SCREENING FOR PRECOGNITION, REMOTE VIEWING AND MICRO-PSYCHOKINETIC SKILLS

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SOCIETY FOR SCIENTIFIC EXPLORATION

1
00:00:07,190 --> 00:00:02,389
and she's speaking for a variety of

2
00:00:08,780 --> 00:00:07,200
coops yes and so speaking of the variety

3
00:00:11,000 --> 00:00:08,790
of co-authors I'll talk about each of

4
00:00:12,230 --> 00:00:11,010
their contributions as I go but just in

5
00:00:14,749 --> 00:00:12,240
case I forget to do that

6
00:00:16,010 --> 00:00:14,759
mark Baku's II thank you very much and

7
00:00:18,380 --> 00:00:16,020
when Bridget Institute for being such a

8
00:00:21,070 --> 00:00:18,390
great engineer a software engineer and

9
00:00:24,500 --> 00:00:21,080
and having also wonderful ideas for

10
00:00:25,820 --> 00:00:24,510
collaborative experiments but I also

11
00:00:27,920 --> 00:00:25,830
wanted to point out everything that I'm

12
00:00:30,080 --> 00:00:27,930
presenting here I don't when you say

13
00:00:31,220 --> 00:00:30,090

speak for I'm not actually speaking for

14
00:00:32,930 --> 00:00:31,230
them they don't actually know what I'm

15
00:00:36,680 --> 00:00:32,940
about to say these are all my analyses

16
00:00:38,840 --> 00:00:36,690
they could totally disagree so I'm

17
00:00:40,520 --> 00:00:38,850
speaking sort of with them and perhaps

18
00:00:43,160 --> 00:00:40,530
I'm being spoken through right so who

19
00:00:44,750 --> 00:00:43,170
knows so the top three questions that

20
00:00:47,389 --> 00:00:44,760
people ask me when they learned that I

21
00:00:49,490 --> 00:00:47,399
study precognition and other kind of

22
00:00:51,080 --> 00:00:49,500
Sighs things but mostly precognition is

23
00:00:53,840 --> 00:00:51,090
what percentage of the pop of the

24
00:00:56,450 --> 00:00:53,850
population have this skill what kinds of

25
00:00:57,830 --> 00:00:56,460
people have it and can it be learned all

26
00:00:59,479 --> 00:00:57,840
of the answers to these questions are

27
00:01:01,700 --> 00:00:59,489
both known and unknown depending a

28
00:01:03,200 --> 00:01:01,710
hospice if ik you want to be and the

29
00:01:07,070 --> 00:01:03,210
whole reason they're asking these is

30
00:01:09,350 --> 00:01:07,080
because they're thinking of this they're

31
00:01:10,910 --> 00:01:09,360
thinking of movies like this and TV

32
00:01:12,320 --> 00:01:10,920
shows like minority this is minority

33
00:01:12,560 --> 00:01:12,330
party this is a great movie with Tom

34
00:01:14,990 --> 00:01:12,570
Cruise

35
00:01:17,570 --> 00:01:15,000
these are the precogs that float in a

36
00:01:19,310 --> 00:01:17,580
vat of goo and they predict future

37
00:01:20,630 --> 00:01:19,320
crimes before they're committed so you

38
00:01:23,390 --> 00:01:20,640

can arrest people before they commit the

39
00:01:25,580 --> 00:01:23,400
crime obviously this is a problem but

40
00:01:27,679 --> 00:01:25,590
anyway that problem is confronted in the

41
00:01:28,850 --> 00:01:27,689
movie they're kind of scared of this and

42
00:01:30,140 --> 00:01:28,860
they feel it generally in the

43
00:01:32,210 --> 00:01:30,150
conversation it's revealed that they've

44
00:01:34,100 --> 00:01:32,220
had experiences they're scared of them

45
00:01:35,450 --> 00:01:34,110
they feel them inside themselves they

46
00:01:37,190 --> 00:01:35,460
worry that they're normal or whether

47
00:01:40,130 --> 00:01:37,200
they're crazy and they think of things

48
00:01:43,249 --> 00:01:40,140
like this and what it ends up producing

49
00:01:44,179 --> 00:01:43,259
in me are some questions about that are

50
00:01:46,880 --> 00:01:44,189
different than those three questions

51
00:01:48,889 --> 00:01:46,890
which are if we scale up participant

52
00:01:51,920 --> 00:01:48,899
number does this improve the signal

53
00:01:54,080 --> 00:01:51,930
noise ratio of getting side effects so

54
00:01:57,170 --> 00:01:54,090
if you get a ton so when I talk to my

55
00:01:58,490 --> 00:01:57,180
mainstream colleagues in the field when

56
00:02:00,499 --> 00:01:58,500
I tell them about everyone's scared of

57
00:02:01,940 --> 00:02:00,509
say I wanted to kind of normalize I want

58
00:02:04,249 --> 00:02:01,950
people to get it that this is you know

59
00:02:05,450 --> 00:02:04,259
really scientifically reasonable and and

60
00:02:07,130 --> 00:02:05,460
there's evidence before they say we'll

61
00:02:09,320 --> 00:02:07,140
just get 10,000 subjects on the internet

62
00:02:11,869 --> 00:02:09,330
and just prove it once and for all so

63
00:02:13,699 --> 00:02:11,879

you know let's try that and see if the

