:34:26,389 --> 00:34:24,000
relationship or contact with a

929
00:34:29,270 --> 00:34:26,399
transcendent realm of reality

930
00:34:31,190 --> 00:34:29,280
that is considered sacred the ultimate

931
00:34:34,230 --> 00:34:31,200
truth or reality

932
00:34:37,990 --> 00:34:34,240
so you have already given us such

933
00:34:39,669 --> 00:34:38,000
a broad enriched view of how we need to

934
00:34:42,470 --> 00:34:39,679
look at some of these issues

935
00:34:44,550 --> 00:34:42,480
and at the same time we do need to pin

936
00:34:46,869 --> 00:34:44,560
down these definitions but it seems like

937
00:34:47,270 --> 00:34:46,879
every time we pin them down we create

938
00:34:50,550 --> 00:34:47,280

more

939

00:34:53,909 --> 00:34:50,560

problems what does transcendent

940

00:34:56,869 --> 00:34:53,919

mean from a philosophical perspective of

941

00:34:58,550 --> 00:34:56,879

idealism versus materialism right what

942

00:35:00,870 --> 00:34:58,560

would we really be transcending

943

00:35:02,150 --> 00:35:00,880

is everything that is material including

944

00:35:04,470 --> 00:35:02,160

our body and our health

945

00:35:06,150 --> 00:35:04,480

and our spirituality somehow emerging

946

00:35:07,349 --> 00:35:06,160

from a consciousness that we don't

947

00:35:09,750 --> 00:35:07,359

completely understand

948

00:35:10,470 --> 00:35:09,760

are we looking at it backwards when we

949

00:35:12,390 --> 00:35:10,480

think about

950

00:35:14,150 --> 00:35:12,400

transcending i'm sure this is something

951
00:35:15,109 --> 00:35:14,160
you've thought about as well as the

952
00:35:17,430 --> 00:35:15,119
sacred

953
00:35:19,910 --> 00:35:17,440
what are we saying about the hierarchy

954
00:35:22,069 --> 00:35:19,920
of consciousness about the order of this

955
00:35:24,150 --> 00:35:22,079
consciousness that we don't can't even

956
00:35:26,710 --> 00:35:24,160
pretend to fully understand that

957
00:35:28,710 --> 00:35:26,720
there is some sacredness what would that

958
00:35:29,990 --> 00:35:28,720
mean there is some ultimate truth or

959
00:35:32,950 --> 00:35:30,000
ultimate reality

960
00:35:34,470 --> 00:35:32,960
again these become very tricky words i

961
00:35:37,589 --> 00:35:34,480
appreciate the need

962
00:35:40,390 --> 00:35:37,599
to have some kind of ground some

963
00:35:42,069 --> 00:35:40,400

ground that we start with but aren't we

964

00:35:44,150 --> 00:35:42,079

also

965

00:35:47,349 --> 00:35:44,160

have problems with with any kind of

966

00:35:50,550 --> 00:35:47,359

definition that we try and land on

967

00:35:53,589 --> 00:35:50,560

yeah i completely agree uh actually

968

00:35:55,190 --> 00:35:53,599

in in science as a whole we need

969

00:35:57,589 --> 00:35:55,200

definitions of births

970

00:35:58,630 --> 00:35:57,599

because definitions help us to make

971

00:36:01,910 --> 00:35:58,640

distinctions

972

00:36:04,870 --> 00:36:01,920

to help to say what we are talking about

973

00:36:07,270 --> 00:36:04,880

and also to label things to to to make

974

00:36:11,030 --> 00:36:07,280

distinctions the comparisons

975

00:36:11,349 --> 00:36:11,040

and but we don't have good definitions

976

00:36:18,470 --> 00:36:11,359

for

977

00:36:22,790 --> 00:36:18,480

that are really uh essential even

978

00:36:25,670 --> 00:36:22,800

in physical regular science science

979

00:36:27,670 --> 00:36:25,680

yes yeah even the finish of science what

980

00:36:28,150 --> 00:36:27,680

is science or definition of science the

981

00:36:29,829 --> 00:36:28,160

finish of

982

00:36:31,430 --> 00:36:29,839

matter yeah we're going to measure

983

00:36:34,230 --> 00:36:31,440

things outside of us

984

00:36:35,589 --> 00:36:34,240

i mean that's already possibly a major

985

00:36:38,630 --> 00:36:35,599

misdemeanor so

986

00:36:40,310 --> 00:36:38,640

so yeah so but it does not mean that you

987

00:36:43,430 --> 00:36:40,320

should not strive to try to

988

00:36:46,710 --> 00:36:43,440

find some sort of definition that people

989

00:36:48,150 --> 00:36:46,720

in some way could grasp the the idea

990

00:36:50,230 --> 00:36:48,160

that we are talking about

991

00:36:52,150 --> 00:36:50,240

so and specifically also because we are

992

00:36:54,790 --> 00:36:52,160

doing with the research so i i

993

00:36:55,829 --> 00:36:54,800

work a lot as you you have said with the

994

00:36:59,030 --> 00:36:55,839

research and

995

00:37:01,270 --> 00:36:59,040

that and for example

996

00:37:02,630 --> 00:37:01,280

we need to have some important

997

00:37:04,470 --> 00:37:02,640

definitions

998

00:37:05,990 --> 00:37:04,480

for example when we are talking about

999

00:37:08,550 --> 00:37:06,000

the spirituality the

1000

00:37:10,710 --> 00:37:08,560

the importance of spirituality or the

1001
00:37:12,230 --> 00:37:10,720
impact of spirituality of the prevalence

1002
00:37:14,870 --> 00:37:12,240
of the spirituality

1003
00:37:15,589 --> 00:37:14,880
we need to try to in some sense to

1004
00:37:17,670 --> 00:37:15,599
restrict

1005
00:37:18,950 --> 00:37:17,680
it to some concept to to make it to

1006
00:37:22,310 --> 00:37:18,960
distinguish for example

1007
00:37:23,589 --> 00:37:22,320
what is spirituality and what political

1008
00:37:27,030 --> 00:37:23,599
ideology or

1009
00:37:30,310 --> 00:37:27,040
what our ecological commitment whatever

1010
00:37:33,990 --> 00:37:30,320
so uh so how can we distinguish that

1011
00:37:37,750 --> 00:37:34,000
so based in many different authors from

1012
00:37:38,550 --> 00:37:37,760
different perspectives we we have a book

1013
00:37:41,670 --> 00:37:38,560

that

1014

00:37:43,270 --> 00:37:41,680

we will release this august by oxford

1015

00:37:45,829 --> 00:37:43,280

and first press

1016

00:37:47,270 --> 00:37:45,839

that is spirituality and mental health

1017

00:37:49,829 --> 00:37:47,280

across cultures

1018

00:37:50,470 --> 00:37:49,839

and we have at this book and in this

1019

00:37:53,589 --> 00:37:50,480

book

1020

00:37:57,910 --> 00:37:53,599

we have a first chapter exactly where

1021

00:38:00,870 --> 00:37:57,920

we discuss the concept of spirituality

1022

00:38:01,430 --> 00:38:00,880

and also took in consideration very

1023

00:38:04,150 --> 00:38:01,440

different

1024

00:38:05,510 --> 00:38:04,160

alters from psychology anthropology

1025

00:38:09,510 --> 00:38:05,520

history

1026
00:38:12,790 --> 00:38:09,520
and that is kind of a kind of consensus

1027
00:38:15,589 --> 00:38:12,800
that spirituality has to do with

1028
00:38:16,390 --> 00:38:15,599
this transcendental aspect of reality

1029
00:38:19,670 --> 00:38:16,400
and also

1030
00:38:21,030 --> 00:38:19,680
if you for example because i think a

1031
00:38:24,390 --> 00:38:21,040
good concept

1032
00:38:27,190 --> 00:38:24,400
should of course be

1033
00:38:27,670 --> 00:38:27,200
accepted by key leaders in the field but

1034
00:38:30,550 --> 00:38:27,680
also

1035
00:38:31,030 --> 00:38:30,560
and most important must reflect what

1036
00:38:34,069 --> 00:38:31,040
actually

1037
00:38:37,670 --> 00:38:34,079
happens in the real world so if

1038
00:38:40,550 --> 00:38:37,680

we take a look at the most

1039

00:38:41,670 --> 00:38:40,560

prevalent spiritual traditions around

1040

00:38:44,870 --> 00:38:41,680

the globe

1041

00:38:48,790 --> 00:38:44,880

hinduism buddhism christianity

1042

00:38:52,230 --> 00:38:48,800

islamism christianity and even

1043

00:38:55,270 --> 00:38:52,240

more uh indigenous traditions

1044

00:38:58,230 --> 00:38:55,280

but basically all of them has

1045

00:38:59,349 --> 00:38:58,240

or talks about about some transcendental

1046

00:39:02,710 --> 00:38:59,359

aspect of

1047

00:39:06,390 --> 00:39:02,720

life of the universe there are

1048

00:39:09,910 --> 00:39:06,400

spiritual beings there are god gods

1049

00:39:13,109 --> 00:39:09,920

ancestors whatever so it's it's

1050

00:39:13,990 --> 00:39:13,119

uh edward tyler in the beginning uh in

1051

00:39:15,190 --> 00:39:14,000

19th century

1052

00:39:17,430 --> 00:39:15,200

the beginning of anthropology of

1053

00:39:20,310 --> 00:39:17,440

religion he said all could be that

1054

00:39:22,630 --> 00:39:20,320

there could be a religion without god

1055

00:39:23,990 --> 00:39:22,640

but that is not religion without spirit

1056

00:39:26,150 --> 00:39:24,000

in some sense

1057

00:39:27,349 --> 00:39:26,160

so if you understand the spirit or in

1058

00:39:31,030 --> 00:39:27,359

this transcendental

1059

00:39:32,630 --> 00:39:31,040

aspect of reality some entities or realm

1060

00:39:35,030 --> 00:39:32,640

that goes beyond

1061

00:39:36,150 --> 00:39:35,040

this material world that we have so i

1062

00:39:38,550 --> 00:39:36,160

think this

1063

00:39:40,310 --> 00:39:38,560

i mean transcendent in this sense in

1064

00:39:43,030 --> 00:39:40,320

this something else

1065

00:39:43,510 --> 00:39:43,040

beyond this material world that we have

1066

00:39:45,510 --> 00:39:43,520

so

1067

00:39:46,550 --> 00:39:45,520

it seems that basically all spiritual

1068

00:39:49,750 --> 00:39:46,560

traditions

1069

00:39:51,750 --> 00:39:49,760

share this this is one common core of

1070

00:39:53,910 --> 00:39:51,760

basically all spiritual traditions and

1071

00:39:55,270 --> 00:39:53,920

another very important point if we take

1072

00:39:56,710 --> 00:39:55,280

a look at this all these spiritual

1073

00:39:59,270 --> 00:39:56,720

traditions

1074

00:40:00,630 --> 00:39:59,280

they say that there is in some way some

1075

00:40:03,430 --> 00:40:00,640

transcendental

1076
00:40:05,270 --> 00:40:03,440
aspect of reality or of human beings and

1077
00:40:08,230 --> 00:40:05,280
this transcendental aspect

1078
00:40:08,829 --> 00:40:08,240
is the ultimate reality is the what

1079
00:40:16,710 --> 00:40:08,839
really

1080
00:40:19,990 --> 00:40:16,720
so because of that it is sacred

1081
00:40:22,069 --> 00:40:20,000
so these are the two main reasons why we

1082
00:40:25,190 --> 00:40:22,079
have emphasized the transcendental

1083
00:40:26,630 --> 00:40:25,200
and the sacred and of course based on

1084
00:40:29,910 --> 00:40:26,640
these experiences of

1085
00:40:33,829 --> 00:40:29,920
spirituality of a transcendental sacred

1086
00:40:35,910 --> 00:40:33,839
people share beliefs practices

1087
00:40:37,030 --> 00:40:35,920
in a community this community is a

1088
00:40:38,870 --> 00:40:37,040

religion

1089

00:40:41,030 --> 00:40:38,880

