

**SK≡PTIKO**  
science & spirituality

***PLAN V TV***

**#557-ROB-WILLIAMS-BRANDON-ZOLLINO**



1  
00:00:00,719 --> 00:00:04,710  
on this episode of skeptico

2  
00:00:10,709 --> 00:00:07,829  
a rebroadcast of an interview i recently

3  
00:00:11,990 --> 00:00:10,719  
did with two brainiac tree huggers from

4  
00:00:14,230 --> 00:00:12,000  
vermont

5  
00:00:16,310 --> 00:00:14,240  
oh i hope you love these guys as much as

6  
00:00:18,790 --> 00:00:16,320  
i do because you're gonna hear a lot

7  
00:00:20,630 --> 00:00:18,800  
more of them on skeptico

8  
00:00:23,509 --> 00:00:20,640  
we don't need much of an introduction on

9  
00:00:27,349 --> 00:00:23,519  
this one stick around for my chat with

10  
00:00:31,750 --> 00:00:27,359  
dr rob williams and brandon zeleno

11  
00:00:34,389 --> 00:00:31,760  
from plan v tv

12  
00:00:37,190 --> 00:00:34,399  
welcome to plan v tv the show about

13  
00:00:39,190 --> 00:00:37,200

vermont independence i'm dr rob williams

14

00:00:42,709 --> 00:00:39,200

the publisher of vermont independent dot

15

00:00:45,350 --> 00:00:42,719

net and with us today in studio and

16

00:00:47,270 --> 00:00:45,360

virtually this is so exciting we have

17

00:00:49,430 --> 00:00:47,280

brandon zolino

18

00:00:53,350 --> 00:00:49,440

in studio and all the way from sunny san

19

00:00:54,709 --> 00:00:53,360

diego we have alex sakuras who is the

20

00:00:57,189 --> 00:00:54,719

host and

21

00:00:59,990 --> 00:00:57,199

founder of the incredibly popular and

22

00:01:01,430 --> 00:01:00,000

controversial skeptico podcast and the

23

00:01:04,789 --> 00:01:01,440

author of

24

00:01:06,149 --> 00:01:04,799

this book why science is wrong

25

00:01:07,590 --> 00:01:06,159

about almost

26

00:01:10,550 --> 00:01:07,600

everything

27

00:01:13,190 --> 00:01:10,560

uh welcome to the show alex

28

00:01:14,870 --> 00:01:13,200

thanks rob it's it's uh super exciting

29

00:01:16,550 --> 00:01:14,880

to be here i was just saying i had a

30

00:01:18,469 --> 00:01:16,560

great email exchange with

31

00:01:20,310 --> 00:01:18,479

brandon i'm psyched for that and then i

32

00:01:23,590 --> 00:01:20,320

went to your site and we have all these

33

00:01:25,590 --> 00:01:23,600

connections with wim hof and breathing

34

00:01:27,109 --> 00:01:25,600

and so it's super exciting and i love

35

00:01:28,550 --> 00:01:27,119

the vibe you guys are putting out it

36

00:01:30,469 --> 00:01:28,560

just couldn't be better so so many

37

00:01:33,190 --> 00:01:30,479

things to talk about oh so many things

38

00:01:36,710 --> 00:01:33,200

and so let us over the next hour alex

39

00:01:39,190 --> 00:01:36,720

and brandon we will conspire together

40

00:01:41,030 --> 00:01:39,200

uh this conspiracy we call conversation

41

00:01:44,710 --> 00:01:41,040

and of course the latin root of

42

00:01:46,149 --> 00:01:44,720

conspiracy conspire means to breathe

43

00:01:47,270 --> 00:01:46,159

together so we're gonna do this in

44

00:01:48,550 --> 00:01:47,280

studio we're gonna do this virtually

45

00:01:51,590 --> 00:01:48,560

it's so exciting and i just have to say

46

00:01:54,469 --> 00:01:51,600

before we get to brandon's opening salvo

47

00:01:57,350 --> 00:01:54,479

i love the fact that rupert sheldrake

48

00:02:00,149 --> 00:01:57,360

the maverick british biologist wrote the

49

00:02:02,789 --> 00:02:00,159

forward to your book alex i have

50

00:02:05,670 --> 00:02:02,799

enjoyed shell drake's work for years his

51  
00:02:08,389 --> 00:02:05,680  
theory of morphic resonance just blows

52  
00:02:10,469 --> 00:02:08,399  
my mind uh and i i just

53  
00:02:12,630 --> 00:02:10,479  
couldn't be couldn't be more pleased

54  
00:02:14,229 --> 00:02:12,640  
that uh you and sheldrake have been in

55  
00:02:15,430 --> 00:02:14,239  
communication he seems like a righteous

56  
00:02:17,430 --> 00:02:15,440  
dude

57  
00:02:18,630 --> 00:02:17,440  
well we shall talk about

58  
00:02:21,430 --> 00:02:18,640  
rupert

59  
00:02:22,309 --> 00:02:21,440  
coming up on his 80th birthday here and

60  
00:02:25,190 --> 00:02:22,319  
uh

61  
00:02:27,670 --> 00:02:25,200  
a true a true giant but if you read

62  
00:02:29,750 --> 00:02:27,680  
the forward that he wrote we had to have

63  
00:02:32,309 --> 00:02:29,760

we had to well i know and i've heard you

64

00:02:33,990 --> 00:02:32,319

talk about navigating your forward with

65

00:02:36,630 --> 00:02:34,000

rupert and yes i'm sure we'll touch on

66

00:02:39,190 --> 00:02:36,640

that but um let's just jump right in why

67

00:02:40,550 --> 00:02:39,200

science is wrong about almost everything

68

00:02:41,910 --> 00:02:40,560

skeptico

69

00:02:44,550 --> 00:02:41,920

um

70

00:02:47,589 --> 00:02:44,560

brandon start us off okay alex

71

00:02:49,030 --> 00:02:47,599

uh in february you celebrated uh the

72

00:02:51,110 --> 00:02:49,040

15-year anniversary for your

73

00:02:52,550 --> 00:02:51,120

groundbreaking podcast skeptico in which

74

00:02:54,150 --> 00:02:52,560

you explore the tipping points of

75

00:02:56,309 --> 00:02:54,160

science and spirituality with leading

76  
00:02:57,750 --> 00:02:56,319  
researchers scientists and philosophers

77  
00:02:59,030 --> 00:02:57,760  
your exploration runs the gamut of

78  
00:03:00,949 --> 00:02:59,040  
topics from near-death experience

79  
00:03:03,670 --> 00:03:00,959  
research remote viewing psychics and

80  
00:03:06,550 --> 00:03:03,680  
mediums to neuroscience quantum physics

81  
00:03:08,390 --> 00:03:06,560  
christianity ufos yoga and conspiracy

82  
00:03:09,830 --> 00:03:08,400  
but at the end of the day you nearly

83  
00:03:11,750 --> 00:03:09,840  
always return to the place where it all

84  
00:03:13,270 --> 00:03:11,760  
happens consciousness

85  
00:03:15,190 --> 00:03:13,280  
along the way you have arrived at

86  
00:03:16,869 --> 00:03:15,200  
provocative realizations regarding some

87  
00:03:19,589 --> 00:03:16,879  
of the most deeply entrenched paradigms

88  
00:03:21,350 --> 00:03:19,599

in science it's your paradigm busting

89

00:03:23,910 --> 00:03:21,360

background that we'd like to focus on

90

00:03:25,990 --> 00:03:23,920

today namely the methods or principles

91

00:03:27,830 --> 00:03:26,000

that you employ that have helped guide

92

00:03:29,830 --> 00:03:27,840

your journey and avoid cognitive

93

00:03:31,509 --> 00:03:29,840

dissonance along the way if you could

94

00:03:33,110 --> 00:03:31,519

begin by telling us a little bit about

95

00:03:35,110 --> 00:03:33,120

what drives you in this project how it

96

00:03:37,270 --> 00:03:35,120

began and what a few of the high points

97

00:03:39,270 --> 00:03:37,280

have been uh then maybe we can go from

98

00:03:41,110 --> 00:03:39,280

there and transition into discerning and

99

00:03:43,750 --> 00:03:41,120

scrutinizing information as you were

100

00:03:44,710 --> 00:03:43,760

recently discussing with richard cox

101  
00:03:46,949 --> 00:03:44,720  
wow

102  
00:03:50,470 --> 00:03:46,959  
beautiful i love it and

103  
00:03:53,750 --> 00:03:51,830  
i could

104  
00:03:55,270 --> 00:03:53,760  
talk for hours on that but there's so

105  
00:03:58,630 --> 00:03:55,280  
many points there there are near and

106  
00:03:59,509 --> 00:03:58,640  
dear to my heart because i think anyone

107  
00:04:02,309 --> 00:03:59,519  
who

108  
00:04:03,429 --> 00:04:02,319  
you know enters into this journey of

109  
00:04:05,350 --> 00:04:03,439  
like

110  
00:04:07,110 --> 00:04:05,360  
again i i really have a vibe with you

111  
00:04:09,190 --> 00:04:07,120  
guys i love what you're doing i mean

112  
00:04:11,190 --> 00:04:09,200  
you're taking responsibility

113  
00:04:12,470 --> 00:04:11,200

for

114

00:04:14,550 --> 00:04:12,480

first you're taking personal

115

00:04:16,629 --> 00:04:14,560

responsibility for what you know

116

00:04:19,349 --> 00:04:16,639

what you know you know what you believe

117

00:04:21,270 --> 00:04:19,359

to be true you're saying okay i am

118

00:04:23,030 --> 00:04:21,280

responsible for that it's like a little

119

00:04:24,950 --> 00:04:23,040

thing that tweaks me is when people

120

00:04:26,710 --> 00:04:24,960

you'll engage with them and then they'll

121

00:04:29,670 --> 00:04:26,720

get to a point and they'll go oh that's

122

00:04:32,629 --> 00:04:29,680

above my pay grade

123

00:04:34,790 --> 00:04:32,639

if it's above your pay grade you are

124

00:04:37,030 --> 00:04:34,800

surrendering your intellectual

125

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

sovereignty to someone who's going to

126  
00:04:41,909 --> 00:04:39,280  
come along and tell you just what the

127  
00:04:43,430 --> 00:04:41,919  
heck it is and you got to do it you got

128  
00:04:45,830 --> 00:04:43,440  
to take the jab you got to wear the mask

129  
00:04:49,350 --> 00:04:45,840  
you got to uh stand up straight you got

130  
00:04:50,780 --> 00:04:49,360  
to not burn fuel whatever it is eat your

131  
00:04:53,749 --> 00:04:50,790  
broccoli

132  
00:04:58,710 --> 00:04:53,759  
[Laughter]

133  
00:05:04,790 --> 00:05:02,310  
yeah a little a little reference to uh

134  
00:05:06,790 --> 00:05:04,800  
snow piercer there

135  
00:05:08,710 --> 00:05:06,800  
what a movie huh what a movie

136  
00:05:11,510 --> 00:05:08,720  
yeah incredible so

137  
00:05:13,350 --> 00:05:11,520  
when when you give up that

138  
00:05:15,270 --> 00:05:13,360

in my mind you are giving up that

139

00:05:17,110 --> 00:05:15,280

intellectual sovereignty and it's really

140

00:05:19,110 --> 00:05:17,120

tough for people to grapple with that

141

00:05:20,550 --> 00:05:19,120

because they go well what do you mean

142

00:05:23,270 --> 00:05:20,560

i'm not a

143

00:05:25,590 --> 00:05:23,280

virologist how would i ever know that

144

00:05:28,390 --> 00:05:25,600

it's you don't have to be a virologist

145

00:05:31,350 --> 00:05:28,400

you just have to be committed to

146

00:05:34,390 --> 00:05:31,360

following the data wherever it leads to

147

00:05:36,629 --> 00:05:34,400

a point where you feel solid in what you

148

00:05:39,670 --> 00:05:36,639

know and never getting to that point of

149

00:05:42,150 --> 00:05:39,680

saying well that's above my pay grade i

150

00:05:44,390 --> 00:05:42,160

can't handle that that's exactly what

151  
00:05:46,070 --> 00:05:44,400  
they want you to do because then they

152  
00:05:48,469 --> 00:05:46,080  
are the ultimate authority what do you

153  
00:05:49,990 --> 00:05:48,479  
guys think about that

154  
00:05:52,550 --> 00:05:50,000  
go ahead bro

155  
00:05:54,310 --> 00:05:52,560  
i i really appreciate what you just said

156  
00:05:56,150 --> 00:05:54,320  
and to you know to

157  
00:05:59,029 --> 00:05:56,160  
brandon's question you're giving us a

158  
00:06:01,270 --> 00:05:59,039  
couple of tools right away alex one is

159  
00:06:03,510 --> 00:06:01,280  
to take responsibility for your own

160  
00:06:05,510 --> 00:06:03,520  
intellectual journey and sovereignty

161  
00:06:08,150 --> 00:06:05,520  
right and number two as i've heard you

162  
00:06:10,550 --> 00:06:08,160  
say many times on skeptico follow the

163  
00:06:12,710 --> 00:06:10,560

data wherever it leads

164

00:06:15,590 --> 00:06:12,720

i would just say that i i try and sort

165

00:06:19,590 --> 00:06:15,600

of um align my

166

00:06:21,909 --> 00:06:19,600

uh journey with three tenets one is

167

00:06:24,870 --> 00:06:21,919

um curiosity

168

00:06:27,510 --> 00:06:24,880

a second would be compassion

169

00:06:29,670 --> 00:06:27,520

and the third would be courage

170

00:06:31,270 --> 00:06:29,680

and along and all of that is wrapped in

171

00:06:34,629 --> 00:06:31,280

a healthy dose of what i try and

172

00:06:36,550 --> 00:06:34,639

practice as humility

173

00:06:38,950 --> 00:06:36,560

not pretending for a moment and this is

174

00:06:40,790 --> 00:06:38,960

hard in the academy where i tend to hang

175

00:06:42,950 --> 00:06:40,800

my hat from time to time it's hard in

176  
00:06:44,309 --> 00:06:42,960  
the academy to admit that you don't know

177  
00:06:46,230 --> 00:06:44,319  
something but

178  
00:06:48,309 --> 00:06:46,240  
nothing could be more important than

179  
00:06:51,589 --> 00:06:48,319  
than acknowledging the importance of

180  
00:06:54,150 --> 00:06:51,599  
humility and that opens up the doors

181  
00:06:55,830 --> 00:06:54,160  
for all of these other qualities brandon

182  
00:06:58,629 --> 00:06:55,840  
what how would you respond

183  
00:06:59,430 --> 00:06:58,639  
yeah i mean i i think i've always tried

184  
00:07:04,870 --> 00:06:59,440  
to

185  
00:07:06,710 --> 00:07:04,880  
wrong

186  
00:07:07,749 --> 00:07:06,720  
fundamentally about what it is that i

187  
00:07:09,110 --> 00:07:07,759  
believe

188  
00:07:10,870 --> 00:07:09,120

it's important to be able to take a

189

00:07:12,390 --> 00:07:10,880

position on something you can't make it

190

00:07:13,350 --> 00:07:12,400

through life without taking positions on

191

00:07:14,309 --> 00:07:13,360

things

192

00:07:16,710 --> 00:07:14,319

um

193

00:07:18,790 --> 00:07:16,720

but at the same time like you never know

194

00:07:20,950 --> 00:07:18,800

if the position that you've taken is the

195

00:07:22,309 --> 00:07:20,960

wrong one and you have you have to be

196

00:07:24,469 --> 00:07:22,319

open to

197

00:07:26,710 --> 00:07:24,479

accepting that you could be wrong

198

00:07:28,870 --> 00:07:26,720

and i think for me

199

00:07:30,070 --> 00:07:28,880

um i think the question boils down to

200

00:07:32,629 --> 00:07:30,080

it's like when we find ourselves

201  
00:07:34,950 --> 00:07:32,639  
operating within a false paradigm

202  
00:07:36,230 --> 00:07:34,960  
it seems that often we're either unaware

203  
00:07:37,749 --> 00:07:36,240  
of the falsehood of a crucial

204  
00:07:38,710 --> 00:07:37,759  
presupposition upon which the paradigm

205  
00:07:40,469 --> 00:07:38,720  
is built

206  
00:07:43,270 --> 00:07:40,479  
we don't think to question it or more

207  
00:07:46,230 --> 00:07:43,280  
damningly we're unwilling to question it

208  
00:07:47,990 --> 00:07:46,240  
um alex do you actively re-examine or

209  
00:07:49,810 --> 00:07:48,000  
maintain an openness to question like

210  
00:07:51,670 --> 00:07:49,820  
presuppositions that guide your analysis

211  
00:07:53,589 --> 00:07:51,680  
[Music]

