

SK≡PTIKO
science & spirituality

BEINGS HUMAN

564-ROB-WILLIAMS



1
00:00:00,640 --> 00:00:04,789
on this episode of skeptico

2
00:00:08,710 --> 00:00:07,510
the power of story

3
00:00:09,589 --> 00:00:08,720
you say

4
00:00:11,910 --> 00:00:09,599
well

5
00:00:12,870 --> 00:00:11,920
i gotta get me a real geek

6
00:00:15,190 --> 00:00:12,880
he says

7
00:00:16,550 --> 00:00:15,200
ain't i doing okay you say like crap

8
00:00:18,790 --> 00:00:16,560
you're doing okay

9
00:00:20,150 --> 00:00:18,800
you can't draw a real crowd faking a

10
00:00:22,470 --> 00:00:20,160
geek you're through

11
00:00:24,070 --> 00:00:22,480
and you walk off

12
00:00:26,550 --> 00:00:24,080
all the while you're talking he's

13
00:00:29,109 --> 00:00:26,560

thinking about sobering up

14

00:00:32,310 --> 00:00:29,119

getting the crawling shakes screaming

15

00:00:37,430 --> 00:00:34,150

you give them time to think that over

16

00:00:41,110 --> 00:00:38,950

the hands

17

00:00:44,150 --> 00:00:41,120

you throw on the chicken

18

00:00:47,990 --> 00:00:44,160

you geek

19

00:00:49,990 --> 00:00:48,000

and how it may be being used against us

20

00:00:52,110 --> 00:00:50,000

this is exactly what the transhumanists

21

00:00:55,110 --> 00:00:52,120

are doing they're harnessing our

22

00:00:57,590 --> 00:00:55,120

informational predilections shall we say

23

00:00:59,990 --> 00:00:57,600

to try and tell a compelling story to

24

00:01:02,080 --> 00:01:00,000

push our species in directions i do not

25

00:01:03,270 --> 00:01:02,090

think we should go

26

00:01:06,149 --> 00:01:03,280

[Music]