so this is basically the idea of course

1090

00:40:42,309 --> 00:40:41,040

that we can raise issues about this

1091

00:40:46,309 --> 00:40:42,319

definition but i think

1092

00:40:49,430 --> 00:40:46,319

it it's quite broad to include

1093

00:40:51,510 --> 00:40:49,440

the major not major but almost always

1094

00:40:53,829 --> 00:40:51,520

spiritual tradition that we are aware of

1095

00:40:54,870 --> 00:40:53,839

but at the same time it distinguishes

1096

00:40:57,829 --> 00:40:54,880

for example

1097

00:40:59,750 --> 00:40:57,839

for other aspects of secular life

1098

00:41:02,470 --> 00:40:59,760

because for example there are several

1099

00:41:03,829 --> 00:41:02,480

scales of spirituality using psychology

1100

00:41:07,109 --> 00:41:03,839

and medicine

1101
00:41:08,309 --> 00:41:07,119
in them they quite often they they fear

1102
00:41:11,589 --> 00:41:08,319
they find spiritual

1103
00:41:14,710 --> 00:41:11,599
as well as well-being meaning

1104
00:41:17,030 --> 00:41:14,720
life sense of purpose

1105
00:41:18,390 --> 00:41:17,040
i think that meaning life sense of

1106
00:41:20,790 --> 00:41:18,400
purpose and peace

1107
00:41:21,750 --> 00:41:20,800
could be outcomes of spiritual but not

1108
00:41:23,910 --> 00:41:21,760
the same thing

1109
00:41:25,349 --> 00:41:23,920
because for example if i'm a marxist i

1110
00:41:28,470 --> 00:41:25,359
can find my meaning of

1111
00:41:30,710 --> 00:41:28,480
life in the struggle in the class uh

1112
00:41:32,069 --> 00:41:30,720
struggle and things like that but

1113
00:41:33,190 --> 00:41:32,079

probably it's not necessarily

1114

00:41:35,910 --> 00:41:33,200

spirituality and

1115

00:41:36,470 --> 00:41:35,920

some people the marxists will feel upset

1116

00:41:39,270 --> 00:41:36,480

maybe

1117

00:41:39,589 --> 00:41:39,280

called a spiritual person so i i think

1118

00:41:43,670 --> 00:41:39,599

it's

1119

00:41:45,670 --> 00:41:43,680

could

1120

00:41:46,870 --> 00:41:45,680

differentiate spirituality from other

1121

00:41:50,309 --> 00:41:46,880

aspects of life

1122

00:41:53,349 --> 00:41:50,319

although they very often have

1123

00:41:57,030 --> 00:41:53,359

connections i i think that's

1124

00:41:58,550 --> 00:41:57,040

wonderfully wonderfully important and uh

1125

00:42:00,870 --> 00:41:58,560

so you know if i get together with a

1126
00:42:03,510 --> 00:42:00,880
group down at the beach to save the

1127
00:42:05,990 --> 00:42:03,520
whales or to clean up the beach and

1128
00:42:07,910 --> 00:42:06,000
make our environment better and i tell

1129
00:42:11,430 --> 00:42:07,920
people that that to me

1130
00:42:12,630 --> 00:42:11,440
is my spirituality you might come along

1131
00:42:15,430 --> 00:42:12,640
and say well

1132
00:42:16,069 --> 00:42:15,440
okay i'm not arguing against your

1133
00:42:17,670 --> 00:42:16,079
understanding

1134
00:42:19,829 --> 00:42:17,680
of it but that doesn't fit this

1135
00:42:20,870 --> 00:42:19,839
definition for how i'm going to use it

1136
00:42:22,870 --> 00:42:20,880
in this research

1137
00:42:24,550 --> 00:42:22,880
and i think it's very valuable for you

1138
00:42:26,550 --> 00:42:24,560

to make that kind of distinction

1139

00:42:29,349 --> 00:42:26,560

because so many times in our culture we

1140

00:42:31,910 --> 00:42:29,359

seem to be completely inept or unwilling

1141

00:42:33,270 --> 00:42:31,920

to just make some kind of common sense

1142

00:42:36,230 --> 00:42:33,280

distinctions in the same way

1143

00:42:37,589 --> 00:42:36,240

yeah exactly you you summarize very very

1144

00:42:39,910 --> 00:42:37,599

well yeah it's exactly

1145

00:42:41,510 --> 00:42:39,920

of course people can call whatever they

1146

00:42:43,430 --> 00:42:41,520

want what they live but

1147

00:42:46,230 --> 00:42:43,440

when we are talking science we need to

1148

00:42:47,430 --> 00:42:46,240

have a more precise definition some

1149

00:42:49,750 --> 00:42:47,440

boundaries to

1150

00:42:51,589 --> 00:42:49,760

help us to make analysis even to compare

1151

00:42:55,190 --> 00:42:51,599

for example

1152

00:42:58,230 --> 00:42:55,200

if uh in fact is if an involvement

1153

00:43:00,470 --> 00:42:58,240

in a more secular community like

1154

00:43:02,630 --> 00:43:00,480

environmental issues or political issues

1155

00:43:06,150 --> 00:43:02,640

has the same impact or not

1156

00:43:08,870 --> 00:43:06,160

for a more spiritual base the

1157

00:43:09,750 --> 00:43:08,880

community who even to ask this kind of

1158

00:43:12,710 --> 00:43:09,760

questions

1159

00:43:13,430 --> 00:43:12,720

we need to have clear definitions

1160

00:43:15,589 --> 00:43:13,440

awesome

1161

00:43:16,470 --> 00:43:15,599

okay so now i'm going to pivot again

1162

00:43:18,630 --> 00:43:16,480

with another

1163

00:43:19,589 --> 00:43:18,640

i think kind of tough question and

1164

00:43:21,270 --> 00:43:19,599

you're going to

1165

00:43:23,030 --> 00:43:21,280

i can't wait to hear what you have to

1166

00:43:25,349 --> 00:43:23,040

say about this because you are

1167

00:43:26,470 --> 00:43:25,359

so honest and you're so brave i mean you

1168

00:43:28,390 --> 00:43:26,480

haven't been

1169

00:43:30,390 --> 00:43:28,400

i guess the system hasn't worn you down

1170

00:43:32,550 --> 00:43:30,400

enough yet or you you've

1171

00:43:33,430 --> 00:43:32,560

you've transcended the system in a way

1172

00:43:35,109 --> 00:43:33,440

but

1173

00:43:36,470 --> 00:43:35,119

you know one of the ideas that we've

1174

00:43:39,190 --> 00:43:36,480

explored on this site

1175

00:43:39,990 --> 00:43:39,200

on this show is that a lot of people who

1176

00:43:42,870 --> 00:43:40,000

wind up

1177

00:43:45,030 --> 00:43:42,880

in doing this kind of work and

1178

00:43:46,950 --> 00:43:45,040

especially pushing against materialism

1179

00:43:49,109 --> 00:43:46,960

and pointing out that we are already

1180

00:43:50,710 --> 00:43:49,119

in a post-materialist world if you

1181

00:43:52,390 --> 00:43:50,720

really look at the cutting edge

1182

00:43:54,230 --> 00:43:52,400

science it is our it's been post

1183

00:43:54,630 --> 00:43:54,240

materialistic for the longest time but

1184

00:43:57,589 --> 00:43:54,640

we

1185

00:43:58,870 --> 00:43:57,599

can't seem to get past that dogma but a

1186

00:44:00,710 --> 00:43:58,880

lot of times

1187

00:44:01,910 --> 00:44:00,720

there's a leaning towards the argument

1188

00:44:05,349 --> 00:44:01,920

that science

1189

00:44:07,990 --> 00:44:05,359

needs spirituality in order to

1190

00:44:09,190 --> 00:44:08,000

explain the world or science needs

1191

00:44:11,910 --> 00:44:09,200

spirituality

1192

00:44:13,109 --> 00:44:11,920

to become complete and i always want to

1193

00:44:16,230 --> 00:44:13,119

say

1194

00:44:18,870 --> 00:44:16,240

that may be true but i think we

1195

00:44:21,349 --> 00:44:18,880

we just in the in the in the interest of

1196

00:44:23,829 --> 00:44:21,359

really exploring all possibilities

1197

00:44:25,109 --> 00:44:23,839

we have to explore the counter

1198

00:44:27,750 --> 00:44:25,119

hypothesis

1199

00:44:28,550 --> 00:44:27,760

and that is that [h__h] science is doing

1200

00:44:31,510 --> 00:44:28,560

everything

1201
00:44:32,069 --> 00:44:31,520
it can to keep spirituality out of the

1202
00:44:34,230 --> 00:44:32,079
game

1203
00:44:37,109 --> 00:44:34,240
to keep spirituality especially out of

1204
00:44:40,230 --> 00:44:37,119
the science business spirituality

1205
00:44:41,910 --> 00:44:40,240
is is in some ways a threat to the

1206
00:44:44,870 --> 00:44:41,920
business of science

1207
00:44:46,870 --> 00:44:44,880
and if even if even if some people in

1208
00:44:47,990 --> 00:44:46,880
your community and some people who are

1209
00:44:50,550 --> 00:44:48,000
fair-minded

1210
00:44:52,470 --> 00:44:50,560
don't see it that way we can easily

1211
00:44:55,670 --> 00:44:52,480
imagine

1212
00:44:55,990 --> 00:44:55,680
other factors and forces that would see

1213
00:44:59,109 --> 00:44:56,000

it

1214

00:45:01,750 --> 00:44:59,119

as a threat and uh

1215

00:45:02,829 --> 00:45:01,760

do you have any thoughts on on that in

1216

00:45:05,910 --> 00:45:02,839

kind of a more

1217

00:45:06,630 --> 00:45:05,920

parapolitical understanding of the

1218

00:45:11,030 --> 00:45:06,640

tension

1219

00:45:13,109 --> 00:45:11,040

between science and spirituality

1220

00:45:14,470 --> 00:45:13,119

yes actually i've been interested in

1221

00:45:18,069 --> 00:45:14,480

this subject a lot

1222

00:45:21,430 --> 00:45:18,079

for for many years first of all

1223

00:45:24,309 --> 00:45:21,440

this idea of unnecessary

1224

00:45:24,950 --> 00:45:24,319

clash a necessary conflict of perennial

1225

00:45:27,190 --> 00:45:24,960

conflict

1226

00:45:29,109 --> 00:45:27,200

between science and religion

1227

00:45:32,230 --> 00:45:29,119

spirituality

1228

00:45:34,870 --> 00:45:32,240

is uh first of all it's a myth

1229

00:45:35,990 --> 00:45:34,880

it's common knowledge nowadays in

1230

00:45:42,710 --> 00:45:36,000

history of science

1231

00:45:44,550 --> 00:45:42,720

nowadays accepts that so uh

1232

00:45:45,990 --> 00:45:44,560

except that just so we understand each

1233

00:45:47,990 --> 00:45:46,000

other accepts the idea that

1234

00:45:49,430 --> 00:45:48,000

well science couldn't move forward if we

1235

00:45:51,030 --> 00:45:49,440

ever considered

1236

00:45:52,870 --> 00:45:51,040

any of the stuff you're talking about

1237

00:45:54,230 --> 00:45:52,880

well we'll just all collapse and

1238

00:45:55,910 --> 00:45:54,240

that's what you're saying is a myth

1239

00:45:58,950 --> 00:45:55,920

right

1240

00:46:01,990 --> 00:45:58,960

what i'm saying is the idea that

1241

00:46:02,950 --> 00:46:02,000

science necessarily the nice religion

1242

00:46:05,670 --> 00:46:02,960

religion

1243

00:46:06,950 --> 00:46:05,680

necessarily is no opposition to science

1244

00:46:09,910 --> 00:46:06,960

sometimes we

1245

00:46:11,270 --> 00:46:09,920

we've learned this in school or even in

1246

00:46:15,030 --> 00:46:11,280

the university

1247

00:46:17,109 --> 00:46:15,040

or in science promotion

1248

00:46:18,550 --> 00:46:17,119

actually it's not true okay it's a myth

1249

00:46:20,470 --> 00:46:18,560

that there is a perennial conflict

1250

00:46:23,990 --> 00:46:20,480

between science and religion this is

1251
00:46:27,589 --> 00:46:24,000