64
00:02:16,070 --> 00:02:13,709
signal noise ratio actually

65
00:02:17,479 --> 00:02:16,080
doesn't what biases present us from

66
00:02:19,119 --> 00:02:17,489
under prevent us sorry from

67
00:02:21,710 --> 00:02:19,129
understanding and using our own sigh

68
00:02:23,479 --> 00:02:21,720
clear it's clear that sigh exists and

69
00:02:25,220 --> 00:02:23,489
what biases are preventing us and three

70
00:02:27,619 --> 00:02:25,230
can we use tools to get over these

71
00:02:29,149 --> 00:02:27,629
biases and strengthen the signal so

72
00:02:30,680 --> 00:02:29,159
let's talk about these I'm going to

73
00:02:32,839 --> 00:02:30,690
present really quickly and I'm hoping

74
00:02:35,000 --> 00:02:32,849
that you drank your coffee I'm going to

75
00:02:37,339 --> 00:02:35,010
be speaking quickly we can sort of

76
00:02:39,380 --> 00:02:37,349
mentally rewind and replay later I think

77
00:02:42,020 --> 00:02:39,390
but I'm going to be talking about three

78
00:02:44,229 --> 00:02:42,030
experiments using online tools one is an

79
00:02:46,910 --> 00:02:44,239
app based experiment that I'll explain

80
00:02:48,380 --> 00:02:46,920
that looks at implicit precognition so

81
00:02:50,899 --> 00:02:48,390
unconscious precognition explicit

82
00:02:53,240 --> 00:02:50,909
precognition and micro psychokinesis one

83
00:02:55,670 --> 00:02:53,250
is a combination experiment and on

84
00:02:58,009 --> 00:02:55,680
location hypnosis this experiment also

85
00:02:59,180 --> 00:02:58,019
using online controlled what I call

86
00:03:00,740 --> 00:02:59,190
controlled Precog which is remote

87
00:03:02,869 --> 00:03:00,750
viewing of a precognitive target and

88
00:03:04,160 --> 00:03:02,879

online only controlled pre card or

89
00:03:07,910 --> 00:03:04,170
remote viewing of the precognitive

90
00:03:09,920 --> 00:03:07,920
target so the first one is this app I'll

91
00:03:11,360 --> 00:03:09,930
just walk right in front there because I

92
00:03:13,339 --> 00:03:11,370
can't stand to just stay on one side of

93
00:03:16,280 --> 00:03:13,349
the room hi everyone over here um is

94
00:03:17,839 --> 00:03:16,290
this app called site 3 or sigh cubed it

95
00:03:20,930 --> 00:03:17,849
used to be called psych you like IQ

96
00:03:22,550 --> 00:03:20,940
Versailles but then it's too analytic

97
00:03:24,170 --> 00:03:22,560
Sciences gave it to Moss bridge

98
00:03:26,000 --> 00:03:24,180
Institute and I changed the name to

99
00:03:28,759 --> 00:03:26,010
psych 3 sigh cubed it's the same app

100
00:03:30,470 --> 00:03:28,769
that has three games if you take a

101
00:03:32,330 --> 00:03:30,480
picture of that QR code you can download

102
00:03:35,809 --> 00:03:32,340
it from the App Store right now not on

103
00:03:39,470 --> 00:03:35,819
Android this is the first game it's

104
00:03:41,240 --> 00:03:39,480
called heart quest which is about making

105
00:03:43,280 --> 00:03:41,250
this robot have a glowing heart you're

106
00:03:44,839 --> 00:03:43,290
sending love to the robot by pressing

107
00:03:47,089 --> 00:03:44,849
the screen you can press anywhere on the

108
00:03:49,280 --> 00:03:47,099
screen what's going on behind the scenes

109
00:03:51,349 --> 00:03:49,290
is there's a template at the beginning

110
00:03:53,689 --> 00:03:51,359
of each game each game lasts 10 trials

111
00:03:55,819 --> 00:03:53,699
and the template is randomly chosen it's

112
00:03:59,780 --> 00:03:55,829
2 bits so in this case I'm showing a 0

113
00:04:02,930 --> 00:03:59,790

and a 1 for those bits each trial when

114
00:04:05,420 --> 00:04:02,940
you press on the screen if your two bits

115
00:04:07,460 --> 00:04:05,430
match the template that's the best score

116
00:04:09,530 --> 00:04:07,470
you can get in the heart glows right if

117
00:04:11,509 --> 00:04:09,540
you're two beds of only one of your two

118
00:04:14,300 --> 00:04:11,519
bits matches the template then it gets a

119
00:04:15,770 --> 00:04:14,310
little glowing and if neither matches it

120
00:04:19,189 --> 00:04:15,780
kind of looks dark and miserable on that

121
00:04:21,709 --> 00:04:19,199
and the robot actually frowns so it's a

122
00:04:22,940 --> 00:04:21,719
micro PK task and this you know just so

123
00:04:24,379 --> 00:04:22,950
you know this game was made in

124
00:04:25,939 --> 00:04:24,389
collaboration with Dean Radin

125
00:04:27,080 --> 00:04:25,949
Delorme and other folks at the institut

126
00:04:30,700 --> 00:04:27,090
analytic sciences so it's a

127
00:04:35,890 --> 00:04:30,710
collaboration of a lot of ideas so

128
00:04:37,999 --> 00:04:35,900
