

SK≡PTIKO
science & spirituality

***HYPNOSIS/NLP
IN THE ER***

570-STEVE BIERMAN



1
00:00:06,470 --> 00:00:04,309
on this episode of skeptico

2
00:00:08,230 --> 00:00:06,480
how to save someone's life in the

3
00:00:11,350 --> 00:00:08,240
emergency room

4
00:00:15,030 --> 00:00:11,360
they still can't stop the bleeding

5
00:00:16,950 --> 00:00:15,040
she is in and out of consciousness

6
00:00:19,029 --> 00:00:16,960
exactly four minutes in dr gandhi

7
00:00:21,269 --> 00:00:19,039
reaches for the black phone that's the

8
00:00:24,470 --> 00:00:21,279
direct link to the or

9
00:00:27,589 --> 00:00:24,480
and how to do it with no hands

10
00:00:30,710 --> 00:00:27,599
for example to a lady in ventricular

11
00:00:33,270 --> 00:00:30,720
tachycardia potentially lethal heart

12
00:00:34,630 --> 00:00:33,280
arrhythmia where the nurse is off to get

13
00:00:36,389 --> 00:00:34,640

the medicine i'm sitting there i got

14

00:00:38,310 --> 00:00:36,399

nothing to do

15

00:00:40,549 --> 00:00:38,320

get rapport with her breathe with her

16

00:00:43,510 --> 00:00:40,559

and say and you know

17

00:00:45,510 --> 00:00:43,520

your heart has been beating in a regular

18

00:00:48,549 --> 00:00:45,520

way for a long

19

00:00:51,670 --> 00:00:48,559

long time and she'd nod

20

00:00:54,389 --> 00:00:51,680

and it still knows how to

21

00:00:58,470 --> 00:00:56,470

that first clip was from a news report

22

00:01:00,470 --> 00:00:58,480

in fort worth i think i just pulled it

23

00:01:03,110 --> 00:01:00,480

off of youtube but the second one was

24

00:01:05,350 --> 00:01:03,120

from today's guest quite amazing guest

25

00:01:07,910 --> 00:01:05,360

dr steve biermann who joined me to talk

26

00:01:10,070 --> 00:01:07,920

about hypnosis nlp

27

00:01:13,590 --> 00:01:10,080

and a bunch of other cool stuff

28

00:01:15,429 --> 00:01:13,600

hope you enjoy the interview

29

00:01:17,990 --> 00:01:15,439

welcome to skeptico where we explore

30

00:01:20,469 --> 00:01:18,000

controversial science and spirituality

31

00:01:22,230 --> 00:01:20,479

with leading researchers thinkers

32

00:01:24,630 --> 00:01:22,240

and their critics i'm your host alex

33

00:01:28,149 --> 00:01:24,640

sacaris and wow

34

00:01:31,670 --> 00:01:28,159

we have a good one for you today

35

00:01:35,429 --> 00:01:31,680

i'm joined by dr steve biermann steve is

36

00:01:36,950 --> 00:01:35,439

the author of healing beyond pills and

37

00:01:38,950 --> 00:01:36,960

potions

38

00:01:41,429 --> 00:01:38,960

let me read a little bit from the

39

00:01:42,789 --> 00:01:41,439

website the website by the way you're

40

00:01:46,149 --> 00:01:42,799

going to want to check it out

41

00:01:51,270 --> 00:01:49,510

here is some bio stuff

42

00:01:53,510 --> 00:01:51,280

steve biermann md received his

43

00:01:56,069 --> 00:01:53,520

undergraduate ucla doctorate

44

00:01:59,030 --> 00:01:56,079

northwestern worked 20 years board

45

00:02:01,270 --> 00:01:59,040

certified emergency physician at scripps

46

00:02:03,270 --> 00:02:01,280

memorial encinitas right up the road

47

00:02:05,510 --> 00:02:03,280

from where uh steve and i are both

48

00:02:07,910 --> 00:02:05,520

sitting right now he's the founder of

49

00:02:10,869 --> 00:02:07,920

two medical device companies and holds

50

00:02:12,470 --> 00:02:10,879

over 200 utility patents on various

51
00:02:15,670 --> 00:02:12,480
medical devices

52
00:02:17,510 --> 00:02:15,680
as an emergency physician dr biermann

53
00:02:19,990 --> 00:02:17,520
became renowned

54
00:02:22,949 --> 00:02:20,000
for performing painless procedures like

55
00:02:25,830 --> 00:02:22,959
simple injections laceration repairs and

56
00:02:28,309 --> 00:02:25,840
even childbirth but his studied words

57
00:02:30,949 --> 00:02:28,319
and gestures did far more than prevent

58
00:02:33,350 --> 00:02:30,959
pain they also produced astonishing

59
00:02:34,830 --> 00:02:33,360
physical outcomes as dr berman went

60
00:02:37,830 --> 00:02:34,840
further along the

61
00:02:39,430 --> 00:02:37,840
communication continuum that's a very

62
00:02:41,190 --> 00:02:39,440
interesting

63
00:02:43,910 --> 00:02:41,200

there's going to be some very

64

00:02:47,270 --> 00:02:43,920

interesting reframing of a language here

65

00:02:48,790 --> 00:02:47,280

that that will will just blow your mind

66

00:02:51,350 --> 00:02:48,800

when you really get into what this guy

67

00:02:53,830 --> 00:02:51,360

has done to first stall autoimmune

68

00:02:56,309 --> 00:02:53,840

diseases shrink deadly tremors relieve

69

00:02:59,350 --> 00:02:56,319

depression and ensure bloodless

70

00:03:02,710 --> 00:02:59,360

surgeries many of his cures seem like

71

00:03:05,270 --> 00:03:02,720

miracles yes they really do and yet dr

72

00:03:07,430 --> 00:03:05,280

behrman explains they are inevitable

73

00:03:10,309 --> 00:03:07,440

consequence of a new

74

00:03:13,430 --> 00:03:10,319

and expanded understanding of disease

75

00:03:16,830 --> 00:03:13,440

causality and the focused power of ideas

76

00:03:20,470 --> 00:03:16,840

to access our healer

77

00:03:21,750 --> 00:03:20,480

within steve welcome thanks so much for

78

00:03:23,589 --> 00:03:21,760

joining me

79

00:03:24,390 --> 00:03:23,599

it's a pleasure alex good to see you

80

00:03:26,470 --> 00:03:24,400

again

81

00:03:28,470 --> 00:03:26,480

well you know i was thinking about how

82

00:03:30,710 --> 00:03:28,480

to kick this off

83

00:03:33,350 --> 00:03:30,720

and then i thought of

84

00:03:34,149 --> 00:03:33,360

this story that i heard from you

85

00:03:35,830 --> 00:03:34,159

that

86

00:03:37,589 --> 00:03:35,840

i'm sure it's told many times many

87

00:03:40,869 --> 00:03:37,599

different ways but

88

00:03:44,149 --> 00:03:40,879

steve imagine it's a few years ago

89

00:03:47,589 --> 00:03:44,159

i unfortunately get in a car accident

90

00:03:50,149 --> 00:03:47,599

wind up being wheeled into

91

00:03:51,910 --> 00:03:50,159

scripps hospital encinitas

92

00:03:54,229 --> 00:03:51,920

and i'm fortunate enough

93

00:03:57,429 --> 00:03:54,239

to run into dr steve i have a different

94

00:04:00,070 --> 00:03:57,439

dislocated shoulder i got a big uh gouge

95

00:04:03,309 --> 00:04:00,080

in my leg and bleeding

96

00:04:05,750 --> 00:04:03,319

what happens now that is like

97

00:04:09,270 --> 00:04:05,760

mind-blowingly radically different than

98

00:04:11,350 --> 00:04:09,280

what people might expect

99

00:04:13,589 --> 00:04:11,360

the first thing that happens alex is

100

00:04:15,910 --> 00:04:13,599

you're going to get

101
00:04:18,469 --> 00:04:15,920
all the care that you would normally get

102
00:04:20,150 --> 00:04:18,479
from any allopathic physician in an

103
00:04:22,629 --> 00:04:20,160
emergency room

104
00:04:23,990 --> 00:04:22,639
that's going to happen there's nothing

105
00:04:27,270 --> 00:04:24,000
taken out

106
00:04:29,670 --> 00:04:27,280
but there are things added

107
00:04:31,189 --> 00:04:29,680
the first thing that i'll do

108
00:04:33,830 --> 00:04:31,199
is establish

109
00:04:34,870 --> 00:04:33,840
a hypnotic rapport with you that's not

110
00:04:37,030 --> 00:04:34,880
rapport

111
00:04:40,390 --> 00:04:37,040
used in the vernacular that means that

112
00:04:43,990 --> 00:04:40,400
i'll in a studied and subtle way that

113
00:04:46,790 --> 00:04:44,000

i'll begin in a sense imitating you i'll

114

00:04:47,749 --> 00:04:46,800

link up with your rhythms your breathing

115

00:04:49,510 --> 00:04:47,759

rhythm

116

00:04:52,070 --> 00:04:49,520

your vocal energy

117

00:04:54,150 --> 00:04:52,080

i'll begin to establish a unique

118

00:04:57,590 --> 00:04:54,160

relationship with you

119

00:05:00,710 --> 00:04:57,600

um not just for the purposes of comfort

120

00:05:03,110 --> 00:05:00,720

and warmth but because i'm going to use

121

00:05:05,030 --> 00:05:03,120

that relationship along with carefully

122

00:05:06,950 --> 00:05:05,040

selected words

123

00:05:09,909 --> 00:05:06,960

and the authority that's

124

00:05:11,990 --> 00:05:09,919

vested in me by virtue of being the one

125

00:05:14,950 --> 00:05:12,000

and only doc in that emergency room at

126
00:05:17,909 --> 00:05:14,960
the time i'll take all of that and use

127
00:05:19,830 --> 00:05:17,919
it to your advantage for example

128
00:05:21,590 --> 00:05:19,840
i published in the american journal of

129
00:05:24,950 --> 00:05:21,600
emergency medicine

130
00:05:27,270 --> 00:05:24,960
a series of cases including one where

131
00:05:28,310 --> 00:05:27,280
the dislocated shoulder you're talking

132
00:05:31,350 --> 00:05:28,320
about

133
00:05:34,150 --> 00:05:31,360
was reduced by me that means returned

134
00:05:36,310 --> 00:05:34,160
returned to its normal anatomic position

135
00:05:38,390 --> 00:05:36,320
without any yanking or pulling or

136
00:05:40,629 --> 00:05:38,400
stretching or bending

137
00:05:41,990 --> 00:05:40,639
rather just words

138
00:05:44,950 --> 00:05:42,000

just words

139

00:05:47,189 --> 00:05:44,960

and those words don't entail necessarily

140

00:05:49,270 --> 00:05:47,199

a hypnotic trance

141

00:05:52,150 --> 00:05:49,280

but they rather through the relationship

142

00:05:53,990 --> 00:05:52,160

i've already developed with the rapport

143

00:05:55,510 --> 00:05:54,000

and careful choice of words and my

144

00:05:59,430 --> 00:05:55,520

authority

145

00:06:00,950 --> 00:05:59,440

they persuade your body to relax

146

00:06:03,830 --> 00:06:00,960

the muscles that are holding that

147

00:06:05,990 --> 00:06:03,840

dislocation in place let go

148

00:06:08,629 --> 00:06:06,000

and there's a natural tendency for the

149

00:06:11,270 --> 00:06:08,639

shoulder to roll back in i may offer a

150

00:06:13,510 --> 00:06:11,280

metaphor or two like a bowling ball

151
00:06:14,469 --> 00:06:13,520
rolling into the pocket something like

152
00:06:17,430 --> 00:06:14,479
that

153
00:06:19,430 --> 00:06:17,440
but i assure you whatever i do

154
00:06:21,990 --> 00:06:19,440
there'll be less trauma to your shoulder

155
00:06:24,469 --> 00:06:22,000
and it'll be instantly instantly meaning

156
00:06:27,350 --> 00:06:24,479
within minutes

157
00:06:29,830 --> 00:06:27,360
return to its anatomic position

158
00:06:33,189 --> 00:06:29,840
if you're bleeding and i did this in

159
00:06:34,790 --> 00:06:33,199
different ways every night

160
00:06:36,790 --> 00:06:34,800
i'll offer you

161
00:06:38,710 --> 00:06:36,800
strong suggestions

162
00:06:41,350 --> 00:06:38,720
that stop bleeding

163
00:06:43,430 --> 00:06:41,360

uh and they may be very direct

164

00:06:45,670 --> 00:06:43,440

i had patients every evening come in

165

00:06:47,990 --> 00:06:45,680

with cuts on their fingers you know from

166

00:06:49,590 --> 00:06:48,000

washing or drying dishes and they have

167

00:06:51,189 --> 00:06:49,600

arterial

168

00:06:53,350 --> 00:06:51,199

hemorrhage going on it's been going on

169

00:06:55,110 --> 00:06:53,360

for an hour before they got there

170

00:06:57,350 --> 00:06:55,120

but i'd be quite busy and i wouldn't

171

00:06:59,430 --> 00:06:57,360

have time to get to a finger laceration

172

00:07:00,390 --> 00:06:59,440

i would have time to go up to them and

173

00:07:03,430 --> 00:07:00,400

say

174

00:07:06,950 --> 00:07:03,440

hi i'm dr biermann i can see you were

175

00:07:09,909 --> 00:07:06,960

distressed were meaning it's now past

176

00:07:12,150 --> 00:07:09,919

tense probably you bled a lot

177

00:07:14,150 --> 00:07:12,160

i'm going to ask you to do something

178

00:07:16,950 --> 00:07:14,160

that's really important and might seem a

179

00:07:18,710 --> 00:07:16,960

little uh funny so now i have their

180

00:07:20,790 --> 00:07:18,720

attention right

181

00:07:22,790 --> 00:07:20,800

in the meantime i'm breathing with them

182

00:07:24,469 --> 00:07:22,800

i'm locking in with their posture in

183

00:07:25,909 --> 00:07:24,479

various movements

184

00:07:28,390 --> 00:07:25,919

but i've got their full attention

185

00:07:30,550 --> 00:07:28,400

because what is this emergency doctor

186

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

going to say that's funny while i'm here

187

00:07:34,390 --> 00:07:32,560

hemorrhaging watching all hell break

188

00:07:35,990 --> 00:07:34,400

loose around me

189

00:07:38,070 --> 00:07:36,000

and then i'll look at them and take a

190

00:07:39,830 --> 00:07:38,080

breath and time it with their breathing

191

00:07:43,029 --> 00:07:39,840

and i'll say

192

00:07:47,350 --> 00:07:45,589

stop your bleeding

193

00:07:50,469 --> 00:07:47,360

now

194

00:07:53,029 --> 00:07:50,479

and i'll exude this kind of earnestness

195

00:07:55,270 --> 00:07:53,039

so they know i know it can happen and i

196

00:07:57,029 --> 00:07:55,280

expect that it will

197

00:07:59,670 --> 00:07:57,039

and this thing that's been bleeding for

198

00:08:03,670 --> 00:07:59,680

hours prior to or if you come in from an

199

00:08:06,150 --> 00:08:03,680

auto accident within four five six beats

200

00:08:08,629 --> 00:08:06,160

will stop bleeding as it did hundreds

201
00:08:10,550 --> 00:08:08,639
and hundreds of times night after night

202
00:08:13,270 --> 00:08:10,560
that's the power that's the impact of

203
00:08:16,950 --> 00:08:13,280
ideas on health and healing

204
00:08:19,110 --> 00:08:16,960
i love that i i want to say that

205
00:08:21,029 --> 00:08:19,120
you're just capturing the magic in the

206
00:08:22,390 --> 00:08:21,039
last minute and i kind of feel like

207
00:08:23,589 --> 00:08:22,400
you're holding on to the reins because i

208
00:08:27,110 --> 00:08:23,599
feel like you have to hold on to the

209
00:08:29,189 --> 00:08:27,120
reins a lot what you've discovered is

210
00:08:31,270 --> 00:08:29,199
amazing the way you've discovered it is

211
00:08:33,670 --> 00:08:31,280
very it's not mainstream but it's not

212
00:08:36,310 --> 00:08:33,680
like you've gone out and done you know

213
00:08:39,110 --> 00:08:36,320

bandler grinder kind of we got it uh

214

00:08:40,790 --> 00:08:39,120

ericsson famous hypnotherapist

215

00:08:43,430 --> 00:08:40,800

we got it you've studied all these

216

00:08:46,790 --> 00:08:43,440

people you've done it clinically but the

217

00:08:49,509 --> 00:08:46,800

net result of all this is magic i mean

218

00:08:51,750 --> 00:08:49,519

when you like the part that i liked when

219

00:08:53,990 --> 00:08:51,760

you first told me that story was

220

00:08:56,550 --> 00:08:54,000

you got that kind of physicians

221

00:08:58,310 --> 00:08:56,560

impatience and urgency for just a second

222

00:09:00,470 --> 00:08:58,320

and you're like no i could go up to

223

00:09:02,230 --> 00:09:00,480

people and instantly make them stop

224

00:09:04,630 --> 00:09:02,240

bleeding i could go up to people and

225

00:09:06,550 --> 00:09:04,640

touch them on the shoulder and their the

226

00:09:08,949 --> 00:09:06,560

joint would go back in their socket and

227

00:09:11,110 --> 00:09:08,959

i know now from reading the book that

228

00:09:13,269 --> 00:09:11,120

that is true and like you said

229

00:09:17,509 --> 00:09:13,279

not like true once or twice like

230

00:09:20,070 --> 00:09:17,519

thousands of times thousands of patients

231

00:09:23,670 --> 00:09:20,080

that you treated so

232

00:09:25,829 --> 00:09:23,680

there is something here that is

233

00:09:29,350 --> 00:09:25,839

kind of beyond

234

00:09:31,430 --> 00:09:29,360

what we like to kind of write and put in

235

00:09:33,590 --> 00:09:31,440

a nice little box and oh yeah that's

236

00:09:36,550 --> 00:09:33,600

great and he's got some

237

00:09:38,310 --> 00:09:36,560

kind of uh hypno hypnotic suggestions

238

00:09:39,910 --> 00:09:38,320

that kind of boost this thing

239

00:09:42,630 --> 00:09:39,920

there's something going on here that

240

00:09:44,070 --> 00:09:42,640

you're seeing that and you're doing that

241

00:09:45,670 --> 00:09:44,080

is that we're really going to want to

242

00:09:47,829 --> 00:09:45,680

get into but

243

00:09:49,670 --> 00:09:47,839

tell me you know tell me am i off there

244

00:09:51,430 --> 00:09:49,680

or not

245

00:09:53,350 --> 00:09:51,440

you're not off at all you're you're

246

00:09:55,990 --> 00:09:53,360

actually recognizing what many many

247

00:09:58,630 --> 00:09:56,000

people uh miss and it's not just one

248

00:10:01,110 --> 00:09:58,640

thing that's going on but it's a

249

00:10:02,630 --> 00:10:01,120

complex interaction of multiple things

250

00:10:04,790 --> 00:10:02,640

that are going on

251
00:10:06,150 --> 00:10:04,800
and um

252
00:10:09,269 --> 00:10:06,160
let's look at them

253
00:10:11,269 --> 00:10:09,279
if we can individually the first

254
00:10:13,509 --> 00:10:11,279
the thing that uh

255
00:10:15,829 --> 00:10:13,519
as you say i've seen

256
00:10:18,230 --> 00:10:15,839
these wonders happen thousands and

257
00:10:20,630 --> 00:10:18,240
thousands of times i'm always surprised

258
00:10:22,470 --> 00:10:20,640
by them yeah i still as you know keep an

259
00:10:24,870 --> 00:10:22,480
office in del mar do medical

260
00:10:27,430 --> 00:10:24,880
hypnotherapy for patients with both

261
00:10:29,430 --> 00:10:27,440
physical and psychological ailments and

262
00:10:32,389 --> 00:10:29,440
i see wonders happen

263
00:10:34,790 --> 00:10:32,399

literally every day just stunned

264

00:10:37,670 --> 00:10:34,800

and and here's the one thing that uh

265

00:10:40,710 --> 00:10:37,680

continually jumps out at me

266

00:10:45,190 --> 00:10:40,720

what i'm doing is i'm somehow

267

00:10:47,590 --> 00:10:45,200

eliciting or conjuring or evoking

268

00:10:49,990 --> 00:10:47,600

a healing response

269

00:10:52,710 --> 00:10:50,000

that resides the capacity for which

270

00:10:54,069 --> 00:10:52,720

resides in the patient

271

00:10:56,470 --> 00:10:54,079

they have this

272

00:10:59,670 --> 00:10:56,480

we don't know it we're not taught it in

273

00:11:01,269 --> 00:10:59,680

fact our culture often dissuades us from

274

00:11:03,829 --> 00:11:01,279

believing it

275

00:11:06,630 --> 00:11:03,839

but inside each and every one of those

276

00:11:08,550 --> 00:11:06,640

patients there's this intrinsic healing

277

00:11:11,750 --> 00:11:08,560

capacity you hear people talk about it

278

00:11:12,829 --> 00:11:11,760

the healer within this intrinsic appeal

279

00:11:15,590 --> 00:11:12,839

healing

280

00:11:18,630 --> 00:11:15,600

capacity that does

281

00:11:21,990 --> 00:11:18,640

marvelous wondrous things

282

00:11:22,790 --> 00:11:22,000

uh it from from shrinking tumors

283

00:11:23,990 --> 00:11:22,800

to

284

00:11:26,310 --> 00:11:24,000

allowing

285

00:11:28,069 --> 00:11:26,320

bloodless surgeries i'm not talking

286

00:11:29,310 --> 00:11:28,079

about minor surgery by the way i'm

287

00:11:32,470 --> 00:11:29,320

talking about

288

00:11:35,190 --> 00:11:32,480

hemicholectomies or knee replacements

289

00:11:37,670 --> 00:11:35,200

done bloodless very hard to believe

290

00:11:40,790 --> 00:11:37,680

until you until you see it but i've seen

291

00:11:43,750 --> 00:11:40,800

it scores in scores of times now

292

00:11:46,069 --> 00:11:43,760

from from things like that to the little

293

00:11:49,590 --> 00:11:46,079

things stopping a finger bleed which

294

00:11:51,829 --> 00:11:49,600

really isn't little to that uh patient

295

00:11:53,990 --> 00:11:51,839

all of these uh

296

00:11:55,110 --> 00:11:54,000

wonders reside within

297

00:11:58,949 --> 00:11:55,120

you

298

00:12:00,310 --> 00:11:58,959

and what i've learned studying from

299

00:12:03,509 --> 00:12:00,320

grinder and

300

00:12:05,670 --> 00:12:03,519

ericsson and my own applications and

301
00:12:07,750 --> 00:12:05,680
innovations in the emergency room is

302
00:12:09,829 --> 00:12:07,760
simply how to turn that on

303
00:12:11,750 --> 00:12:09,839
what triggers it

304
00:12:13,509 --> 00:12:11,760
there's a side note to that though that

305
00:12:15,430 --> 00:12:13,519
i think is uh

306
00:12:17,829 --> 00:12:15,440
equally important

307
00:12:21,509 --> 00:12:17,839
if if i have this uh

308
00:12:24,790 --> 00:12:21,519
ability to say uh ignite

309
00:12:27,670 --> 00:12:24,800
this intrinsic healing capacity then it

310
00:12:29,430 --> 00:12:27,680
turns out sadly i often have the ability

311
00:12:30,310 --> 00:12:29,440
to extinguish that

312
00:12:32,550 --> 00:12:30,320
uh

313
00:12:34,949 --> 00:12:32,560

intrinsic healing capacity in other

314

00:12:36,310 --> 00:12:34,959

words i have in if you'll

315

00:12:40,550 --> 00:12:36,320

allow this

316

00:12:43,030 --> 00:12:40,560

the power to uh cure or curse

317

00:12:46,629 --> 00:12:43,040

and i think everyone listening uh at

318

00:12:48,310 --> 00:12:46,639

least most everyone listening knows that

319

00:12:50,629 --> 00:12:48,320

when they feel

320

00:12:54,310 --> 00:12:50,639

themselves helpless and dependent as

321

00:12:56,389 --> 00:12:54,320

people or injured people usually do

322

00:12:59,190 --> 00:12:56,399

uh and they're in the company of an

323

00:13:01,509 --> 00:12:59,200

authority someone who has very little

324

00:13:04,550 --> 00:13:01,519

detectable doubt about how to deal with

325

00:13:06,949 --> 00:13:04,560

this that's how we recognize authorities

326

00:13:09,430 --> 00:13:06,959

well he seems certain about this he must

327

00:13:11,829 --> 00:13:09,440

know what's right

328

00:13:14,949 --> 00:13:11,839

that dynamic

329

00:13:17,350 --> 00:13:14,959

empowers the authority

330

00:13:19,750 --> 00:13:17,360

such that their words

331

00:13:22,310 --> 00:13:19,760

will actualize

332

00:13:24,790 --> 00:13:22,320

their ideas will become that

333

00:13:25,750 --> 00:13:24,800

patience if you will reality

334

00:13:27,990 --> 00:13:25,760

and

335

00:13:31,030 --> 00:13:28,000

not knowing that is a very dangerous

336

00:13:34,310 --> 00:13:31,040

thing we see for example in uh

337

00:13:35,590 --> 00:13:34,320

randomized clinical uh trials which have

338

00:13:37,829 --> 00:13:35,600

been going on

339

00:13:41,350 --> 00:13:37,839

tens of thousands tens and tens of

340

00:13:45,430 --> 00:13:41,360

thousands since uh 1949.