nowadays it's common knowledge in

1252
00:46:29,990 --> 00:46:27,599
history of science actually if we

1253
00:46:31,109 --> 00:46:30,000
see throughout history at least in the

1254
00:46:34,309 --> 00:46:31,119
western world

1255
00:46:37,990 --> 00:46:34,319
at least since the ancient greece

1256
00:46:40,710 --> 00:46:38,000
there has been a strong connection

1257
00:46:42,150 --> 00:46:40,720
between spirituality and science and

1258
00:46:44,150 --> 00:46:42,160
philosophy and

1259
00:46:45,910 --> 00:46:44,160
reasoning and things like that if we

1260
00:46:48,950 --> 00:46:45,920
take for example in consideration

1261
00:46:51,910 --> 00:46:48,960
pythagoras socrates plato

1262
00:46:54,390 --> 00:46:51,920
aristotle and since then there is a

1263
00:46:57,910 --> 00:46:54,400

strong connection between

1264

00:47:01,750 --> 00:46:57,920

a spiritual issues and religion

1265

00:47:05,270 --> 00:47:01,760

and science and even the scientific

1266

00:47:08,790 --> 00:47:05,280

revolution in 16th century

1267

00:47:11,589 --> 00:47:08,800

with galileo kepler robert boyle

1268

00:47:13,190 --> 00:47:11,599

francis baker all of them actually were

1269

00:47:16,230 --> 00:47:13,200

spiritually committed people

1270

00:47:19,589 --> 00:47:16,240

and also what is even

1271

00:47:21,270 --> 00:47:19,599

more surprising from many people it was

1272

00:47:22,549 --> 00:47:21,280

surprised me when i learned this for the

1273

00:47:26,309 --> 00:47:22,559

first time

1274

00:47:27,109 --> 00:47:26,319

they they were spiritually motivated to

1275

00:47:30,150 --> 00:47:27,119

do science

1276

00:47:32,069 --> 00:47:30,160

actually they they thought that they

1277

00:47:33,990 --> 00:47:32,079

were reading the book of nature

1278

00:47:35,190 --> 00:47:34,000

the book of nature that was written by

1279

00:47:38,390 --> 00:47:35,200

god so

1280

00:47:39,510 --> 00:47:38,400

if we understand the creation we have a

1281

00:47:41,990 --> 00:47:39,520

bad understanding

1282

00:47:44,549 --> 00:47:42,000

of the creator so understanding the

1283

00:47:47,670 --> 00:47:44,559

creation would be the best way

1284

00:47:49,829 --> 00:47:47,680

to glorify god it this is the word of

1285

00:47:51,829 --> 00:47:49,839

francis bacon for example

1286

00:47:54,470 --> 00:47:51,839

so they were spiritually motivated

1287

00:47:56,790 --> 00:47:54,480

people isaac newton and so on so forth

1288

00:47:58,069 --> 00:47:56,800

so actually this prevalent view in the

1289

00:47:59,829 --> 00:47:58,079

academic environment

1290

00:48:02,470 --> 00:47:59,839

of a necessary opposition between

1291

00:48:05,270 --> 00:48:02,480

science and spirituality is an exception

1292

00:48:05,670 --> 00:48:05,280

basically from the 20th century for the

1293

00:48:07,430 --> 00:48:05,680

end

1294

00:48:09,270 --> 00:48:07,440

if we take a large historical

1295

00:48:12,630 --> 00:48:09,280

perspective it started

1296

00:48:15,670 --> 00:48:12,640

in the end of 19th century

1297

00:48:17,109 --> 00:48:15,680

endured and endured until the end of

1298

00:48:19,430 --> 00:48:17,119

20th century so

1299

00:48:20,790 --> 00:48:19,440

nowadays it's not more so the best

1300

00:48:23,109 --> 00:48:20,800

universities in the world

1301

00:48:24,069 --> 00:48:23,119

however the cambridge oxfords all of

1302

00:48:26,069 --> 00:48:24,079

them have

1303

00:48:27,349 --> 00:48:26,079

departments of science and religion

1304

00:48:29,510 --> 00:48:27,359

discussing the

1305

00:48:30,790 --> 00:48:29,520

possibilities of integration so the

1306

00:48:33,270 --> 00:48:30,800

first point is in this

1307

00:48:34,549 --> 00:48:33,280

historical perspective this idea of

1308

00:48:38,069 --> 00:48:34,559

conflict it's a

1309

00:48:41,270 --> 00:48:38,079

historical short period

1310

00:48:45,190 --> 00:48:41,280

that is that that

1311

00:48:47,589 --> 00:48:45,200

has gone but on the other side

1312

00:48:49,670 --> 00:48:47,599

i don't think that is the same thing

1313

00:48:52,230 --> 00:48:49,680

spirituality and science

1314

00:48:52,870 --> 00:48:52,240

and then this is not necessarily we need

1315

00:48:56,710 --> 00:48:52,880

to

1316

00:49:00,390 --> 00:48:56,720

forth i think that is a space

1317

00:49:03,910 --> 00:49:00,400

for spiritual life that is a space for

1318

00:49:05,910 --> 00:49:03,920

scientific life so uh they are not

1319

00:49:07,030 --> 00:49:05,920

they have contacts but they are not the

1320

00:49:09,990 --> 00:49:07,040

same thing

1321

00:49:11,510 --> 00:49:10,000

actually my now you are more kind of

1322

00:49:13,829 --> 00:49:11,520

philosophical

1323

00:49:15,670 --> 00:49:13,839

thinking i think we have basically three

1324

00:49:19,750 --> 00:49:15,680

major ways to grasp

1325

00:49:21,589 --> 00:49:19,760

reality through art to spirituality

1326

00:49:23,030 --> 00:49:21,599

into science through science i think

1327

00:49:24,470 --> 00:49:23,040

these are three different and

1328

00:49:29,190 --> 00:49:24,480

complementary ways

1329

00:49:31,270 --> 00:49:29,200

to grasp reality of course they have

1330

00:49:33,109 --> 00:49:31,280

points of contact but sometimes they

1331

00:49:36,150 --> 00:49:33,119

don't have so this is one time

1332

00:49:38,950 --> 00:49:36,160

a student scientist we we should be

1333

00:49:40,069 --> 00:49:38,960

open to understand to study and

1334

00:49:43,270 --> 00:49:40,079

understand with

1335

00:49:45,670 --> 00:49:43,280

open mind all sorts of

1336

00:49:47,190 --> 00:49:45,680

things that happens in nature so all

1337

00:49:49,750 --> 00:49:47,200

sorts of human experience

1338

00:49:50,710 --> 00:49:49,760

everything that happens should be of

1339

00:49:53,750 --> 00:49:50,720

interest

1340

00:49:55,190 --> 00:49:53,760

to to a scientist so we need taking

1341

00:49:57,910 --> 00:49:55,200

consideration all sorts

1342

00:49:59,190 --> 00:49:57,920

of experience including spiritual

1343

00:50:01,510 --> 00:49:59,200

experiences

1344

00:50:03,589 --> 00:50:01,520

and we also should be open to to have

1345

00:50:04,549 --> 00:50:03,599

all sorts of explanations for this

1346

00:50:06,150 --> 00:50:04,559

experience for example if

1347

00:50:08,309 --> 00:50:06,160

we are studying near-death experience of

1348

00:50:10,870 --> 00:50:08,319

course we should take in consideration

1349

00:50:12,150 --> 00:50:10,880

the possibilities just the brain hypoxia

1350

00:50:13,750 --> 00:50:12,160

causing that we should take in

1351

00:50:16,309 --> 00:50:13,760

consideration that just the

1352

00:50:17,589 --> 00:50:16,319

psychological aspects like fear of death

1353

00:50:19,589 --> 00:50:17,599

we should take consideration that

1354

00:50:20,150 --> 00:50:19,599

cultural aspects are explaining but we

1355

00:50:24,589 --> 00:50:20,160

also

1356

00:50:27,349 --> 00:50:24,599

should be allowed to think that perhaps

1357

00:50:28,230 --> 00:50:27,359

biopsychosocial aspects are not enough

1358

00:50:31,430 --> 00:50:28,240

to explain

1359

00:50:32,630 --> 00:50:31,440

everything without a residual so we

1360

00:50:35,349 --> 00:50:32,640

should be

1361

00:50:36,309 --> 00:50:35,359

allowed to think the possibility for

1362

00:50:38,870 --> 00:50:36,319

example that

1363

00:50:41,109 --> 00:50:38,880

and sign a kind of non-material

1364

00:50:43,750 --> 00:50:41,119

consciousness could be part of this

1365

00:50:45,030 --> 00:50:43,760

so and in this uh non-material

1366

00:50:48,230 --> 00:50:45,040

consciousness would be not

1367

00:50:48,870 --> 00:50:48,240

supernatural because i claim with many

1368

00:50:52,069 --> 00:50:48,880

others

1369

00:50:55,430 --> 00:50:52,079

for expanded naturalism so we think that

1370

00:50:58,069 --> 00:50:55,440

nature is everything that exists and

1371

00:50:58,790 --> 00:50:58,079

nature may be something beyond that

1372

00:51:01,589 --> 00:50:58,800

there

1373

00:51:03,190 --> 00:51:01,599

may be constitute not only from matter

1374

00:51:05,750 --> 00:51:03,200

physical force and particles

1375

00:51:07,270 --> 00:51:05,760

but perhaps consciousness is another

1376

00:51:09,270 --> 00:51:07,280

irreducible aspect

1377

00:51:10,390 --> 00:51:09,280

of nature you should be open to

1378

00:51:13,510 --> 00:51:10,400

investigate that but

1379

00:51:13,990 --> 00:51:13,520

of course i respect those who think no

1380

00:51:15,750 --> 00:51:14,000

no

1381

00:51:17,910 --> 00:51:15,760

we think that everything should be

1382

00:51:18,950 --> 00:51:17,920

explained by biopsychosocial aspects

1383

00:51:21,190 --> 00:51:18,960

that's fine

1384

00:51:22,230 --> 00:51:21,200

they should work on their paradigm they

1385

00:51:24,710 --> 00:51:22,240

should work

1386

00:51:25,510 --> 00:51:24,720

on this theory and try to explain

1387

00:51:28,470 --> 00:51:25,520

everything

1388

00:51:29,510 --> 00:51:28,480

but off but on the other side it should

1389

00:51:33,190 --> 00:51:29,520

be allowed

1390

00:51:35,589 --> 00:51:33,200

that other paradigm candidates work

1391

00:51:37,750 --> 00:51:35,599

and there is a philosopher of science in

1392

00:51:40,950 --> 00:51:37,760

hilakatus that cause there should be

1393

00:51:44,710 --> 00:51:40,960

a darwinian competition of research

1394

00:51:47,349 --> 00:51:44,720

programs and the the better

1395

00:51:48,790 --> 00:51:47,359

programs will prevail so i think that's

1396

00:51:51,430 --> 00:51:48,800

the point we should be

1397

00:51:52,069 --> 00:51:51,440

truly open but at the same time very

1398

00:51:53,910 --> 00:51:52,079

rigorous

1399

00:51:56,069 --> 00:51:53,920

in investigation investigating these

1400

00:51:57,589 --> 00:51:56,079

different possibilities

1401
00:51:59,430 --> 00:51:57,599
you know that's wonderful and i love the

1402
00:52:00,950 --> 00:51:59,440
way you've kind of laid out the path

1403
00:52:03,430 --> 00:52:00,960
forward

1404
00:52:04,710 --> 00:52:03,440
and you're even suggesting that you see

1405
00:52:07,030 --> 00:52:04,720
definite movement

1406
00:52:09,829 --> 00:52:07,040
on that path certainly the way you've

1407
00:52:13,349 --> 00:52:09,839
framed it in terms of the

1408
00:52:14,950 --> 00:52:13,359
bio psycho social spiritual

1409
00:52:16,950 --> 00:52:14,960
you know all those elements being

1410
00:52:19,670 --> 00:52:16,960
together i guess

1411
00:52:20,309 --> 00:52:19,680
