

**SK≡PTIKO**  
science & spirituality

***NEUROSCIENCE  
AND THE SPIRITUAL***

**575 MONA SOBHANI**



1  
00:00:08,870 --> 00:00:04,730  
on this episode of skeptico

2  
00:00:10,250 --> 00:00:08,880  
show about changing someone's mind what

3  
00:00:13,450 --> 00:00:10,260  
are you doing changing someone's mind

4  
00:00:20,390 --> 00:00:13,460  
can you buy me 20 seconds

5  
00:00:26,750 --> 00:00:23,990  
and how it almost never works

6  
00:00:29,390 --> 00:00:26,760  
much like me before I had this crisis

7  
00:00:30,950 --> 00:00:29,400  
you could not engage me in a

8  
00:00:32,389 --> 00:00:30,960  
conversation on this stuff and you can't

9  
00:00:34,010 --> 00:00:32,399  
force people to be interested in things

10  
00:00:36,350 --> 00:00:34,020  
they're not interested in I find myself

11  
00:00:38,389 --> 00:00:36,360  
frustrated sometimes that I get

12  
00:00:40,729 --> 00:00:38,399  
confronted with these extremely limited

13  
00:00:43,790 --> 00:00:40,739

frankly lazy explanations about

14

00:00:46,130 --> 00:00:43,800

materialism from other scientists and

15

00:00:48,229 --> 00:00:46,140

you know I just try to think back to

16

00:00:49,670 --> 00:00:48,239

myself and you know I could present them

17

00:00:51,110 --> 00:00:49,680

a huge reading list but are they really

18

00:00:54,549 --> 00:00:51,120

going to go read it

19

00:00:57,170 --> 00:00:54,559

that first clip was from arrival 2016

20

00:01:01,430 --> 00:00:57,180

and the second one was from today's

21

00:01:03,470 --> 00:01:01,440

guest Dr Mona sabani who I think you're

22

00:01:06,230 --> 00:01:03,480

really gonna like as much as I do

23

00:01:09,350 --> 00:01:06,240

because she presents such an honest and

24

00:01:12,649 --> 00:01:09,360

open account of just how hard it is to

25

00:01:14,090 --> 00:01:12,659

change our own mind let alone change

26

00:01:16,550 --> 00:01:14,100

someone else's

27

00:01:19,190 --> 00:01:16,560

stick around it's a good one I think

28

00:01:21,230 --> 00:01:19,200

like it

29

00:01:23,270 --> 00:01:21,240

welcome to skeptica where we explore

30

00:01:26,090 --> 00:01:23,280

controversial science and spirituality

31

00:01:28,490 --> 00:01:26,100

with leading researchers thinkers and

32

00:01:31,490 --> 00:01:28,500

their critics I'm your host Alexa Caris

33

00:01:35,810 --> 00:01:31,500

and today we welcome Dr Mona sabani to

34

00:01:36,710 --> 00:01:35,820

skeptico to talk about her excellent new

35

00:01:38,929 --> 00:01:36,720

book

36

00:01:41,149 --> 00:01:38,939

proof of spiritual phenomena a

37

00:01:45,289 --> 00:01:41,159

neuroscientist discovery of the

38

00:01:46,429 --> 00:01:45,299

ineffable Mysteries of the universe by

39

00:01:50,569 --> 00:01:46,439

the way

40

00:01:53,389 --> 00:01:50,579

Dr Mona does the audible version of this

41

00:01:56,090 --> 00:01:53,399

too which I listen to and I always love

42

00:01:58,249 --> 00:01:56,100

that when the author does the narration

43

00:02:01,130 --> 00:01:58,259

because you just can't help but get

44

00:02:03,410 --> 00:02:01,140

different points of emphasis so kudos to

45

00:02:07,249 --> 00:02:03,420

you for doing that and it was a great

46

00:02:10,190 --> 00:02:07,259

listen really really enjoyed the book

47

00:02:12,350 --> 00:02:10,200

let me tell you a little bit about Dr

48

00:02:15,410 --> 00:02:12,360

sabani first of all

49

00:02:18,229 --> 00:02:15,420

super smart super duper smart pre-med

50

00:02:20,530 --> 00:02:18,239

UCSD right down the road from me PhD

51

00:02:23,750 --> 00:02:20,540

Neuroscience USC

52

00:02:25,910 --> 00:02:23,760

MacArthur Foundation post doc Fellowship

53

00:02:28,190 --> 00:02:25,920

kiss you don't know they don't just hand

54

00:02:31,130 --> 00:02:28,200

those out every day she got that

55

00:02:32,930 --> 00:02:31,140

Vanderbilt University following up on

56

00:02:34,309 --> 00:02:32,940

her research from what I understand her

57

00:02:36,050 --> 00:02:34,319

dissertation we won't really be talking

58

00:02:37,309 --> 00:02:36,060

a lot about it but I throw it out there

59

00:02:39,949 --> 00:02:37,319

because it might be interesting to some

60

00:02:43,190 --> 00:02:39,959

people looking at like neuro correlates

61

00:02:45,650 --> 00:02:43,200

and serial killers and law and what that

62

00:02:47,470 --> 00:02:45,660

might mean in nature versus nurture and

63

00:02:49,970 --> 00:02:47,480

all that good stuff

64

00:02:52,190 --> 00:02:49,980

neuroscientist you know who was already

65

00:02:55,250 --> 00:02:52,200

at that point doing this kind of

66

00:02:59,089 --> 00:02:55,260

crossover integrated stuff so

67

00:03:00,650 --> 00:02:59,099

the question that should be in your mind

68

00:03:05,990 --> 00:03:00,660

if you listen to skeptical if you know

69

00:03:10,670 --> 00:03:08,630

with this with this book that she's down

70

00:03:13,430 --> 00:03:10,680

this track she's going in the direction

71

00:03:16,729 --> 00:03:13,440

everyone wants her to go and then she

72

00:03:20,270 --> 00:03:16,739

writes this book with uh let me read to

73

00:03:23,690 --> 00:03:20,280

you the description of the book this is

74

00:03:25,850 --> 00:03:23,700

from her very excellent website and here

75

00:03:27,890 --> 00:03:25,860

is the description on the book with this

76

00:03:30,110 --> 00:03:27,900

book I tell the story of my

77

00:03:33,050 --> 00:03:30,120

transformation from a die-hard

78

00:03:36,190 --> 00:03:33,060

scientific materialist to an open-minded

79

00:03:40,190 --> 00:03:36,200

spiritual seeker and the excruciating

80

00:03:42,350 --> 00:03:40,200

identity crisis that ensued it's a book

81

00:03:45,110 --> 00:03:42,360

about my search for both scientific and

82

00:03:47,390 --> 00:03:45,120

personal proof in quotes that there is

83

00:03:49,550 --> 00:03:47,400

more to the cosmos an unseen Dimension

84

00:03:51,830 --> 00:03:49,560

to life that the mysteries of Human

85

00:03:53,449 --> 00:03:51,840

Experience go far beyond what the

86

00:03:55,550 --> 00:03:53,459

present scientific Paradigm can

87

00:03:58,570 --> 00:03:55,560

comprehend it leaves open the

88

00:04:01,550 --> 00:03:58,580

possibility of a participatory

89

00:04:05,210 --> 00:04:01,560

meaningful universe

90

00:04:07,670 --> 00:04:05,220

awesome awesome stuff thank you so much

91

00:04:09,589 --> 00:04:07,680

for joining me Dr sabani it's great to

92

00:04:12,530 --> 00:04:09,599

have you here thank you so much for

93

00:04:17,150 --> 00:04:12,540

having me I'm really excited to be here

94

00:04:19,849 --> 00:04:17,160

so tell us more about you know and

95

00:04:22,210 --> 00:04:19,859

there's so many places we could start

96

00:04:25,550 --> 00:04:22,220

you know you kind of hint at some things

97

00:04:28,430 --> 00:04:25,560

like this existential crisis kind of

98

00:04:30,830 --> 00:04:28,440

thing which the book documents in a way

99

00:04:32,870 --> 00:04:30,840

in terms of just what it's like to be

100

00:04:34,189 --> 00:04:32,880

hardcore materialist scientists doing

101  
00:04:35,810 --> 00:04:34,199  
everything you're supposed to do and

102  
00:04:38,270 --> 00:04:35,820  
then doing that

103  
00:04:40,909 --> 00:04:38,280  
tell people maybe just in a nutshell of

104  
00:04:43,129 --> 00:04:40,919  
that whole experience

105  
00:04:45,650 --> 00:04:43,139  
these things happen to us I guess but uh

106  
00:04:49,070 --> 00:04:45,660  
yeah I was I was I did all the things I

107  
00:04:51,830 --> 00:04:49,080  
was supposed to do and had a job that I

108  
00:04:53,810 --> 00:04:51,840  
that I liked and I thought it was pretty

109  
00:04:56,090 --> 00:04:53,820  
good I mean sort of scientists doing

110  
00:04:58,610 --> 00:04:56,100  
interesting research but for whatever

111  
00:05:00,710 --> 00:04:58,620  
reason I wasn't very happy and like I

112  
00:05:02,030 --> 00:05:00,720  
started because after your PhD when

113  
00:05:03,710 --> 00:05:02,040

you're working on your PhD you're very

114

00:05:05,629 --> 00:05:03,720

focused you know you're you're tired

115

00:05:07,070 --> 00:05:05,639

you're so busy you don't have a lot of

116

00:05:09,230 --> 00:05:07,080

time to think about the meaning of life

117

00:05:10,730 --> 00:05:09,240

and you you're Purpose Driven and then

118

00:05:13,010 --> 00:05:10,740

once that's over

119

00:05:17,270 --> 00:05:13,020

I think it like after doing a lot of

120

00:05:18,530 --> 00:05:17,280

reflection I think that uh the dip in

121

00:05:21,830 --> 00:05:18,540

meaning

122

00:05:24,529 --> 00:05:21,840

started happening after that and so I

123

00:05:27,529 --> 00:05:24,539

you know I tried to just focus on

124

00:05:30,409 --> 00:05:27,539

the work and what I was doing but after

125

00:05:32,090 --> 00:05:30,419

a while I would I would wake up and kind

126  
00:05:33,590 --> 00:05:32,100  
of just keep kept thinking found myself

127  
00:05:36,529 --> 00:05:33,600  
thinking what is the point of all of

128  
00:05:39,290 --> 00:05:36,539  
this like what like is this it like we

129  
00:05:41,029 --> 00:05:39,300  
just and even though I liked my work I

130  
00:05:42,590 --> 00:05:41,039  
still found myself thinking that and

131  
00:05:44,450 --> 00:05:42,600  
that was Troublesome to me because I

132  
00:05:46,610 --> 00:05:44,460  
thought for a long time you know you

133  
00:05:49,430 --> 00:05:46,620  
find the thing you're supposed to do

134  
00:05:52,610 --> 00:05:49,440  
you're gonna enjoy it you find a good

135  
00:05:54,469 --> 00:05:52,620  
job and it's all going to be great and

136  
00:05:57,170 --> 00:05:54,479  
then it kind of wasn't

137  
00:05:58,790 --> 00:05:57,180  
and um but the funny thing is I wasn't

138  
00:06:01,670 --> 00:05:58,800

super aware of that I was sort of aware

139

00:06:04,550 --> 00:06:01,680

but I was in denial so it's weird

140

00:06:06,230 --> 00:06:04,560

um but then what happened was I the way

141

00:06:08,210 --> 00:06:06,240

that all of this other stuff came into

142

00:06:12,050 --> 00:06:08,220

my life and it all kind of converged you

143

00:06:14,570 --> 00:06:12,060

know in at one point in time was that so

144

00:06:17,510 --> 00:06:14,580

I'm Persian my cultural heritage is

145

00:06:19,730 --> 00:06:17,520

Persian my parents are from Iran and we

146

00:06:22,249 --> 00:06:19,740

have in our culture a practice of

147

00:06:23,330 --> 00:06:22,259

divination and we use coffee grounds I

148

00:06:26,210 --> 00:06:23,340

mean you can use anything you can use

149

00:06:28,550 --> 00:06:26,220

tarot but my grandmother used to use

150

00:06:29,990 --> 00:06:28,560

when she was alive would use coffee

151

00:06:32,029 --> 00:06:30,000

grounds and it's like this thicker kind

152

00:06:34,249 --> 00:06:32,039

of coffee it's often called Armenian

153

00:06:35,450 --> 00:06:34,259

Turkish or Greek coffee you drink it you

154

00:06:37,309 --> 00:06:35,460

leave the grounds in the cup flip it

155

00:06:39,050 --> 00:06:37,319

over it dries and there's pictures

156

00:06:41,629 --> 00:06:39,060

emerge and if you're lucky to have a

157

00:06:43,969 --> 00:06:41,639

reader they can look at it Intuit things

158

00:06:46,510 --> 00:06:43,979

and so my grandmother was apparently

159

00:06:49,850 --> 00:06:46,520

legendary I never got a reading because

160

00:06:53,090 --> 00:06:49,860

she passed away before I was a coffee

161

00:06:56,210 --> 00:06:53,100

drinking age with her and my my but my

162

00:06:57,529 --> 00:06:56,220

mother learned the skills and in my this

163

00:06:59,870 --> 00:06:57,539

was always going on in the background of

164

00:07:01,990 --> 00:06:59,880

our you know family parties and um just

165

00:07:04,189 --> 00:07:02,000

all the time in our house and I never

166

00:07:06,110 --> 00:07:04,199

registered it just it's just there you

167

00:07:07,610 --> 00:07:06,120

know never really thought about it until

168

00:07:08,809 --> 00:07:07,620

grad school and I started going home on

169

00:07:10,610 --> 00:07:08,819

the weekends to spend time with my

170

00:07:12,350 --> 00:07:10,620

parents my mom would make coffee for me

171

00:07:13,570 --> 00:07:12,360

and we'd have it together and then she

172

00:07:18,529 --> 00:07:13,580

would just flip it over and start

173

00:07:19,850 --> 00:07:18,539

reading and I remember thinking okay you

174

00:07:22,010 --> 00:07:19,860

know and it's my mom I'm not like I

175

00:07:24,890 --> 00:07:22,020

wasn't hostile towards her so I was like

176

00:07:26,629 --> 00:07:24,900

okay I'll just listen and whatever and

177

00:07:29,570 --> 00:07:26,639

over time I realized that the things

178

00:07:31,249 --> 00:07:29,580

that she said would come true and then I

179

00:07:32,629 --> 00:07:31,259

started taking notes you know because a

180

00:07:34,610 --> 00:07:32,639

good scientist so I was like let me just

181

00:07:36,770 --> 00:07:34,620

take notes maybe I'm remembering it um

182

00:07:38,270 --> 00:07:36,780

incorrectly or maybe I'm making a

183

00:07:40,370 --> 00:07:38,280

self-fulfilling prophecy so I started

184

00:07:41,089 --> 00:07:40,380

taking notes and I did this for over 10