212  
00:07:55,909 --> 00:07:53,599  
yes but i would kind of add one other

213  
00:07:58,790 --> 00:07:55,919

thing that i think is key there

214

00:08:01,270 --> 00:07:58,800

and it's hard for a lot of uh

215

00:08:03,350 --> 00:08:01,280

a lot of folks a lot of normies hate

216

00:08:05,589 --> 00:08:03,360

that term but we all know what it means

217

00:08:07,510 --> 00:08:05,599

to really wrap their head around is on

218

00:08:10,230 --> 00:08:07,520

one level you don't we all understand

219

00:08:12,150 --> 00:08:10,240

that we might be deceived fights we go

220

00:08:13,909 --> 00:08:12,160

to the car dealership to get the new

221

00:08:16,950 --> 00:08:13,919

truck and it's like

222

00:08:18,790 --> 00:08:16,960

we know the deal we know that

223

00:08:20,950 --> 00:08:18,800

you know all the things we know that but

224

00:08:22,790 --> 00:08:20,960

when we step into these other arenas a

225

00:08:25,029 --> 00:08:22,800

lot of times we kind of let our guard

226

00:08:26,550 --> 00:08:25,039

down in a way that doesn't really

227

00:08:28,390 --> 00:08:26,560

makes sense we've just been kind of

228

00:08:30,790 --> 00:08:28,400

conditioned to kind of let our guard

229

00:08:32,070 --> 00:08:30,800

down so another way that i i really

230

00:08:34,389 --> 00:08:32,080

resonated with the first part of what i

231

00:08:36,389 --> 00:08:34,399

hate resonate why did i say that but

232

00:08:38,870 --> 00:08:36,399

i really like the first part of what you

233

00:08:41,029 --> 00:08:38,880

say brent said and i always relate this

234

00:08:44,310 --> 00:08:41,039

story because it's just like such a

235

00:08:47,990 --> 00:08:44,320

key moment for me that drives me

236

00:08:50,470 --> 00:08:48,000

and it was i was talking to dr jeffrey

237

00:08:53,750 --> 00:08:50,480

long who has compiled this

238

00:08:57,670 --> 00:08:53,760

huge and very very important database of

239

00:09:01,110 --> 00:08:57,680

near-death experiences and he's um

240

00:09:03,430 --> 00:09:01,120

he's a doctor he's a cancer doctor in

241

00:09:06,630 --> 00:09:03,440

louisiana and he deals with death and

242

00:09:09,350 --> 00:09:06,640

dying all the time and

243

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

he's also a scientist and a researcher

244

00:09:14,070 --> 00:09:10,959

and he's trained as a scientific

245

00:09:16,470 --> 00:09:14,080

researcher anyways he had this colleague

246

00:09:19,350 --> 00:09:16,480

if you will the guy who was opposed to

247

00:09:21,110 --> 00:09:19,360

his work but said hey let me would you

248

00:09:23,430 --> 00:09:21,120

let me in the spirit of openness in the

249

00:09:26,790 --> 00:09:23,440

spirit of science have access to your

250

00:09:29,269 --> 00:09:26,800

data so that i can test my theory

251

00:09:32,870 --> 00:09:29,279

and jeff long being an open-minded

252

00:09:34,550 --> 00:09:32,880

curious and you know humble guy which he

253

00:09:37,350 --> 00:09:34,560

is said yes

254

00:09:39,190 --> 00:09:37,360

so the guy goes and he runs the thing

255

00:09:41,750 --> 00:09:39,200

and he comes back and he publishes a

256

00:09:44,550 --> 00:09:41,760

paper and he says ah all this near-death

257

00:09:47,350 --> 00:09:44,560

experience science stuff it's bunk

258

00:09:49,350 --> 00:09:47,360

it can all be explained by ram intrusion

259

00:09:51,030 --> 00:09:49,360

you know like the rem sleep kind of

260

00:09:52,949 --> 00:09:51,040

thing

261

00:09:54,630 --> 00:09:52,959

but here's the moment here's the moment

262

00:09:57,910 --> 00:09:54,640

that i think we're all

263

00:09:59,430 --> 00:09:57,920

kind of we'll relate to is jeff reads

264

00:10:02,470 --> 00:09:59,440

his

265

00:10:04,389 --> 00:10:02,480

paper and he goes oh my god he's right

266

00:10:06,230 --> 00:10:04,399

and he has that sinking feeling in his

267

00:10:07,990 --> 00:10:06,240

stomach like

268

00:10:09,590 --> 00:10:08,000

i'm an imposter i didn't even know i'm

269

00:10:11,190 --> 00:10:09,600

an imposter but i have an imposter i've

270

00:10:12,870 --> 00:10:11,200

been out you know like pumping all this

271

00:10:14,470 --> 00:10:12,880

stuff and it just

272

00:10:16,550 --> 00:10:14,480

it isn't true

273

00:10:18,310 --> 00:10:16,560

and then he dug deeper and the more he

274

00:10:19,670 --> 00:10:18,320

dug deeper well he didn't do this right

275

00:10:21,590 --> 00:10:19,680

no more he didn't do this right he

276

00:10:24,310 --> 00:10:21,600

didn't do that's right well of course

277

00:10:25,110 --> 00:10:24,320

that isn't true

278

00:10:26,230 --> 00:10:25,120

so

279

00:10:28,870 --> 00:10:26,240

to me

280

00:10:31,509 --> 00:10:28,880

that is the moment where i want to be

281

00:10:33,509 --> 00:10:31,519

that is the moment where the the inquiry

282

00:10:36,790 --> 00:10:33,519

and the spirituality

283

00:10:40,150 --> 00:10:36,800

meet because inquiry to perpetuate doubt

284

00:10:43,110 --> 00:10:40,160

doubt is a spiritual place doubt is not

285

00:10:46,470 --> 00:10:43,120

being doubt is humility doubt is the

286

00:10:48,710 --> 00:10:46,480

ultimate humility so that's the place

287

00:10:51,990 --> 00:10:48,720

that that i think to me

288

00:10:53,430 --> 00:10:52,000

answers the the question brandon uh what

289

00:10:55,269 --> 00:10:53,440

do you um

290

00:10:57,750 --> 00:10:55,279

you guys maybe have heard me that star i

291

00:11:00,870 --> 00:10:57,760

mean do you hit that moment do you guys

292

00:11:02,550 --> 00:11:00,880

relate to that moment of really having

293

00:11:04,230 --> 00:11:02,560

to doubt and then what do you do with

294

00:11:06,150 --> 00:11:04,240

that moment do you do you kind of head

295

00:11:07,829 --> 00:11:06,160

into the fire or do you back up and find

296

00:11:09,590 --> 00:11:07,839

a way to defend your beliefs and say no

297

00:11:11,190 --> 00:11:09,600

i can't be wrong well i think the key

298

00:11:12,870 --> 00:11:11,200

there is you point out that he went in

299

00:11:15,670 --> 00:11:12,880

and he started digging and actually

300

00:11:18,470 --> 00:11:15,680

looking at the details and the

301  
00:11:20,630 --> 00:11:18,480  
methodology that was used to back up the

302  
00:11:22,550 --> 00:11:20,640  
the propositions that made the the grand

303  
00:11:23,750 --> 00:11:22,560  
claim that he was wrong

304  
00:11:24,790 --> 00:11:23,760  
because the devil is always in the

305  
00:11:26,630 --> 00:11:24,800  
details

306  
00:11:28,069 --> 00:11:26,640  
particularly

307  
00:11:30,230 --> 00:11:28,079  
when we start talking about what

308  
00:11:32,630 --> 00:11:30,240  
fundamentals are what fundamentalist

309  
00:11:34,790 --> 00:11:32,640  
assumptions are being made at

310  
00:11:36,870 --> 00:11:34,800  
at an epistemological level you know

311  
00:11:38,550 --> 00:11:36,880  
down to or even like at an ontological

312  
00:11:40,949 --> 00:11:38,560  
level down to like what comprises the

313  
00:11:43,590 --> 00:11:40,959

being of the world you know the

314

00:11:45,190 --> 00:11:43,600

fundamental presuppositions that you

315

00:11:47,110 --> 00:11:45,200

seem to be making a lot is that

316

00:11:49,590 --> 00:11:47,120

consciousness is fundamental not the

317

00:11:51,350 --> 00:11:49,600

maturity not the material paradigm and

318

00:11:53,350 --> 00:11:51,360

so a lot of western science seems to be

319

00:11:54,629 --> 00:11:53,360

in this material paradigm

320

00:11:56,949 --> 00:11:54,639

and when you're in that material

321

00:11:58,629 --> 00:11:56,959

paradigm that kind of defines

322

00:12:01,110 --> 00:11:58,639

everything that you can build on top of

323

00:12:04,629 --> 00:12:01,120

it and you can create

324

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

an entire system of ideology and belief

325

00:12:08,069 --> 00:12:06,720

and it can all work internally can all

326

00:12:10,470 --> 00:12:08,079

be internally

327

00:12:13,190 --> 00:12:10,480

consistent and right and the math can

328

00:12:16,310 --> 00:12:13,200

all work but it can all be built on one

329

00:12:19,190 --> 00:12:16,320

fundamentally wrong assumption

330

00:12:21,030 --> 00:12:19,200

or misunderstanding

331

00:12:23,269 --> 00:12:21,040

i love that and let me just jump in for

332

00:12:25,430 --> 00:12:23,279

folks who are like uh epistemology

333

00:12:27,430 --> 00:12:25,440

what's that um

334

00:12:29,670 --> 00:12:27,440

it's a term that we use a lot in in

335

00:12:31,030 --> 00:12:29,680

thinking about what we know and and

336

00:12:33,750 --> 00:12:31,040

epistemol the way i think about

337

00:12:36,710 --> 00:12:33,760

epistemology is simply this epistemology

338

00:12:40,470 --> 00:12:36,720

is the study of the nature and origins

339

00:12:42,710 --> 00:12:40,480

of knowledge how do we know what we know

340

00:12:46,069 --> 00:12:42,720

or to put it another way you know what

341

00:12:48,550 --> 00:12:46,079

is truthful and i just want to read

342

00:12:51,110 --> 00:12:48,560

piggybacking on brandon's uh

343

00:12:53,509 --> 00:12:51,120

observations here i i think this is the

344

00:12:56,550 --> 00:12:53,519

nub alex of your book if i had to pick

345

00:12:58,389 --> 00:12:56,560

one nub uh why science is wrong about

346

00:13:00,629 --> 00:12:58,399

almost everything at the very end of the

347

00:13:03,829 --> 00:13:00,639

book you write

348

00:13:05,829 --> 00:13:03,839

science is wrong about almost everything

349

00:13:08,790 --> 00:13:05,839

because science is married to this

350

00:13:09,829 --> 00:13:08,800

absurd idea that you and i don't really

351  
00:13:12,310 --> 00:13:09,839  
exist

352  
00:13:14,310 --> 00:13:12,320  
it says we're just an illusion created

353  
00:13:17,110 --> 00:13:14,320  
by this meaningless electrochemical

354  
00:13:19,910 --> 00:13:17,120  
reaction going on inside our brain the

355  
00:13:21,910 --> 00:13:19,920  
denial of our consciousness as anything

356  
00:13:24,310 --> 00:13:21,920  
more than the product of a biological

357  
00:13:26,629 --> 00:13:24,320  
robot turns out to be a big deal not

358  
00:13:28,470 --> 00:13:26,639  
just philosophically but

359  
00:13:30,710 --> 00:13:28,480  
experimentally if we can't account for

360  
00:13:33,190 --> 00:13:30,720  
the effects consciousness might have in

361  
00:13:36,230 --> 00:13:33,200  
our experiments if we can't measure

362  
00:13:37,509 --> 00:13:36,240  
consciousness then we can't really

363  
00:13:39,350 --> 00:13:37,519

measure

364

00:13:41,269 --> 00:13:39,360

anything

365

00:13:42,870 --> 00:13:41,279

and i was i was skeptical of your book's

366

00:13:45,030 --> 00:13:42,880

title at first alex because i hadn't

367

00:13:47,750 --> 00:13:45,040

read it but by the time i got to that

368

00:13:49,670 --> 00:13:47,760

moment i was like ah i see what he's up

369

00:13:50,870 --> 00:13:49,680

to here and this

370

00:13:52,710 --> 00:13:50,880

makes

371

00:13:55,110 --> 00:13:52,720

and i like the word resonate this

372

00:13:57,030 --> 00:13:55,120

resonates with me right it it literally

373

00:13:58,470 --> 00:13:57,040

sort of informs

374

00:14:01,189 --> 00:13:58,480

um my

375

00:14:03,750 --> 00:14:01,199

limited understandings of

376

00:14:05,590 --> 00:14:03,760

uh epistemologically speaking of how we

377

00:14:07,509 --> 00:14:05,600

know what we know and not only that but

378

00:14:08,790 --> 00:14:07,519

why we're here like how we came to be

379

00:14:10,389 --> 00:14:08,800

and what is our you know sort of these

380

00:14:11,990 --> 00:14:10,399

grand philosophical questions that we

381

00:14:13,670 --> 00:14:12,000

all struggle with

382

00:14:15,269 --> 00:14:13,680

what are we just threw a lot on the

383

00:14:18,069 --> 00:14:15,279

table there

384

00:14:20,150 --> 00:14:18,079

awesome it's all really great stuff and

385

00:14:21,990 --> 00:14:20,160

it it kind of marries that's what both

386

00:14:24,230 --> 00:14:22,000

of you said together you know that kind

387

00:14:25,350 --> 00:14:24,240

of quote is there

388

00:14:27,829 --> 00:14:25,360

do we

389

00:14:30,470 --> 00:14:27,839

benefit by always looking for that kind

390

00:14:32,870 --> 00:14:30,480

of fundamental root assumption

391

00:14:35,030 --> 00:14:32,880

and i would agree that that is you know

392

00:14:36,790 --> 00:14:35,040

it's always looking for that litmus test

393

00:14:39,590 --> 00:14:36,800

that is the beauty of science science

394

00:14:41,910 --> 00:14:39,600

pushes us that way whereas sometimes

395

00:14:44,069 --> 00:14:41,920

philosophy especially the way it's

396

00:14:47,030 --> 00:14:44,079

practiced today can kind of pull pulse

397

00:14:49,110 --> 00:14:47,040

away from that pull us away from

398

00:14:51,030 --> 00:14:49,120

kind of driving the

399

00:14:52,870 --> 00:14:51,040

driving the flag you know that's how i

400

00:14:54,949 --> 00:14:52,880

say planning the flag and saying okay

401  
00:14:56,710 --> 00:14:54,959  
this is it this is the best i have right

402  
00:14:59,430 --> 00:14:56,720  
now one of the things that is appealing

403  
00:15:01,750 --> 00:14:59,440  
to science is we can experimentally

404  
00:15:03,430 --> 00:15:01,760  
plant the flag and say this is what we

405  
00:15:06,150 --> 00:15:03,440  
think is real i'll tell you another

406  
00:15:07,910 --> 00:15:06,160  
story uh rupert sheldrick's story if you

407  
00:15:09,509 --> 00:15:07,920  
will because when i first

408  
00:15:11,509 --> 00:15:09,519  
got to know rupert and i got to know

409  
00:15:13,590 --> 00:15:11,519  
rupert right at the beginning uh

410  
00:15:15,350 --> 00:15:13,600  
fortunately when i was doing this and he

411  
00:15:17,430 --> 00:15:15,360  
was doing this experiment that people

412  
00:15:19,590 --> 00:15:17,440  
might have heard about dogs that know

413  
00:15:22,389 --> 00:15:19,600

when their owners are coming home

414

00:15:24,310 --> 00:15:22,399

so he is a biologist cambridge trained

415

00:15:26,550 --> 00:15:24,320

published in nature all the right

416

00:15:27,949 --> 00:15:26,560

credentials and he gets interested in

417

00:15:29,990 --> 00:15:27,959

these things like you said

418

00:15:31,430 --> 00:15:30,000

morphomorphogenetic residents and stuff

419

00:15:34,790 --> 00:15:31,440

so he's like hey

420

00:15:37,269 --> 00:15:34,800

are these accounts of people being

421

00:15:38,870 --> 00:15:37,279

connected in some non-ordinary way with

422

00:15:40,230 --> 00:15:38,880

their dog are they true so he starts

423

00:15:42,150 --> 00:15:40,240

collecting all these stories people

424

00:15:44,310 --> 00:15:42,160

start sending them all yeah my dog does

425

00:15:46,389 --> 00:15:44,320

that yeah my dog does that

426

00:15:48,629 --> 00:15:46,399

and this one jumps out because this

427

00:15:50,550 --> 00:15:48,639

woman was willing to kind of really go

428

00:15:52,629 --> 00:15:50,560

the extra mile to have the dog tested

429

00:15:55,350 --> 00:15:52,639

the dog's name was jt

430

00:15:58,310 --> 00:15:55,360

and jt was really good at knowing when

431

00:16:00,949 --> 00:15:58,320

the owner is coming home so rupert

432

00:16:03,110 --> 00:16:00,959

this is you know kind of

433

00:16:05,990 --> 00:16:03,120

maybe rob you'd give this to like a

434

00:16:08,710 --> 00:16:06,000

freshman level kind of experiment it's

435

00:16:11,350 --> 00:16:08,720

not a difficult test to do to test

436

00:16:14,150 --> 00:16:11,360

whether the phenomenon that is claimed

437

00:16:16,710 --> 00:16:14,160

is true you put a camera on the dog you

438

00:16:19,189 --> 00:16:16,720

put a camera on the owner and then you

439

00:16:21,269 --> 00:16:19,199

send the owner out and you vary the