what i'm trying to do is add another

1412
00:52:23,670 --> 00:52:20,319
element

1413
00:52:26,150 --> 00:52:23,680

to that and that is in the social

1414

00:52:28,150 --> 00:52:26,160

aspect we have the political and in

1415

00:52:31,430 --> 00:52:28,160

particular the parapolitical

1416

00:52:33,589 --> 00:52:31,440

and the example that i always use is

1417

00:52:35,270 --> 00:52:33,599

project stargate you know the famous

1418

00:52:37,430 --> 00:52:35,280

remote viewing project

1419

00:52:39,430 --> 00:52:37,440

at stanford research institute some of

1420

00:52:41,270 --> 00:52:39,440

the most successful parapsychology

1421

00:52:43,030 --> 00:52:41,280

experiments in history

1422

00:52:44,790 --> 00:52:43,040

and russell targ and hal put off you

1423

00:52:46,790 --> 00:52:44,800

know they did publish those two in peer

1424

00:52:50,230 --> 00:52:46,800

review journals

1425

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

but there was a parapolitical aspect of

1426

00:52:54,630 --> 00:52:50,880

that

1427

00:52:57,549 --> 00:52:54,640

and by then i mean

1428

00:52:58,710 --> 00:52:57,559

they were way past materialism they

1429

00:53:01,510 --> 00:52:58,720

presupposed

1430

00:53:02,230 --> 00:53:01,520

that they were operating in the extended

1431

00:53:03,430 --> 00:53:02,240

realm

1432

00:53:05,510 --> 00:53:03,440

they weren't sitting there wringing

1433

00:53:06,950 --> 00:53:05,520

their hands going oh gosh gee are these

1434

00:53:08,390 --> 00:53:06,960

things going to work they already proved

1435

00:53:09,910 --> 00:53:08,400

that they work they had already geller

1436

00:53:10,630 --> 00:53:09,920

in and he proved that they work and then

1437

00:53:12,470 --> 00:53:10,640

they had

1438

00:53:13,670 --> 00:53:12,480

you know joe mcmonachel come in and he

1439

00:53:15,589 --> 00:53:13,680

could do it and they

1440

00:53:17,670 --> 00:53:15,599

so they were off to the races and now

1441

00:53:20,390 --> 00:53:17,680

it's like go find that russian sub

1442

00:53:22,390 --> 00:53:20,400

go do this go do that but from a

1443

00:53:24,870 --> 00:53:22,400

parapolitical standpoint

1444

00:53:26,790 --> 00:53:24,880

the message was very different you know

1445

00:53:31,670 --> 00:53:26,800

there was this invisible college

1446

00:53:34,950 --> 00:53:31,680

that i think is still in existence of

1447

00:53:36,549 --> 00:53:34,960

let's not let's not move the

1448

00:53:38,630 --> 00:53:36,559

move the needle too far in that

1449

00:53:39,190 --> 00:53:38,640

direction let's not don't go too fast

1450

00:53:41,109 --> 00:53:39,200

you know and

1451

00:53:42,630 --> 00:53:41,119

i don't know who the guys at harvard

1452

00:53:43,829 --> 00:53:42,640

you're referring to but there's a bunch

1453

00:53:45,910 --> 00:53:43,839

of other guys at harvard

1454

00:53:47,990 --> 00:53:45,920

who are not going in that direction and

1455

00:53:50,069 --> 00:53:48,000

maybe are being told to

1456

00:53:51,190 --> 00:53:50,079

you know hey just take the pedal off the

1457

00:53:53,589 --> 00:53:51,200

gas there

1458

00:53:54,710 --> 00:53:53,599

i think that's in play i think it's

1459

00:53:56,790 --> 00:53:54,720

always in play

1460

00:53:57,990 --> 00:53:56,800

and i think it plays a much bigger role

1461

00:54:00,470 --> 00:53:58,000

in this stuff

1462

00:54:01,910 --> 00:54:00,480

than we're willing to sometimes

1463

00:54:05,589 --> 00:54:01,920

acknowledge

1464

00:54:08,790 --> 00:54:05,599

what do you think yeah i agree

1465

00:54:10,470 --> 00:54:08,800

i think that the social and political

1466

00:54:15,670 --> 00:54:10,480

aspects of science

1467

00:54:18,390 --> 00:54:15,680

are extremely important and

1468

00:54:19,190 --> 00:54:18,400

that is because of this i think we

1469

00:54:22,230 --> 00:54:19,200

should work

1470

00:54:25,430 --> 00:54:22,240

in three different levels

1471

00:54:29,030 --> 00:54:25,440

and we are trying exactly doing this

1472

00:54:32,630 --> 00:54:29,040

the first is producing better data

1473

00:54:35,910 --> 00:54:32,640

this is one point the second is to

1474

00:54:38,549 --> 00:54:35,920

address some philosophical

1475

00:54:40,950 --> 00:54:38,559

and historical misconceptions about

1476

00:54:44,230 --> 00:54:40,960

science and about spirituality i think

1477

00:54:47,750 --> 00:54:44,240

this is the key issue because

1478

00:54:51,990 --> 00:54:47,760

usually during our scientific training

1479

00:54:55,109 --> 00:54:52,000

during our education most of us

1480

00:54:57,750 --> 00:54:55,119

were taught that religion

1481

00:54:59,430 --> 00:54:57,760

or spirituality is something bad

1482

00:55:01,990 --> 00:54:59,440

something from the past

1483

00:55:04,470 --> 00:55:02,000

something of superitition is has been

1484

00:55:05,510 --> 00:55:04,480

proved that the brain generates mind and

1485

00:55:08,789 --> 00:55:05,520

something beyond that

1486

00:55:13,510 --> 00:55:08,799

it's just so we we learn that we

1487

00:55:16,950 --> 00:55:13,520

we we sometimes we accept that

1488

00:55:20,069 --> 00:55:16,960

and uh so i think

1489

00:55:23,270 --> 00:55:20,079

one major aspect is exactly

1490

00:55:25,829 --> 00:55:23,280

to show the inconsistency and

1491

00:55:27,270 --> 00:55:25,839

problems of these assumptions these

1492

00:55:30,470 --> 00:55:27,280

misguided assumptions

1493

00:55:33,750 --> 00:55:30,480

as i said for example several examples

1494

00:55:35,589 --> 00:55:33,760

of misguided presuppositions first

1495

00:55:36,710 --> 00:55:35,599

science and religion has been always in

1496

00:55:40,069 --> 00:55:36,720

opposition

1497

00:55:41,829 --> 00:55:40,079

second science has proved that there is

1498

00:55:44,549 --> 00:55:41,839

only matter in the world

1499

00:55:45,589 --> 00:55:44,559

third everything non-material means

1500

00:55:48,710 --> 00:55:45,599

superstition

1501
00:55:51,349 --> 00:55:48,720
means back to the dark ages and

1502
00:55:52,549 --> 00:55:51,359
so all this stuff these are very strong

1503
00:55:55,950 --> 00:55:52,559
ideas

1504
00:55:59,510 --> 00:55:55,960
so we need first to tackle these

1505
00:56:02,150 --> 00:55:59,520
misconceptions because if we don't

1506
00:56:03,589 --> 00:56:02,160
address these misconceptions people

1507
00:56:05,670 --> 00:56:03,599
don't even take a look

1508
00:56:06,630 --> 00:56:05,680
at the evidence because they know he

1509
00:56:09,910 --> 00:56:06,640
advanced that

1510
00:56:13,829 --> 00:56:09,920
it is impossible it's not only possible

1511
00:56:17,829 --> 00:56:13,839
but extremely harmful because it has

1512
00:56:21,990 --> 00:56:17,839
always causing harm throughout history

1513
00:56:25,270 --> 00:56:22,000

so we were only to to flourish

1514

00:56:27,910 --> 00:56:25,280

when we were able to remove all this

1515

00:56:28,630 --> 00:56:27,920

terrible superstition idea so of course

1516

00:56:32,069 --> 00:56:28,640

i i'm

1517

00:56:36,230 --> 00:56:32,079

being ironic and

1518

00:56:39,430 --> 00:56:36,240

make a simplification but this mindset

1519

00:56:43,109 --> 00:56:39,440

i think is it is the major problem so

1520

00:56:45,430 --> 00:56:43,119

when we show that these misconceptions

1521

00:56:47,349 --> 00:56:45,440

does not stand through a good

1522

00:56:48,549 --> 00:56:47,359

philosophical analysis a good historical

1523

00:56:52,390 --> 00:56:48,559

analysis and if

1524

00:56:56,789 --> 00:56:52,400

we disseminate this knowledge

1525

00:56:59,990 --> 00:56:56,799

uh through general audience of course

1526
00:57:02,630 --> 00:57:00,000
to general audience but also in the new

1527
00:57:04,069 --> 00:57:02,640
training scientists the new training

1528
00:57:07,270 --> 00:57:04,079
clinicians

1529
00:57:08,069 --> 00:57:07,280
if we were able to teach them since the

1530
00:57:11,190 --> 00:57:08,079
beginning

1531
00:57:12,230 --> 00:57:11,200
that is not true necessarily that it

1532
00:57:14,150 --> 00:57:12,240
will be

1533
00:57:16,470 --> 00:57:14,160
very very important so this is one just

1534
00:57:19,670 --> 00:57:16,480
another example

1535
00:57:20,230 --> 00:57:19,680
a phd student of mine we made a national

1536
00:57:24,150 --> 00:57:20,240
survey

1537
00:57:27,349 --> 00:57:24,160
with 4 000 psychologists in brazil

1538
00:57:29,349 --> 00:57:27,359

and one question is do you think that

1539

00:57:32,150 --> 00:57:29,359

spirituality impacts health

1540

00:57:33,589 --> 00:57:32,160

that was the question nowadays it's

1541

00:57:35,510 --> 00:57:33,599

established knowledge there are

1542

00:57:37,829 --> 00:57:35,520

literally thousands of studies showing

1543

00:57:41,030 --> 00:57:37,839

that do you believe

1544

00:57:45,190 --> 00:57:41,040

that the psychologist with the higher

1545

00:57:47,510 --> 00:57:45,200

training with phd and postdoc they had

1546

00:57:48,230 --> 00:57:47,520

lower levels of endorsement as a

1547

00:57:51,109 --> 00:57:48,240

statement

1548

00:57:53,670 --> 00:57:51,119

so the scientific training created

1549

00:57:57,750 --> 00:57:53,680

anti-scientific beliefs

1550

00:58:00,470 --> 00:57:57,760

deny the scientific evidence

1551
00:58:00,950 --> 00:58:00,480
that spirituality impacts health so this

1552
00:58:04,230 --> 00:58:00,960
is

1553
00:58:05,030 --> 00:58:04,240
very very alarming how our scientific

1554
00:58:08,630 --> 00:58:05,040
training

1555
00:58:12,150 --> 00:58:08,640
is generating anti-scientific beliefs

1556
00:58:15,430 --> 00:58:12,160
claiming having defending science

1557
00:58:16,789 --> 00:58:15,440
so the two points first is to to address

1558
00:58:19,829 --> 00:58:16,799
these misconceptions

1559
00:58:21,910 --> 00:58:19,839
second is to generate more

1560
00:58:23,349 --> 00:58:21,920
evidence and the third i think it's very

1561
00:58:26,150 --> 00:58:23,359
important but we have

1562
00:58:26,470 --> 00:58:26,160
not worked a lot on this is developing

1563
00:58:31,109 --> 00:58:26,480

some

1564

00:58:33,270 --> 00:58:31,119

that could make sense of everything

1565

00:58:34,950 --> 00:58:33,280

like for example like frederick myers

1566

00:58:37,990 --> 00:58:34,960

with his subliminal mind and

1567

00:58:41,109 --> 00:58:38,000

other authors who propose some

1568

00:58:43,910 --> 00:58:41,119

kind of failures or paradigm candidates

1569

00:58:45,030 --> 00:58:43,920

to explain the whole thing for example

1570