185

00:07:44,089 --> 00:07:41,099

years

186

00:07:46,730 --> 00:07:44,099

and tracked it really carefully in our

187

00:07:48,950 --> 00:07:46,740

check now that is a scientist because

188

00:07:51,950 --> 00:07:48,960

Mona right you take notes we get that

189

00:07:54,290 --> 00:07:51,960

you took notes for 10 years

190

00:07:55,850 --> 00:07:54,300

and you're recording stuff down I mean

191

00:07:57,589 --> 00:07:55,860

that's that's pretty

192

00:07:59,629 --> 00:07:57,599

yeah I still have them

193

00:08:02,870 --> 00:07:59,639

I still do it actually I still write

194

00:08:04,129 --> 00:08:02,880

everything she says down so because let

195

00:08:06,710 --> 00:08:04,139

me just let me just interject something

196

00:08:10,189 --> 00:08:06,720

else because this is how the book starts

197

00:08:12,350 --> 00:08:10,199

like uh and but what I want to jump

198

00:08:15,770 --> 00:08:12,360

ahead and let people know is and it's so

199

00:08:18,290 --> 00:08:15,780

fantastic really about the book is that

200

00:08:19,490 --> 00:08:18,300

you're kind of leading us on this

201  
00:08:21,290 --> 00:08:19,500  
journey and I want to talk about how

202  
00:08:24,529 --> 00:08:21,300  
where that's coming from too because I

203  
00:08:25,850 --> 00:08:24,539  
gotta wonder if part of it for me part

204  
00:08:28,129 --> 00:08:25,860  
of because I have

205  
00:08:30,890 --> 00:08:28,139  
two girls and two boys and two of my

206  
00:08:33,409 --> 00:08:30,900  
girls are in college so they're they're

207  
00:08:37,310 --> 00:08:33,419  
closer in htu than they are to me let's

208  
00:08:41,510 --> 00:08:37,320  
fit in that way and I thought this is so

209  
00:08:44,990 --> 00:08:41,520  
this is so cool I would love my girls to

210  
00:08:48,410 --> 00:08:45,000  
read this because it's such a a Next

211  
00:08:51,590 --> 00:08:48,420  
Generation scientific very scientific

212  
00:08:54,829 --> 00:08:51,600  
woman and the perspective that you're

213  
00:08:57,829 --> 00:08:54,839

bringing and the Really The Bravery to

214

00:08:59,570 --> 00:08:57,839

to to talk like this to talk like this

215

00:09:02,750 --> 00:08:59,580

which is what the book is about to say

216

00:09:05,150 --> 00:09:02,760

yeah I I I did have this existential

217

00:09:08,570 --> 00:09:05,160

crisis that we all have you know okay I

218

00:09:11,269 --> 00:09:08,580

had it and then I leaned on this thing

219

00:09:13,430 --> 00:09:11,279

that you're gonna think is like sounds

220

00:09:15,050 --> 00:09:13,440

kind of wacky and you even say when you

221

00:09:17,509 --> 00:09:15,060

are also because you're in this other

222

00:09:19,070 --> 00:09:17,519

world like you say you know you're you

223

00:09:21,290 --> 00:09:19,080

know your parents are from Iran you're

224

00:09:23,870 --> 00:09:21,300

but you're in this La Melting Pot and

225

00:09:25,130 --> 00:09:23,880

you're a Chelsea Handler La girl and

226

00:09:26,630 --> 00:09:25,140

you're very much that we can tell by

227

00:09:28,910 --> 00:09:26,640

reading the book but you're like

228

00:09:30,650 --> 00:09:28,920

integrating all this stuff in an attempt

229

00:09:32,889 --> 00:09:30,660

to resolve it from a scientific

230

00:09:36,230 --> 00:09:32,899

perspective because you're very legit

231

00:09:39,590 --> 00:09:36,240

neuroscientist and I think that's such a

232

00:09:41,690 --> 00:09:39,600

cool part of this story so I I want you

233

00:09:44,630 --> 00:09:41,700

to to pick up on the coffee grind

234

00:09:46,130 --> 00:09:44,640

reading but I mean and that's why I was

235

00:09:48,110 --> 00:09:46,140

kind of teasing a little bit about the

236

00:09:52,910 --> 00:09:48,120

10 years of notes I mean do you dive

237

00:09:55,490 --> 00:09:52,920

into this thing with just a ferocity of

238

00:09:58,070 --> 00:09:55,500

of this scientist that you are and

239

00:10:01,250 --> 00:09:58,080

you're immediately kind of hitting stuff

240

00:10:02,990 --> 00:10:01,260

that goes hey this doesn't fly with what

241

00:10:06,470 --> 00:10:03,000

I've been taught and I'm not going to

242

00:10:09,230 --> 00:10:06,480

let go right yeah and that's what you

243

00:10:11,329 --> 00:10:09,240

can do it's all I could do and I think

244

00:10:13,070 --> 00:10:11,339

for a while I ignored it right so it was

245

00:10:15,410 --> 00:10:13,080

like oh these readings

246

00:10:17,690 --> 00:10:15,420

um she's able to you know know things

247

00:10:19,130 --> 00:10:17,700

about the future and even she's even

248

00:10:21,410 --> 00:10:19,140

better at just the current situation

249

00:10:22,550 --> 00:10:21,420

like she could tell you about things

250

00:10:24,350 --> 00:10:22,560

going on in your life with the current

251

00:10:26,329 --> 00:10:24,360

situation with like incredible detail

252

00:10:28,310 --> 00:10:26,339

and I couldn't explain it with science

253

00:10:29,630 --> 00:10:28,320

they don't give you any framework to

254

00:10:31,550 --> 00:10:29,640

explain that

255

00:10:33,350 --> 00:10:31,560

um you know it goes against our our

256

00:10:36,590 --> 00:10:33,360

concepts of time and how it moves

257

00:10:38,269 --> 00:10:36,600

forward so I remember initially at the

258

00:10:40,009 --> 00:10:38,279

beginning of grad school I was kind of

259

00:10:42,230 --> 00:10:40,019

thinking about like oh how would this

260

00:10:43,910 --> 00:10:42,240

possibly work and I remember reading

261

00:10:45,470 --> 00:10:43,920

quantum physics papers and stuff but

262

00:10:48,710 --> 00:10:45,480

then grad school took off and I didn't

263

00:10:49,970 --> 00:10:48,720

have time for that anymore so I um you

264

00:10:51,829 --> 00:10:49,980

know I just did the best I could and

265

00:10:54,230 --> 00:10:51,839

lived in cognitive dissonance and them

266

00:10:57,170 --> 00:10:54,240

and cut them separate and

267

00:10:58,970 --> 00:10:57,180

um it's it's I took them seriously like

268

00:11:01,250 --> 00:10:58,980

if she said pick your you know like I

269

00:11:02,930 --> 00:11:01,260

may say in the book um she warned me

270

00:11:04,610 --> 00:11:02,940

about losing money I would be careful

271

00:11:06,470 --> 00:11:04,620

with my money then I would check my

272

00:11:08,329 --> 00:11:06,480

bills because she was usually right I

273

00:11:11,269 --> 00:11:08,339

couldn't really explain it but but it

274

00:11:12,769 --> 00:11:11,279

worked and I I kind of I mean it was

275

00:11:15,410 --> 00:11:12,779

just a part of life and not a big deal

276

00:11:17,569 --> 00:11:15,420

just a part of everything and then I had

277

00:11:19,610 --> 00:11:17,579

two big emotional events happened that

278

00:11:21,530 --> 00:11:19,620

were related to the coffee and then that

279

00:11:23,150 --> 00:11:21,540

was these were around the time of when I

280

00:11:24,829 --> 00:11:23,160

was kind you know like not feeling great

281

00:11:26,090 --> 00:11:24,839

about or waking up thinking what was the

282

00:11:28,130 --> 00:11:26,100

meaning of all this and that was the

283

00:11:30,590 --> 00:11:28,140

Tipping Point for all this so the first

284

00:11:32,930 --> 00:11:30,600

one was she kept seeing something in the

285

00:11:35,030 --> 00:11:32,940

cup that was for five six weeks in

286

00:11:35,870 --> 00:11:35,040

advance and my mom's always you know she

287

00:11:37,970 --> 00:11:35,880

actually

288

00:11:39,290 --> 00:11:37,980

now that she avoids bad news from the

289

00:11:41,870 --> 00:11:39,300

cup but she'll

290

00:11:43,250 --> 00:11:41,880

she'll you know Breeze over it quickly

291

00:11:44,930 --> 00:11:43,260

and just say don't worry about it too

292

00:11:47,030 --> 00:11:44,940

much I'm not always right you know

293

00:11:49,069 --> 00:11:47,040

whatever but this one she got very

294

00:11:51,769 --> 00:11:49,079

serious and she was like you know I

295

00:11:53,210 --> 00:11:51,779

wasn't gonna tell you she's like but it

296

00:11:55,490 --> 00:11:53,220

keeps coming up so I feel like I just

297

00:11:58,130 --> 00:11:55,500

need to warn you that you may be getting

298

00:12:00,290 --> 00:11:58,140

some bad news and and then she wouldn't

299

00:12:01,550 --> 00:12:00,300

tell me what it was and it was it was

300

00:12:03,350 --> 00:12:01,560

frustrating and then I lived like in

301  
00:12:04,910 --> 00:12:03,360  
Terror for five weeks like what's gonna

302  
00:12:06,110 --> 00:12:04,920  
what's gonna happen what am I gonna find

303  
00:12:10,130 --> 00:12:06,120  
out

304  
00:12:11,870 --> 00:12:10,140  
professors at USC that had helped me on

305  
00:12:13,370 --> 00:12:11,880  
one of my dissertation experiments was

306  
00:12:16,130 --> 00:12:13,380  
killed by one of the students in our

307  
00:12:19,610 --> 00:12:16,140  
program and it was devis obviously

308  
00:12:21,829 --> 00:12:19,620  
devastating but what creeped me out was

309  
00:12:22,730 --> 00:12:21,839  
that she had seen that and I think the

310  
00:12:24,650 --> 00:12:22,740  
difference

311  
00:12:26,630 --> 00:12:24,660  
was that it was it was a death right it

312  
00:12:28,069 --> 00:12:26,640  
was a life or death thing whereas all

313  
00:12:30,050 --> 00:12:28,079

the things before that

314

00:12:32,389 --> 00:12:30,060

were you know like you might lose money

315

00:12:34,009 --> 00:12:32,399

you might I don't know you have a

316

00:12:36,889 --> 00:12:34,019

project at work or something this one

317

00:12:40,910 --> 00:12:36,899

was death and so for me it really shook

318

00:12:42,530 --> 00:12:40,920

me and I couldn't understand how the

319

00:12:45,650 --> 00:12:42,540

information about someone's death could

320

00:12:49,009 --> 00:12:45,660

be available beforehand and what that

321

00:12:51,230 --> 00:12:49,019

meant you know and I I kept thinking was

322

00:12:53,509 --> 00:12:51,240

is there such thing as fate or destiny I

323

00:12:55,129 --> 00:12:53,519

had never thought about that before

324

00:12:57,769 --> 00:12:55,139

um but I was like but if the information

325

00:12:59,750 --> 00:12:57,779

was available ahead of time is it

326

00:13:00,769 --> 00:12:59,760

possible that it was meant to be I don't

327

00:13:02,750 --> 00:13:00,779

know like I had all these kinds of

328

00:13:03,829 --> 00:13:02,760

thoughts but I didn't have time again I

329

00:13:05,810 --> 00:13:03,839

was busy I didn't have time to think

330

00:13:09,230 --> 00:13:05,820

about it and I was in grief for a while

331

00:13:11,870 --> 00:13:09,240

and so I didn't do anything and then and

332

00:13:14,629 --> 00:13:11,880

then a couple years later she saw this

333

00:13:16,009 --> 00:13:14,639

relationship coming into my life and um

334

00:13:18,050 --> 00:13:16,019

looked like it was going to be positive

335

00:13:21,470 --> 00:13:18,060

and good and it was it was fine it just

336

00:13:23,990 --> 00:13:21,480

but it ended and so I was like Mom you

337

00:13:25,850 --> 00:13:24,000

were wrong like it wasn't positive you

338

00:13:29,090 --> 00:13:25,860

know all right now I can see why it was

339

00:13:30,889 --> 00:13:29,100

positive in the long run but um and so

340

00:13:34,069 --> 00:13:30,899

that that one though and I always I

341

00:13:35,569 --> 00:13:34,079

think of it now as like um I had like a

342

00:13:37,250 --> 00:13:35,579

stool like and the legs were just being

343

00:13:39,590 --> 00:13:37,260

knocked out and that was the last leg of

344

00:13:41,449 --> 00:13:39,600

the stool that was it I was like done I

345

00:13:43,550 --> 00:13:41,459

was emotionally

346

00:13:44,750 --> 00:13:43,560

um like I just fell into a depression

347

00:13:48,050 --> 00:13:44,760

like I

348

00:13:50,269 --> 00:13:48,060

felt despair for the first time I had no

349

00:13:51,590 --> 00:13:50,279

hope or optimism for the future and I

350

00:13:53,150 --> 00:13:51,600

was just like I just didn't want to

351  
00:13:55,310 --> 00:13:53,160  
exist anymore because I was like I just

352  
00:13:59,030 --> 00:13:55,320  
don't understand why we have to do this

353  
00:14:01,730 --> 00:13:59,040  
and so it was dark like that for a long

354  
00:14:03,470 --> 00:14:01,740  
time and then then I finally

355  
00:14:06,889 --> 00:14:03,480  
was like

356  
00:14:08,509 --> 00:14:06,899  
um what is it about these readings

357  
00:14:13,069 --> 00:14:08,519  
um you know I wanted to look at that

358  
00:14:15,110 --> 00:14:13,079  
part of my story and see okay okay

359  
00:14:16,970 --> 00:14:15,120  
um what does it mean and is there any

360  
00:14:18,829 --> 00:14:16,980  
truth in this or did I make this you

361  
00:14:20,930 --> 00:14:18,839  
know did I create meaning was is

362  
00:14:22,129 --> 00:14:20,940  
neuroscience right what they taught us

363  
00:14:23,569 --> 00:14:22,139

about how we create meaning out of

364

00:14:25,009 --> 00:14:23,579

everything in our brains did I do this

365

00:14:27,590 --> 00:14:25,019

to myself

366

00:14:29,690 --> 00:14:27,600

um and so then I started this um this

367

00:14:31,490 --> 00:14:29,700

you know Journey with initially started

368

00:14:33,110 --> 00:14:31,500