440

00:16:23,749 --> 00:16:21,279

times you vary the times from

441

00:16:25,990 --> 00:16:23,759

very you know five minutes to sometimes

442

00:16:26,870 --> 00:16:26,000

they went as far as like overnight

443

00:16:27,670 --> 00:16:26,880

you know

444

00:16:29,829 --> 00:16:27,680

and

445

00:16:31,910 --> 00:16:29,839

you do it in a taxi cab so they can't

446

00:16:33,269 --> 00:16:31,920

detect the sound and

447

00:16:36,150 --> 00:16:33,279

you like all the things that people

448

00:16:37,430 --> 00:16:36,160

would object to rupert sheldrick figured

449

00:16:39,590 --> 00:16:37,440

out in the first five minutes like

450

00:16:42,150 --> 00:16:39,600

anyone would it's not that hard

451

00:16:44,310 --> 00:16:42,160

he ran 200 trials

452

00:16:47,590 --> 00:16:44,320

and again hey the statistics on this

453

00:16:50,150 --> 00:16:47,600

experiment the methodology for con the

454

00:16:51,910 --> 00:16:50,160

controls and all the measures are again

455

00:16:54,310 --> 00:16:51,920

relatively simple right

456

00:16:56,389 --> 00:16:54,320

since you have this variability in the

457

00:16:59,269 --> 00:16:56,399

length of the time that the owner is

458

00:17:01,189 --> 00:16:59,279

gone all you have to do is look at how

459

00:17:05,110 --> 00:17:01,199

long the dog spends

460

00:17:07,429 --> 00:17:05,120

at the window waiting versus not waiting

461

00:17:09,390 --> 00:17:07,439

and then you have your number right he

462

00:17:12,069 --> 00:17:09,400

does 200 trials he gets an

463

00:17:14,949 --> 00:17:12,079

overwhelmingly statistically significant

464

00:17:17,669 --> 00:17:14,959

result jt seems to know when there when

465

00:17:20,549 --> 00:17:17,679

his owner is coming home if it's

466

00:17:22,870 --> 00:17:20,559

only 30 minutes well at 10 minutes

467

00:17:25,590 --> 00:17:22,880

before she's there he's there if it's

468

00:17:27,350 --> 00:17:25,600

two hours it's not until an hour 50 that

469

00:17:30,390 --> 00:17:27,360

he goes to the door and he hangs out

470

00:17:33,510 --> 00:17:30,400

there and he's waiting

471

00:17:35,830 --> 00:17:33,520

so again this is this ties into some of

472

00:17:37,590 --> 00:17:35,840

the other points so he publishes his

473

00:17:39,350 --> 00:17:37,600

work and he immediately gets a lot of

474

00:17:41,510 --> 00:17:39,360

pushback this is probably

475

00:17:43,990 --> 00:17:41,520

uh 10 maybe even 15 years ago i don't

476  
00:17:45,750 --> 00:17:44,000  
know but there was this whole skeptical

477  
00:17:47,190 --> 00:17:45,760  
thing was more you know james randy

478  
00:17:50,470 --> 00:17:47,200  
million dollar challenge all that

479  
00:17:53,830 --> 00:17:50,480  
nonsense total psi up psyop cia nonsense

480  
00:17:56,789 --> 00:17:53,840  
really is another topic for another time

481  
00:17:59,470 --> 00:17:56,799  
but he has this guy in the uk probably

482  
00:18:02,310 --> 00:17:59,480  
the most public

483  
00:18:05,270 --> 00:18:02,320  
psychologist on all the media and stuff

484  
00:18:07,750 --> 00:18:05,280  
like that it'd be like i don't know

485  
00:18:10,310 --> 00:18:07,760  
doc not dr phil but yeah even like a

486  
00:18:11,990 --> 00:18:10,320  
neil degrasse tyson only for psychology

487  
00:18:14,710 --> 00:18:12,000  
kind of thing and his name is richard

488  
00:18:16,630 --> 00:18:14,720

weissman he says oh wow this is just

489

00:18:20,070 --> 00:18:16,640

baloney you know i'll

490

00:18:22,070 --> 00:18:20,080

i'll show it so again he calls up the

491

00:18:25,029 --> 00:18:22,080

scientist the real scientist rupert

492

00:18:27,270 --> 00:18:25,039

who's done 200 trials carefully done and

493

00:18:29,590 --> 00:18:27,280

he says well you know in the spirit of

494

00:18:32,070 --> 00:18:29,600

science why don't you let me run the

495

00:18:33,270 --> 00:18:32,080

experiment remember because okay because

496

00:18:35,430 --> 00:18:33,280

matter of fact i'll leave the whole

497

00:18:37,190 --> 00:18:35,440

setup right here i'll leave the video

498

00:18:38,789 --> 00:18:37,200

cameras where they are i'll do all the

499

00:18:41,669 --> 00:18:38,799

thing

500

00:18:43,590 --> 00:18:41,679

wiseman comes in he runs four trials he

501  
00:18:45,510 --> 00:18:43,600  
changes the protocol to say that the

502  
00:18:47,510 --> 00:18:45,520  
only thing that counts is a weight of

503  
00:18:49,110 --> 00:18:47,520  
three minutes or more which is just kind

504  
00:18:51,270 --> 00:18:49,120  
of a random thing that he pulled out of

505  
00:18:53,029 --> 00:18:51,280  
the air and then without consulting

506  
00:18:55,510 --> 00:18:53,039  
sheldrick at all he goes and publishes

507  
00:18:57,430 --> 00:18:55,520  
his work makes a big

508  
00:18:59,430 --> 00:18:57,440  
public deal out of the fact that he's

509  
00:19:01,430 --> 00:18:59,440  
debunked this and this you all know this

510  
00:19:03,750 --> 00:19:01,440  
couldn't possibly be true there can be

511  
00:19:05,510 --> 00:19:03,760  
no communication outside of our senses

512  
00:19:07,590 --> 00:19:05,520  
and besides you don't even consciousness

513  
00:19:09,990 --> 00:19:07,600

isn't even real so this kind of extended

514

00:19:12,150 --> 00:19:10,000

consciousness stuff can't possibly be

515

00:19:14,470 --> 00:19:12,160

real right

516

00:19:17,270 --> 00:19:14,480

so i had both these guys on the show a

517

00:19:18,549 --> 00:19:17,280

long time ago it was hard to get wiseman

518

00:19:20,710 --> 00:19:18,559

had to kind of

519

00:19:21,909 --> 00:19:20,720

coerce him to get out but we got him on

520

00:19:24,150 --> 00:19:21,919

and he really

521

00:19:26,070 --> 00:19:24,160

had to kind of cave in a way he

522

00:19:27,990 --> 00:19:26,080

backpedaled he never admitted that he

523

00:19:31,190 --> 00:19:28,000

was wrong he just admitted that

524

00:19:33,029 --> 00:19:31,200

sheldrick's data had to go forward

525

00:19:34,630 --> 00:19:33,039

and i guess the reason that i that

526

00:19:36,710 --> 00:19:34,640

touches on i think a couple of the

527

00:19:39,909 --> 00:19:36,720

points that we talked about one it's

528

00:19:43,669 --> 00:19:39,919

nice to get some closure that only

529

00:19:46,310 --> 00:19:43,679

science can do you know like uh to to

530

00:19:49,110 --> 00:19:46,320

brandon's point you know this kind of

531

00:19:50,950 --> 00:19:49,120

cuts through a lot of the bs where you

532

00:19:52,950 --> 00:19:50,960

say okay let me make sure i got this

533

00:19:54,710 --> 00:19:52,960

right this guy ran 200 trials and this

534

00:19:56,710 --> 00:19:54,720

and this happened and he can show me all

535

00:19:59,190 --> 00:19:56,720

the trials and wow even videotaping the

536

00:20:01,430 --> 00:19:59,200

dog really does that and then this other

537

00:20:03,590 --> 00:20:01,440

guy just ran four trials and the dog

538

00:20:05,669 --> 00:20:03,600

actually if you use the

539

00:20:07,590 --> 00:20:05,679

the protocol that he was supposed to use

540

00:20:09,430 --> 00:20:07,600

the dog does the same as in rupert's

541

00:20:10,549 --> 00:20:09,440

data but he changed it

542

00:20:11,510 --> 00:20:10,559

so then

543

00:20:15,430 --> 00:20:11,520

so

544

00:20:18,470 --> 00:20:15,440

you get the finality of the experiment

545

00:20:20,070 --> 00:20:18,480

but then you get the deception and

546

00:20:21,590 --> 00:20:20,080

that's what i think sends us in a

547

00:20:24,710 --> 00:20:21,600

different direction that

548

00:20:26,149 --> 00:20:24,720

that isn't incorporated in anything

549

00:20:29,590 --> 00:20:26,159

we've talked about

550

00:20:32,710 --> 00:20:29,600

they are trying to mess with us they

551  
00:20:35,590 --> 00:20:32,720  
have another agenda they are putting

552  
00:20:37,830 --> 00:20:35,600  
forth that agenda in a way that is

553  
00:20:39,110 --> 00:20:37,840  
intended to be

554  
00:20:43,669 --> 00:20:39,120  
secret

555  
00:20:46,149 --> 00:20:43,679  
hard-to-figure route contradictory

556  
00:20:51,350 --> 00:20:46,159  
intel co-pro

557  
00:20:54,710 --> 00:20:53,350  
so on the one hand

558  
00:20:57,830 --> 00:20:54,720  
you could say that like some of this is

559  
00:21:00,870 --> 00:20:57,840  
like deliberate like conspiratorial

560  
00:21:03,029 --> 00:21:00,880  
um like machinations and deliberately

561  
00:21:05,990 --> 00:21:03,039  
framing experiments to return a desired

562  
00:21:07,990 --> 00:21:06,000  
result deliberately subverting the

563  
00:21:09,270 --> 00:21:08,000

methodologies to return a desired result

564

00:21:11,029 --> 00:21:09,280

or deliberately

565

00:21:13,750 --> 00:21:11,039

playing around with control groups which

566

00:21:16,470 --> 00:21:13,760

is done a lot with vaccine science using

567

00:21:19,350 --> 00:21:16,480

um like aluminum adjuvants as opposed to

568

00:21:20,870 --> 00:21:19,360

using um like an inert placebo and then

569

00:21:21,990 --> 00:21:20,880

like claiming that it returns a result

570

00:21:22,789 --> 00:21:22,000

that shows like a null effect or

571

00:21:24,870 --> 00:21:22,799

whatever

572

00:21:26,630 --> 00:21:24,880

um

573

00:21:30,070 --> 00:21:26,640

but on the other hand

574

00:21:32,710 --> 00:21:30,080

is it possible that a lot of this is

575

00:21:35,510 --> 00:21:32,720

just a result of people being stuck

576  
00:21:37,669 --> 00:21:35,520  
within a dogma or

577  
00:21:40,549 --> 00:21:37,679  
being victims of some other

578  
00:21:43,510 --> 00:21:41,430  
trap

579  
00:21:45,909 --> 00:21:43,520  
recently professor williams published an

580  
00:21:48,549 --> 00:21:45,919  
interview with mattias desmet are you

581  
00:21:49,590 --> 00:21:48,559  
familiar with matthias desmond

582  
00:21:52,390 --> 00:21:49,600  
no

583  
00:21:54,549 --> 00:21:52,400  
he's a professor of clinical psychology

584  
00:21:56,070 --> 00:21:54,559  
at ghent university in belgium and

585  
00:21:58,470 --> 00:21:56,080  
author of the psychology of

586  
00:21:59,350 --> 00:21:58,480  
totalitarianism um you probably heard

587  
00:22:01,430 --> 00:21:59,360  
the

588  
00:22:03,750 --> 00:22:01,440

phrase circling around mass formation

589

00:22:05,190 --> 00:22:03,760

psychosis yeah popular a few months ago

590

00:22:06,149 --> 00:22:05,200

yeah so

591

00:22:08,390 --> 00:22:06,159

um

592

00:22:10,870 --> 00:22:08,400

his interestingly enough his thoughts

593

00:22:13,510 --> 00:22:10,880

regarding what he deems to be

594

00:22:16,630 --> 00:22:13,520

the mechanistic worldview uh run

595

00:22:18,310 --> 00:22:16,640

parallel with your um central

596

00:22:20,390 --> 00:22:18,320

ontological proposition that

597

00:22:22,149 --> 00:22:20,400

consciousness is fundamental to being

598

00:22:23,510 --> 00:22:22,159

and that the opposite materialist

599

00:22:25,510 --> 00:22:23,520

ontology or consciousness is an

600

00:22:27,270 --> 00:22:25,520

epiphenomenon of the brain relegating

601  
00:22:30,390 --> 00:22:27,280  
man to the status of biological robot in

602  
00:22:32,630 --> 00:22:30,400  
a meaningless world um it's exactly this

603  
00:22:33,990 --> 00:22:32,640  
materialist world view

604  
00:22:36,310 --> 00:22:34,000  
prominent since the enlightenment the

605  
00:22:38,310 --> 00:22:36,320  
desmond claims leads to people feeling

606  
00:22:40,789 --> 00:22:38,320  
disconnected from the environment as

607  
00:22:42,950 --> 00:22:40,799  
well as feeling social isolation and

608  
00:22:44,149 --> 00:22:42,960  
loneliness and experiencing a lack of

609  
00:22:46,390 --> 00:22:44,159  
meaning making

610  
00:22:48,149 --> 00:22:46,400  
he argues that this meaninglessness

611  
00:22:50,390 --> 00:22:48,159  
turns into a feeling of free-floating

612  
00:22:52,710 --> 00:22:50,400  
anxiety aggression and depression

613  
00:22:55,270 --> 00:22:52,720

essentially unexplainable existential

614

00:22:56,950 --> 00:22:55,280

angst and lack of control

615

00:22:58,950 --> 00:22:56,960

and then he goes on to

616

00:23:01,270 --> 00:22:58,960

sort of form this thesis that mass

617

00:23:02,789 --> 00:23:01,280

formation psychosis which um he

618

00:23:05,350 --> 00:23:02,799

characterizes as a kind of group

619

00:23:07,110 --> 00:23:05,360

hypnosis that destroys individuals

620

00:23:09,029 --> 00:23:07,120

ethical self-awareness and robs some of

621

00:23:10,870 --> 00:23:09,039

their ability to think critically

622

00:23:12,870 --> 00:23:10,880

can then take hold

623

00:23:16,470 --> 00:23:12,880

when that psychological state is

624

00:23:19,510 --> 00:23:16,480

exploited and he goes on to state that

625

00:23:21,750 --> 00:23:19,520

this is at the root of totalitarianism

626

00:23:23,430 --> 00:23:21,760

and this type of population

627

00:23:24,149 --> 00:23:23,440

that's been kind of manipulated in this

628

00:23:26,390 --> 00:23:24,159

way

629

00:23:27,990 --> 00:23:26,400

exhibits a profound intolerance of

630

00:23:29,750 --> 00:23:28,000

dissident voices

631

00:23:32,070 --> 00:23:29,760

and a pronounced susceptibility to

632

00:23:34,710 --> 00:23:32,080

pseudoscientific indoctrination and

633

00:23:37,270 --> 00:23:34,720

propaganda he states that

634

00:23:39,510 --> 00:23:37,280

rational argumentation has no impact on

635

00:23:42,390 --> 00:23:39,520

what a mass believes in and that once

636

00:23:44,310 --> 00:23:42,400

the attention becomes very narrow

637

00:23:46,549 --> 00:23:44,320

the information situated outside the

638

00:23:48,549 --> 00:23:46,559

field of attention is not taken into

639

00:23:51,029 --> 00:23:48,559

account so people who are very

640

00:23:52,789 --> 00:23:51,039

intelligent become seemingly very stupid

641

00:23:55,350 --> 00:23:52,799

um they become very susceptible to

642

00:23:57,750 --> 00:23:55,360

constantly repeated emotional messages

643

00:23:59,350 --> 00:23:57,760

and also strong visual stimuli images

644

00:24:01,830 --> 00:23:59,360

and visually represented numbers like

645

00:24:03,830 --> 00:24:01,840

graphs so what do you make of this

646

00:24:05,750 --> 00:24:03,840

theory um now that i've kind of

647

00:24:08,070 --> 00:24:05,760

summarized it for you and do you think

648

00:24:09,669 --> 00:24:08,080

that it explains some of the reactions

649

00:24:12,390 --> 00:24:09,679

of the scientific scientific community

650

00:24:13,990 --> 00:24:12,400

over the years toward parapsychology and

651  
00:24:15,029 --> 00:24:14,000  
research into the extended consciousness

652  
00:24:16,149 --> 00:24:15,039  
realm

653  
00:24:18,549 --> 00:24:16,159  
um

654  
00:24:20,870 --> 00:24:18,559  
is that like part of the picture or is

655  
00:24:23,110 --> 00:24:20,880  
it all conspiratorial or like is it a

656  
00:24:26,390 --> 00:24:23,120  
mix or what do you think

657  
00:24:29,590 --> 00:24:26,400  
i think it's a mix what do you think rob

658  
00:24:32,789 --> 00:24:29,600  
i think that um you and matthias desmond

659  
00:24:34,230 --> 00:24:32,799  
should have a conversation alex um

660  
00:24:36,390 --> 00:24:34,240  
yeah his new book

661  
00:24:39,430 --> 00:24:36,400  
as brandon just mentioned the psychology

662  
00:24:41,669 --> 00:24:39,440  
of totalitarianism drops next week in

663  
00:24:43,669 --> 00:24:41,679

the english translation

664

00:24:46,149 --> 00:24:43,679

and it's being published actually by our

665

00:24:47,990 --> 00:24:46,159

most fearless independent publishing

666

00:24:50,230 --> 00:24:48,000

house here in vermont

667

00:24:51,990 --> 00:24:50,240

chelsea green

668

00:24:53,909 --> 00:24:52,000

and this will be

669

00:24:55,510 --> 00:24:53,919

gosh i think the fourth book now that

670

00:24:57,909 --> 00:24:55,520

they've published related to the

671