00:58:46,950 --> 00:58:45,040

thomas kuhn

1571

00:58:49,190 --> 00:58:46,960

instructor of scientific revolutions

1572

00:58:51,270 --> 00:58:49,200

showed that people would never

1573

00:58:53,510 --> 00:58:51,280

abandon a previous paradigm if they

1574

00:58:55,190 --> 00:58:53,520

don't have another one a better one

1575

00:58:57,270 --> 00:58:55,200

so it's not only enough to show

1576

00:59:00,150 --> 00:58:57,280

anomalies in the old paradigm

1577

00:59:01,030 --> 00:59:00,160

it's important to show a new and better

1578

00:59:03,670 --> 00:59:01,040

paradigm

1579

00:59:04,630 --> 00:59:03,680

i think that's absolutely brilliant

1580

00:59:07,349 --> 00:59:04,640

wonderful

1581

00:59:07,990 --> 00:59:07,359

and i you know what first first thing

1582

00:59:10,789 --> 00:59:08,000

that pops

1583

00:59:12,710 --> 00:59:10,799

into my mind is part of the conditioning

1584

00:59:15,750 --> 00:59:12,720

is this idea that

1585

00:59:19,030 --> 00:59:15,760

philosophy is dead right and uh right

1586

00:59:22,390 --> 00:59:19,040

stephen hawking's famous thing and it's

1587

00:59:24,150 --> 00:59:22,400

as you kind of so beautifully point out

1588

00:59:25,510 --> 00:59:24,160

it is really the opposite of that is

1589

00:59:28,150 --> 00:59:25,520

true is that

1590

00:59:29,750 --> 00:59:28,160

philosophy always has to be the starting

1591

00:59:31,990 --> 00:59:29,760

point to a certain scent even if we take

1592

00:59:34,390 --> 00:59:32,000

the philosophy of science which you've

1593

00:59:35,270 --> 00:59:34,400

so eloquently kind of laid out how these

1594

00:59:39,109 --> 00:59:35,280

issues are

1595

00:59:41,670 --> 00:59:39,119

philosophy of science questions not just

1596

00:59:43,349 --> 00:59:41,680

ruminating about the world but about

1597

00:59:46,230 --> 00:59:43,359

practically how we would do this

1598

00:59:47,109 --> 00:59:46,240

and then i loved that you were you were

1599

00:59:50,470 --> 00:59:47,119

remaining

1600

00:59:52,870 --> 00:59:50,480

grounded in the data in the method

1601

00:59:55,190 --> 00:59:52,880

hey folks we still do have this

1602

00:59:56,870 --> 00:59:55,200

scientific method and you know what

1603

00:59:58,390 --> 00:59:56,880

it's a tool that can still be applied

1604

01:00:00,230 --> 00:59:58,400

and still move us forward

1605

01:00:03,349 --> 01:00:00,240

so that's all wonderful so now we got to

1606

01:00:09,349 --> 01:00:06,390

and at the beginning of the show you did

1607

01:00:09,990 --> 01:00:09,359

allude to some of the work you've done

1608

01:00:13,270 --> 01:00:10,000

with

1609

01:00:16,950 --> 01:00:13,280

psychic surgery uh the john of god thing

1610

01:00:19,990 --> 01:00:16,960

which collects international headlines

1611

01:00:21,109 --> 01:00:20,000

and it should it challenges us in so

1612

01:00:24,309 --> 01:00:21,119

many ways

1613

01:00:27,430 --> 01:00:24,319

about the

1614

01:00:31,430 --> 01:00:27,440

the dark side of spirituality and

1615

01:00:33,270 --> 01:00:31,440

even the dark side of the social aspect

1616

01:00:34,150 --> 01:00:33,280

of it that we do need this sense of

1617

01:00:37,190 --> 01:00:34,160

community

1618

01:00:37,990 --> 01:00:37,200

we are all susceptible to the cult kind

1619

01:00:39,910 --> 01:00:38,000

of thing

1620

01:00:41,670 --> 01:00:39,920

because it's baked into who we are it's

1621

01:00:43,589 --> 01:00:41,680

not like a bad thing it's like hey we

1622

01:00:45,030 --> 01:00:43,599

want to be around together and

1623

01:00:47,270 --> 01:00:45,040

we want at that wedding or it's a

1624

01:00:50,150 --> 01:00:47,280

funeral we all want to get together

1625

01:00:51,190 --> 01:00:50,160

and people who find a way to turn that

1626
01:00:53,990 --> 01:00:51,200
against this

1627
01:00:54,630 --> 01:00:54,000
can gain great power and then add to the

1628
01:00:57,910 --> 01:00:54,640
fact that

1629
01:00:58,710 --> 01:00:57,920
they may be tapping into an extended

1630
01:01:03,349 --> 01:00:58,720
realm that

1631
01:01:06,549 --> 01:01:03,359
also might at times be aligned with some

1632
01:01:09,030 --> 01:01:06,559
malevolent kind of aspects of

1633
01:01:10,789 --> 01:01:09,040
whatever this extended nature is and we

1634
01:01:11,270 --> 01:01:10,799
have all the things that we see in john

1635
01:01:14,630 --> 01:01:11,280
of god

1636
01:01:18,390 --> 01:01:14,640
the worst of the worst rapist murderer

1637
01:01:20,069 --> 01:01:18,400
ran camps where he would force these

1638
01:01:22,230 --> 01:01:20,079

women to have children and then he'd

1639

01:01:25,190 --> 01:01:22,240

kill them afterwards and sell the babies

1640

01:01:26,630 --> 01:01:25,200

the worst of the worst and even what's

1641

01:01:30,710 --> 01:01:26,640

reported

1642

01:01:33,349 --> 01:01:30,720

is often still sanitized a little bit

1643

01:01:34,390 --> 01:01:33,359

but here's the spin on it that i think

1644

01:01:37,109 --> 01:01:34,400

is so

1645

01:01:39,030 --> 01:01:37,119

important when you went there i mean

1646

01:01:41,750 --> 01:01:39,040

first you have to tell us

1647

01:01:44,309 --> 01:01:41,760

you know you went there because for 40

1648

01:01:46,470 --> 01:01:44,319

years this guy was just regarded as

1649

01:01:48,230 --> 01:01:46,480

getting results and you go there and you

1650

01:01:49,030 --> 01:01:48,240

find that he does sometimes get some

1651
01:01:51,510 --> 01:01:49,040
results

1652
01:01:52,069 --> 01:01:51,520
you don't go there and say this never

1653
01:01:54,390 --> 01:01:52,079
nothing

1654
01:01:55,109 --> 01:01:54,400
ever happened you go there and come back

1655
01:01:57,430 --> 01:01:55,119
and go well

1656
01:01:59,750 --> 01:01:57,440
it's kind of a mixed bag but yeah there

1657
01:02:01,910 --> 01:01:59,760
are some people that later report of

1658
01:02:03,270 --> 01:02:01,920
having a positive result and you i'm

1659
01:02:04,630 --> 01:02:03,280
sure had no way of knowing

1660
01:02:05,990 --> 01:02:04,640
all the other stuff that was going on

1661
01:02:06,950 --> 01:02:06,000
like so many other people in the world

1662
01:02:09,829 --> 01:02:06,960
didn't

1663
01:02:11,670 --> 01:02:09,839

but there's so many layers to this where

1664

01:02:13,430 --> 01:02:11,680

do you even want to start maybe start

1665

01:02:16,710 --> 01:02:13,440

with telling us

1666

01:02:17,750 --> 01:02:16,720

specifically what was your experience

1667

01:02:19,910 --> 01:02:17,760

what was your

1668

01:02:21,670 --> 01:02:19,920

reason for going there what year it was

1669

01:02:22,950 --> 01:02:21,680

and then what happened is this thing

1670

01:02:26,230 --> 01:02:22,960

unfolded

1671

01:02:29,589 --> 01:02:26,240

okay i think that of course

1672

01:02:30,870 --> 01:02:29,599

all sorts of ideas and even of good

1673

01:02:35,270 --> 01:02:30,880

concepts could be

1674

01:02:38,390 --> 01:02:35,280

misused science is a big example

1675

01:02:41,670 --> 01:02:38,400

the nazism was a

1676

01:02:45,430 --> 01:02:41,680

big misuse of science the

1677

01:02:48,549 --> 01:02:45,440

darwinism was misused to support racism

1678

01:02:49,990 --> 01:02:48,559

and things like that so yeah millions of

1679

01:02:53,670 --> 01:02:50,000

people were curious based

1680

01:02:56,870 --> 01:02:53,680

on misguided use of science for example

1681

01:02:57,430 --> 01:02:56,880

we can misuse the idea of justice and

1682

01:03:00,870 --> 01:02:57,440

then

1683

01:03:01,990 --> 01:03:00,880

we had people in name of injustice and

1684

01:03:04,150 --> 01:03:02,000

things like that

1685

01:03:05,589 --> 01:03:04,160

so i think that spirituality religion is

1686

01:03:09,270 --> 01:03:05,599

the same you know of course

1687

01:03:11,430 --> 01:03:09,280

it can do much harm if it is misused

1688

01:03:12,309 --> 01:03:11,440

i think that's the point is like any

1689

01:03:16,549 --> 01:03:12,319

other

1690

01:03:18,309 --> 01:03:16,559

major force in

1691

01:03:19,910 --> 01:03:18,319

human's life hold on because that's just

1692

01:03:21,190 --> 01:03:19,920

you now let's make sure we're talk

1693

01:03:23,190 --> 01:03:21,200

because sometimes we talk about this

1694

01:03:24,789 --> 01:03:23,200

stuff when we don't really nail it down

1695

01:03:27,109 --> 01:03:24,799

you are primarily i would say

1696

01:03:29,430 --> 01:03:27,119

exclusively talking about the social

1697

01:03:30,789 --> 01:03:29,440

aspect of it and maybe you couldn't

1698

01:03:32,950 --> 01:03:30,799

spread that out to the

1699

01:03:34,549 --> 01:03:32,960

bio psycho part that you're talking

1700

01:03:37,029 --> 01:03:34,559

about but there

1701

01:03:38,150 --> 01:03:37,039

is evidence if you're willing to let

1702

01:03:41,750 --> 01:03:38,160

some of it in

1703

01:03:43,990 --> 01:03:41,760

that there is a spiritual part of this

1704

01:03:44,789 --> 01:03:44,000

that is negative that is dark that is

1705

01:03:46,950 --> 01:03:44,799

evil that

1706

01:03:48,630 --> 01:03:46,960

is all those things that and this is

1707

01:03:49,829 --> 01:03:48,640

widely reported right i'm gonna have to

1708

01:03:52,470 --> 01:03:49,839

dance around this

1709

01:03:55,109 --> 01:03:52,480

so that kind of brings a whole different

1710

01:03:57,910 --> 01:03:55,119

flavor to that you know was john of god

1711

01:03:59,510 --> 01:03:57,920

being demonically controlled to kind of

1712

01:04:01,190 --> 01:03:59,520

go way out there on the edge

1713

01:04:02,950 --> 01:04:01,200

we don't know but doesn't that have to

1714

01:04:05,589 --> 01:04:02,960

be on the table as well as all the other

1715

01:04:09,190 --> 01:04:05,599

things you're talking about

1716

01:04:11,270 --> 01:04:09,200

yeah i think so i think that uh

1717

01:04:12,390 --> 01:04:11,280

all spiritual traditions talk about some

1718

01:04:16,069 --> 01:04:12,400

kind of negative

1719

01:04:17,109 --> 01:04:16,079

spiritual force and i think this should

1720

01:04:19,589 --> 01:04:17,119

be

1721

01:04:21,589 --> 01:04:19,599

also discussed and specifically

1722

01:04:25,510 --> 01:04:21,599

specifically about john of god

1723

01:04:28,710 --> 01:04:25,520

we perform a study with him in 95

1724

01:04:30,069 --> 01:04:28,720

26 years ago we went there was a match

1725

01:04:32,069 --> 01:04:30,079

we shouldn't we went there

1726

01:04:34,390 --> 01:04:32,079

we interviewed people before and after

1727