with my friends as a fund just for

369

00:14:34,550 --> 00:14:33,120

ourselves they were like we know this

370

00:14:36,410 --> 00:14:34,560

really good psychic she'll turn you away

371

00:14:38,810 --> 00:14:36,420

if she can't read your energy like if

372

00:14:41,689 --> 00:14:38,820

you want to try someone try someone else

373

00:14:43,250 --> 00:14:41,699

we'll take you so we started doing that

374

00:14:45,230 --> 00:14:43,260

um we would go together we'd switch

375

00:14:46,910 --> 00:14:45,240

notes to see if it was true or not

376

00:14:49,250 --> 00:14:46,920

because I never actually had readings

377

00:14:50,930 --> 00:14:49,260

from anyone else it was just my mom

378

00:14:54,350 --> 00:14:50,940

um so we did that for a while and we

379

00:14:56,389 --> 00:14:54,360

realized you know this is like me as a

380

00:14:58,970 --> 00:14:56,399

scientist I I remember they would say

381

00:15:00,170 --> 00:14:58,980

things that would be from my past for my

382

00:15:01,730 --> 00:15:00,180

childhood

383

00:15:02,990 --> 00:15:01,740

um with specific

384

00:15:05,569 --> 00:15:03,000

you know

385

00:15:07,129 --> 00:15:05,579

um uh like seven variables correct from

386

00:15:10,069 --> 00:15:07,139

this you know obscure thing from my

387

00:15:13,490 --> 00:15:10,079

childhood and I'd be sitting there like

388

00:15:16,069 --> 00:15:13,500

man like this is this is hard to brush

389

00:15:17,389 --> 00:15:16,079

off and I know we're supposed to like

390

00:15:18,889 --> 00:15:17,399

even as a scientist I was trying to be

391

00:15:20,269 --> 00:15:18,899

skeptical because I don't know these

392

00:15:21,829 --> 00:15:20,279

people I'm paying them so it's different

393

00:15:24,490 --> 00:15:21,839

it's different relationship than with my

394

00:15:27,530 --> 00:15:24,500

mom and I'm like but I just don't see

395

00:15:29,329 --> 00:15:27,540

how that could be guesswork like it's

396

00:15:31,430 --> 00:15:29,339

not vague you know people always oh my

397

00:15:33,230 --> 00:15:31,440

god I've spent so much time hearing all

398

00:15:35,689 --> 00:15:33,240

the criticisms and psychic readings

399

00:15:38,269 --> 00:15:35,699

obviously are not the best forum for to

400

00:15:39,650 --> 00:15:38,279

prove something scientifically but so it

401  
00:15:43,310 --> 00:15:39,660  
was just for fun it was just for us

402  
00:15:45,769 --> 00:15:43,320  
maybe maybe not I mean because as you

403  
00:15:47,990 --> 00:15:45,779  
take us on the journey in the book you

404  
00:15:50,210 --> 00:15:48,000  
know there's a lot to be said for

405  
00:15:51,410 --> 00:15:50,220  
mediumistic readings and then you know

406  
00:15:54,050 --> 00:15:51,420  
just let me interject something else

407  
00:15:55,490 --> 00:15:54,060  
because again you tell the story in an

408  
00:15:57,650 --> 00:15:55,500  
awesome way and I think it's very

409  
00:16:00,410 --> 00:15:57,660  
relatable but I want people to know that

410  
00:16:02,990 --> 00:16:00,420  
you then Dr you go as a scientist all

411  
00:16:05,569 --> 00:16:03,000  
the way so like you'd find your way to

412  
00:16:09,710 --> 00:16:05,579  
Dr Julie bishel's door at the winbridge

413  
00:16:12,769 --> 00:16:09,720

Institute you go okay quintuple blind uh

414

00:16:15,230 --> 00:16:12,779

control old after death communication by

415

00:16:18,410 --> 00:16:15,240

a PhD in Pharmacology who knows how to

416

00:16:21,290 --> 00:16:18,420

run that and she comes up with four

417

00:16:24,050 --> 00:16:21,300

Sigma or whatever result that blows the

418

00:16:26,030 --> 00:16:24,060

doors off so it's it's you're constantly

419

00:16:27,710 --> 00:16:26,040

bouncing back and forth between like

420

00:16:31,009 --> 00:16:27,720

you're saying hey can I trust this

421

00:16:34,069 --> 00:16:31,019

reading and oh by the way there's this

422

00:16:35,750 --> 00:16:34,079

there's this evidence and again as you

423

00:16:37,370 --> 00:16:35,760

point out in the book folks I want you

424

00:16:39,829 --> 00:16:37,380

to understand you will get a lot out of

425

00:16:43,310 --> 00:16:39,839

this book if you're very science-minded

426

00:16:45,829 --> 00:16:43,320

it's great yeah yeah and I um so yeah it

427

00:16:49,490 --> 00:16:45,839

started like that for fun and then later

428

00:16:51,829 --> 00:16:49,500

I I did end up digging deep into the to

429

00:16:53,329 --> 00:16:51,839

the scientific literature which I didn't

430

00:16:54,650 --> 00:16:53,339

think existed otherwise I would have

431

00:16:55,850 --> 00:16:54,660

looked at that first but I just didn't

432

00:16:57,530 --> 00:16:55,860

even think that existed I thought

433

00:16:59,569 --> 00:16:57,540

there's no way no one has studied this

434

00:17:01,610 --> 00:16:59,579

because it's so outside of our purview

435

00:17:04,850 --> 00:17:01,620

like we don't learn about that and so

436

00:17:06,890 --> 00:17:04,860

I'd never bothered to look but um so I

437

00:17:10,610 --> 00:17:06,900

did that with my yeah I did that with my

438

00:17:13,689 --> 00:17:10,620

friends for a while and I was should I

439

00:17:18,949 --> 00:17:13,699

tell my Chelsea Handler story

440

00:17:20,990 --> 00:17:18,959

yes yes you're just you're just like so

441

00:17:23,870 --> 00:17:21,000

many of the rest of us you know what I

442

00:17:26,270 --> 00:17:23,880

mean yeah yeah please so we were going

443

00:17:29,030 --> 00:17:26,280

to these readings and we're you know it

444

00:17:31,730 --> 00:17:29,040

was very casual like not Forefront of my

445

00:17:33,890 --> 00:17:31,740

mind but I I wasn't listening to

446

00:17:35,330 --> 00:17:33,900

anything spiritual at the time and in

447

00:17:38,270 --> 00:17:35,340

the readings they they would say things

448

00:17:40,010 --> 00:17:38,280

to me like this is um uh like someone

449

00:17:41,570 --> 00:17:40,020

from your soul group or this is a karmic

450

00:17:42,830 --> 00:17:41,580

thing a past life thing and I didn't

451  
00:17:43,669 --> 00:17:42,840  
believe in any of that first of all I

452  
00:17:44,990 --> 00:17:43,679  
didn't even know what they were saying

453  
00:17:46,730 --> 00:17:45,000  
half the time I was like I would just

454  
00:17:49,370 --> 00:17:46,740  
write it down but I didn't know it's

455  
00:17:50,450 --> 00:17:49,380  
soul group or anything meant and I would

456  
00:17:51,529 --> 00:17:50,460  
and then I would just brush it off

457  
00:17:52,970 --> 00:17:51,539  
because I was like I don't believe in

458  
00:17:55,610 --> 00:17:52,980  
that so whatever

459  
00:17:58,190 --> 00:17:55,620  
um but I had heard it and so it kind of

460  
00:18:00,409 --> 00:17:58,200  
had planted a seat in my head and so I

461  
00:18:02,510 --> 00:18:00,419  
wasn't listening to anything spiritual

462  
00:18:04,130 --> 00:18:02,520  
um but I listened to I read Chelsea

463  
00:18:05,990 --> 00:18:04,140

Handler's book life will be the death of

464

00:18:07,909 --> 00:18:06,000

me and then she had a podcast like a

465

00:18:10,070 --> 00:18:07,919

limited series podcast with a few

466

00:18:11,690 --> 00:18:10,080

episodes most of it was about uh the

467

00:18:13,909 --> 00:18:11,700

Enneagram and personality and therapy

468

00:18:16,310 --> 00:18:13,919

and stuff and then she had and one

469

00:18:19,010 --> 00:18:16,320

episode with Laurel and Jackson who's a

470

00:18:21,350 --> 00:18:19,020

psychic medium and I remember and

471

00:18:22,630 --> 00:18:21,360

Chelsea was a skeptic and so I was like

472

00:18:24,590 --> 00:18:22,640

what is this

473

00:18:26,750 --> 00:18:24,600

Laurel and Jackson why she have a

474

00:18:28,370 --> 00:18:26,760

psychic medium on her podcast

475

00:18:30,890 --> 00:18:28,380

um but it was like the podcast that

476  
00:18:34,490 --> 00:18:30,900  
changed my life um and so Lauren Lynn

477  
00:18:36,529 --> 00:18:34,500  
Jackson starts uh telling the the spirit

478  
00:18:38,090 --> 00:18:36,539  
describing that spiritual framework that

479  
00:18:39,350 --> 00:18:38,100  
the intuitives had mentioned and she's

480  
00:18:42,289 --> 00:18:39,360  
like oh we come to Earth to learn

481  
00:18:43,730 --> 00:18:42,299  
lessons and we have soul groups and um

482  
00:18:46,310 --> 00:18:43,740  
you know there's Karma and all this

483  
00:18:47,810 --> 00:18:46,320  
stuff and I just perked up and I was

484  
00:18:49,610 --> 00:18:47,820  
like oh my God this sounds familiar this

485  
00:18:51,770 --> 00:18:49,620  
is what and so I started writing it down

486  
00:18:53,630 --> 00:18:51,780  
so that I could you know look about look

487  
00:18:54,950 --> 00:18:53,640  
it up or think about it later

488  
00:18:56,750 --> 00:18:54,960

um but I was like oh that's so weird do

489

00:18:58,250 --> 00:18:56,760

all psychics believe in this framework

490

00:18:59,750 --> 00:18:58,260

and I've never even you know I've heard

491

00:19:02,029 --> 00:18:59,760

of reincarnation but I didn't know that

492

00:19:04,970 --> 00:19:02,039

there was a whole framework behind it

493

00:19:06,710 --> 00:19:04,980

um and so so she got my attention there

494

00:19:08,210 --> 00:19:06,720

and then she mentioned the windbridge

495

00:19:11,270 --> 00:19:08,220

Institute because she had been certified

496

00:19:11,930 --> 00:19:11,280

by them and and been tested um they had

497

00:19:14,029 --> 00:19:11,940

done

498

00:19:15,409 --> 00:19:14,039

um EEG studies on her

499

00:19:16,850 --> 00:19:15,419

um so I you know made a note to look

500

00:19:19,070 --> 00:19:16,860

them up

501  
00:19:21,470 --> 00:19:19,080  
um and then her and Chelsea discussed uh

502  
00:19:23,210 --> 00:19:21,480  
the book Many Lives Many Masters by uh

503  
00:19:24,830 --> 00:19:23,220  
Dr Brian Weiss

504  
00:19:25,909 --> 00:19:24,840  
um and they didn't say what it was about

505  
00:19:27,770 --> 00:19:25,919  
they just kind of said it was a great

506  
00:19:30,110 --> 00:19:27,780  
book it's about a psychiatrist case

507  
00:19:32,390 --> 00:19:30,120  
study and Chelsea tells the story of how

508  
00:19:34,070 --> 00:19:32,400  
she got in a fight with someone like

509  
00:19:35,450 --> 00:19:34,080  
over dinner a friend who told her to

510  
00:19:37,789 --> 00:19:35,460  
read the book and she was like I'm never

511  
00:19:39,230 --> 00:19:37,799  
going to read this and then gets on a

512  
00:19:41,990 --> 00:19:39,240  
plane to fly home that night and the

513  
00:19:43,549 --> 00:19:42,000

book is in the pocket of a seat in front

514

00:19:44,750 --> 00:19:43,559

of her and she reads it lands and it's

515

00:19:45,950 --> 00:19:44,760

like everyone has to read this book so

516

00:19:47,930 --> 00:19:45,960

of course I was like all right I'm gonna

517

00:19:50,630 --> 00:19:47,940

order this book immediately and it

518

00:19:52,190 --> 00:19:50,640

arrives and I and then you become one of

519

00:19:55,310 --> 00:19:52,200

those people right you start

520

00:19:57,950 --> 00:19:55,320

Distributing this book which is which is

521

00:19:59,570 --> 00:19:57,960

great which is great I I yeah the book

522

00:20:01,370 --> 00:19:59,580

was interesting because it's it's a

523

00:20:02,630 --> 00:20:01,380

short book it's you know it's a story

524

00:20:04,549 --> 00:20:02,640

it's

525

00:20:07,370 --> 00:20:04,559

um he's a

526

00:20:08,570 --> 00:20:07,380

an atheist I think he's skeptic he

527

00:20:10,549 --> 00:20:08,580

didn't believe in anything paranormal

528

00:20:12,409 --> 00:20:10,559

trained psychiatrist trained at like

529

00:20:15,289 --> 00:20:12,419

Yale and Colombia and he just stumbles

530

00:20:17,210 --> 00:20:15,299

across past life regression in his um in

531

00:20:19,070 --> 00:20:17,220

his practice but finds out that it's

532

00:20:21,470 --> 00:20:19,080

very healing and then through the

533

00:20:23,390 --> 00:20:21,480

sessions he describes the spiritual

534

00:20:26,390 --> 00:20:23,400

framework again he's like gets messages

535

00:20:28,669 --> 00:20:26,400

from these Master spirits and they

536

00:20:29,690 --> 00:20:28,679

describe the same exact thing so when I

537

00:20:31,789 --> 00:20:29,700

was reading the book I just remember

538

00:20:33,169 --> 00:20:31,799

thinking this is just the weirdest thing

539

00:20:36,110 --> 00:20:33,179

I've never heard of this and now I'm

540

00:20:37,669 --> 00:20:36,120

like getting it from all angles and I'm

541

00:20:39,890 --> 00:20:37,679

like and now it's from a psychiatrist

542

00:20:42,529 --> 00:20:39,900

who you know and I was all about

543

00:20:45,010 --> 00:20:42,539

Prestige then so I was like look at his

544

00:20:47,570 --> 00:20:45,020

credentials and it just got my attention

545

00:20:49,730 --> 00:20:47,580

and I just I just threw in a couple

546

00:20:52,430 --> 00:20:49,740

little tidbits here too because later on

547

00:20:54,830 --> 00:20:52,440

in the book like you follow all these

548

00:20:56,870 --> 00:20:54,840

threats again it's a great story it's a

549

00:20:59,750 --> 00:20:56,880

very personal story very open Story

550

00:21:03,110 --> 00:20:59,760

You're just very very