341

00:13:47,910 --> 00:13:45,440

we don't only see uh placebo effects

342

00:13:49,190 --> 00:13:47,920

which we should come back to and and

343

00:13:50,389 --> 00:13:49,200

explain

344

00:13:52,629 --> 00:13:50,399

but we see

345

00:13:55,750 --> 00:13:52,639

the opposite we see what are now called

346

00:13:57,750 --> 00:13:55,760

nocebo are negative effects

347

00:14:00,150 --> 00:13:57,760

which tells you if you think about this

348

00:14:03,110 --> 00:14:00,160

just just very briefly

349

00:14:05,110 --> 00:14:03,120

it tells you that whatever that

350

00:14:08,389 --> 00:14:05,120

authority says

351

00:14:10,790 --> 00:14:08,399

will land and actualize

352

00:14:12,069 --> 00:14:10,800

so the burdens on him or her to say it

353

00:14:13,430 --> 00:14:12,079

right

354

00:14:15,509 --> 00:14:13,440

you know

355

00:14:18,710 --> 00:14:15,519

lest they cast a curse

356

00:14:19,670 --> 00:14:18,720

and curses are being as you and i speak

357

00:14:22,150 --> 00:14:19,680

alex

358

00:14:22,949 --> 00:14:22,160

somebody in some office somewhere right

359

00:14:25,110 --> 00:14:22,959

now

360

00:14:28,389 --> 00:14:25,120

is getting a curse oh you have a chronic

361

00:14:31,269 --> 00:14:28,399

disease oh at best you have two years to

362

00:14:33,030 --> 00:14:31,279

live um oh well

363

00:14:34,790 --> 00:14:33,040

there's really nothing more we can do

364

00:14:37,990 --> 00:14:34,800

about it you'll have to go home and

365

00:14:40,710 --> 00:14:38,000

tough it out etc those are all

366

00:14:42,389 --> 00:14:40,720

courses that could just as easily be

367

00:14:44,069 --> 00:14:42,399

flipped

368

00:14:46,389 --> 00:14:44,079

so that they ignite the intrinsic

369

00:14:48,310 --> 00:14:46,399

healing capacity in that patient

370

00:14:50,310 --> 00:14:48,320

and then we can watch and wait and see

371

00:14:52,790 --> 00:14:50,320

what wonders occur

372

00:14:55,670 --> 00:14:52,800

yeah that's such a such a great point

373

00:14:56,870 --> 00:14:55,680

it's scary at this so scary one of the

374

00:14:58,949 --> 00:14:56,880

things that

375

00:15:01,189 --> 00:14:58,959

i want to bring you to a story you tell

376

00:15:04,230 --> 00:15:01,199

in the book healing beyond pills and

377

00:15:06,310 --> 00:15:04,240

potions that is a wonderful story

378

00:15:08,069 --> 00:15:06,320

because you're a healer you are very

379

00:15:10,230 --> 00:15:08,079

compassionate person and we can tell

380

00:15:12,629 --> 00:15:10,240

that you've dedicated your life to

381

00:15:14,790 --> 00:15:12,639

servicing and helping other people truly

382

00:15:16,870 --> 00:15:14,800

in in every sense of the word and you

383

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

tell a great story

384

00:15:20,710 --> 00:15:19,360

about a physician who you

385

00:15:22,949 --> 00:15:20,720

respect

386

00:15:25,829 --> 00:15:22,959

like a colleague

387

00:15:27,430 --> 00:15:25,839

and how he

388

00:15:29,269 --> 00:15:27,440

curses a patient i thought it was such a

389

00:15:31,670 --> 00:15:29,279

great story and especially because it

390

00:15:33,670 --> 00:15:31,680

doesn't have a super tragic outcome just

391

00:15:35,509 --> 00:15:33,680

a little bit of a problem you know the

392

00:15:37,590 --> 00:15:35,519

one i'm talking about right

393

00:15:39,350 --> 00:15:37,600

well sure and i'll i'll tell it with

394

00:15:42,230 --> 00:15:39,360

some sort of uh

395

00:15:44,230 --> 00:15:42,240

generic coding uh this guy

396

00:15:47,509 --> 00:15:44,240

is one of the he's actually the best

397

00:15:50,550 --> 00:15:47,519

surgeon uh that i've uh ever known a

398

00:15:53,189 --> 00:15:50,560

vascular surgeon with uh tremendous uh

399

00:15:57,189 --> 00:15:53,199

skills and a really good uh heart

400

00:16:00,310 --> 00:15:57,199

um and i tell this story to emphasize

401
00:16:02,470 --> 00:16:00,320
my key starting point namely compassion

402
00:16:04,629 --> 00:16:02,480
is not enough

403
00:16:07,910 --> 00:16:04,639
it's it's not enough to be a

404
00:16:10,389 --> 00:16:07,920
compassionate uh physician or authority

405
00:16:13,189 --> 00:16:10,399
of any kind and sit there holding hands

406
00:16:15,670 --> 00:16:13,199
with someone as you're both swept down

407
00:16:17,269 --> 00:16:15,680
this drain of misery and mayhem that's

408
00:16:18,069 --> 00:16:17,279
that's not okay

409
00:16:20,150 --> 00:16:18,079
um

410
00:16:23,590 --> 00:16:20,160
compassion is useful

411
00:16:27,590 --> 00:16:23,600
but in my view it should fuel this quest

412
00:16:29,749 --> 00:16:27,600
for uh wisdom and knowledge so that you

413
00:16:32,389 --> 00:16:29,759

know when and how to say the right thing

414

00:16:35,910 --> 00:16:32,399

at the right time to make your patients

415

00:16:38,710 --> 00:16:35,920

better in this case i had a lady who's

416

00:16:41,430 --> 00:16:38,720

uh who had thrown from her throwing a a

417

00:16:43,749 --> 00:16:41,440

large clot into her right leg and the

418

00:16:47,110 --> 00:16:43,759

leg was pulseless and

419

00:16:48,470 --> 00:16:47,120

dying and extremely painful it's hard to

420

00:16:50,629 --> 00:16:48,480

describe the

421

00:16:52,310 --> 00:16:50,639

level of pain she was experiencing

422

00:16:55,749 --> 00:16:52,320

there's an older woman somewhere in her

423

00:16:57,910 --> 00:16:55,759

late 70s early 80s and this wonderful

424

00:16:59,509 --> 00:16:57,920

surgeon lived only four minutes away he

425

00:17:01,670 --> 00:16:59,519

moved his house closer to the hospital

426

00:17:04,069 --> 00:17:01,680

so he could get in quickly for

427

00:17:06,069 --> 00:17:04,079

emergencies like this this is how

428

00:17:06,949 --> 00:17:06,079

kind-hearted this guy is

429

00:17:09,270 --> 00:17:06,959

um

430

00:17:11,669 --> 00:17:09,280

the uh operating

431

00:17:13,829 --> 00:17:11,679

room refused to open

432

00:17:15,429 --> 00:17:13,839

another room for this lady and they said

433

00:17:17,750 --> 00:17:15,439

you know we're doing a hip right now

434

00:17:19,429 --> 00:17:17,760

we'll be done in 45 minutes you've gotta

435

00:17:22,309 --> 00:17:19,439

you gotta wait we don't wanna spend in

436

00:17:25,750 --> 00:17:22,319

essence the money on another crew

437

00:17:27,510 --> 00:17:25,760

and uh he became incensed of course

438

00:17:30,549 --> 00:17:27,520

picked up the phone next to the lady's

439

00:17:33,110 --> 00:17:30,559

bedside and said listen if you you don't

440

00:17:35,510 --> 00:17:33,120

get this gal darn crew in in the next

441

00:17:36,390 --> 00:17:35,520

five minutes this woman's gonna lose her

442

00:17:38,470 --> 00:17:36,400

leg

443

00:17:40,310 --> 00:17:38,480

and he slammed the phone down and walked

444

00:17:42,310 --> 00:17:40,320

out

445

00:17:43,430 --> 00:17:42,320

that was in clear hearing of the patient

446

00:17:45,909 --> 00:17:43,440

and so

447

00:17:47,430 --> 00:17:45,919

you can imagine any of us can i think

448

00:17:49,830 --> 00:17:47,440

the horror

449

00:17:51,789 --> 00:17:49,840

that she went through and the curse that

450

00:17:53,350 --> 00:17:51,799

my colleague

451
00:17:56,150 --> 00:17:53,360
unintentionally

452
00:17:58,150 --> 00:17:56,160
with you know the best purposes in mind

453
00:18:00,390 --> 00:17:58,160
cast upon her

454
00:18:02,230 --> 00:18:00,400
um he could just as easily have thrown

455
00:18:04,230 --> 00:18:02,240
the phone down

456
00:18:06,070 --> 00:18:04,240
put his hand on her

457
00:18:06,789 --> 00:18:06,080
breathe gotten in report breathed with

458
00:18:07,830 --> 00:18:06,799
her

459
00:18:10,549 --> 00:18:07,840
rhythm

460
00:18:12,789 --> 00:18:10,559
and said her name uh let's say was rose

461
00:18:14,710 --> 00:18:12,799
and said you know rose

462
00:18:17,110 --> 00:18:14,720
sometimes i have to yell

463
00:18:20,390 --> 00:18:17,120

to get their attention

464

00:18:22,630 --> 00:18:20,400

i'm here we're going to save your life

465

00:18:24,710 --> 00:18:22,640

this is going to be all right

466

00:18:26,830 --> 00:18:24,720

i need you to

467

00:18:32,230 --> 00:18:26,840

just be

468

00:18:34,470 --> 00:18:32,240

his hand on her shoulder he could have

469

00:18:37,190 --> 00:18:34,480

reassured her tremendously

470

00:18:39,750 --> 00:18:37,200

and instead of waking later that day

471

00:18:41,750 --> 00:18:39,760

after he did by the way save her leg she

472

00:18:43,990 --> 00:18:41,760

was beset with nightmares about losing

473

00:18:46,630 --> 00:18:44,000

it instead of uh

474

00:18:48,150 --> 00:18:46,640

being hag ridden over these nightmares

475

00:18:50,150 --> 00:18:48,160

she could have slept peacefully and

476
00:18:52,710 --> 00:18:50,160
known that it was a show to get people

477
00:18:53,669 --> 00:18:52,720
into the or quicker these types of

478
00:18:55,669 --> 00:18:53,679
things

479
00:18:59,350 --> 00:18:55,679
happen every day

480
00:19:01,510 --> 00:18:59,360
in hospitals and office practices

481
00:19:04,549 --> 00:19:01,520
uh not not just in this country but

482
00:19:07,190 --> 00:19:04,559
around the world and the the reason alex

483
00:19:08,070 --> 00:19:07,200
is uh much more fundamental than people

484
00:19:11,350 --> 00:19:08,080
think

485
00:19:12,230 --> 00:19:11,360
it's not simply because doctors are not

486
00:19:14,150 --> 00:19:12,240
taught

487
00:19:16,310 --> 00:19:14,160
how to speak

488
00:19:18,310 --> 00:19:16,320

it's true they're not and we need to

489

00:19:21,430 --> 00:19:18,320

make what i call noetic medicine

490

00:19:23,990 --> 00:19:21,440

medicine of the mind the centerpiece of

491

00:19:26,470 --> 00:19:24,000

physician education

492

00:19:27,590 --> 00:19:26,480

but the problem really comes

493

00:19:30,789 --> 00:19:27,600

from

494

00:19:31,990 --> 00:19:30,799

the causal assumptions that underpin our

495

00:19:33,909 --> 00:19:32,000

science

496

00:19:35,669 --> 00:19:33,919

and this is what i think people miss you

497

00:19:38,630 --> 00:19:35,679

know we have people out there saying

498

00:19:41,190 --> 00:19:38,640

well this medical system is broken you

499

00:19:44,789 --> 00:19:41,200

know it's just it's it's a cracked egg

500

00:19:45,830 --> 00:19:44,799

and it's it's it's not it it has no life

501
00:19:48,470 --> 00:19:45,840
left

502
00:19:51,590 --> 00:19:48,480
we need to change to a some people will

503
00:19:53,830 --> 00:19:51,600
say to a prevention disease reversal

504
00:19:57,190 --> 00:19:53,840
model or to a

505
00:19:59,350 --> 00:19:57,200
non-fever service capitated model or to

506
00:20:00,470 --> 00:19:59,360
a this or a that bottle

507
00:20:03,750 --> 00:20:00,480
and

508
00:20:06,630 --> 00:20:03,760
the problem is if that's all you do

509
00:20:08,310 --> 00:20:06,640
and you make no alterations in your

510
00:20:11,750 --> 00:20:08,320
fundamental

511
00:20:13,909 --> 00:20:11,760
causal assumptions meaning what causes

512
00:20:16,390 --> 00:20:13,919
disease what causes

513
00:20:18,789 --> 00:20:16,400

the return of health if you make no

514

00:20:21,270 --> 00:20:18,799

change in those assumptions

515

00:20:24,070 --> 00:20:21,280

what however you alter the model it will

516

00:20:27,029 --> 00:20:24,080

devolve to what we have now which is

517

00:20:29,510 --> 00:20:27,039

eight minutes of patient no time to ask

518

00:20:31,510 --> 00:20:29,520

the the right and proper questions

519

00:20:33,350 --> 00:20:31,520

no time to care about something other

520

00:20:34,390 --> 00:20:33,360

than the presenting

521

00:20:36,870 --> 00:20:34,400

symptom

522

00:20:39,110 --> 00:20:36,880

doctors returning home haggard after the

523

00:20:42,470 --> 00:20:39,120

day is over only to go back and do it

524

00:20:45,110 --> 00:20:42,480

all over again burnout is rife patients

525

00:20:47,350 --> 00:20:45,120

suffer from burnout caregivers and on

526

00:20:48,950 --> 00:20:47,360

and on it's going to be the same

527

00:20:52,630 --> 00:20:48,960

and here's why

528

00:20:54,070 --> 00:20:52,640

because the science doesn't include

529

00:20:56,549 --> 00:20:54,080

any of that

530

00:20:59,270 --> 00:20:56,559

it doesn't include your exhaustion it

531

00:21:02,230 --> 00:20:59,280

doesn't include my fears or wishes it

532

00:21:04,470 --> 00:21:02,240

doesn't include that that patient's uh

533

00:21:07,190 --> 00:21:04,480

dangerous identification or their wish

534

00:21:09,909 --> 00:21:07,200

to get out of work no matter what

535

00:21:11,830 --> 00:21:09,919

or some condition response they acquired

536

00:21:13,669 --> 00:21:11,840

uh like retreating into illness when

537

00:21:16,390 --> 00:21:13,679

they were a little boy or little girl it

538

00:21:18,549 --> 00:21:16,400

doesn't include any of these noetic or

539

00:21:22,230 --> 00:21:18,559

mental

540

00:21:24,549 --> 00:21:22,240

causes because in our science

541

00:21:26,549 --> 00:21:24,559

no matter what people say sometimes

542

00:21:27,590 --> 00:21:26,559

they'll give a polite nod to the word

543

00:21:31,750 --> 00:21:27,600

stress

544

00:21:36,310 --> 00:21:31,760

but in reality our science is about

545

00:21:39,029 --> 00:21:36,320

stuff it's about things palpable

546

00:21:41,029 --> 00:21:39,039

uh you know cells and tissues and

547

00:21:42,230 --> 00:21:41,039

molecules and genes

548

00:21:44,630 --> 00:21:42,240

and it has

549

00:21:46,549 --> 00:21:44,640

no space available whatsoever

550

00:21:49,190 --> 00:21:46,559

for what makes us human well you're

551
00:21:51,990 --> 00:21:49,200
touching on so many topics that we seem

552
00:21:53,590 --> 00:21:52,000
to talk a lot about here on the show uh

553
00:21:55,110 --> 00:21:53,600
you bring a different perspective on it

554
00:21:56,710 --> 00:21:55,120
and i think there's so many angles that

555
00:21:58,390 --> 00:21:56,720
i want to come at this from because it

556
00:22:00,870 --> 00:21:58,400
is an interesting way

557
00:22:03,510 --> 00:22:00,880
of exploring it you are so much a

558
00:22:06,149 --> 00:22:03,520
caregiver steve and i always see that as

559
00:22:09,590 --> 00:22:06,159
it comes through like in the book you

560
00:22:11,669 --> 00:22:09,600
are speaking to caregivers and you are

561
00:22:13,510 --> 00:22:11,679
passionately saying gee can't we do

562
00:22:14,789 --> 00:22:13,520
better here this is better for you

563
00:22:17,190 --> 00:22:14,799

you'll feel better this is better for

564

00:22:19,110 --> 00:22:17,200

your patients that you care about here

565

00:22:22,549 --> 00:22:19,120

are some little tweaks we need to make

566

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

in your communication you know awesome i

567

00:22:26,230 --> 00:22:24,799

get it but then at the same time you're

568

00:22:28,870 --> 00:22:26,240

really touching on some much more

569

00:22:32,230 --> 00:22:28,880

fundamental issues about the structure

570

00:22:34,549 --> 00:22:32,240

of science the structure of medicine the

571

00:22:36,390 --> 00:22:34,559

assumptions that are being made that

572

00:22:38,789 --> 00:22:36,400

just blows your head off as soon as you

573

00:22:40,310 --> 00:22:38,799

get in there i want to interject a quote

574

00:22:42,149 --> 00:22:40,320

that i loved from the book it's actually

575

00:22:44,549 --> 00:22:42,159

a quote of a quote but it's a thomas

576

00:22:47,669 --> 00:22:44,559

kuhn quote that i i hadn't heard before

577

00:22:49,430 --> 00:22:47,679

discovery commences with the awareness

578

00:22:52,470 --> 00:22:49,440

of anomaly

579

00:22:54,990 --> 00:22:52,480

the recognition that nature has somehow

580

00:22:59,430 --> 00:22:55,000

violated the paradigm induced

581

00:23:00,310 --> 00:22:59,440

expectations that govern normal science

582

00:23:02,390 --> 00:23:00,320

uh

583

00:23:04,070 --> 00:23:02,400

there is so much packed into that but

584

00:23:07,590 --> 00:23:04,080

that's what i hear

585

00:23:10,390 --> 00:23:07,600

you saying in kind of a polite way of

586

00:23:12,950 --> 00:23:10,400

kind of nudging folks and saying

587

00:23:16,310 --> 00:23:12,960

maybe the paradigm isn't really working

588

00:23:17,750 --> 00:23:16,320

100 here so with that i really wanted to

589

00:23:20,230 --> 00:23:17,760

launch into

590

00:23:21,830 --> 00:23:20,240

a little bit of a deeper dive into what

591

00:23:23,590 --> 00:23:21,840

we're really talking about and again

592

00:23:25,750 --> 00:23:23,600

check out uh let me just mention again

593

00:23:28,470 --> 00:23:25,760

check out steve's website

594

00:23:30,310 --> 00:23:28,480

because if you are at all kind of

595

00:23:32,710 --> 00:23:30,320

intrigued by what we're talking about

596

00:23:34,470 --> 00:23:32,720

the website really has quite a bit

597

00:23:36,470 --> 00:23:34,480

you can normally read an excerpt but you

598

00:23:39,669 --> 00:23:36,480

can get a bunch of other stuff so

599

00:23:42,710 --> 00:23:39,679

do check out healingbeyondpills.com

600

00:23:45,110 --> 00:23:42,720

but i want to get back to this idea of

601
00:23:46,470 --> 00:23:45,120
what's wrong with our understanding of

602
00:23:48,470 --> 00:23:46,480
hypnosis

603
00:23:50,950 --> 00:23:48,480
because it's really interesting that you

604
00:23:54,149 --> 00:23:50,960
the take you have on it let me move to

605
00:23:57,830 --> 00:23:54,159
that from uh the authoritarian uh

606
00:24:00,149 --> 00:23:57,840
hypnotists prior to ericsson uh so we

607
00:24:02,950 --> 00:24:00,159
can see what the contrast is and sort of

608
00:24:05,909 --> 00:24:02,960
tease out what the common elements are

609
00:24:08,230 --> 00:24:05,919
and uh hopefully arrive together at a

610
00:24:10,310 --> 00:24:08,240
really good understanding what hypnosis

611
00:24:12,549 --> 00:24:10,320
is but also of what it's not which is

612
00:24:13,990 --> 00:24:12,559
somehow uh at this point in time even

613
00:24:16,070 --> 00:24:14,000

more important

614

00:24:17,430 --> 00:24:16,080

so the um

615

00:24:20,310 --> 00:24:17,440

the hypnotist

616

00:24:23,269 --> 00:24:20,320

and hypnotherapist prior to erickson

617

00:24:25,750 --> 00:24:23,279

relied almost exclusively on what i call

618

00:24:26,710 --> 00:24:25,760

authority now i don't use that term as

619

00:24:32,549 --> 00:24:26,720

uh

620

00:24:34,870 --> 00:24:32,559