01:04:35,829 --> 01:04:34,400

the surgeries we follow up the surgeries

1728

01:04:38,309 --> 01:04:35,839

we filmed the surgeries

1729

01:04:39,990 --> 01:04:38,319

we took the tissues that he claimed to

1730

01:04:40,789 --> 01:04:40,000

have removed from patients actually he

1731

01:04:43,910 --> 01:04:40,799

removed these

1732

01:04:46,549 --> 01:04:43,920

tissues from patients and so

1733

01:04:48,789 --> 01:04:46,559

we found out that actually he didn't use

1734

01:04:51,510 --> 01:04:48,799

any anesthetic procedures

1735

01:04:52,710 --> 01:04:51,520

that we were able to detect and accept

1736

01:04:55,349 --> 01:04:52,720

procedures

1737

01:04:58,069 --> 01:04:55,359

they pay most of patients did not report

1738

01:05:01,349 --> 01:04:58,079

any pain despite being cut

1739

01:05:04,549 --> 01:05:01,359

with kitchen knives quite often

1740

01:05:05,349 --> 01:05:04,559

and the tissues that he removed were

1741

01:05:08,630 --> 01:05:05,359

compatible

1742

01:05:11,430 --> 01:05:08,640

with the the places from where

1743

01:05:13,510 --> 01:05:11,440

they were removed but most of these

1744

01:05:15,990 --> 01:05:13,520

tissues were not pathological ones

1745

01:05:16,950 --> 01:05:16,000

for example he removed it from health

1746

01:05:19,990 --> 01:05:16,960

tissues

1747

01:05:22,470 --> 01:05:20,000

from these different places and also

1748

01:05:24,390 --> 01:05:22,480

he it was clear that he performed a ver

1749

01:05:26,549 --> 01:05:24,400

dramatic in quite strong

1750

01:05:28,470 --> 01:05:26,559

way during his surgeries we report

1751

01:05:29,270 --> 01:05:28,480

everything that is in a paper published

1752

01:05:31,910 --> 01:05:29,280

by the

1753

01:05:33,990 --> 01:05:31,920

brazilian medical association and also

1754

01:05:35,990 --> 01:05:34,000

later we publish with stanley krippner a

1755

01:05:38,870 --> 01:05:36,000

version of journal shamanic brexit

1756

01:05:40,230 --> 01:05:38,880

english version of this paper at that

1757

01:05:43,589 --> 01:05:40,240

time you have never heard

1758

01:05:46,950 --> 01:05:43,599

about this accusations of sexual

1759

01:05:50,549 --> 01:05:46,960

problems and things like that but anyway

1760

01:05:52,230 --> 01:05:50,559

we but since then i was not directly

1761

01:05:54,950 --> 01:05:52,240

focused in study of

1762

01:05:55,990 --> 01:05:54,960

healing and psychic surgeries anymore i

1763

01:05:59,029 --> 01:05:56,000

took a different

1764

01:06:01,589 --> 01:05:59,039

path in my career investigating more

1765

01:06:04,390 --> 01:06:01,599

spiritual experiences mental health

1766

01:06:05,589 --> 01:06:04,400

and mind brain connections although i

1767

01:06:07,670 --> 01:06:05,599

think it's very important

1768

01:06:09,430 --> 01:06:07,680

to the study of healing spiritual

1769

01:06:12,230 --> 01:06:09,440

healing and things like that

1770

01:06:14,069 --> 01:06:12,240

and even here in brazil we have recently

1771

01:06:17,109 --> 01:06:14,079

a discussion about

1772

01:06:21,109 --> 01:06:17,119

mediums who claim to be to receive

1773

01:06:24,390 --> 01:06:21,119

letters from deceased and that is a big

1774

01:06:26,069 --> 01:06:24,400

claim that some of them

1775

01:06:28,150 --> 01:06:26,079

are actually fraudulent taking

1776

01:06:29,670 --> 01:06:28,160

information from internet for social

1777

01:06:32,150 --> 01:06:29,680

media and things like that

1778

01:06:33,349 --> 01:06:32,160

so of course we need to be aware of all

1779

01:06:36,710 --> 01:06:33,359

of this

1780

01:06:40,549 --> 01:06:36,720

fraud and misuse of spirituality

1781

01:06:43,829 --> 01:06:40,559

to have control and or other

1782

01:06:44,789 --> 01:06:43,839

evil uses of religion we need to be

1783

01:06:47,589 --> 01:06:44,799

aware of this

1784

01:06:49,109 --> 01:06:47,599

it's it's not new for example if we go

1785

01:06:53,510 --> 01:06:49,119

to the gospels

1786

01:06:56,549 --> 01:06:53,520

we can see that the people who jesus

1787

01:06:59,990 --> 01:06:56,559

blamed the most or was more had more

1788

01:07:01,910 --> 01:07:00,000

strong words to say to what exactly the

1789

01:07:03,029 --> 01:07:01,920

religious people who misuse their

1790

01:07:06,150 --> 01:07:03,039

religious power

1791

01:07:08,470 --> 01:07:06,160

definitely

1792

01:07:09,589 --> 01:07:08,480

a big issue that needs to be taken

1793

01:07:11,109 --> 01:07:09,599

consideration

1794

01:07:12,789 --> 01:07:11,119

right i'm just going to poke at this a

1795

01:07:15,670 --> 01:07:12,799

little bit more because

1796

01:07:16,309 --> 01:07:15,680

i'm very interested in this topic of

1797

01:07:18,390 --> 01:07:16,319

evil

1798

01:07:21,349 --> 01:07:18,400

not because i want to stare into the

1799

01:07:24,390 --> 01:07:21,359

abyss but because i want to point out

1800

01:07:26,950 --> 01:07:24,400

how inept we've allowed ourselves to be

1801

01:07:28,789 --> 01:07:26,960

in dealing with this and you know you

1802

01:07:30,549 --> 01:07:28,799

mentioned the forced choice thing and i

1803

01:07:33,670 --> 01:07:30,559

think that's where we're at here

1804

01:07:36,390 --> 01:07:33,680

with evil we're forced into either this

1805

01:07:38,390 --> 01:07:36,400

very rigid kindergarten atheistic well

1806

01:07:41,589 --> 01:07:38,400

that can't possibly be true

1807

01:07:44,549 --> 01:07:41,599

understanding or we're forced into

1808

01:07:46,150 --> 01:07:44,559

oh here it is it's in this book i'll

1809

01:07:47,910 --> 01:07:46,160

bring out the gospel i'll bring up the

1810

01:07:50,230 --> 01:07:47,920

crown i'll bring out whatever

1811

01:07:52,309 --> 01:07:50,240

and my book will tell us all we need to

1812

01:07:55,430 --> 01:07:52,319

know

1813

01:07:57,990 --> 01:07:55,440

where you were going ultimately i think

1814

01:07:58,870 --> 01:07:58,000

you know in in terms of actually

1815

01:08:02,069 --> 01:07:58,880

developing

1816

01:08:02,309 --> 01:08:02,079

some kind of uh advanced understanding

1817

01:08:04,789 --> 01:08:02,319

of

1818

01:08:05,349 --> 01:08:04,799

these extended consciousness realms and

1819

01:08:07,270 --> 01:08:05,359

the light

1820

01:08:09,750 --> 01:08:07,280

and the dark and the good and the evil

1821

01:08:12,789 --> 01:08:09,760

as it exists as it influences us

1822

01:08:15,910 --> 01:08:12,799

is what we really want on some level

1823

01:08:17,669 --> 01:08:15,920

and it's really the only way intuitively

1824

01:08:18,870 --> 01:08:17,679

we know that's the only way to explain

1825

01:08:20,709 --> 01:08:18,880

john a god

1826

01:08:23,990 --> 01:08:20,719

john of god isn't just ripping people

1827

01:08:27,349 --> 01:08:24,000

off there's something darker going on

1828

01:08:30,470 --> 01:08:27,359

those catholic priests that abuse

1829

01:08:33,269 --> 01:08:30,480

at a systematic level all those

1830

01:08:34,550 --> 01:08:33,279

children all those families in brazil

1831

01:08:36,149 --> 01:08:34,560

some of the highest rates

1832

01:08:37,590 --> 01:08:36,159

in the world and yet you know the

1833

01:08:37,990 --> 01:08:37,600

catholic church isn't out of business in

1834

01:08:39,349 --> 01:08:38,000

brazil

1835

01:08:41,030 --> 01:08:39,359

they're not out of business any place in

1836

01:08:41,349 --> 01:08:41,040

the world they're allowed to go on and

1837

01:08:44,070 --> 01:08:41,359

it's

1838

01:08:46,070 --> 01:08:44,080

clearly an institutional level problem

1839

01:08:46,390 --> 01:08:46,080

if it was any normal organization they

1840

01:08:49,030 --> 01:08:46,400

just

1841

01:08:49,430 --> 01:08:49,040

shut it down our intuitive sense is

1842

01:08:52,630 --> 01:08:49,440

there

1843

01:08:56,870 --> 01:08:52,640

is something more to that

1844

01:09:01,349 --> 01:08:56,880

that isn't just bio-psycho

1845

01:09:02,789 --> 01:09:01,359

it's spiritual and how do we get there

1846

01:09:05,189 --> 01:09:02,799

first of all maybe you don't agree with

1847

01:09:07,669 --> 01:09:05,199

that but if you do agree with it

1848

01:09:08,309 --> 01:09:07,679

how do we get there it's a very very

1849

01:09:11,829 --> 01:09:08,319

tricky

1850

01:09:14,950 --> 01:09:11,839

and touchy subject to to really full-on

1851

01:09:16,870 --> 01:09:14,960

contemplate what that evil is without

1852

01:09:18,550 --> 01:09:16,880

just doing a drive-by stare into it

1853

01:09:20,950 --> 01:09:18,560

watching netflix

1854

01:09:21,910 --> 01:09:20,960

how scary to say what is really going on

1855

01:09:24,550 --> 01:09:21,920

there

1856

01:09:25,269 --> 01:09:24,560

i i don't know if i have a good answer

1857

01:09:28,789 --> 01:09:25,279

to

1858

01:09:30,070 --> 01:09:28,799

your very interesting challenging

1859

01:09:33,510 --> 01:09:30,080

questions

1860

01:09:37,110 --> 01:09:33,520

yeah i think all of us have our

1861

01:09:40,229 --> 01:09:37,120

angels and demons inside us

1862

01:09:41,430 --> 01:09:40,239

and we need to be very careful to which

1863

01:09:44,470 --> 01:09:41,440

of them we will

1864

01:09:46,550 --> 01:09:44,480

feed and and

1865

01:09:48,229 --> 01:09:46,560

it's even worse because we know that

1866

01:09:51,910 --> 01:09:48,239

some of the worst

1867

01:09:54,550 --> 01:09:51,920

things done in history

1868

01:09:55,669 --> 01:09:54,560

were done in the name of good in some

1869

01:09:57,750 --> 01:09:55,679

sense

1870

01:10:00,149 --> 01:09:57,760

uh of course usually people don't say

1871

01:10:00,830 --> 01:10:00,159

okay i'm doing bad very bad things are

1872

01:10:04,229 --> 01:10:00,840

you

1873

01:10:04,709 --> 01:10:04,239

uh recruit people to do bad things of

1874

01:10:07,830 --> 01:10:04,719

course

1875

01:10:08,790 --> 01:10:07,840

does not work like that we say oh we are

1876

01:10:11,430 --> 01:10:08,800

renewing

1877

01:10:13,270 --> 01:10:11,440

the world we are changing for example

1878

01:10:16,470 --> 01:10:13,280

the

1879

01:10:18,470 --> 01:10:16,480

maoist in china with this crucial

1880

01:10:20,709 --> 01:10:18,480

revolution the idea was like oh

1881

01:10:22,310 --> 01:10:20,719

we are renewing everything because the

1882

01:10:24,790 --> 01:10:22,320

old people were bad

1883

01:10:25,590 --> 01:10:24,800

like let's do this and then let's kill

1884

01:10:28,390 --> 01:10:25,600

millions

1885

01:10:29,990 --> 01:10:28,400

so like the nazism and like the

1886