27

00:01:08,710 --> 00:01:06,159

that first clip was from nightmare alley

28

00:01:10,390 --> 00:01:08,720

william defoe still got it

29

00:01:12,630 --> 00:01:10,400

and the second one was from today's

30

00:01:15,510 --> 00:01:12,640

guest dr rob williams who

31

00:01:18,550 --> 00:01:15,520

you may remember was on a few weeks ago

32

00:01:20,149 --> 00:01:18,560

but he's back to talk about his book

33

00:01:23,350 --> 00:01:20,159

beings human

34

00:01:26,630 --> 00:01:23,360

and about a lot of other stuff that you

35

00:01:28,870 --> 00:01:26,640

won't relate to this intro

36

00:01:30,870 --> 00:01:28,880

until you really think about it

37

00:01:33,350 --> 00:01:30,880

welcome to skeptica where we explore

38

00:01:35,910 --> 00:01:33,360

controversial science and spirituality

39

00:01:37,749 --> 00:01:35,920

with leading researchers thinkers

40

00:01:40,789 --> 00:01:37,759

and their critics i'm your host alex

41

00:01:43,429 --> 00:01:40,799

karis and today we welcome back

42

00:01:47,030 --> 00:01:43,439

dr rob williams to skeptico

43

00:01:49,429 --> 00:01:47,040

a few weeks ago if you recall

44

00:01:52,230 --> 00:01:49,439

rob was nice enough to invite me on his

45

00:01:54,069 --> 00:01:52,240

show plan v tv

46

00:01:57,109 --> 00:01:54,079

and i really really enjoyed the

47

00:01:58,069 --> 00:01:57,119

conversation that he and brandon and i

48

00:02:00,709 --> 00:01:58,079

shared

49

00:02:03,350 --> 00:02:00,719

and i think we all felt like

50

00:02:04,389 --> 00:02:03,360

we wanted to go further and we will go

51
00:02:06,789 --> 00:02:04,399
further

52
00:02:09,430 --> 00:02:06,799
and today is going to be kind of a first

53
00:02:11,910 --> 00:02:09,440
step in that we're going to talk about

54
00:02:13,510 --> 00:02:11,920
rob's new book that he sent me

55
00:02:16,470 --> 00:02:13,520
being human

56
00:02:19,190 --> 00:02:16,480
a most miraculous conspiracy

57
00:02:23,110 --> 00:02:19,200
we're also going to talk about his very

58
00:02:25,430 --> 00:02:23,120
very interesting work at the peak flow a

59
00:02:27,190 --> 00:02:25,440
wellness company that he co-founded and

60
00:02:28,869 --> 00:02:27,200
if you recall from the first

61
00:02:30,790 --> 00:02:28,879
conversation

62
00:02:32,869 --> 00:02:30,800
rob really makes some

63
00:02:35,270 --> 00:02:32,879

amazing connections that i really

64

00:02:36,710 --> 00:02:35,280

appreciate and we're gonna get back into

65

00:02:40,710 --> 00:02:36,720

between breath

66

00:02:43,990 --> 00:02:40,720

and health and spirituality but also

67

00:02:45,670 --> 00:02:44,000

with science and environmentalism and

68

00:02:48,070 --> 00:02:45,680

some other things that

69

00:02:52,150 --> 00:02:48,080

maybe some connections that you wouldn't

70

00:02:55,030 --> 00:02:52,160

normally associate and dr rob does those

71

00:02:58,229 --> 00:02:55,040

quite beautifully and quite convincingly

72

00:03:00,949 --> 00:02:58,239

not just uh kind of fluffy stuff

73

00:03:03,030 --> 00:03:00,959

what else of course he has a very

74

00:03:04,470 --> 00:03:03,040

distinguished academic career at the

75

00:03:05,990 --> 00:03:04,480

university of vermont

76

00:03:08,630 --> 00:03:06,000

has taught courses in a number of

77

00:03:12,149 --> 00:03:08,640

subjects including environmental history

78

00:03:14,869 --> 00:03:12,159

where he got his phd a few years back

79

00:03:17,670 --> 00:03:14,879

and uh what else who knows who knows

80

00:03:20,149 --> 00:03:17,680

what else we'll get into rob is one of

81

00:03:21,110 --> 00:03:20,159

these people and you'll see from this

82

00:03:24,470 --> 00:03:21,120

show

83

00:03:26,390 --> 00:03:24,480

uh he's just so full of life so full of

84

00:03:28,949 --> 00:03:26,400

energy and

85

00:03:32,869 --> 00:03:28,959

brings forth this light and energy with

86

00:03:34,710 --> 00:03:32,879

them it's just a gift and a joy to talk

87

00:03:36,710 --> 00:03:34,720

to someone like this and i love the

88

00:03:39,030 --> 00:03:36,720

perspective he brings to

89

00:03:41,110 --> 00:03:39,040

some really really hard topics during

90

00:03:43,509 --> 00:03:41,120

some really really hard times so

91

00:03:44,309 --> 00:03:43,519

part of my goal here is to

92

00:03:47,190 --> 00:03:44,319

get

93

00:03:48,710 --> 00:03:47,200

rob to convince him not to secede and

94

00:03:51,830 --> 00:03:48,720

and not to pull

95

00:03:53,990 --> 00:03:51,840

vermont and his cohorts out of the union

96

00:03:56,229 --> 00:03:54,000

because we need you buddy we we we need

97

00:03:57,750 --> 00:03:56,239

you rob thanks for joining me man it's

98

00:03:59,589 --> 00:03:57,760

great to have you here

99

00:04:02,869 --> 00:03:59,599

alex it's so good to be back with you

100

00:04:03,830 --> 00:04:02,879

and uh thanks for making the time

101

00:04:06,070 --> 00:04:03,840

really looking forward to our

102

00:04:09,110 --> 00:04:06,080

conversation

103

00:04:10,470 --> 00:04:09,120

well me too let's start you know it's

104

00:04:11,830 --> 00:04:10,480

kind of a natural place to start and a

105

00:04:14,390 --> 00:04:11,840

good place to start

106

00:04:16,069 --> 00:04:14,400

with the book that you sent me

107

00:04:18,870 --> 00:04:16,079

tell us about the book

108

00:04:22,390 --> 00:04:18,880

yeah i love you so begin with the title

109

00:04:25,670 --> 00:04:22,400

it's actually beings human

110

00:04:27,350 --> 00:04:25,680

not being human yes yes

111

00:04:30,550 --> 00:04:27,360

beings human

112

00:04:32,870 --> 00:04:30,560

we are uh it's plural

113

00:04:35,830 --> 00:04:32,880

uh we are human beings

114

00:04:37,590 --> 00:04:35,840

and uh the subtitle a most miraculous

115

00:04:39,430 --> 00:04:37,600

conspiracy

116

00:04:43,030 --> 00:04:39,440

refers to the past

117

00:04:46,629 --> 00:04:43,040

300 000 years of

118

00:04:49,670 --> 00:04:46,639

team human homo sapiens

119

00:04:52,790 --> 00:04:49,680

pulling off this really what i i see as

120

00:04:55,430 --> 00:04:52,800

as a as a miracle we have become

121

00:04:57,909 --> 00:04:55,440

the most successful species on this

122

00:05:00,070 --> 00:04:57,919

beautiful planet of ours

123

00:05:01,029 --> 00:05:00,080

and it's taken us a while to pull this

124

00:05:03,510 --> 00:05:01,039

off

125

00:05:06,550 --> 00:05:03,520

and of course there are attendant

126

00:05:08,710 --> 00:05:06,560

challenges associated with being

127

00:05:11,189 --> 00:05:08,720

with beings human being the most

128

00:05:13,990 --> 00:05:11,199

successful species on the planet

129

00:05:16,150 --> 00:05:14,000

but the word conspiracy in the sense um

130

00:05:19,590 --> 00:05:16,160

i mean it quite literally from the latin

131

00:05:21,909 --> 00:05:19,600

that we are a species that thrives when

132

00:05:23,510 --> 00:05:21,919

we breathe together

133

00:05:24,390 --> 00:05:23,520

and that's the meaning of the word

134

00:05:26,469 --> 00:05:24,400

conspiracy

135

00:05:28,629 --> 00:05:26,479

to breathe together

136

00:05:31,110 --> 00:05:28,639

and as a guy who spent a number of years

137

00:05:33,189 --> 00:05:31,120

studying what's now called breath work

138

00:05:35,510 --> 00:05:33,199

and practicing

139

00:05:37,350 --> 00:05:35,520

breathing from an early age

140

00:05:38,390 --> 00:05:37,360

uh church

141

00:05:39,590 --> 00:05:38,400

um

142

00:05:42,390 --> 00:05:39,600

meditation

143

00:05:44,390 --> 00:05:42,400

uh fitness health

144

00:05:46,870 --> 00:05:44,400

it seemed to me the word conspiracy

145

00:05:48,870 --> 00:05:46,880

seemed to me um appropriate here and

146

00:05:50,710 --> 00:05:48,880

miraculous of course because

147

00:05:52,550 --> 00:05:50,720

you know it could have gone evolution

148

00:05:53,590 --> 00:05:52,560

could have taken us

149

00:05:57,909 --> 00:05:53,600

in

150

00:06:00,309 --> 00:05:57,919

are you know so

151
00:06:02,550 --> 00:06:00,319
we live at this really remarkable moment

152
00:06:04,550 --> 00:06:02,560
alex as a species

153
00:06:07,029 --> 00:06:04,560
evolutionarily whatever that means to

154
00:06:10,230 --> 00:06:07,039
folks listening and i think we're at a

155
00:06:13,430 --> 00:06:10,240
bit of a crossroads as well uh for the

156
00:06:14,710 --> 00:06:13,440
species which i write about in the book

157
00:06:17,110 --> 00:06:14,720
and

158
00:06:18,710 --> 00:06:17,120
so the book really is

159
00:06:22,550 --> 00:06:18,720
my

160
00:06:25,350 --> 00:06:22,560
um meditation on

161
00:06:27,590 --> 00:06:25,360
how humans came to be here what we do

162
00:06:30,070 --> 00:06:27,600
really well

163
00:06:32,710 --> 00:06:30,080

identifying this crossroads that we are

164

00:06:35,270 --> 00:06:32,720

at as a species and how we might move

165

00:06:37,830 --> 00:06:35,280

forward through it so that's what i mean

166

00:06:39,270 --> 00:06:37,840

by beings human a most

167

00:06:41,350 --> 00:06:39,280

miraculous

168

00:06:42,710 --> 00:06:41,360

conspiracy and let me say one more thing

169

00:06:44,950 --> 00:06:42,720

um

170

00:06:48,230 --> 00:06:44,960

as a breath work guy

171

00:06:50,710 --> 00:06:48,240

um i i know that and you know too that

172

00:06:52,870 --> 00:06:50,720

we humans breathe

173

00:06:55,270 --> 00:06:52,880

between twenty thousand and twenty five

174

00:06:58,070 --> 00:06:55,280

thousand times a day

175

00:06:59,990 --> 00:06:58,080

which is an astonishing little

176
00:07:00,870 --> 00:07:00,000
nugget

177
00:07:05,029 --> 00:07:00,880
and

178
00:07:07,670 --> 00:07:05,039
if we see each one of those 20 to 25 000

179
00:07:10,230 --> 00:07:07,680
breaths as an opportunity

180
00:07:13,029 --> 00:07:10,240
which it is because we are one of the

181
00:07:14,790 --> 00:07:13,039
only species that can cultivate a

182
00:07:17,589 --> 00:07:14,800
conscious

183
00:07:19,909 --> 00:07:17,599
strategic awareness of our breathing

184
00:07:21,990 --> 00:07:19,919
then every one of those breaths

185
00:07:24,309 --> 00:07:22,000
both so low

186
00:07:26,150 --> 00:07:24,319
to your point about secession both solo

187
00:07:27,990 --> 00:07:26,160
and together

188
00:07:30,870 --> 00:07:28,000

every one of those breaths becomes an

189

00:07:32,710 --> 00:07:30,880

opportunity to conspire

190

00:07:34,710 --> 00:07:32,720

with our fellow humans and indeed the

191

00:07:36,710 --> 00:07:34,720

rest of the living planet we find

192

00:07:39,510 --> 00:07:36,720

ourselves on becomes an opportunity to

193

00:07:40,309 --> 00:07:39,520

conspire to breathe together

194

00:07:41,749 --> 00:07:40,319

with

195

00:07:44,390 --> 00:07:41,759

the rest of the planet and when you

196

00:07:46,869 --> 00:07:44,400

begin to see the world in this way alex

197

00:07:49,589 --> 00:07:46,879

it suddenly really opens up

198

00:07:52,070 --> 00:07:49,599

possibility it opens up mystery

199

00:07:53,029 --> 00:07:52,080

it opens up potential

200

00:07:55,990 --> 00:07:53,039

and

201
00:07:58,469 --> 00:07:56,000
that is incredibly exciting

202
00:07:59,589 --> 00:07:58,479
okay

203
00:08:02,070 --> 00:07:59,599
you've listened to a little bit of

204
00:08:04,469 --> 00:08:02,080
skeptical so you know that this is all

205
00:08:07,909 --> 00:08:04,479
kind of a lead-in to going skeptical on

206
00:08:11,749 --> 00:08:09,990
let's go skeptical because because

207
00:08:13,749 --> 00:08:11,759
that's because that's really the the not

208
00:08:15,510 --> 00:08:13,759
only the fun part of this for me but

209
00:08:18,230 --> 00:08:15,520
it's the real part of it it's the way

210
00:08:19,029 --> 00:08:18,240
that i really connected with you guys

211
00:08:21,189 --> 00:08:19,039
and

212
00:08:23,990 --> 00:08:21,199
like one thing that is kind of

213
00:08:26,230 --> 00:08:24,000

interesting is the beings human versus

214

00:08:29,430 --> 00:08:26,240

being human i was a little bit dyslexic

215

00:08:31,909 --> 00:08:29,440

so i i just do this all the time where

216

00:08:33,430 --> 00:08:31,919

we just i just process words differently

217

00:08:35,670 --> 00:08:33,440

i don't see what's there you know it's

218

00:08:36,870 --> 00:08:35,680

not like a strength it's just the way

219

00:08:38,790 --> 00:08:36,880

that things go

220

00:08:40,550 --> 00:08:38,800

but it is

221

00:08:42,709 --> 00:08:40,560

yeah it's a bit of an awkward title too

222

00:08:46,150 --> 00:08:42,719

but kind of by design

223

00:08:49,590 --> 00:08:46,160

yeah exactly by design so you do that

224

00:08:52,070 --> 00:08:49,600