00:24:59,669 --> 00:24:57,919

covitopian situation

672

00:25:01,669 --> 00:24:59,679

of the past couple of years

673

00:25:03,430 --> 00:25:01,679

but but to bring it a little bit closer

674

00:25:04,549 --> 00:25:03,440

to home and and maybe to piggyback on

675

00:25:06,789 --> 00:25:04,559

brandon's

676

00:25:09,430 --> 00:25:06,799

framing here

677

00:25:11,510 --> 00:25:09,440

um and it sounds like you're you're not

678

00:25:13,909 --> 00:25:11,520

we we should have once you if and when

679

00:25:16,149 --> 00:25:13,919

you have a chance alex to kind of dive

680

00:25:17,669 --> 00:25:16,159

into mass formation

681

00:25:19,990 --> 00:25:17,679

um and

682

00:25:21,830 --> 00:25:20,000

and uh matthias book maybe this summer

683

00:25:23,190 --> 00:25:21,840

it'd be fantastic to have another

684

00:25:25,190 --> 00:25:23,200

conversation with you about it maybe we

685

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

can get matthias in the loop too

686

00:25:28,870 --> 00:25:27,120

um but but i guess what i'm struck by in

687

00:25:31,190 --> 00:25:28,880

listening to brandon and you talk here

688

00:25:34,710 --> 00:25:32,789

is there a

689

00:25:38,950 --> 00:25:34,720

conspiracy

690

00:25:40,310 --> 00:25:38,960

literally are there people breathing

691

00:25:42,470 --> 00:25:40,320

together

692

00:25:44,870 --> 00:25:42,480

out there in the world who are waging a

693

00:25:47,669 --> 00:25:44,880

strategic war

694

00:25:48,470 --> 00:25:47,679

on consciousness

695

00:25:51,029 --> 00:25:48,480

right

696

00:25:53,269 --> 00:25:51,039

so this is and i love

697

00:25:55,669 --> 00:25:53,279

the breathing together

698

00:25:58,310 --> 00:25:55,679

uh deeper understanding of conspiracy

699

00:26:00,870 --> 00:25:58,320

yeah can i can i piggyback on that yeah

700

00:26:03,110 --> 00:26:00,880

okay um so let me get let me give an

701  
00:26:05,110 --> 00:26:03,120  
analogy to kind of frame my question and

702  
00:26:07,350 --> 00:26:05,120  
i guess the question is is there

703  
00:26:10,310 --> 00:26:07,360  
a war being waged on

704  
00:26:12,549 --> 00:26:10,320  
our understandings of consciousness and

705  
00:26:14,070 --> 00:26:12,559  
what's possible that's perhaps a better

706  
00:26:17,110 --> 00:26:14,080  
framing but let me give you an example

707  
00:26:20,630 --> 00:26:17,120  
so we've been told now i think for 25 30

708  
00:26:24,230 --> 00:26:20,640  
years that carbon dioxide

709  
00:26:25,830 --> 00:26:24,240  
carbon dioxide is not only a waste gas

710  
00:26:26,870 --> 00:26:25,840  
i'm using air quotes for people

711  
00:26:30,630 --> 00:26:26,880  
listening

712  
00:26:34,230 --> 00:26:30,640  
a waste gas it is causing

713  
00:26:38,470 --> 00:26:34,240

the demise of the planet

714

00:26:41,029 --> 00:26:38,480

now anybody who understands respiratory

715

00:26:42,789 --> 00:26:41,039

physiology and understands the basics of

716

00:26:46,310 --> 00:26:42,799

breath work

717

00:26:49,350 --> 00:26:46,320

will tell you that carbon dioxide

718

00:26:53,350 --> 00:26:49,360

is our body's most important respiratory

719

00:26:54,630 --> 00:26:53,360

gas and it appears in our bodies at 100

720

00:26:57,350 --> 00:26:54,640

times

721

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

the volume of oxygen

722

00:27:01,029 --> 00:26:59,279

which of course provides energy to our

723

00:27:03,750 --> 00:27:01,039

cells and tissues and organs when we

724

00:27:05,110 --> 00:27:03,760

breathe oxygen in so think about this

725

00:27:08,310 --> 00:27:05,120

for a minute

726

00:27:10,789 --> 00:27:08,320

we're literally seeing a war

727

00:27:13,830 --> 00:27:10,799

being waged out there in the culture on

728

00:27:16,789 --> 00:27:13,840

our bodies most important respiratory

729

00:27:19,750 --> 00:27:16,799

gas it is our bodies trigger to breathe

730

00:27:21,190 --> 00:27:19,760

we breathe alex and brandon in the

731

00:27:24,470 --> 00:27:21,200

presence

732

00:27:27,110 --> 00:27:24,480

of carbon dioxide not in its absence

733

00:27:28,870 --> 00:27:27,120

so there's my analogy right

734

00:27:30,549 --> 00:27:28,880

we see a war being waged on carbon

735

00:27:32,230 --> 00:27:30,559

dioxide is there a war and this is

736

00:27:34,070 --> 00:27:32,240

perhaps even more profound than waging a

737

00:27:38,310 --> 00:27:34,080

war on carbon dioxide is there a war

738

00:27:41,590 --> 00:27:39,029

yeah

739

00:27:43,830 --> 00:27:41,600

i love that and i just don't know how

740

00:27:45,110 --> 00:27:43,840

we're going to be able to tile

741

00:27:47,269 --> 00:27:45,120

together

742

00:27:49,669 --> 00:27:47,279

sorry

743

00:27:51,430 --> 00:27:49,679

i i think the i think the breath work

744

00:27:54,149 --> 00:27:51,440

thing is so

745

00:27:56,389 --> 00:27:54,159

tremendously important on a kind of

746

00:27:57,510 --> 00:27:56,399

direct experience level you know like

747

00:27:58,870 --> 00:27:57,520

people

748

00:28:00,870 --> 00:27:58,880

and you know this because this is what

749

00:28:03,510 --> 00:28:00,880

you help people do

750

00:28:05,350 --> 00:28:03,520

you can go show people or help people

751  
00:28:08,389 --> 00:28:05,360  
coach people into breathing and they

752  
00:28:11,430 --> 00:28:08,399  
will have an immediate physiological

753  
00:28:13,830 --> 00:28:11,440  
and mental response to that and that's

754  
00:28:15,269 --> 00:28:13,840  
like a door to open up to all the things

755  
00:28:16,870 --> 00:28:15,279  
that you're saying and then you're

756  
00:28:19,430 --> 00:28:16,880  
taking in this whole other level which

757  
00:28:21,350 --> 00:28:19,440  
is i hadn't really contemplated before

758  
00:28:22,149 --> 00:28:21,360  
but you could see me chuckling here it's

759  
00:28:24,389 --> 00:28:22,159  
like

760  
00:28:26,470 --> 00:28:24,399  
of course of course why didn't we see

761  
00:28:27,269 --> 00:28:26,480  
that until somebody points that out we

762  
00:28:28,789 --> 00:28:27,279  
don't

763  
00:28:31,269 --> 00:28:28,799

so

764

00:28:33,029 --> 00:28:31,279

the the second book that i wrote and

765

00:28:35,269 --> 00:28:33,039

i'll show i'll tell you my my sequence

766

00:28:37,190 --> 00:28:35,279

here so why science is wrong about

767

00:28:39,669 --> 00:28:37,200

almost everything is if you can't

768

00:28:41,669 --> 00:28:39,679

measure consciousness exactly what which

769

00:28:44,549 --> 00:28:41,679

you picked up on rob and brandon you've

770

00:28:46,710 --> 00:28:44,559

got it too is that if you're gonna run

771

00:28:48,470 --> 00:28:46,720

an experiment and if you're gonna the

772

00:28:50,710 --> 00:28:48,480

simplest experiment you can do you say

773

00:28:52,870 --> 00:28:50,720

hey what temperature does water boil at

774

00:28:55,269 --> 00:28:52,880

you go oh that's easy it's 212 degrees

775

00:28:58,389 --> 00:28:55,279

or it's 100 degrees celsius you go

776

00:29:00,950 --> 00:28:58,399

okay but you forgot one of the controls

777

00:29:01,909 --> 00:29:00,960

what altitude are you at you go oh yeah

778

00:29:03,669 --> 00:29:01,919

that's right if you had a different

779

00:29:05,510 --> 00:29:03,679

altitude

780

00:29:07,350 --> 00:29:05,520

so now i've opened you up to the idea

781

00:29:08,630 --> 00:29:07,360

that there are different variables that

782

00:29:11,110 --> 00:29:08,640

you have to control before you give your

783

00:29:13,590 --> 00:29:11,120

pat answer and then as you not

784

00:29:15,990 --> 00:29:13,600

appreciate you reading that quote say

785

00:29:18,710 --> 00:29:16,000

okay what if what if i was to

786

00:29:21,510 --> 00:29:18,720

experimentally demonstrate that

787

00:29:24,149 --> 00:29:21,520

consciousness uh the the that little

788

00:29:25,510 --> 00:29:24,159

voice inside your head could actually

789

00:29:27,510 --> 00:29:25,520

you know

790

00:29:29,909 --> 00:29:27,520

is it a wave is a particle kind of thing

791

00:29:33,669 --> 00:29:29,919

that observation that consciousness

792

00:29:35,190 --> 00:29:33,679

could play a role in our physical

793

00:29:37,190 --> 00:29:35,200

world right

794

00:29:40,070 --> 00:29:37,200

would we then have to

795

00:29:42,950 --> 00:29:40,080

at least consider the possibility that

796

00:29:44,230 --> 00:29:42,960

just like altitude now we have another

797

00:29:48,870 --> 00:29:44,240

variable

798

00:29:50,549 --> 00:29:48,880

consciousness

799

00:29:53,430 --> 00:29:50,559

and then i could wrestle you to the

800

00:29:56,149 --> 00:29:53,440

ground because i could show you the best

801  
00:29:57,750 --> 00:29:56,159  
parapsychology experiments and i could

802  
00:30:01,350 --> 00:29:57,760  
show you dean raiden we could talk about

803  
00:30:03,269 --> 00:30:01,360  
his transhumanism craziness but

804  
00:30:06,149 --> 00:30:03,279  
replicated you know

805  
00:30:08,389 --> 00:30:06,159  
50 times in labs across the world six

806  
00:30:10,710 --> 00:30:08,399  
sigma result i could beat you into the

807  
00:30:14,389 --> 00:30:10,720  
ground saying this is some of the most

808  
00:30:17,669 --> 00:30:14,399  
reliable science you can count on and it

809  
00:30:19,990 --> 00:30:17,679  
will tell you conclusively that there is

810  
00:30:22,710 --> 00:30:20,000  
more there is that effect that i'm

811  
00:30:24,470 --> 00:30:22,720  
talking about so now i would and this is

812  
00:30:26,950 --> 00:30:24,480  
building on what you said brandon in

813  
00:30:29,110 --> 00:30:26,960

that this is the sequence that i of the

814

00:30:30,789 --> 00:30:29,120

stack that i would build i would say

815

00:30:34,310 --> 00:30:30,799

therefore

816

00:30:36,630 --> 00:30:34,320

then you must put an asterisk by every

817

00:30:39,350 --> 00:30:36,640

freaking experiment you ever do if it

818

00:30:41,830 --> 00:30:39,360

doesn't factor in consciousness because

819

00:30:43,830 --> 00:30:41,840

consciousness is now in the game it's

820

00:30:45,110 --> 00:30:43,840

been proven experimentally it's in the

821

00:30:47,430 --> 00:30:45,120

game

822

00:30:48,630 --> 00:30:47,440

we can't exactly say what it is but it's

823

00:30:51,110 --> 00:30:48,640

in the game

824

00:30:54,630 --> 00:30:51,120

but that's book number one

825

00:30:57,509 --> 00:30:54,640

book number two is why evil matters

826

00:31:00,310 --> 00:30:57,519

and here's the because this to me

827

00:31:02,070 --> 00:31:00,320

answers your question rob

828

00:31:04,389 --> 00:31:02,080

which is if you start thinking about

829

00:31:07,590 --> 00:31:04,399

this and you go okay yeah

830

00:31:08,870 --> 00:31:07,600

consciousness it is in the game it is in

831

00:31:11,669 --> 00:31:08,880

the mix

832

00:31:14,310 --> 00:31:11,679

now you are also forced to

833

00:31:17,029 --> 00:31:14,320

consider what i always call extended

834

00:31:18,950 --> 00:31:17,039

consciousness and that's just to kind of

835

00:31:20,710 --> 00:31:18,960

differentiate between you know when you

836

00:31:22,149 --> 00:31:20,720

talk to the

837

00:31:23,909 --> 00:31:22,159

normie

838

00:31:26,230 --> 00:31:23,919

materialistic scientists they have an

839

00:31:28,149 --> 00:31:26,240

idea what consciousness is and okay what

840

00:31:29,669 --> 00:31:28,159

about extended consciousness what about

841

00:31:31,509 --> 00:31:29,679

this guy over here what about after

842

00:31:32,710 --> 00:31:31,519

death experience out-of-body experience

843

00:31:35,110 --> 00:31:32,720

what about

844

00:31:37,269 --> 00:31:35,120

hallucinogenic experience all that stuff

845

00:31:39,509 --> 00:31:37,279

shamanic experience and they go well i

846

00:31:42,870 --> 00:31:39,519

don't know would you at least agree that

847

00:31:45,190 --> 00:31:42,880

those non-ordinary experiences are being

848

00:31:46,710 --> 00:31:45,200

reported let's put them in this category

849

00:31:48,549 --> 00:31:46,720

called

850

00:31:51,029 --> 00:31:48,559

extended consciousness

851  
00:31:54,070 --> 00:31:51,039  
and now when we look at that extended

852  
00:31:56,310 --> 00:31:54,080  
consciousness experience the question

853  
00:31:59,430 --> 00:31:56,320  
that comes to me the bottom line

854  
00:32:01,750 --> 00:31:59,440  
question is really for all of us the

855  
00:32:03,350 --> 00:32:01,760  
question is who are we why are we here

856  
00:32:06,470 --> 00:32:03,360  
and that

857  
00:32:09,110 --> 00:32:06,480  
translates in at some level to

858  
00:32:10,870 --> 00:32:09,120  
is there a moral imperative is there

859  
00:32:14,549 --> 00:32:10,880  
right and wrong

860  
00:32:16,789 --> 00:32:14,559  
are there actions that are wrong

861  
00:32:19,909 --> 00:32:16,799  
and to put it in simple terms up with

862  
00:32:21,350 --> 00:32:19,919  
the term evil on it and uh

863  
00:32:24,310 --> 00:32:21,360

without

864

00:32:26,950 --> 00:32:24,320

you know naming what's evil what isn't

865

00:32:29,430 --> 00:32:26,960

the question i was trying to get to is

866

00:32:31,830 --> 00:32:29,440

does evil matter does the question of

867

00:32:34,470 --> 00:32:31,840

whether or not there is this moral

868

00:32:35,669 --> 00:32:34,480

imperative whether that could possibly

869

00:32:38,070 --> 00:32:35,679

exist

870

00:32:41,430 --> 00:32:38,080

does that matter well i think it matters

871

00:32:42,710 --> 00:32:41,440

fundamentally because if we answer that

872

00:32:44,310 --> 00:32:42,720

question

873

00:32:47,669 --> 00:32:44,320

with that

874

00:32:50,710 --> 00:32:47,679

oh okay i am now open to the possibility

875

00:32:51,590 --> 00:32:50,720

that there is a right and wrong

876

00:32:52,950 --> 00:32:51,600

and

877

00:32:55,509 --> 00:32:52,960

that maybe

878

00:32:56,950 --> 00:32:55,519

then then i'm then i'm in the soup and

879

00:32:58,789 --> 00:32:56,960

the story i always tell with this and

880

00:33:01,029 --> 00:32:58,799

it's the opening story from that book is

881

00:33:03,350 --> 00:33:01,039

i introdu interviewed this guy fbi agent

882

00:33:04,710 --> 00:33:03,360

undercover fbi agent

883

00:33:06,870 --> 00:33:04,720

i told the story a million times i got

884

00:33:08,549 --> 00:33:06,880

to saw it again for you guys

885

00:33:11,990 --> 00:33:08,559

he was he had

886

00:33:13,269 --> 00:33:12,000

infiltrated uh nambla uh the pedophile

887

00:33:14,310 --> 00:33:13,279

group for

888

00:33:16,070 --> 00:33:14,320

trying to

889

00:33:17,110 --> 00:33:16,080

get little boys and all that horrible

890

00:33:20,389 --> 00:33:17,120

stuff

891

00:33:21,909 --> 00:33:20,399

and uh he said he was on like an

892

00:33:24,549 --> 00:33:21,919

undercover project with him and they had

893

00:33:27,029 --> 00:33:24,559

gone to new york city and all these

894

00:33:29,509 --> 00:33:27,039

men these pedophiles wanted to go to

895

00:33:30,950 --> 00:33:29,519

toys r us back in the day when it's in

896

00:33:32,230 --> 00:33:30,960

uh

897

00:33:34,630 --> 00:33:32,240

times square and they had a huge

898

00:33:36,149 --> 00:33:34,640

carousel inside and these guys are

899

00:33:38,470 --> 00:33:36,159

leaning over the rail and they're

900

00:33:40,630 --> 00:33:38,480

looking at these little boys

901  
00:33:42,149 --> 00:33:40,640  
and little girls but main little boys

902  
00:33:43,590 --> 00:33:42,159  
and they're saying not only the things

903  
00:33:44,789 --> 00:33:43,600  
that they want to do the horrible things

904  
00:33:46,710 --> 00:33:44,799  
that they want to do sexually but

905  
00:33:48,789 --> 00:33:46,720  
they're saying that the pain

906  
00:33:51,029 --> 00:33:48,799  
they want to inflict and the amount of

907  
00:33:53,669 --> 00:33:51,039  
control and dominance they want to have