on archaeology when i say the term

621

00:24:37,190 --> 00:24:34,880

authority i'm referring to a biologic

622

00:24:41,510 --> 00:24:37,200

authority meaning

623

00:24:42,710 --> 00:24:41,520

in the same position as say a parent of

624

00:24:45,190 --> 00:24:42,720

a helpless

625

00:24:46,870 --> 00:24:45,200

utterly dependent newborn that's what i

626
00:24:48,390 --> 00:24:46,880
mean by authority where there's a power

627
00:24:49,269 --> 00:24:48,400
gradient like that

628
00:24:54,870 --> 00:24:49,279
and

629
00:24:57,750 --> 00:24:54,880
uh is resurrected when the human

630
00:25:01,590 --> 00:24:57,760
organism feels helpless and dependent it

631
00:25:05,190 --> 00:25:01,600
comes back but when that exists the not

632
00:25:07,110 --> 00:25:05,200
just the words actualized the reality

633
00:25:09,269 --> 00:25:07,120
of the authority becomes the route

634
00:25:10,470 --> 00:25:09,279
reality of the patient or the subject or

635
00:25:12,630 --> 00:25:10,480
the baby

636
00:25:15,750 --> 00:25:12,640
and that's kind of a hard concept for

637
00:25:18,070 --> 00:25:15,760
people to really get because if you

638
00:25:20,390 --> 00:25:18,080

think about it a baby's non-verbal and

639

00:25:22,950 --> 00:25:20,400

yet the download to that

640

00:25:25,909 --> 00:25:22,960

child even in years one and two and

641

00:25:29,669 --> 00:25:25,919

three is extensive you learn value

642

00:25:31,830 --> 00:25:29,679

systems and religious notions and uh

643

00:25:33,990 --> 00:25:31,840

what's dangerous and safe and language

644

00:25:36,070 --> 00:25:34,000

and locomotion all these things get

645

00:25:38,470 --> 00:25:36,080

downloaded somehow

646

00:25:39,669 --> 00:25:38,480

uh into the psyche of a

647

00:25:43,430 --> 00:25:39,679

child

648

00:25:47,669 --> 00:25:43,440

even before the age of will and reason

649

00:25:48,789 --> 00:25:47,679

and this is the pattern that resurrects

650

00:25:49,830 --> 00:25:48,799

in the

651
00:25:52,470 --> 00:25:49,840

early

652
00:25:53,590 --> 00:25:52,480

hypnosis literature so bernheim for

653
00:25:57,830 --> 00:25:53,600

example

654
00:25:59,190 --> 00:25:57,840

uh who was a great uh hypnotist doctor

655
00:26:01,909 --> 00:25:59,200

um

656
00:26:03,830 --> 00:26:01,919

in south of france centuries ago would

657
00:26:05,669 --> 00:26:03,840

hold up his two fingers and command

658
00:26:07,830 --> 00:26:05,679

sleep sleep

659
00:26:09,669 --> 00:26:07,840

he'd command it this is the key thing

660
00:26:12,549 --> 00:26:09,679

for people to understand

661
00:26:14,390 --> 00:26:12,559

of a patient in a perfectly normal

662
00:26:16,950 --> 00:26:14,400

waking state

663
00:26:20,149 --> 00:26:16,960

and they would shift from the waking

664

00:26:22,710 --> 00:26:20,159

state into a stoma ballistic trance not

665

00:26:24,470 --> 00:26:22,720

always be often right

666

00:26:27,029 --> 00:26:24,480

and so the trance

667

00:26:28,870 --> 00:26:27,039

uh looked like that was the magical

668

00:26:32,230 --> 00:26:28,880

thing because after trance then he'd

669

00:26:33,669 --> 00:26:32,240

tell him uh you know heal and they'd

670

00:26:35,830 --> 00:26:33,679

sometimes heal

671

00:26:37,990 --> 00:26:35,840

and so that the everything was

672

00:26:39,110 --> 00:26:38,000

attributed to the trance and what was

673

00:26:43,190 --> 00:26:39,120

missed

674

00:26:45,990 --> 00:26:43,200

is that he was commanding sleep or trans

675

00:26:47,269 --> 00:26:46,000

of a perfectly wide awake but helpless

676
00:26:49,909 --> 00:26:47,279
and dependent

677
00:26:51,669 --> 00:26:49,919
on him patient

678
00:26:55,110 --> 00:26:51,679
so bear that in mind when we get to

679
00:26:56,070 --> 00:26:55,120
erickson uh you fast forward 150 years

680
00:26:59,669 --> 00:26:56,080
or so

681
00:27:02,149 --> 00:26:59,679
and there's erickson a post-polio victim

682
00:27:05,430 --> 00:27:02,159
who didn't own a hospital

683
00:27:07,590 --> 00:27:05,440
didn't have a commanding presence

684
00:27:09,430 --> 00:27:07,600
if he were to stand above a patient he'd

685
00:27:11,830 --> 00:27:09,440
stand often with a

686
00:27:15,190 --> 00:27:11,840
cane crouched

687
00:27:18,149 --> 00:27:15,200
he didn't have the kind of automatic

688
00:27:21,830 --> 00:27:18,159

authority that could necessarily command

689

00:27:24,549 --> 00:27:21,840

a somnambulistic trance and thereafter

690

00:27:26,390 --> 00:27:24,559

induce healing

691

00:27:29,830 --> 00:27:26,400

instead what he had

692

00:27:32,470 --> 00:27:29,840

was from his times with polio was in a

693

00:27:35,190 --> 00:27:32,480

pre a deep deep appreciation

694

00:27:36,789 --> 00:27:35,200

for language and for non-verbal

695

00:27:39,669 --> 00:27:36,799

communication

696

00:27:42,950 --> 00:27:39,679

and he learned that if he could link

697

00:27:45,269 --> 00:27:42,960

words to someone's experience

698

00:27:49,269 --> 00:27:45,279

like i'll do it with you right now

699

00:27:51,430 --> 00:27:49,279

uh so here we are talking about hypnosis

700

00:27:53,830 --> 00:27:51,440

and i imagine that some of the thoughts

701
00:27:56,630 --> 00:27:53,840
register and others may perhaps go

702
00:27:58,389 --> 00:27:56,640
somewhere else

703
00:27:59,909 --> 00:27:58,399
and there may be other things you're

704
00:28:02,470 --> 00:27:59,919
thinking of at the same time like

705
00:28:04,389 --> 00:28:02,480
perhaps what question to ask next or

706
00:28:05,830 --> 00:28:04,399
where is this going

707
00:28:08,470 --> 00:28:05,840
what i'm doing is i'm carefully

708
00:28:11,430 --> 00:28:08,480
structuring each sentence so that it's

709
00:28:14,870 --> 00:28:11,440
it doesn't evoke resistance and it's

710
00:28:17,190 --> 00:28:14,880
somehow or other agreeable right he

711
00:28:20,149 --> 00:28:17,200
learned that and then he learned to link

712
00:28:22,710 --> 00:28:20,159
his words to certain behaviors and he

713
00:28:25,029 --> 00:28:22,720

created a pattern a linkage pattern my

714

00:28:27,350 --> 00:28:25,039

words equal your experience

715

00:28:29,750 --> 00:28:27,360

and patterns tend to persist

716

00:28:32,389 --> 00:28:29,760

so his next words would their next

717

00:28:34,630 --> 00:28:32,399

experience and eventually as that

718

00:28:37,269 --> 00:28:34,640

pattern became stronger and stronger he

719

00:28:40,070 --> 00:28:37,279

could use that plus the imitative

720

00:28:42,230 --> 00:28:40,080

pattern of rapport where he's mimicking

721

00:28:43,029 --> 00:28:42,240

them breathing with them posturing with

722

00:28:45,590 --> 00:28:43,039

them

723

00:28:47,430 --> 00:28:45,600

he could use those patterns to induce a

724

00:28:49,990 --> 00:28:47,440

trance because he didn't have

725

00:28:51,029 --> 00:28:50,000

bernheim's authority

726

00:28:52,630 --> 00:28:51,039

steve

727

00:28:54,310 --> 00:28:52,640

share the example that you do in the

728

00:28:56,230 --> 00:28:54,320

book with the cigarette because i

729

00:28:57,909 --> 00:28:56,240

thought it was just

730

00:28:59,750 --> 00:28:57,919

scary and that's what i want to get into

731

00:29:02,149 --> 00:28:59,760

next is the power

732

00:29:04,310 --> 00:29:02,159

that exists here you know used for good

733

00:29:05,830 --> 00:29:04,320

but maybe not all cases

734

00:29:08,549 --> 00:29:05,840

well sure so

735

00:29:11,110 --> 00:29:08,559

the the subject in this case is a young

736

00:29:13,830 --> 00:29:11,120

lady who's smoking a cigarette

737

00:29:15,510 --> 00:29:13,840

and in in doing that of course she'll

738

00:29:17,990 --> 00:29:15,520

hold the cigarette

739

00:29:20,470 --> 00:29:18,000

she'll watch the smoke curl

740

00:29:23,190 --> 00:29:20,480

she'll bring it to her mouth she'll take

741

00:29:24,549 --> 00:29:23,200

a draw she'll put it back down

742

00:29:26,710 --> 00:29:24,559

and erickson

743

00:29:28,389 --> 00:29:26,720

being very astute in his observation

744

00:29:30,870 --> 00:29:28,399

skills

745

00:29:32,070 --> 00:29:30,880

would say things like as she's bringing

746

00:29:34,470 --> 00:29:32,080

it up

747

00:29:36,230 --> 00:29:34,480

uh unconscious movements happen from

748

00:29:38,950 --> 00:29:36,240

time to time

749

00:29:41,350 --> 00:29:38,960

or the unconscious is always there to

750

00:29:44,230 --> 00:29:41,360

lift a hand to help

751
00:29:49,269 --> 00:29:46,870
the hand we know when we're listening to

752
00:29:51,590 --> 00:29:49,279
someone we agree with the hand will rise

753
00:29:54,870 --> 00:29:51,600
automatically and what he's doing is

754
00:29:57,990 --> 00:29:54,880
he's tying he calls it conditioning

755
00:29:59,350 --> 00:29:58,000
value he's linking his words to their

756
00:30:01,590 --> 00:29:59,360
experience

757
00:30:04,310 --> 00:30:01,600
so that the pattern he's creating

758
00:30:06,950 --> 00:30:04,320
becomes stronger and stronger until

759
00:30:09,430 --> 00:30:06,960
ultimately he could say he could say

760
00:30:12,389 --> 00:30:09,440
something like and the next time that

761
00:30:14,789 --> 00:30:12,399
hand rises who knows perhaps it won't

762
00:30:16,710 --> 00:30:14,799
taste so good perhaps you won't even

763
00:30:20,470 --> 00:30:16,720

want to taste that

764

00:30:23,430 --> 00:30:20,480

so it he's cultivating a pattern that he

765

00:30:25,590 --> 00:30:23,440

intends to use once it's strong enough

766

00:30:28,230 --> 00:30:25,600

for some healing purpose

767

00:30:30,710 --> 00:30:28,240

and that's uh that that's

768

00:30:32,310 --> 00:30:30,720

one really important aspect of the

769

00:30:34,070 --> 00:30:32,320

modern hypnotic

770

00:30:37,029 --> 00:30:34,080

method

771

00:30:40,149 --> 00:30:37,039

but it also if you think about it

772

00:30:43,669 --> 00:30:40,159

it begs the question you know

773

00:30:44,470 --> 00:30:43,679

what's going on there what really is

774

00:30:49,110 --> 00:30:44,480

right

775

00:30:51,590 --> 00:30:49,120

for me just quickly i learned all this

776

00:30:53,990 --> 00:30:51,600

stuff and like everyone i thought trans

777

00:30:55,669 --> 00:30:54,000

was hypnosis and hypnosis was and i'd go

778

00:30:57,350 --> 00:30:55,679

in the emergency room and there were

779

00:31:00,630 --> 00:30:57,360

shifts where i'd have six or eight or

780

00:31:03,590 --> 00:31:00,640

ten people in various uh trances going

781

00:31:05,750 --> 00:31:03,600

to have radiology or wherever right

782

00:31:07,190 --> 00:31:05,760

feeling comfort and safe which was the

783

00:31:09,350 --> 00:31:07,200

main thing

784

00:31:11,750 --> 00:31:09,360

as the emergency room became busier and

785

00:31:13,590 --> 00:31:11,760

busier it was a solo one doctor er and

786

00:31:16,230 --> 00:31:13,600

we were seeing toward the end you know

787

00:31:17,510 --> 00:31:16,240

1800 patients a month we were flying

788

00:31:19,190 --> 00:31:17,520

mock speed

789

00:31:21,990 --> 00:31:19,200

i didn't have time even though i could

790

00:31:25,110 --> 00:31:22,000

do it in 12 sentences i didn't have time

791

00:31:26,149 --> 00:31:25,120

to do formal trance inductions but i

792

00:31:29,029 --> 00:31:26,159

learned

793

00:31:31,430 --> 00:31:29,039

a b because you know necessity here was

794

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

the mother of invention i could dispense

795

00:31:36,149 --> 00:31:33,760

with that i could use my linguistic

796

00:31:38,389 --> 00:31:36,159

skills and say it in a way that did not

797

00:31:41,750 --> 00:31:38,399

evoke resistance

798

00:31:44,950 --> 00:31:41,760

but command results and so i'd say for

799

00:31:47,110 --> 00:31:44,960

example to a lady in ventricular

800

00:31:49,990 --> 00:31:47,120

tachycardia potentially

801
00:31:51,590 --> 00:31:50,000
lethal heart arrhythmia where the nurse

802
00:31:53,750 --> 00:31:51,600
is off to get the medicine i'm sitting

803
00:31:55,590 --> 00:31:53,760
there i got nothing to do

804
00:31:57,830 --> 00:31:55,600
get rapport with her breathe with her

805
00:32:00,789 --> 00:31:57,840
and say and you know

806
00:32:02,870 --> 00:32:00,799
your heart has been beating in a regular

807
00:32:05,909 --> 00:32:02,880
way for a long

808
00:32:08,950 --> 00:32:05,919
long time and she'd nod

809
00:32:10,789 --> 00:32:08,960
and it still knows how to

810
00:32:12,830 --> 00:32:10,799
do it

811
00:32:17,029 --> 00:32:12,840
and i'd emphasize that

812
00:32:18,470 --> 00:32:17,039
return to normal sinus rhythm

813
00:32:20,950 --> 00:32:18,480

and of course the first time i do

814

00:32:23,590 --> 00:32:20,960

something like that

815

00:32:25,990 --> 00:32:23,600

thankfully nobody's around no you know i

816

00:32:27,509 --> 00:32:26,000

have no idea how this is going to go and

817

00:32:31,029 --> 00:32:27,519

the nurse comes whisking back in the

818

00:32:32,549 --> 00:32:31,039

room syringe all loaded ready to go

819

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

and she goes look

820

00:32:36,470 --> 00:32:34,480

and sure enough she's converted back to

821

00:32:37,909 --> 00:32:36,480

normal sinus rhythm

822

00:32:40,470 --> 00:32:37,919

and so

823

00:32:44,389 --> 00:32:40,480

what it begins to hint at what i hope

824

00:32:45,990 --> 00:32:44,399

you're you're starting to to savor is

825

00:32:47,430 --> 00:32:46,000

wow we got this whole thing wrong for

826
00:32:49,830 --> 00:32:47,440
300 years

827
00:32:51,830 --> 00:32:49,840
hypnosis isn't trans

828
00:32:55,269 --> 00:32:51,840
trance is a is a

829
00:32:56,950 --> 00:32:55,279
response it's a consequence of hypnosis

830
00:32:59,430 --> 00:32:56,960
it's an effect

831
00:33:00,230 --> 00:32:59,440
that causes hypnosis

832
00:33:02,789 --> 00:33:00,240
right

833
00:33:05,909 --> 00:33:02,799
the cause is these

834
00:33:09,110 --> 00:33:05,919
uh tremendously powerful patterns

835
00:33:10,470 --> 00:33:09,120
linkage my words equal your experience

836
00:33:13,029 --> 00:33:10,480
rapport

837
00:33:15,669 --> 00:33:13,039
i equal you my behavior my posture my

838
00:33:17,990 --> 00:33:15,679

breathing and authority my reality

839

00:33:20,149 --> 00:33:18,000

equals your reality when you're helpless

840

00:33:21,990 --> 00:33:20,159

and dependent that's a necessary

841

00:33:24,470 --> 00:33:22,000

precondition

842

00:33:27,750 --> 00:33:24,480

these things and conditioning they're so

843

00:33:29,350 --> 00:33:27,760

powerful that they drive ideas to

844

00:33:31,669 --> 00:33:29,360

actualize

845

00:33:33,750 --> 00:33:31,679

and that's what's going on sometimes the

846

00:33:36,149 --> 00:33:33,760

idea is trance like when bernheim

847

00:33:38,549 --> 00:33:36,159

commands trans but he could have said

848

00:33:40,710 --> 00:33:38,559

stop bleeding or keep your own blood as

849

00:33:42,230 --> 00:33:40,720

i prefer to say or he could have said

850

00:33:44,310 --> 00:33:42,240

just comfort

851
00:33:46,789 --> 00:33:44,320
or any one of the uh just

852
00:33:48,789 --> 00:33:46,799
the other things that we use to light

853
00:33:50,389 --> 00:33:48,799
the fire of their intrinsic healing

854
00:33:53,350 --> 00:33:50,399
capacity

855
00:33:56,470 --> 00:33:53,360
it's not plants it's not about

856
00:33:57,990 --> 00:33:56,480
ideas evoking responses

857
00:33:59,269 --> 00:33:58,000
okay so

858
00:34:01,350 --> 00:33:59,279
grinder

859
00:34:05,110 --> 00:34:01,360
uh tell folks who

860
00:34:07,509 --> 00:34:05,120
bandler and grinder famous for nlp

861
00:34:10,950 --> 00:34:07,519
uh down here where we live tony robbins

862
00:34:12,470 --> 00:34:10,960
has made a huge fortune basically out of

863
00:34:15,190 --> 00:34:12,480

copying those guys but he's up front

864

00:34:18,230 --> 00:34:15,200

about it he says hey that's what i did

865

00:34:20,069 --> 00:34:18,240

people are fascinated by nlp

866

00:34:23,030 --> 00:34:20,079

they don't understand how it fits into

867

00:34:25,349 --> 00:34:23,040

this puzzle and they don't understand

868

00:34:27,909 --> 00:34:25,359

none of us do the larger question that

869

00:34:30,310 --> 00:34:27,919

you blurted out that we're gonna kind of

870

00:34:32,629 --> 00:34:30,320

poke around at the sides of is what the

871

00:34:35,190 --> 00:34:32,639

hell's going on here but to do it i

872

00:34:36,710 --> 00:34:35,200

think it helps to deconstruct it the way

873

00:34:38,950 --> 00:34:36,720

that you did you know like

874

00:34:40,389 --> 00:34:38,960

what did we think we knew about hypnosis

875

00:34:42,790 --> 00:34:40,399

and what do we now think we know about

876
00:34:45,190 --> 00:34:42,800
hypnosis what do we think we know about

877
00:34:47,349 --> 00:34:45,200
neuro-linguistic programming how is that

878
00:34:49,190 --> 00:34:47,359
shamanism then we'll talk about you know

879
00:34:51,030 --> 00:34:49,200
you walking in the jungle and what you

880
00:34:52,470 --> 00:34:51,040
think that means and all that but let's

881
00:34:56,629 --> 00:34:52,480
start with uh

882
00:34:59,750 --> 00:34:56,639
nlp and grinder well so uh john grinder

883
00:35:04,950 --> 00:34:59,760
of phd in linguistics and uh richard

884
00:35:07,829 --> 00:35:04,960
bandler uh teamed up at uh uc santa cruz

885
00:35:09,670 --> 00:35:07,839
and at the behest of uh

886
00:35:11,990 --> 00:35:09,680
gregory bateson

887
00:35:13,510 --> 00:35:12,000
went out and visited for quite some time

888
00:35:15,510 --> 00:35:13,520

milton erickson

889

00:35:17,670 --> 00:35:15,520

uh the most

890

00:35:20,310 --> 00:35:17,680

renowned and i think in many ways most

891

00:35:22,390 --> 00:35:20,320

successful medical hypnotherapist of his

892

00:35:24,069 --> 00:35:22,400

time of all time

893

00:35:27,109 --> 00:35:24,079

um

894

00:35:29,349 --> 00:35:27,119

and their purpose was to understand what

895

00:35:31,270 --> 00:35:29,359

the hell he was doing

896

00:35:34,550 --> 00:35:31,280

because it was very

897

00:35:36,950 --> 00:35:34,560

unclear very very blurred

898

00:35:37,910 --> 00:35:36,960

people would sit down in the room

899

00:35:39,589 --> 00:35:37,920

they'd

900

00:35:41,030 --> 00:35:39,599

go into a trance

901
00:35:43,510 --> 00:35:41,040
sometimes

902
00:35:45,990 --> 00:35:43,520
inexplicably

903
00:35:48,550 --> 00:35:46,000
erickson would tell some stories

904
00:35:50,950 --> 00:35:48,560
uh and they'd get up after a session or

905