all the time and i do that all the time

225

00:08:54,150 --> 00:08:52,080

yeah we're constantly poking we're

226

00:08:56,630 --> 00:08:54,160

constantly prodding and we're trying to

227

00:08:58,949 --> 00:08:56,640

put these things together differently so

228

00:09:00,230 --> 00:08:58,959

what i hear you saying

229

00:09:02,230 --> 00:09:00,240

in the book

230

00:09:03,190 --> 00:09:02,240

there's some natural

231

00:09:05,350 --> 00:09:03,200

kind of

232

00:09:06,949 --> 00:09:05,360

if not contradictions

233

00:09:09,670 --> 00:09:06,959

juxtapositions

234

00:09:11,670 --> 00:09:09,680

that i don't think you always play out

235

00:09:13,590 --> 00:09:11,680

all the way because i think even the way

236

00:09:16,470 --> 00:09:13,600

the book is constructed

237

00:09:18,310 --> 00:09:16,480

it's you going through this process like

238

00:09:21,509 --> 00:09:18,320

you're going to have to tell people in a

239

00:09:24,710 --> 00:09:21,519

minute about you as a yak farmer because

240

00:09:27,190 --> 00:09:24,720

in so many ways that embodies

241

00:09:29,829 --> 00:09:27,200

so many of these contradictions in you

242

00:09:33,190 --> 00:09:29,839

you know you're a yak farmer what you're

243

00:09:35,910 --> 00:09:33,200

about is to say these are amazing

244

00:09:38,150 --> 00:09:35,920

creatures and look how they are

245

00:09:40,550 --> 00:09:38,160

connected to our environment and look at

246

00:09:43,110 --> 00:09:40,560

what their environmental connection is

247

00:09:44,710 --> 00:09:43,120

telling us about us in our and then

248

00:09:46,389 --> 00:09:44,720

you're you're going to tibet and you're

249

00:09:48,389 --> 00:09:46,399

going well let me meet with people

250

00:09:50,949 --> 00:09:48,399

who've been with these animals forever

251
00:09:52,550 --> 00:09:50,959
and let me think and contemplate about

252
00:09:54,150 --> 00:09:52,560
what that means

253
00:09:55,190 --> 00:09:54,160
evolutionarily

254
00:09:56,949 --> 00:09:55,200
you know

255
00:09:58,470 --> 00:09:56,959
but you don't go too far with that

256
00:10:01,350 --> 00:09:58,480
because i don't know what evolution

257
00:10:03,910 --> 00:10:01,360
means and people who study evolution

258
00:10:06,870 --> 00:10:03,920
don't know what the evolution means

259
00:10:09,750 --> 00:10:06,880
and i just completed an interview with

260
00:10:13,030 --> 00:10:09,760
bruce fenton and he has a much better

261
00:10:14,870 --> 00:10:13,040
idea of what happened 300 000 years ago

262
00:10:17,829 --> 00:10:14,880
and what our genetic

263
00:10:20,150 --> 00:10:17,839

decoding is really telling us about

264

00:10:23,030 --> 00:10:20,160

quote-unquote evolution and it doesn't

265

00:10:26,069 --> 00:10:23,040

look darwinian not that there isn't a

266

00:10:28,550 --> 00:10:26,079

darwinian element of truth to it but

267

00:10:30,710 --> 00:10:28,560

neo-darwinism doesn't get you there so

268

00:10:32,710 --> 00:10:30,720

there's a big question mark but back to

269

00:10:35,829 --> 00:10:32,720

the yaks

270

00:10:37,190 --> 00:10:35,839

i the zen of that experience that you're

271

00:10:39,750 --> 00:10:37,200

talking about

272

00:10:42,310 --> 00:10:39,760

embodies all that and then what i loved

273

00:10:44,790 --> 00:10:42,320

and i thought was so beautiful and is

274

00:10:47,750 --> 00:10:44,800

rob like i feel like i know you man is

275

00:10:51,990 --> 00:10:47,760

like here's a guy and he's not only a

276

00:10:54,550 --> 00:10:52,000

yak farmer but he's got a freaking yak

277

00:10:56,150 --> 00:10:54,560

push cart where you can get a yak burger

278

00:10:58,870 --> 00:10:56,160

not because he needs the money from the

279

00:11:01,030 --> 00:10:58,880

yak burger but he's like this is cool

280

00:11:03,269 --> 00:11:01,040

and this is actually environmentally if

281

00:11:04,870 --> 00:11:03,279

you think it through like so many few

282

00:11:07,190 --> 00:11:04,880

people are willing to do and just want

283

00:11:08,630 --> 00:11:07,200

to be triggered if you think it through

284

00:11:10,710 --> 00:11:08,640

we have to deal with that and i'm going

285

00:11:11,670 --> 00:11:10,720

to put it right in your face to think it

286

00:11:13,350 --> 00:11:11,680

through

287

00:11:16,150 --> 00:11:13,360

and then finally

288

00:11:17,509 --> 00:11:16,160

the the covet thing hits and what does

289

00:11:19,990 --> 00:11:17,519

rob do

290

00:11:21,829 --> 00:11:20,000

jump in the car and do a two-week

291

00:11:23,430 --> 00:11:21,839

cross-country tour you hit all these

292

00:11:26,310 --> 00:11:23,440

places i don't know how you guys of all

293

00:11:27,990 --> 00:11:26,320

these yak farmers in the in the united

294

00:11:31,110 --> 00:11:28,000

states and you you're an incredible

295

00:11:33,430 --> 00:11:31,120

writer you write this uh travel journal

296

00:11:37,030 --> 00:11:33,440

that's just a page turner and that's

297

00:11:39,190 --> 00:11:37,040

like one small part of this book so

298

00:11:42,150 --> 00:11:39,200

i i'm just trying to pull you in here

299

00:11:45,350 --> 00:11:42,160

buddy but tell me about your yak

300

00:11:46,870 --> 00:11:45,360

experience and how that fits into

301
00:11:49,269 --> 00:11:46,880
beings human

302
00:11:51,190 --> 00:11:49,279
yeah sure so let me just say the book

303
00:11:53,590 --> 00:11:51,200
beings human a most miraculous

304
00:11:55,670 --> 00:11:53,600
conspiracy is divided into six ch six

305
00:11:58,150 --> 00:11:55,680
chapters in three parts and

306
00:12:00,790 --> 00:11:58,160
chapter two the yak chapter is

307
00:12:02,870 --> 00:12:00,800
simultaneously alex the most developed

308
00:12:04,310 --> 00:12:02,880
and least developed element in the book

309
00:12:08,069 --> 00:12:04,320
because

310
00:12:10,710 --> 00:12:08,079
um that chapter is based on field notes

311
00:12:13,509 --> 00:12:10,720
um from my 15 years of experience with

312
00:12:15,829 --> 00:12:13,519
the acts in very rough form

313
00:12:18,069 --> 00:12:15,839

so it reads as you said and i meant it

314

00:12:20,389 --> 00:12:18,079

to read in its current draft as a travel

315

00:12:22,710 --> 00:12:20,399

journal someday it will be its own book

316

00:12:24,870 --> 00:12:22,720

i'm in no rush i enjoy the acts of

317

00:12:27,350 --> 00:12:24,880

traveling so why rush it

318

00:12:28,550 --> 00:12:27,360

but yes the yaks have taught me so much

319

00:12:31,190 --> 00:12:28,560

about

320

00:12:33,030 --> 00:12:31,200

what it means to be human

321

00:12:36,710 --> 00:12:33,040

when you're in the presence of another

322

00:12:38,629 --> 00:12:36,720

species and you begin to

323

00:12:40,710 --> 00:12:38,639

humble yourselves let's say humble

324

00:12:43,430 --> 00:12:40,720

yourself before

325

00:12:45,910 --> 00:12:43,440

that species and the way that yaks

326

00:12:47,350 --> 00:12:45,920

carry themselves in the world and you

327

00:12:50,550 --> 00:12:47,360

can do this with any species i just

328

00:12:53,750 --> 00:12:50,560

happen to you know uh find myself in the

329

00:12:56,230 --> 00:12:53,760

company of yaks um you begin to realize

330

00:12:58,389 --> 00:12:56,240

again how little we know

331

00:12:59,590 --> 00:12:58,399

and how little we understand about the

332

00:13:01,430 --> 00:12:59,600

world

333

00:13:03,509 --> 00:13:01,440

and there's a beautiful phrase i use it

334

00:13:04,949 --> 00:13:03,519

in the book life by the horns is the

335

00:13:07,269 --> 00:13:04,959

working title

336

00:13:08,710 --> 00:13:07,279

uh of the of the yak book life by the

337

00:13:09,670 --> 00:13:08,720

horns

338

00:13:15,190 --> 00:13:09,680

um

339

00:13:16,790 --> 00:13:15,200

what we might learn from the yak

340

00:13:18,949 --> 00:13:16,800

is the subtitle

341

00:13:22,629 --> 00:13:18,959

and there's this beautiful phrase used

342

00:13:26,870 --> 00:13:22,639

by to your point about enviro

343

00:13:31,030 --> 00:13:29,110

early cybernetics there was a a

344

00:13:33,910 --> 00:13:31,040

german-born

345

00:13:35,350 --> 00:13:33,920

biologist by the name of jacob

346

00:13:37,509 --> 00:13:35,360

i think how you say his name who coined

347

00:13:40,629 --> 00:13:37,519

this term called the umvelt

348

00:13:43,030 --> 00:13:40,639

and the umvelt means seeing the world

349

00:13:44,310 --> 00:13:43,040

through the eyes of another species or

350

00:13:47,189 --> 00:13:44,320

not through the eyes of through the

351
00:13:50,150 --> 00:13:47,199
experience of another species so i tried

352
00:13:50,949 --> 00:13:50,160
to bring a little umveltian perspective

353
00:13:52,069 --> 00:13:50,959
to

354
00:13:53,829 --> 00:13:52,079
this book

355
00:13:55,590 --> 00:13:53,839
i'm working on about yaks and then i

356
00:13:58,069 --> 00:13:55,600
realized wait a minute

357
00:14:00,310 --> 00:13:58,079
there are an infinite number

358
00:14:03,110 --> 00:14:00,320
work with me here of species on the

359
00:14:04,470 --> 00:14:03,120
planet and every one of them

360
00:14:06,710 --> 00:14:04,480
is

361
00:14:08,470 --> 00:14:06,720
moving through the world

362
00:14:09,990 --> 00:14:08,480
each in

363
00:14:12,310 --> 00:14:10,000

its own way

364

00:14:15,269 --> 00:14:12,320

and again what a what a what a beautiful

365

00:14:17,990 --> 00:14:15,279

and kind of humbling

366

00:14:19,590 --> 00:14:18,000

epiphany to have it's like wow

367

00:14:21,750 --> 00:14:19,600

and you know we think humans are a

368

00:14:23,269 --> 00:14:21,760

fairly diverse bunch and you know if we

369

00:14:24,230 --> 00:14:23,279

want to get into evolution and talk

370

00:14:26,710 --> 00:14:24,240

about

371

00:14:28,870 --> 00:14:26,720

sapiens and denisovans and neanderthal

372

00:14:31,430 --> 00:14:28,880

and all the other homo

373

00:14:33,750 --> 00:14:31,440

hominids that kind of you know kind of

374

00:14:36,310 --> 00:14:33,760

slept and fought and collaborated their

375

00:14:37,350 --> 00:14:36,320

way across the pages of the planet over

376

00:14:38,710 --> 00:14:37,360

the past

377

00:14:40,790 --> 00:14:38,720

however many years

378

00:14:43,030 --> 00:14:40,800

um again back to this miraculous

379

00:14:45,590 --> 00:14:43,040

conspiracy here we are

380

00:14:46,790 --> 00:14:45,600

as humans you for for whatever reasons

381

00:14:49,350 --> 00:14:46,800

that are still i think you're right a

382

00:14:50,870 --> 00:14:49,360

bit mysterious like the evolutionary

383

00:14:52,550 --> 00:14:50,880

folk think they have it all figured out

384

00:14:55,110 --> 00:14:52,560

but it's like no

385

00:14:57,189 --> 00:14:55,120

no they we don't at all actually

386

00:14:59,110 --> 00:14:57,199

um so so that's what i'm trying to do

387

00:15:01,829 --> 00:14:59,120

with the yaks is just sort of bow down

388

00:15:03,030 --> 00:15:01,839

before these magnificent creatures and

389

00:15:05,350 --> 00:15:03,040

have them

390

00:15:06,550 --> 00:15:05,360

help me and and my readers understand a

391

00:15:08,310 --> 00:15:06,560

bit about

392

00:15:10,870 --> 00:15:08,320

what it means to be human seeing the

393

00:15:13,990 --> 00:15:10,880

world through their experience so rob

394

00:15:16,230 --> 00:15:14,000

when i read that and when i hear you

395

00:15:17,030 --> 00:15:16,240

i'm going to places that connects your

396

00:15:19,750 --> 00:15:17,040

work

397

00:15:21,590 --> 00:15:19,760

in ways that i think you are connecting

398

00:15:25,189 --> 00:15:21,600

it but i don't always hear you

399

00:15:26,150 --> 00:15:25,199

connecting explicitly like you have this

400

00:15:27,509 --> 00:15:26,160

whole

401

00:15:29,949 --> 00:15:27,519

you're like a guy with a million

402

00:15:32,629 --> 00:15:29,959

projects here's another one our

403

00:15:34,629 --> 00:15:32,639

geoengineering age no i mean you you

404

00:15:38,150 --> 00:15:34,639

laugh but i mean this is like you are

405

00:15:41,670 --> 00:15:38,160

uniquely qualified to talk about uh

406

00:15:44,069 --> 00:15:41,680

chemtrails in in vermont that you see

407

00:15:47,670 --> 00:15:44,079

and experience and then you're qualified

408

00:15:50,949 --> 00:15:47,680

scientifically to say no there's a real

409

00:15:52,230 --> 00:15:50,959

realness to geoengineering and actually

410

00:15:54,230 --> 00:15:52,240

anyone who's even just read the

411

00:15:55,990 --> 00:15:54,240

scientific literature i mean these guys

412

00:15:58,710 --> 00:15:56,000

haven't hidden it they've published that

413

00:16:01,350 --> 00:15:58,720