here's the result basics I'm missing and

129
00:04:39,260 --> 00:04:38,009
in an interesting way that I'm going to

130
00:04:41,990 --> 00:04:39,270
explain that suggests there's an

131
00:04:44,899 --> 00:04:42,000
interesting bias going on so the number

132
00:04:46,670 --> 00:04:44,909
of times in which these are like seventy

133
00:04:49,010 --> 00:04:46,680
five thousand five hundred eleven

134
00:04:53,629 --> 00:04:49,020
presses on this screen the number of

135
00:04:55,550 --> 00:04:53,639
times where both of the bets match the

136
00:05:01,330 --> 00:04:55,560
template I'm sorry just let's just

137
00:05:08,379 --> 00:05:03,769
it's always good to just swear randomly

138
00:05:11,390 --> 00:05:08,389

and apologize um so the number of trials

139
00:05:13,040 --> 00:05:11,400
below chance you can see on this scale

140
00:05:15,050 --> 00:05:13,050
about five hundred trials below but you

141
00:05:17,029 --> 00:05:15,060
would expect by chance for both of the

142
00:05:19,640 --> 00:05:17,039
matching so that's I'm missing at the

143
00:05:21,529 --> 00:05:19,650
double match sort of level where one

144
00:05:23,390 --> 00:05:21,539
match is actually there's more than six

145
00:05:24,920 --> 00:05:23,400
hundred above chance against i matching

146
00:05:26,959 --> 00:05:24,930
into the more mundane like trying to

147
00:05:29,450 --> 00:05:26,969
pack things into the more mundane single

148
00:05:33,170 --> 00:05:29,460
match area and no change or difference

149
00:05:35,510 --> 00:05:33,180
in the no match so the bias here is

150
00:05:38,420 --> 00:05:35,520
interesting it's a way from the positive

151
00:05:40,430 --> 00:05:38,430
feedback so let's go back here these

152
00:05:41,959 --> 00:05:40,440
these differences are not apparent in

153
00:05:44,149 --> 00:05:41,969
the bits they're only apparent in the

154
00:05:46,459 --> 00:05:44,159
combined value of the bits which is used

155
00:05:48,409 --> 00:05:46,469
to determine the feedback furthermore

156
00:05:50,110 --> 00:05:48,419
because there's no difference here

157
00:05:54,950 --> 00:05:50,120
that's away from the positive feedback

158
00:05:57,320 --> 00:05:54,960
super interesting so let's keep that in

159
00:05:59,600 --> 00:05:57,330
mind that what we saw here was the

160
00:06:02,510 --> 00:05:59,610
people apparently are moving very

161
00:06:06,379 --> 00:06:02,520
slightly away from the sort of desired

162
00:06:07,399 --> 00:06:06,389
goal when they're massively tested okay

163
00:06:08,929 --> 00:06:07,409

let's look at this other game called

164
00:06:12,200 --> 00:06:08,939
future feelings Daryl BEM you might be

165
00:06:14,209 --> 00:06:12,210
familiar with his work at Cornell one of

166
00:06:16,670 --> 00:06:14,219
the things that he put out into the

167
00:06:18,230 --> 00:06:16,680
world is a retroactive priming

168
00:06:20,860 --> 00:06:18,240
experiment so a regular priming

169
00:06:23,510 --> 00:06:20,870
experiment is an ancient sort of

170
00:06:25,369 --> 00:06:23,520
psychology experiment in which you show

171
00:06:27,709 --> 00:06:25,379
an image let's say it's a positive or

172
00:06:29,779 --> 00:06:27,719
negative image and just before that

173
00:06:31,490 --> 00:06:29,789
image you flash a word on the screen and

174
00:06:33,889 --> 00:06:31,500
the word can either be congruent with

175
00:06:35,389 --> 00:06:33,899
the image or not and after you see the

176
00:06:36,250 --> 00:06:35,399
image you respond was that a positive or

177
00:06:38,500 --> 00:06:36,260
negative image

178
00:06:40,840 --> 00:06:38,510
and the level of congruence determines

179
00:06:42,310 --> 00:06:40,850
that the response time so you respond

180
00:06:45,370 --> 00:06:42,320
more quickly when the word would match

181
00:06:47,050 --> 00:06:45,380
the image than when it didn't so Daryl

182
00:06:50,740 --> 00:06:47,060
BEM reversed this in time

183
00:06:52,810 --> 00:06:50,750
so we copied this here you flash an

184
00:06:55,600 --> 00:06:52,820
image click the face that matches the

185
00:06:58,090 --> 00:06:55,610
image mood negative positive and then

186
00:06:59,980 --> 00:06:58,100
that response is followed by a word that

187
00:07:03,430 --> 00:06:59,990
either does or doesn't match the image

188
00:07:05,010 --> 00:07:03,440

in terms of its effect or sort of yeah

189
00:07:08,110 --> 00:07:05,020
let's just say it's a fact

190
00:07:09,280 --> 00:07:08,120
so this has been a controversial

191
00:07:10,960 --> 00:07:09,290
experiment because sometimes it's

192
00:07:12,640 --> 00:07:10,970
replicated and sometimes it sometimes it

193