908  
00:33:57,430 --> 00:33:53,679  
and the fbi agents tell me this story he

909  
00:33:59,669 --> 00:33:57,440  
says i just it's the closest i ever came

910  
00:34:01,590 --> 00:33:59,679  
to you know kind of breaking undercover

911  
00:34:04,470 --> 00:34:01,600  
because i just want to pick up these men

912  
00:34:06,389 --> 00:34:04,480  
and throw them over the rail

913  
00:34:09,190 --> 00:34:06,399

and we all can feel that especially any

914

00:34:10,710 --> 00:34:09,200

of us who have kids can feel that

915

00:34:12,869 --> 00:34:10,720

and the question i always bring to

916

00:34:14,710 --> 00:34:12,879

people is okay forget all that now back

917

00:34:16,869 --> 00:34:14,720

to this thing do you think there is such

918

00:34:19,190 --> 00:34:16,879

a thing as good and bad is there such a

919

00:34:20,950 --> 00:34:19,200

thing as evil you know without without

920

00:34:23,589 --> 00:34:20,960

judging you know how it came and all the

921

00:34:26,310 --> 00:34:23,599

rest that is that you know potentially

922

00:34:30,869 --> 00:34:26,320

evil everyone goes oh yeah that

923

00:34:35,909 --> 00:34:33,030

yeah yeah i don't know if i heard you

924

00:34:37,990 --> 00:34:35,919

say this but um there are certain

925

00:34:40,149 --> 00:34:38,000

principles that

926  
00:34:42,389 --> 00:34:40,159  
when they

927  
00:34:45,030 --> 00:34:42,399  
are shared not only cross-culturally but

928  
00:34:46,790 --> 00:34:45,040  
also across temporally that's something

929  
00:34:49,510 --> 00:34:46,800  
that we can point to and say okay this

930  
00:34:50,629 --> 00:34:49,520  
is potentially a universal

931  
00:34:51,990 --> 00:34:50,639  
truth

932  
00:34:54,149 --> 00:34:52,000  
and i think something like that like

933  
00:34:55,829 --> 00:34:54,159  
it's it's easy to define

934  
00:34:57,670 --> 00:34:55,839  
you know

935  
00:34:59,030 --> 00:34:57,680  
what is good and what is evil when we

936  
00:35:01,510 --> 00:34:59,040  
think about things in terms of that like

937  
00:35:03,030 --> 00:35:01,520  
it's very very difficult um to say that

938  
00:35:04,870 --> 00:35:03,040

this is just like a product of our

939

00:35:06,790 --> 00:35:04,880

culture like this is something that i

940

00:35:07,750 --> 00:35:06,800

think we can universally recognize is an

941

00:35:09,349 --> 00:35:07,760

evil

942

00:35:12,069 --> 00:35:09,359

and you know we can go from there and

943

00:35:13,910 --> 00:35:12,079

kind of build you know a moral system

944

00:35:15,510 --> 00:35:13,920

from that um you know it gets a little

945

00:35:17,829 --> 00:35:15,520

bit more nebulous the farther away from

946

00:35:18,870 --> 00:35:17,839

that you know we go

947

00:35:20,470 --> 00:35:18,880

um

948

00:35:24,550 --> 00:35:20,480

but i'm thinking like getting back to

949

00:35:27,270 --> 00:35:24,560

the conspiratorial um conversation

950

00:35:29,270 --> 00:35:27,280

um so so hold on let me okay sorry sorry

951  
00:35:31,430 --> 00:35:29,280  
tie it together no no no you i'm

952  
00:35:33,589 --> 00:35:31,440  
interrupting you so don't apologize but

953  
00:35:35,190 --> 00:35:33,599  
i want to tie that to conspiracy and i

954  
00:35:37,190 --> 00:35:35,200  
want to tie it to the

955  
00:35:38,390 --> 00:35:37,200  
totalitarian kind of thing that's where

956  
00:35:39,349 --> 00:35:38,400  
i was going

957  
00:35:43,510 --> 00:35:39,359  
oh

958  
00:35:48,310 --> 00:35:45,910  
i want to start with evil i want to

959  
00:35:50,710 --> 00:35:48,320  
start with spirituality i want to start

960  
00:35:53,910 --> 00:35:50,720  
with that little voice inside my head

961  
00:35:56,630 --> 00:35:53,920  
who am i why am i here and i don't want

962  
00:36:00,069 --> 00:35:56,640  
to be knocked off that block until i'm

963  
00:36:03,270 --> 00:36:00,079

firmly established in the idea that

964

00:36:04,150 --> 00:36:03,280

i am more than that little voice in my

965

00:36:07,910 --> 00:36:04,160

head

966

00:36:09,670 --> 00:36:07,920

that's my spirituality and that i

967

00:36:11,030 --> 00:36:09,680

am good

968

00:36:12,470 --> 00:36:11,040

fundamentally

969

00:36:14,710 --> 00:36:12,480

that divine

970

00:36:16,950 --> 00:36:14,720

light whatever that is non-religious

971

00:36:19,510 --> 00:36:16,960

whatever there is

972

00:36:22,470 --> 00:36:19,520

the light is always shining and it's

973

00:36:24,470 --> 00:36:22,480

always coming through me i'm blocking it

974

00:36:26,950 --> 00:36:24,480

i'm screwing it up i'm doing everything

975

00:36:30,310 --> 00:36:26,960

to deny it but it's always there and the

976  
00:36:32,150 --> 00:36:30,320  
goodness is always with me

977  
00:36:34,230 --> 00:36:32,160  
now from there

978  
00:36:35,829 --> 00:36:34,240  
can i understand

979  
00:36:36,950 --> 00:36:35,839  
people who

980  
00:36:39,430 --> 00:36:36,960  
have

981  
00:36:41,990 --> 00:36:39,440  
blockages that cause them to do very

982  
00:36:44,069 --> 00:36:42,000  
destructive things to other people can i

983  
00:36:46,870 --> 00:36:44,079  
understand evil can i understand

984  
00:36:49,510 --> 00:36:46,880  
deception can i understand

985  
00:36:52,710 --> 00:36:49,520  
totalitarian states

986  
00:36:55,270 --> 00:36:52,720  
i can i can now begin to understand all

987  
00:36:58,150 --> 00:36:55,280  
those things but i have to be grounded

988  
00:36:58,950 --> 00:36:58,160

in the reality the reality

989

00:37:00,390 --> 00:36:58,960

that

990

00:37:02,310 --> 00:37:00,400

there is

991

00:37:05,750 --> 00:37:02,320

a good that the light is always shining

992

00:37:08,710 --> 00:37:07,510

beautifully said

993

00:37:10,710 --> 00:37:08,720

yeah absolutely

994

00:37:13,270 --> 00:37:10,720

um

995

00:37:16,950 --> 00:37:13,280

so with

996

00:37:19,990 --> 00:37:16,960

with consciousness being fundamental and

997

00:37:22,230 --> 00:37:20,000

with their being um

998

00:37:25,109 --> 00:37:22,240

experimentally verified this this

999

00:37:27,990 --> 00:37:25,119

extended consciousness realm

1000

00:37:30,390 --> 00:37:28,000

um would you say that that

1001  
00:37:31,990 --> 00:37:30,400  
indicates that like your consciousness

1002  
00:37:33,670 --> 00:37:32,000  
your individual consciousness is part of

1003  
00:37:35,750 --> 00:37:33,680  
something greater is that something that

1004  
00:37:37,030 --> 00:37:35,760  
you would do you think that that follows

1005  
00:37:39,670 --> 00:37:37,040  
because your consciousness is able to

1006  
00:37:42,069 --> 00:37:39,680  
like reach out and touch

1007  
00:37:43,990 --> 00:37:42,079  
objects that are at a distance that we

1008  
00:37:45,030 --> 00:37:44,000  
kind of have this like sort of quantum

1009  
00:37:47,030 --> 00:37:45,040  
spooky

1010  
00:37:48,829 --> 00:37:47,040  
effect at a distance going on with

1011  
00:37:52,069 --> 00:37:48,839  
consciousness

1012  
00:37:54,310 --> 00:37:52,079  
um and do you think that that

1013  
00:37:55,829 --> 00:37:54,320

realization that your individual

1014

00:37:58,150 --> 00:37:55,839

consciousness is part of something

1015

00:38:00,390 --> 00:37:58,160

greater do you think that

1016

00:38:02,230 --> 00:38:00,400

is um sort of the foundation to build

1017

00:38:04,310 --> 00:38:02,240

like a moral system upon and do you

1018

00:38:05,349 --> 00:38:04,320

think that that's something that if more

1019

00:38:07,829 --> 00:38:05,359

people

1020

00:38:11,190 --> 00:38:07,839

were in that paradigm

1021

00:38:12,710 --> 00:38:11,200

versus the um the mechanistic paradigm

1022

00:38:14,230 --> 00:38:12,720

as described by desmond or you know just

1023

00:38:15,510 --> 00:38:14,240

calling the physicalist or materialist

1024

00:38:16,790 --> 00:38:15,520

paradigm

1025

00:38:19,030 --> 00:38:16,800

that has

1026

00:38:21,430 --> 00:38:19,040

resulted in the 21st century in this

1027

00:38:23,109 --> 00:38:21,440

kind of existential angst and lack of

1028

00:38:24,630 --> 00:38:23,119

meaning that we have do you think that

1029

00:38:26,470 --> 00:38:24,640

we would be living in a different world

1030

00:38:28,150 --> 00:38:26,480

if we were more in the former paradigm

1031

00:38:29,829 --> 00:38:28,160

versus the latter

1032

00:38:31,510 --> 00:38:29,839

see i i like the way you're kind of

1033

00:38:33,670 --> 00:38:31,520

traversing that territory now because

1034

00:38:35,430 --> 00:38:33,680

now we're talking about it

1035

00:38:37,270 --> 00:38:35,440

differently you know

1036

00:38:38,710 --> 00:38:37,280

there's there's a leap because what

1037

00:38:41,790 --> 00:38:38,720

you're describing again it goes back the

1038

00:38:43,829 --> 00:38:41,800

very first kind of ontologic ontological

1039

00:38:47,430 --> 00:38:43,839

epistemological kind of

1040

00:38:49,109 --> 00:38:47,440

thing you were laying out in terms of

1041

00:38:51,670 --> 00:38:49,119

there's some things

1042

00:38:53,829 --> 00:38:51,680

that you can prove experimentally but

1043

00:38:55,190 --> 00:38:53,839

really uh let me kind of switch gears

1044

00:38:57,470 --> 00:38:55,200

for a little bit sure

1045

00:38:59,670 --> 00:38:57,480

we have to understand that

1046

00:39:02,310 --> 00:38:59,680

experimentally when we show that

1047

00:39:03,510 --> 00:39:02,320

consciousness is the asterisk in all our

1048

00:39:06,470 --> 00:39:03,520

experiments

1049

00:39:07,670 --> 00:39:06,480

we have more or less obsoleted

1050

00:39:13,670 --> 00:39:07,680

science

1051

00:39:16,069 --> 00:39:13,680

is to show that it is

1052

00:39:19,190 --> 00:39:16,079

incomplete that it will always be

1053

00:39:20,790 --> 00:39:19,200

incomplete because it is

1054

00:39:22,950 --> 00:39:20,800

because consciousness is fundamental

1055

00:39:24,790 --> 00:39:22,960

that's the implications of that but and

1056

00:39:26,870 --> 00:39:24,800

then the further leap that you're that

1057

00:39:29,990 --> 00:39:26,880

you're i like your reluctance your

1058

00:39:31,589 --> 00:39:30,000

reluctance to go there because what the

1059

00:39:34,150 --> 00:39:31,599

the evil leap

1060

00:39:36,630 --> 00:39:34,160

is the good leap right let's make that

1061

00:39:38,390 --> 00:39:36,640

clear the the reason to focus on evil is

1062

00:39:40,069 --> 00:39:38,400

because it focuses that there's

1063

00:39:41,990 --> 00:39:40,079

something else there is if there is a

1064

00:39:44,790 --> 00:39:42,000

moral imperative

1065

00:39:47,030 --> 00:39:44,800

then there is good then there is light

1066

00:39:49,510 --> 00:39:47,040

but we don't know that experimentally

1067

00:39:52,230 --> 00:39:49,520

and we've already obsoleted the science

1068

00:39:55,349 --> 00:39:52,240

so we can never know that experimentally

1069

00:39:57,270 --> 00:39:55,359

what we can do now is use a different

1070

00:39:59,430 --> 00:39:57,280

set of tools

1071

00:40:00,630 --> 00:39:59,440

again as you point out and i want to

1072

00:40:02,150 --> 00:40:00,640

pull rob into this because i want to

1073

00:40:04,390 --> 00:40:02,160

understand i want to talk about

1074

00:40:07,109 --> 00:40:04,400

breathing and the connection between wim

1075

00:40:09,670 --> 00:40:07,119

hof and yoga and i read william hoff as

1076

00:40:10,470 --> 00:40:09,680

a very spiritual man

1077

00:40:12,870 --> 00:40:10,480

too

1078

00:40:14,710 --> 00:40:12,880

and i love the way he lives in these two

1079

00:40:17,109 --> 00:40:14,720

worlds he doesn't talk about that he

1080

00:40:19,589 --> 00:40:17,119

doesn't lead with that he leads with

1081

00:40:22,150 --> 00:40:19,599

have this experience and see where it

1082

00:40:24,230 --> 00:40:22,160

gets you kind of thing and i love that

1083

00:40:26,230 --> 00:40:24,240

but where i thought you were going

1084

00:40:27,270 --> 00:40:26,240

brandon was was

1085

00:40:29,910 --> 00:40:27,280

kind of

1086

00:40:31,589 --> 00:40:29,920

you know can we make that leap can we

1087

00:40:33,190 --> 00:40:31,599

make that leap and then you talked about

1088

00:40:34,550 --> 00:40:33,200

the cross culture crosstalk just

1089

00:40:36,550 --> 00:40:34,560

published an interview or maybe i'm

1090

00:40:39,270 --> 00:40:36,560

going to publish it today with one of my

1091

00:40:40,470 --> 00:40:39,280

favorite guys dr gregory shushan

1092

00:40:42,470 --> 00:40:40,480

he is

1093

00:40:45,990 --> 00:40:42,480

oxford train college of london train

1094

00:40:49,750 --> 00:40:46,000

super you know scholarly all that stuff

1095

00:40:54,630 --> 00:40:49,760

cross culture ndes throughout history

1096

00:40:57,670 --> 00:40:54,640

and it just it's the it it's extremely

1097

00:41:00,390 --> 00:40:57,680

extremely compelling evidence of exactly

1098

00:41:02,790 --> 00:41:00,400

what you're saying it that would

1099

00:41:06,390 --> 00:41:02,800

kind of close that gap to say i can have

1100

00:41:07,190 --> 00:41:06,400

confidence that there is more that there

1101  
00:41:08,390 --> 00:41:07,200  
is

1102  
00:41:09,589 --> 00:41:08,400  
something

1103  
00:41:11,190 --> 00:41:09,599  
to this

1104  
00:41:12,870 --> 00:41:11,200  
goodness you know like one of the things

1105  
00:41:14,470 --> 00:41:12,880  
he said in there he says you know of all

1106  
00:41:16,710 --> 00:41:14,480  
the accounts we've read both

1107  
00:41:18,470 --> 00:41:16,720  
contemporary and historically there's

1108  
00:41:20,470 --> 00:41:18,480  
never a count where someone

1109  
00:41:22,630 --> 00:41:20,480  
has a near-death experience and is told

1110  
00:41:25,109 --> 00:41:22,640  
to go back and do a school shooting you

1111  
00:41:27,910 --> 00:41:25,119  
know that hasn't that hasn't popped up

1112  
00:41:28,950 --> 00:41:27,920  
at anyone's near-death experience

1113  
00:41:31,109 --> 00:41:28,960

love that

1114

00:41:34,150 --> 00:41:31,119

i'm just to both of you just a question

1115

00:41:35,910 --> 00:41:34,160

as i've been listening to this really

1116

00:41:38,230 --> 00:41:35,920

exciting conversation are either of you

1117

00:41:41,510 --> 00:41:38,240

familiar with andrew lobachowski's work

1118

00:41:42,550 --> 00:41:41,520

uh it's called political po neurology

1119

00:41:45,589 --> 00:41:42,560

i'm not

1120

00:41:46,950 --> 00:41:45,599

ponorology is the study of evil

1121

00:41:48,790 --> 00:41:46,960

believe it or not

1122

00:41:51,270 --> 00:41:48,800

and the subtitle of this book political

1123

00:41:54,470 --> 00:41:51,280

ponerology says it all a science on the

1124

00:41:56,230 --> 00:41:54,480

nature of evil adjusted for political

1125

00:41:58,550 --> 00:41:56,240

purposes

1126  
00:42:00,790 --> 00:41:58,560  
um i i think alex and and brandon both

1127  
00:42:02,870 --> 00:42:00,800  
of you would really find this book um

1128  
00:42:04,790 --> 00:42:02,880  
really insightful it's it's not it's not

1129  
00:42:05,829 --> 00:42:04,800  
an easy lift

1130  
00:42:07,349 --> 00:42:05,839  
um

1131  
00:42:09,109 --> 00:42:07,359  
but it's a

1132  
00:42:10,870 --> 00:42:09,119  
it's a much neglected but i think super

1133  
00:42:12,150 --> 00:42:10,880  
important book um

1134  
00:42:14,790 --> 00:42:12,160  
because he gets at a lot of these

1135  
00:42:17,109 --> 00:42:14,800  
questions and alex i think what i hear

1136  
00:42:18,550 --> 00:42:17,119  
and granted to what i hear you both

1137  
00:42:20,390 --> 00:42:18,560  
saying is

1138  
00:42:23,349 --> 00:42:20,400

you know science is

1139

00:42:26,309 --> 00:42:23,359

useful as far as it goes

1140

00:42:29,190 --> 00:42:26,319

but it cannot claim to be as you quote

1141

00:42:31,430 --> 00:42:29,200

ethnobotanist the br the brilliant and

1142

00:42:34,870 --> 00:42:31,440

amusing terence mckenna