part too in geo engineering and you are

414

00:16:05,030 --> 00:16:01,360

not totally making the connection that i

415

00:16:08,550 --> 00:16:05,040

am explicitly between that and this idea

416

00:16:11,189 --> 00:16:08,560

of let me jab you in the arm and

417

00:16:14,150 --> 00:16:11,199

make you a part of this uh dna gene

418

00:16:17,030 --> 00:16:14,160

therapy gene reprogramming experiment

419

00:16:18,550 --> 00:16:17,040

and what that means for the yak and what

420

00:16:20,710 --> 00:16:18,560

that means for

421

00:16:23,269 --> 00:16:20,720

darwinian evolution and alex i should

422

00:16:25,110 --> 00:16:23,279

say too the book i just put the book up

423

00:16:26,389 --> 00:16:25,120

like a couple of weeks ago and i so

424

00:16:27,910 --> 00:16:26,399

appreciate you

425

00:16:29,670 --> 00:16:27,920

taking the time to read it in this

426

00:16:31,910 --> 00:16:29,680

conversation because i haven't really

427

00:16:34,069 --> 00:16:31,920

shared it publicly much

428

00:16:35,990 --> 00:16:34,079

at all and i send it to you because i

429

00:16:38,470 --> 00:16:36,000

respect you and i really appreciated our

430

00:16:40,870 --> 00:16:38,480

first conversation so let's if if you

431

00:16:43,269 --> 00:16:40,880

want to pull up the book cover again

432

00:16:44,790 --> 00:16:43,279

let's just unpack the sub subtitle for a

433

00:16:45,990 --> 00:16:44,800

moment because i think that directly

434

00:16:47,990 --> 00:16:46,000

deals with

435

00:16:49,110 --> 00:16:48,000

your question the sub-subtitle of the

436

00:16:52,629 --> 00:16:49,120

book is

437

00:16:53,670 --> 00:16:52,639

transcending human racism

438

00:16:56,230 --> 00:16:53,680

with

439

00:16:57,829 --> 00:16:56,240

curiosity

440

00:16:59,430 --> 00:16:57,839

compassion

441

00:17:00,150 --> 00:16:59,440

conviction

442

00:17:01,430 --> 00:17:00,160

and

443

00:17:03,030 --> 00:17:01,440

courage

444

00:17:04,150 --> 00:17:03,040

so you just connected some dots here and

445

00:17:06,069 --> 00:17:04,160

let's back up there because that's

446

00:17:08,309 --> 00:17:06,079

important you connected what's happening

447

00:17:09,110 --> 00:17:08,319

in our skies overhead in a systematic

448

00:17:11,590 --> 00:17:09,120

way

449

00:17:13,829 --> 00:17:11,600

with what's happening to the cells of

450

00:17:14,870 --> 00:17:13,839

our bodies to those who have let it be

451
00:17:16,069 --> 00:17:14,880
so

452
00:17:17,270 --> 00:17:16,079
um and

453
00:17:20,150 --> 00:17:17,280
i think

454
00:17:21,909 --> 00:17:20,160
to to get a little bit dark for a minute

455
00:17:24,949 --> 00:17:21,919
i think that there is

456
00:17:27,669 --> 00:17:24,959
for team human for homo sapiens there is

457
00:17:29,590 --> 00:17:27,679
an assault being waged on the species

458
00:17:31,990 --> 00:17:29,600
right now and not just on our species

459
00:17:35,590 --> 00:17:32,000
alex but on this beautiful planet that

460
00:17:38,549 --> 00:17:35,600
we live in and live on and that assault

461
00:17:40,630 --> 00:17:38,559
is happening at the cellular level

462
00:17:41,830 --> 00:17:40,640
it's happening at the stratospheric

463
00:17:44,870 --> 00:17:41,840

level

464

00:17:47,350 --> 00:17:44,880

and it's happening everywhere in between

465

00:17:51,270 --> 00:17:47,360

and the message we are being told alex

466

00:17:54,549 --> 00:17:51,280

is that humans as a species are a virus

467

00:17:56,710 --> 00:17:54,559

we are a scourge on the earth we are a

468

00:17:58,070 --> 00:17:56,720

plague i mean i've heard these words

469

00:18:00,230 --> 00:17:58,080

come out of the mouths of dear friends

470

00:18:01,750 --> 00:18:00,240

of mine at cocktail parties right over

471

00:18:05,190 --> 00:18:01,760

the past couple of years

472

00:18:09,909 --> 00:18:05,200

it is a form of species side

473

00:18:13,750 --> 00:18:09,919

like suicide but at a species-wide level

474

00:18:15,669 --> 00:18:13,760

and i just find it so strange alex that

475

00:18:18,870 --> 00:18:15,679

we the most successful species on the

476
00:18:19,669 --> 00:18:18,880
planet and we have work to do of course

477
00:18:21,750 --> 00:18:19,679
um

478
00:18:24,150 --> 00:18:21,760
but we as a species are letting

479
00:18:25,190 --> 00:18:24,160
ourselves particularly in the west if

480
00:18:26,789 --> 00:18:25,200
you will

481
00:18:28,789 --> 00:18:26,799
where we have i think

482
00:18:30,150 --> 00:18:28,799
for the past several hundred years

483
00:18:32,230 --> 00:18:30,160
celebrated

484
00:18:34,789 --> 00:18:32,240
liberty's freedoms

485
00:18:36,789 --> 00:18:34,799
we've tried to optimize the species as

486
00:18:38,789 --> 00:18:36,799
best we can

487
00:18:41,590 --> 00:18:38,799
to balance as we say in vermont our

488
00:18:43,350 --> 00:18:41,600

vermont state motto human freedom

489

00:18:44,870 --> 00:18:43,360

with human unity

490

00:18:47,430 --> 00:18:44,880

a motto here in the state of vermont is

491

00:18:49,190 --> 00:18:47,440

freedom and unity right we've had a

492

00:18:51,590 --> 00:18:49,200

whole lot of unity with the covatopian

493

00:18:52,390 --> 00:18:51,600

situation not a whole lot of freedom

494

00:18:54,630 --> 00:18:52,400

so

495

00:18:57,750 --> 00:18:54,640

this is what we're up against i'm afraid

496

00:19:00,310 --> 00:18:57,760

is this kind of what i call human racism

497

00:19:01,830 --> 00:19:00,320

we hear a lot about racism right which i

498

00:19:04,390 --> 00:19:01,840

think is interesting but

499

00:19:07,029 --> 00:19:04,400

there is this narrative

500

00:19:09,750 --> 00:19:07,039

assault on the species

501
00:19:13,909 --> 00:19:11,669
the other thing that's happening there

502
00:19:15,430 --> 00:19:13,919
alex is um

503
00:19:17,990 --> 00:19:15,440
and i know you'll appreciate this there

504
00:19:20,950 --> 00:19:18,000
are sort of multiple psychological

505
00:19:22,390 --> 00:19:20,960
operations happening all at one time

506
00:19:25,029 --> 00:19:22,400
i'm sure you're familiar with the work

507
00:19:26,470 --> 00:19:25,039
of james corbett from the sunny climbs

508
00:19:28,230 --> 00:19:26,480
of western japan

509
00:19:31,430 --> 00:19:28,240
um james and i spoke a few months ago

510
00:19:35,029 --> 00:19:31,440
for the first time and he uh he coined a

511
00:19:36,310 --> 00:19:35,039
phrase called fifth generation warfare

512
00:19:39,830 --> 00:19:36,320
which is what i'm talking about here

513
00:19:41,549 --> 00:19:39,840

this kind of multiple site psyops

514

00:19:44,150 --> 00:19:41,559

that constitute sort of a an

515

00:19:46,070 --> 00:19:44,160

unprecedented narrative assault on the

516

00:19:47,830 --> 00:19:46,080

species right

517

00:19:49,909 --> 00:19:47,840

um and again we see this in the

518

00:19:51,590 --> 00:19:49,919

so-called climate change conversation we

519

00:19:53,350 --> 00:19:51,600

see this in the so-called covid

520

00:19:55,350 --> 00:19:53,360

conversation we see this in the

521

00:19:58,870 --> 00:19:55,360

so-called um you know

522

00:20:02,470 --> 00:19:58,880

racism or capitalism conversations right

523

00:20:06,630 --> 00:20:02,480

okay so so rob i'm with you for example

524

00:20:09,029 --> 00:20:06,640

to connect climate to transhumanism

525

00:20:12,149 --> 00:20:09,039

and globalism

526

00:20:14,870 --> 00:20:12,159

is not an easy step for people to make

527

00:20:17,750 --> 00:20:14,880

yeah sure as an environmental historian

528

00:20:18,710 --> 00:20:17,760

by training alex i'm very interested in

529

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

where

530

00:20:23,590 --> 00:20:20,640

environmental

531

00:20:25,830 --> 00:20:23,600

narratives and explanations come from

532

00:20:29,190 --> 00:20:25,840

and there's a whole history of the

533

00:20:30,230 --> 00:20:29,200

emergence of the official climate change

534

00:20:32,230 --> 00:20:30,240

narrative

535

00:20:34,549 --> 00:20:32,240

that can be traced back to the creation

536

00:20:36,470 --> 00:20:34,559

of the united nations in the 1940s and

537

00:20:38,470 --> 00:20:36,480

then the so-called intergovernmental

538

00:20:40,789 --> 00:20:38,480

panel on climate change

539

00:20:43,029 --> 00:20:40,799

in the 1980s and 90s

540

00:20:45,830 --> 00:20:43,039

and it should also be noted that there

541

00:20:48,029 --> 00:20:45,840

are on record thousands and thousands

542

00:20:51,029 --> 00:20:48,039

and thousands of scientists

543

00:20:53,270 --> 00:20:51,039

climatologists etc etc etc

544

00:20:55,830 --> 00:20:53,280

who are calling out

545

00:20:58,789 --> 00:20:55,840

the nonsense of this official

546

00:21:02,149 --> 00:20:58,799

narrative that that carbon

547

00:21:04,630 --> 00:21:02,159

is causing you know anthropogenic carbon

548

00:21:06,950 --> 00:21:04,640

is is the prime driver

549

00:21:09,270 --> 00:21:06,960

of the warming of the planet

550

00:21:10,950 --> 00:21:09,280

right in the same way alex let's connect

551
00:21:13,110 --> 00:21:10,960
a few dots here there are thousands and

552
00:21:15,029 --> 00:21:13,120
thousands and thousands of scientists

553
00:21:17,590 --> 00:21:15,039
and epidemiologists and virologists and

554
00:21:21,029 --> 00:21:17,600
doctors who are calling out the nonsense

555
00:21:23,510 --> 00:21:21,039
of the official covid narrative

556
00:21:25,110 --> 00:21:23,520
and not coincidentally alex the folks

557
00:21:27,190 --> 00:21:25,120
that brought you the official climate

558
00:21:28,549 --> 00:21:27,200
change narrative are more or less the

559
00:21:32,230 --> 00:21:28,559
same folks

560
00:21:33,909 --> 00:21:32,240
who brought you the cobatopian narrative

561
00:21:37,430 --> 00:21:33,919
and the connection there

562
00:21:39,510 --> 00:21:37,440
is that you should surrender your rights

563
00:21:45,990 --> 00:21:39,520

in order to

564

00:21:46,870 --> 00:21:46,000

be controlled more easily readily by

565

00:21:49,750 --> 00:21:46,880

some

566

00:21:50,950 --> 00:21:49,760

higher power on earth here and you know

567

00:21:52,310 --> 00:21:50,960

the other point that i always want to

568

00:21:55,029 --> 00:21:52,320

make because

569

00:21:58,230 --> 00:21:55,039

it's been so fogged in people's mind to

570

00:22:00,549 --> 00:21:58,240

use a climate term but like you

571

00:22:02,230 --> 00:22:00,559

immediately went to the carbon issue

572

00:22:04,710 --> 00:22:02,240

i am still amazed at how many people

573

00:22:06,950 --> 00:22:04,720

have lost sight of that so how have you

574

00:22:08,630 --> 00:22:06,960

walked that path with your friends and

575

00:22:10,870 --> 00:22:08,640

your colleagues in academia i mean

576

00:22:12,789 --> 00:22:10,880

that's a tough road to hoe right there

577

00:22:15,669 --> 00:22:12,799

it really is and there's a whole

578

00:22:17,669 --> 00:22:15,679

industry globally of research and

579

00:22:19,510 --> 00:22:17,679

funding and this is part of the game

580

00:22:20,950 --> 00:22:19,520

alex as i know you know

581

00:22:23,110 --> 00:22:20,960

around

582

00:22:25,029 --> 00:22:23,120

supporting buttressing if you will this

583

00:22:27,270 --> 00:22:25,039

official narrative and once you're in

584

00:22:29,270 --> 00:22:27,280

that game and you depend on that game

585

00:22:32,630 --> 00:22:29,280

for your bread and butter alex

586

00:22:35,510 --> 00:22:32,640

it's very hard to extricate yourself

587

00:22:37,990 --> 00:22:35,520

from that game and let me say one more

588

00:22:39,750 --> 00:22:38,000

thing about carbon

589

00:22:42,390 --> 00:22:39,760

we talked about this i think last time

590

00:22:45,350 --> 00:22:42,400

just a little bit but we are all we are

591

00:22:49,430 --> 00:22:45,360

carbon based life forms

592

00:22:51,909 --> 00:22:49,440

and carbon dioxide believe it or not um

593

00:22:52,789 --> 00:22:51,919

and i say this as with my breath work

594

00:22:55,830 --> 00:22:52,799

coach

595

00:22:58,710 --> 00:22:55,840

and professor hat on carbon dioxide is

596

00:23:01,830 --> 00:22:58,720

actually one of in many ways the most

597

00:23:03,669 --> 00:23:01,840

important respiratory gas in our bodies

598

00:23:05,909 --> 00:23:03,679

it's not oxygen

599

00:23:08,789 --> 00:23:05,919

it's not the absence of oxygen that

600

00:23:13,190 --> 00:23:08,799

forces us to breathe it's the presence

601
00:23:15,350 --> 00:23:13,200
in our bodies of carbon dioxide

602
00:23:18,390 --> 00:23:15,360
that triggers our body's

603
00:23:20,830 --> 00:23:18,400
desire to breathe 20 000 to 25 000 times

604