551  
00:21:05,930 --> 00:21:03,120  
Brave to be just this open being kind of

552  
00:21:07,669 --> 00:21:05,940  
the person you're you are supposed to be

553  
00:21:10,010 --> 00:21:07,679  
you know who we're supposed to hear but

554  
00:21:13,130 --> 00:21:10,020  
as you point out in the book what's

555  
00:21:15,770 --> 00:21:13,140  
interesting is when you look uh Weiss's

556  
00:21:18,650 --> 00:21:15,780  
experience isn't unique there's been

557  
00:21:20,690 --> 00:21:18,660  
many other hypnotherapists that

558  
00:21:22,250 --> 00:21:20,700  
literally stumble across this and the

559  
00:21:24,529 --> 00:21:22,260  
way they do it you describe this in the

560  
00:21:26,270 --> 00:21:24,539  
book is they regress people in the way

561  
00:21:28,909 --> 00:21:26,280  
they've been trained to regress people

562  
00:21:30,590 --> 00:21:28,919  
like oh I have a spirit fear of spiders

563  
00:21:32,690 --> 00:21:30,600

okay go back to the first time remember

564

00:21:34,789 --> 00:21:32,700

I was two years oh okay I'm not afraid

565

00:21:36,110 --> 00:21:34,799

of spiders anymore so they get it's

566

00:21:38,270 --> 00:21:36,120

always the same story we thought you

567

00:21:40,250 --> 00:21:38,280

know it's the same thing with Newton in

568

00:21:42,230 --> 00:21:40,260

Newton's case the guy who's very well

569

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

known for the between lives research but

570

00:21:47,149 --> 00:21:44,640

it all fits together he has a guy who

571

00:21:49,789 --> 00:21:47,159

has a shoulder injury and all the

572

00:21:50,830 --> 00:21:49,799

doctors in LA are like dude it's in your

573

00:21:53,510 --> 00:21:50,840

head

574

00:21:55,130 --> 00:21:53,520

quit coming into our office and he goes

575

00:21:56,630 --> 00:21:55,140

and sees him and it's a tough case and

576

00:21:59,149 --> 00:21:56,640

he goes okay further back further back

577

00:22:01,190 --> 00:21:59,159

further back and boom he's on a field of

578

00:22:03,230 --> 00:22:01,200

a a battlefield you know and he's

579

00:22:04,970 --> 00:22:03,240

describing all the things so as you

580

00:22:07,310 --> 00:22:04,980

point out in the book and document again

581

00:22:09,649 --> 00:22:07,320

because this is a book that is filled

582

00:22:11,210 --> 00:22:09,659

with substance and important research

583

00:22:13,190 --> 00:22:11,220

and she's a neuroscientist and later on

584

00:22:14,990 --> 00:22:13,200

we'll talk about maybe all the neural

585

00:22:16,549 --> 00:22:15,000

corals to the spiritual experience and

586

00:22:19,970 --> 00:22:16,559

she's got all this research that she

587

00:22:22,250 --> 00:22:19,980

cites and more than you'll be able to

588

00:22:23,990 --> 00:22:22,260

kind of absorb and you'll have a long

589

00:22:25,970 --> 00:22:24,000

reading list when you get done with this

590

00:22:28,490 --> 00:22:25,980

but the point being just like this small

591

00:22:31,490 --> 00:22:28,500

example she doesn't leave it there she

592

00:22:33,590 --> 00:22:31,500

goes and says okay isn't it interesting

593

00:22:35,810 --> 00:22:33,600

that these independent hypnotherapists

594

00:22:37,850 --> 00:22:35,820

who are just following a pretty

595

00:22:40,909 --> 00:22:37,860

well-known well

596

00:22:42,950 --> 00:22:40,919

you know ordained I mean they get paid

597

00:22:45,710 --> 00:22:42,960

the insurance company pays them for it

598

00:22:47,990 --> 00:22:45,720

and they stumble into this past life

599

00:22:50,270 --> 00:22:48,000

thing isn't that interesting so I'm

600

00:22:51,890 --> 00:22:50,280

sorry pick up your story yeah and and I

601  
00:22:55,190 --> 00:22:51,900  
found that really really fascinating

602  
00:22:56,750 --> 00:22:55,200  
because from a purely like even

603  
00:22:59,330 --> 00:22:56,760  
Neuroscience mental health perspective

604  
00:23:01,430 --> 00:22:59,340  
because I'm I did I went and read not

605  
00:23:04,430 --> 00:23:01,440  
just all of his books but Michael Newton

606  
00:23:05,830 --> 00:23:04,440  
Roger Bolder um some Dolores Cannon a

607  
00:23:08,270 --> 00:23:05,840  
lot of the past life progression

608  
00:23:10,190 --> 00:23:08,280  
therapists because and then you know I

609  
00:23:11,570 --> 00:23:10,200  
tried to read other um psychology books

610  
00:23:13,850 --> 00:23:11,580  
too to see but of course they just don't

611  
00:23:15,049 --> 00:23:13,860  
even touch it but they but yeah and I

612  
00:23:17,029 --> 00:23:15,059  
just thought it was so autumn like so if

613  
00:23:19,549 --> 00:23:17,039

you put somebody in a regressed state

614

00:23:20,930 --> 00:23:19,559

and ask them to describe spiritual

615

00:23:23,270 --> 00:23:20,940

framework that's the one they usually

616

00:23:25,070 --> 00:23:23,280

describe enough so that like these these

617

00:23:28,490 --> 00:23:25,080

practitioners have had thousands of

618

00:23:30,409 --> 00:23:28,500

patients thousands of cases like put all

619

00:23:31,970 --> 00:23:30,419

together and they all say similar things

620

00:23:33,289 --> 00:23:31,980

so that they can write these books and

621

00:23:35,390 --> 00:23:33,299

give you these summaries like to me

622

00:23:37,850 --> 00:23:35,400

that's just insane

623

00:23:40,549 --> 00:23:37,860

still I still think it's so interesting

624

00:23:42,649 --> 00:23:40,559

because as a phenomenon it's like what

625

00:23:44,750 --> 00:23:42,659

where is this coming from it's not even

626  
00:23:46,190 --> 00:23:44,760  
a you know Western culture it's not even

627  
00:23:48,890 --> 00:23:46,200  
I didn't even know what it was it's not

628  
00:23:49,850 --> 00:23:48,900  
a popular it's more popular now I think

629  
00:23:51,770 --> 00:23:49,860  
but

630  
00:23:53,870 --> 00:23:51,780  
um a lot of these practitioners were

631  
00:23:55,490 --> 00:23:53,880  
from the 70s the 80s you know no

632  
00:23:57,409 --> 00:23:55,500  
internet and so

633  
00:23:59,510 --> 00:23:57,419  
I just really couldn't get I couldn't

634  
00:24:01,310 --> 00:23:59,520  
get over that and I just kept wondering

635  
00:24:04,850 --> 00:24:01,320  
I just like as I say in the book I just

636  
00:24:09,470 --> 00:24:04,860  
kept thinking about you know is it some

637  
00:24:10,970 --> 00:24:09,480  
like you know biological thing but but I

638  
00:24:14,409 --> 00:24:10,980

don't know like I just kept coming back

639

00:24:17,870 --> 00:24:14,419

to maybe it's spiritual

640

00:24:20,149 --> 00:24:17,880

like it was really hard for me but I

641

00:24:22,250 --> 00:24:20,159

just kept like it just kept coming up in

642

00:24:23,570 --> 00:24:22,260

my head like well maybe well maybe you

643

00:24:26,450 --> 00:24:23,580

know like I don't know maybe you should

644

00:24:28,130 --> 00:24:26,460

open your mind but so then that's when I

645

00:24:29,990 --> 00:24:28,140

really was like let me just keep reading

646

00:24:31,789 --> 00:24:30,000

and then I was like let me reach out to

647

00:24:33,649 --> 00:24:31,799

The windbridge Institute and talk to

648

00:24:36,710 --> 00:24:33,659

them because you know

649

00:24:38,990 --> 00:24:36,720

um as you mentioned Julia is a has a PHD

650

00:24:41,630 --> 00:24:39,000

and you know they seem to be doing good

651  
00:24:44,510 --> 00:24:41,640  
research so I spoke to them and then um

652  
00:24:46,490 --> 00:24:44,520  
the co-founder gave me a huge reading

653  
00:24:48,169 --> 00:24:46,500  
list and he was like

654  
00:24:49,669 --> 00:24:48,179  
um he's like I think you need to do some

655  
00:24:52,250 --> 00:24:49,679  
reading mark

656  
00:24:54,529 --> 00:24:52,260  
yeah Mark Mark he was like I think you

657  
00:24:56,149 --> 00:24:54,539  
mean to do some reading in a nice way

658  
00:24:58,909 --> 00:24:56,159  
but yeah but he gave me a useless and

659  
00:25:02,330 --> 00:24:58,919  
then I went off to do and Mark gave you

660  
00:25:04,490 --> 00:25:02,340  
another little Easter egg too that you

661  
00:25:07,070 --> 00:25:04,500  
explore and we'll explore and when we

662  
00:25:10,190 --> 00:25:07,080  
talk about he goes and you're not only

663  
00:25:11,990 --> 00:25:10,200

is this research repress but it's

664

00:25:14,330 --> 00:25:12,000

suppressed and when you go and do a

665

00:25:16,490 --> 00:25:14,340

Google search on this it doesn't come up

666

00:25:18,049 --> 00:25:16,500

go over to DuckDuckGo and it does come

667

00:25:21,169 --> 00:25:18,059

up hmm

668

00:25:23,750 --> 00:25:21,179

I use Google Scholar for um most to find

669

00:25:25,490 --> 00:25:23,760

academic Publications and when I went to

670

00:25:26,870 --> 00:25:25,500

look up some of the papers that he

671

00:25:29,690 --> 00:25:26,880

mentioned

672

00:25:33,049 --> 00:25:29,700

um I couldn't find them unless I put the

673

00:25:34,970 --> 00:25:33,059

exact like title exact authors like I

674

00:25:36,529 --> 00:25:34,980

had to have everything exactly right for

675

00:25:39,110 --> 00:25:36,539

it to come up it was really hard to find

676

00:25:41,210 --> 00:25:39,120

and it was anything that was

677

00:25:43,130 --> 00:25:41,220

um I'm trying I think Society for

678

00:25:45,169 --> 00:25:43,140

psychical research like the journal for

679

00:25:46,610 --> 00:25:45,179

that or um some of the other ones but

680

00:25:47,870 --> 00:25:46,620

they were yeah they didn't come up it

681

00:25:49,250 --> 00:25:47,880

took me a while to find them and I was

682

00:25:52,850 --> 00:25:49,260

like oh my God he's right they're not in

683

00:25:54,950 --> 00:25:52,860

text like easily to be easily found

684

00:25:57,470 --> 00:25:54,960

um and so that was I mean that was

685

00:25:59,570 --> 00:25:57,480

annoying just frankly it was just really

686

00:26:00,590 --> 00:25:59,580

um labor intensive to even find the

687

00:26:02,029 --> 00:26:00,600

research

688

00:26:03,830 --> 00:26:02,039

um and then to be able to read through

689

00:26:05,930 --> 00:26:03,840

it and everything but

690

00:26:07,909 --> 00:26:05,940

but I did it and then I became more and

691

00:26:09,830 --> 00:26:07,919

more Curious and then I started reaching

692

00:26:12,769 --> 00:26:09,840

out to to more people

693

00:26:14,630 --> 00:26:12,779

um and I read about Stargate and reached

694

00:26:16,669 --> 00:26:14,640

out to Halford off and Edward May and

695

00:26:19,070 --> 00:26:16,679

spoke to them and and read all their

696

00:26:21,049 --> 00:26:19,080

papers and then by the end of that I was

697

00:26:23,990 --> 00:26:21,059

like okay psychic phenomenon is real

698

00:26:27,289 --> 00:26:24,000

it's like I read enough like there was

699

00:26:30,409 --> 00:26:27,299

there was so much evidence

700

00:26:32,690 --> 00:26:30,419

you know a big part of this story

701  
00:26:35,570 --> 00:26:32,700  
and it's so awesome again that you

702  
00:26:38,990 --> 00:26:35,580  
approach this you the phrase you use is

703  
00:26:41,149 --> 00:26:39,000  
science made me feel valuable

704  
00:26:43,730 --> 00:26:41,159  
and a lot of your story is kind of

705  
00:26:47,269 --> 00:26:43,740  
deconstructing that on that existential

706  
00:26:49,669 --> 00:26:47,279  
level and also so you you because you

707  
00:26:52,970 --> 00:26:49,679  
have like you're saying you have these

708  
00:26:55,669 --> 00:26:52,980  
things that we all encounter you know in

709  
00:26:57,230 --> 00:26:55,679  
various levels the loss the grief you

710  
00:26:59,630 --> 00:26:57,240  
know and it doesn't have to be somebody

711  
00:27:02,510 --> 00:26:59,640  
in your immediate family it can be

712  
00:27:04,610 --> 00:27:02,520  
somebody who you just know and have a

713  
00:27:06,529 --> 00:27:04,620

friendship and a kinship with like you

714

00:27:07,970 --> 00:27:06,539

do if you're a professor and suddenly

715

00:27:10,490 --> 00:27:07,980

you're confronted with death and then it

716

00:27:13,070 --> 00:27:10,500

can be a breakup you know and like it's

717

00:27:14,870 --> 00:27:13,080

so easy to dismiss those things oh you

718

00:27:16,970 --> 00:27:14,880

know especially in our culture you know

719

00:27:19,029 --> 00:27:16,980

no it's your heart you know in your

720

00:27:22,490 --> 00:27:19,039

heart your heart breaks and it Grieves

721

00:27:27,110 --> 00:27:22,500

and I think you do just an awesome and

722

00:27:30,830 --> 00:27:27,120

unique job of helping us understand how

723

00:27:33,890 --> 00:27:30,840

you have to separate out the head game

724

00:27:36,470 --> 00:27:33,900

the trip that scientific materialism has

725

00:27:40,250 --> 00:27:36,480

taken you on that prevents you from

726

00:27:41,870 --> 00:27:40,260

connecting with these feelings and one

727

00:27:44,750 --> 00:27:41,880

of the things that I love is this

728

00:27:46,370 --> 00:27:44,760

science made me feel valuable and that's

729

00:27:47,930 --> 00:27:46,380

something really really hard to give up

730

00:27:50,690 --> 00:27:47,940

especially because you're a woman and

731

00:27:53,810 --> 00:27:50,700

you you fought so hard to be felt

732

00:27:55,970 --> 00:27:53,820

valuable in this gray-haired men's World