01:10:31,590 --> 01:10:30,000

religious wars and

1887

01:10:33,669 --> 01:10:31,600

things like that so i think we need to

1888

01:10:37,189 --> 01:10:33,679

be very careful

1889

01:10:40,630 --> 01:10:37,199

about the self-deception

1890

01:10:44,470 --> 01:10:40,640

about the rationalizing our

1891

01:10:46,630 --> 01:10:44,480

evil aspect of ourselves

1892

01:10:47,669 --> 01:10:46,640

so uh so we need to be very careful

1893

01:10:50,550 --> 01:10:47,679

about that

1894

01:10:51,669 --> 01:10:50,560

very careful about the means that we use

1895

01:10:53,910 --> 01:10:51,679

to some end

1896

01:10:55,669 --> 01:10:53,920

i think this is essential also to keep

1897

01:10:59,350 --> 01:10:55,679

this in mind

1898

01:11:02,630 --> 01:10:59,360

and also i think that a good cultivation

1899

01:11:04,390 --> 01:11:02,640

of a healthy spiritual life that try

1900

01:11:08,149 --> 01:11:04,400

really to want to use

1901

01:11:11,510 --> 01:11:08,159

uh good spiritual reading meditation

1902

01:11:12,229 --> 01:11:11,520

prayer contact with diverse people to be

1903

01:11:14,390 --> 01:11:12,239

open

1904

01:11:16,310 --> 01:11:14,400

to criticism to talk to other people

1905

01:11:19,910 --> 01:11:16,320

different perspectives

1906

01:11:21,189 --> 01:11:19,920

and genuinely search for the truth and

1907

01:11:26,390 --> 01:11:21,199

for the

1908

01:11:27,990 --> 01:11:26,400

i i understand your hesitancy because

1909

01:11:30,070 --> 01:11:28,000

when we really want to talk about our

1910

01:11:32,630 --> 01:11:30,080

our own personal spirituality

1911

01:11:34,550 --> 01:11:32,640

it's difficult and you are playing such

1912

01:11:35,189 --> 01:11:34,560

an important role in trying to keep your

1913

01:11:39,430 --> 01:11:35,199

feet

1914

01:11:41,910 --> 01:11:39,440

on on on solid ground on both counts and

1915

01:11:43,590 --> 01:11:41,920

i so respect that and we so need that

1916

01:11:44,709 --> 01:11:43,600

and you're so brilliant at the way that

1917

01:11:48,790 --> 01:11:44,719

you do it

1918

01:11:51,830 --> 01:11:48,800

to whatever extent you feel you can

1919

01:11:54,070 --> 01:11:51,840

explain to us how you understand your

1920

01:11:57,189 --> 01:11:54,080

personal spirituality because

1921

01:11:58,950 --> 01:11:57,199

what you just hinted at is essentially

1922

01:12:00,550 --> 01:11:58,960

where i wind up at the end of the day

1923

01:12:02,149 --> 01:12:00,560

which is that the secret of the ascent

1924

01:12:04,870 --> 01:12:02,159

is to always look up

1925

01:12:06,070 --> 01:12:04,880

and the light is really infinitely more

1926

01:12:07,669 --> 01:12:06,080

powerful than the dark

1927

01:12:09,590 --> 01:12:07,679

and it's really not that hard to even

1928

01:12:11,030 --> 01:12:09,600

distinguish between the true i mean we

1929

01:12:13,189 --> 01:12:11,040

kind of have it

1930

01:12:14,790 --> 01:12:13,199

wired into us you know what's the right

1931

01:12:16,149 --> 01:12:14,800

thing and even if we can't choose it all

1932

01:12:18,229 --> 01:12:16,159

the time it's

1933

01:12:19,990 --> 01:12:18,239

it's a choice that we that we can make

1934

01:12:20,310 --> 01:12:20,000

and we can kind of see where that leads

1935

01:12:23,510 --> 01:12:20,320

it's

1936

01:12:26,149 --> 01:12:23,520

just not that complicated but

1937

01:12:27,669 --> 01:12:26,159

i just share that because i i don't want

1938

01:12:29,270 --> 01:12:27,679

to just grill you all the time and not

1939

01:12:30,310 --> 01:12:29,280

say anything so to whatever extent you

1940

01:12:33,110 --> 01:12:30,320

feel

1941

01:12:36,229 --> 01:12:33,120

you can share your personal

1942

01:12:39,270 --> 01:12:36,239

understanding of uh spirituality

1943

01:12:42,870 --> 01:12:39,280

as i told you previously i grew up in a

1944

01:12:46,630 --> 01:12:42,880

spiritist and catholic background

1945

01:12:50,149 --> 01:12:46,640

and i've become more and more interested

1946

01:12:53,270 --> 01:12:50,159

in perennial philosophy in in

1947

01:12:54,870 --> 01:12:53,280

seeing how different spiritual

1948

01:12:58,310 --> 01:12:54,880

traditions

1949

01:13:01,910 --> 01:12:58,320

throughout history are different

1950

01:13:05,189 --> 01:13:01,920

angles to understand the transcendent

1951

01:13:05,830 --> 01:13:05,199

the spirituality usually each different

1952

01:13:09,550 --> 01:13:05,840

tradition

1953

01:13:11,110 --> 01:13:09,560

emphasized more one aspect of

1954

01:13:14,709 --> 01:13:11,120

spirituality

1955

01:13:17,750 --> 01:13:14,719

but we we can learn a lot

1956

01:13:19,430 --> 01:13:17,760

from all these perspectives so my my

1957

01:13:27,830 --> 01:13:19,440

personal

1958

01:13:31,750 --> 01:13:27,840

is that yeah we are spiritual beings

1959

01:13:35,110 --> 01:13:31,760

that we are in a journey that is

1960

01:13:39,030 --> 01:13:35,120

something beyond uh matter and we are

1961

01:13:42,229 --> 01:13:39,040

in in a journey towards towards

1962

01:13:45,669 --> 01:13:42,239

god or whatever the name we we call this

1963

01:13:49,590 --> 01:13:45,679

and there is kind of a harmony and

1964

01:13:52,630 --> 01:13:49,600

the universe that is sustained by this

1965

01:13:54,870 --> 01:13:52,640

higher being and

1966

01:13:55,910 --> 01:13:54,880

and the different religious traditions

1967

01:14:00,390 --> 01:13:55,920

are

1968

01:14:03,910 --> 01:14:00,400

different angles that people can

1969

01:14:07,590 --> 01:14:03,920

see aspects of this ultimate

1970

01:14:11,430 --> 01:14:07,600

reality and these religions not are only

1971

01:14:14,390 --> 01:14:11,440

different angles but also molded by the

1972

01:14:16,470 --> 01:14:14,400

capacities and culture and people from

1973

01:14:19,510 --> 01:14:16,480

these different perspectives

1974

01:14:22,470 --> 01:14:19,520

and i truly believe that we are

1975

01:14:23,270 --> 01:14:22,480

i i don't see any distinction between

1976

01:14:25,510 --> 01:14:23,280

any people

1977

01:14:28,149 --> 01:14:25,520

from anywhere i think we are in the same

1978

01:14:31,590 --> 01:14:28,159

journey we need to help each other

1979

01:14:35,350 --> 01:14:31,600

in going to our

1980

01:14:38,470 --> 01:14:35,360

higher to what distinction to be

1981

01:14:40,630 --> 01:14:38,480

i think that's the the main idea and i

1982

01:14:43,750 --> 01:14:40,640

think as i said previously i think the

1983

01:14:47,350 --> 01:14:43,760

art spirituality and science are

1984

01:14:50,070 --> 01:14:47,360

two key ways to grasp

1985

01:14:51,270 --> 01:14:50,080

this reality and i'm very interested

1986

01:14:53,750 --> 01:14:51,280

nowadays for example

1987

01:14:54,709 --> 01:14:53,760

understanding spiritual motivations in

1988

01:14:57,510 --> 01:14:54,719

art

1989

01:14:58,310 --> 01:14:57,520

and also there is a strong connection

1990

01:15:02,229 --> 01:14:58,320

also

1991

01:15:03,910 --> 01:15:02,239

in major artists since mozart beethoven

1992

01:15:06,390 --> 01:15:03,920

so i think that is a huge

1993

01:15:08,709 --> 01:15:06,400

interconnection between these

1994

01:15:10,070 --> 01:15:08,719

different aspects of human life and the

1995

01:15:13,110 --> 01:15:10,080

connection with the

1996

01:15:14,149 --> 01:15:13,120

ultimate reality i think that's

1997

01:15:16,149 --> 01:15:14,159

wonderful and uh

1998

01:15:17,830 --> 01:15:16,159

i appreciate that and you've certainly

1999

01:15:20,870 --> 01:15:17,840

given us

2000

01:15:24,470 --> 01:15:20,880

such a more encouraging

2001
01:15:25,510 --> 01:15:24,480
broader view of how we might imagine our

2002
01:15:27,510 --> 01:15:25,520
own spiritual

2003
01:15:28,870 --> 01:15:27,520
journey and it's just terrific and it's

2004
01:15:31,110 --> 01:15:28,880
so appreciated

2005
01:15:32,229 --> 01:15:31,120
so in a little bit of time we have left

2006
01:15:35,510 --> 01:15:32,239
dr amita what

2007
01:15:37,270 --> 01:15:35,520
are you working on now what has caught

2008
01:15:38,310 --> 01:15:37,280
you talked a little bit about the topics

2009
01:15:40,550 --> 01:15:38,320
that you're interested

2010
01:15:41,669 --> 01:15:40,560
in how do people follow what you're

2011
01:15:45,350 --> 01:15:41,679
doing and

2012
01:15:48,470 --> 01:15:45,360
keep up with your work well uh currently

2013
01:15:51,910 --> 01:15:48,480

we are performing some studies

2014

01:15:53,830 --> 01:15:51,920

in spiritual experiences specifically we

2015

01:15:56,310 --> 01:15:53,840

are performing two national surveys

2016

01:15:57,110 --> 01:15:56,320

one in people who claim previous life

2017

01:15:59,510 --> 01:15:57,120

and another

2018

01:16:01,030 --> 01:15:59,520

in people who have near death experience

2019

01:16:03,830 --> 01:16:01,040

here in brazil

2020

01:16:04,950 --> 01:16:03,840

so we are collecting reports from these

2021

01:16:06,550 --> 01:16:04,960

people

2022

01:16:08,630 --> 01:16:06,560

these are two studies we are also

2023

01:16:11,030 --> 01:16:08,640

performing i study nowadays with

2024

01:16:12,950 --> 01:16:11,040

mediums who claim to receive messages

2025

01:16:14,149 --> 01:16:12,960

from these people we are investigating

2026

01:16:16,790 --> 01:16:14,159

the accuracy

2027

01:16:18,390 --> 01:16:16,800

of the information that they produce we

2028

01:16:19,350 --> 01:16:18,400

are also working with end-of-life

2029

01:16:23,350 --> 01:16:19,360

experience

2030

01:16:25,510 --> 01:16:23,360

patients in hospices in

2031

01:16:26,870 --> 01:16:25,520

palliative care units and we are

2032

01:16:30,149 --> 01:16:26,880

investigating their

2033

01:16:32,070 --> 01:16:30,159

spiritual experiences we are also

2034

01:16:33,350 --> 01:16:32,080

investigating more in a historical

2035

01:16:36,470 --> 01:16:33,360

perspective

2036

01:16:39,590 --> 01:16:36,480

how the spr the societal cycle research

2037

01:16:42,149 --> 01:16:39,600

the major minds in the pre the first

2038

01:16:44,870 --> 01:16:42,159

decades of spr how they deal

2039

01:16:45,669 --> 01:16:44,880
with survival research specifically

2040

01:16:48,790 --> 01:16:45,679
regarding

2041

01:16:50,790 --> 01:16:48,800
theory a methodological challenges end

2042

01:16:52,470 --> 01:16:50,800
of a 19th century beginning a 20th

2043

01:16:53,830 --> 01:16:52,480
century kind of time frame yeah before

2044

01:16:57,430 --> 01:16:53,840
that until 1920.