00:23:25,029 --> 00:23:20,840
a day so these

605
00:23:27,270 --> 00:23:25,039
people who are waging this kind of uh

606
00:23:29,029 --> 00:23:27,280
human racist war if you will on this

607
00:23:32,149 --> 00:23:29,039
species

608
00:23:34,950 --> 00:23:32,159
are hell-bent on demonizing carbon and

609
00:23:37,990 --> 00:23:34,960
carbon dioxide which is

610
00:23:40,710 --> 00:23:38,000
in many ways one of the very foundations

611
00:23:41,990 --> 00:23:40,720
of our lives and our breathing it's very

612
00:23:45,110 --> 00:23:42,000
strange

613
00:23:47,110 --> 00:23:45,120

well it's it's part of the method right

614

00:23:50,269 --> 00:23:47,120

part of the method is to

615

00:23:53,430 --> 00:23:50,279

kind of create simplistic

616

00:23:56,390 --> 00:23:53,440

understandings of complicated nuanced

617

00:23:58,630 --> 00:23:56,400

topics so you're not saying that a

618

00:23:59,909 --> 00:23:58,640

dramatic increase in carbon in our

619

00:24:02,549 --> 00:23:59,919

environment

620

00:24:05,110 --> 00:24:02,559

wouldn't have effects you know of course

621

00:24:07,029 --> 00:24:05,120

it would that's never been the issue the

622

00:24:09,669 --> 00:24:07,039

issue is

623

00:24:12,310 --> 00:24:09,679

what is our relationship to carbon in

624

00:24:13,909 --> 00:24:12,320

this more holistic sense but the leap

625

00:24:16,950 --> 00:24:13,919

that they're making is this

626
00:24:19,990 --> 00:24:16,960
transhumanist globalist agenda which is

627
00:24:22,310 --> 00:24:20,000
now laid bare by the pandemic where it's

628
00:24:24,789 --> 00:24:22,320
just clear it's like they're not even

629
00:24:26,870 --> 00:24:24,799
hiding anymore it's like we want to

630
00:24:29,590 --> 00:24:26,880
control more and more aspects of your

631
00:24:31,590 --> 00:24:29,600
life to the point where a one world

632
00:24:34,470 --> 00:24:31,600
government is not even

633
00:24:37,510 --> 00:24:34,480
like discussed or debated it's just a

634
00:24:39,110 --> 00:24:37,520
natural falling out of this and i i'm

635
00:24:42,789 --> 00:24:39,120
probably touching on issues that should

636
00:24:46,470 --> 00:24:42,799
be so basic to anyone but whenever a

637
00:24:49,990 --> 00:24:46,480
problem quote unquote is put forth for

638
00:24:52,470 --> 00:24:50,000

which the only solution apparently

639

00:24:55,350 --> 00:24:52,480

is some kind of global

640

00:24:58,549 --> 00:24:55,360

response the alarm bell should go off so

641

00:25:01,269 --> 00:24:58,559

that's what connects climate with virus

642

00:25:03,990 --> 00:25:01,279

it also connects it with e.t and the

643

00:25:06,070 --> 00:25:04,000

phenomenon that is now public right yeah

644

00:25:08,630 --> 00:25:06,080

they're trotting out the alien invasion

645

00:25:12,149 --> 00:25:08,640

scenario to continue this

646

00:25:13,110 --> 00:25:12,159

quest to to unify at a global level if

647

00:25:15,029 --> 00:25:13,120

you will

648

00:25:17,590 --> 00:25:15,039

right if the virus doesn't work and

649

00:25:19,990 --> 00:25:17,600

climate change doesn't work and

650

00:25:21,190 --> 00:25:20,000

you know woke uh woke topianism doesn't

651
00:25:22,950 --> 00:25:21,200
work and

652
00:25:24,549 --> 00:25:22,960
we always have the aliens to fall back

653
00:25:27,269 --> 00:25:24,559
on yeah and this is why i'm a

654
00:25:29,750 --> 00:25:27,279
secessionist i'm a decentralist alex

655
00:25:31,990 --> 00:25:29,760
because really the the most powerful

656
00:25:35,029 --> 00:25:32,000
antidote i think to this kind of

657
00:25:36,710 --> 00:25:35,039
attempted centralized control

658
00:25:38,870 --> 00:25:36,720
is to decentralize

659
00:25:41,830 --> 00:25:38,880
and that begins with each of us as

660
00:25:43,510 --> 00:25:41,840
individuals optimizing our minds our

661
00:25:45,830 --> 00:25:43,520
bodies our spirits

662
00:25:48,230 --> 00:25:45,840
and then conspiring with our fellow

663
00:25:50,230 --> 00:25:48,240

humans and the rest of the species we

664

00:25:52,710 --> 00:25:50,240

find ourselves living with

665

00:25:53,990 --> 00:25:52,720

to try and optimize the places where we

666

00:25:55,190 --> 00:25:54,000

live

667

00:25:56,549 --> 00:25:55,200

locally

668

00:25:57,909 --> 00:25:56,559

right and that's not to say that we

669

00:26:00,070 --> 00:25:57,919

don't of course

670

00:26:02,070 --> 00:26:00,080

carry on this global conversation that

671

00:26:03,750 --> 00:26:02,080

is so important right now i think as we

672

00:26:06,310 --> 00:26:03,760

stare this

673

00:26:08,310 --> 00:26:06,320

uh this monster

674

00:26:11,510 --> 00:26:08,320

in the face right and you you called it

675

00:26:13,990 --> 00:26:11,520

out earlier this desire to turn humans

676
00:26:15,669 --> 00:26:14,000
into trans humans

677
00:26:16,950 --> 00:26:15,679
and we should talk more about the

678
00:26:19,430 --> 00:26:16,960
implications

679
00:26:21,750 --> 00:26:19,440
well let's talk about it right now but i

680
00:26:23,510 --> 00:26:21,760
think it's more than the implications

681
00:26:26,789 --> 00:26:23,520
because

682
00:26:28,870 --> 00:26:26,799
and this is where i think we get hung up

683
00:26:30,470 --> 00:26:28,880
and the discussion i think falls flat

684
00:26:31,830 --> 00:26:30,480
sometimes or turns in a way that it

685
00:26:33,990 --> 00:26:31,840
shouldn't you know i recently had an

686
00:26:35,830 --> 00:26:34,000
interview with dr dean rayden and i keep

687
00:26:38,470 --> 00:26:35,840
referencing this interview because i was

688
00:26:40,310 --> 00:26:38,480

so blown away he's so phenomenal and

689

00:26:42,230 --> 00:26:40,320

what he's done and the work that he's

690

00:26:43,830 --> 00:26:42,240

done in parapsychology and particularly

691

00:26:44,710 --> 00:26:43,840

the work that he's done

692

00:26:49,269 --> 00:26:44,720

in

693

00:26:51,269 --> 00:26:49,279

we aren't really even here anyway so

694

00:26:53,750 --> 00:26:51,279

what does it matter which is a key part

695

00:26:55,909 --> 00:26:53,760

of the transhumanism agenda that is the

696

00:26:57,830 --> 00:26:55,919

you are a biological robot in a

697

00:27:00,149 --> 00:26:57,840

meaningless universe and if you think

698

00:27:02,149 --> 00:27:00,159

about it philosophically in a lot of

699

00:27:05,750 --> 00:27:02,159

ways that's the cornerstone to

700

00:27:09,110 --> 00:27:05,760

transhumanism you're not real because if

701

00:27:11,430 --> 00:27:09,120

you are more if you are this spiritual

702

00:27:14,470 --> 00:27:11,440

being however you understand that to be

703

00:27:16,310 --> 00:27:14,480

then you're much less likely to kind of

704

00:27:18,310 --> 00:27:16,320

just fall for all this stuff you just

705

00:27:20,230 --> 00:27:18,320

don't do it

706

00:27:24,070 --> 00:27:20,240

you're right alex central to an

707

00:27:25,990 --> 00:27:24,080

understanding of this current

708

00:27:27,669 --> 00:27:26,000

historical

709

00:27:30,630 --> 00:27:27,679

civilizational some might say

710

00:27:32,870 --> 00:27:30,640

evolutionary moment is

711

00:27:34,710 --> 00:27:32,880

this question of transhumanism and i

712

00:27:38,149 --> 00:27:34,720

write about this in the book beings

713

00:27:40,470 --> 00:27:38,159

human a most miraculous conspiracy

714

00:27:42,549 --> 00:27:40,480

the american poet wendell berry has this

715

00:27:45,830 --> 00:27:42,559

beautiful moment

716

00:27:47,110 --> 00:27:45,840

in perhaps his most important single

717

00:27:52,630 --> 00:27:47,120

book

718

00:27:55,510 --> 00:27:52,640

where he's writing about the problems of

719

00:27:57,110 --> 00:27:55,520

giving our lives over to reductionist

720

00:27:59,430 --> 00:27:57,120

science

721

00:28:02,070 --> 00:27:59,440

and the book he writes wendell the poet

722

00:28:04,630 --> 00:28:02,080

is a direct critique of harvard

723

00:28:06,149 --> 00:28:04,640

entomologist eo wilson's

724

00:28:08,870 --> 00:28:06,159

consilience

725

00:28:11,990 --> 00:28:08,880

theory that science wilson at harvard

726

00:28:15,029 --> 00:28:12,000

argued should be the unifying matrix for

727

00:28:17,750 --> 00:28:15,039

understanding everything

728

00:28:20,149 --> 00:28:17,760

which of course is terrifying um and and

729

00:28:22,710 --> 00:28:20,159

barry warned about this the great uh

730

00:28:25,190 --> 00:28:22,720

christian theologian c.s lewis

731

00:28:27,830 --> 00:28:25,200

famously warned about this for decades

732

00:28:31,590 --> 00:28:27,840

um in his writings and i i could go on

733

00:28:32,870 --> 00:28:31,600

but the the wendell berry writes in life

734

00:28:35,190 --> 00:28:32,880

is beautiful

735

00:28:37,110 --> 00:28:35,200

in the middle of critiquing e.o wilson's

736

00:28:40,549 --> 00:28:37,120

conciliance theory he

737

00:28:42,830 --> 00:28:40,559

he says i can imagine

738

00:28:45,669 --> 00:28:42,840

in the not too distant

739

00:28:49,110 --> 00:28:45,679

future humans having to choose between

740

00:28:51,190 --> 00:28:49,120

living as creatures and living as

741

00:28:52,870 --> 00:28:51,200

machines

742

00:28:55,590 --> 00:28:52,880

and this to me is the fundamental

743

00:28:57,269 --> 00:28:55,600

question of our moment alex will we

744

00:28:59,909 --> 00:28:57,279

as team human

745

00:29:01,430 --> 00:28:59,919

choose to live as creatures

746

00:29:03,669 --> 00:29:01,440

think about what that word means

747

00:29:06,230 --> 00:29:03,679

creatures with a creator

748

00:29:08,710 --> 00:29:06,240

whatever that means to you

749

00:29:10,149 --> 00:29:08,720

and obligations perhaps to the other

750

00:29:11,990 --> 00:29:10,159

creatures

751
00:29:14,190 --> 00:29:12,000
on our planet we find ourselves in the

752
00:29:16,149 --> 00:29:14,200
midst of or will we as the

753
00:29:17,909 --> 00:29:16,159
transhumanists wish

754
00:29:19,110 --> 00:29:17,919
will we choose

755
00:29:21,750 --> 00:29:19,120
to live

756
00:29:23,269 --> 00:29:21,760
as machines creatures or machines alex

757
00:29:25,190 --> 00:29:23,279
and will there come a point when we're

758
00:29:27,590 --> 00:29:25,200
not given the choice

759
00:29:29,669 --> 00:29:27,600
so this is a very serious i think

760
00:29:32,149 --> 00:29:29,679
crossroads

761
00:29:33,029 --> 00:29:32,159
for us and most people don't think quite

762
00:29:35,510 --> 00:29:33,039
get it

763
00:29:38,070 --> 00:29:35,520

but but let me just say that

764

00:29:40,710 --> 00:29:38,080

if there's one person to watch in this

765

00:29:43,750 --> 00:29:40,720

matrix it's the public intellectual

766

00:29:46,230 --> 00:29:43,760

yuval noah harari

767

00:29:47,430 --> 00:29:46,240

who wrote don't go there rob don't go

768

00:29:48,870 --> 00:29:47,440

there

769

00:29:51,110 --> 00:29:48,880

well let me just say something about

770

00:29:53,830 --> 00:29:51,120

harare and then we can we can we can we

771

00:29:55,750 --> 00:29:53,840

can go yeah you know harare wrote a

772

00:29:57,830 --> 00:29:55,760

best-selling book called sapiens i'm

773

00:29:58,950 --> 00:29:57,840

sure your listeners your viewers are

774

00:30:00,950 --> 00:29:58,960

familiar

775

00:30:02,950 --> 00:30:00,960

and the thesis of that book is that

776

00:30:05,190 --> 00:30:02,960

humans became the most successful

777

00:30:08,549 --> 00:30:05,200

species on the planet because we

778

00:30:09,830 --> 00:30:08,559

cultivated the ability to collaborate

779

00:30:11,830 --> 00:30:09,840

flexibly

780

00:30:14,950 --> 00:30:11,840

in large groups

781

00:30:16,230 --> 00:30:14,960

around shared stories

782

00:30:17,830 --> 00:30:16,240

and i happen to think he's on to

783

00:30:18,789 --> 00:30:17,840

something with that thesis but of course

784

00:30:20,950 --> 00:30:18,799

then

785

00:30:23,110 --> 00:30:20,960

harare wrote two more books

786

00:30:24,789 --> 00:30:23,120

homodeus

787

00:30:27,909 --> 00:30:24,799

humans as gods

788

00:30:30,710 --> 00:30:27,919

and his most recent book 24 21 lessons

789

00:30:32,549 --> 00:30:30,720

for the 21st century and it emerged alex

790

00:30:36,470 --> 00:30:32,559

that our friend

791

00:30:38,470 --> 00:30:36,480

yuval noah harari is a transhumanist

792

00:30:41,669 --> 00:30:38,480

and a dataist

793

00:30:44,070 --> 00:30:41,679

disguised as a historian

794

00:30:46,630 --> 00:30:44,080

let me play a clip rob this is from my

795

00:30:48,870 --> 00:30:46,640

interview with dr gregory shushan

796

00:30:52,710 --> 00:30:48,880

you don't have any answer in the bible

797

00:30:55,110 --> 00:30:52,720