733

00:27:57,529 --> 00:27:55,980

you know and your Iranian woman all the

734

00:27:59,330 --> 00:27:57,539

rest of that stuff you know it's like

735

00:28:03,110 --> 00:27:59,340

talk about that because you talk about

736

00:28:05,149 --> 00:28:03,120

it eloquently in the book yes yeah that

737

00:28:08,390 --> 00:28:05,159

man and that's that's the part that was

738

00:28:10,190 --> 00:28:08,400

hard or actually was um so what was hard

739

00:28:12,649 --> 00:28:10,200

was I was reading all this evidence and

740

00:28:14,690 --> 00:28:12,659

I just as I was talking to you I said oh

741

00:28:17,750 --> 00:28:14,700

psychic phenomena is real but it was not

742

00:28:19,909 --> 00:28:17,760

that easy for me in the moment it was a

743

00:28:21,710 --> 00:28:19,919

battle every single day waking up

744

00:28:23,210 --> 00:28:21,720

thinking I've been fooled that was the

745

00:28:24,470 --> 00:28:23,220

thought that kept coming up because when

746

00:28:26,029 --> 00:28:24,480

you've been fooled you're stupid you

747

00:28:28,370 --> 00:28:26,039

fell for it those were the three

748

00:28:31,130 --> 00:28:28,380

thoughts that kept coming up and I

749

00:28:32,930 --> 00:28:31,140

couldn't recognize them as thoughts

750

00:28:34,549 --> 00:28:32,940

right that were not that were me they

751  
00:28:37,130 --> 00:28:34,559  
were me I'm telling myself that but I

752  
00:28:40,010 --> 00:28:37,140  
couldn't get that and because of that it

753  
00:28:41,570 --> 00:28:40,020  
was just a continuous struggle of back

754  
00:28:43,190 --> 00:28:41,580  
and forth reading something even having

755  
00:28:44,810 --> 00:28:43,200  
all this personal experience I had that

756  
00:28:47,269 --> 00:28:44,820  
already should have proved it to me but

757  
00:28:48,890 --> 00:28:47,279  
then okay finding scientific papers but

758  
00:28:51,169 --> 00:28:48,900  
every morning waking up you've been

759  
00:28:52,669 --> 00:28:51,179  
fooled or stupid you um they're not

760  
00:28:54,649 --> 00:28:52,679  
going to respect you

761  
00:28:55,909 --> 00:28:54,659  
um your degree is for nothing like you

762  
00:29:00,409 --> 00:28:55,919  
know those are the things that come up

763  
00:29:03,169 --> 00:29:00,419

but I it took a lot of self work or

764

00:29:04,190 --> 00:29:03,179

whatever like a lot of

765

00:29:06,289 --> 00:29:04,200

um and they don't teach you anything

766

00:29:07,490 --> 00:29:06,299

about psychology and our culture teaches

767

00:29:08,810 --> 00:29:07,500

you nothing about taking care of

768

00:29:10,850 --> 00:29:08,820

yourself and your emotions or your

769

00:29:12,110 --> 00:29:10,860

psychology so I had to do go learn all

770

00:29:14,510 --> 00:29:12,120

of that

771

00:29:16,370 --> 00:29:14,520

um along the way and that's when I

772

00:29:18,950 --> 00:29:16,380

started to notice

773

00:29:22,090 --> 00:29:18,960

um you know these thoughts that were I

774

00:29:25,789 --> 00:29:22,100

was like like what is preventing me from

775

00:29:27,950 --> 00:29:25,799

enjoying the spirituality why can't I

776

00:29:29,570 --> 00:29:27,960

just why can't I just accept it I would

777

00:29:31,970 --> 00:29:29,580

look at people who are spiritual With

778

00:29:34,549 --> 00:29:31,980

Envy like oh God I'm so like jealous

779

00:29:37,370 --> 00:29:34,559

that you can just accept it and take

780

00:29:38,870 --> 00:29:37,380

comfort from it like why can't I and

781

00:29:40,669 --> 00:29:38,880

actually I wish I could say that I came

782

00:29:42,590 --> 00:29:40,679

to it on my own I did notice the

783

00:29:46,669 --> 00:29:42,600

thoughts but it was actually this um

784

00:29:49,549 --> 00:29:46,679

person I spoke to who he's a he was a

785

00:29:52,430 --> 00:29:49,559

therapist and then he his um psychic

786

00:29:54,350 --> 00:29:52,440

ability opened up like midlife so he

787

00:29:57,169 --> 00:29:54,360

abandoned me a therapist to be a psychic

788

00:29:59,750 --> 00:29:57,179

but he still trained in it so I was I

789

00:30:01,669 --> 00:29:59,760

knew him through a friend and he told me

790

00:30:03,529 --> 00:30:01,679

I told him I was like can you just tell

791

00:30:04,970 --> 00:30:03,539

me what my problem is I don't care I

792

00:30:06,470 --> 00:30:04,980

don't want to a psycho ad I don't want

793

00:30:09,590 --> 00:30:06,480

to come to it on my own I just tell me

794

00:30:11,870 --> 00:30:09,600

what it is and then and he told me and

795

00:30:13,130 --> 00:30:11,880

he's like oh it's just because or he's

796

00:30:16,130 --> 00:30:13,140

like well I'm sure I have a lot of

797

00:30:17,870 --> 00:30:16,140

problems but he pointed out he said it's

798

00:30:19,970 --> 00:30:17,880

like you know your your thing you're

799

00:30:23,210 --> 00:30:19,980

you're the point of the sticking point

800

00:30:24,710 --> 00:30:23,220

here is is that you can't like go of the

801  
00:30:26,690 --> 00:30:24,720  
intellect and the science because it's

802  
00:30:29,269 --> 00:30:26,700  
made you feel valuable for whatever

803  
00:30:31,130 --> 00:30:29,279  
reason and and I remember when he told

804  
00:30:32,810 --> 00:30:31,140  
me I was like that's not true and you

805  
00:30:34,850 --> 00:30:32,820  
know I had to go off for months and like

806  
00:30:36,590 --> 00:30:34,860  
meditate on that and realize how it was

807  
00:30:38,330 --> 00:30:36,600  
true then I could then I started hearing

808  
00:30:39,950 --> 00:30:38,340  
the thoughts and I was like oh my God

809  
00:30:42,230 --> 00:30:39,960  
he's right

810  
00:30:44,210 --> 00:30:42,240  
but he you know he pointed out to me and

811  
00:30:46,190 --> 00:30:44,220  
I thought oh my goodness this is so true

812  
00:30:47,930 --> 00:30:46,200  
like you want to be accepted too like

813  
00:30:49,430 --> 00:30:47,940

you like you said you is and it's really

814

00:30:50,990 --> 00:30:49,440

hard as a woman in science like you're

815

00:30:52,549 --> 00:30:51,000

always worried about what you're wearing

816

00:30:55,070 --> 00:30:52,559

how much makeup you're wearing how you

817

00:30:57,529 --> 00:30:55,080

sound but no one is taking you seriously

818

00:31:00,230 --> 00:30:57,539

sexual harassment left and right like

819

00:31:01,730 --> 00:31:00,240

it's real as it is in many fields and

820

00:31:04,909 --> 00:31:01,740

all you want is to be taken seriously

821

00:31:06,710 --> 00:31:04,919

and I do feel like along the way you

822

00:31:09,470 --> 00:31:06,720

start suppressing parts of yourself

823

00:31:10,730 --> 00:31:09,480

right like parts of self-expression you

824

00:31:12,889 --> 00:31:10,740

change the way you dress the way you

825

00:31:14,870 --> 00:31:12,899

speak the way you do your makeup the

826

00:31:17,029 --> 00:31:14,880

things you talk about the things you

827

00:31:19,909 --> 00:31:17,039

admit to being interested in all of

828

00:31:21,289 --> 00:31:19,919

those things change so that by it's in a

829

00:31:24,049 --> 00:31:21,299

wonder by the end of grad school I was

830

00:31:25,549 --> 00:31:24,059

not happy take that one step further and

831

00:31:27,710 --> 00:31:25,559

again it's something unique you bring to

832

00:31:29,450 --> 00:31:27,720

this because you have a an extra layer

833

00:31:32,389 --> 00:31:29,460

of sensitivity to that but then you

834

00:31:34,250 --> 00:31:32,399

start deconstructing this larger

835

00:31:35,990 --> 00:31:34,260

question of scientific materialism you

836

00:31:38,210 --> 00:31:36,000

go gee this is ridiculous there's

837

00:31:39,769 --> 00:31:38,220

overwhelming evidence from all these

838

00:31:42,110 --> 00:31:39,779

different fields even when I look at the

839

00:31:43,909 --> 00:31:42,120

cut Cutting Edge work that's being done

840

00:31:45,289 --> 00:31:43,919

in physics and Quantum physical it's all

841

00:31:48,830 --> 00:31:45,299

pointing in the same direction what's

842

00:31:51,230 --> 00:31:48,840

going on here and then you are equipped

843

00:31:54,529 --> 00:31:51,240

to look at scientists who you talk to so

844

00:31:57,110 --> 00:31:54,539

you let's say that this book then leads

845

00:32:01,370 --> 00:31:57,120

you to interviewing many leading

846

00:32:03,049 --> 00:32:01,380

thinkers scientists and their ideas and

847

00:32:05,450 --> 00:32:03,059

thoughts work their way into the book

848

00:32:07,190 --> 00:32:05,460

but you're then trying to understand and

849

00:32:08,810 --> 00:32:07,200

you do understand why they can't do it

850

00:32:11,210 --> 00:32:08,820

because they're doing they're doing the

851  
00:32:15,710 --> 00:32:11,220  
same game you're doing and I that's how

852  
00:32:19,730 --> 00:32:18,590  
yeah and yeah we're just all scared and

853  
00:32:21,169 --> 00:32:19,740  
um and what are they scared of

854  
00:32:23,570 --> 00:32:21,179  
specifically because like you like you

855  
00:32:26,330 --> 00:32:23,580  
say you know you feel good about being

856  
00:32:28,730 --> 00:32:26,340  
smart and being this smart scientific

857  
00:32:30,350 --> 00:32:28,740  
woman and then you find that they're

858  
00:32:32,090 --> 00:32:30,360  
scared about the same thing and they're

859  
00:32:35,450 --> 00:32:32,100  
also scared about you know what will

860  
00:32:37,970 --> 00:32:35,460  
their colleagues say in the cafeteria if

861  
00:32:40,549 --> 00:32:37,980  
they find out that they wrote an article

862  
00:32:43,250 --> 00:32:40,559  
or even made a blog post or you know or

863  
00:32:44,870 --> 00:32:43,260

what will happen to my funding and you

864

00:32:47,090 --> 00:32:44,880

know can I really do that inside of

865

00:32:48,649 --> 00:32:47,100

environment where we all know what the

866

00:32:51,529 --> 00:32:48,659

head of the department thinks you know

867

00:32:52,970 --> 00:32:51,539

so Europe just tuned into that when you

868

00:32:56,510 --> 00:32:52,980

talk to these guys you're like I get

869

00:32:58,130 --> 00:32:56,520

that I know that deal yeah yeah they I

870

00:32:59,990 --> 00:32:58,140

think that yeah when I when I spoke to

871

00:33:01,730 --> 00:33:00,000

my scientist colleagues I was it was

872

00:33:03,710 --> 00:33:01,740

when I was going through my little my

873

00:33:05,930 --> 00:33:03,720

second my identity crisis and I was like

874

00:33:07,789 --> 00:33:05,940

Am I who am I am I not a scientist

875

00:33:09,710 --> 00:33:07,799

anymore do what do other scientists

876

00:33:11,450 --> 00:33:09,720

believe in do they are they spiritual

877

00:33:13,490 --> 00:33:11,460

are they religious are they do they

878

00:33:15,649 --> 00:33:13,500

believe in anything paranormal and yeah

879

00:33:17,870 --> 00:33:15,659

I just spoke to one of my advice

880

00:33:20,389 --> 00:33:17,880

advisors actually and then a lot of my

881

00:33:22,190 --> 00:33:20,399

just colleagues and friends who were now

882

00:33:25,009 --> 00:33:22,200

in great you know High positions in

883

00:33:27,529 --> 00:33:25,019

Academia and elsewhere in companies and

884

00:33:29,149 --> 00:33:27,539

all of them were actually and the truth

885

00:33:30,230 --> 00:33:29,159

is like any scientist that's what I

886

00:33:33,350 --> 00:33:30,240

would say in the book like in

887

00:33:35,269 --> 00:33:33,360

confidentially they'll tell you like we

888

00:33:37,310 --> 00:33:35,279

know the limits of Science and we can't

889

00:33:38,750 --> 00:33:37,320

possibly know everything besides we

890

00:33:40,730 --> 00:33:38,760

can't use the scientific method for

891

00:33:42,350 --> 00:33:40,740

everything and also we're limited by

892

00:33:44,690 --> 00:33:42,360

time right like we we just haven't

893

00:33:47,330 --> 00:33:44,700

figured a lot of stuff out yet and a lot

894

00:33:49,850 --> 00:33:47,340

of them were interested in

895

00:33:52,130 --> 00:33:49,860

um kind of this paranormal phenomena or

896

00:33:53,810 --> 00:33:52,140

like they had read uh Dean radin's books

897

00:33:56,630 --> 00:33:53,820

or one of them had even bought dowsing

898

00:33:58,850 --> 00:33:56,640

rods one of them had was like oh I went

899

00:34:00,710 --> 00:33:58,860

into the Neuroscience um because I was

900

00:34:02,930 --> 00:34:00,720

interested in philosophy but and these

901  
00:34:04,970 --> 00:34:02,940  
bigger questions about life you know and

902  
00:34:08,210 --> 00:34:04,980  
he's like I love ghost stories and stuff

903  
00:34:10,310 --> 00:34:08,220  
so all of them were you know human and

904  
00:34:11,810 --> 00:34:10,320  
but I we had never talked about these

905  
00:34:13,369 --> 00:34:11,820  
things together so it made me feel so

906  
00:34:14,930 --> 00:34:13,379  
much better first of all just to

907  
00:34:16,550 --> 00:34:14,940  
establish that I was like okay I'm not

908  
00:34:18,889 --> 00:34:16,560  
alone like we're all human I think at

909  
00:34:22,310 --> 00:34:18,899  
the end of the day but yeah when it

910  
00:34:24,109 --> 00:34:22,320  
comes to taking it public you know some

911  
00:34:26,089 --> 00:34:24,119  
of them were like well you know I would

912  
00:34:27,109 --> 00:34:26,099  