00:35:53,190 --> 00:35:50,960
two or five and

906
00:35:57,190 --> 00:35:53,200
their problem was gone

907
00:35:58,550 --> 00:35:57,200
and so the the question was

908
00:36:00,310 --> 00:35:58,560
what the hell is going on here what's

909
00:36:03,030 --> 00:36:00,320
this guy doing

910
00:36:05,430 --> 00:36:03,040
and it turns out and i i this is my

911
00:36:08,550 --> 00:36:05,440
assessment from reading erickson and

912
00:36:11,030 --> 00:36:08,560
talking uh with uh grinder who i have to

913
00:36:12,870 --> 00:36:11,040

say i think he's uh

914

00:36:16,150 --> 00:36:12,880

he's the smartest guy i know and i feel

915

00:36:16,950 --> 00:36:16,160

very uh blessed to be a friend of his uh

916

00:36:19,030 --> 00:36:16,960

for

917

00:36:22,710 --> 00:36:19,040

35 plus years now

918

00:36:27,430 --> 00:36:25,109

they wanted to tease out

919

00:36:29,670 --> 00:36:27,440

what was making these things happen and

920

00:36:32,310 --> 00:36:29,680

they were uniquely qualified to do that

921

00:36:35,109 --> 00:36:32,320

they were bold and daring and john had

922

00:36:36,950 --> 00:36:35,119

linguistic uh knowledge and and

923

00:36:39,670 --> 00:36:36,960

categories and they could break things

924

00:36:42,069 --> 00:36:39,680

out and see it whereas erickson as i was

925

00:36:45,589 --> 00:36:42,079

saying uh was sort of operantly

926

00:36:48,069 --> 00:36:45,599

conditioned by his own patients i'll try

927

00:36:51,670 --> 00:36:48,079

this if it works i'll do it again

928

00:36:54,390 --> 00:36:51,680

and and he's getting like you know uh

929

00:36:55,510 --> 00:36:54,400

many of us i'm subject to this too

930

00:36:57,510 --> 00:36:55,520

certainly

931

00:37:00,069 --> 00:36:57,520

reinforcements he's not

932

00:37:02,630 --> 00:37:00,079

quite aware of at a conscious level and

933

00:37:05,349 --> 00:37:02,640

the behaviors begin to repeat and so

934

00:37:06,150 --> 00:37:05,359

he's got a repertoire of behaviors that

935

00:37:09,430 --> 00:37:06,160

are

936

00:37:11,190 --> 00:37:09,440

very difficult to explain consciously

937

00:37:13,829 --> 00:37:11,200

and that's kind of where

938

00:37:16,069 --> 00:37:13,839

they were in in my estimation

939

00:37:18,950 --> 00:37:16,079

and what grinder and bandler did was

940

00:37:23,990 --> 00:37:18,960

they said now we can tease a lot of this

941

00:37:26,390 --> 00:37:24,000

apart and we can methodize what it is uh

942

00:37:27,190 --> 00:37:26,400

this guy ericsson is doing

943

00:37:29,349 --> 00:37:27,200

and

944

00:37:31,589 --> 00:37:29,359

uh create

945

00:37:32,870 --> 00:37:31,599

patterns that people can

946

00:37:34,630 --> 00:37:32,880

utilize

947

00:37:36,710 --> 00:37:34,640

for patient care

948

00:37:38,310 --> 00:37:36,720

and uh that's

949

00:37:40,550 --> 00:37:38,320

that was nlp

950

00:37:42,790 --> 00:37:40,560

not new code which is what john's

951
00:37:44,630 --> 00:37:42,800
teaching now which has more to do with

952
00:37:48,550 --> 00:37:44,640
creative states and things of that

953
00:37:51,190 --> 00:37:48,560
nature but these early patterns were

954
00:37:53,910 --> 00:37:51,200
nlp patterns that you could teach almost

955
00:37:55,910 --> 00:37:53,920
anyone if they had some level of

956
00:37:58,790 --> 00:37:55,920
linguistic skill to use for the

957
00:38:01,589 --> 00:37:58,800
betterment of their uh patients and so

958
00:38:03,910 --> 00:38:01,599
they could induce a trance but in the

959
00:38:06,470 --> 00:38:03,920
because i had i had the perfect

960
00:38:10,390 --> 00:38:06,480
laboratory right i mean i'm seeing 30 to

961
00:38:13,430 --> 00:38:10,400
60 patients a day and nobody's watching

962
00:38:17,030 --> 00:38:13,440
and so i was able to go learn a pattern

963
00:38:20,310 --> 00:38:17,040

uh learn an approach uh go in and try it

964

00:38:22,390 --> 00:38:20,320

out make whatever mistakes correct and

965

00:38:25,670 --> 00:38:22,400

eventually hone my my skills so that i

966

00:38:27,829 --> 00:38:25,680

could apply it to not only uh

967

00:38:30,230 --> 00:38:27,839

psychiatric problems but also to real

968

00:38:32,390 --> 00:38:30,240

physical problems and witness it working

969

00:38:35,109 --> 00:38:32,400

there every bit as well as it does for

970

00:38:36,870 --> 00:38:35,119

psychological issues hey steve can can i

971

00:38:39,430 --> 00:38:36,880

interject with a question there how do

972

00:38:41,990 --> 00:38:39,440

you understand this

973

00:38:44,710 --> 00:38:42,000

method this is not like an egotistical

974

00:38:46,870 --> 00:38:44,720

you know like here's the biermann method

975

00:38:49,349 --> 00:38:46,880

that everyone it's nothing like that in

976
00:38:50,310 --> 00:38:49,359
this book it's more like just hey can't

977
00:38:52,470 --> 00:38:50,320
we

978
00:38:55,910 --> 00:38:52,480
wisen up a little bit about this but i

979
00:38:58,470 --> 00:38:55,920
do get the sense that you have

980
00:39:00,230 --> 00:38:58,480
some specific ideas about what you've

981
00:39:02,470 --> 00:39:00,240
been able to figure out and what you've

982
00:39:05,910 --> 00:39:02,480
been able to do in that setting and in

983
00:39:08,550 --> 00:39:05,920
your clinical work as a hypnotherapist

984
00:39:09,990 --> 00:39:08,560
what's your secret sauce

985
00:39:12,150 --> 00:39:10,000
well i so

986
00:39:15,349 --> 00:39:12,160
there's two sides to this

987
00:39:17,109 --> 00:39:15,359
table okay uh the one side is the ideas

988
00:39:19,910 --> 00:39:17,119

of the doctor

989

00:39:22,230 --> 00:39:19,920

uh or the authority and the other which

990

00:39:25,030 --> 00:39:22,240

i think we'll come to are the ideas of

991

00:39:27,030 --> 00:39:25,040

the patient how to deal with those

992

00:39:31,109 --> 00:39:27,040

uh in the first part of the book i talk

993

00:39:34,710 --> 00:39:31,119

about how to convey our ideas to

994

00:39:36,550 --> 00:39:34,720

patients and i use a lot of linguistic

995

00:39:39,670 --> 00:39:36,560

fine points that

996

00:39:42,710 --> 00:39:39,680

bandler grinder actually pointed out

997

00:39:43,750 --> 00:39:42,720

that they extracted from erickson's

998

00:39:45,589 --> 00:39:43,760

work

999

00:39:48,310 --> 00:39:45,599

simple things like

1000

00:39:50,710 --> 00:39:48,320

stated in the positive right

1001
00:39:53,910 --> 00:39:50,720
understand the word try implies an

1002
00:39:56,310 --> 00:39:53,920
obstruction so use it selectively like

1003
00:39:59,829 --> 00:39:56,320
i'll say if i want someone to go into a

1004
00:40:01,109 --> 00:39:59,839
trance uh try to stay out of a trance

1005
00:40:02,870 --> 00:40:01,119
for just

1006
00:40:05,109 --> 00:40:02,880
one more minute

1007
00:40:07,109 --> 00:40:05,119
because that implies an obstruction to

1008
00:40:09,430 --> 00:40:07,119
that effort and they will go into trance

1009
00:40:10,550 --> 00:40:09,440
they inevitably uh do one sentence

1010
00:40:11,589 --> 00:40:10,560
induction

1011
00:40:17,430 --> 00:40:11,599
or

1012
00:40:19,270 --> 00:40:17,440
to get well and then watch them closely

1013
00:40:21,030 --> 00:40:19,280

and see if they say

1014

00:40:23,670 --> 00:40:21,040

yes i really do

1015

00:40:25,510 --> 00:40:23,680

or yes i really want to quit smoking no

1016

00:40:27,670 --> 00:40:25,520

they don't they've told you they don't

1017

00:40:29,750 --> 00:40:27,680

now you have something to talk about

1018

00:40:32,390 --> 00:40:29,760

these subtle linguistic things and there

1019

00:40:34,950 --> 00:40:32,400

are many of them in the in the book

1020

00:40:37,510 --> 00:40:34,960

teach doctors that

1021

00:40:40,069 --> 00:40:37,520

the the time of haphazard speech is done

1022

00:40:42,950 --> 00:40:40,079

and passed you don't get a pass on a

1023

00:40:44,630 --> 00:40:42,960

single word make every word count

1024

00:40:46,230 --> 00:40:44,640

and that seems like a really heavy

1025

00:40:47,510 --> 00:40:46,240

burden to carry but

1026

00:40:49,589 --> 00:40:47,520

just like everything you develop

1027

00:40:52,150 --> 00:40:49,599

linguistic habits and it becomes really

1028

00:40:54,230 --> 00:40:52,160

easy to speak right i think it's a

1029

00:40:57,349 --> 00:40:54,240

really heavy burden to carry i love your

1030

00:41:00,710 --> 00:40:57,359

attempt to teach health care workers

1031

00:41:02,630 --> 00:41:00,720

doing this i i'd love to know from your

1032

00:41:05,190 --> 00:41:02,640

experience

1033

00:41:07,030 --> 00:41:05,200

how successful you are in helping people

1034

00:41:09,270 --> 00:41:07,040

move along this this path well i have a

1035

00:41:12,390 --> 00:41:09,280

lot of experience with that and i'm i'm

1036

00:41:13,670 --> 00:41:12,400

happy uh to report that

1037

00:41:15,270 --> 00:41:13,680

if

1038

00:41:18,870 --> 00:41:15,280

you take a

1039

00:41:21,109 --> 00:41:18,880

extensive three-day course with me say

1040

00:41:24,150 --> 00:41:21,119

now the course i teach in europe every

1041

00:41:26,550 --> 00:41:24,160

year it's ten hour days for three days

1042

00:41:28,710 --> 00:41:26,560

with breakouts every hour or so

1043

00:41:31,270 --> 00:41:28,720

practicing various techniques let me

1044

00:41:33,349 --> 00:41:31,280

tell you what you learn in uh so what's

1045

00:41:36,230 --> 00:41:33,359

that 30 hours

1046

00:41:38,470 --> 00:41:36,240

you learn first that every word counts

1047

00:41:39,990 --> 00:41:38,480

you learn how to get painless injections

1048

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

so so that

1049

00:41:44,550 --> 00:41:42,000

kids aren't scared for the rest of their

1050

00:41:46,150 --> 00:41:44,560

lives to go to the the doctor in fact

1051
00:41:48,630 --> 00:41:46,160
they're fascinated by it how does it

1052
00:41:51,349 --> 00:41:48,640
work you learned that greetings are your

1053
00:41:54,630 --> 00:41:51,359
first opportunity to establish report

1054
00:41:57,109 --> 00:41:54,640
that good buys are your last opportunity

1055
00:42:00,309 --> 00:41:57,119
in that visit to implant a therapeutic

1056
00:42:04,150 --> 00:42:00,319
suggestion you learn to deliver dire

1057
00:42:06,710 --> 00:42:04,160
diagnoses properly so you don't rob your

1058
00:42:08,309 --> 00:42:06,720
patients of hope give us an example

1059
00:42:09,750 --> 00:42:08,319
there's some great ones in the book give

1060
00:42:11,829 --> 00:42:09,760
us that's that's going to be

1061
00:42:13,270 --> 00:42:11,839
life-changing for a lot of people well

1062
00:42:15,910 --> 00:42:13,280
here's a simple exam let's say it's

1063
00:42:19,510 --> 00:42:15,920

cancer okay and let's say that the

1064

00:42:22,069 --> 00:42:19,520

survival rate is 20

1065

00:42:24,790 --> 00:42:22,079

okay and this goes to uh

1066

00:42:26,790 --> 00:42:24,800

uh i'll do the informed consent on this

1067

00:42:29,510 --> 00:42:26,800

so this is the other thing people are

1068

00:42:31,349 --> 00:42:29,520

going to learn again in the first 30

1069

00:42:33,589 --> 00:42:31,359

hours of training

1070

00:42:35,349 --> 00:42:33,599

let me do it wrong first okay because

1071

00:42:37,510 --> 00:42:35,359

this is what's happening right now while

1072

00:42:38,390 --> 00:42:37,520

you and i are talking some doctor is

1073

00:42:41,109 --> 00:42:38,400

saying

1074

00:42:42,150 --> 00:42:41,119

all right look uh i've got some bad news

1075

00:42:43,030 --> 00:42:42,160

for you

1076

00:42:46,710 --> 00:42:43,040

um

1077

00:42:48,870 --> 00:42:46,720

you have cancer and uh it's actually

1078

00:42:51,349 --> 00:42:48,880

begun to spread which that's not good

1079

00:42:52,309 --> 00:42:51,359

news either i'm sorry to say

1080

00:42:58,390 --> 00:42:52,319

um

1081

00:43:01,030 --> 00:42:58,400

know eighty percent of people die from

1082

00:43:03,430 --> 00:43:01,040

this um but there's a 20

1083

00:43:05,589 --> 00:43:03,440

possibility and we'll do everything we

1084

00:43:07,990 --> 00:43:05,599

can we're going to try

1085

00:43:09,750 --> 00:43:08,000

to make that happen

1086

00:43:11,349 --> 00:43:09,760

okay and you know the meaning of the

1087

00:43:12,390 --> 00:43:11,359

word try there's it implies an

1088

00:43:15,829 --> 00:43:12,400

obstruction

1089

00:43:19,829 --> 00:43:15,839

that's a disaster and i'll tell you

1090

00:43:22,150 --> 00:43:19,839

right now i don't have any doubt at all

1091

00:43:25,270 --> 00:43:22,160

that in that moment of utter

1092

00:43:28,630 --> 00:43:25,280

helplessness and dependency and of near

1093

00:43:30,230 --> 00:43:28,640

absolute authority of the physician

1094

00:43:31,670 --> 00:43:30,240

that those are

1095

00:43:33,430 --> 00:43:31,680

voodoo type

1096

00:43:36,630 --> 00:43:33,440

deadly curses

1097

00:43:38,550 --> 00:43:36,640

and they're happening every day okay

1098

00:43:41,670 --> 00:43:38,560

now here's all you need to know to do it

1099

00:43:43,270 --> 00:43:41,680

right this is how simple it is okay

1100

00:43:45,109 --> 00:43:43,280

we're going to do this

1101

00:43:48,309 --> 00:43:45,119

we're going to

1102

00:43:49,190 --> 00:43:48,319

understand there's a difference between

1103

00:43:51,510 --> 00:43:49,200

you

1104

00:43:54,790 --> 00:43:51,520

which linguists call a specific

1105

00:43:56,790 --> 00:43:54,800

referential index and some people others

1106

00:43:58,309 --> 00:43:56,800

some patients them

1107

00:44:00,790 --> 00:43:58,319

okay

1108

00:44:01,990 --> 00:44:00,800

and we're going to put

1109

00:44:03,990 --> 00:44:02,000

risks

1110

00:44:06,069 --> 00:44:04,000

over there so my hand is going to go

1111

00:44:09,910 --> 00:44:06,079

over there it's going to be some people

1112

00:44:12,150 --> 00:44:09,920

others them patients right

1113

00:44:14,870 --> 00:44:12,160

and then we're going to put benefits

1114

00:44:18,150 --> 00:44:14,880

right here with you

1115

00:44:20,630 --> 00:44:18,160

but unlike the doctor who i just uh

1116

00:44:23,589 --> 00:44:20,640

pretended to be i'm going to actually

1117

00:44:25,750 --> 00:44:23,599

deliver the statistical information

1118

00:44:29,109 --> 00:44:25,760

truthfully that was a dishonest delivery

1119

00:44:31,349 --> 00:44:29,119

because statistics never tell anyone

1120

00:44:33,670 --> 00:44:31,359

about any individual they tell you about

1121

00:44:36,390 --> 00:44:33,680

the behavior within groups groups you

1122

00:44:37,190 --> 00:44:36,400

may or may not even resemble

1123

00:44:39,589 --> 00:44:37,200

right

1124

00:44:42,230 --> 00:44:39,599

um so here's how that informed consent

1125

00:44:44,390 --> 00:44:43,190

uh

1126
00:44:47,190 --> 00:44:44,400
before

1127
00:44:49,430 --> 00:44:47,200
i tell you anything i want to tell you

1128
00:44:51,589 --> 00:44:49,440
the most important thing

1129
00:44:52,950 --> 00:44:51,599
we need to know and share

1130
00:44:55,990 --> 00:44:52,960
and that is

1131
00:44:57,829 --> 00:44:56,000
that miracles wonders positive outcomes

1132
00:44:59,990 --> 00:44:57,839
whatever you want to call it

1133
00:45:01,109 --> 00:45:00,000
they happen every day and i see them

1134
00:45:02,870 --> 00:45:01,119
every day

1135
00:45:04,710 --> 00:45:02,880
and for all i know

1136
00:45:06,470 --> 00:45:04,720
you could be the next miracle i'm i'm

1137
00:45:07,349 --> 00:45:06,480
looking at

1138
00:45:09,990 --> 00:45:07,359

now

1139

00:45:13,030 --> 00:45:10,000

the news that we got and i'm saying that

1140

00:45:14,390 --> 00:45:13,040

we got i'm creating an alliance the news

1141

00:45:16,630 --> 00:45:14,400

that we got

1142

00:45:17,430 --> 00:45:16,640

is unfortunately not what we had hoped

1143

00:45:21,109 --> 00:45:17,440

for

1144

00:45:22,150 --> 00:45:21,119

it is not you have it is

1145

00:45:24,950 --> 00:45:22,160

cancer

1146

00:45:28,550 --> 00:45:24,960

and it has begun to spread

1147

00:45:30,309 --> 00:45:28,560

and so together we need to take measures

1148

00:45:34,950 --> 00:45:30,319

to stop the spread

1149

00:45:39,349 --> 00:45:37,270

here's what i suggest we do

1150

00:45:41,270 --> 00:45:39,359

okay

1151

00:45:43,030 --> 00:45:41,280

let's say it's chemotherapy

1152

00:45:45,109 --> 00:45:43,040

i'm going to talk about that

1153

00:45:47,829 --> 00:45:45,119

now the risks are some people may have

1154

00:45:51,750 --> 00:45:47,839

lower blood counts some people have

1155

00:45:54,150 --> 00:45:51,760

nausea and vomiting others are at risk

1156

00:45:56,150 --> 00:45:54,160

of infection some patients even have

1157

00:45:59,990 --> 00:45:56,160

more uh

1158

00:46:02,950 --> 00:46:00,000

dire adverse reactions and if they do

1159

00:46:05,510 --> 00:46:02,960

not when but if if they do

1160

00:46:07,829 --> 00:46:05,520

we have the medicines and

1161

00:46:09,829 --> 00:46:07,839

facilities to treat them

1162

00:46:11,829 --> 00:46:09,839

on the other hand

1163

00:46:14,150 --> 00:46:11,839

there are many patients perhaps i'm

1164

00:46:15,990 --> 00:46:14,160

saying perhaps to be honest perhaps just

1165

00:46:17,990 --> 00:46:16,000

like you

1166

00:46:19,589 --> 00:46:18,000

who do quite well through this whole

1167

00:46:21,670 --> 00:46:19,599

thing

1168

00:46:24,470 --> 00:46:21,680

have a comfortable course

1169

00:46:26,309 --> 00:46:24,480

and you go on to survive

1170

00:46:28,150 --> 00:46:26,319

and i wouldn't be a bit surprised if

1171

00:46:30,470 --> 00:46:28,160

when this all over you and i sit here

1172

00:46:33,190 --> 00:46:30,480

and realize that your chances of

1173

00:46:34,470 --> 00:46:33,200

survival in retrospect were a hundred

1174

00:46:36,950 --> 00:46:34,480

percent

1175

00:46:39,510 --> 00:46:36,960

then the patient will inevitably say but

1176
00:46:41,750 --> 00:46:39,520
what are my chances and this is the big

1177
00:46:42,950 --> 00:46:41,760
moment this is the sort of

1178
00:46:44,390 --> 00:46:42,960
truth tell

1179
00:46:46,470 --> 00:46:44,400
because

1180
00:46:48,470 --> 00:46:46,480
if any doctors are listening you don't

1181
00:46:50,710 --> 00:46:48,480
know the answer to that

1182
00:46:53,030 --> 00:46:50,720
and you can't know the answer that and i

1183
00:46:55,030 --> 00:46:53,040
can prove it to everyone who's listening

1184
00:46:57,270 --> 00:46:55,040
just tell me what your tomorrow is going

1185
00:46:59,109 --> 00:46:57,280
to be live how's your health tomorrow