what to do when humans are no longer

798

00:30:57,509 --> 00:30:55,120

useful to the economy you need

799

00:30:58,630 --> 00:30:57,519

completely new ideologies completely new

800

00:31:00,950 --> 00:30:58,640

religions

801
00:31:02,549 --> 00:31:00,960
and they are likely to emerge from

802
00:31:04,230 --> 00:31:02,559
silicon valley

803
00:31:05,509 --> 00:31:04,240
everything that the old religions

804
00:31:08,710 --> 00:31:05,519
promised

805
00:31:12,149 --> 00:31:08,720
happiness and justice and even eternal

806
00:31:15,509 --> 00:31:12,159
life but here on earth with the help of

807
00:31:18,310 --> 00:31:15,519
technology and not after death with the

808
00:31:20,710 --> 00:31:18,320
help of some supernatural being what are

809
00:31:23,029 --> 00:31:20,720
humans for

810
00:31:24,389 --> 00:31:23,039
as far as we know for nothing i mean

811
00:31:29,990 --> 00:31:24,399
there is

812
00:31:32,789 --> 00:31:30,000
great cosmic plane

813
00:31:35,350 --> 00:31:32,799

that we have a role to play in it

814

00:31:37,269 --> 00:31:35,360

uh this has been the story of

815

00:31:40,070 --> 00:31:37,279

all religions and ideologies and so

816

00:31:42,070 --> 00:31:40,080

forth but as a scientist the best i can

817

00:31:43,029 --> 00:31:42,080

say this is not true

818

00:31:45,669 --> 00:31:43,039

so

819

00:31:47,909 --> 00:31:45,679

you all know harare is officially a

820

00:31:50,070 --> 00:31:47,919

historian

821

00:31:52,950 --> 00:31:50,080

what's so curious about him alex and

822

00:31:54,950 --> 00:31:52,960

i've watched him very closely now since

823

00:31:57,110 --> 00:31:54,960

the emergence of this covatopian

824

00:31:58,549 --> 00:31:57,120

situation

825

00:32:01,430 --> 00:31:58,559

it is clear

826

00:32:04,310 --> 00:32:01,440

for reasons i don't understand

827

00:32:07,430 --> 00:32:04,320

that either he has been recruited or has

828

00:32:10,149 --> 00:32:07,440

volunteered to serve as the chief global

829

00:32:12,549 --> 00:32:10,159

public intellectual

830

00:32:16,470 --> 00:32:12,559

at the tip of this covetopian

831

00:32:19,269 --> 00:32:16,480

transhumanist technocratic spear

832

00:32:20,710 --> 00:32:19,279

and so when yuval noah harari parachutes

833

00:32:22,389 --> 00:32:20,720

into davos

834

00:32:23,750 --> 00:32:22,399

to talk with you know all the

835

00:32:25,190 --> 00:32:23,760

billionaires who've flown in on their

836

00:32:27,110 --> 00:32:25,200

private planes

837

00:32:28,630 --> 00:32:27,120

to you know plan the future of the

838

00:32:31,830 --> 00:32:28,640

species

839

00:32:34,389 --> 00:32:31,840

or gets invited on any one of you know

840

00:32:36,789 --> 00:32:34,399

hundreds hundreds of prominent talk

841

00:32:38,950 --> 00:32:36,799

shows lectures whatever

842

00:32:41,430 --> 00:32:38,960

it's very clear now alex that he is

843

00:32:43,029 --> 00:32:41,440

using his position as a prominent

844

00:32:45,029 --> 00:32:43,039

historian

845

00:32:47,509 --> 00:32:45,039

speaking on behalf of the history of the

846

00:32:49,509 --> 00:32:47,519

species to essentially throw us under

847

00:32:51,509 --> 00:32:49,519

the bus

848

00:32:54,630 --> 00:32:51,519

that's what he's doing and he's doing it

849

00:32:56,470 --> 00:32:54,640

in the name of this new ism he calls

850

00:32:59,509 --> 00:32:56,480

dataism

851
00:33:01,190 --> 00:32:59,519
and this ideology of transhumanism that

852
00:33:03,750 --> 00:33:01,200
we can use

853
00:33:05,909 --> 00:33:03,760
through merging the species alex through

854
00:33:07,669 --> 00:33:05,919
merging humans with

855
00:33:10,470 --> 00:33:07,679
our machines

856
00:33:14,149 --> 00:33:10,480
we can optimize the species

857
00:33:16,789 --> 00:33:14,159
and solve the world's pressing problems

858
00:33:18,070 --> 00:33:16,799
like oh i don't know viruses

859
00:33:21,669 --> 00:33:18,080
epidemics

860
00:33:25,110 --> 00:33:21,679
climate change racism the excesses of

861
00:33:26,870 --> 00:33:25,120
capitalism patriarchy blah blah blah i

862
00:33:29,029 --> 00:33:26,880
think it's deeper than this and i think

863
00:33:30,710 --> 00:33:29,039

it's subtler than that and i think that

864

00:33:32,549 --> 00:33:30,720

you know what i want to connect this to

865

00:33:34,230 --> 00:33:32,559

as well is

866

00:33:37,190 --> 00:33:34,240

you know i wasn't aware that you're a

867

00:33:38,630 --> 00:33:37,200

christian and i read that in your book

868

00:33:40,630 --> 00:33:38,640

and i want to explore that further i

869

00:33:43,269 --> 00:33:40,640

don't want to do it in a way that you

870

00:33:45,269 --> 00:33:43,279

know is too offensive because i would

871

00:33:47,909 --> 00:33:45,279

naturally that would be my way of

872

00:33:50,149 --> 00:33:47,919

talking about it i just do not respect

873

00:33:53,269 --> 00:33:50,159

religious beliefs any more than i uh

874

00:33:55,830 --> 00:33:53,279

respect it other intellectual beliefs

875

00:33:57,509 --> 00:33:55,840

why should christians get a pass over

876

00:34:00,310 --> 00:33:57,519

atheism i think

877

00:34:02,870 --> 00:34:00,320

atheism is an absolutely absurd

878

00:34:06,230 --> 00:34:02,880

proposition it's been falsified not only

879

00:34:07,590 --> 00:34:06,240

philosophically but experimentally so

880

00:34:10,550 --> 00:34:07,600

anyone who approaches me from a

881

00:34:12,550 --> 00:34:10,560

christian perspective and they're into a

882

00:34:15,430 --> 00:34:12,560

christ consciousness spiritually

883

00:34:17,430 --> 00:34:15,440

transformative experience that is and i

884

00:34:19,750 --> 00:34:17,440

don't know what that means but i take

885

00:34:22,069 --> 00:34:19,760

that mean that they've had an experience

886

00:34:24,149 --> 00:34:22,079

in an extended consciousness realm which

887

00:34:26,629 --> 00:34:24,159

my research tells me it's real the guy

888

00:34:29,030 --> 00:34:26,639

we just saw on camera uh dr gregory

889

00:34:31,510 --> 00:34:29,040

shushan says when we look across culture

890

00:34:33,430 --> 00:34:31,520

across time it definitely seems real in

891

00:34:36,230 --> 00:34:33,440

all the ways that we'd measure it so i'm

892

00:34:38,550 --> 00:34:36,240

open to christians in that way i am not

893

00:34:41,109 --> 00:34:38,560

open to christians and they're goofy

894

00:34:44,230 --> 00:34:41,119

christian apologetics who it is a soft

895

00:34:47,190 --> 00:34:44,240

spot for them but i feel like christians

896

00:34:49,430 --> 00:34:47,200

don't have a way of really

897

00:34:52,230 --> 00:34:49,440

standing up against this

898

00:34:54,470 --> 00:34:52,240

silliness that harare is pitching and as

899

00:34:57,750 --> 00:34:54,480

you mentioned yes he is on 60 minutes

900

00:35:00,470 --> 00:34:57,760

yes he is endorsed by barack obama

901
00:35:03,990 --> 00:35:00,480
by other former presidents and yes he's

902
00:35:05,670 --> 00:35:04,000
he's a a wonder child of zuckerman and

903
00:35:08,870 --> 00:35:05,680
gates and all the rest these people and

904
00:35:10,710 --> 00:35:08,880
he sold 30 million books not many people

905
00:35:13,990 --> 00:35:10,720
can stand up to that

906
00:35:17,990 --> 00:35:14,000
christians are fundamentally coming from

907
00:35:21,030 --> 00:35:18,000
a more a less wrong position than harare

908
00:35:24,230 --> 00:35:21,040
harare to use the cute phrase is not

909
00:35:26,870 --> 00:35:24,240
even for not even wrong he's not even in

910
00:35:29,030 --> 00:35:26,880
the ball game because he isn't uh

911
00:35:31,510 --> 00:35:29,040
willing to acknowledge consciousness

912
00:35:33,270 --> 00:35:31,520
that is that you are you that that voice

913
00:35:35,270 --> 00:35:33,280

inside your head is real that you are

914

00:35:37,589 --> 00:35:35,280

making choices that you have free will

915

00:35:40,310 --> 00:35:37,599

he is not willing to go there and he's

916

00:35:43,670 --> 00:35:40,320

using your religion

917

00:35:47,349 --> 00:35:43,680

as a and the soft spots that it has as a

918

00:35:49,670 --> 00:35:47,359

way of pulling the wagon he goes come on

919

00:35:52,790 --> 00:35:49,680

you don't ever believe that christian

920

00:35:55,270 --> 00:35:52,800

nonsense do you the smart team over here

921

00:35:57,510 --> 00:35:55,280

the scientists i can't tell you your

922

00:36:00,069 --> 00:35:57,520

life has meaning so there's no meaning

923

00:36:02,230 --> 00:36:00,079

to your life this is the this is the

924

00:36:05,030 --> 00:36:02,240

game that's being played

925

00:36:07,349 --> 00:36:05,040

and it's not like he changed uniforms in

926

00:36:11,670 --> 00:36:07,359

the middle of the game he's had that

927

00:36:13,510 --> 00:36:11,680

uniform on the whole freaking time

928

00:36:15,510 --> 00:36:13,520

yeah i would agree and you know to your

929

00:36:16,550 --> 00:36:15,520

point about religion i

930

00:36:19,829 --> 00:36:16,560

religion

931

00:36:22,870 --> 00:36:19,839

um from the latin religare

932

00:36:25,589 --> 00:36:22,880

which means to bind together i see the

933

00:36:26,870 --> 00:36:25,599

role of religion in the human experience

934

00:36:29,670 --> 00:36:26,880

as

935

00:36:29,680 --> 00:36:34,310

protocols if you will or providing

936

00:36:41,510 --> 00:36:37,349

i'll use the word stories

937

00:36:43,190 --> 00:36:41,520

to help humans optimize mind body and

938

00:36:43,990 --> 00:36:43,200

spirit and let me connect a few dots

939

00:36:45,670 --> 00:36:44,000

here

940

00:36:50,069 --> 00:36:45,680

in

941

00:36:52,390 --> 00:36:50,079

my work

942

00:36:54,069 --> 00:36:52,400

in the environmental history space i've

943

00:36:57,589 --> 00:36:54,079

run across a beautiful book you may be

944

00:36:59,829 --> 00:36:57,599

familiar with james nestor's book breath

945

00:37:01,589 --> 00:36:59,839

the subtitle of which is the new science

946

00:37:03,910 --> 00:37:01,599

of a lost art

947

00:37:05,670 --> 00:37:03,920

and in this book breath nester

948

00:37:08,069 --> 00:37:05,680

has a number of really beautiful

949

00:37:09,990 --> 00:37:08,079

revelations about the human experience

950

00:37:11,670 --> 00:37:10,000

and and breathing one of the most

951
00:37:13,910 --> 00:37:11,680
profound is

952
00:37:16,230 --> 00:37:13,920
his discovery that at the center of

953
00:37:17,589 --> 00:37:16,240
every major religious tradition around

954
00:37:18,790 --> 00:37:17,599
the world

955
00:37:19,910 --> 00:37:18,800
eastern

956
00:37:21,750 --> 00:37:19,920
western

957
00:37:24,470 --> 00:37:21,760
indigenous

958
00:37:28,790 --> 00:37:24,480
you will find at its core

959
00:37:30,950 --> 00:37:28,800
a chant or a prayer or a mantra or a

960
00:37:34,630 --> 00:37:30,960
song

961
00:37:37,030 --> 00:37:34,640
that runs about 10 seconds in length

962
00:37:37,829 --> 00:37:37,040
which as it turns out science reveals

963
00:37:41,030 --> 00:37:37,839

now

964

00:37:42,470 --> 00:37:41,040

is the optimal length of time for an

965

00:37:44,790 --> 00:37:42,480

inhale

966

00:37:46,790 --> 00:37:44,800

and an exhale of the breath

967

00:37:48,310 --> 00:37:46,800

it's it's what we call coherence

968

00:37:49,910 --> 00:37:48,320

breathing

969

00:37:51,349 --> 00:37:49,920

in in the breath work world so let me

970

00:37:53,430 --> 00:37:51,359

give you an example

971

00:37:55,829 --> 00:37:53,440

so i'm chasing yaks up in the himalayyas

972

00:37:57,990 --> 00:37:55,839

right and i wander into these buddhist

973

00:37:59,990 --> 00:37:58,000

monasteries in the middle of nowhere

974

00:38:01,910 --> 00:38:00,000

and the monks are all sitting around

975

00:38:04,550 --> 00:38:01,920

chanting

976

00:38:06,630 --> 00:38:04,560

and you know i'm i'm i'm a i'm a white

977

00:38:08,230 --> 00:38:06,640

guy from vermont what do i know but i

978

00:38:10,390 --> 00:38:08,240

sit down and i just sort of you know

979

00:38:11,670 --> 00:38:10,400

close my eyes and sort of try and absorb

980

00:38:13,750 --> 00:38:11,680

what it is they're up to and it's

981

00:38:16,470 --> 00:38:13,760

incredibly powerful and compelling and

982

00:38:19,190 --> 00:38:16,480

mesmerizing over time and as it turns

983

00:38:20,230 --> 00:38:19,200

out the central chant in buddhism goes

984

00:38:22,150 --> 00:38:20,240

like this

985

00:38:25,670 --> 00:38:22,160

and i'll put up my fingers to indicate

986

00:38:27,090 --> 00:38:25,680

the seconds that go by ready oh money

987

00:38:28,550 --> 00:38:27,100

podmion

988

00:38:33,670 --> 00:38:28,560

[Music]