never talk about this like at a faculty

913  
00:34:29,810 --> 00:34:27,119

meeting

914

00:34:32,690 --> 00:34:29,820

there's also a deeper level of denial

915

00:34:35,930 --> 00:34:32,700

that I think you you get to because

916

00:34:38,329 --> 00:34:35,940

you're so open and truly just digging

917

00:34:41,930 --> 00:34:38,339

through this stuff personally that comes

918

00:34:43,730 --> 00:34:41,940

through in the book and in a way I think

919

00:34:45,109 --> 00:34:43,740

you kind of let them off the hook a

920

00:34:48,109 --> 00:34:45,119

little too easily Mona because they kind

921

00:34:49,970 --> 00:34:48,119

of give some explanations it don't just

922

00:34:52,909 --> 00:34:49,980

don't stand up to scrutiny and the kind

923

00:34:54,770 --> 00:34:52,919

of scrutiny that you do in the in the

924

00:34:56,810 --> 00:34:54,780

book and you just kind of give them a

925

00:34:58,910 --> 00:34:56,820

pass like we do people and you you've

926

00:35:01,130 --> 00:34:58,920

got to give people a little bit of a

927

00:35:02,829 --> 00:35:01,140

pass but what you do is you just

928

00:35:07,250 --> 00:35:02,839

deconstruct

929

00:35:08,810 --> 00:35:07,260

materialism as just untenable versus the

930

00:35:10,609 --> 00:35:08,820

evidence and you do it in the book and

931

00:35:12,050 --> 00:35:10,619

you do it over and over again and I

932

00:35:14,450 --> 00:35:12,060

think you could even go one step further

933

00:35:16,609 --> 00:35:14,460

because and and you rigorously go

934

00:35:18,410 --> 00:35:16,619

through this but if we cannot measure

935

00:35:20,569 --> 00:35:18,420

because if we don't know what time is

936

00:35:21,890 --> 00:35:20,579

and if we cannot measure because we

937

00:35:23,810 --> 00:35:21,900

don't know the influence of

938

00:35:25,550 --> 00:35:23,820

Consciousness and that we know that

939

00:35:27,230 --> 00:35:25,560

Consciousness is always in play and we

940

00:35:29,450 --> 00:35:27,240

know the observer effect and the

941

00:35:33,650 --> 00:35:29,460

experiment or effect is always in play

942

00:35:35,450 --> 00:35:33,660

then we don't really have a science that

943

00:35:37,069 --> 00:35:35,460

we can hold on to and we can still say

944

00:35:38,569 --> 00:35:37,079

like you do in the book that well we

945

00:35:41,030 --> 00:35:38,579

still have the scientific method and the

946

00:35:42,230 --> 00:35:41,040

still valuable yada yada true to a

947

00:35:43,490 --> 00:35:42,240

certain extent but we can kind of

948

00:35:45,290 --> 00:35:43,500

reorder the whole thing and put

949

00:35:47,329 --> 00:35:45,300

everything under engineering you know if

950

00:35:49,490 --> 00:35:47,339

you can put it on an iPhone and we can

951

00:35:51,349 --> 00:35:49,500

use it that's great otherwise don't go

952

00:35:53,150 --> 00:35:51,359

splacking on your you know about how you

953

00:35:55,490 --> 00:35:53,160

could do this and do that you can't do

954

00:35:57,770 --> 00:35:55,500

[h\_\_h] really you can just approximate and

955

00:36:00,050 --> 00:35:57,780

if that's good enough to make something

956

00:36:01,849 --> 00:36:00,060

better but yeah but I don't I don't

957

00:36:03,550 --> 00:36:01,859

think they're doing that on a day-to-day

958

00:36:05,810 --> 00:36:03,560

basis and I don't think a lot of them

959

00:36:07,430 --> 00:36:05,820

are yeah they just don't think that they

960

00:36:09,950 --> 00:36:07,440

engage with these questions on a

961

00:36:12,829 --> 00:36:09,960

day-to-day basis like when I I like much

962

00:36:15,230 --> 00:36:12,839

like me before I have this crisis you

963

00:36:17,390 --> 00:36:15,240

could not engage me in a conversation on

964

00:36:18,950 --> 00:36:17,400

this stuff like I would be too busy I'm

965

00:36:21,230 --> 00:36:18,960

too tired I have too many other things

966

00:36:22,609 --> 00:36:21,240

to read and do and think about and it's

967

00:36:23,870 --> 00:36:22,619

like you try to talk to me about that

968

00:36:25,609 --> 00:36:23,880

I'd be like I don't have time for this

969

00:36:29,329 --> 00:36:25,619

you know like I'm not interested in this

970

00:36:30,410 --> 00:36:29,339

so I think if if you and you can't force

971

00:36:32,810 --> 00:36:30,420

people to be interested in things

972

00:36:35,089 --> 00:36:32,820

they're not interested in so I think oh

973

00:36:37,370 --> 00:36:35,099

when it comes you know it takes like a

974

00:36:40,310 --> 00:36:37,380

perfect storm of these things to open

975

00:36:41,870 --> 00:36:40,320

you up to things and that's that's what

976

00:36:44,329 --> 00:36:41,880

I try to keep in mind

977

00:36:46,130 --> 00:36:44,339

um because I just always like I wrote

978

00:36:48,230 --> 00:36:46,140

the book like that about old me new me

979

00:36:50,210 --> 00:36:48,240

because I I just now I find myself in

980

00:36:51,530 --> 00:36:50,220

that position of exactly what you you

981

00:36:54,470 --> 00:36:51,540

were saying like I find myself

982

00:36:56,510 --> 00:36:54,480

frustrated sometimes that um I get

983

00:36:58,849 --> 00:36:56,520

confronted with these extremely limited

984

00:37:01,849 --> 00:36:58,859

frankly lazy explanations about

985

00:37:02,870 --> 00:37:01,859

materialism from other scientists and

986

00:37:05,270 --> 00:37:02,880

you know

987

00:37:06,829 --> 00:37:05,280

I just try to think back to myself and

988

00:37:07,970 --> 00:37:06,839

you know I could present them a huge

989

00:37:09,589 --> 00:37:07,980

reading list but are they really going

990

00:37:10,670 --> 00:37:09,599

to go read it like they're not they're

991

00:37:12,470 --> 00:37:10,680

busy

992

00:37:14,270 --> 00:37:12,480

um and they're just gonna fall back on

993

00:37:16,490 --> 00:37:14,280

their lazy arguments and I'm gonna go on

994

00:37:18,950 --> 00:37:16,500

my way but you know until it comes a day

995

00:37:20,750 --> 00:37:18,960

when they need to need it or something

996

00:37:22,250 --> 00:37:20,760

happens to them as Jeff kreypel writes

997

00:37:24,050 --> 00:37:22,260

in his excellent book The Flip when

998

00:37:26,930 --> 00:37:24,060

something happens and the world view is

999

00:37:30,349 --> 00:37:26,940

flipped and then they'll come calling

1000

00:37:32,690 --> 00:37:30,359

very interesting because you know both

1001  
00:37:34,730 --> 00:37:32,700  
through skeptico and I've been at this

1002  
00:37:37,609 --> 00:37:34,740  
for a long time but it took me a long

1003  
00:37:41,030 --> 00:37:37,619  
time to realize this you know your book

1004  
00:37:44,030 --> 00:37:41,040  
is as much an exercise in why people

1005  
00:37:46,550 --> 00:37:44,040  
believe weird things as it is anything

1006  
00:37:49,750 --> 00:37:46,560  
else and it's about belief systems and

1007  
00:37:53,810 --> 00:37:49,760  
World Views and how those change and

1008  
00:37:57,349 --> 00:37:53,820  
essentially and importantly how you can

1009  
00:37:59,810 --> 00:37:57,359  
go about being the master of that

1010  
00:38:03,230 --> 00:37:59,820  
process as you are because that's what

1011  
00:38:06,290 --> 00:38:03,240  
you do you take on that that job so any

1012  
00:38:08,930 --> 00:38:06,300  
thoughts on number one kind of looking

1013  
00:38:11,089 --> 00:38:08,940

out and it's brutal but it's true you

1014

00:38:14,089 --> 00:38:11,099

know why do people get stuck in these

1015

00:38:15,890 --> 00:38:14,099

belief system roots that don't serve

1016

00:38:17,569 --> 00:38:15,900

them and in particular well now we're

1017

00:38:20,390 --> 00:38:17,579

talking about the scientific

1018

00:38:22,670 --> 00:38:20,400

materialistic World Views that don't

1019

00:38:23,329 --> 00:38:22,680

serve them and then number two how do

1020

00:38:32,390 --> 00:38:23,339

you

1021

00:38:34,370 --> 00:38:32,400

second one's hard uh the first one is

1022

00:38:35,630 --> 00:38:34,380

yeah I think that

1023

00:38:42,530 --> 00:38:35,640

I

1024

00:38:43,910 --> 00:38:42,540

my but my experience it does come back

1025

00:38:46,550 --> 00:38:43,920

to

1026

00:38:50,390 --> 00:38:46,560

our needs as people and I feel like

1027

00:38:52,849 --> 00:38:50,400

things serve you as long as they fill

1028

00:38:55,250 --> 00:38:52,859

some need that you have like for me I

1029

00:38:57,530 --> 00:38:55,260

needed to feel valuable signs filled

1030

00:39:01,069 --> 00:38:57,540

that need so for a while that worked for

1031

00:39:03,829 --> 00:39:01,079

me and then it didn't anymore and I

1032

00:39:07,370 --> 00:39:03,839

think that I think that that's

1033

00:39:09,170 --> 00:39:07,380

for whatever reason you know people are

1034

00:39:10,370 --> 00:39:09,180

born into belief systems or whatever

1035

00:39:12,530 --> 00:39:10,380

whatever however they land to other

1036

00:39:14,630 --> 00:39:12,540

belief systems it's various paths for

1037

00:39:16,010 --> 00:39:14,640

different people it must be fulfilling a

1038

00:39:17,630 --> 00:39:16,020

need for you if it wasn't working for

1039

00:39:20,270 --> 00:39:17,640

you I think that's when you do hit

1040

00:39:22,670 --> 00:39:20,280

crisis like I did and that's when it

1041

00:39:24,109 --> 00:39:22,680

pushes you to to look and to change

1042

00:39:25,790 --> 00:39:24,119

something is not working for you then

1043

00:39:28,130 --> 00:39:25,800

you have to do something but so long as

1044

00:39:29,990 --> 00:39:28,140

it fulfills needs and you're not pushed

1045

00:39:33,290 --> 00:39:30,000

to that crisis point I just think humans

1046

00:39:35,210 --> 00:39:33,300

don't voluntarily want to transform

1047

00:39:37,010 --> 00:39:35,220

right like who wants to go through a

1048

00:39:40,069 --> 00:39:37,020

crisis like that I don't think I would

1049

00:39:41,329 --> 00:39:40,079

have I think I was forced to so and how

1050

00:39:43,069 --> 00:39:41,339

to do it I mean

1051

00:39:45,050 --> 00:39:43,079

you know I thought a lot about that

1052

00:39:47,210 --> 00:39:45,060

because as I've gone through it I've

1053

00:39:49,210 --> 00:39:47,220

I've thought about the beginning when I

1054

00:39:52,910 --> 00:39:49,220

struggled against it and then ultimately

1055

00:39:56,050 --> 00:39:52,920

how did it become easier for me and it

1056

00:39:59,210 --> 00:39:56,060

really was just letting go and which

1057

00:40:01,310 --> 00:39:59,220

sounds easy but is not at all you see

1058

00:40:04,910 --> 00:40:01,320

but like letting go and surrendering and

1059

00:40:07,609 --> 00:40:04,920

and then continuously asking myself but

1060

00:40:10,910 --> 00:40:07,619

what if you're wrong and

1061

00:40:13,910 --> 00:40:10,920

um and stay radically curious because I

1062

00:40:16,970 --> 00:40:13,920

think also once I finally was like okay

1063

00:40:18,170 --> 00:40:16,980

you know what I don't know what the re I

1064

00:40:20,089 --> 00:40:18,180

don't know what reality is I don't know

1065

00:40:23,390 --> 00:40:20,099

what the universe is all I know is

1066

00:40:26,210 --> 00:40:23,400

materialism is not it and or is not

1067

00:40:27,710 --> 00:40:26,220

working for me and it doesn't explain a

1068

00:40:28,910 --> 00:40:27,720

lot of my experiences and other people's

1069

00:40:32,270 --> 00:40:28,920

experiences

1070

00:40:34,010 --> 00:40:32,280

but I you know not ready to commit to

1071

00:40:36,050 --> 00:40:34,020

another one now because I'm like I I

1072

00:40:38,690 --> 00:40:36,060

thought I was so right oh man I thought

1073

00:40:41,510 --> 00:40:38,700

I was it I thought I had it and I was so

1074

00:40:44,569 --> 00:40:41,520

you know wrong or but it ended up

1075

00:40:46,670 --> 00:40:44,579

flipping so now I'm careful and try not

1076  
00:40:49,069 --> 00:40:46,680  
to cling I try to stay open-minded and

1077  
00:40:51,589 --> 00:40:49,079  
just I think of it like data sets now I

1078  
00:40:54,710 --> 00:40:51,599  
think of all of us as having limited

1079  
00:40:56,450 --> 00:40:54,720  
data sets or like an Excel sheet and I

1080  
00:40:58,609 --> 00:40:56,460  
think of it as like I had an Excel sheet

1081  
00:41:00,470 --> 00:40:58,619  
of my worldview and it was locked and I

1082  
00:41:02,750 --> 00:41:00,480  
was like no more information please I am

1083  
00:41:05,210 --> 00:41:02,760  
good I have the correct world view and

1084  
00:41:06,950 --> 00:41:05,220  
then of course I opened up added data to

1085  
00:41:08,569 --> 00:41:06,960  
it and now I'm always thinking I never

1086  
00:41:10,910 --> 00:41:08,579  
want to lock the sheet again I just want

1087  
00:41:11,990 --> 00:41:10,920  
to keep adding data and that's how I

1088  
00:41:14,089 --> 00:41:12,000

think of it when I relate to other

1089

00:41:16,190 --> 00:41:14,099

people too that they have different data

1090

00:41:18,050 --> 00:41:16,200

sets like so if I'm referring to

1091

00:41:19,550 --> 00:41:18,060

something that they don't have in their

1092

00:41:20,569 --> 00:41:19,560

data set they're just not going to get

1093

00:41:22,490 --> 00:41:20,579

it

1094

00:41:25,550 --> 00:41:22,500

again I have to wonder if you're being

1095