1186
00:47:01,349 --> 00:46:59,119
what are you going to be doing tomorrow

1187
00:47:03,510 --> 00:47:01,359
at the end of tomorrow what will have

1188
00:47:06,470 --> 00:47:03,520

happened to you of course

1189

00:47:09,270 --> 00:47:06,480
nobody can answer that so this

1190

00:47:10,630 --> 00:47:09,280
as david deutsch who i uh

1191

00:47:13,750 --> 00:47:10,640
love

1192

00:47:14,950 --> 00:47:13,760
in his book the beginning of

1193

00:47:15,990 --> 00:47:14,960
infinity

1194

00:47:18,790 --> 00:47:16,000
says

1195

00:47:20,950 --> 00:47:18,800
this is the fallacy of prophecy

1196

00:47:23,510 --> 00:47:20,960
so when they ask you

1197

00:47:26,390 --> 00:47:23,520
what are my chances there's only one

1198

00:47:27,430 --> 00:47:26,400
answer to that and that is we won't know

1199

00:47:29,109 --> 00:47:27,440
until

1200

00:47:31,510 --> 00:47:29,119
we're through this whole thing and

1201
00:47:32,950 --> 00:47:31,520
hopefully you're well what i and then

1202
00:47:35,190 --> 00:47:32,960
then they have to give the honest

1203
00:47:38,710 --> 00:47:35,200
information what i can tell you and

1204
00:47:40,470 --> 00:47:38,720
watch my hands now is that in a group of

1205
00:47:42,950 --> 00:47:40,480
100 people

1206
00:47:44,230 --> 00:47:42,960
there are uh with this particular

1207
00:47:47,030 --> 00:47:44,240
diagnosis

1208
00:47:48,230 --> 00:47:47,040
80 out of those 100 people will not make

1209
00:47:50,069 --> 00:47:48,240
it

1210
00:47:52,230 --> 00:47:50,079
and on the other hand for reasons we

1211
00:47:55,109 --> 00:47:52,240
don't fully understand

1212
00:47:56,710 --> 00:47:55,119
20 out of those 100 perhaps as i say

1213
00:47:59,190 --> 00:47:56,720

very much like you

1214

00:48:01,349 --> 00:47:59,200

will survive i just said you will

1215

00:48:04,150 --> 00:48:01,359

survive and i underscored it with my

1216

00:48:05,990 --> 00:48:04,160

eyes and my vocal energy

1217

00:48:07,910 --> 00:48:06,000

that's a simple technique it's uh on the

1218

00:48:10,470 --> 00:48:07,920

one hand and the other technique it's

1219

00:48:12,550 --> 00:48:10,480

them and you technique

1220

00:48:15,109 --> 00:48:12,560

and and you get this

1221

00:48:18,790 --> 00:48:15,119

in the first 30 hours you even learn in

1222

00:48:22,069 --> 00:48:18,800

30 hours how to do pre-surgical hypnosis

1223

00:48:23,109 --> 00:48:22,079

believe it or not and induce bloodless

1224

00:48:26,549 --> 00:48:23,119

painless

1225

00:48:28,390 --> 00:48:26,559

rapid healing uh from uh surgery in in

1226

00:48:30,069 --> 00:48:28,400

your patients you can learn that in

1227

00:48:31,910 --> 00:48:30,079

three days you spend three or four more

1228

00:48:34,309 --> 00:48:31,920

days and you can learn the advanced

1229

00:48:36,630 --> 00:48:34,319

techniques

1230

00:48:38,790 --> 00:48:36,640

fantastic one thousand percent behind

1231

00:48:41,030 --> 00:48:38,800

you in doing that

1232

00:48:42,790 --> 00:48:41,040

i gotta ask do you run into resistance

1233

00:48:44,549 --> 00:48:42,800

and what is that resistance like i don't

1234

00:48:46,870 --> 00:48:44,559

know why anyone would resist but i'm

1235

00:48:49,270 --> 00:48:46,880

sure you do what is that all about

1236

00:48:50,950 --> 00:48:49,280

well yeah of course i do so

1237

00:48:53,750 --> 00:48:50,960

in the classes no because it's

1238

00:48:55,510 --> 00:48:53,760

pre-selected group and it's skewed

1239

00:48:57,829 --> 00:48:55,520

uh toward uh

1240

00:48:59,349 --> 00:48:57,839

caregivers who care and who want to make

1241

00:49:01,670 --> 00:48:59,359

a difference and who know they're not

1242

00:49:04,309 --> 00:49:01,680

quite doing it right and they're willing

1243

00:49:06,309 --> 00:49:04,319

to learn um

1244

00:49:08,069 --> 00:49:06,319

it's i would say generally speaking

1245

00:49:10,069 --> 00:49:08,079

amongst uh

1246

00:49:11,349 --> 00:49:10,079

primary care doctors there's less

1247

00:49:13,670 --> 00:49:11,359

resistance

1248

00:49:15,990 --> 00:49:13,680

and the reason i believe is because in

1249

00:49:18,470 --> 00:49:16,000

order to be a primary care doctor you

1250

00:49:20,230 --> 00:49:18,480

have to make peace with uncertainty

1251
00:49:23,349 --> 00:49:20,240
right you have to

1252
00:49:24,790 --> 00:49:23,359
get comfortable with saying i don't know

1253
00:49:26,870 --> 00:49:24,800
right and to

1254
00:49:28,230 --> 00:49:26,880
really understand the limits of your of

1255
00:49:30,950 --> 00:49:28,240
your knowledge

1256
00:49:33,270 --> 00:49:30,960
i think that people broadly speaking in

1257
00:49:37,030 --> 00:49:33,280
medicine go into specialties so that

1258
00:49:38,309 --> 00:49:37,040
they can get on top of their little hill

1259
00:49:40,710 --> 00:49:38,319
and um

1260
00:49:43,030 --> 00:49:40,720
not have to experience the discomfort of

1261
00:49:44,549 --> 00:49:43,040
uncertainty and so once they're there

1262
00:49:47,510 --> 00:49:44,559
once they're on the top of the hill

1263
00:49:48,630 --> 00:49:47,520

looking out surveying their vast uh uh

1264

00:49:49,670 --> 00:49:48,640

domain

1265

00:49:51,510 --> 00:49:49,680

uh

1266

00:49:53,829 --> 00:49:51,520

they're gonna resist

1267

00:49:55,270 --> 00:49:53,839

uh because remember the science that

1268

00:49:58,390 --> 00:49:55,280

they're following

1269

00:50:00,150 --> 00:49:58,400

is the science of if if i can use this

1270

00:50:03,430 --> 00:50:00,160

analogy it's the science of billiard

1271

00:50:06,150 --> 00:50:03,440

falls right without realizing that that

1272

00:50:08,230 --> 00:50:06,160

billiard ball is moving because someone

1273

00:50:10,630 --> 00:50:08,240

had the idea to put it in the corner

1274

00:50:12,549 --> 00:50:10,640

pocket

1275

00:50:15,270 --> 00:50:12,559

right and so those people quite

1276

00:50:18,630 --> 00:50:15,280

naturally resist and you read thomas

1277

00:50:22,230 --> 00:50:18,640

kuhn and he's devoted an entire book

1278

00:50:26,390 --> 00:50:22,240

to this sort of reluctance to shift

1279

00:50:28,230 --> 00:50:26,400

paradigms even in the face of glaring

1280

00:50:30,630 --> 00:50:28,240

anomalies

1281

00:50:33,670 --> 00:50:30,640

steve tell us about

1282

00:50:35,670 --> 00:50:33,680

the trip to the shaman amazing story in

1283

00:50:37,430 --> 00:50:35,680

the introduction to the book and it's

1284

00:50:38,150 --> 00:50:37,440

going to kind of take us

1285

00:50:53,430 --> 00:50:38,160

in

1286

00:50:55,750 --> 00:50:53,440

early 40s

1287

00:50:57,030 --> 00:50:55,760

i had a ruptured

1288

00:50:59,190 --> 00:50:57,040

disc

1289

00:51:00,390 --> 00:50:59,200

c5 on my left side it was tremendously

1290

00:51:03,430 --> 00:51:00,400

painful

1291

00:51:06,150 --> 00:51:03,440

and made work almost impossible

1292

00:51:07,670 --> 00:51:06,160

and my uh arm left arm was getting

1293

00:51:10,790 --> 00:51:07,680

weaker and weaker i couldn't do a

1294

00:51:12,549 --> 00:51:10,800

push-up i could do a push-up one side

1295

00:51:13,349 --> 00:51:12,559

would get me up and the other side was

1296

00:51:14,710 --> 00:51:13,359

down

1297

00:51:16,790 --> 00:51:14,720

and so i did

1298

00:51:19,829 --> 00:51:16,800

what you might expect i went and talked

1299

00:51:22,549 --> 00:51:19,839

to my uh surgical

1300

00:51:24,470 --> 00:51:22,559

neurological colleagues and they said

1301
00:51:26,230 --> 00:51:24,480
well yeah we can fix this it's really

1302
00:51:28,230 --> 00:51:26,240
simple here's what we'll do

1303
00:51:30,950 --> 00:51:28,240
we'll cut into your neck

1304
00:51:33,270 --> 00:51:30,960
uh avoiding the carotid artery will

1305
00:51:34,470 --> 00:51:33,280
spread things open we'll take a chunk

1306
00:51:36,950 --> 00:51:34,480
out of your neck

1307
00:51:37,750 --> 00:51:36,960
hammer pound a chunk of cadaver bone in

1308
00:51:39,670 --> 00:51:37,760
there

1309
00:51:41,109 --> 00:51:39,680
to spread it open so you get more space

1310
00:51:42,150 --> 00:51:41,119
for that nerve

1311
00:51:43,910 --> 00:51:42,160
and

1312
00:51:47,190 --> 00:51:43,920
you'll be fine

1313
00:51:48,710 --> 00:51:47,200

and that was a very unattractive uh

1314

00:51:50,470 --> 00:51:48,720

option for me

1315

00:51:52,549 --> 00:51:50,480

at that time and of course

1316

00:51:54,630 --> 00:51:52,559

it's even more unattractive now as i

1317

00:51:55,670 --> 00:51:54,640

think about it what a nightmare

1318

00:51:57,109 --> 00:51:55,680

um

1319

00:51:59,510 --> 00:51:57,119

so

1320

00:52:02,230 --> 00:51:59,520

i it was a wonderful journey for a

1321

00:52:06,309 --> 00:52:02,240

physician i i learned so much through

1322

00:52:08,950 --> 00:52:06,319

that uh so i went to every imaginable uh

1323

00:52:11,190 --> 00:52:08,960

alternative modality that you can think

1324

00:52:13,109 --> 00:52:11,200

of and i i learned a lot from some

1325

00:52:16,150 --> 00:52:13,119

really good people some feldenkrais

1326
00:52:18,710 --> 00:52:16,160
people and and others about various

1327
00:52:20,630 --> 00:52:18,720
techniques but regrettably

1328
00:52:21,670 --> 00:52:20,640
those techniques

1329
00:52:23,829 --> 00:52:21,680
or the

1330
00:52:25,349 --> 00:52:23,839
severity of what i was dealing with

1331
00:52:26,950 --> 00:52:25,359
were

1332
00:52:27,990 --> 00:52:26,960
less than perfect

1333
00:52:29,829 --> 00:52:28,000
and

1334
00:52:31,190 --> 00:52:29,839
i kept reading you know i was reading

1335
00:52:34,069 --> 00:52:31,200
andrew weil

1336
00:52:36,870 --> 00:52:34,079
uh i was reading uh i i read a book

1337
00:52:38,470 --> 00:52:36,880
entitled the way of the shaman

1338
00:52:40,950 --> 00:52:38,480

and uh

1339

00:52:43,990 --> 00:52:40,960

it talked about a little town in uh in

1340

00:52:46,870 --> 00:52:44,000

southern ecuador marcus outside of which

1341

00:52:49,910 --> 00:52:46,880

some tremendously powerful brujos exist

1342

00:52:51,349 --> 00:52:49,920

ayewasquieros and they have amazing

1343

00:52:53,510 --> 00:52:51,359

healing capacity

1344

00:52:57,190 --> 00:52:53,520

so i called up one of my doc buddies who

1345

00:52:59,430 --> 00:52:57,200

spoke fluent uh spanish and i said

1346

00:53:00,630 --> 00:52:59,440

hey ron we're not going on a surf trip

1347

00:53:02,309 --> 00:53:00,640

this month

1348

00:53:04,470 --> 00:53:02,319

he says well what are we doing i said

1349

00:53:06,390 --> 00:53:04,480

we're going on a drug trip i had to

1350

00:53:09,030 --> 00:53:06,400

disguise it somewhat

1351
00:53:10,230 --> 00:53:09,040
what drug ayahuasca

1352
00:53:12,150 --> 00:53:10,240
and so

1353
00:53:14,790 --> 00:53:12,160
we went we went

1354
00:53:18,150 --> 00:53:14,800
to macas and we got

1355
00:53:19,190 --> 00:53:18,160
uh we paired up with a brujo in training

1356
00:53:21,109 --> 00:53:19,200
jose

1357
00:53:24,790 --> 00:53:21,119
drove to the end of the road out of the

1358
00:53:27,270 --> 00:53:24,800
pasta province and mud walked our way uh

1359
00:53:29,349 --> 00:53:27,280
hours and hours into the jungle and

1360
00:53:30,309 --> 00:53:29,359
ultimately arrived at an encampment

1361
00:53:32,950 --> 00:53:30,319
where

1362
00:53:35,349 --> 00:53:32,960
supposedly the most powerful brujo of

1363
00:53:37,670 --> 00:53:35,359

the area

1364

00:53:40,710 --> 00:53:37,680

was holding court

1365

00:53:46,470 --> 00:53:43,510

it was it was what we had read about and

1366

00:53:48,549 --> 00:53:46,480

what we were in our minds requiring as a

1367

00:53:49,510 --> 00:53:48,559

test but it was still stunning we got

1368

00:53:52,230 --> 00:53:49,520

there

1369

00:53:55,030 --> 00:53:52,240

it was dark and the patients uh

1370

00:53:57,190 --> 00:53:55,040

13 patients were in the room that day

1371

00:54:00,150 --> 00:53:57,200

and they were all saying what took you

1372

00:54:02,150 --> 00:54:00,160

what took you we've been waiting for you

1373

00:54:04,470 --> 00:54:02,160

and it turned out two hours before we

1374

00:54:07,510 --> 00:54:04,480

arrived the shaman was lifting the

1375

00:54:08,230 --> 00:54:07,520

ayahuasca to his uh lips and he said

1376

00:54:09,430 --> 00:54:08,240

well

1377

00:54:11,589 --> 00:54:09,440

hold on

1378

00:54:13,030 --> 00:54:11,599

two white men are coming i don't know

1379

00:54:13,990 --> 00:54:13,040

maybe they want to buy a cow or

1380

00:54:16,390 --> 00:54:14,000

something

1381

00:54:18,790 --> 00:54:16,400

and uh we're gonna wait for them

1382

00:54:21,030 --> 00:54:18,800

uh so

1383

00:54:22,309 --> 00:54:21,040

long story short we stayed there uh for

1384

00:54:25,829 --> 00:54:22,319

several days

1385

00:54:28,950 --> 00:54:25,839

i went through a healing ritual with him

1386

00:54:32,790 --> 00:54:28,960

a typical shamanic ritual which i call

1387

00:54:35,589 --> 00:54:32,800

the second blow right so he's on the

1388

00:54:37,910 --> 00:54:35,599

ayahuasca he identified i didn't tell

1389

00:54:39,829 --> 00:54:37,920

him anything at all he had a little

1390

00:54:42,390 --> 00:54:39,839

crystal he identified this part of my

1391

00:54:46,309 --> 00:54:42,400

neck as where the problem was

1392

00:54:48,549 --> 00:54:46,319

and then he applied his lips uh wait he

1393

00:54:49,990 --> 00:54:48,559

he blew on that

1394

00:54:51,030 --> 00:54:50,000

close up

1395

00:54:54,950 --> 00:54:51,040

and the

1396

00:54:57,829 --> 00:54:54,960

the air instead of being the hot moist

1397

00:55:01,910 --> 00:54:57,839

uh tropical air of the amazon

1398

00:55:03,990 --> 00:55:01,920

was this frigid art arctic almost like a

1399

00:55:05,750 --> 00:55:04,000

bicycle going through you

1400

00:55:07,270 --> 00:55:05,760

i could feel that

1401

00:55:09,829 --> 00:55:07,280

he looked again he wasn't quite

1402

00:55:11,829 --> 00:55:09,839

satisfied he did it one more time once

1403

00:55:14,230 --> 00:55:11,839

again the chill and then he looked me in

1404

00:55:18,309 --> 00:55:14,240

the eyes and he said and i'll never

1405

00:55:23,270 --> 00:55:20,710

you're cured

1406

00:55:25,349 --> 00:55:23,280

and within days uh the pain of course

1407

00:55:27,190 --> 00:55:25,359

diminished almost immediately took it

1408

00:55:30,710 --> 00:55:27,200

took about a day and a half

1409

00:55:32,549 --> 00:55:30,720

the strength uh uh returned ultimately i

1410

00:55:33,670 --> 00:55:32,559

was cured i was back to doctoring and

1411

00:55:34,950 --> 00:55:33,680

surfing

1412

00:55:36,870 --> 00:55:34,960

and uh

1413

00:55:39,030 --> 00:55:36,880

left with the mystery of

1414

00:55:41,829 --> 00:55:39,040

how the hell did that happen which is

1415

00:55:43,349 --> 00:55:41,839

the question how do you understand that

1416

00:55:45,270 --> 00:55:43,359

experience

1417

00:55:47,109 --> 00:55:45,280

yeah well so

1418

00:55:48,710 --> 00:55:47,119

as as you know

1419

00:55:51,750 --> 00:55:48,720

that happened to me

1420

00:55:54,549 --> 00:55:51,760

at the same time i was uh

1421

00:55:57,190 --> 00:55:54,559

dear and deep friends with uh

1422

00:55:58,870 --> 00:55:57,200

a taoist uh priest

1423

00:56:00,309 --> 00:55:58,880

uh who was a

1424

00:56:02,549 --> 00:56:00,319

energy healer

1425

00:56:05,109 --> 00:56:02,559

and so i shared cases with him work with

1426
00:56:06,789 --> 00:56:05,119
him and i saw things i saw healing that

1427
00:56:09,589 --> 00:56:06,799
he was able to do

1428
00:56:11,910 --> 00:56:09,599
like on a non-union of the scaphoid bone

1429
00:56:14,230 --> 00:56:11,920
that had been broken and not healed for

1430
00:56:16,390 --> 00:56:14,240
two years i followed her with x-ray he

1431
00:56:18,789 --> 00:56:16,400
worked on it three or four times

1432
00:56:23,510 --> 00:56:18,799
and it healed just by virtue it seemed

1433
00:56:27,510 --> 00:56:25,510
and then i had all the mysteries that

1434
00:56:29,990 --> 00:56:27,520
were manifesting in front of me in the

1435
00:56:33,109 --> 00:56:30,000
emergency department without trance i

1436
00:56:35,270 --> 00:56:33,119
was going at a fast pace and commanding

1437
00:56:37,270 --> 00:56:35,280
effects and they were actually happening

1438
00:56:39,670 --> 00:56:37,280

commanding them using subtle hypnotic

1439

00:56:42,309 --> 00:56:39,680

language but nonetheless

1440

00:56:45,109 --> 00:56:42,319

and so i had uh

1441

00:56:47,270 --> 00:56:45,119

these all these mysteries in addition i

1442

00:56:49,670 --> 00:56:47,280

was reading the hypnosis literature and

1443

00:56:51,910 --> 00:56:49,680

there was this curious thing

1444

00:56:55,109 --> 00:56:51,920

some groups had decided they were going

1445

00:56:56,829 --> 00:56:55,119

to treat migraines by having people turn

1446

00:56:59,510 --> 00:56:56,839

their hands

1447

00:57:02,150 --> 00:56:59,520

hot uh

1448

00:57:04,230 --> 00:57:02,160

often these guys would induce a trance

1449

00:57:05,670 --> 00:57:04,240

so to speak and say okay your hand will

1450

00:57:08,069 --> 00:57:05,680

heat up and they measure with the

1451
00:57:09,829 --> 00:57:08,079
thermostat go up a few degrees and the

1452
00:57:11,589 --> 00:57:09,839
migraine would disappear

1453
00:57:14,230 --> 00:57:11,599
but there were other groups that were

1454
00:57:16,309 --> 00:57:14,240
saying no keep your hand cold and the

1455
00:57:18,549 --> 00:57:16,319
temperature of the hand would go down

1456
00:57:20,549 --> 00:57:18,559
and the migraine would disappear

1457
00:57:24,309 --> 00:57:20,559
so i was left with this

1458
00:57:28,470 --> 00:57:24,319
this broad palate of confusion where it

1459
00:57:32,390 --> 00:57:28,480
appeared as if everything was working

1460
00:57:35,430 --> 00:57:32,400
but what the hell is the common element

1461
00:57:37,670 --> 00:57:35,440
and that became clear to me when i

1462
00:57:41,030 --> 00:57:37,680
disentangled

1463
00:57:42,870 --> 00:57:41,040

trans from hypnosis and realize that

1464

00:57:44,549 --> 00:57:42,880

trance is just an effect just like

1465

00:57:47,670 --> 00:57:44,559

stopping bleeding normalizing heart

1466

00:57:50,069 --> 00:57:47,680

rhythm relaxing a birth canal those are

1467

00:57:52,710 --> 00:57:50,079

effects that you command when you have

1468

00:57:54,110 --> 00:57:52,720

hypnotic influence the hypnotic

1469

00:57:55,589 --> 00:57:54,120

influence comes from

1470

00:57:57,190 --> 00:57:55,599

[Music]