00:07:14,770 --> 00:07:12,650
isn't and I think generally people use

194
00:07:16,450 --> 00:07:14,780
Daryl BEM software to analyze the data

195
00:07:20,170 --> 00:07:16,460
which just puts them all in a big pool

196
00:07:21,970 --> 00:07:20,180
and pops out with the answer but there's

197
00:07:25,240 --> 00:07:21,980
this giant bias when you actually look

198
00:07:28,270 --> 00:07:25,250
at this data like there's 60

199
00:07:30,910 --> 00:07:28,280
milliseconds faster response to positive

200
00:07:34,870 --> 00:07:30,920
images than to negative images at least

201
00:07:37,480 --> 00:07:34,880
in my data set the p-value is

202
00:07:40,090 --> 00:07:37,490
essentially zero there's 16 zeros before

203
00:07:42,730 --> 00:07:40,100
anything happens with that p-value they

204
00:07:45,130 --> 00:07:42,740
said this is a giant bias and if you

205
00:07:49,930 --> 00:07:45,140
just slam together these positive and

206
00:07:51,250 --> 00:07:49,940
negative images you're gonna get crap a

207
00:07:54,460 --> 00:07:51,260
lot of the time right so what you need

208
00:07:56,680 --> 00:07:54,470
to do is so Barbara McClintock won the

209
00:07:58,300 --> 00:07:56,690
Nobel Prize for discovering jumping

210
00:08:00,280 --> 00:07:58,310
genes and she was famous for walking

211
00:08:01,930 --> 00:08:00,290
through her cornfields because she

212
00:08:03,250 --> 00:08:01,940
worked with maize she was famous for

213
00:08:05,080 --> 00:08:03,260

walking through her cornfields for like

214
00:08:07,390 --> 00:08:05,090
16 hours a day to get to know her

215
00:08:09,220 --> 00:08:07,400
organism so she said I I know my corn

216
00:08:11,080 --> 00:08:09,230
plants intimately but I find it a great

217
00:08:12,520 --> 00:08:11,090
pleasure to know them and that's what I

218
00:08:17,710 --> 00:08:12,530
think there's a problem when people just

219
00:08:19,270 --> 00:08:17,720
shove data into algorithm and don't sit

220
00:08:21,280 --> 00:08:19,280
with it and look with it and feel and

221
00:08:23,560 --> 00:08:21,290
feel it because when you feel it you can

222
00:08:26,910 --> 00:08:23,570
find these biases anyway so when when I

223
00:08:29,830 --> 00:08:26,920
baseline in response to this huge bias

224
00:08:33,300 --> 00:08:29,840
guess what you get significantly away

225
00:08:36,610 --> 00:08:33,310
from feedback so I'm missing Oh

226
00:08:41,620 --> 00:08:36,620
so the normal the normal or sort of the

227
00:08:43,270 --> 00:08:41,630
usual response is you get more faster

228
00:08:46,900 --> 00:08:43,280
responses with a congruent when the word

229
00:08:47,960 --> 00:08:46,910
matches the picture and not so fast or

230
00:08:49,670 --> 00:08:47,970
slower responses we think

231
00:08:51,619 --> 00:08:49,680
this is the reverse the p-value is very

232
00:08:53,300 --> 00:08:51,629
small its I mean it's so disappointing

233
00:08:55,610 --> 00:08:53,310
with ninety eight thousand five hundred

234
00:08:57,740 --> 00:08:55,620
and thirty trials a p-value less than

235
00:08:59,960 --> 00:08:57,750
0.04 five it's like my name's only not

236
00:09:01,579 --> 00:08:59,970
even mentioned but it is away from once

237
00:09:03,439 --> 00:09:01,589
you taking account this baseline it's a

238
00:09:05,329 --> 00:09:03,449

way from the feedback which is

239
00:09:07,819 --> 00:09:05,339
interesting okay

240
00:09:10,670 --> 00:09:07,829
last game of this set of experiments is

241
00:09:12,740 --> 00:09:10,680
hitting gurus so you have a field that

242
00:09:15,470 --> 00:09:12,750
looks like it's a spacious space scene

243
00:09:17,269 --> 00:09:15,480
and your job is to click on the field

244
00:09:18,439 --> 00:09:17,279
somewhere where you think one of these I

245
00:09:20,119 --> 00:09:18,449
don't know if you can see this little

246
00:09:23,540 --> 00:09:20,129
bird but one of these little images

247
00:09:26,030 --> 00:09:23,550
they're called masters or gurus show up

248
00:09:29,929 --> 00:09:26,040
that's the game it's not super exciting

249
00:09:32,030 --> 00:09:29,939
but none of these are but it's it's

250
00:09:34,189 --> 00:09:32,040
testing for precognition so right before

251
00:09:35,720 --> 00:09:34,199
right right before this appears of

252
00:09:39,259 --> 00:09:35,730
course and after you've clicked a random

253
00:09:41,269 --> 00:09:39,269
number generator is deciding where to

254
00:09:43,400 --> 00:09:41,279
stick that master and just to show you

255
00:09:45,889 --> 00:09:43,410
that it's truly random this is not just

256
00:09:47,900 --> 00:09:45,899
a nice little logo this is actually the

257