2045

01:17:00,630 --> 01:16:57,440
yeah and also we have a phd student

2046

01:17:01,350 --> 01:17:00,640
who is investigating also philosophers

2047

01:17:04,390 --> 01:17:01,360
from

2048

01:17:07,189 --> 01:17:04,400
20th century and how they

2049

01:17:09,270 --> 01:17:07,199
did discuss uh the possibility of

2050

01:17:10,390 --> 01:17:09,280
empirical evidence for survival of

2051

01:17:14,149 --> 01:17:10,400

consciousness

2052

01:17:17,030 --> 01:17:14,159

and which kind of evidence would it be

2053

01:17:18,709 --> 01:17:17,040

so these are some sorts of investigation

2054

01:17:20,550 --> 01:17:18,719

that we are performing

2055

01:17:22,550 --> 01:17:20,560

and people who are interested in being

2056

01:17:23,510 --> 01:17:22,560

in touch with us we have a youtube

2057

01:17:26,630 --> 01:17:23,520

channel

2058

01:17:28,310 --> 01:17:26,640

tv new piece new piece is the name of

2059

01:17:31,270 --> 01:17:28,320

our research group it's a bilingual

2060

01:17:32,310 --> 01:17:31,280

bilingual channel uh portuguese and

2061

01:17:36,070 --> 01:17:32,320

english

2062

01:17:39,030 --> 01:17:36,080

so tv loops n-u-p-e-s if you search

2063

01:17:40,390 --> 01:17:39,040

it you will find hundreds of videos from

2064

01:17:43,510 --> 01:17:40,400

different perspectives

2065

01:17:46,630 --> 01:17:43,520

on different authors around the globe

2066

01:17:51,189 --> 01:17:46,640

so we have also our social media

2067

01:17:54,630 --> 01:17:51,199

in what's in instagram and facebook

2068

01:17:57,510 --> 01:17:54,640

and this august we are publishing

2069

01:17:58,310 --> 01:17:57,520

a book at oxford university press that

2070

01:18:02,229 --> 01:17:58,320

is

2071

01:18:04,229 --> 01:18:02,239

because we have more than 30

2072

01:18:06,390 --> 01:18:04,239

leading authors from eight different

2073

01:18:09,030 --> 01:18:06,400

countries discussing the

2074

01:18:10,390 --> 01:18:09,040

practical implications of spiritual to

2075

01:18:12,709 --> 01:18:10,400

mental health

2076

01:18:13,750 --> 01:18:12,719

it can be found at amazon at their

2077

01:18:16,070 --> 01:18:13,760

webpage that you

2078

01:18:18,070 --> 01:18:16,080

showed previously can you can you give

2079

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

people the the title of that book

2080

01:18:21,430 --> 01:18:20,159

spirituality and mental health across

2081

01:18:23,189 --> 01:18:21,440

cultures

2082

01:18:24,470 --> 01:18:23,199

we are very very proud of this book

2083

01:18:28,070 --> 01:18:24,480

because it's it

2084

01:18:29,830 --> 01:18:28,080

has the top altars in the world from

2085

01:18:30,950 --> 01:18:29,840

different perspectives and spirituality

2086

01:18:33,189 --> 01:18:30,960

and mental health

2087

01:18:35,030 --> 01:18:33,199

so i think it's a very very uh good

2088

01:18:37,750 --> 01:18:35,040

introduction and summary

2089

01:18:39,270 --> 01:18:37,760

to the practical aspects and there is

2090

01:18:41,510 --> 01:18:39,280

also this other book from

2091

01:18:43,189 --> 01:18:41,520

springer exploring the frontiers of

2092

01:18:45,110 --> 01:18:43,199

mighty brain relationship

2093

01:18:46,950 --> 01:18:45,120

that we published a few years ago that

2094

01:18:49,189 --> 01:18:46,960

discusses more the mind brain

2095

01:18:50,310 --> 01:18:49,199

issue the spiritual experiences and

2096

01:18:51,990 --> 01:18:50,320

these uh

2097

01:18:54,229 --> 01:18:52,000

questioning aspects regarding

2098

01:18:57,510 --> 01:18:54,239

materialism i think this is also

2099

01:18:59,750 --> 01:18:57,520

another possibility i have to ask this

2100

01:19:01,990 --> 01:18:59,760

because people are going to ask me

2101
01:19:03,590 --> 01:19:02,000
this book is an oxford university press

2102
01:19:05,830 --> 01:19:03,600
it's going to come out at 70

2103
01:19:06,709 --> 01:19:05,840
in the u.s a lot of people aren't going

2104
01:19:09,270 --> 01:19:06,719
to

2105
01:19:12,070 --> 01:19:09,280
fork over that money or sometimes they

2106
01:19:15,189 --> 01:19:12,080
come out with a kindle version later

2107
01:19:18,310 --> 01:19:15,199
or a version that's more more affordable

2108
01:19:21,350 --> 01:19:18,320
is that a possibility no there will be

2109
01:19:24,470 --> 01:19:21,360
a kindle version a paperback

2110
01:19:26,390 --> 01:19:24,480
and also we asked them that

2111
01:19:27,750 --> 01:19:26,400
some parts of the book will be opening

2112
01:19:30,870 --> 01:19:27,760
access will be

2113
01:19:33,669 --> 01:19:30,880

open access for for some months

2114

01:19:35,590 --> 01:19:33,679

so this is good news and this book in

2115

01:19:37,910 --> 01:19:35,600

the middle this blue one exploring

2116

01:19:41,110 --> 01:19:37,920

frontiers of mighty brain relationship

2117

01:19:44,070 --> 01:19:41,120

is a one that tacos tackles more

2118

01:19:46,550 --> 01:19:44,080

on the mighty brain issue in no

2119

01:19:49,189 --> 01:19:46,560

materialist perspective in the in-depth

2120

01:19:49,990 --> 01:19:49,199

analysis of different spiritual

2121

01:19:52,870 --> 01:19:50,000

experience it

2122

01:19:53,910 --> 01:19:52,880

has chapters from andrew newberg mario

2123

01:19:56,790 --> 01:19:53,920

bohegar

2124

01:19:57,910 --> 01:19:56,800

bruce gray so so many of the key authors

2125

01:20:01,510 --> 01:19:57,920

in the field

2126
01:20:02,470 --> 01:20:01,520
so i think it's a it's a good overview

2127
01:20:05,669 --> 01:20:02,480
also of

2128
01:20:08,390 --> 01:20:05,679
this this field and

2129
01:20:09,030 --> 01:20:08,400
also another aspect another new good

2130
01:20:11,510 --> 01:20:09,040
news

2131
01:20:13,910 --> 01:20:11,520
is that this year our research group

2132
01:20:14,470 --> 01:20:13,920
here in brazil we are celebrating 15

2133
01:20:17,189 --> 01:20:14,480
years

2134
01:20:18,950 --> 01:20:17,199
of our research group nucleus at federal

2135
01:20:22,149 --> 01:20:18,960
university officials de fara

2136
01:20:24,149 --> 01:20:22,159
and on september 11th we will have an

2137
01:20:25,669 --> 01:20:24,159
online meeting bilingual portuguese and

2138
01:20:28,709 --> 01:20:25,679

english also

2139

01:20:31,669 --> 01:20:28,719

discussing the present and future

2140

01:20:32,310 --> 01:20:31,679

of science and spirituality we will have

2141

01:20:34,629 --> 01:20:32,320

also

2142

01:20:35,750 --> 01:20:34,639

some of the best authors in the field we

2143

01:20:38,950 --> 01:20:35,760

will have

2144

01:20:41,350 --> 01:20:38,960

her the konig and park can parliament in

2145

01:20:42,470 --> 01:20:41,360

history in in psychology and medicine

2146

01:20:44,870 --> 01:20:42,480

will have

2147

01:20:46,790 --> 01:20:44,880

ezio cardinal and robert cloninger

2148

01:20:48,950 --> 01:20:46,800

discussing consciousness

2149

01:20:50,709 --> 01:20:48,960

how spiritual experience can help us to

2150

01:20:54,709 --> 01:20:50,719

understand consciousness

2151
01:20:57,510 --> 01:20:54,719
we also have ronald numbers one of the

2152
01:20:58,629 --> 01:20:57,520
best historians of science nowadays

2153
01:21:01,270 --> 01:20:58,639
who published that the harvard

2154
01:21:01,590 --> 01:21:01,280
university press book galileo goes to jv

2155
01:21:04,149 --> 01:21:01,600
and

2156
01:21:05,189 --> 01:21:04,159
other myths in religion science very

2157
01:21:07,270 --> 01:21:05,199
very

2158
01:21:08,629 --> 01:21:07,280
uh interesting altar on this and also

2159
01:21:11,910 --> 01:21:08,639
you have andrew

2160
01:21:15,430 --> 01:21:11,920
vincent who is catholic priest

2161
01:21:18,149 --> 01:21:15,440
physicist and director of research

2162
01:21:20,790 --> 01:21:18,159
of the center for religion spirituality

2163
01:21:22,790 --> 01:21:20,800

for oxford university press so we have

2164

01:21:24,070 --> 01:21:22,800

very different authors from different

2165

01:21:27,189 --> 01:21:24,080

perspectives

2166

01:21:30,229 --> 01:21:27,199

taking a participating of this online

2167

01:21:30,550 --> 01:21:30,239

symposium in september 11th so you will

2168

01:21:33,590 --> 01:21:30,560

find

2169

01:21:37,189 --> 01:21:33,600

more information about this also in my

2170

01:21:40,310 --> 01:21:37,199

social media in website or

2171

01:21:40,790 --> 01:21:40,320

other aspects thank you very much thank

2172

01:21:44,550 --> 01:21:40,800

you

2173

01:21:48,149 --> 01:21:44,560

sarcast again has been the quite amazing

2174

01:21:51,590 --> 01:21:48,159

dr alexander morera almira and uh

2175

01:21:54,790 --> 01:21:51,600

please get out and support this research

2176

01:21:57,910 --> 01:21:54,800

you can see how important this

2177

01:21:58,709 --> 01:21:57,920

is this is a path forward you know a lot

2178

01:22:00,950 --> 01:21:58,719

of times

2179

01:22:02,149 --> 01:22:00,960

we talk about some of the work that's

2180

01:22:04,709 --> 01:22:02,159

being done

2181

01:22:07,110 --> 01:22:04,719

and it's hard to really see how it could

2182

01:22:08,550 --> 01:22:07,120

change things how there really might be

2183

01:22:11,669 --> 01:22:08,560

a path forward

2184

01:22:14,950 --> 01:22:11,679

and i have to say this guy

2185

01:22:17,510 --> 01:22:14,960

has not only painted the path forward

2186

01:22:19,350 --> 01:22:17,520

but he's grabbed the sword hopped on his

2187

01:22:20,070 --> 01:22:19,360

horse and he's leading the charge

2188

01:22:21,990 --> 01:22:20,080

forward

2189

01:22:24,070 --> 01:22:22,000

he's a lightbringer and that's that's

2190

01:22:24,629 --> 01:22:24,080

wonderful and he's obviously a man of

2191

01:22:26,709 --> 01:22:24,639

science

2192

01:22:27,910 --> 01:22:26,719

and a learned man of reason it's been

2193

01:22:29,750 --> 01:22:27,920

absolutely terrific

2194

01:22:31,430 --> 01:22:29,760

connecting with you and i appreciate so

2195

01:22:34,870 --> 01:22:31,440

much the time

2196

01:22:36,870 --> 01:22:34,880

alex thank you very much i'm

2197

01:22:38,070 --> 01:22:36,880

i thank you very much for so kind words

2198

01:22:41,110 --> 01:22:38,080

that you you have

2199

01:22:43,990 --> 01:22:41,120

said about our work and really i

2200

01:22:45,189 --> 01:22:44,000

truly appreciate your work at skeptical

2201
01:22:48,629 --> 01:22:45,199
for many years i

2202
01:22:50,629 --> 01:22:48,639
follow up your your work and i

2203
01:22:54,550 --> 01:22:50,639
congratulate you and i think exactly

2204
01:22:56,070 --> 01:22:54,560
works like you are an essential aspect

2205
01:22:57,830 --> 01:22:56,080
from that strategy that i said

2206
01:22:58,950 --> 01:22:57,840
previously about disseminating the

2207
01:23:01,110 --> 01:22:58,960
analogy

2208
01:23:02,390 --> 01:23:01,120
this deconstructing these misguided

2209
01:23:05,110 --> 01:23:02,400
assumptions and

2210
01:23:07,910 --> 01:23:05,120
spread the word about the good new

2211
01:23:10,550 --> 01:23:07,920
research congratulations

2212
01:23:13,110 --> 01:23:10,560
thanks again to dr alexander moreira el

2213
01:23:14,790 --> 01:23:13,120

maida for joining me today on skeptico

2214

01:23:16,550 --> 01:23:14,800

the one question i t up from this

2215

01:23:19,030 --> 01:23:16,560

interview is

2216

01:23:20,149 --> 01:23:19,040

is this fight winnable we're in the

2217

01:23:22,310 --> 01:23:20,159

middle of some very

2218

01:23:23,189 --> 01:23:22,320

interesting times when it comes to world

2219

01:23:26,390 --> 01:23:23,199

health

2220

01:23:26,870 --> 01:23:26,400

is this really a path forward or are

2221

01:23:28,310 --> 01:23:26,880

there

2222

01:23:30,709 --> 01:23:28,320

other forces in play that would make

2223

01:23:32,709 --> 01:23:30,719

such advances impossible

2224

01:23:34,950 --> 01:23:32,719

love to hear your thoughts come out over

2225

01:23:36,229 --> 01:23:34,960

the skeptical forum or drop me an email

2226

01:23:39,110 --> 01:23:36,239

find me any way you can

2227

01:23:40,470 --> 01:23:39,120

love to hear from you lots more to come

2228

01:23:50,440 --> 01:23:40,480

until next time