1471

00:57:58,549 --> 00:57:57,200

the authority but remember there's a

1472

00:58:01,670 --> 00:57:58,559

precondition

1473

00:58:04,630 --> 00:58:01,680

what was i in that jungle in the middle

1474

00:58:07,510 --> 00:58:04,640

of a place i couldn't walk out of alone

1475

00:58:08,710 --> 00:58:07,520

right with a disease i couldn't fix by

1476
00:58:12,950 --> 00:58:08,720
myself

1477
00:58:15,670 --> 00:58:12,960
i was the perfect helpless and dependent

1478
00:58:18,789 --> 00:58:15,680
prototype and that brujo

1479
00:58:20,710 --> 00:58:18,799
swirling in his ayahuasca haze that guy

1480
00:58:21,510 --> 00:58:20,720
was my authority

1481
00:58:25,990 --> 00:58:21,520
right

1482
00:58:28,390 --> 00:58:26,000
and same in the hypnosis and same with

1483
00:58:31,349 --> 00:58:28,400
you you name it any of the therapeutic

1484
00:58:32,630 --> 00:58:31,359
rituals conducted around the world and i

1485
00:58:34,150 --> 00:58:32,640
realized

1486
00:58:38,390 --> 00:58:34,160
that they're all

1487
00:58:41,030 --> 00:58:38,400
offering either implicitly or explicitly

1488
00:58:43,829 --> 00:58:41,040

the same suggestion

1489

00:58:47,589 --> 00:58:43,839

it's the exact same idea as being

1490

00:58:48,789 --> 00:58:47,599

conveyed and actualized in all of our

1491

00:58:51,750 --> 00:58:48,799

healing

1492

00:58:54,870 --> 00:58:51,760

rituals since time immemorial and here's

1493

00:58:57,270 --> 00:58:54,880

what it is it's the simplest idea

1494

00:58:59,190 --> 00:58:57,280

if you do

1495

00:59:00,870 --> 00:58:59,200

the intervention

1496

00:59:03,589 --> 00:59:00,880

whatever it is

1497

00:59:06,150 --> 00:59:03,599

let me blow on you icicles in the neck

1498

00:59:07,270 --> 00:59:06,160

right let me manipulate your spine crack

1499

00:59:08,230 --> 00:59:07,280

crack crack

1500

00:59:10,069 --> 00:59:08,240

let me

1501
00:59:12,470 --> 00:59:10,079
have you sit on the couch and agree on

1502
00:59:14,549 --> 00:59:12,480
the meaning of your past let me do this

1503
00:59:17,349 --> 00:59:14,559
surgery let me give you this pill let me

1504
00:59:20,069 --> 00:59:17,359
subject you to the doesn't matter if you

1505
00:59:21,190 --> 00:59:20,079
submit to the intervention

1506
00:59:23,190 --> 00:59:21,200
x

1507
00:59:25,030 --> 00:59:23,200
which has to be credible that's that's

1508
00:59:28,230 --> 00:59:25,040
the one thing it's got to be credible if

1509
00:59:30,630 --> 00:59:28,240
you submit to that then the prescribed

1510
00:59:32,789 --> 00:59:30,640
outcome will occur

1511
00:59:34,870 --> 00:59:32,799
and i call that the generic placebo

1512
00:59:39,030 --> 00:59:34,880
suggestion

1513
00:59:41,109 --> 00:59:39,040

not is implied

1514

00:59:43,750 --> 00:59:41,119

when the patient walks through the door

1515

00:59:47,750 --> 00:59:43,760

and your authority your rapport and your

1516

00:59:50,390 --> 00:59:47,760

linkage will drive that to actualization

1517

00:59:53,910 --> 00:59:50,400

so be careful what you prescribe

1518

00:59:55,829 --> 00:59:53,920

prescribe a cure not a curse

1519

00:59:58,309 --> 00:59:55,839

that was absolutely awesome and you just

1520

01:00:01,270 --> 00:59:58,319

laid out the secret sauce here's the big

1521

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

question it's the question of agency

1522

01:00:05,349 --> 01:00:02,799

right it's like

1523

01:00:07,670 --> 01:00:05,359

with you one thousand percent

1524

01:00:09,589 --> 01:00:07,680

we're all connected from this

1525

01:00:12,549 --> 01:00:09,599

consciousness

1526

01:00:14,710 --> 01:00:12,559

global connection and somehow you're

1527

01:00:16,789 --> 01:00:14,720

able to get in there and do that

1528

01:00:18,150 --> 01:00:16,799

but did that shaman

1529

01:00:20,630 --> 01:00:18,160

was there

1530

01:00:22,789 --> 01:00:20,640

agency there and the other thing that we

1531

01:00:24,069 --> 01:00:22,799

have as evidence that you're bringing

1532

01:00:25,750 --> 01:00:24,079

you brought through in the story so it's

1533

01:00:28,150 --> 01:00:25,760

not like you're afraid to face any of

1534

01:00:30,069 --> 01:00:28,160

this stuff you're the opposite of that

1535

01:00:33,510 --> 01:00:30,079

but he did know you're coming two hours

1536

01:00:35,910 --> 01:00:33,520

before he was outside of space-time

1537

01:00:37,670 --> 01:00:35,920

and we hear over and over again from all

1538

01:00:39,670 --> 01:00:37,680

these different

1539

01:00:41,750 --> 01:00:39,680

sources who people who've looked at this

1540

01:00:43,670 --> 01:00:41,760

extended consciousness realm

1541

01:00:46,470 --> 01:00:43,680

that maybe there's some other going

1542

01:00:49,349 --> 01:00:46,480

on so how are you processing that like i

1543

01:00:51,990 --> 01:00:49,359

get that you got the secret sauce and it

1544

01:00:53,670 --> 01:00:52,000

works so freaking effectively and we

1545

01:00:56,150 --> 01:00:53,680

should change the whole world and the

1546

01:00:58,789 --> 01:00:56,160

whole medical system there is no doubt i

1547

01:01:01,910 --> 01:00:58,799

don't say that cynically or facetiously

1548

01:01:04,470 --> 01:01:01,920

absolutely but what about backdrop thing

1549

01:01:06,309 --> 01:01:04,480

what's really going on there this guy

1550

01:01:08,069 --> 01:01:06,319

is able to do some stuff and it does

1551

01:01:09,270 --> 01:01:08,079

have to do with this extended

1552

01:01:10,710 --> 01:01:09,280

consciousness realm that we don't

1553

01:01:13,030 --> 01:01:10,720

understand

1554

01:01:16,150 --> 01:01:13,040

well first i'd say that people who read

1555

01:01:17,910 --> 01:01:16,160

about uh ayahuasca effects

1556

01:01:21,109 --> 01:01:17,920

and write about them

1557

01:01:23,190 --> 01:01:21,119

uh talk about this all the time right

1558

01:01:26,150 --> 01:01:23,200

these brujos know you're coming they

1559

01:01:28,870 --> 01:01:26,160

understand within the the bounds usually

1560

01:01:31,190 --> 01:01:28,880

of their uh territory which can be

1561

01:01:32,150 --> 01:01:31,200

extensive they know what's going on they

1562

01:01:34,549 --> 01:01:32,160

know where

1563

01:01:36,950 --> 01:01:34,559

the jaguars are let's say

1564

01:01:40,549 --> 01:01:36,960

steve they know how to make ayahuasca

1565

01:01:43,349 --> 01:01:40,559

they have access to 15 000

1566

01:01:45,750 --> 01:01:43,359

herbs medicines compounds in their

1567

01:01:48,390 --> 01:01:45,760

jungle and they know

1568

01:01:51,510 --> 01:01:48,400

how to select one that is this

1569

01:01:54,150 --> 01:01:51,520

dmt if i cook it this way and this other

1570

01:01:56,309 --> 01:01:54,160

which is this dmt inhibitor and then if

1571

01:01:58,390 --> 01:01:56,319

i cook it just i mean and then you ask

1572

01:02:00,390 --> 01:01:58,400

them how do you know that and they say

1573

01:02:02,630 --> 01:02:00,400

oh well the spirit guides came and told

1574

01:02:04,309 --> 01:02:02,640

us go over here find this point now do

1575

01:02:05,190 --> 01:02:04,319

this yeah you're doing it right right i

1576

01:02:07,510 --> 01:02:05,200

mean

1577

01:02:10,069 --> 01:02:07,520

no i i it's

1578

01:02:12,470 --> 01:02:10,079

this is commonly reported throughout the

1579

01:02:14,789 --> 01:02:12,480

entire amazon basin and elsewhere where

1580

01:02:16,069 --> 01:02:14,799

shamans work in other places with other

1581

01:02:19,270 --> 01:02:16,079

medications

1582

01:02:21,990 --> 01:02:19,280

let's say to go back to what you quoted

1583

01:02:23,510 --> 01:02:22,000

this is one of the

1584

01:02:24,870 --> 01:02:23,520

paradigm

1585

01:02:26,950 --> 01:02:24,880

induced

1586

01:02:29,670 --> 01:02:26,960

anomalies that break with the

1587

01:02:31,190 --> 01:02:29,680

paradigm-induced expectations of our

1588

01:02:33,190 --> 01:02:31,200

current model

1589

01:02:35,910 --> 01:02:33,200

and so we have to

1590

01:02:37,510 --> 01:02:35,920

i think at the very least acknowledge

1591

01:02:39,910 --> 01:02:37,520

that it exists

1592

01:02:41,510 --> 01:02:39,920

and realize that because it exists it

1593

01:02:43,910 --> 01:02:41,520

calls either

1594

01:02:45,829 --> 01:02:43,920

for the abandonment of our current

1595

01:02:48,549 --> 01:02:45,839

paradigm which i don't think anyone is

1596

01:02:51,990 --> 01:02:48,559

seriously advocating or for the

1597

01:02:52,870 --> 01:02:52,000

expansion of that paradigm so that we

1598

01:02:56,309 --> 01:02:52,880

can

1599

01:02:59,030 --> 01:02:56,319

uh embrace assume these various

1600

01:03:00,789 --> 01:02:59,040

anecdotes facts

1601
01:03:01,910 --> 01:03:00,799
and make sense of them

1602
01:03:03,829 --> 01:03:01,920
now

1603
01:03:06,230 --> 01:03:03,839
how the shaman

1604
01:03:08,390 --> 01:03:06,240
himself does that

1605
01:03:10,870 --> 01:03:08,400
i can't uh

1606
01:03:13,990 --> 01:03:10,880
pretend to to know

1607
01:03:17,349 --> 01:03:14,000
because i haven't had a

1608
01:03:20,150 --> 01:03:17,359
direct experience like that with respect

1609
01:03:22,549 --> 01:03:20,160
to strangers right strangers coming into

1610
01:03:24,710 --> 01:03:22,559
my territory and sensing them i actually

1611
01:03:26,069 --> 01:03:24,720
may have had that and not known it i

1612
01:03:28,630 --> 01:03:26,079
don't know you know whatever's

1613
01:03:31,829 --> 01:03:28,640

unconscious is unconscious but what i

1614

01:03:35,589 --> 01:03:31,839

can tell you and what i think uh bears

1615

01:03:38,230 --> 01:03:35,599

in some way on on this perhaps heavily

1616

01:03:39,750 --> 01:03:38,240

is that all the way back to mesmer

1617

01:03:42,950 --> 01:03:39,760

himself

1618

01:03:45,190 --> 01:03:42,960

people doing hypnosis have realized that

1619

01:03:46,950 --> 01:03:45,200

there's a connection far beyond words

1620

01:03:49,750 --> 01:03:46,960

that goes on between

1621

01:03:51,829 --> 01:03:49,760

the operator and the subject

1622

01:03:53,029 --> 01:03:51,839

for me i'll tell you the first time that

1623

01:03:55,029 --> 01:03:53,039

happened

1624

01:03:56,950 --> 01:03:55,039

because it was a little stunning but it

1625

01:03:59,910 --> 01:03:56,960

happens now in the office every day and

1626

01:04:02,470 --> 01:03:59,920

it's just a business as usual thing i

1627

01:04:05,029 --> 01:04:02,480

was uh early in my career and i was

1628

01:04:07,029 --> 01:04:05,039

using a metaphor to deepen a trance and

1629

01:04:10,549 --> 01:04:07,039

i had a leaf

1630

01:04:13,109 --> 01:04:10,559

break off and gently flowed down it was

1631

01:04:15,910 --> 01:04:13,119

rocking deeper and deeper down and as it

1632

01:04:18,870 --> 01:04:15,920

went down it was slowing until it rested

1633

01:04:20,710 --> 01:04:18,880

deeply safely on the surface of the sea

1634

01:04:22,549 --> 01:04:20,720

something like that right some

1635

01:04:23,670 --> 01:04:22,559

metaphorical suggestion for trance

1636

01:04:26,069 --> 01:04:23,680

deepening

1637

01:04:27,430 --> 01:04:26,079

and things went well in the session

1638

01:04:30,470 --> 01:04:27,440

patient woke up

1639

01:04:32,069 --> 01:04:30,480

and he said uh after some talk hey doc

1640

01:04:32,950 --> 01:04:32,079

you know that leaf you were talking

1641

01:04:35,670 --> 01:04:32,960

about

1642

01:04:37,990 --> 01:04:35,680

yeah yeah he says uh i saw that way

1643

01:04:38,789 --> 01:04:38,000

before you even mentioned it

1644

01:04:40,470 --> 01:04:38,799

right

1645

01:04:42,470 --> 01:04:40,480

that's characteristic

1646

01:04:44,549 --> 01:04:42,480

right if you're doing hypnosis and

1647

01:04:45,990 --> 01:04:44,559

you're not familiar with experiences

1648

01:04:48,069 --> 01:04:46,000

like that

1649

01:04:50,230 --> 01:04:48,079

probably you're not listening because it

1650

01:04:51,510 --> 01:04:50,240

that happens all the time

1651
01:04:52,950 --> 01:04:51,520
um

1652
01:04:55,829 --> 01:04:52,960
i could give you

1653
01:04:57,190 --> 01:04:55,839
i'm sure at least a thousand similar

1654
01:05:01,109 --> 01:04:57,200
anecdotes

1655
01:05:03,349 --> 01:05:01,119
and i what happens in hypnosis is

1656
01:05:05,029 --> 01:05:03,359
you have these two patterns no matter

1657
01:05:06,069 --> 01:05:05,039
what going on you have the authority

1658
01:05:08,870 --> 01:05:06,079
pattern

1659
01:05:11,029 --> 01:05:08,880
trance enhances your authority so people

1660
01:05:12,309 --> 01:05:11,039
in trance are more likely to identify

1661
01:05:14,150 --> 01:05:12,319
with you

1662
01:05:15,270 --> 01:05:14,160
meaning your reality becomes their

1663
01:05:17,190 --> 01:05:15,280

reality

1664

01:05:19,430 --> 01:05:17,200

but also rapport

1665

01:05:22,549 --> 01:05:19,440

and rapport is this pattern of sameness

1666

01:05:23,270 --> 01:05:22,559

i equals you where you know my breathing

1667

01:05:28,069 --> 01:05:23,280

my

1668

01:05:31,109 --> 01:05:28,079

begin to

1669

01:05:32,069 --> 01:05:31,119

line up and as people align with each

1670

01:05:35,109 --> 01:05:32,079

other

1671

01:05:36,549 --> 01:05:35,119

uh let's say externally

1672

01:05:39,029 --> 01:05:36,559

it's clear to me that internal

1673

01:05:41,029 --> 01:05:39,039

alignments occur as well

1674

01:05:44,069 --> 01:05:41,039

and that makes sense because think about

1675

01:05:46,950 --> 01:05:44,079

it your external let's say i'm imitating

1676

01:05:49,190 --> 01:05:46,960

your posture right now okay well that

1677

01:05:51,750 --> 01:05:49,200

tells you that there are brain

1678

01:05:53,270 --> 01:05:51,760

configurations that are in some way or

1679

01:05:55,470 --> 01:05:53,280

other identical

1680

01:05:57,109 --> 01:05:55,480

and we know that those brain

1681

01:05:59,029 --> 01:05:57,119

configurations

1682

01:06:01,510 --> 01:05:59,039

give off a certain electromagnetic

1683

01:06:05,270 --> 01:06:01,520

pattern which we can pick up to some

1684

01:06:07,510 --> 01:06:05,280

limited degree with eeg right

1685

01:06:08,789 --> 01:06:07,520

so this alignment that you and i are

1686

01:06:10,789 --> 01:06:08,799

sharing

1687

01:06:12,870 --> 01:06:10,799

is also manifest

1688

01:06:15,349 --> 01:06:12,880

i don't think anyone can really doubt

1689

01:06:16,870 --> 01:06:15,359

this it's manifest and whatever the

1690

01:06:19,829 --> 01:06:16,880

electromagnetic

1691

01:06:22,069 --> 01:06:19,839

uh signals are coming off

1692

01:06:24,230 --> 01:06:22,079

are aligned brains in that moment of

1693

01:06:27,270 --> 01:06:24,240

sameness

1694

01:06:28,549 --> 01:06:27,280

somehow that must bear on this the these

1695

01:06:30,470 --> 01:06:28,559

facts

1696

01:06:32,870 --> 01:06:30,480

exactly how

1697

01:06:34,710 --> 01:06:32,880

i don't think we we've gotten to a point

1698

01:06:36,390 --> 01:06:34,720

certainly not with uh paranormal

1699

01:06:39,029 --> 01:06:36,400

experimentation i don't think we've

1700

01:06:41,829 --> 01:06:39,039

gotten to a point where we can satisfy

1701

01:06:44,710 --> 01:06:41,839

ourselves that we have a scientific

1702

01:06:47,190 --> 01:06:44,720

explanation for it but it it begins with

1703

01:06:49,109 --> 01:06:47,200

acknowledgement of the anomalies

1704

01:06:50,390 --> 01:06:49,119

and therefore the need to expand our

1705

01:06:52,230 --> 01:06:50,400

paradigm

1706

01:06:53,990 --> 01:06:52,240

yeah definitely i would

1707

01:06:55,029 --> 01:06:54,000

definitely agree and i think that you

1708

01:06:57,109 --> 01:06:55,039

know

1709

01:06:58,710 --> 01:06:57,119

this whole consciousness thing

1710

01:07:01,510 --> 01:06:58,720

what i

1711

01:07:04,309 --> 01:07:01,520

the my mantra is that what science has

1712

01:07:07,109 --> 01:07:04,319

done in its exploration of consciousness

1713

01:07:09,270 --> 01:07:07,119

is really obsoleted itself because it's

1714

01:07:10,950 --> 01:07:09,280

come to the point of saying hey look

1715

01:07:13,270 --> 01:07:10,960

what we discovered we discovered we

1716

01:07:15,829 --> 01:07:13,280

can't really measure anything

1717

01:07:17,510 --> 01:07:15,839

anything we measure has a big asterisk

1718

01:07:19,430 --> 01:07:17,520

by it which is

1719

01:07:22,309 --> 01:07:19,440

consciousness was at play here we're not

1720

01:07:24,470 --> 01:07:22,319

sure how we're not sure why and i love

1721

01:07:26,870 --> 01:07:24,480

your expanded

1722

01:07:28,630 --> 01:07:26,880

kind of understanding of that like our

1723

01:07:32,309 --> 01:07:28,640

knowledge is not

1724

01:07:34,630 --> 01:07:32,319

wrong always it just is incomplete

1725

01:07:36,150 --> 01:07:34,640

let me add to kind of the story the leaf

1726

01:07:38,630 --> 01:07:36,160

story i love

1727

01:07:40,230 --> 01:07:38,640

have you ever heard of the story of dr

1728

01:07:44,150 --> 01:07:40,240

michael newton you know the guy who's

1729

01:07:45,430 --> 01:07:44,160

famous for the past life in between life

1730

01:07:46,789 --> 01:07:45,440

regressions

1731

01:07:48,230 --> 01:07:46,799

do you know that the first time he

1732

01:07:49,109 --> 01:07:48,240

encountered that

1733

01:07:51,190 --> 01:07:49,119

no

1734

01:07:54,069 --> 01:07:51,200

oh you're gonna love this i love being

1735

01:07:56,630 --> 01:07:54,079

able to share this with you

1736

01:07:58,710 --> 01:07:56,640

he's a hypnotherapist this is probably

1737

01:08:01,430 --> 01:07:58,720

back in the 70s i want to say that he's

1738

01:08:03,589 --> 01:08:01,440

doing this so he's doing you know

1739

01:08:05,510 --> 01:08:03,599

the lady comes in i'm afraid of spiders

1740

01:08:07,029 --> 01:08:05,520

okay let me take you back oh i was two

1741

01:08:08,789 --> 01:08:07,039

years old your mom freaked out because

1742

01:08:10,470 --> 01:08:08,799

there was a spider calling

1743

01:08:12,950 --> 01:08:10,480

we fix it you walk out you're not afraid

1744

01:08:15,510 --> 01:08:12,960

of spiders okay next next next

1745

01:08:17,269 --> 01:08:15,520

gets a tough case man this guy he's got

1746

01:08:19,269 --> 01:08:17,279

a problem with his shoulder his arm and

1747

01:08:21,189 --> 01:08:19,279

he just can't he's going to the doctors

1748

01:08:22,550 --> 01:08:21,199

the doctors give up on him say we don't

1749

01:08:25,189 --> 01:08:22,560

know what's wrong with it so in your

1750

01:08:26,950 --> 01:08:25,199

head go see this guy michael newton

1751

01:08:29,269 --> 01:08:26,960

same thing okay let's tell him okay you

1752

01:08:31,590 --> 01:08:29,279

go back go back go back

1753

01:08:34,550 --> 01:08:31,600

it's stubborn it won't work

1754

01:08:35,669 --> 01:08:34,560

okay go back further he goes oh wait a

1755

01:08:36,829 --> 01:08:35,679

minute

1756

01:08:39,510 --> 01:08:36,839

i'm on a

1757

01:08:41,910 --> 01:08:39,520

battlefield as a matter of fact i see

1758

01:08:44,550 --> 01:08:41,920

now oh my god he's gonna hit me with

1759

01:08:45,829 --> 01:08:44,560

that bayonet the bayonet goes right into

1760

01:08:48,149 --> 01:08:45,839

my shoulder

1761

01:08:49,510 --> 01:08:48,159

well michael newton is fascinated he

1762

01:08:51,669 --> 01:08:49,520

happens to be

1763

01:08:54,149 --> 01:08:51,679

like an amateur

1764

01:08:55,910 --> 01:08:54,159

historian particularly interested in war

1765

01:08:57,269 --> 01:08:55,920

so he kind of breaks protocol a little

1766

01:08:58,070 --> 01:08:57,279

bit and says

1767

01:09:00,630 --> 01:08:58,080

hey

1768

01:09:03,189 --> 01:09:00,640

what insignia are you wearing you know

1769

01:09:05,189 --> 01:09:03,199

once it gets some details about it

1770

01:09:07,030 --> 01:09:05,199

goes and researches it later because

1771

01:09:07,829 --> 01:09:07,040

he's just so fascinating because like

1772

01:09:09,749 --> 01:09:07,839

you

1773

01:09:11,510 --> 01:09:09,759

i mean like a really trained

1774

01:09:13,590 --> 01:09:11,520

hypnotherapist who's done thousands and

1775

01:09:14,950 --> 01:09:13,600

thousands of these he recognizes that

1776

01:09:17,510 --> 01:09:14,960

something different has happened here

1777

01:09:20,229 --> 01:09:17,520

but it's within the realm of you know

1778

01:09:23,630 --> 01:09:20,239

legitimate and all the other ways

1779

01:09:27,349 --> 01:09:23,640

this begins his whole

1780

01:09:31,030 --> 01:09:27,359

experimentation exploration of past life

1781

01:09:33,749 --> 01:09:31,040

regressions and hypnotherapy and

1782

01:09:35,749 --> 01:09:33,759

adding to this is the guy comes back and

1783

01:09:38,070 --> 01:09:35,759

his shoulder is

1784

01:09:39,510 --> 01:09:38,080

resolved in some way they work through

1785

01:09:43,669 --> 01:09:39,520

it and that's that's and he does the

1786

01:09:45,990 --> 01:09:43,679

research on the guy and finds all this

1787

01:09:48,630 --> 01:09:46,000

evidence to back up it kind of supports

1788

01:09:51,829 --> 01:09:48,640

it so you don't have to

1789

01:09:52,950 --> 01:09:51,839

uh buy into all that uh especially since

1790

01:09:55,270 --> 01:09:52,960

i'm telling you a story for the first

1791

01:09:58,630 --> 01:09:55,280

time but i do think

1792

01:10:02,709 --> 01:09:58,640

it speaks to the leaf thing it's like

1793

01:10:04,470 --> 01:10:02,719

we're entering into this realm here of

1794

01:10:06,950 --> 01:10:04,480

extended consciousness that you're