00:09:52,699 --> 00:09:47,910
proportion of trials in each of those

258
00:09:55,910 --> 00:09:52,709
four quadrants so that does not match

259
00:09:59,179 --> 00:09:55,920
where people actually touch so the bias

260
00:10:01,850 --> 00:09:59,189
is incredible so in the upper right hand

261
00:10:03,799 --> 00:10:01,860
quadrant this is the preferred position

262
00:10:05,929 --> 00:10:03,809
to touch this is the second preferred

263
00:10:07,249 --> 00:10:05,939

therapist preferred and fourth for

264
00:10:09,559 --> 00:10:07,259
bridge if those two correspond to these

265
00:10:11,480 --> 00:10:09,569
quadrants this these sizes represent the

266
00:10:12,650 --> 00:10:11,490
number of people who are touching and

267
00:10:14,210 --> 00:10:12,660
the number of times they're touching

268
00:10:15,530 --> 00:10:14,220
those highly statistically significant

269
00:10:18,410 --> 00:10:15,540
so you have to take into account that

270
00:10:20,449 --> 00:10:18,420
bias because otherwise your results are

271
00:10:21,889 --> 00:10:20,459
going to be arbitrarily reflecting this

272
00:10:25,309 --> 00:10:21,899
bias without because you didn't know it

273
00:10:26,509 --> 00:10:25,319
was there right so once you do that so

274
00:10:27,860 --> 00:10:26,519
you can look into each of those

275
00:10:30,170 --> 00:10:27,870
quadrants and you compare to the other

276
00:10:32,769 --> 00:10:30,180
quadrants based on the bias what would

277
00:10:36,259 --> 00:10:32,779
be expected you can see that only in

278
00:10:39,799 --> 00:10:36,269
there's lower right quadrant is there

279
00:10:42,199 --> 00:10:39,809
any pre cognitive activity going on

280
00:10:44,509 --> 00:10:42,209
that's statistically significant and it

281
00:10:46,220 --> 00:10:44,519
is it is absolutely going to be washed

282
00:10:47,660 --> 00:10:46,230
out in the general score because of

283
00:10:49,160 --> 00:10:47,670
course they're pressing and all these

284
00:10:51,170 --> 00:10:49,170
other quadrants so people won't even

285
00:10:53,720 --> 00:10:51,180
know they're doing well which is why I

286
00:10:55,610 --> 00:10:53,730
think that's significantly towards the

287
00:10:59,569 --> 00:10:55,620
feedback in this quadrant because it

288
00:11:01,600 --> 00:10:59,579

could be hidden from the users so I

289
00:11:03,910 --> 00:11:01,610
think is really interesting

290
00:11:06,550 --> 00:11:03,920
and interesting even more interesting I

291
00:11:10,449 --> 00:11:06,560
did the big five on everyone who you

292
00:11:11,680 --> 00:11:10,459
know used the app and the content just

293
00:11:14,740 --> 00:11:11,690
people are the ones who are carrying

294
00:11:16,120 --> 00:11:14,750
this effect now also conscious people

295
00:11:18,129 --> 00:11:16,130
are some of the few people who actually

296
00:11:21,340 --> 00:11:18,139
filled out the big five because they're

297
00:11:22,449 --> 00:11:21,350
conscientious so so I also think it's

298
00:11:24,220 --> 00:11:22,459
very interesting that they might be the

299
00:11:27,430 --> 00:11:24,230
ones who would ignore their usual bias

300
00:11:29,800 --> 00:11:27,440
and actually listen to a sigh signal so

301
00:11:31,420 --> 00:11:29,810
that's super interesting to me so I

302
00:11:33,309 --> 00:11:31,430
think that we're dealing with sigh fear

303
00:11:35,470 --> 00:11:33,319
or fear of sigh when people are in the

304
00:11:37,059 --> 00:11:35,480
context of you know I'm showing them

305
00:11:39,150 --> 00:11:37,069
this game here this will test your psy

306
00:11:41,530 --> 00:11:39,160
ability talk about performance anxiety

307
00:11:43,120 --> 00:11:41,540
talk about fear of what this could mean

308
00:11:45,790 --> 00:11:43,130
you're alone you're minding your car

309
00:11:47,800 --> 00:11:45,800
right so I just think that's what we're

310
00:11:49,780 --> 00:11:47,810
talking about so I'm inspired by Marie

311
00:11:51,939 --> 00:11:49,790
Curie who said nothing in life is to be

312
00:11:53,379 --> 00:11:51,949
feared it is only to be understood now

313
00:11:55,660 --> 00:11:53,389

is the time to understand more so that

314
00:11:58,900 --> 00:11:55,670
we may fear less okay so how do we deal

315
00:12:00,790 --> 00:11:58,910
with fear of sigh here's my top three

316
00:12:03,040 --> 00:12:00,800
questions Oh back to my top three

317
00:12:04,480 --> 00:12:03,050
questions so if we scale a participant

318
00:12:07,990 --> 00:12:04,490
number does it improve the signal noise

319
00:12:10,629 --> 00:12:08,000
ratio no it seems like noise scales this

320
00:12:13,480 --> 00:12:10,639