00:41:28,970 --> 00:41:25,560

overly generous there but

1096

00:41:32,270 --> 00:41:28,980

because in the book you kind of do

1097

00:41:35,089 --> 00:41:32,280

revealed some of the secret sauce I mean

1098

00:41:38,030 --> 00:41:35,099

you become a meditator and you actively

1099

00:41:41,990 --> 00:41:38,040

do that you jump into these experiences

1100

00:41:43,910 --> 00:41:42,000

you do pass life regression you do you

1101  
00:41:46,310 --> 00:41:43,920  
do and you continue to get you continue

1102  
00:41:49,030 --> 00:41:46,320  
to get readings you even are open about

1103  
00:41:51,530 --> 00:41:49,040  
having an LSD experience you know

1104  
00:41:53,270 --> 00:41:51,540  
hallucinogenic experience which I gotta

1105  
00:41:55,730 --> 00:41:53,280  
tell you you know at this point so many

1106  
00:41:58,190 --> 00:41:55,740  
people have but very very few people

1107  
00:42:00,950 --> 00:41:58,200  
write about it and say Yep this happened

1108  
00:42:03,890 --> 00:42:00,960  
and here's how I integrated it in and

1109  
00:42:06,349 --> 00:42:03,900  
all the rest of that so I'm curious

1110  
00:42:07,930 --> 00:42:06,359  
about if I can really kind of jump that

1111  
00:42:11,630 --> 00:42:07,940  
to the end

1112  
00:42:14,930 --> 00:42:11,640  
is what do you think about kind of this

1113  
00:42:19,310 --> 00:42:14,940

right action non-dualism you said Ram

1114

00:42:21,770 --> 00:42:19,320

Das is one of your spiritual guideposts

1115

00:42:24,950 --> 00:42:21,780

you know have you read much of neem

1116

00:42:27,710 --> 00:42:24,960

curly Baba and you know I mean and some

1117

00:42:31,130 --> 00:42:27,720

of all ramdas stories are with neem

1118

00:42:34,450 --> 00:42:31,140

curly Baba so are you down the non-dual

1119

00:42:38,450 --> 00:42:34,460

right action yeah definitely

1120

00:42:40,790 --> 00:42:38,460

okay so yes and I so for me it was a lot

1121

00:42:44,329 --> 00:42:40,800

of um I mean and I wish this for the

1122

00:42:46,930 --> 00:42:44,339

world I do wish I wish like I wish our

1123

00:42:49,250 --> 00:42:46,940

society focused more on

1124

00:42:51,530 --> 00:42:49,260

self-actualization and like psychology

1125

00:42:53,270 --> 00:42:51,540

just like what do you know what do we

1126  
00:42:55,609 --> 00:42:53,280  
need to express ourselves to be happy

1127  
00:42:57,650 --> 00:42:55,619  
because I feel like um a lot of that is

1128  
00:42:59,990 --> 00:42:57,660  
what led me to this I don't know despair

1129  
00:43:01,430 --> 00:43:00,000  
point but yeah I got curious about

1130  
00:43:04,250 --> 00:43:01,440  
Consciousness I got curious about

1131  
00:43:05,630 --> 00:43:04,260  
spirituality and I found that these

1132  
00:43:07,550 --> 00:43:05,640  
Altered States Of Consciousness whether

1133  
00:43:10,609 --> 00:43:07,560  
it's hypnotic regression or psychedelics

1134  
00:43:12,530 --> 00:43:10,619  
or breath work or meditation

1135  
00:43:14,930 --> 00:43:12,540  
um they really help you get out of your

1136  
00:43:17,690 --> 00:43:14,940  
everyday head and out of these social

1137  
00:43:19,250 --> 00:43:17,700  
constructs these things these I should

1138  
00:43:21,349 --> 00:43:19,260

be doing this I'm supposed to be this

1139

00:43:23,630 --> 00:43:21,359

this is my identity they get you out of

1140

00:43:25,250 --> 00:43:23,640

that space and I actually now think of

1141

00:43:27,290 --> 00:43:25,260

them too as these points where the

1142

00:43:29,329 --> 00:43:27,300

spiritual paranormal and personal

1143

00:43:30,710 --> 00:43:29,339

healing all converge because in those

1144

00:43:32,569 --> 00:43:30,720

experiences you can have all of them

1145

00:43:34,790 --> 00:43:32,579

right like I can see the future I can

1146

00:43:36,829 --> 00:43:34,800

see a past life

1147

00:43:38,329 --> 00:43:36,839

um I can it could you know heal me in

1148

00:43:41,870 --> 00:43:38,339

some way if it's a passive progression

1149

00:43:43,910 --> 00:43:41,880

or whatever or with LSD I had an insight

1150

00:43:46,250 --> 00:43:43,920

um you know I asked a person a question

1151  
00:43:48,349 --> 00:43:46,260  
a personal development question I think

1152  
00:43:50,990 --> 00:43:48,359  
it was what's my biggest problem right

1153  
00:43:53,450 --> 00:43:51,000  
now and got a very very very clear

1154  
00:43:56,150 --> 00:43:53,460  
answer like a whole like not just a

1155  
00:43:58,250 --> 00:43:56,160  
cognitive like it was a I felt

1156  
00:44:01,309 --> 00:43:58,260  
that it was like you don't let yourself

1157  
00:44:04,790 --> 00:44:01,319  
be you like you you you know you trying

1158  
00:44:07,370 --> 00:44:04,800  
to project oh smartness you're trying to

1159  
00:44:09,290 --> 00:44:07,380  
project who you think everyone thinks

1160  
00:44:11,030 --> 00:44:09,300  
you're supposed to be but you've

1161  
00:44:13,190 --> 00:44:11,040  
forgotten like and I saw like images

1162  
00:44:15,470 --> 00:44:13,200  
from my childhood and you know like oh

1163  
00:44:18,410 --> 00:44:15,480

you forgot this girl you forgot this

1164

00:44:20,210 --> 00:44:18,420

person and so I feel like these I mean

1165

00:44:23,089 --> 00:44:20,220

if I had yeah one wish is that everybody

1166

00:44:25,910 --> 00:44:23,099

would Embrace these Altered States or

1167

00:44:28,309 --> 00:44:25,920

just go get yeah readings like I invite

1168

00:44:29,990 --> 00:44:28,319

scientists in the book to go get a

1169

00:44:31,790 --> 00:44:30,000

reading I mean like what's the big deal

1170

00:44:33,950 --> 00:44:31,800

you know it's like 30 minutes maybe

1171

00:44:36,290 --> 00:44:33,960

it'll impress you maybe they won't but

1172

00:44:39,410 --> 00:44:36,300

to touch the mystical and spiritual

1173

00:44:41,210 --> 00:44:39,420

because I just truly think it's very

1174

00:44:43,130 --> 00:44:41,220

healing and enlightening and it really

1175

00:44:46,390 --> 00:44:43,140

just helped open your mind to other

1176

00:44:49,849 --> 00:44:46,400

experiences and most of the population

1177

00:44:52,130 --> 00:44:49,859

uh believes in this stuff and

1178

00:44:53,690 --> 00:44:52,140

um engages with it in some way and so it

1179

00:44:55,490 --> 00:44:53,700

could help put you know at least for

1180

00:44:57,770 --> 00:44:55,500

scientists like put us on even footing

1181

00:45:00,589 --> 00:44:57,780

but a little more anyway

1182

00:45:02,109 --> 00:45:00,599

okay uh the skeptico portion of the

1183

00:45:05,030 --> 00:45:02,119

interview begins now

1184

00:45:08,930 --> 00:45:05,040

so you mentioned the Russell Tower Cal

1185

00:45:11,510 --> 00:45:08,940

put off SRI stuff let me cover that a

1186

00:45:14,569 --> 00:45:11,520

lot on this show their MK Ultra guys

1187

00:45:17,390 --> 00:45:14,579

right I mean that program is under the

1188

00:45:20,390 --> 00:45:17,400

MK Ultra program ROM Doss when he's at

1189

00:45:23,210 --> 00:45:20,400

Harvard he's working in an MK Ultra

1190

00:45:25,309 --> 00:45:23,220

program MK Ultra is not pretty it's not

1191

00:45:26,809 --> 00:45:25,319

nice it's evil I mean they also have at

1192

00:45:30,050 --> 00:45:26,819

the same time programs going on with

1193

00:45:31,970 --> 00:45:30,060

demonology you know hey can we do they

1194

00:45:34,370 --> 00:45:31,980

have you know kind of this weaponizing

1195

00:45:37,130 --> 00:45:34,380

dissociative identity disorder right

1196

00:45:38,329 --> 00:45:37,140

like uh Whitley strieber we've

1197

00:45:39,950 --> 00:45:38,339

interviewed on the show you know let's

1198

00:45:41,990 --> 00:45:39,960

lock up these little nine-year-old kids

1199

00:45:44,150 --> 00:45:42,000

in in Faraday cages

1200

00:45:46,430 --> 00:45:44,160

and cut the throat of a bunny in front

1201

00:45:49,670 --> 00:45:46,440

of them and say do they do they

1202

00:45:52,730 --> 00:45:49,680

disassociate and can we then inhabit you

1203

00:45:55,069 --> 00:45:52,740

know take possession of that so

1204

00:45:59,390 --> 00:45:55,079

evil matters I wrote a book A couple of

1205

00:46:01,490 --> 00:45:59,400

years ago why evil matters and evil and

1206

00:46:03,890 --> 00:46:01,500

deception has to be a part of this

1207

00:46:05,050 --> 00:46:03,900

equation because it seems to be part of

1208

00:46:07,130 --> 00:46:05,060

this

1209

00:46:08,870 --> 00:46:07,140

collage that we're painting together

1210

00:46:10,910 --> 00:46:08,880

what do you think I just talked to

1211

00:46:12,710 --> 00:46:10,920

Bernardo castrip I think last week and

1212

00:46:16,010 --> 00:46:12,720

you know I had to put him

1213

00:46:18,589 --> 00:46:16,020

put them on the grill and he was like I

1214

00:46:20,410 --> 00:46:18,599

can't dismiss the definite reality that

1215

00:46:24,230 --> 00:46:20,420

seems to be of the Angels and Demons

1216

00:46:25,790 --> 00:46:24,240

seems to be real you know yeah you don't

1217

00:46:29,690 --> 00:46:25,800

really you don't really go there too

1218

00:46:31,849 --> 00:46:29,700

much no no I don't I try not to think

1219

00:46:33,410 --> 00:46:31,859

about that but I think that the um I

1220

00:46:36,230 --> 00:46:33,420

mean I do think the nature of the

1221

00:46:38,690 --> 00:46:36,240

universe the universe is is

1222

00:46:41,329 --> 00:46:38,700

um and I as actually in one of my

1223

00:46:44,030 --> 00:46:41,339

psychedelic trips I've experienced The

1224

00:46:46,790 --> 00:46:44,040

Duality of like the universe of like

1225

00:46:51,190 --> 00:46:46,800

light is dark and dark is light and

1226

00:46:53,109 --> 00:46:51,200

um and that so I I mean I recognize

1227

00:46:57,890 --> 00:46:53,119

that

1228

00:47:01,430 --> 00:46:57,900

and I haven't dug into it as much as

1229

00:47:03,650 --> 00:47:01,440

Stargate but I mean I do think

1230

00:47:05,750 --> 00:47:03,660

just to make a point just to make the

1231

00:47:08,809 --> 00:47:05,760

point again I won't pound on it Stargate

1232

00:47:10,790 --> 00:47:08,819

is a part of MK Ultra yeah yeah so right

1233

00:47:12,349 --> 00:47:10,800

yeah

1234

00:47:14,030 --> 00:47:12,359

um

1235

00:47:17,450 --> 00:47:14,040

what what

1236

00:47:21,589 --> 00:47:20,150

ly so a few years ago I interviewed this

1237

00:47:25,010 --> 00:47:21,599

woman and it really kind of changed the

1238

00:47:27,770 --> 00:47:25,020

show a bit her name is Annika Lucas and

1239

00:47:29,690 --> 00:47:27,780

I kind of connected her through the yoga

1240

00:47:32,030 --> 00:47:29,700

thing because I've been in into yoga for

1241

00:47:33,470 --> 00:47:32,040

a long time and she now runs this

1242

00:47:36,410 --> 00:47:33,480

amazing

1243

00:47:39,530 --> 00:47:36,420

program for women who are incarcerated

1244

00:47:41,569 --> 00:47:39,540

in New York and does yoga with them and

1245

00:47:44,930 --> 00:47:41,579

stuff like that

1246

00:47:47,990 --> 00:47:44,940

it's lovely Annika was sold into a

1247

00:47:51,050 --> 00:47:48,000

Satanic ritual cult in Belgium connected

1248

00:47:53,450 --> 00:47:51,060

to the Dutro cult that was you know

1249

00:47:55,670 --> 00:47:53,460

exposed in the newspapers and had all

1250

00:47:58,450 --> 00:47:55,680

these high-ranking officials she was

1251

00:48:01,910 --> 00:47:58,460

sold into a satanic cult six years old

1252

00:48:03,829 --> 00:48:01,920

raped hundreds and hundreds of times and

1253

00:48:05,569 --> 00:48:03,839

you know satanic like I asked her that

1254

00:48:09,109 --> 00:48:05,579

at one point she goes yes that's what

1255

00:48:11,450 --> 00:48:09,119

they are you know so if if we're going

1256

00:48:13,790 --> 00:48:11,460

to go there with all the rest of this

1257

00:48:17,809 --> 00:48:13,800

stuff one of the questions that's on the

1258

00:48:20,030 --> 00:48:17,819

table is why are people attempting to

1259

00:48:21,950 --> 00:48:20,040

tap into that energy but more

1260

00:48:23,890 --> 00:48:21,960

importantly from a kind of scientific

1261

00:48:27,290 --> 00:48:23,900

perspective

1262

00:48:31,370 --> 00:48:27,300

what what does the agency of these other

1263

00:48:32,690 --> 00:48:31,380

Realms mean and uh because I think it

1264

00:48:35,569 --> 00:48:32,700

brings into Focus some of the other

1265

00:48:38,270 --> 00:48:35,579

questions that you ask in terms of you

1266

00:48:40,790 --> 00:48:38,280

ask political questions at the end and

1267

00:48:42,950 --> 00:48:40,800

questions about our society and then I

1268

00:48:47,930 --> 00:48:42,960

think that naturally leads to

1269

00:48:50,630 --> 00:48:47,940

this is us this is what we did we did

1270

00:48:53,270 --> 00:48:50,640

this and we did this to other countries

1271

00:48:56,329 --> 00:48:53,280

but we did this to American citizens all

1272

00:48:58,250 --> 00:48:56,339

under the the umbrella of uh keep us

1273

00:49:00,829 --> 00:48:58,260

safe you know don't don't tell us

1274

00:49:04,130 --> 00:49:00,839

anymore you know but so I think this

1275

00:49:05,450 --> 00:49:04,140

stuff matters yeah I I was sort of

1276

00:49:07,910 --> 00:49:05,460

thinking about something similar the

1277

00:49:09,650 --> 00:49:07,920

other day about I mean I don't have an