989

00:38:37,190 --> 00:38:35,190

10 seconds

990

00:38:39,510 --> 00:38:37,200

and you can find a prayer or a chant or

991

00:38:41,750 --> 00:38:39,520

a mantra just like that

992

00:38:43,750 --> 00:38:41,760

in every major religious tradition so

993

00:38:47,030 --> 00:38:43,760

what this suggests to me alex is that

994

00:38:48,710 --> 00:38:47,040

religion actually the part of part of

995

00:38:51,270 --> 00:38:48,720

the development of the religious

996

00:38:52,630 --> 00:38:51,280

traditions that undergird so much of our

997

00:38:55,270 --> 00:38:52,640

human experience

998

00:38:57,910 --> 00:38:55,280

was to remind humans

999

00:38:59,910 --> 00:38:57,920

to optimize themselves beginning with

1000

00:39:01,430 --> 00:38:59,920

the most fundamental thing that we do

1001

00:39:05,349 --> 00:39:01,440

which is breathe

1002

00:39:08,470 --> 00:39:05,359

i i love all that but in a big butt

1003

00:39:10,790 --> 00:39:08,480

the other purpose of religion is exactly

1004

00:39:13,430 --> 00:39:10,800

what we've been talking about this whole

1005

00:39:15,670 --> 00:39:13,440

show it's about social engineering it's

1006

00:39:18,470 --> 00:39:15,680

about a control mechanism it's about a

1007

00:39:21,109 --> 00:39:18,480

more effective means to

1008

00:39:23,670 --> 00:39:21,119

get what i want out of my population

1009

00:39:25,349 --> 00:39:23,680

than sticks and swords and unless we're

1010

00:39:27,670 --> 00:39:25,359

willing to dive into that and unless

1011

00:39:30,710 --> 00:39:27,680

we're willing to separate that now 2000

1012

00:39:33,589 --> 00:39:30,720

years later then we're going to be

1013

00:39:35,510 --> 00:39:33,599

we're going to be susceptible to

1014

00:39:38,069 --> 00:39:35,520

the game that ferrari is playing in

1015

00:39:40,790 --> 00:39:38,079

those clips that i said which is lead

1016

00:39:42,710 --> 00:39:40,800

you in let me lead you in with all these

1017

00:39:45,190 --> 00:39:42,720

things that are true and let me get you

1018

00:39:49,510 --> 00:39:45,200

this is persuasion this is sales this is

1019

00:39:53,109 --> 00:39:49,520

what i used to do in business

1020

00:39:55,829 --> 00:39:53,119

i get you to say yes yes yes and then i

1021

00:39:58,870 --> 00:39:55,839

hit you with and jesus died on the cross

1022

00:40:01,589 --> 00:39:58,880

for your sins and resurrected 2 000

1023

00:40:05,030 --> 00:40:01,599

years changed history son of god do what

1024

00:40:09,270 --> 00:40:05,040

the i say and you're like yes yes

1025

00:40:10,390 --> 00:40:09,280

yes christian apologetics is part of

1026

00:40:13,750 --> 00:40:10,400

this

1027

00:40:16,630 --> 00:40:13,760

issue that we need to deconstruct if we

1028

00:40:19,510 --> 00:40:16,640

are going to have this spiritual

1029

00:40:22,630 --> 00:40:19,520

freedom independence that we're seeking

1030

00:40:25,270 --> 00:40:22,640

then we can't just sit side by side with

1031

00:40:27,030 --> 00:40:25,280

the buddhist monks and say hey that's

1032

00:40:29,109 --> 00:40:27,040

great and like we all like to do then

1033

00:40:31,430 --> 00:40:29,119

pat him on the back and say will you go

1034

00:40:34,710 --> 00:40:31,440

your way and i'll go mine but what i

1035

00:40:36,550 --> 00:40:34,720

really think is my way is best we're

1036

00:40:39,510 --> 00:40:36,560

going to have to get to some core

1037

00:40:42,550 --> 00:40:39,520

understandings of what it means to be a

1038

00:40:45,750 --> 00:40:42,560

spiritual being independent of these

1039

00:40:47,750 --> 00:40:45,760

traditions that are are just nonsensical

1040

00:40:49,430 --> 00:40:47,760

from a logic and a reason standpoint

1041

00:40:51,349 --> 00:40:49,440

what do you think i know i'm punching

1042

00:40:52,950 --> 00:40:51,359

pretty hard here no i i really

1043

00:40:55,589 --> 00:40:52,960

appreciate i really appreciate your

1044

00:40:57,990 --> 00:40:55,599

critique and and for me and i wrote this

1045

00:41:00,870 --> 00:40:58,000

in the last chapter of the yak book so

1046

00:41:04,390 --> 00:41:00,880

far called um so so each chapter of the

1047

00:41:07,030 --> 00:41:04,400

yak book suggests a yak-like quality

1048

00:41:08,710 --> 00:41:07,040

that we humans would do well to imitate

1049

00:41:12,069 --> 00:41:08,720

and the last chapter in the book so far

1050

00:41:14,069 --> 00:41:12,079

chapter 11 is called stay spirited

1051
00:41:16,309 --> 00:41:14,079
and at the root of the word spirited and

1052
00:41:18,870 --> 00:41:16,319
at the root of the word spiritual

1053
00:41:22,470 --> 00:41:18,880
is the latin spira which means to

1054
00:41:24,710 --> 00:41:22,480
breathe so i am much more comfortable as

1055
00:41:26,470 --> 00:41:24,720
i think you are alex not talking so much

1056
00:41:27,270 --> 00:41:26,480
about religion

1057
00:41:31,430 --> 00:41:27,280
but

1058
00:41:33,750 --> 00:41:31,440
about matters spiritual so we respire we

1059
00:41:34,550 --> 00:41:33,760
breathe again and again

1060
00:41:42,390 --> 00:41:34,560
we

1061
00:41:45,030 --> 00:41:42,400
together as humans in conjunction with

1062
00:41:47,829 --> 00:41:45,040
the rest of the living planet and we

1063
00:41:51,349 --> 00:41:47,839

inspire what does it mean to inspire

1064

00:41:53,349 --> 00:41:51,359

someone else it means to energetically

1065

00:41:55,270 --> 00:41:53,359

in their presence breathe in such a way

1066

00:41:57,190 --> 00:41:55,280

that they want to

1067

00:42:00,390 --> 00:41:57,200

take you in

1068

00:42:01,510 --> 00:42:00,400

right someone who inspires if you

1069

00:42:04,230 --> 00:42:01,520

think think of your own experience

1070

00:42:05,829 --> 00:42:04,240

whoever you find inspirational alex is

1071

00:42:07,510 --> 00:42:05,839

somebody who whose breath you want to

1072

00:42:09,430 --> 00:42:07,520

draw in is sort of the meaning of that

1073

00:42:11,990 --> 00:42:09,440

word inspire which i love

1074

00:42:13,829 --> 00:42:12,000

and humans again we're at our best i

1075

00:42:16,790 --> 00:42:13,839

think when we are in the business of

1076

00:42:21,030 --> 00:42:16,800

helping each other optimize to become

1077

00:42:22,870 --> 00:42:21,040

the best humans we can be not just body

1078

00:42:25,510 --> 00:42:22,880

not just mind

1079

00:42:27,430 --> 00:42:25,520

but spirit as well which as the quantum

1080

00:42:29,270 --> 00:42:27,440

phys physicists and the mystics have

1081

00:42:31,190 --> 00:42:29,280

said forever and the scientists are

1082

00:42:34,069 --> 00:42:31,200

catching up cannot be separated

1083

00:42:36,309 --> 00:42:34,079

ultimately mind and body and spirit

1084

00:42:38,470 --> 00:42:36,319

so again this is a grand mystery with a

1085

00:42:40,870 --> 00:42:38,480

capital m and to pretend that we can

1086

00:42:41,910 --> 00:42:40,880

understand it number one

1087

00:42:45,190 --> 00:42:41,920

and

1088

00:42:47,510 --> 00:42:45,200

reduce it in a reductionist way

1089

00:42:49,910 --> 00:42:47,520

to language or mathematical equations or

1090

00:42:52,069 --> 00:42:49,920

a single virus in our bodies or a single

1091

00:42:55,030 --> 00:42:52,079

greenhouse gas in the sky

1092

00:42:56,470 --> 00:42:55,040

it is incredibly dangerous

1093

00:42:58,550 --> 00:42:56,480

we're tampering with we're tampering

1094

00:43:00,950 --> 00:42:58,560

with the mystery

1095

00:43:03,109 --> 00:43:00,960

and again we'll we'll have to push rob

1096

00:43:04,470 --> 00:43:03,119

in a minute to tell you how you're going

1097

00:43:06,550 --> 00:43:04,480

to be able to

1098

00:43:09,510 --> 00:43:06,560

get this book and have a chance to read

1099

00:43:12,230 --> 00:43:09,520

it and it's again beings human a most

1100

00:43:13,990 --> 00:43:12,240

miraculous conspiracy but one thing i

1101
00:43:16,309 --> 00:43:14,000
love about the book and you can tell

1102
00:43:19,829 --> 00:43:16,319
from rob he is

1103
00:43:21,109 --> 00:43:19,839
so well versed and such an agile thinker

1104
00:43:23,670 --> 00:43:21,119
on just

1105
00:43:25,990 --> 00:43:23,680
all these diverse topics that he weaves

1106
00:43:28,470 --> 00:43:26,000
together in a very meaningful way and i

1107
00:43:29,750 --> 00:43:28,480
say that as a segue to talk about

1108
00:43:30,950 --> 00:43:29,760
another part of the book that i thought

1109
00:43:32,309 --> 00:43:30,960
was just

1110
00:43:35,190 --> 00:43:32,319
really really

1111
00:43:37,670 --> 00:43:35,200
interesting and incredible and inspiring

1112
00:43:40,470 --> 00:43:37,680
and it's about page 50 you say to be

1113
00:43:43,510 --> 00:43:40,480

clear our brains do not process

1114

00:43:47,430 --> 00:43:43,520

retrieve or store memories our brains

1115

00:43:51,190 --> 00:43:47,440

are not computers in fact storytelling

1116

00:43:53,270 --> 00:43:51,200

is an embodied energetic phenomenon as

1117

00:43:54,790 --> 00:43:53,280

ancient mystics and cutting-edge

1118

00:43:58,630 --> 00:43:54,800

neuroscientists

1119

00:44:01,990 --> 00:43:58,640

both tell us so i want you to talk you

1120

00:44:05,030 --> 00:44:02,000

you again are with just a few words

1121

00:44:06,950 --> 00:44:05,040

and in a kind of provocative way

1122

00:44:08,470 --> 00:44:06,960

challenging how we understand

1123

00:44:10,069 --> 00:44:08,480

storytelling

1124

00:44:12,309 --> 00:44:10,079

so let's talk about that for a minute

1125

00:44:13,750 --> 00:44:12,319

what's your spin on that

1126

00:44:15,670 --> 00:44:13,760

yeah so

1127

00:44:19,270 --> 00:44:15,680

we know from studying the way that the

1128

00:44:21,910 --> 00:44:19,280

body communicates with the brain

1129

00:44:24,230 --> 00:44:21,920

that that information travels in our

1130

00:44:26,550 --> 00:44:24,240

bodies electrochemically number one

1131

00:44:28,470 --> 00:44:26,560

we're all beings of frequency we are

1132

00:44:30,390 --> 00:44:28,480

bioelectric

1133

00:44:32,390 --> 00:44:30,400

creatures of resonance and not just

1134

00:44:33,430 --> 00:44:32,400

humans but all living things are

1135

00:44:36,390 --> 00:44:33,440

connected

1136

00:44:38,470 --> 00:44:36,400

uh via the power of what some would call

1137

00:44:40,390 --> 00:44:38,480

back in the day electromagnetism or

1138

00:44:43,270 --> 00:44:40,400

electromagnetic frequency what have you

1139

00:44:46,550 --> 00:44:43,280

which by the way is a much forgotten

1140

00:44:49,030 --> 00:44:46,560

phenomenon in our age of materialistic

1141

00:44:50,630 --> 00:44:49,040

science where we're lumbering robots to

1142

00:44:53,670 --> 00:44:50,640

quote richard dawkins or we're just

1143

00:44:55,670 --> 00:44:53,680

clumps of cells and you know to your

1144

00:44:58,069 --> 00:44:55,680

back to your question about stories and

1145

00:45:01,510 --> 00:44:58,079

and how we process them again if we

1146

00:45:04,710 --> 00:45:01,520

begin with the breath 20 to 25 000 times

1147

00:45:07,589 --> 00:45:04,720

a day and our breath is a powerful way

1148

00:45:09,829 --> 00:45:07,599

of influencing our not just our body but

1149

00:45:11,750 --> 00:45:09,839

our mind and our spirit as well

1150

00:45:12,950 --> 00:45:11,760

and we think about the role of in

1151
00:45:14,630 --> 00:45:12,960
formation

1152
00:45:16,150 --> 00:45:14,640
a word we kind of throw around you know

1153
00:45:17,670 --> 00:45:16,160
i need more information about covet i

1154
00:45:18,470 --> 00:45:17,680
need more information about climate

1155
00:45:20,309 --> 00:45:18,480
change

1156
00:45:22,870 --> 00:45:20,319
what we mean when we say that alex quite

1157
00:45:24,950 --> 00:45:22,880
literally is the the stuff

1158
00:45:27,510 --> 00:45:24,960
the stories that we breathe into our

1159
00:45:30,309 --> 00:45:27,520
bodies that literally form form our

1160
00:45:32,470 --> 00:45:30,319
bodies our minds and our spirits because

1161
00:45:35,030 --> 00:45:32,480
we're learning from our understanding of

1162
00:45:37,670 --> 00:45:35,040
how the body communicates with the brain

1163
00:45:40,790 --> 00:45:37,680

that most of this communication actually

1164

00:45:43,430 --> 00:45:40,800

occurs from body up to brain

1165

00:45:46,870 --> 00:45:43,440

not from brain down to body

1166

00:45:49,589 --> 00:45:46,880

so literally the stories that inform us

1167

00:45:50,550 --> 00:45:49,599

alex are not they don't happen up here

1168

00:45:52,069 --> 00:45:50,560

in this

1169

00:45:53,990 --> 00:45:52,079

the most complex living thing in the

1170

00:45:56,550 --> 00:45:54,000

known universe the human brain they

1171

00:45:58,150 --> 00:45:56,560

actually happen as part of a much more

1172

00:46:00,950 --> 00:45:58,160

holistic

1173

00:46:02,950 --> 00:46:00,960

moment by moment experience and we all

1174

00:46:04,550 --> 00:46:02,960

know this when we're in the presence of

1175

00:46:06,069 --> 00:46:04,560

other people who are

1176
00:46:08,630 --> 00:46:06,079
inspiring

1177
00:46:10,309 --> 00:46:08,640
storytellers charismatic

1178
00:46:12,870 --> 00:46:10,319
storytellers

1179
00:46:15,670 --> 00:46:12,880
they can inspire in us hope

1180
00:46:18,150 --> 00:46:15,680
or fear this is why the covatopian

1181
00:46:20,950 --> 00:46:18,160
narrative the the leveraging of this

1182
00:46:23,589 --> 00:46:20,960
story of this virus has been

1183
00:46:25,829 --> 00:46:23,599
weaponized it's taken

1184
00:46:27,589 --> 00:46:25,839
what we humans do best

1185
00:46:29,589 --> 00:46:27,599
to collaborate flexibly in large groups

1186
00:46:32,710 --> 00:46:29,599
around shared stories it's provided a

1187
00:46:34,069 --> 00:46:32,720
very powerful very scary narrative this

1188
00:46:36,710 --> 00:46:34,079

coveted narrative

1189

00:46:39,390 --> 00:46:36,720

and weaponized that story against us

1190

00:46:41,829 --> 00:46:39,400

because we humans respond

1191

00:46:43,829 --> 00:46:41,839

informationally we respond to the

1192

00:46:45,750 --> 00:46:43,839

stories that we're constantly being

1193

00:46:48,150 --> 00:46:45,760

presented with