is really really disappointing at least

321
00:12:14,889 --> 00:12:13,490
in this case what biases prevent us from

322
00:12:17,110 --> 00:12:14,899
understanding and using our own sigh

323
00:12:19,809 --> 00:12:17,120
fear of sigh performance anxiety and

324
00:12:21,160 --> 00:12:19,819
also these much more dominant biases

325
00:12:24,189 --> 00:12:21,170
that we better take into account when r

326
00:12:25,780 --> 00:12:24,199
analyzing the data and three can we use

327
00:12:26,920 --> 00:12:25,790
tools to get over such biases and

328
00:12:28,240 --> 00:12:26,930
strengthen the signal I don't know we

329
00:12:31,240 --> 00:12:28,250
haven't talked about that let's find out

330
00:12:34,840 --> 00:12:31,250
so first tool is I thought of as

331
00:12:36,309 --> 00:12:34,850
hypnosis so can hypnosis circumvent the

332
00:12:38,230 --> 00:12:36,319
fear of sigh you know get people into a

333
00:12:40,689 --> 00:12:38,240
state where they're more self accepting

334
00:12:42,850 --> 00:12:40,699
and maybe feel like they have that

335
00:12:45,840 --> 00:12:42,860
capability in their less dominated by

336
00:12:50,319 --> 00:12:45,850
this performance anxiety so I didn't

337
00:12:51,850 --> 00:12:50,329
in-office hypnosis experiment with Adam

338
00:12:53,949 --> 00:12:51,860

Crabtree who's the hypnotist

339
00:12:56,860 --> 00:12:53,959
hypnotherapist for Esalen he's in

340
00:13:00,340 --> 00:12:56,870
Toronto and in his office he acted as my

341
00:13:02,019 --> 00:13:00,350
research assistant and he hypnotized a

342
00:13:04,030 --> 00:13:02,029
group of 35 people in a crossover

343
00:13:05,769 --> 00:13:04,040
designed so everyone went to these two

344
00:13:07,329 --> 00:13:05,779
sessions in one session they got a

345
00:13:09,519 --> 00:13:07,339
hypnotic suggestion for unconditional

346
00:13:10,720 --> 00:13:09,529
love to experience unconditional love in

347
00:13:12,910 --> 00:13:10,730
another one they got a hypnotic

348
00:13:13,550 --> 00:13:12,920
suggestion to experience better

349
00:13:16,550 --> 00:13:13,560
preakness

350
00:13:17,600 --> 00:13:16,560
okay so the unconditional love ideas if

351
00:13:19,639 --> 00:13:17,610
you get people into the state where

352
00:13:21,050 --> 00:13:19,649
they're not in a state of fear and

353
00:13:22,550 --> 00:13:21,060
they're accepting of who they are and

354
00:13:24,590 --> 00:13:22,560
they're feeling this connection that

355
00:13:26,480 --> 00:13:24,600
might be sy conducive and if also if you

356
00:13:29,239 --> 00:13:26,490
just simply just tell people you're now

357
00:13:31,939 --> 00:13:29,249
going to be better at precognition that

358
00:13:33,499 --> 00:13:31,949
might be sy conducive to the pretest and

359
00:13:35,119 --> 00:13:33,509
posttest were the same for both of those

360
00:13:37,309 --> 00:13:35,129
sessions those app tests I just

361
00:13:39,799 --> 00:13:37,319
described and a very brief remote

362
00:13:41,540 --> 00:13:39,809
viewing task they had two minutes to

363
00:13:44,360 --> 00:13:41,550

draw what they thought a picture would

364
00:13:47,449 --> 00:13:44,370
be using an online target pool created

365
00:13:52,489 --> 00:13:47,459
by des Smith I believe called remote

366
00:13:54,230 --> 00:13:52,499
viewed target monkey so the result is

367
00:13:58,189 --> 00:13:54,240
above chance performance on precognitive

368
00:14:00,980 --> 00:13:58,199
remote viewing in the unconditional love

369
00:14:02,960 --> 00:14:00,990
suggestion condition these are the same

370
00:14:04,699 --> 00:14:02,970
participants in the precogs adjusting

371
00:14:05,869 --> 00:14:04,709
condition it's that chance I'm not going

372
00:14:08,509 --> 00:14:05,879
to talk about the app results right now

373
00:14:11,809 --> 00:14:08,519
I'm questioning some of my analyses so

374
00:14:13,280 --> 00:14:11,819
talk about them another time but this is

375
00:14:16,759 --> 00:14:13,290
noticing I've noticed that this is

376
00:14:20,530 --> 00:14:16,769
happening before the unconditional 5:00

377
00:14:27,530 --> 00:14:20,540
suggestion before right

378
00:14:30,019 --> 00:14:27,540
so so is this just hilarious

379
00:14:32,629 --> 00:14:30,029
I keep thinking what I think is going on

380
00:14:34,400 --> 00:14:32,639
is something like this so you push down

381
00:14:37,249 --> 00:14:34,410
here like like almost like sighs like

382
00:14:38,960 --> 00:14:37,259
this fluid thing or Precog anyway it's

383
00:14:40,160 --> 00:14:38,970
like this fluid thing and and you know

384
00:14:41,299 --> 00:14:40,170
this is how we deal with hydraulic try

385
00:14:42,350 --> 00:14:41,309