1143

00:42:35,750 --> 00:42:34,880

in uh in your in your book here alex

1144

00:42:37,910 --> 00:42:35,760

uh

1145

00:42:39,109 --> 00:42:37,920

one of the epigraph to chapter nine

1146

00:42:41,430 --> 00:42:39,119

science

1147

00:42:43,589 --> 00:42:41,440

this is terence mckenna now

1148

00:42:46,470 --> 00:42:43,599

the great sort of uh researcher of

1149

00:42:48,150 --> 00:42:46,480

hallucinogenic medicines and

1150

00:42:50,950 --> 00:42:48,160

way ahead of his time i think science

1151  
00:42:53,190 --> 00:42:50,960  
has great pretensions about itself

1152  
00:42:56,470 --> 00:42:53,200  
it basically regards itself as a meta

1153  
00:42:58,630 --> 00:42:56,480  
theory capable of passing judgment

1154  
00:43:00,550 --> 00:42:58,640  
on all other theories

1155  
00:43:03,589 --> 00:43:00,560  
these theories are supposed to submit

1156  
00:43:05,109 --> 00:43:03,599  
themselves to science to be told whether

1157  
00:43:06,390 --> 00:43:05,119  
they are right

1158  
00:43:08,390 --> 00:43:06,400  
or not

1159  
00:43:10,069 --> 00:43:08,400  
and we could also insert the the ethical

1160  
00:43:11,349 --> 00:43:10,079  
and moral frame there whether they are

1161  
00:43:12,950 --> 00:43:11,359  
good

1162  
00:43:14,870 --> 00:43:12,960  
or evil and then the last thing i'll say

1163  
00:43:17,910 --> 00:43:14,880

is i'm reminded too of i think it was

1164

00:43:20,550 --> 00:43:17,920

alexander solzhenitsyn the great russian

1165

00:43:24,150 --> 00:43:20,560

uh philosopher and writer who said the

1166

00:43:27,030 --> 00:43:24,160

line between good and evil runs through

1167

00:43:29,510 --> 00:43:27,040

the heart of us all

1168

00:43:33,349 --> 00:43:29,520

and so this notion of evil and good

1169

00:43:38,470 --> 00:43:35,829

constantly in in dialogue with one

1170

00:43:40,630 --> 00:43:38,480

another both at a civilizational level

1171

00:43:42,230 --> 00:43:40,640

but also i think at an individual level

1172

00:43:44,950 --> 00:43:42,240

within us

1173

00:43:46,950 --> 00:43:44,960

um and and i think you know religions

1174

00:43:48,790 --> 00:43:46,960

have been invented by

1175

00:43:49,910 --> 00:43:48,800

team human for a number of different

1176

00:43:52,710 --> 00:43:49,920

reasons

1177

00:43:54,950 --> 00:43:52,720

an obvious one of which is they offer us

1178

00:43:56,950 --> 00:43:54,960

ethical and ethical ethical frameworks

1179

00:43:58,470 --> 00:43:56,960

for which to make sense of the choices

1180

00:44:02,230 --> 00:43:58,480

that we make

1181

00:44:04,069 --> 00:44:02,240

uh breath by breath alex that define us

1182

00:44:05,430 --> 00:44:04,079

and as we move through the world you

1183

00:44:08,550 --> 00:44:05,440

know um

1184

00:44:09,430 --> 00:44:08,560

yeah this is so interesting jump in

1185

00:44:10,790 --> 00:44:09,440

either

1186

00:44:13,990 --> 00:44:10,800

it will let up

1187

00:44:16,790 --> 00:44:14,000

do a little riff on uh on whim and sure

1188

00:44:19,750 --> 00:44:16,800

how he fits into the because i think

1189

00:44:21,510 --> 00:44:19,760

i i reference him all the time in some

1190

00:44:23,589 --> 00:44:21,520

ways that people don't exactly connect

1191

00:44:26,150 --> 00:44:23,599

to but i think it connects to this in

1192

00:44:29,190 --> 00:44:26,160

some ways yeah so so for folks who don't

1193

00:44:31,750 --> 00:44:29,200

know wim hof is now 63 years old living

1194

00:44:34,150 --> 00:44:31,760

in the netherlands he is a

1195

00:44:36,309 --> 00:44:34,160

three things about whom one is he is he

1196

00:44:38,950 --> 00:44:36,319

is a superhuman athlete i think he holds

1197

00:44:40,950 --> 00:44:38,960

27 now world's records for feats of

1198

00:44:42,630 --> 00:44:40,960

human endurance most famously swimming

1199

00:44:44,390 --> 00:44:42,640

under an ice glacier

1200

00:44:45,270 --> 00:44:44,400

longer on a single breath than any other

1201  
00:44:47,990 --> 00:44:45,280  
human

1202  
00:44:49,750 --> 00:44:48,000  
second he's subjected his own body and

1203  
00:44:53,349 --> 00:44:49,760  
his own method which i'll tell you about

1204  
00:44:55,750 --> 00:44:53,359  
in a moment to the rigors of lab science

1205  
00:44:58,230 --> 00:44:55,760  
and he has proven in the lab with

1206  
00:45:00,069 --> 00:44:58,240  
scientists what the mystics i think have

1207  
00:45:02,230 --> 00:45:00,079  
understood for a long time which is we

1208  
00:45:04,550 --> 00:45:02,240  
humans are capable

1209  
00:45:06,309 --> 00:45:04,560  
by cultivating a conscious

1210  
00:45:09,270 --> 00:45:06,319  
there's that word again conscious

1211  
00:45:12,230 --> 00:45:09,280  
strategic awareness of our breathing we

1212  
00:45:14,870 --> 00:45:12,240  
are capable of influencing not only our

1213  
00:45:16,470 --> 00:45:14,880

immune system but our autonomic

1214

00:45:18,710 --> 00:45:16,480

nervous system

1215

00:45:20,790 --> 00:45:18,720

which science claimed to be impossible

1216

00:45:23,670 --> 00:45:20,800

until about 12 years ago when the

1217

00:45:25,750 --> 00:45:23,680

experiments began at radbud university

1218

00:45:28,710 --> 00:45:25,760

in the netherlands and finally to your

1219

00:45:30,309 --> 00:45:28,720

near-death experience uh point alex and

1220

00:45:32,710 --> 00:45:30,319

your your section in the spoke about

1221

00:45:34,710 --> 00:45:32,720

that was so fascinating um

1222

00:45:37,510 --> 00:45:34,720

wim um

1223

00:45:40,150 --> 00:45:37,520

suffered horrific personal tragedy at

1224

00:45:42,390 --> 00:45:40,160

the age of 38 his own his first wife

1225

00:45:45,030 --> 00:45:42,400

took her own life

1226

00:45:47,030 --> 00:45:45,040

and left him with four little children

1227

00:45:49,510 --> 00:45:47,040

and the way wim tells the story in his

1228

00:45:52,230 --> 00:45:49,520

grief and suffering and to navigate this

1229

00:45:53,990 --> 00:45:52,240

tragedy he returned to the cold and he

1230

00:45:55,990 --> 00:45:54,000

returned to the breath

1231

00:45:59,750 --> 00:45:56,000

which he had been experimenting with for

1232

00:46:02,230 --> 00:45:59,760

many many years and and credits the now

1233

00:46:04,390 --> 00:46:02,240

famous wim hof method

1234

00:46:06,550 --> 00:46:04,400

with literally saving his life

1235

00:46:08,950 --> 00:46:06,560

and and his family's life

1236

00:46:11,829 --> 00:46:08,960

after that horrific experience and this

1237

00:46:13,910 --> 00:46:11,839

was gosh almost 30 years ago for him now

1238

00:46:16,550 --> 00:46:13,920

wim is a seeker he is a spiritual

1239

00:46:20,069 --> 00:46:16,560

questor he has put together in a very

1240

00:46:22,309 --> 00:46:20,079

neat three pillar package

1241

00:46:24,550 --> 00:46:22,319

what we call the wim hof method i think

1242

00:46:27,349 --> 00:46:24,560

a powerful protocol

1243

00:46:29,670 --> 00:46:27,359

for cultivating consciousness within us

1244

00:46:31,270 --> 00:46:29,680

to this point and kind of staving off

1245

00:46:32,950 --> 00:46:31,280

what alex i think you so beautifully

1246

00:46:34,950 --> 00:46:32,960

criticized in your book which is this

1247

00:46:36,710 --> 00:46:34,960

notion that we're just lumbering robots

1248

00:46:37,750 --> 00:46:36,720

we're you know flesh and blood meat

1249

00:46:39,910 --> 00:46:37,760

puppets

1250

00:46:43,109 --> 00:46:39,920

um and the method is very simple number

1251  
00:46:45,829 --> 00:46:43,119  
one we practice mindset and commitment

1252  
00:46:47,829 --> 00:46:45,839  
through pillar number two daily hormetic

1253  
00:46:51,270 --> 00:46:47,839  
breath work aggressive breath work we

1254  
00:46:53,589 --> 00:46:51,280  
light our inner fire with the breath as

1255  
00:46:55,510 --> 00:46:53,599  
to use the tumor

1256  
00:46:58,309 --> 00:46:55,520  
the ancient tumor practice

1257  
00:47:00,150 --> 00:46:58,319  
of of inner fire and then number three

1258  
00:47:02,150 --> 00:47:00,160  
we go into the cold we were talking

1259  
00:47:04,150 --> 00:47:02,160  
about this offline alex we go into the

1260  
00:47:06,790 --> 00:47:04,160  
cold cold showers

1261  
00:47:09,670 --> 00:47:06,800  
ice baths as a hormetic tool to

1262  
00:47:12,550 --> 00:47:09,680  
cultivate psychological resilience as

1263  
00:47:14,230 --> 00:47:12,560

well as resilience of mind and body so

1264

00:47:16,069 --> 00:47:14,240

that's the wim hof method and wim would

1265

00:47:17,430 --> 00:47:16,079

be the first to say nature i'll do my

1266

00:47:18,470 --> 00:47:17,440

best dutch accent

1267

00:47:24,630 --> 00:47:18,480

nature

1268

00:47:26,309 --> 00:47:24,640

james nestor who just wrote this

1269

00:47:28,230 --> 00:47:26,319

beautiful book breath the new science of

1270

00:47:29,990 --> 00:47:28,240

a lost art who's a wim hofer and very

1271

00:47:32,470 --> 00:47:30,000

interested in breathing and and really

1272

00:47:34,549 --> 00:47:32,480

has put breathing back on the map

1273

00:47:37,510 --> 00:47:34,559

maybe more than any other human other

1274

00:47:40,710 --> 00:47:37,520

than maybe whim um james nestor likes to

1275

00:47:43,270 --> 00:47:40,720

say the further we get from nature

1276

00:47:45,030 --> 00:47:43,280

the sicker we become the further we get

1277

00:47:47,030 --> 00:47:45,040

from nature the sicker we become and

1278

00:47:49,510 --> 00:47:47,040

this of course ties directly back into

1279

00:47:52,390 --> 00:47:49,520

consciousness because when you are awake

1280

00:47:54,230 --> 00:47:52,400

and alive and breathing and moving

1281

00:47:56,950 --> 00:47:54,240

through the world you recognize through

1282

00:47:59,349 --> 00:47:56,960

the power of our breath that we are not

1283

00:48:00,870 --> 00:47:59,359

only in this beautiful dance with team

1284

00:48:03,349 --> 00:48:00,880

human all of us together we're

1285

00:48:04,870 --> 00:48:03,359

conspiring we're breathing together but

1286

00:48:06,870 --> 00:48:04,880

we're actually in this

1287

00:48:08,790 --> 00:48:06,880

stunningly beautiful dance with the rest

1288

00:48:11,990 --> 00:48:08,800

of living creation

1289

00:48:14,950 --> 00:48:12,000

and it's happening 20 to 25 000 times a

1290

00:48:17,349 --> 00:48:14,960

day every time we inhale

1291

00:48:20,390 --> 00:48:17,359

and we exhale

1292

00:48:22,710 --> 00:48:20,400

we are whether we realize it or not

1293

00:48:24,710 --> 00:48:22,720

we are in this reciprocal dance of

1294

00:48:26,470 --> 00:48:24,720

gratitude with the rest of living

1295

00:48:29,270 --> 00:48:26,480

creation and it is overwhelmingly

1296

00:48:31,349 --> 00:48:29,280

beautiful and it makes me cry

1297

00:48:34,230 --> 00:48:31,359

i oh that's so cool

1298

00:48:36,470 --> 00:48:34,240

um so there's so many points to to riff

1299

00:48:37,190 --> 00:48:36,480

on there and um

1300

00:48:39,829 --> 00:48:37,200

so

1301

00:48:41,750 --> 00:48:39,839

my experience with wim when i first

1302

00:48:43,190 --> 00:48:41,760

encountered him

1303

00:48:45,750 --> 00:48:43,200

was

1304

00:48:47,030 --> 00:48:45,760

one you know skeptical

1305

00:48:48,870 --> 00:48:47,040

and then the more i looked you're not

1306

00:48:50,549 --> 00:48:48,880

the only one yeah

1307

00:48:53,990 --> 00:48:50,559

i was also drawn to it though because

1308

00:48:56,630 --> 00:48:54,000

i've been a long-time yoga practitioner

1309

00:48:58,870 --> 00:48:56,640

you know and my experience with yoga was

1310

00:49:01,589 --> 00:48:58,880

i did it for years and never really

1311

00:49:03,109 --> 00:49:01,599

understood the breath thing you know

1312

00:49:06,150 --> 00:49:03,119

and then

1313

00:49:09,030 --> 00:49:06,160

once i got turned down to pranayama and

1314

00:49:11,430 --> 00:49:09,040

then also just how my breath could be

1315

00:49:14,150 --> 00:49:11,440

operating inside my practice just on a

1316

00:49:16,630 --> 00:49:14,160

regular basis it really changed things a

1317

00:49:17,430 --> 00:49:16,640

lot for me so i was very open to that

1318

00:49:19,430 --> 00:49:17,440

now

1319

00:49:21,510 --> 00:49:19,440

the the key and i was also open to

1320

00:49:23,589 --> 00:49:21,520

meditation the turning point i always

1321

00:49:24,390 --> 00:49:23,599

remember from from whim and no one ever

1322

00:49:27,270 --> 00:49:24,400

uh

1323

00:49:30,549 --> 00:49:27,280

always when i was like like you remember

1324

00:49:33,829 --> 00:49:30,559

you've heard it but when i heard wim say

1325

00:49:37,510 --> 00:49:33,839

i hate the freaking cold

1326

00:49:40,230 --> 00:49:37,520

i was like oh this is a yoga thing

1327

00:49:43,430 --> 00:49:40,240

and that is my experience with like the

1328

00:49:45,670 --> 00:49:43,440

ice bath i do the breathing every day

1329

00:49:47,270 --> 00:49:45,680

wouldn't wouldn't miss it it's an

1330

00:49:49,589 --> 00:49:47,280

experience you know there's all that

1331

00:49:53,750 --> 00:49:49,599

thing but the ice bath is such

1332

00:49:56,390 --> 00:49:53,760

a a more profound experience because

1333

00:49:59,270 --> 00:49:56,400

every day that little voice is yammering

1334

00:50:02,069 --> 00:49:59,280

in my head saying you don't have to do

1335

00:50:04,870 --> 00:50:02,079

it today you earned a day off it's a

1336

00:50:08,150 --> 00:50:04,880

skip day it's the whatever

1337

00:50:10,150 --> 00:50:08,160

and it's such a practice it's such a

1338

00:50:13,030 --> 00:50:10,160

it is so physically challenging because

1339

00:50:15,030 --> 00:50:13,040

it's cold every freaking day whim said i

1340

00:50:19,030 --> 00:50:15,040

hate the freaking cold i hate the

1341

00:50:22,790 --> 00:50:20,790

not i don't want to say i'm not in a

1342

00:50:26,309 --> 00:50:22,800

battle with that yammering voice inside

1343

00:50:28,390 --> 00:50:26,319

my head i'm not i am that's the other

1344

00:50:30,150 --> 00:50:28,400

thing eight ball from my other

1345

00:50:31,190 --> 00:50:30,160

yoga master

1346

00:50:36,549 --> 00:50:31,200

uh

1347

00:50:39,270 --> 00:50:36,559

who wrote a couple of books a very

1348

00:50:41,589 --> 00:50:39,280

famous uh guy i love a guy but

1349

00:50:44,309 --> 00:50:41,599

that voice inside my head is like the

1350

00:50:46,069 --> 00:50:44,319

eight ball it just comes up with stuff

1351  
00:50:47,270 --> 00:50:46,079  
because you turn it and you ask it

1352  
00:50:50,309 --> 00:50:47,280  
questions

1353  
00:50:53,589 --> 00:50:50,319  
i am in control i have the sovereignty i

1354  
00:50:55,750 --> 00:50:53,599  
can go to the cold and what what i love

1355  
00:50:58,230 --> 00:50:55,760  
about wim too is once i understood him

1356  
00:51:00,870 --> 00:50:58,240  
as a yogi and i started looking at him

1357  
00:51:03,270 --> 00:51:00,880  
as a yogi and i started listening to

1358  
00:51:05,990 --> 00:51:03,280  
what his yoga experience here's a guy 16

1359  
00:51:08,790 --> 00:51:06,000  
years old he's creating his own yoga

1360  
00:51:10,950 --> 00:51:08,800  
books tearing out cutting out pictures

1361  
00:51:12,150 --> 00:51:10,960  
and pasting them and writing stuff that

1362  
00:51:13,109 --> 00:51:12,160  
is so

1363  
00:51:14,870 --> 00:51:13,119

cool

1364

00:51:15,990 --> 00:51:14,880

uh so

1365

00:51:17,910 --> 00:51:16,000

to me

1366

00:51:20,069 --> 00:51:17,920

and this relates in a way to our earlier

1367

00:51:21,190 --> 00:51:20,079

conversation of like love gregory

1368

00:51:23,270 --> 00:51:21,200

shushan

1369

00:51:26,309 --> 00:51:23,280

near-death experiences across time and

1370

00:51:27,750 --> 00:51:26,319

across culture and this proves it

1371

00:51:30,470 --> 00:51:27,760

i also like

1372

00:51:33,750 --> 00:51:30,480

we all do we're drawn to people who are

1373