1795

01:10:08,870 --> 01:10:06,960

entering into and there's all sorts of

1796

01:10:11,590 --> 01:10:08,880

stuff that can happen do you have any

1797

01:10:13,270 --> 01:10:11,600

any thoughts on that well i do so i i

1798

01:10:17,830 --> 01:10:13,280

first let me say i don't have any

1799

01:10:20,630 --> 01:10:17,840

expertise and past life regression um so

1800

01:10:22,070 --> 01:10:20,640

i'm seeing this through through my lens

1801

01:10:24,950 --> 01:10:22,080

and i'm uh

1802

01:10:27,030 --> 01:10:24,960

i'm i'm open to that but look at what

1803

01:10:28,149 --> 01:10:27,040

what i've laid out already and and what

1804

01:10:30,390 --> 01:10:28,159

we know

1805

01:10:32,310 --> 01:10:30,400

if you think of the generic placebo

1806

01:10:36,310 --> 01:10:32,320

suggestion let me say it again in a sort

1807

01:10:39,350 --> 01:10:36,320

of abstract structure if you submit to x

1808

01:10:42,149 --> 01:10:39,360

the intervention then y

1809

01:10:43,030 --> 01:10:42,159

the prescribed outcome will occur

1810

01:10:45,990 --> 01:10:43,040

okay

1811

01:10:48,149 --> 01:10:46,000

x has to be credible at the outset

1812

01:10:50,870 --> 01:10:48,159

somewhat difficult to achieve

1813

01:10:53,189 --> 01:10:50,880

but achievable and then credible upon

1814

01:10:55,110 --> 01:10:53,199

completion in other words before during

1815

01:10:57,270 --> 01:10:55,120

and after

1816

01:11:00,790 --> 01:10:57,280

it can't the intervention can't be

1817

01:11:02,870 --> 01:11:00,800

something that diminishes the authority

1818

01:11:04,070 --> 01:11:02,880

it's got to be something fully credible

1819

01:11:06,310 --> 01:11:04,080

all the way through

1820

01:11:08,550 --> 01:11:06,320

and when that is true

1821

01:11:09,669 --> 01:11:08,560

then why the prescribed outcome will

1822

01:11:10,630 --> 01:11:09,679

occur

1823

01:11:13,910 --> 01:11:10,640

okay

1824

01:11:15,990 --> 01:11:13,920

so now i deal with this all all the time

1825

01:11:17,110 --> 01:11:16,000

in a slightly different connection

1826

01:11:18,550 --> 01:11:17,120

um

1827

01:11:20,790 --> 01:11:18,560

let me give you the illustration with

1828

01:11:23,189 --> 01:11:20,800

phobias because that's where uh you sort

1829

01:11:25,590 --> 01:11:23,199

of trailed into it so i don't treat

1830

01:11:26,709 --> 01:11:25,600

phobias with regression i've never

1831

01:11:29,590 --> 01:11:26,719

have to

1832

01:11:30,390 --> 01:11:29,600

seriously knock wood here i've i've i've

1833

01:11:32,550 --> 01:11:30,400

never

1834

01:11:35,110 --> 01:11:32,560

to my knowledge failed at treating a

1835

01:11:37,270 --> 01:11:35,120

phobia usually in a single session

1836

01:11:39,270 --> 01:11:37,280

i use the technique that uh

1837

01:11:42,550 --> 01:11:39,280

with some modification that john grinder

1838

01:11:44,790 --> 01:11:42,560

taught me in 1985 it's it works

1839

01:11:46,310 --> 01:11:44,800

i have a wonderful friend in europe

1840

01:11:49,750 --> 01:11:46,320

norbert preetz

1841

01:11:52,709 --> 01:11:49,760

great hypnotherapist who only does

1842

01:11:55,910 --> 01:11:52,719

regression therapy for the treatment

1843

01:11:58,709 --> 01:11:55,920

of phobias and he's been on national tv

1844

01:12:00,790 --> 01:11:58,719

14 times doing spiders and snakes and

1845

01:12:02,950 --> 01:12:00,800

hornets and you name it

1846

01:12:05,430 --> 01:12:02,960

um

1847

01:12:06,229 --> 01:12:05,440

my if x

1848

01:12:08,870 --> 01:12:06,239

okay

1849

01:12:11,350 --> 01:12:08,880

my intervention is

1850

01:12:13,110 --> 01:12:11,360

you know a dissociation look at a screen

1851
01:12:16,950 --> 01:12:13,120
play it backwards forward black and

1852
01:12:19,830 --> 01:12:16,960
white color uh reunite and blah blah

1853
01:12:20,870 --> 01:12:19,840
blah so that x is credible credible

1854
01:12:23,669 --> 01:12:20,880
credible

1855
01:12:26,470 --> 01:12:23,679
and i'm the authority haven't failed

1856
01:12:28,390 --> 01:12:26,480
feeling good about it so why your phobia

1857
01:12:31,030 --> 01:12:28,400
will be gone happens

1858
01:12:34,390 --> 01:12:31,040
the same thing is true of norbert he

1859
01:12:37,189 --> 01:12:34,400
exudes confidence he's never failed he

1860
01:12:39,830 --> 01:12:37,199
does if x his x is this regression to

1861
01:12:42,390 --> 01:12:39,840
something that may or may not be real

1862
01:12:44,470 --> 01:12:42,400
but it's certainly the experience is

1863
01:12:46,790 --> 01:12:44,480

real no matter what

1864

01:12:49,590 --> 01:12:46,800

and so because it doesn't in any way

1865

01:12:51,990 --> 01:12:49,600

diminishes authority in the doing why

1866

01:12:54,310 --> 01:12:52,000

also happens right

1867

01:12:57,110 --> 01:12:54,320

this global

1868

01:12:59,910 --> 01:12:57,120

generic placebo effect

1869

01:13:01,510 --> 01:12:59,920

is present in all of these things so to

1870

01:13:04,149 --> 01:13:01,520

me when i hear that

1871

01:13:05,510 --> 01:13:04,159

the question is outside of the placebo

1872

01:13:08,870 --> 01:13:05,520

effect which would have gotten this

1873

01:13:10,550 --> 01:13:08,880

guy's shoulder well no matter what

1874

01:13:13,830 --> 01:13:10,560

what's the intrinsic value of the

1875

01:13:16,070 --> 01:13:13,840

discovery is it real what's the science

1876

01:13:18,310 --> 01:13:16,080

what do we have to enlarge conceptually

1877

01:13:20,870 --> 01:13:18,320

in order to grasp this so that's kind of

1878

01:13:22,709 --> 01:13:20,880

how i approach those things i would say

1879

01:13:23,990 --> 01:13:22,719

let me add one thing

1880

01:13:27,030 --> 01:13:24,000

the uh

1881

01:13:29,590 --> 01:13:27,040

this is again this is uh

1882

01:13:31,990 --> 01:13:29,600

i i think wherever you go with this this

1883

01:13:34,390 --> 01:13:32,000

is one element that's so essential and

1884

01:13:36,709 --> 01:13:34,400

so important and caregiving it can't it

1885

01:13:39,830 --> 01:13:36,719

can't be omitted

1886

01:13:42,229 --> 01:13:39,840

because there is clearly this connection

1887

01:13:44,390 --> 01:13:42,239

right once you're in authority once your

1888

01:13:46,870 --> 01:13:44,400

patient is identifying with you once the

1889

01:13:48,630 --> 01:13:46,880

rapport is established

1890

01:13:52,070 --> 01:13:48,640

you not only

1891

01:13:55,830 --> 01:13:52,080

don't get a pass on haphazard speech

1892

01:13:57,830 --> 01:13:55,840

you don't get a pass on haphazard think

1893

01:13:59,430 --> 01:13:57,840

you have to be very careful what you

1894

01:14:01,510 --> 01:13:59,440

think before you go in the room and this

1895

01:14:04,390 --> 01:14:01,520

is what i teach in my advanced course if

1896

01:14:05,990 --> 01:14:04,400

you can't go in that room with curative

1897

01:14:08,709 --> 01:14:06,000

intent

1898

01:14:10,790 --> 01:14:08,719

you're not the guy take a pass get let

1899

01:14:11,910 --> 01:14:10,800

someone else go in that room

1900

01:14:14,950 --> 01:14:11,920

because

1901

01:14:17,590 --> 01:14:14,960

we know through the science of nonverbal

1902

01:14:19,669 --> 01:14:17,600

communication these micro expressions

1903

01:14:21,430 --> 01:14:19,679

are going to tip your hat anyway

1904

01:14:23,910 --> 01:14:21,440

but what you and i alex are talking

1905

01:14:25,750 --> 01:14:23,920

about is something deeper and more

1906

01:14:27,030 --> 01:14:25,760

i think

1907

01:14:30,149 --> 01:14:27,040

complete

1908

01:14:33,430 --> 01:14:30,159

uh than simple micro expressions and

1909

01:14:35,590 --> 01:14:33,440

those two in my view get picked up and

1910

01:14:38,229 --> 01:14:35,600

if you're walking in that room saying

1911

01:14:40,310 --> 01:14:38,239

man this guy is dead i can i just hope i

1912

01:14:42,870 --> 01:14:40,320

can keep him somewhat comfortable you're

1913

01:14:45,510 --> 01:14:42,880

the wrong person it was wrong

1914

01:14:48,470 --> 01:14:45,520

hey i love it i love the compassion is

1915

01:14:51,830 --> 01:14:48,480

not enough toughness and especially when

1916

01:14:53,270 --> 01:14:51,840

it's coming from this total caregiver

1917

01:14:54,950 --> 01:14:53,280

kind of thing

1918

01:14:57,510 --> 01:14:54,960

that you're all about

1919

01:14:59,669 --> 01:14:57,520

my thing is really

1920

01:15:01,990 --> 01:14:59,679

who are we why are we here so i'm

1921

01:15:04,229 --> 01:15:02,000

interested in all of that i'm interested

1922

01:15:06,229 --> 01:15:04,239

in operationalizing and implementing

1923

01:15:06,950 --> 01:15:06,239

what you're doing but man i want to

1924

01:15:13,510 --> 01:15:06,960

know

1925

01:15:17,430 --> 01:15:13,520

what part of that reality i need to

1926

01:15:19,830 --> 01:15:17,440

incorporate into my thomas paradigm

1927

01:15:22,310 --> 01:15:19,840

collapsing kind of thing and i i think

1928

01:15:25,669 --> 01:15:22,320

you do too you're just kind of picking

1929

01:15:27,910 --> 01:15:25,679

your your lane and you got a huge

1930

01:15:30,390 --> 01:15:27,920

to mix metaphors you got a huge

1931

01:15:31,910 --> 01:15:30,400

field to plow there and you just got to

1932

01:15:33,830 --> 01:15:31,920

get on it so

1933

01:15:35,110 --> 01:15:33,840

no difference in that i tell you where i

1934

01:15:36,709 --> 01:15:35,120

want to go in the little bit of time

1935

01:15:38,630 --> 01:15:36,719

that we have left

1936

01:15:40,390 --> 01:15:38,640

in the book healing beyond pills and

1937

01:15:43,510 --> 01:15:40,400

potions you

1938

01:15:45,030 --> 01:15:43,520

tell stories about some of your failures

1939

01:15:45,910 --> 01:15:45,040

some of what we can learn from some of

1940

01:15:49,030 --> 01:15:45,920

that

1941

01:15:50,709 --> 01:15:49,040

i love the story about scott who

1942

01:15:53,430 --> 01:15:50,719

you're just a little bit too upfront

1943

01:15:54,790 --> 01:15:53,440

with because i think it leads us into

1944

01:15:57,270 --> 01:15:54,800

naturally

1945

01:15:59,590 --> 01:15:57,280

maybe an interesting discussion about

1946

01:16:01,830 --> 01:15:59,600

some of the nefarious uses

1947

01:16:03,350 --> 01:16:01,840

for this whether we want to uh whether

1948

01:16:06,950 --> 01:16:03,360

we want to go there or not somebody else

1949

01:16:10,390 --> 01:16:06,960

will but tell us about scott he's a guy

1950

01:16:13,590 --> 01:16:10,400

who i i i know somewhat he's a physician

1951

01:16:15,270 --> 01:16:13,600

in the community actually and uh he came

1952

01:16:16,390 --> 01:16:15,280

into the office

1953

01:16:18,709 --> 01:16:16,400

um

1954

01:16:21,910 --> 01:16:18,719

and said uh

1955

01:16:23,990 --> 01:16:21,920

life sucks i hate my practice i hate my

1956

01:16:26,630 --> 01:16:24,000

patients i hate myself

1957

01:16:28,550 --> 01:16:26,640

i hate my wife i hate this i hate that

1958

01:16:30,550 --> 01:16:28,560

and i remember feeling like because i

1959

01:16:33,270 --> 01:16:30,560

don't use that word very often i that's

1960

01:16:35,110 --> 01:16:33,280

that's a word i like to reserve

1961

01:16:38,229 --> 01:16:35,120

and i remember feeling somewhat

1962

01:16:40,870 --> 01:16:38,239

assaulted and almost uh dirtied by this

1963

01:16:43,669 --> 01:16:40,880

onslaught of hate speech which you know

1964

01:16:44,790 --> 01:16:43,679

i rarely experience in an often office

1965

01:16:48,390 --> 01:16:44,800

setting

1966

01:16:50,229 --> 01:16:48,400

um and so the the question that i had

1967

01:16:52,310 --> 01:16:50,239

was okay well what's the

1968

01:16:53,830 --> 01:16:52,320

the source of this and as you know in

1969

01:16:57,430 --> 01:16:53,840

the last part of the book i talk about

1970

01:17:00,470 --> 01:16:57,440

common causes of uh

1971

01:17:03,350 --> 01:17:00,480

common noetic meaning mental causes of

1972

01:17:07,189 --> 01:17:03,360

human illness and one of the very common

1973

01:17:08,189 --> 01:17:07,199

causes is a sort of retained past its

1974

01:17:10,070 --> 01:17:08,199

time

1975

01:17:12,709 --> 01:17:10,080

identification with

1976

01:17:15,270 --> 01:17:12,719

a primary parent

1977

01:17:18,149 --> 01:17:15,280

mother or father

1978

01:17:20,390 --> 01:17:18,159

uh the identification teaches us how to

1979

01:17:24,470 --> 01:17:20,400

relate to the world how to find and

1980

01:17:27,030 --> 01:17:24,480

relate dynamically to a spouse and also

1981

01:17:30,390 --> 01:17:27,040

the most neglected aspect is how to

1982

01:17:32,229 --> 01:17:30,400

relate to ourselves and so you know if

1983

01:17:34,470 --> 01:17:32,239

you have a father saying who you

1984

01:17:37,030 --> 01:17:34,480

identified with as a child and he's a

1985

01:17:38,550 --> 01:17:37,040

cheerful optimistic loving guy

1986

01:17:40,709 --> 01:17:38,560

you pick that up

1987

01:17:43,430 --> 01:17:40,719

and that's that's in you until you

1988

01:17:45,189 --> 01:17:43,440

dis-identify and you you may still

1989

01:17:46,310 --> 01:17:45,199

having cut the cord may still want to

1990

01:17:48,390 --> 01:17:46,320

retain

1991

01:17:51,189 --> 01:17:48,400

certain aspects of of that

1992

01:17:53,030 --> 01:17:51,199

identification that serve you well so i

1993

01:17:55,669 --> 01:17:53,040

was exploring this with him

1994

01:17:58,630 --> 01:17:55,679

and when i got to okay well so

1995

01:18:00,550 --> 01:17:58,640

uh tell me about your dad um

1996

01:18:02,470 --> 01:18:00,560

how is he with the world

1997

01:18:04,070 --> 01:18:02,480

oh everybody loved him he was a pillar

1998

01:18:06,070 --> 01:18:04,080

of the community wherever we went we

1999

01:18:08,470 --> 01:18:06,080

didn't have to pay well i knew that this

2000

01:18:12,070 --> 01:18:08,480

guy was the same kind of guy

2001

01:18:14,229 --> 01:18:12,080

he he operated in the world the same way

2002

01:18:17,350 --> 01:18:14,239

how was your dad with his wife

2003

01:18:19,189 --> 01:18:17,360

oh he despicable you know he won every

2004

01:18:22,310 --> 01:18:19,199

argument he put her down he had an open

2005

01:18:25,669 --> 01:18:22,320

affair well i knew that this guy

2006

01:18:29,189 --> 01:18:25,679

was behaving similarly

2007

01:18:31,350 --> 01:18:29,199

now we get to part three how is your dad

2008

01:18:33,110 --> 01:18:31,360

toward himself what was his

2009

01:18:35,590 --> 01:18:33,120

how did he view himself you know what do

2010

01:18:37,910 --> 01:18:35,600

you think he found he hated himself he

2011

01:18:40,310 --> 01:18:37,920

hated his office he hated his patients

2012

01:18:42,310 --> 01:18:40,320

he hated what he did it

2013

01:18:46,310 --> 01:18:42,320

there it was right

2014

01:18:48,630 --> 01:18:46,320

so now i see the ideology of his

2015

01:18:49,590 --> 01:18:48,640

unhappiness his discontent

2016

01:18:53,590 --> 01:18:49,600

is

2017

01:18:56,870 --> 01:18:53,600

father

2018

01:18:58,709 --> 01:18:56,880

and i made the mistake you know okay

2019

01:19:01,110 --> 01:18:58,719

now i know that

2020

01:19:02,630 --> 01:19:01,120

but as i as i said in the book catharsis

2021

01:19:04,550 --> 01:19:02,640

is not pure

2022

01:19:07,350 --> 01:19:04,560

and anyone who thinks it is i'm sorry

2023

01:19:09,990 --> 01:19:07,360

you're wrong it may be for one or two

2024

01:19:12,310 --> 01:19:10,000

percent but it's not for the human heard

2025

01:19:14,870 --> 01:19:12,320

generally speaking

2026

01:19:16,950 --> 01:19:14,880

and yet it was so blatant so apparent so

2027

01:19:18,229 --> 01:19:16,960

right in front of us that i just blurted

2028

01:19:20,310 --> 01:19:18,239

it out there

2029

01:19:23,990 --> 01:19:20,320

and he and he responded perfectly

2030

01:19:25,830 --> 01:19:24,000

everything you'd want i get it yeah okay

2031

01:19:29,110 --> 01:19:25,840

a week later

2032

01:19:29,990 --> 01:19:29,120

he wasn't better in any way

2033

01:19:32,870 --> 01:19:30,000

and

2034

01:19:34,870 --> 01:19:32,880

he said something uh this was out in

2035

01:19:37,110 --> 01:19:34,880

town some casual

2036

01:19:39,270 --> 01:19:37,120

bump in and he said oh i remember

2037

01:19:41,430 --> 01:19:39,280

everything we said it was about honesty

2038

01:19:44,270 --> 01:19:41,440

hadn't even mentioned the word honesty

2039

01:19:47,030 --> 01:19:44,280

but the wall of denial had come down the

2040

01:19:48,630 --> 01:19:47,040

rationalization had come up and i was a

2041

01:19:50,149 --> 01:19:48,640

total failure

2042

01:19:51,910 --> 01:19:50,159

um

2043

01:19:54,470 --> 01:19:51,920

fortunately he came back and i got to

2044

01:19:56,630 --> 01:19:54,480

redo it and address it uh in a more

2045

01:19:58,229 --> 01:19:56,640

subtle and unconscious way tell us a

2046

01:20:00,709 --> 01:19:58,239

little bit from what you remember how

2047

01:20:03,510 --> 01:20:00,719

you did it differently

2048

01:20:04,950 --> 01:20:03,520

well differently is assume at the outset

2049

01:20:06,950 --> 01:20:04,960

that if he could have fixed it

2050

01:20:08,950 --> 01:20:06,960

consciously he would have and of course

2051
01:20:10,950 --> 01:20:08,960
we have evidence of that so this isn't

2052
01:20:11,830 --> 01:20:10,960
going to be a conscious cure

2053
01:20:14,310 --> 01:20:11,840
right

2054
01:20:16,550 --> 01:20:14,320
so i often in in the office setting i'll

2055
01:20:18,709 --> 01:20:16,560
use trance i'm not in a er with a white

2056
01:20:20,709 --> 01:20:18,719
coat and stethoscope i'll induce a

2057
01:20:24,149 --> 01:20:20,719
chance to augment

2058
01:20:26,790 --> 01:20:24,159
my authority and then i'll often tell

2059
01:20:27,910 --> 01:20:26,800
stories that's kind of kind of devolved

2060
01:20:30,149 --> 01:20:27,920
into

2061
01:20:33,270 --> 01:20:30,159
an ericssonian type guy

2062
01:20:34,390 --> 01:20:33,280
and so i'll tell a story about

2063
01:20:36,790 --> 01:20:34,400

um

2064

01:20:39,510 --> 01:20:36,800

you know a kid who's on a raft

2065

01:20:41,510 --> 01:20:39,520

and the raft is on a slow-moving river

2066

01:20:42,630 --> 01:20:41,520

and the current takes him along and he's

2067

01:20:44,870 --> 01:20:42,640

happy

2068

01:20:46,550 --> 01:20:44,880

and i'm cutting this way short when he

2069

01:20:48,709 --> 01:20:46,560

wants to swim he

2070

01:20:50,550 --> 01:20:48,719

he jumps off the raft swims around it's

2071

01:20:52,870 --> 01:20:50,560

not moving so fast he can't catch up

2072

01:20:55,910 --> 01:20:52,880

with it but just for safety's sake he's

2073

01:20:58,310 --> 01:20:55,920

got a cord wrapped around his waist

2074

01:21:00,630 --> 01:20:58,320

later as time goes on years past he

2075

01:21:02,709 --> 01:21:00,640

finds himself in a deep ravine the river

2076

01:21:04,630 --> 01:21:02,719

is narrow the current is pulling him

2077

01:21:06,149 --> 01:21:04,640

there's a roar and a rush and there's

2078

01:21:08,709 --> 01:21:06,159

danger ahead

2079

01:21:09,830 --> 01:21:08,719

and he realizes that time on the raft is

2080

01:21:11,590 --> 01:21:09,840

over

2081

01:21:13,990 --> 01:21:11,600

and he's got to jump and he jumps and

2082

01:21:17,189 --> 01:21:14,000

swims and he's making for a beach when

2083

01:21:20,790 --> 01:21:17,199

suddenly there's tuck and he realizes

2084

01:21:23,669 --> 01:21:20,800

i'm in trouble i have not cut this cord

2085

01:21:26,550 --> 01:21:23,679

and he reaches in his pocket and finds

2086

01:21:31,270 --> 01:21:26,560

the implement he needs and cuts not one

2087

01:21:33,750 --> 01:21:31,280

not two but all three fibers of the cord

2088

01:21:34,630 --> 01:21:33,760

and the wrath goes taken taken where it

2089

01:21:36,950 --> 01:21:34,640

goes

2090

01:21:39,350 --> 01:21:36,960

and he swims and finally makes the beach

2091

01:21:41,030 --> 01:21:39,360

but that's not the end of it

2092

01:21:42,950 --> 01:21:41,040

he's got to climb the cliff he's got to

2093

01:21:45,669 --> 01:21:42,960

make some choices he's out there on this

2094

01:21:47,590 --> 01:21:45,679

vast plane of options and opportunities

2095

01:21:49,510 --> 01:21:47,600

where there's no current

2096

01:21:51,430 --> 01:21:49,520

where each choice is a simple

2097

01:21:54,390 --> 01:21:51,440

independent choice for health and

2098

01:21:56,550 --> 01:21:54,400

happiness so a metaphor like that is

2099

01:21:58,870 --> 01:21:56,560

introduced and i expect that to work

2100

01:22:00,229 --> 01:21:58,880

gradually over two or three weeks and

2101

01:22:02,709 --> 01:22:00,239

see changes

2102

01:22:05,590 --> 01:22:02,719

and i'll give other suggestions as well

2103

01:22:07,750 --> 01:22:05,600

for you know uh what a healthy choice

2104

01:22:09,830 --> 01:22:07,760

might be and what an unhealthy choice

2105

01:22:11,750 --> 01:22:09,840

might be and so forth but at the end of

2106

01:22:14,470 --> 01:22:11,760

the day three or four five sessions

2107

01:22:17,189 --> 01:22:14,480

later there's a very different person

2108

01:22:18,870 --> 01:22:17,199

and here's the sad thing to note

2109

01:22:21,590 --> 01:22:18,880

so many of us

2110

01:22:22,790 --> 01:22:21,600

have failed to disidentify in our in our

2111

01:22:25,189 --> 01:22:22,800

late years

2112

01:22:29,830 --> 01:22:25,199

and that current is still pulling us

2113