1278

00:49:12,109 --> 00:49:09,660

answer I don't know that anyone does but

1279

00:49:13,849 --> 00:49:12,119

I think I think one part of it is is

1280

00:49:16,069 --> 00:49:13,859

control I mean humans love power and

1281

00:49:17,809 --> 00:49:16,079

controller because we but it all goes

1282

00:49:19,309 --> 00:49:17,819

back to fear because we're afraid of

1283

00:49:20,750 --> 00:49:19,319

dying and not having control you know

1284

00:49:23,329 --> 00:49:20,760

over our environments we can't protect

1285

00:49:24,950 --> 00:49:23,339

ourselves we can't we're vulnerable in a

1286

00:49:26,870 --> 00:49:24,960

lot of ways and I think that we try to

1287

00:49:28,849 --> 00:49:26,880

grasp and control for control and power

1288

00:49:32,569 --> 00:49:28,859

however we can

1289

00:49:34,849 --> 00:49:32,579

um but you know that and the the way to

1290

00:49:36,650 --> 00:49:34,859

counter that it I mean to some extent

1291

00:49:39,650 --> 00:49:36,660

you can't because we are just we are

1292

00:49:42,710 --> 00:49:39,660

vulnerable it is our nature

1293

00:49:44,210 --> 00:49:42,720

um but you know in Psychology they

1294

00:49:46,130 --> 00:49:44,220

that's what they talk about Child

1295

00:49:47,809 --> 00:49:46,140

Development it's it's about making them

1296

00:49:49,690 --> 00:49:47,819

feel safe and secure so that they don't

1297

00:49:52,550 --> 00:49:49,700

have to develop these other

1298

00:49:54,290 --> 00:49:52,560

mechanisms to to control their

1299

00:49:56,990 --> 00:49:54,300

environment or manipulate the people

1300

00:49:59,329 --> 00:49:57,000

around them or whatever it is

1301  
00:50:02,329 --> 00:49:59,339  
um so it's like in a perfect world maybe

1302  
00:50:04,010 --> 00:50:02,339  
if we all grew up uh you know feeling

1303  
00:50:06,170 --> 00:50:04,020  
safe and secure and we're reason in that

1304  
00:50:08,930 --> 00:50:06,180  
way but like do I think that's going to

1305  
00:50:11,030 --> 00:50:08,940  
be possible I'm not that much of an

1306  
00:50:12,950 --> 00:50:11,040  
idealist

1307  
00:50:15,470 --> 00:50:12,960  
the other thing I wonder what you think

1308  
00:50:17,809 --> 00:50:15,480  
about this because I think what the book

1309  
00:50:20,510 --> 00:50:17,819  
points to and we don't quite close the

1310  
00:50:24,650 --> 00:50:20,520  
loop but maybe you can do it here is

1311  
00:50:26,809 --> 00:50:24,660  
you start with pretty quickly realizing

1312  
00:50:27,829 --> 00:50:26,819  
it's all about love it's all about the

1313  
00:50:34,490 --> 00:50:27,839

light

1314

00:50:36,829 --> 00:50:34,500

shine through for a ton of reasons and

1315

00:50:38,329 --> 00:50:36,839

we all get that you know but the light

1316

00:50:41,510 --> 00:50:38,339

is always there the light is always

1317

00:50:44,750 --> 00:50:41,520

shining and you kind of end the book on

1318

00:50:47,990 --> 00:50:44,760

that too but you feel the necessity to

1319

00:50:50,450 --> 00:50:48,000

go through this long journey I I'm right

1320

00:50:54,470 --> 00:50:50,460

there with you I'm on that Journey too

1321

00:50:56,990 --> 00:50:54,480

but maybe the answer is neem curly Baba

1322

00:50:58,970 --> 00:50:57,000

love everyone and tell the truth maybe

1323

00:51:00,589 --> 00:50:58,980

the answer is it doesn't matter what

1324

00:51:03,530 --> 00:51:00,599

those [h\_\_h] do

1325

00:51:04,549 --> 00:51:03,540

it doesn't really matter we don't have

1326

00:51:10,849 --> 00:51:04,559

to make

1327

00:51:13,450 --> 00:51:10,859

it when they die when they face their

1328

00:51:16,549 --> 00:51:13,460

soul journey and they have to face

1329

00:51:18,349 --> 00:51:16,559

experiencing themselves what they did

1330

00:51:20,930 --> 00:51:18,359

and the impact of that we don't have to

1331

00:51:22,609 --> 00:51:20,940

we don't necessarily have to process all

1332

00:51:24,349 --> 00:51:22,619

that evil and that's why I think the

1333

00:51:26,510 --> 00:51:24,359

mistake is made but people are want to

1334

00:51:27,530 --> 00:51:26,520

Shy Away From Evil like we have to fix

1335

00:51:29,510 --> 00:51:27,540

something

1336

00:51:31,370 --> 00:51:29,520

we don't have to fix it we just have to

1337

00:51:33,230 --> 00:51:31,380

be the light and that's what I think

1338

00:51:34,910 --> 00:51:33,240

you're you're you say at the beginning

1339

00:51:38,809 --> 00:51:34,920

and then you say at the end

1340

00:51:41,210 --> 00:51:38,819

great yes yeah I did the practice that

1341

00:51:43,309 --> 00:51:41,220

right and I I feel like um I feel like

1342

00:51:44,930 --> 00:51:43,319

I'm still transitioning into that I

1343

00:51:48,530 --> 00:51:44,940

don't feel like I was that at all before

1344

00:51:50,150 --> 00:51:48,540

like holds me I don't think I I was very

1345

00:51:52,309 --> 00:51:50,160

conditioned you know from our culture

1346

00:51:54,470 --> 00:51:52,319

and I I didn't think about other people

1347

00:51:55,970 --> 00:51:54,480

in that way and I I think I talk about

1348

00:51:57,589 --> 00:51:55,980

the book I was very

1349

00:51:59,630 --> 00:51:57,599

um arrogant and condescending and

1350

00:52:01,130 --> 00:51:59,640

retaliatory and like I felt a lot of

1351

00:52:03,530 --> 00:52:01,140

emotional you know

1352

00:52:05,930 --> 00:52:03,540

um uh just upset when when somebody

1353

00:52:08,329 --> 00:52:05,940

didn't agree with me like had a

1354

00:52:09,770 --> 00:52:08,339

different opinion than me or whatnot and

1355

00:52:11,450 --> 00:52:09,780

now I know oh it's because I felt

1356

00:52:12,470 --> 00:52:11,460

whatever my value was threatened okay

1357

00:52:15,829 --> 00:52:12,480

great

1358

00:52:18,170 --> 00:52:15,839

um and that's why I cut material is so

1359

00:52:20,030 --> 00:52:18,180

much slack now or any everyone really is

1360

00:52:21,770 --> 00:52:20,040

I really just try to

1361

00:52:24,049 --> 00:52:21,780

it's like I

1362

00:52:26,089 --> 00:52:24,059

I it really is just letting go because

1363

00:52:27,530 --> 00:52:26,099

old me would have been like no you have

1364

00:52:29,030 --> 00:52:27,540

to see and I would have been angry and

1365

00:52:30,710 --> 00:52:29,040

I've been like you need to understand

1366

00:52:33,230 --> 00:52:30,720

you need to get caught up you need to

1367

00:52:34,730 --> 00:52:33,240

read the papers you need to but

1368

00:52:36,349 --> 00:52:34,740

um like I said I don't I just don't

1369

00:52:38,030 --> 00:52:36,359

think that that works

1370

00:52:40,609 --> 00:52:38,040

um with people knowing human psychology

1371

00:52:43,670 --> 00:52:40,619

like I just don't think that even works

1372

00:52:46,370 --> 00:52:43,680

and I think really the better way is to

1373

00:52:48,530 --> 00:52:46,380

let go surrender and to live and like

1374

00:52:52,609 --> 00:52:48,540

you said Shine Your Light and when they

1375

00:52:53,809 --> 00:52:52,619

see you living well they and then if you

1376

00:52:54,950 --> 00:52:53,819

know they're not they might ask

1377

00:52:56,809 --> 00:52:54,960

themselves

1378

00:52:59,390 --> 00:52:56,819

um what's the difference here what could

1379

00:53:01,130 --> 00:52:59,400

I what could I do differently so I

1380

00:53:03,650 --> 00:53:01,140

really do think all you can do is is

1381

00:53:04,690 --> 00:53:03,660

yeah live live your peace Live Your

1382

00:53:08,450 --> 00:53:04,700

Truth

1383

00:53:10,790 --> 00:53:08,460

awesome so Dr sabani where are we going

1384

00:53:14,030 --> 00:53:10,800

with this book Proof of spiritual

1385

00:53:17,630 --> 00:53:14,040

phenomena a neuroscientist discovery of

1386

00:53:22,670 --> 00:53:17,640

the ineffable Mysteries of the universe

1387

00:53:24,530 --> 00:53:22,680

you got a great publisher behind you and

1388

00:53:26,930 --> 00:53:24,540

you're rolling it out how's all that

1389

00:53:29,290 --> 00:53:26,940

going what do you hope to accomplish and

1390

00:53:31,910 --> 00:53:29,300

then what are you going to do next

1391

00:53:33,829 --> 00:53:31,920

gosh you know I used to I'm such a type

1392

00:53:35,710 --> 00:53:33,839

A I used to plan everything and I'm

1393

00:53:38,750 --> 00:53:35,720

trying a new thing where I don't do that

1394

00:53:40,069 --> 00:53:38,760

so I'm kind of just taking it day by day

1395

00:53:42,589 --> 00:53:40,079

and

1396

00:53:44,930 --> 00:53:42,599

um I mean I started uh thinking about

1397

00:53:46,910 --> 00:53:44,940

and like doing research for a second

1398

00:53:50,089 --> 00:53:46,920

book but um I don't know I'm just

1399

00:53:52,190 --> 00:53:50,099

enjoying this one and uh I'm still

1400

00:53:55,430 --> 00:53:52,200

exploring a lot of different Altered

1401  
00:53:57,170 --> 00:53:55,440  
States and um healing modalities so I'm

1402  
00:53:57,970 --> 00:53:57,180  
still on that Journey

1403  
00:54:01,549 --> 00:53:57,980  
um

1404  
00:54:05,329 --> 00:54:01,559  
uh oh oh I guess I can mention this I

1405  
00:54:07,730 --> 00:54:05,339  
haven't picked a date yet but I am

1406  
00:54:09,710 --> 00:54:07,740  
there's two things one is um a

1407  
00:54:11,690 --> 00:54:09,720  
collaborator and I are going to the

1408  
00:54:13,309 --> 00:54:11,700  
society for Neuroscience conference and

1409  
00:54:15,349 --> 00:54:13,319  
we're having a SAT which is like the

1410  
00:54:17,150 --> 00:54:15,359  
biggest conference in Neuroscience um we

1411  
00:54:19,970 --> 00:54:17,160  
have a little satellite event for

1412  
00:54:21,950 --> 00:54:19,980  
Science and spirituality but it's really

1413  
00:54:24,290 --> 00:54:21,960

for any scientist who's ever experienced

1414

00:54:26,270 --> 00:54:24,300

anything that they couldn't explain

1415

00:54:28,190 --> 00:54:26,280

um to come join us and so that's one

1416

00:54:30,890 --> 00:54:28,200

thing and then next year we're going to

1417

00:54:32,329 --> 00:54:30,900

plan a retreat where I wanna you know in

1418

00:54:34,069 --> 00:54:32,339

the book I invite scientists to come

1419

00:54:36,589 --> 00:54:34,079

engage the mystical

1420

00:54:38,809 --> 00:54:36,599

um and so we want to organize a retreat

1421

00:54:41,089 --> 00:54:38,819

where we where we allow that to happen

1422

00:54:42,530 --> 00:54:41,099

like a one day we haven't figured out

1423

00:54:44,270 --> 00:54:42,540

the details yet there might be a one day

1424

00:54:46,370 --> 00:54:44,280

one in LA and another one at a retreat

1425

00:54:48,349 --> 00:54:46,380

center but where they can come and we

1426  
00:54:49,670 --> 00:54:48,359  
can we'll have we can get readings we

1427  
00:54:51,589 --> 00:54:49,680  
can present

1428  
00:54:53,210 --> 00:54:51,599  
um the evidence from the psychic

1429  
00:54:55,309 --> 00:54:53,220  
research and like a release succinct

1430  
00:54:58,130 --> 00:54:55,319  
format where we can talk about the

1431  
00:54:59,630 --> 00:54:58,140  
scientific Paradigm and experimental uh

1432  
00:55:02,450 --> 00:54:59,640  
formats like different ones going

1433  
00:55:04,670 --> 00:55:02,460  
forward like if you know materialism

1434  
00:55:06,230 --> 00:55:04,680  
isn't the whole story

1435  
00:55:08,410 --> 00:55:06,240  
um so yeah so those are some of the

1436  
00:55:11,150 --> 00:55:08,420  
things I'm working on and thinking about

1437  
00:55:13,069 --> 00:55:11,160  
excellent that's great stuff great stuff

1438  
00:55:15,290 --> 00:55:13,079

congratulations again on the book it's

1439

00:55:17,870 --> 00:55:15,300

fantastic really encourage everyone to

1440

00:55:20,089 --> 00:55:17,880

check it out if you can do the audible

1441

00:55:22,490 --> 00:55:20,099

it's it's great it's great listen so

1442

00:55:24,410 --> 00:55:22,500

thank you thank you so much for joining

1443

00:55:26,750 --> 00:55:24,420

me today thank you so much for having me

1444

00:55:29,030 --> 00:55:26,760

it was a pleasure

1445

00:55:32,089 --> 00:55:29,040

thanks again to Dr sabani for joining me

1446

00:55:33,770 --> 00:55:32,099

today on skeptico the one question I tee

1447

00:55:35,510 --> 00:55:33,780

up from this interview and it kind of

1448

00:55:40,250 --> 00:55:35,520

relates to some of the recent episodes

1449

00:55:42,109 --> 00:55:40,260

of skeptico is what does it take to

1450

00:55:45,069 --> 00:55:42,119

change your mind

1451  
00:55:48,410 --> 00:55:45,079  
and what does it take in your experience

1452  
00:55:50,750 --> 00:55:48,420  
to change someone else's mind

1453  
00:55:53,569 --> 00:55:50,760  
let me know your thoughts love to hear

1454  
00:55:57,109 --> 00:55:53,579  
from you especially if you have that

1455  
00:56:00,950 --> 00:55:57,119  
next level level especially if you have

1456  
00:56:03,230 --> 00:56:00,960  
that level three sensibility in talking

1457  
00:56:05,329 --> 00:56:03,240  
about these topics I'd love for you to

1458  
00:56:07,730 --> 00:56:05,339  
join me on the skeptical Forum or track

1459  
00:56:11,390 --> 00:56:07,740  
me down otherwise that's going to do it

1460  
00:56:14,450 --> 00:56:11,400  
for today until next time take care and

1461  
00:56:14,460 --> 00:56:19,720  
foreign