00:51:36,950 --> 00:51:33,760

inspirational and we draw from them uh

1374

00:51:39,349 --> 00:51:36,960

power and insights and they are the

1375

00:51:42,309 --> 00:51:39,359

giants that we stand on the shoulders of

1376

00:51:43,829 --> 00:51:42,319

wim hof is such a person so

1377

00:51:45,589 --> 00:51:43,839

we i learned

1378

00:51:47,750 --> 00:51:45,599

whim is always teaching me lessons you

1379

00:51:50,470 --> 00:51:47,760

know i just every time i go into the

1380

00:51:52,150 --> 00:51:50,480

cold wim is teaching me lessons how was

1381

00:51:54,069 --> 00:51:52,160

that experience for you guys can i just

1382

00:51:55,670 --> 00:51:54,079

yeah look at the word you just used

1383

00:51:58,470 --> 00:51:55,680

inspiring

1384

00:52:00,950 --> 00:51:58,480

alex right conspire means to breathe

1385

00:52:02,309 --> 00:52:00,960

together inspire means literally to

1386

00:52:05,030 --> 00:52:02,319

breathe in

1387

00:52:07,589 --> 00:52:05,040

the life-giving energy of another when

1388

00:52:10,230 --> 00:52:07,599

we say someone is inspirational that's

1389

00:52:13,109 --> 00:52:10,240

what we mean it's like i can breathe in

1390

00:52:15,510 --> 00:52:13,119

this person's energy and it it it

1391

00:52:17,030 --> 00:52:15,520

infuses me with life

1392

00:52:18,790 --> 00:52:17,040

think think how powerful that is now let

1393

00:52:19,670 --> 00:52:18,800

me do my best wim hof on the cold thing

1394

00:52:21,510 --> 00:52:19,680

right

1395

00:52:33,030 --> 00:52:21,520

the cold

1396

00:52:34,390 --> 00:52:33,040

yet

1397

00:52:39,430 --> 00:52:34,400

righteous

1398

00:52:40,790 --> 00:52:39,440

and you're absolutely right the the cold

1399

00:52:43,030 --> 00:52:40,800

is a unique

1400

00:52:45,510 --> 00:52:43,040

hermetic tool and by hermetic tool

1401  
00:52:48,470 --> 00:52:45,520  
hormesis is the biological concept that

1402  
00:52:50,309 --> 00:52:48,480  
simply means voluntary stress

1403  
00:52:53,270 --> 00:52:50,319  
regularly applied

1404  
00:52:55,990 --> 00:52:53,280  
to build resilience of body and mind and

1405  
00:52:57,990 --> 00:52:56,000  
spirit so when we voluntarily go into

1406  
00:52:59,910 --> 00:52:58,000  
the cold

1407  
00:53:01,910 --> 00:52:59,920  
or when we voluntarily lie down on a

1408  
00:53:05,589 --> 00:53:01,920  
yoga mat and breathe three or four

1409  
00:53:07,670 --> 00:53:05,599  
rounds of tumor hostile breathing when

1410  
00:53:08,870 --> 00:53:07,680  
we volunteer to do that

1411  
00:53:11,430 --> 00:53:08,880  
we are

1412  
00:53:15,430 --> 00:53:11,440  
literally sort of cultivating this

1413  
00:53:16,950 --> 00:53:15,440

conscious again conscious capacity

1414

00:53:19,990 --> 00:53:16,960

uh as humans

1415

00:53:22,309 --> 00:53:20,000

to optimize ourselves and in so doing

1416

00:53:24,230 --> 00:53:22,319

that begins to ripple out into our lives

1417

00:53:26,549 --> 00:53:24,240

and inspire

1418

00:53:28,950 --> 00:53:26,559

and as we conspire with others we

1419

00:53:30,470 --> 00:53:28,960

inspire others and are inspired by them

1420

00:53:31,829 --> 00:53:30,480

and that's why whim i think is so

1421

00:53:33,030 --> 00:53:31,839

magnetic

1422

00:53:34,790 --> 00:53:33,040

everyone who meets them i haven't met

1423

00:53:37,750 --> 00:53:34,800

him yet i will but everyone who meets

1424

00:53:39,349 --> 00:53:37,760

him says you know he is a wizzy wig

1425

00:53:41,109 --> 00:53:39,359

character he what you see is what you

1426

00:53:44,630 --> 00:53:41,119

get he is an authentic

1427

00:53:47,670 --> 00:53:44,640

human across the board warts faults

1428

00:53:49,910 --> 00:53:47,680

um virtues world records

1429

00:53:51,430 --> 00:53:49,920

and that's you know that's all we can be

1430

00:53:52,710 --> 00:53:51,440

at the end of the day it's like all we

1431

00:53:55,670 --> 00:53:52,720

can be is

1432

00:53:56,470 --> 00:53:55,680

is is who we are showing up in real

1433

00:53:59,270 --> 00:53:56,480

space

1434

00:54:01,750 --> 00:53:59,280

wrestling with good and evil

1435

00:54:03,510 --> 00:54:01,760

and cultivating this conscious capacity

1436

00:54:07,750 --> 00:54:03,520

to try and be

1437

00:54:09,750 --> 00:54:07,760

the best humans we can be and it begins

1438

00:54:11,430 --> 00:54:09,760

i think with the breath

1439

00:54:15,030 --> 00:54:11,440

only because the breath is the most

1440

00:54:18,870 --> 00:54:17,030

all right awesome i just really love

1441

00:54:21,109 --> 00:54:18,880

that you know rob i'm not super familiar

1442

00:54:23,109 --> 00:54:21,119

with the wim hof um but hearing you talk

1443

00:54:24,950 --> 00:54:23,119

about the cold you know it strikes me

1444

00:54:27,270 --> 00:54:24,960

that we we talk about cold as if coal is

1445

00:54:28,390 --> 00:54:27,280

a thing but cold is just an absence of

1446

00:54:32,950 --> 00:54:28,400

heat

1447

00:54:33,829 --> 00:54:32,960

so does that have to do with kind of

1448

00:54:35,829 --> 00:54:33,839

like

1449

00:54:38,069 --> 00:54:35,839

putting yourself sort of in isolation

1450

00:54:40,470 --> 00:54:38,079

from like standard like the energy that

1451  
00:54:42,069 --> 00:54:40,480  
you would typically experience like

1452  
00:54:44,069 --> 00:54:42,079  
everything that's such a cool question

1453  
00:54:45,430 --> 00:54:44,079  
i've never thought of that but my

1454  
00:54:49,430 --> 00:54:45,440  
immediate

1455  
00:54:52,390 --> 00:54:49,440  
question well first of all you can go

1456  
00:54:53,589 --> 00:54:52,400  
into the cold with other humans

1457  
00:54:55,990 --> 00:54:53,599  
and that's a different experience

1458  
00:54:58,230 --> 00:54:56,000  
because you will find inspiration in the

1459  
00:54:59,190 --> 00:54:58,240  
conspiracy in the cold

1460  
00:55:01,270 --> 00:54:59,200  
right

1461  
00:55:03,190 --> 00:55:01,280  
just like when you breathe

1462  
00:55:05,190 --> 00:55:03,200  
in the presence of other humans even a

1463  
00:55:06,630 --> 00:55:05,200

yoga class let's say it's a different

1464

00:55:09,910 --> 00:55:06,640

experience when you're together

1465

00:55:11,670 --> 00:55:09,920

exchanging that energy those electrons

1466

00:55:13,750 --> 00:55:11,680

right with one another

1467

00:55:14,549 --> 00:55:13,760

but casper um

1468

00:55:17,190 --> 00:55:14,559

so

1469

00:55:18,829 --> 00:55:17,200

yes the cold is an absence of heat and

1470

00:55:20,789 --> 00:55:18,839

what it does

1471

00:55:23,030 --> 00:55:20,799

hormetically i mean there's all kinds of

1472

00:55:24,950 --> 00:55:23,040

neurophysiological things going on and

1473

00:55:27,190 --> 00:55:24,960

psychological things going on but but

1474

00:55:29,670 --> 00:55:27,200

but you're actually

1475

00:55:32,390 --> 00:55:29,680

your mind and body and spirit are are

1476  
00:55:33,670 --> 00:55:32,400  
cultivating a new energetic presence in

1477  
00:55:36,150 --> 00:55:33,680  
the cold

1478  
00:55:38,069 --> 00:55:36,160  
to hold that absence of heat and energy

1479  
00:55:39,430 --> 00:55:38,079  
at bay

1480  
00:55:41,190 --> 00:55:39,440  
you're like you're expanding outward

1481  
00:55:41,910 --> 00:55:41,200  
from within yeah it's an amazing thing

1482  
00:55:43,030 --> 00:55:41,920  
like

1483  
00:55:44,710 --> 00:55:43,040  
and alex you may have had this

1484  
00:55:47,109 --> 00:55:44,720  
experience when you get into it it's

1485  
00:55:50,150 --> 00:55:47,119  
easiest to to witness this in an actual

1486  
00:55:51,829 --> 00:55:50,160  
ice bath with cubes right or whatever

1487  
00:55:53,109 --> 00:55:51,839  
when you get in the ice bath and you're

1488  
00:55:54,789 --> 00:55:53,119

up to your neck

1489

00:55:57,190 --> 00:55:54,799

in ice

1490

00:56:00,549 --> 00:55:57,200

and you're breathing

1491

00:56:06,150 --> 00:56:03,990

the ice begins to breathe with you

1492

00:56:08,069 --> 00:56:06,160

and your body very quickly builds

1493

00:56:11,430 --> 00:56:08,079

especially if you don't move at all your

1494

00:56:14,230 --> 00:56:11,440

body builds this thermal heat cone

1495

00:56:16,309 --> 00:56:14,240

around you to protect you in the ice and

1496

00:56:20,230 --> 00:56:16,319

then that heat cone it's so cool it

1497

00:56:21,190 --> 00:56:20,240

begins to expand outwards

1498

00:56:23,349 --> 00:56:21,200

and so

1499

00:56:24,069 --> 00:56:23,359

when i do trainings with you know groups

1500

00:56:27,829 --> 00:56:24,079

of

1501  
00:56:29,589 --> 00:56:27,839  
is you know we have to keep feeding we

1502  
00:56:31,349 --> 00:56:29,599  
have to keep feeding ice into the barrel

1503  
00:56:32,150 --> 00:56:31,359  
of course because every human that comes

1504  
00:56:33,990 --> 00:56:32,160  
in

1505  
00:56:36,630 --> 00:56:34,000  
builds that thermal cone of energy

1506  
00:56:37,910 --> 00:56:36,640  
expands it outward and the ice melts

1507  
00:56:39,750 --> 00:56:37,920  
right so it's like oh we got to dump

1508  
00:56:41,829 --> 00:56:39,760  
more icing why because humans are

1509  
00:56:42,950 --> 00:56:41,839  
resonating in the ice and they're

1510  
00:56:45,109 --> 00:56:42,960  
holding

1511  
00:56:46,950 --> 00:56:45,119  
heat and energy and they're expanding

1512  
00:56:49,109 --> 00:56:46,960  
their capacities

1513  
00:56:50,390 --> 00:56:49,119

through this hormetic practice i never

1514

00:56:51,910 --> 00:56:50,400

thought of it that way before but that's

1515

00:56:53,589 --> 00:56:51,920

what's going on

1516

00:56:56,150 --> 00:56:53,599

do you ever go out

1517

00:56:58,630 --> 00:56:56,160

you're in vermont i mean i just imagine

1518

00:57:01,270 --> 00:56:58,640

you know you guys going out in the woods

1519

00:57:03,270 --> 00:57:01,280

and doing it oh yeah they're

1520

00:57:05,190 --> 00:57:03,280

yeah yeah i i live

1521

00:57:07,750 --> 00:57:05,200

in brandon too we live in a in a

1522

00:57:10,309 --> 00:57:07,760

beautiful river valley named after the

1523

00:57:12,150 --> 00:57:10,319

mad river the mad river valley and

1524

00:57:13,589 --> 00:57:12,160

right about now alex it's getting a

1525

00:57:16,150 --> 00:57:13,599

little too warm

1526

00:57:18,789 --> 00:57:16,160

uh summer is about to be here

1527

00:57:21,510 --> 00:57:18,799

um it's the water is still cold but it's

1528

00:57:24,150 --> 00:57:21,520

not quite as cold as we like it to be if

1529

00:57:25,510 --> 00:57:24,160

we're looking for a mises but oh yeah so

1530

00:57:27,270 --> 00:57:25,520

when you come visit us have you been to

1531

00:57:28,789 --> 00:57:27,280

vermont has he been in vermont no i i

1532

00:57:31,190 --> 00:57:28,799

would love to oh you got to come and

1533

00:57:33,510 --> 00:57:31,200

when i come to san diego so my my

1534

00:57:35,030 --> 00:57:33,520

business partner at our peak flow

1535

00:57:37,589 --> 00:57:35,040

breathworks startup

1536

00:57:38,870 --> 00:57:37,599

lindsey trubia lives up in encinitas

1537

00:57:40,549 --> 00:57:38,880

just north of you

1538

00:57:43,030 --> 00:57:40,559

awesome so i'm in san diego quite a bit

1539

00:57:45,270 --> 00:57:43,040

and she has a super cool ice rig and

1540

00:57:47,750 --> 00:57:45,280

sauna and so if you can spare a few

1541

00:57:50,069 --> 00:57:47,760

hours come on up and we'll we'll uh

1542

00:57:51,030 --> 00:57:50,079

we'll have some ice ice bathing but yeah

1543

00:57:52,710 --> 00:57:51,040

i mean

1544

00:57:54,069 --> 00:57:52,720

it brings us back around i guess i know

1545

00:57:56,549 --> 00:57:54,079

we could talk for hours we should

1546

00:57:58,549 --> 00:57:56,559

probably wrap it up i i i just feel like

1547

00:57:59,829 --> 00:57:58,559

we're warming up we're warming up here

1548

00:58:03,670 --> 00:57:59,839

but

1549

00:58:05,510 --> 00:58:03,680

to your work alex and i hadn't fully

1550

00:58:07,349 --> 00:58:05,520

appreciated until this conversation i

1551

00:58:08,950 --> 00:58:07,359

think with the three of us central to

1552

00:58:11,270 --> 00:58:08,960

your work is

1553

00:58:14,710 --> 00:58:11,280

the importance i think the vitality of

1554

00:58:15,510 --> 00:58:14,720

humans cultivating conscious awareness

1555

00:58:17,750 --> 00:58:15,520

of

1556

00:58:20,069 --> 00:58:17,760

our consciousness

1557

00:58:22,390 --> 00:58:20,079

at a time when there is a war i think we

1558

00:58:23,990 --> 00:58:22,400

probably all agree that there's a war

1559

00:58:25,670 --> 00:58:24,000

being waged

1560

00:58:28,069 --> 00:58:25,680

on the notion

1561

00:58:30,630 --> 00:58:28,079

of human consciousness and and what it

1562

00:58:33,109 --> 00:58:30,640

can do you pull up on that though

1563

00:58:35,910 --> 00:58:33,119

a little bit because because the the

1564

00:58:37,990 --> 00:58:35,920

play back and forth that um i really

1565

00:58:39,510 --> 00:58:38,000

love and i think has parallels with the

1566

00:58:41,910 --> 00:58:39,520

work that you're doing and we should

1567

00:58:45,430 --> 00:58:41,920

find a way to expand this conversation

1568

00:58:48,309 --> 00:58:45,440

not only is once not enough but you guys

1569

00:58:50,710 --> 00:58:48,319

are are special people and the dialogue

1570

00:58:52,789 --> 00:58:50,720

that you're creating is just fantastic

1571

00:58:55,349 --> 00:58:52,799

and i want to find a way to

1572

00:58:58,230 --> 00:58:55,359

continue it on a regular basis whether

1573

00:59:00,470 --> 00:58:58,240

it's part of your project or

1574

00:59:02,309 --> 00:59:00,480

part of my project or whatever but what

1575

00:59:05,430 --> 00:59:02,319

i was going to say is

1576

00:59:07,829 --> 00:59:05,440

the interesting interplay for me

1577

00:59:10,950 --> 00:59:07,839

is kind of the classic it almost sounds

1578

00:59:12,789 --> 00:59:10,960

trite but when we point outward you know

1579

00:59:15,750 --> 00:59:12,799

we have three fingers pointing back to

1580

00:59:17,190 --> 00:59:15,760

us when we point outward and someone is

1581

00:59:19,750 --> 00:59:17,200

trying to

1582

00:59:22,230 --> 00:59:19,760

uh is in a battle to kind of control

1583

00:59:25,030 --> 00:59:22,240

consciousness like that yeah i meet that

1584

00:59:27,349 --> 00:59:25,040

guy every fricking day

1585

00:59:30,069 --> 00:59:27,359

when i go into the right you're nodding

1586

00:59:33,990 --> 00:59:30,079

your head i meet that guy every day and

1587

00:59:36,150 --> 00:59:34,000

that's why i go into the cold

1588

00:59:37,349 --> 00:59:36,160

that's why i go there right i can't do

1589

00:59:38,390 --> 00:59:37,359

it nearly as well as you know that was

1590

00:59:39,349 --> 00:59:38,400

good but

1591

00:59:41,670 --> 00:59:39,359

yeah

1592

00:59:44,950 --> 00:59:41,680

once we once we understand that i think

1593

00:59:48,230 --> 00:59:44,960

it gives us in my opinion it gives us a

1594

00:59:49,430 --> 00:59:48,240

better position to understand

1595

00:59:51,910 --> 00:59:49,440

why

1596

00:59:53,750 --> 00:59:51,920

bill gates is doing such uh horrible

1597

00:59:56,549 --> 00:59:53,760

things and why he was on epstein's plane

1598

00:59:58,230 --> 00:59:56,559

so many times and you know why

1599

01:00:00,950 --> 00:59:58,240

you know like one of my things is we're

1600

01:00:02,230 --> 01:00:00,960

all leading rich spiritual lives that

1601  
01:00:04,309 --> 01:00:02,240  
doesn't mean we're all leading good

1602  
01:00:06,789 --> 01:00:04,319  
spiritual lives but we're all leading

1603  
01:00:09,109 --> 01:00:06,799  
rich spiritual lives and the yammering

1604  
01:00:10,870 --> 01:00:09,119  
that's going on in our head imagine the

1605  
01:00:13,349 --> 01:00:10,880  
yammering that's going on in the head of

1606  
01:00:14,950 --> 01:00:13,359  
that person who is the serial killer you