01:22:32,229 --> 01:22:29,840

over a cascade that leads to sadness and

2114

01:22:36,310 --> 01:22:32,239

unhappiness and when that cord gets cut

2115

01:22:38,950 --> 01:22:36,320

and healthy choices are are made

2116

01:22:41,030 --> 01:22:38,960

everything changes the body changes the

2117

01:22:43,669 --> 01:22:41,040

mind changes and you become who you're

2118

01:22:45,910 --> 01:22:43,679

meant to be your your best you

2119

01:22:46,790 --> 01:22:45,920

it's an awesome story

2120

01:22:48,950 --> 01:22:46,800

the

2121

01:22:51,510 --> 01:22:48,960

tough part for me

2122

01:22:53,590 --> 01:22:51,520

is the implication for

2123

01:22:55,430 --> 01:22:53,600

those who would choose to use the

2124

01:22:57,669 --> 01:22:55,440

science this art

2125

01:23:01,750 --> 01:22:57,679

this whatever we're going to call it

2126
01:23:03,430 --> 01:23:01,760
for nefarious purposes and just like the

2127
01:23:05,189 --> 01:23:03,440
treatments or interventions that you're

2128
01:23:07,189 --> 01:23:05,199
doing are multifaceted and i loved

2129
01:23:08,790 --> 01:23:07,199
before you know there's so many

2130
01:23:10,149 --> 01:23:08,800
subtleties to what you're saying here

2131
01:23:11,350 --> 01:23:10,159
and there's so many lessons to pull out

2132
01:23:13,430 --> 01:23:11,360
of this and people really have to pick

2133
01:23:15,590 --> 01:23:13,440
up the book and go to the website and

2134
01:23:16,950 --> 01:23:15,600
and study it more to get all this but

2135
01:23:19,750 --> 01:23:16,960
like you're talking about

2136
01:23:21,669 --> 01:23:19,760
your one friend who uses regression

2137
01:23:23,669 --> 01:23:21,679
for handling the same kind of issues and

2138
01:23:25,189 --> 01:23:23,679

you handle them in a very different way

2139

01:23:26,390 --> 01:23:25,199

and they're both successful because

2140

01:23:29,270 --> 01:23:26,400

they're both

2141

01:23:31,030 --> 01:23:29,280

getting at something that we're still

2142

01:23:32,709 --> 01:23:31,040

trying to understand and you're open

2143

01:23:33,910 --> 01:23:32,719

about trying to understand that but in

2144

01:23:35,110 --> 01:23:33,920

trying to understand that we have to

2145

01:23:37,110 --> 01:23:35,120

understand that there are people who are

2146

01:23:39,189 --> 01:23:37,120

using this for

2147

01:23:42,390 --> 01:23:39,199

evil intent you know to be direct there

2148

01:23:45,350 --> 01:23:42,400

is a guy sitting in a cell 30 miles from

2149

01:23:48,229 --> 01:23:45,360

us south his name is sirhan sirhan

2150

01:23:51,030 --> 01:23:48,239

and he was mind controlled manchurian

2151

01:23:52,629 --> 01:23:51,040

candidate and the guy who they say

2152

01:23:53,830 --> 01:23:52,639

killed robert f kennedy didn't kill

2153

01:23:55,750 --> 01:23:53,840

robert f kennedy he had a gun in his

2154

01:23:57,430 --> 01:23:55,760

hand he shot one bullet but

2155

01:23:59,030 --> 01:23:57,440

like i told the story many times they

2156

01:24:00,870 --> 01:23:59,040

found more bullets

2157

01:24:03,110 --> 01:24:00,880

in the kitchen where they shot that

2158

01:24:05,189 --> 01:24:03,120

there was in his gun so it's obviously

2159

01:24:06,229 --> 01:24:05,199

not that it's all this other stuff

2160

01:24:10,310 --> 01:24:06,239

but

2161

01:24:13,910 --> 01:24:10,320

that was the technology circa 1960

2162

01:24:15,430 --> 01:24:13,920

they had a guy whoever that guy was who

2163

01:24:17,510 --> 01:24:15,440

could

2164

01:24:19,830 --> 01:24:17,520

message that consciousness i don't want

2165

01:24:21,910 --> 01:24:19,840

to say because whatever i say

2166

01:24:23,669 --> 01:24:21,920

it has is out of ignorance put them in a

2167

01:24:25,430 --> 01:24:23,679

trance well we don't know if that was it

2168

01:24:27,830 --> 01:24:25,440

program we don't know if that was it

2169

01:24:30,709 --> 01:24:27,840

induce you know whatever but something

2170

01:24:33,030 --> 01:24:30,719

happened that you know

2171

01:24:34,950 --> 01:24:33,040

and if that's the technology if that's

2172

01:24:39,270 --> 01:24:34,960

the state of the art

2173

01:24:41,350 --> 01:24:39,280

now

2174

01:24:44,229 --> 01:24:41,360

well it is let me let me march into that

2175

01:24:46,470 --> 01:24:44,239

from sort of what's going on every day

2176
01:24:48,950 --> 01:24:46,480
inadvertently to what you're talking

2177
01:24:52,709 --> 01:24:48,960
about which is the real malevolence and

2178
01:24:55,350 --> 01:24:52,719
misu use of this technology remember

2179
01:24:57,030 --> 01:24:55,360
what i'm saying is is basically that

2180
01:24:59,750 --> 01:24:57,040
hypnosis is

2181
01:25:02,470 --> 01:24:59,760
ideas driven by these patterns authority

2182
01:25:04,310 --> 01:25:02,480
being chief among them ideas evoking

2183
01:25:06,709 --> 01:25:04,320
responses right

2184
01:25:09,030 --> 01:25:06,719
and um

2185
01:25:13,350 --> 01:25:09,040
doctors and other authorities police

2186
01:25:15,430 --> 01:25:13,360
officers uh teachers they're not taught

2187
01:25:16,950 --> 01:25:15,440
the power of their authority and the

2188
01:25:19,750 --> 01:25:16,960

influence they have and so

2189

01:25:22,709 --> 01:25:19,760

they inevitably misspeak and the harm we

2190

01:25:24,830 --> 01:25:22,719

see and denote as placebo effects is

2191

01:25:29,110 --> 01:25:24,840

going on all the time every day

2192

01:25:30,950 --> 01:25:29,120

inadvertently so you know my

2193

01:25:33,270 --> 01:25:30,960

mission is to do

2194

01:25:35,270 --> 01:25:33,280

as much as possible to rectify that

2195

01:25:37,990 --> 01:25:35,280

particular situation

2196

01:25:40,070 --> 01:25:38,000

but listen so that's the precondition

2197

01:25:42,709 --> 01:25:40,080

the condition is the authority must be

2198

01:25:43,750 --> 01:25:42,719

the one is recognized by the helpless

2199

01:25:45,430 --> 01:25:43,760

subject

2200

01:25:49,189 --> 01:25:45,440

must be the one who's

2201
01:25:51,510 --> 01:25:49,199
least uncertain they cannot show doubt

2202
01:25:53,990 --> 01:25:51,520
and bear that in mind because we just

2203
01:25:55,350 --> 01:25:54,000
had an extraordinary

2204
01:25:58,950 --> 01:25:55,360
uh

2205
01:25:59,910 --> 01:25:58,960
exhibition of this thing gone completely

2206
01:26:01,590 --> 01:25:59,920
wrong

2207
01:26:04,390 --> 01:26:01,600
you can you can

2208
01:26:05,590 --> 01:26:04,400
look to any demagogue anywhere in the

2209
01:26:07,669 --> 01:26:05,600
world

2210
01:26:09,189 --> 01:26:07,679
for example i'm just going to take this

2211
01:26:10,550 --> 01:26:09,199
briefly because i'd rather move to the

2212
01:26:13,110 --> 01:26:10,560
health sphere

2213
01:26:15,990 --> 01:26:13,120

and what you'll see is the first thing

2214

01:26:18,070 --> 01:26:16,000

they do instinctively is they create

2215

01:26:20,870 --> 01:26:18,080

conditions of helplessness and

2216

01:26:22,950 --> 01:26:20,880

dependency on the part of the populace

2217

01:26:23,910 --> 01:26:22,960

it's american carnage

2218

01:26:29,350 --> 01:26:23,920

it's

2219

01:26:31,030 --> 01:26:29,360

it doesn't matter what it is you have to

2220

01:26:33,750 --> 01:26:31,040

create this sense of helplessness and

2221

01:26:37,030 --> 01:26:33,760

dependency and then you rise to the

2222

01:26:39,110 --> 01:26:37,040

authority by never advancing an ounce in

2223

01:26:41,910 --> 01:26:39,120

iota of doubt

2224

01:26:43,669 --> 01:26:41,920

you're the one least uncertain and so

2225

01:26:47,669 --> 01:26:43,679

you become the authority and what

2226

01:26:50,790 --> 01:26:47,679

happens is the ideas of the authority

2227

01:26:52,550 --> 01:26:50,800

autonomously enter the psyche of the

2228

01:26:55,590 --> 01:26:52,560

subject

2229

01:26:58,149 --> 01:26:55,600

without the influence of will or reason

2230

01:27:00,709 --> 01:26:58,159

this is what happens and you so i have

2231

01:27:03,270 --> 01:27:00,719

my wife watching tv saying

2232

01:27:05,750 --> 01:27:03,280

how can they believe that don't they see

2233

01:27:08,550 --> 01:27:05,760

all the evidence and i keep saying this

2234

01:27:11,350 --> 01:27:08,560

has nothing to do with will or reason

2235

01:27:12,470 --> 01:27:11,360

this went in below and it sustains you

2236

01:27:15,830 --> 01:27:12,480

know

2237

01:27:19,350 --> 01:27:15,840

so think of the medical application

2238

01:27:21,030 --> 01:27:19,360

we all witness this suddenly there's a

2239

01:27:23,669 --> 01:27:21,040

scourge

2240

01:27:26,629 --> 01:27:23,679

and it can take you down no matter how

2241

01:27:29,590 --> 01:27:26,639

healthy you are this is the original and

2242

01:27:31,590 --> 01:27:29,600

and we have no cure for it and we've got

2243

01:27:33,669 --> 01:27:31,600

to lock down the economy and isolate

2244

01:27:36,950 --> 01:27:33,679

ourselves and houses and people are

2245

01:27:39,669 --> 01:27:36,960

dying in droves what that does true or

2246

01:27:41,350 --> 01:27:39,679

false what that does is that creates the

2247

01:27:44,070 --> 01:27:41,360

precondition

2248

01:27:46,149 --> 01:27:44,080

for an authority the one least

2249

01:27:49,110 --> 01:27:46,159

uncertain least down

2250

01:27:52,709 --> 01:27:49,120

to emerge and who emerges but somebody

2251

01:27:56,470 --> 01:27:54,390

i am science

2252

01:28:00,310 --> 01:27:56,480

i speak for science

2253

01:28:02,470 --> 01:28:00,320

what i say is a scientific fact and

2254

01:28:04,709 --> 01:28:02,480

whether you agree with him or not what

2255

01:28:07,110 --> 01:28:04,719

i'm saying is

2256

01:28:08,550 --> 01:28:07,120

that condition

2257

01:28:11,430 --> 01:28:08,560

is just

2258

01:28:12,790 --> 01:28:11,440

taking my office micro

2259

01:28:15,270 --> 01:28:12,800

microcosm

2260

01:28:17,750 --> 01:28:15,280

and turning it into a macrocosmic

2261

01:28:21,189 --> 01:28:17,760

example of the authority pattern of

2262

01:28:23,189 --> 01:28:21,199

ideas evoking responses and this is the

2263

01:28:25,750 --> 01:28:23,199

malevolent application of this

2264

01:28:27,510 --> 01:28:25,760

technology yeah awesome

2265

01:28:29,910 --> 01:28:27,520

you know steve a final point and i

2266

01:28:32,709 --> 01:28:29,920

thought this was just amazing and you

2267

01:28:34,709 --> 01:28:32,719

could you could dedicate your

2268

01:28:36,790 --> 01:28:34,719

life's work to this as well and it'd be

2269

01:28:38,870 --> 01:28:36,800

very very fruitful it's in the appendix

2270

01:28:40,950 --> 01:28:38,880

of the book but you talk about

2271

01:28:43,189 --> 01:28:40,960

kind of i don't want to say reimagine

2272

01:28:44,870 --> 01:28:43,199

isn't the right word but you talk about

2273

01:28:47,030 --> 01:28:44,880

rethinking

2274

01:28:48,870 --> 01:28:47,040

scientific experiments

2275

01:28:50,550 --> 01:28:48,880

and what we think about in terms of the

2276

01:28:52,709 --> 01:28:50,560

controls and the protocols that we're

2277

01:28:55,189 --> 01:28:52,719

using and how we might be

2278

01:28:58,149 --> 01:28:55,199

just invalidating our results from the

2279

01:29:00,470 --> 01:28:58,159

outset again when we get down to the

2280

01:29:02,790 --> 01:29:00,480

language that we communicate and the

2281

01:29:04,310 --> 01:29:02,800

language that we internalize and i

2282

01:29:05,910 --> 01:29:04,320

thought that was just

2283

01:29:08,550 --> 01:29:05,920

stunning in terms of when you really

2284

01:29:10,870 --> 01:29:08,560

think about the implications of that for

2285

01:29:12,709 --> 01:29:10,880

honest quote-unquote honest scientists

2286

01:29:14,470 --> 01:29:12,719

who are trying to make discoveries do

2287

01:29:16,870 --> 01:29:14,480

you want to speak to explain to people

2288

01:29:19,910 --> 01:29:16,880

what i'm talking about and speak to that

2289

01:29:21,430 --> 01:29:19,920

well so uh first i i want to thank you

2290

01:29:24,790 --> 01:29:21,440

for reading the appendix i don't know

2291

01:29:26,950 --> 01:29:24,800

how many people do i'm very uh impressed

2292

01:29:29,910 --> 01:29:26,960

and uh it means a lot and i hope the

2293

01:29:31,189 --> 01:29:29,920

listeners out there uh spend some time

2294

01:29:33,669 --> 01:29:31,199

on that because

2295

01:29:36,550 --> 01:29:33,679

i do put a lot of thought into

2296

01:29:38,550 --> 01:29:36,560

what experiments uh can be done in the

2297

01:29:41,110 --> 01:29:38,560

future to solidify

2298

01:29:44,390 --> 01:29:41,120

the evidentiary base of what i'm talking

2299

01:29:47,910 --> 01:29:44,400

about and also what kind of training

2300

01:29:50,629 --> 01:29:47,920

we can introduce into uh

2301
01:29:52,149 --> 01:29:50,639
caregiver training so that people learn

2302
01:29:53,110 --> 01:29:52,159
the power of their words and how to use

2303
01:29:54,229 --> 01:29:53,120
them

2304
01:29:57,350 --> 01:29:54,239
properly

2305
01:29:58,550 --> 01:29:57,360
well what i'd say to that

2306
01:30:00,629 --> 01:29:58,560
is that

2307
01:30:04,070 --> 01:30:00,639
we we need to understand that the

2308
01:30:07,750 --> 01:30:04,080
generic placebo suggestion is present

2309
01:30:09,510 --> 01:30:07,760
and operative in everything we do

2310
01:30:10,950 --> 01:30:09,520
and so if we

2311
01:30:12,229 --> 01:30:10,960
if we do

2312
01:30:14,950 --> 01:30:12,239
a study

2313
01:30:16,390 --> 01:30:14,960

and there are words delivered to

2314

01:30:19,669 --> 01:30:16,400

patients

2315

01:30:21,270 --> 01:30:19,679

and you get certain outcomes

2316

01:30:24,310 --> 01:30:21,280

i as a reader

2317

01:30:26,870 --> 01:30:24,320

and you as a reader have every right to

2318

01:30:28,709 --> 01:30:26,880

ask well before i make any judgments

2319

01:30:30,629 --> 01:30:28,719

about what happened here

2320

01:30:33,110 --> 01:30:30,639

please tell me exactly what you told

2321

01:30:36,070 --> 01:30:33,120

these patients because you have a

2322

01:30:37,030 --> 01:30:36,080

hypnotic influence on the outcome

2323

01:30:37,830 --> 01:30:37,040

right

2324

01:30:39,910 --> 01:30:37,840

and

2325

01:30:42,390 --> 01:30:39,920

they'll say oh well it's double blinded

2326

01:30:45,189 --> 01:30:42,400

well that doesn't matter what matters is

2327

01:30:48,229 --> 01:30:45,199

remember in the expression if x then why

2328

01:30:50,870 --> 01:30:48,239

the why what did you promise what was

2329

01:30:52,229 --> 01:30:50,880

the prescribed outcome because you're

2330

01:30:54,709 --> 01:30:52,239

the authority that's what's going to

2331

01:30:56,629 --> 01:30:54,719

happen whether it's blinded or not

2332

01:30:58,470 --> 01:30:56,639

yeah that's stunning and i think the

2333

01:31:01,270 --> 01:30:58,480

implications go even further and i know

2334

01:31:03,510 --> 01:31:01,280

you do too it's not just in experiments

2335

01:31:05,990 --> 01:31:03,520

where we're communicating to patients

2336

01:31:09,110 --> 01:31:06,000

and let me see exactly it's our internal

2337

01:31:11,189 --> 01:31:09,120

communication it's our you know deciding

2338

01:31:13,830 --> 01:31:11,199

on the protocols and how we set up and

2339

01:31:16,629 --> 01:31:13,840

the questions we ask drive the answers

2340

01:31:19,510 --> 01:31:16,639

we get and all that is

2341

01:31:22,790 --> 01:31:19,520

needs to take into account

2342

01:31:24,790 --> 01:31:22,800

healing beyond pills and potions core

2343

01:31:26,709 --> 01:31:24,800

principles for helpers and healers as

2344

01:31:29,590 --> 01:31:26,719

we've talked about with today's amazing

2345

01:31:31,430 --> 01:31:29,600

guest dr steve biermann you will get a

2346

01:31:33,990 --> 01:31:31,440

book that is

2347

01:31:35,669 --> 01:31:34,000

very very much written for healers and

2348

01:31:37,510 --> 01:31:35,679

helpers for health care professionals

2349

01:31:39,910 --> 01:31:37,520

and they definitely need to read this

2350

01:31:42,790 --> 01:31:39,920

but so many of

2351

01:31:44,790 --> 01:31:42,800

you me kind of people will really get a

2352

01:31:46,550 --> 01:31:44,800

lot out of this a lot of just amazing

2353

01:31:48,189 --> 01:31:46,560

stories and then you can check out the

2354

01:31:49,750 --> 01:31:48,199

website too

2355

01:31:52,070 --> 01:31:49,760

healingbeyondpills.com

2356

01:31:54,629 --> 01:31:52,080

and a lot of great stuff there

2357

01:31:58,229 --> 01:31:54,639

steve how is this how is this going for

2358

01:31:59,590 --> 01:31:58,239

you and what other stuff are you up to

2359

01:32:01,990 --> 01:31:59,600

well so

2360

01:32:04,550 --> 01:32:02,000

thanks so much for asking alex the book

2361

01:32:06,550 --> 01:32:04,560

actually is is doing uh quite well i've

2362

01:32:10,070 --> 01:32:06,560

won i think three

2363

01:32:12,229 --> 01:32:10,080

uh literary awards and uh it's getting

2364

01:32:13,350 --> 01:32:12,239

in the right hands i'm happy to say that

2365

01:32:15,669 --> 01:32:13,360

many of the

2366

01:32:17,430 --> 01:32:15,679

key opinion leaders in the family

2367

01:32:20,550 --> 01:32:17,440

practice movement family medicine

2368

01:32:23,350 --> 01:32:20,560

movement in the united states uh are

2369

01:32:26,950 --> 01:32:23,360

reading it responding to it i'm

2370

01:32:31,270 --> 01:32:26,960

speaking at a plenary session of 1200

2371

01:32:33,590 --> 01:32:31,280

family doctors later in uh september

2372

01:32:35,830 --> 01:32:33,600

and so uh

2373

01:32:37,830 --> 01:32:35,840

programs are beginning to incorporate

2374

01:32:39,669 --> 01:32:37,840

still in the early stage but

2375

01:32:42,390 --> 01:32:39,679

it's it's having an impact and i hope

2376

01:32:43,830 --> 01:32:42,400

it'll have a much deeper uh impact as

2377

01:32:46,629 --> 01:32:43,840

days go on

2378

01:32:49,430 --> 01:32:46,639

i'm teaching around the world i teach uh

2379

01:32:51,189 --> 01:32:49,440

multiple courses uh here in san diego

2380

01:32:53,110 --> 01:32:51,199

and elsewhere in the us

2381

01:32:54,070 --> 01:32:53,120

uh and then i teach in europe and maine

2382

01:32:55,910 --> 01:32:54,080

and

2383

01:32:59,590 --> 01:32:55,920

uh june

2384

01:33:01,910 --> 01:32:59,600

and plan on continuing that for uh

2385

01:33:03,669 --> 01:33:01,920

well into well into the future

2386

01:33:05,590 --> 01:33:03,679

i'm also working on

2387

01:33:07,669 --> 01:33:05,600

uh we didn't get to it but

2388

01:33:09,830 --> 01:33:07,679

the next book which is the next obvious

2389

01:33:10,709 --> 01:33:09,840

book it's entitled cures

2390

01:33:14,070 --> 01:33:10,719

and

2391

01:33:16,229 --> 01:33:14,080

it talks about how the ideas of patients

2392

01:33:18,629 --> 01:33:16,239

which you can excavate with a single

2393

01:33:21,189 --> 01:33:18,639

question how the ideas of patients

2394

01:33:23,910 --> 01:33:21,199

contribute to their illness and once you

2395

01:33:25,350 --> 01:33:23,920

know what those contributory ideas are

2396

01:33:28,070 --> 01:33:25,360

they tend to fall out in certain

2397

01:33:29,030 --> 01:33:28,080

categories how to treat those categories

2398

01:33:31,030 --> 01:33:29,040

so

2399

01:33:33,030 --> 01:33:31,040

i'm very excited about that i'm probably

2400

01:33:35,189 --> 01:33:33,040

two years away from uh

2401

01:33:38,229 --> 01:33:35,199

finishing but what i hope to do is

2402

01:33:40,550 --> 01:33:38,239

create modules where one by one

2403

01:33:43,110 --> 01:33:40,560

caregivers of all stripes can learn how

2404

01:33:46,070 --> 01:33:43,120

to ask that single question

2405

01:33:48,550 --> 01:33:46,080

mine for causes and then

2406

01:33:51,750 --> 01:33:48,560

treat with curative intent so that

2407

01:33:53,990 --> 01:33:51,760

people don't have you know what i call

2408

01:33:56,709 --> 01:33:54,000

blonde beginnings and endless endings

2409

01:33:59,110 --> 01:33:56,719

instead they have a single solitary cure

2410

01:34:01,910 --> 01:33:59,120

and get on with their life

2411

01:34:03,270 --> 01:34:01,920

awesome fantastic stuff again thanks so

2412

01:34:04,950 --> 01:34:03,280

much for coming

2413

01:34:06,870 --> 01:34:04,960

oh thank you i really enjoyed it you're

2414

01:34:09,270 --> 01:34:06,880

great thanks again to steve biermann for

2415

01:34:11,270 --> 01:34:09,280

joining me today on skeptico the one

2416

01:34:12,709 --> 01:34:11,280

question i'd have to tee up from this

2417

01:34:15,270 --> 01:34:12,719

interview and it's

2418

01:34:18,149 --> 01:34:15,280

really the only question it's the level

2419

01:34:21,110 --> 01:34:18,159

one entry point question is do you

2420

01:34:23,030 --> 01:34:21,120

believe him do you believe he did what

2421

01:34:24,390 --> 01:34:23,040

he said he did

2422

01:34:27,270 --> 01:34:24,400

in the er

2423

01:34:30,070 --> 01:34:27,280

because if you do like i do

2424

01:34:31,910 --> 01:34:30,080

then we got something to talk about

2425

01:34:34,629 --> 01:34:31,920

let me know your thoughts on that always

2426

01:34:37,189 --> 01:34:34,639

love to hear from you even if it gets a

2427

01:34:38,950 --> 01:34:37,199

little bit contentious

2428

01:34:41,430 --> 01:34:38,960

we always learn something from each

2429

01:34:43,750 --> 01:34:41,440

other so let me know what you think

2430

01:34:46,080 --> 01:34:43,760

until next time take care