to push it out here it's got an equal

386
00:14:45,470 --> 00:14:42,360
force coming up here but it could be

387
00:14:47,900 --> 00:14:45,480
spread over this area and and you push

388
00:14:49,400 --> 00:14:47,910

down here and instead of looking here

389
00:14:51,170 --> 00:14:49,410
where you think it's supposed to have

390
00:14:53,840 --> 00:14:51,180
this effect you better be looking over

391
00:14:55,429 --> 00:14:53,850
there and this could be in time and this

392
00:14:59,509 --> 00:14:55,439
could be in space right the difference

393
00:15:01,669 --> 00:14:59,519
between these two areas so there's so is

394
00:15:03,230 --> 00:15:01,679
it going backwards in time right is that

395
00:15:04,340 --> 00:15:03,240
I'm yeah

396
00:15:05,509 --> 00:15:04,350
five more minutes awesome is it going

397
00:15:07,730 --> 00:15:05,519
backwards in time and the suggestion

398
00:15:09,889 --> 00:15:07,740
going backwards in time one two are

399
00:15:11,360 --> 00:15:09,899
people just because they're told now

400
00:15:13,160 --> 00:15:11,370
you're about to be hypnotized to

401
00:15:14,480 --> 00:15:13,170
experience unconditional love they're

402
00:15:15,710 --> 00:15:14,490
like oh that's relaxing I don't have to

403
00:15:17,449 --> 00:15:15,720
worry about precognition because that's

404
00:15:19,639 --> 00:15:17,459
the other condition and you know it's

405
00:15:21,290 --> 00:15:19,649
possible right or is there something

406
00:15:22,790 --> 00:15:21,300
else going on it's just one gonna be

407
00:15:24,230 --> 00:15:22,800
interesting to replicate and actually

408
00:15:24,480 --> 00:15:24,240
not do the suggestion and see if they

409
00:15:25,860 --> 00:15:24,490
have

410
00:15:29,490 --> 00:15:25,870
the same but they're just home they'll

411
00:15:31,889 --> 00:15:29,500
be hypnotized but you know we'll see

412
00:15:33,300 --> 00:15:31,899
so back to my top three questions the

413
00:15:36,210 --> 00:15:33,310

first question is not applicable here we

414
00:15:38,820 --> 00:15:36,220
only have 35% participants what biases

415
00:15:40,560 --> 00:15:38,830
all the same stuff but these are size

416
00:15:42,180 --> 00:15:40,570
seekers the hypnotherapist mentioned

417
00:15:45,090 --> 00:15:42,190
that they were all very excited to prove

418
00:15:47,130 --> 00:15:45,100
that they're so very psychic in these

419
00:15:48,810 --> 00:15:47,140
size seekers especially there was

420
00:15:50,160 --> 00:15:48,820
performance anxiety I think that could I

421
00:15:52,260 --> 00:15:50,170
could definitely explain the results and

422
00:15:54,269 --> 00:15:52,270
can we use tools to get over them maybe

423
00:15:56,670 --> 00:15:54,279
maybe unconditional love or the mention

424
00:15:59,579 --> 00:15:56,680
of it might be one of the tools so onto

425
00:16:01,290 --> 00:15:59,589
the next one oh the other thing is is

426
00:16:02,310 --> 00:16:01,300
training yes I love that I put these

427
00:16:04,800 --> 00:16:02,320
quotes in here to remind me who I'm

428
00:16:08,850 --> 00:16:04,810
supposed to say Mary Daly who was the

429
00:16:11,730 --> 00:16:08,860
first african-american PhD in chemistry

430
00:16:13,829 --> 00:16:11,740
in the u.s. said courage is a habit a

431
00:16:15,480 --> 00:16:13,839
virtue you get it by courageous acts

432
00:16:18,449 --> 00:16:15,490
it's like you learn to swim by swimming

433
00:16:21,060 --> 00:16:18,459
you learn to courage by couraging well

434
00:16:23,040 --> 00:16:21,070
people learn to remote view by remote

435
00:16:25,380 --> 00:16:23,050
viewing and by getting explicit training

436
00:16:28,380 --> 00:16:25,390
that puts them in a frame like Mark said

437
00:16:30,780 --> 00:16:28,390
a set and setting that allows them to

438
00:16:32,250 --> 00:16:30,790

feel okay about being quote/unquote

439
00:16:34,710 --> 00:16:32,260
wrong or not hitting the target and

440
00:16:37,980 --> 00:16:34,720
understand that practice is part of the

441
00:16:41,100 --> 00:16:37,990
work so I thought I want to popularize

442
00:16:42,840 --> 00:16:41,110
this idea make something make make a way

443
00:16:44,639 --> 00:16:42,850
for people to move into this world and

444
00:16:46,920 --> 00:16:44,649
make it mainstream so I got together

445
00:16:48,810 --> 00:16:46,930
with Teresa Chung who's a best-selling

446
00:16:50,819 --> 00:16:48,820
author in the UK and wrote this book

447
00:16:52,680 --> 00:16:50,829
called the premonition code and in the

448
00:16:55,740 --> 00:16:52,690
book it refers to website that mark the

449
00:16:57,720 --> 00:16:55,750