1607  
01:00:16,630 --> 01:00:14,960  
know and

1608  
01:00:18,390 --> 01:00:16,640  
we're all that you know so we've gone

1609  
01:00:19,990 --> 01:00:18,400  
really broad in this conversation i'm

1610  
01:00:20,870 --> 01:00:20,000  
wondering like as we wrap up can we

1611  
01:00:22,950 --> 01:00:20,880  
maybe

1612  
01:00:24,549 --> 01:00:22,960  
um narrow it down to like a few things

1613  
01:00:26,549 --> 01:00:24,559

that we could focus on as we move

1614

01:00:28,230 --> 01:00:26,559

forward and we try to like discern

1615

01:00:30,390 --> 01:00:28,240

information and i know you're fond of

1616

01:00:31,589 --> 01:00:30,400

saying follow the data and there's stuff

1617

01:00:33,829 --> 01:00:31,599

there's a funny meme that i've seen

1618

01:00:35,510 --> 01:00:33,839

circulating recently that's um i keep

1619

01:00:37,510 --> 01:00:35,520

following the data and i f and i wind up

1620

01:00:41,030 --> 01:00:37,520

at the money

1621

01:00:43,670 --> 01:00:41,040

and so i think i think qui bono qui bono

1622

01:00:45,349 --> 01:00:43,680

is another um like useful

1623

01:00:47,109 --> 01:00:45,359

tool like who benefits i think that

1624

01:00:48,870 --> 01:00:47,119

that's something that we can always ask

1625

01:00:51,030 --> 01:00:48,880

ourselves like when we're trying to

1626  
01:00:52,789 --> 01:00:51,040  
discern information like okay what is

1627  
01:00:54,549 --> 01:00:52,799  
the data saying follow the data where

1628  
01:00:56,549 --> 01:00:54,559  
that leads but also

1629  
01:00:58,630 --> 01:00:56,559  
who benefits from

1630  
01:01:00,789 --> 01:00:58,640  
this result that's being returned and

1631  
01:01:02,789 --> 01:01:00,799  
could that be influencing what i'm

1632  
01:01:06,230 --> 01:01:02,799  
reading um do you have any other insight

1633  
01:01:08,549 --> 01:01:06,240  
as to like tools that we can use like um

1634  
01:01:10,150 --> 01:01:08,559  
like any kind of mental like gymnastics

1635  
01:01:11,349 --> 01:01:10,160  
that we can do to kind of work our way

1636  
01:01:13,510 --> 01:01:11,359  
through the

1637  
01:01:16,309 --> 01:01:13,520  
you know the minefield that is 21st

1638  
01:01:18,549 --> 01:01:16,319

century intellectual life

1639

01:01:19,750 --> 01:01:18,559

well the one thing i'd key off of is the

1640

01:01:21,589 --> 01:01:19,760

very first thing you said in that

1641

01:01:23,589 --> 01:01:21,599

brandon is you know oh we're too broad

1642

01:01:25,510 --> 01:01:23,599

now we have to go uh you know down to

1643

01:01:27,589 --> 01:01:25,520

the microscope telescope kind of thing

1644

01:01:28,870 --> 01:01:27,599

and i'd say yeah that is a problem but

1645

01:01:30,710 --> 01:01:28,880

we have to embrace it because that's

1646

01:01:33,190 --> 01:01:30,720

what we always have to do right we have

1647

01:01:36,069 --> 01:01:33,200

to go down and then we have to step back

1648

01:01:37,190 --> 01:01:36,079

and look a bigger picture so you know

1649

01:01:42,950 --> 01:01:37,200

follow

1650

01:01:45,109 --> 01:01:42,960

is awesome but then we have to

1651

01:01:47,349 --> 01:01:45,119

juxtapose that with the fact that there

1652

01:01:49,910 --> 01:01:47,359

are people that are clearly

1653

01:01:52,710 --> 01:01:49,920

beyond that in a way that money couldn't

1654

01:01:53,510 --> 01:01:52,720

possibly in any kind of rational logical

1655

01:01:55,670 --> 01:01:53,520

way

1656

01:01:57,670 --> 01:01:55,680

be a factor you know you have billions

1657

01:01:59,990 --> 01:01:57,680

of dollars or trillions of dollars that

1658

01:02:01,750 --> 01:02:00,000

doesn't probably play out and

1659

01:02:03,510 --> 01:02:01,760

then i think there's also the the

1660

01:02:05,670 --> 01:02:03,520

paradigm thing and then there's also the

1661

01:02:07,510 --> 01:02:05,680

psych all the psychological facts

1662

01:02:10,230 --> 01:02:07,520

and then there's all the totalitarian

1663

01:02:11,670 --> 01:02:10,240

social factors so i think it's always

1664

01:02:14,549 --> 01:02:11,680

you know

1665

01:02:18,230 --> 01:02:14,559

choosing changing our level of focus and

1666

01:02:21,029 --> 01:02:18,240

i would add that at the end it's how do

1667

01:02:22,870 --> 01:02:21,039

i live how do i make decisions that are

1668

01:02:25,829 --> 01:02:22,880

better for me

1669

01:02:27,190 --> 01:02:25,839

on my spiritual journey so that i can

1670

01:02:28,789 --> 01:02:27,200

then

1671

01:02:32,390 --> 01:02:28,799

make it better for

1672

01:02:33,990 --> 01:02:32,400

my family not be such a jerk to my wife

1673

01:02:35,349 --> 01:02:34,000

stop making all the mistakes i make with

1674

01:02:38,069 --> 01:02:35,359

my kids

1675

01:02:39,589 --> 01:02:38,079

and then maybe even reach out to people

1676  
01:02:40,950 --> 01:02:39,599  
in my community my neighbors you know

1677  
01:02:43,109 --> 01:02:40,960  
what i mean

1678  
01:02:45,109 --> 01:02:43,119  
well and the word spirit

1679  
01:02:47,910 --> 01:02:45,119  
the word spiritual like the word

1680  
01:02:50,710 --> 01:02:47,920  
pranayama which you used earlier alex

1681  
01:02:51,750 --> 01:02:50,720  
that the notion in in ancient sanskrit i

1682  
01:02:55,270 --> 01:02:51,760  
believe

1683  
01:02:58,309 --> 01:02:55,280  
of of the breath i think the the

1684  
01:02:59,990 --> 01:02:58,319  
the indian yogic tradition is the oldest

1685  
01:03:01,270 --> 01:03:00,000  
i think that we know of historically

1686  
01:03:03,270 --> 01:03:01,280  
that

1687  
01:03:05,829 --> 01:03:03,280  
cultivated kind of an awareness of

1688  
01:03:06,710 --> 01:03:05,839

breath and thus consciousness right

1689

01:03:08,950 --> 01:03:06,720

um

1690

01:03:11,430 --> 01:03:08,960

spirit means more or less kind of the

1691

01:03:13,829 --> 01:03:11,440

same thing so to live a spiritual life

1692

01:03:16,630 --> 01:03:13,839

really kind of means i think to live

1693

01:03:17,910 --> 01:03:16,640

kind of a consciously breath-focused

1694

01:03:20,309 --> 01:03:17,920

life

1695

01:03:22,950 --> 01:03:20,319

if if i'm if i'm getting that's correct

1696

01:03:24,309 --> 01:03:22,960

and and i i maybe i will close

1697

01:03:25,910 --> 01:03:24,319

just picking up on your point of a

1698

01:03:28,390 --> 01:03:25,920

second ago alex

1699

01:03:31,270 --> 01:03:28,400

i i agree with you it's not that there's

1700

01:03:33,589 --> 01:03:31,280

a an external war being waged on the

1701

01:03:35,430 --> 01:03:33,599

notion of consciousness alone that may

1702

01:03:37,990 --> 01:03:35,440

be true

1703

01:03:40,470 --> 01:03:38,000

but we all as individuals and

1704

01:03:42,230 --> 01:03:40,480

collectively i think struggle

1705

01:03:45,349 --> 01:03:42,240

with the

1706

01:03:48,470 --> 01:03:45,359

with acknowledging the role

1707

01:03:51,270 --> 01:03:48,480

of that consciousness plays

1708

01:03:53,109 --> 01:03:51,280

in how we live our lives

1709

01:03:54,630 --> 01:03:53,119

mind body

1710

01:03:57,109 --> 01:03:54,640

spirit

1711

01:03:59,670 --> 01:03:57,119

you're right it's easy to point out at

1712

01:04:01,589 --> 01:03:59,680

bill gates or jeffrey epstein or you

1713

01:04:04,470 --> 01:04:01,599

know insert your you know demon of

1714

01:04:05,910 --> 01:04:04,480

choice here schwab air schwab the

1715

01:04:07,670 --> 01:04:05,920

schwabians

1716

01:04:09,190 --> 01:04:07,680

but at the end of the day

1717

01:04:10,870 --> 01:04:09,200

um

1718

01:04:13,109 --> 01:04:10,880

our first and most important

1719

01:04:15,309 --> 01:04:13,119

responsibility it seems to me as members

1720

01:04:19,029 --> 01:04:15,319

of the team human tribe is to take

1721

01:04:21,349 --> 01:04:19,039

responsibility for our own

1722

01:04:22,390 --> 01:04:21,359

cultivation of consciousness as you were

1723

01:04:24,630 --> 01:04:22,400

just saying

1724

01:04:27,270 --> 01:04:24,640

and that will ripple outwards

1725

01:04:29,750 --> 01:04:27,280

into our um into our

1726

01:04:31,990 --> 01:04:29,760

marriages and families and communities

1727

01:04:33,430 --> 01:04:32,000

just one other thought um when i uh you

1728

01:04:35,670 --> 01:04:33,440

know i've been in conversation with

1729

01:04:37,750 --> 01:04:35,680

matthias desmod who's a very busy fellow

1730

01:04:39,109 --> 01:04:37,760

these days and and i'm going to ask both

1731

01:04:40,950 --> 01:04:39,119

of you here

1732

01:04:42,870 --> 01:04:40,960

to send me your mailing addresses when

1733

01:04:44,470 --> 01:04:42,880

we hang up and i'm going to see if i can

1734

01:04:46,390 --> 01:04:44,480

get you both copies of this new book

1735

01:04:47,510 --> 01:04:46,400

because it's a really important book and

1736

01:04:49,910 --> 01:04:47,520

alex

1737

01:04:52,630 --> 01:04:49,920

brandon knows this but his book aligns

1738

01:04:54,789 --> 01:04:52,640

beautifully with what you've been up to

1739

01:04:57,349 --> 01:04:54,799

um he really you know his book is a

1740

01:04:59,670 --> 01:04:57,359

critique a historical and psychological

1741

01:05:02,230 --> 01:04:59,680

critique of the materialist

1742

01:05:06,069 --> 01:05:02,240

scientific paradigm

1743

01:05:06,950 --> 01:05:06,079

and his his concept of mass formation

1744

01:05:10,390 --> 01:05:06,960

um

1745

01:05:12,710 --> 01:05:10,400

is but a single chapter in a much larger

1746

01:05:15,349 --> 01:05:12,720

and beautifully written i i think

1747

01:05:18,390 --> 01:05:15,359

um book but i asked him i said so you're

1748

01:05:20,950 --> 01:05:18,400

talking about mass formation matthias

1749

01:05:22,630 --> 01:05:20,960

what role does information play

1750

01:05:24,390 --> 01:05:22,640

information

1751  
01:05:28,870 --> 01:05:24,400  
to brandon's point of earlier a couple

1752  
01:05:29,990 --> 01:05:28,880  
of times about data graphs charts words

1753  
01:05:31,029 --> 01:05:30,000  
phrases

1754  
01:05:33,349 --> 01:05:31,039  
right

1755  
01:05:35,430 --> 01:05:33,359  
and matia said you know i don't know

1756  
01:05:37,589 --> 01:05:35,440  
but it's an important question

1757  
01:05:39,510 --> 01:05:37,599  
i've been uh for another project i've

1758  
01:05:40,309 --> 01:05:39,520  
been deep down um

1759  
01:05:44,549 --> 01:05:40,319  
the

1760  
01:05:46,549 --> 01:05:44,559  
invented cybernetics

1761  
01:05:48,789 --> 01:05:46,559  
yeah norbert weiner

1762  
01:05:50,870 --> 01:05:48,799  
right and um

1763  
01:05:51,990 --> 01:05:50,880

and and he

1764

01:05:55,029 --> 01:05:52,000

again we could talk for an hour about

1765

01:05:57,829 --> 01:05:55,039

him but but but he saw all this coming

1766

01:06:01,029 --> 01:05:57,839

in the 1950s and 60s he played a central

1767

01:06:02,309 --> 01:06:01,039

role in inventing cybernetics

1768

01:06:05,430 --> 01:06:02,319

you know bio

1769

01:06:07,510 --> 01:06:05,440

human feedback systems etcetera and then

1770

01:06:09,990 --> 01:06:07,520

he got pulled under into the machine

1771

01:06:12,630 --> 01:06:10,000

well he altered well yeah he stepped

1772

01:06:14,630 --> 01:06:12,640

back from all of that because right

1773

01:06:17,349 --> 01:06:14,640

cybernetics fell into some pretty

1774

01:06:18,950 --> 01:06:17,359

interesting hands did it not anyway so

1775

01:06:20,470 --> 01:06:18,960

um and there's a lot of parallels i

1776

01:06:22,230 --> 01:06:20,480

think between cybernetics and

1777

01:06:25,190 --> 01:06:22,240

consciousness and breath work and

1778

01:06:27,270 --> 01:06:25,200

breathing and um good and evil and all

1779

01:06:30,069 --> 01:06:27,280

of this but i guess we have to leave it

1780

01:06:32,789 --> 01:06:30,079

here i'm gonna stop talking um brandon

1781

01:06:34,390 --> 01:06:32,799

any final words and then alex any final

1782

01:06:36,630 --> 01:06:34,400

things to leave us with

1783

01:06:38,150 --> 01:06:36,640

alex it's been a pleasure um usually i

1784

01:06:40,549 --> 01:06:38,160

listen to you in audio form so it's cool

1785

01:06:42,470 --> 01:06:40,559

to see your face and uh thank you for

1786

01:06:45,430 --> 01:06:42,480

joining us

1787

01:06:47,349 --> 01:06:45,440

thank you guys it's a very exciting just

1788

01:06:50,069 --> 01:06:47,359

invigorating the energy of this

1789

01:06:52,549 --> 01:06:50,079

conversation i just want to keep it

1790

01:06:55,750 --> 01:06:52,559

going we have to do more this is what i

1791

01:06:57,910 --> 01:06:55,760

always call a level three conversation

1792

01:07:00,150 --> 01:06:57,920

and we just don't get those enough and

1793

01:07:02,150 --> 01:07:00,160

that's my reluctance with you know

1794

01:07:04,710 --> 01:07:02,160

reaching out to authors

1795

01:07:06,470 --> 01:07:04,720

it's creating the right dynamic where we

1796

01:07:10,150 --> 01:07:06,480

can really get past you love the book

1797

01:07:12,630 --> 01:07:10,160

people go by the book now let's talk

1798

01:07:14,870 --> 01:07:12,640

yes and and that's where we were able to

1799

01:07:17,109 --> 01:07:14,880

jump immediately

1800

01:07:18,549 --> 01:07:17,119

this content this hour content is going

1801  
01:07:20,390 --> 01:07:18,559  
to be super dense

1802  
01:07:21,510 --> 01:07:20,400  
uh i'm going to put it on on my channel

1803  
01:07:23,750 --> 01:07:21,520  
but this is

1804  
01:07:25,589 --> 01:07:23,760  
this is the conversation the dialogue i

1805  
01:07:28,710 --> 01:07:25,599  
want to engage in so i thank you guys so

1806  
01:07:30,630 --> 01:07:28,720  
much for doing it and let's find ways to

1807  
01:07:33,430 --> 01:07:30,640  
to do more of it because there isn't

1808  
01:07:35,670 --> 01:07:33,440  
this kind of stuff out there enough

1809  
01:07:37,910 --> 01:07:35,680  
completely agreed well brandon alex

1810  
01:07:39,510 --> 01:07:37,920  
thank you both i'll do a quick sign off

1811  
01:07:41,190 --> 01:07:39,520  
and we'll keep the conversation going

1812  
01:07:43,190 --> 01:07:41,200  
offline and return

1813  
01:07:46,789 --> 01:07:43,200

as soon as we can make that happen

1814

01:07:50,470 --> 01:07:48,309

you've been watching listening to plan v

1815

01:07:52,230 --> 01:07:50,480

tv the show about vermont independence

1816

01:07:53,829 --> 01:07:52,240

i'm dr rob williams joined in studio

1817

01:07:56,069 --> 01:07:53,839

with brandon zerlino and our very

1818

01:07:59,670 --> 01:07:56,079

special guest all the way from san diego

1819

01:08:02,069 --> 01:07:59,680

alex secaris skeptico podcast and why

1820

01:08:05,510 --> 01:08:02,079

science is wrong about almost everything

1821

01:08:06,950 --> 01:08:05,520

most provocative book among others

1822

01:08:08,789 --> 01:08:06,960

find him online

1823

01:08:11,589 --> 01:08:08,799

to learn more thank you so much for

1824

01:08:12,870 --> 01:08:11,599

watching for listening and remember v

1825

01:08:20,789 --> 01:08:12,880

for

1826

01:08:22,789 --> 01:08:20,799

having me on plan tv as i mentioned

1827

01:08:25,349 --> 01:08:22,799

i want to do more with these guys this

1828

01:08:27,430 --> 01:08:25,359

is such a great conversation

1829

01:08:30,470 --> 01:08:27,440

such a great dialogue so i already have

1830

01:08:31,669 --> 01:08:30,480

one interview scheduled with rob

1831

01:08:33,269 --> 01:08:31,679

and then

1832

01:08:36,870 --> 01:08:33,279

you know a couple other ones that we

1833

01:08:39,829 --> 01:08:36,880

talked about we might do jointly so

1834

01:08:42,550 --> 01:08:39,839

i i hope you're as excited about doing

1835

01:08:44,789 --> 01:08:42,560

that as i am let me know

1836

01:08:47,349 --> 01:08:44,799

reach me on the skeptical forum

1837

01:08:49,809 --> 01:08:47,359

until next time take care

1838

01:08:56,330 --> 01:08:49,819

and bye for now