1194

00:46:50,230 --> 00:46:48,160

and what i thought was particularly

1195

00:46:52,309 --> 00:46:50,240

insightful and again you do this in a

1196

00:46:53,750 --> 00:46:52,319

few words so i really want to pull this

1197

00:46:54,790 --> 00:46:53,760

out of you i don't know if we can do it

1198

00:46:58,230 --> 00:46:54,800

today

1199

00:47:00,150 --> 00:46:58,240

but you connect that word stories which

1200

00:47:02,710 --> 00:47:00,160

we've all heard kind of a million times

1201
00:47:04,309 --> 00:47:02,720
and how we relate to stories to

1202
00:47:06,390 --> 00:47:04,319
epigenetics

1203
00:47:09,349 --> 00:47:06,400
to energy work

1204
00:47:12,390 --> 00:47:09,359
to and then i'd connect it to like dr

1205
00:47:14,710 --> 00:47:12,400
jeffrey shorts ucla ocd

1206
00:47:17,270 --> 00:47:14,720
expert who did

1207
00:47:18,950 --> 00:47:17,280
this extensive work with mindfulness

1208
00:47:21,109 --> 00:47:18,960
meditation

1209
00:47:23,630 --> 00:47:21,119
as a cure for

1210
00:47:26,150 --> 00:47:23,640
or to relieve the symptoms of

1211
00:47:29,109 --> 00:47:26,160
obsessive-compulsive disorder and he was

1212
00:47:31,829 --> 00:47:29,119
successful at it but the way that he was

1213
00:47:34,230 --> 00:47:31,839

successful at it was to show that that

1214

00:47:35,750 --> 00:47:34,240

mindfulness meditation

1215

00:47:38,470 --> 00:47:35,760

remapped

1216

00:47:40,230 --> 00:47:38,480

physically the structure of the brain

1217

00:47:42,309 --> 00:47:40,240

which now creates this chicken in the

1218

00:47:44,069 --> 00:47:42,319

egg problem which we all know if we have

1219

00:47:46,230 --> 00:47:44,079

this kind of expanded understanding of

1220

00:47:48,549 --> 00:47:46,240

consciousness is

1221

00:47:51,030 --> 00:47:48,559

i think therefore i am or i am therefore

1222

00:47:53,109 --> 00:47:51,040

i think is becomes a real kind of

1223

00:47:57,430 --> 00:47:53,119

question so

1224

00:48:00,309 --> 00:47:57,440

dive deeper into what the story is doing

1225

00:48:03,589 --> 00:48:00,319

well i yeah i'm not sure that i can

1226

00:48:04,549 --> 00:48:03,599

prove that i do think however though

1227

00:48:07,030 --> 00:48:04,559

that

1228

00:48:09,030 --> 00:48:07,040

what we're learning certainly from our

1229

00:48:12,549 --> 00:48:09,040

study of

1230

00:48:15,589 --> 00:48:12,559

breath work and its impact on

1231

00:48:17,750 --> 00:48:15,599

various bodily systems the autonomic

1232

00:48:21,030 --> 00:48:17,760

nervous system the circulatory system

1233

00:48:23,109 --> 00:48:21,040

the respiratory system right up into our

1234

00:48:24,790 --> 00:48:23,119

brains and sort of our entire sort of

1235

00:48:26,710 --> 00:48:24,800

nervous system all the way out to every

1236

00:48:29,190 --> 00:48:26,720

living cell in our bodies

1237

00:48:31,670 --> 00:48:29,200

that how we breathe

1238

00:48:33,910 --> 00:48:31,680

alex moment to moment and we should tie

1239

00:48:35,910 --> 00:48:33,920

this into consciousness too and and i

1240

00:48:37,910 --> 00:48:35,920

need your help with this but how we

1241

00:48:40,150 --> 00:48:37,920

breathe moment to moment and the the

1242

00:48:43,030 --> 00:48:40,160

habits that we cultivate

1243

00:48:45,109 --> 00:48:43,040

around how we breathe our way through

1244

00:48:46,230 --> 00:48:45,119

the world that influence not just our

1245

00:48:49,430 --> 00:48:46,240

bodies

1246

00:48:52,950 --> 00:48:49,440

but our mind and our spirit as well

1247

00:48:56,150 --> 00:48:52,960

these habits of breath inform us

1248

00:48:59,589 --> 00:48:56,160

and the stories that we breathe in also

1249

00:49:00,870 --> 00:48:59,599

inform us and when these stories that we

1250

00:49:04,710 --> 00:49:00,880

breathe in

1251

00:49:08,950 --> 00:49:06,630

when there is let let me put on my

1252

00:49:10,630 --> 00:49:08,960

propaganda professor hat on for a minute

1253

00:49:13,190 --> 00:49:10,640

when these stories that we breathe in

1254

00:49:13,990 --> 00:49:13,200

these sort of one-sided narratives let's

1255

00:49:15,910 --> 00:49:14,000

say

1256

00:49:19,829 --> 00:49:15,920

these forms of propaganda when they

1257

00:49:22,790 --> 00:49:19,839

continually inform us over and over and

1258

00:49:26,069 --> 00:49:22,800

over again our mind and our body and our

1259

00:49:29,109 --> 00:49:26,079

spirit begins to take on

1260

00:49:31,510 --> 00:49:29,119

the characteristics the reactions to

1261

00:49:33,030 --> 00:49:31,520

that particular story

1262

00:49:35,030 --> 00:49:33,040

and this is back to religion i think

1263

00:49:37,510 --> 00:49:35,040

what the ancients understood is if you

1264

00:49:40,069 --> 00:49:37,520

can present a civilization with powerful

1265

00:49:41,109 --> 00:49:40,079

stories of human optimization

1266

00:49:42,630 --> 00:49:41,119

right

1267

00:49:44,470 --> 00:49:42,640

and i agree with you about this is a

1268

00:49:46,470 --> 00:49:44,480

form of social engineering we have to be

1269

00:49:48,710 --> 00:49:46,480

careful here but

1270

00:49:51,430 --> 00:49:48,720

if we can figure out ways individually

1271

00:49:53,510 --> 00:49:51,440

and collectively to encourage each

1272

00:49:55,190 --> 00:49:53,520

of our fellow humans to optimize

1273

00:49:58,069 --> 00:49:55,200

themselves through the sharing of these

1274

00:49:59,430 --> 00:49:58,079

stories through conspiring together

1275

00:50:02,069 --> 00:49:59,440

that's what our friends are doing with

1276

00:50:05,190 --> 00:50:02,079

the great reset you don't realize it rob

1277

00:50:07,910 --> 00:50:05,200

but this is for your betterment you will

1278

00:50:11,270 --> 00:50:07,920

be better you will be happier and better

1279

00:50:12,470 --> 00:50:11,280

so no i'm not on the wagon here i think

1280

00:50:13,349 --> 00:50:12,480

that there is

1281

00:50:16,470 --> 00:50:13,359

that

1282

00:50:19,910 --> 00:50:16,480

new england toughness of we must follow

1283

00:50:21,430 --> 00:50:19,920

we must seek the truth at all cost and

1284

00:50:22,790 --> 00:50:21,440

we already know from epigenetics that

1285

00:50:25,589 --> 00:50:22,800

those stories are passed on whether we

1286

00:50:29,030 --> 00:50:27,510

yeah and to your point about you know

1287

00:50:30,710 --> 00:50:29,040

this is exactly right what the

1288

00:50:33,030 --> 00:50:30,720

transhumanists are doing they're they're

1289

00:50:35,670 --> 00:50:33,040

they're harnessing our

1290

00:50:38,230 --> 00:50:35,680

informational

1291

00:50:40,870 --> 00:50:38,240

predilections shall we say alex to try

1292

00:50:43,190 --> 00:50:40,880

and tell a compelling story to push our

1293

00:50:46,230 --> 00:50:43,200

species in directions i do not think and

1294

00:50:48,710 --> 00:50:46,240

i believe you do not think we should go

1295

00:50:51,109 --> 00:50:48,720

and so what do we have to tell a better

1296

00:50:52,710 --> 00:50:51,119

story i guess alex and i know you're

1297

00:50:54,309 --> 00:50:52,720

familiar with the work of rupert

1298

00:50:55,589 --> 00:50:54,319

sheldrake because the introduction to

1299

00:50:57,670 --> 00:50:55,599

your last book

1300

00:50:59,990 --> 00:50:57,680

you know his theory of morphic resonance

1301
00:51:03,190 --> 00:51:00,000
which i bring up in my book a little bit

1302
00:51:04,790 --> 00:51:03,200
um is one perhaps

1303
00:51:06,790 --> 00:51:04,800
explanation

1304
00:51:09,109 --> 00:51:06,800
for this phenomenon that you're trying

1305
00:51:11,030 --> 00:51:09,119
to tease out of our conversation here

1306
00:51:14,309 --> 00:51:11,040
how how do we

1307
00:51:16,710 --> 00:51:14,319
how do we pass on in formation

1308
00:51:18,630 --> 00:51:16,720
generation to generation

1309
00:51:20,230 --> 00:51:18,640
that is going to continue to help humans

1310
00:51:23,190 --> 00:51:20,240
to optimize

1311
00:51:24,470 --> 00:51:23,200
and not fall prey to whatever social

1312
00:51:25,510 --> 00:51:24,480
engineering whether it's organized

1313
00:51:27,349 --> 00:51:25,520

religion

1314

00:51:28,950 --> 00:51:27,359

whether it's the transhumanists which i

1315

00:51:30,230 --> 00:51:28,960

would argue is a form of organized

1316

00:51:33,270 --> 00:51:30,240

religion right

1317

00:51:34,470 --> 00:51:33,280

this is this is the challenge before us

1318

00:51:36,390 --> 00:51:34,480

and i think

1319

00:51:39,670 --> 00:51:36,400

the first thing we must do or a first

1320

00:51:42,630 --> 00:51:39,680

thing we must do is learn how to breathe

1321

00:51:44,069 --> 00:51:42,640

here now i like to say

1322

00:51:46,790 --> 00:51:44,079

right to use

1323

00:51:49,750 --> 00:51:46,800

our innate capacities for human

1324

00:51:50,870 --> 00:51:49,760

self-optimization

1325

00:51:53,190 --> 00:51:50,880

really

1326
00:51:56,069 --> 00:51:53,200
toughen you to set it toughen ourselves

1327
00:51:59,190 --> 00:51:56,079
up body mind and spirit right so we can

1328
00:52:03,270 --> 00:51:59,200
cultivate curiosity we can cultivate

1329
00:52:05,109 --> 00:52:03,280
compassion we can cultivate conviction

1330
00:52:06,630 --> 00:52:05,119
and we can cultivate the hardest of all

1331
00:52:09,750 --> 00:52:06,640
when we go public

1332
00:52:12,950 --> 00:52:09,760
we can cultivate courage right literally

1333
00:52:15,589 --> 00:52:12,960
that that that rage of the heart that we

1334
00:52:17,190 --> 00:52:15,599
are a member we are all members of a

1335
00:52:20,150 --> 00:52:17,200
species

1336
00:52:22,390 --> 00:52:20,160
that must be defended in this moment

1337
00:52:25,990 --> 00:52:22,400
rather than subject ourselves to this

1338
00:52:29,910 --> 00:52:28,069

well that might be an awesome way to

1339

00:52:31,750 --> 00:52:29,920

wrap it up but there's one other thing

1340

00:52:33,990 --> 00:52:31,760

we're going to bring to that is rob is

1341

00:52:35,430 --> 00:52:34,000

coming out to san diego and we're going

1342

00:52:36,390 --> 00:52:35,440

to jump in the

1343

00:52:40,870 --> 00:52:36,400

cold

1344

00:52:42,710 --> 00:52:40,880

it's called ice is nice

1345

00:52:43,990 --> 00:52:42,720

we're going to have that exchange we're

1346

00:52:46,790 --> 00:52:44,000

going to have that exchange of

1347

00:52:48,710 --> 00:52:46,800

information so stay tuned everybody

1348

00:52:49,910 --> 00:52:48,720

there's there's more to come and we're

1349

00:52:52,470 --> 00:52:49,920

probably going to do

1350

00:52:54,790 --> 00:52:52,480

a another show with brandon bring him

1351
00:52:56,870 --> 00:52:54,800
back into this mix as well again i hope

1352
00:52:59,270 --> 00:52:56,880
you've enjoyed you know this

1353
00:53:01,750 --> 00:52:59,280
great guy such an interesting guy the

1354
00:53:05,190 --> 00:53:01,760
book tell us about how people are going

1355
00:53:07,670 --> 00:53:05,200
to be able to get this book beings human

1356
00:53:10,069 --> 00:53:07,680
a most miraculous conspiracy

1357
00:53:12,630 --> 00:53:10,079
you got me a pre-release copy how are

1358
00:53:14,309 --> 00:53:12,640
people going to get the official thing

1359
00:53:17,270 --> 00:53:14,319
yes for now the book is available for

1360
00:53:19,510 --> 00:53:17,280
free read at uh my website it's dr rob

1361
00:53:21,670 --> 00:53:19,520
williams.com thanks for putting the the

1362
00:53:23,589 --> 00:53:21,680
link up there just go to the blog

1363
00:53:24,549 --> 00:53:23,599

you can read it there on issue which is

1364

00:53:32,230 --> 00:53:24,559

a

1365

00:53:34,390 --> 00:53:32,240

just interested in in

1366

00:53:35,589 --> 00:53:34,400

being as useful to team human as i can

1367

00:53:38,790 --> 00:53:35,599

be so

1368

00:53:40,870 --> 00:53:38,800

read it share it spread it around

1369

00:53:42,870 --> 00:53:40,880

most importantly i hope we'll listen to

1370

00:53:43,670 --> 00:53:42,880

one another and

1371

00:53:45,990 --> 00:53:43,680

share

1372

00:53:47,670 --> 00:53:46,000

information and really hold space for

1373

00:53:51,030 --> 00:53:47,680

each other right now alex because it is

1374

00:53:54,230 --> 00:53:51,040

a very strange moment for team human and

1375

00:53:55,750 --> 00:53:54,240

we need all of our best

1376

00:53:57,589 --> 00:53:55,760

all of our best breathing together all

1377

00:54:00,549 --> 00:53:57,599

of our best conspiring to

1378

00:54:03,829 --> 00:54:00,559

to to uh gird our loins as i like to say

1379

00:54:06,630 --> 00:54:03,839

for uh for this strange moment my friend

1380

00:54:08,710 --> 00:54:06,640

awesome awesome well terrific rob thanks

1381

00:54:11,030 --> 00:54:08,720

again so much we'll we'll be in touch i

1382

00:54:13,190 --> 00:54:11,040

look forward so much to meeting you in

1383

00:54:15,589 --> 00:54:13,200

person so take care alex i look forward

1384

00:54:16,950 --> 00:54:15,599

to meeting you in sunny san diego and uh

1385

00:54:19,750 --> 00:54:16,960

thanks for having me today and we'll

1386

00:54:21,430 --> 00:54:19,760

continue the conversation on the best

1387

00:54:23,109 --> 00:54:21,440

coast

1388

00:54:25,829 --> 00:54:23,119

thanks again to rob williams for joining

1389

00:54:27,829 --> 00:54:25,839

me today on skeptico the one question i

1390

00:54:30,870 --> 00:54:27,839

t up from this interview

1391

00:54:34,069 --> 00:54:30,880

do you think the transhumanist agenda is

1392

00:54:36,230 --> 00:54:34,079

as it was framed up in this show

1393

00:54:39,349 --> 00:54:36,240

or is that just a head trash story that

1394

00:54:42,230 --> 00:54:39,359

we're creating let me know your thoughts

1395

00:54:44,870 --> 00:54:42,240

love it when really really smart people

1396

00:54:46,789 --> 00:54:44,880

join me in the skeptical forum for real

1397

00:54:47,990 --> 00:54:46,799

conversations i'm waiting for you over

1398

00:54:50,309 --> 00:54:48,000

there

1399

00:54:53,030 --> 00:54:50,319

so that's gonna do it for this one

1400

00:54:54,810 --> 00:54:53,040

until next time take care and bye for

1401

00:55:08,410 --> 00:54:54,820

now