koozie market wind bridge Institute

450
00:17:01,470 --> 00:16:57,730
built and will be built up together but

451
00:17:02,819 --> 00:17:01,480
he did the amazing coding and and also I

452
00:17:04,140 --> 00:17:02,829
created this course called the science

453
00:17:06,120 --> 00:17:04,150
and practice of intuition that's on

454
00:17:08,419 --> 00:17:06,130
insight timer I wanted to get thousands

455
00:17:12,929 --> 00:17:08,429
of people coming to the website and

456
00:17:14,669 --> 00:17:12,939
checking on their own ability to pre

457
00:17:16,230 --> 00:17:14,679
cognitively determined targets or do

458
00:17:17,370 --> 00:17:16,240
control precognition or precognitive

459
00:17:20,549 --> 00:17:17,380
remote viewing whatever you want to call

460
00:17:22,650 --> 00:17:20,559
it and and it works I got a lot of

461
00:17:24,240 --> 00:17:22,660
people on there and so I'm going to show

462
00:17:25,500 --> 00:17:24,250
you the results here's the website in

463
00:17:28,380 --> 00:17:25,510

case you're interested the premonition

464
00:17:32,280 --> 00:17:28,390
code calm slash tester so generally what

465
00:17:34,470 --> 00:17:32,290
people do is they click on this and they

466
00:17:36,720 --> 00:17:34,480
go through six steps now they don't have

467
00:17:37,640 --> 00:17:36,730
to do these steps these are outlined in

468
00:17:39,560 --> 00:17:37,650
the book and

469
00:17:41,960 --> 00:17:39,570
I'll just standard remote-viewing

470
00:17:43,430 --> 00:17:41,970
preparatory steps but I have them there

471
00:17:45,530 --> 00:17:43,440
so they have to click through them and

472
00:17:47,870 --> 00:17:45,540
it takes a while it would be taking a

473
00:17:50,090 --> 00:17:47,880
while for them to happen to do one trial

474
00:17:52,610 --> 00:17:50,100
after another so it makes that stop and

475
00:17:55,640 --> 00:17:52,620
maybe hopefully get into a place of

476
00:17:57,290 --> 00:17:55,650
actual reception of information so

477
00:17:58,850 --> 00:17:57,300
there's six steps I'm not going to show

478
00:18:00,799 --> 00:17:58,860
them all to you eventually you get to

479
00:18:02,540 --> 00:18:00,809
this one where it says okay it's your on

480
00:18:04,910 --> 00:18:02,550
step six it's time to experience the

481
00:18:06,799 --> 00:18:04,920
target it offers two profiles of the

482
00:18:10,910 --> 00:18:06,809
target there's actually two there's a

483
00:18:12,980 --> 00:18:10,920
more than 500 maybe now 600 targets in

484
00:18:14,570 --> 00:18:12,990
the database and they're mutually

485
00:18:16,669 --> 00:18:14,580
exclusive in terms of the elements in

486
00:18:17,900 --> 00:18:16,679
the target so I don't want to show the

487
00:18:19,610 --> 00:18:17,910
actual picture because I'm worried about

488
00:18:20,750 --> 00:18:19,620

displacement right there's some versions

489
00:18:22,190 --> 00:18:20,760
of this where you would see two pictures

490
00:18:24,770 --> 00:18:22,200
and you have to choose and of course you

491
00:18:28,490 --> 00:18:24,780
might choose them based on precognition

492
00:18:30,080 --> 00:18:28,500
of either of them so I'm showing these

493
00:18:31,669 --> 00:18:30,090
are all eight different elements like

494
00:18:33,680 --> 00:18:31,679
words symbols and ideas the vegetation

495
00:18:34,700 --> 00:18:33,690
and food space or sky slightly different

496
00:18:36,890 --> 00:18:34,710
than the version where you might see

497
00:18:39,049 --> 00:18:36,900
curvilinear versus straight like Dale

498
00:18:41,090 --> 00:18:39,059
was talking about this is more like what

499
00:18:43,310 --> 00:18:41,100
what is there what is in it like a field

500
00:18:45,080 --> 00:18:43,320
approach so in this example we have a

501
00:18:46,970 --> 00:18:45,090
lot of elements here we have what

502
00:18:49,900 --> 00:18:46,980
element there this is words symbols and

503
00:18:53,620 --> 00:18:49,910
our ideas space sky structure Hill

504
00:18:56,480 --> 00:18:53,630
electricity or fire energy water and

505
00:18:58,430 --> 00:18:56,490
subjects like sentient subjects which

506
00:18:59,780 --> 00:18:58,440
one of these a or B let's take a vote is

507
00:19:01,730 --> 00:18:59,790
going to be the next picture that you

508
00:19:07,640 --> 00:19:01,740
see which is what's the target gonna be

509
00:19:13,570 --> 00:19:07,650
this is gonna be a raging in literally

510
00:19:16,340 --> 00:19:13,580
four or five people is it gonna be B so

511
00:19:18,500 --> 00:19:16,350
yes so here's the target it's a quote by

512
00:19:20,510 --> 00:19:18,510
Leah's Manor she says life need not be

513
00:19:22,400 --> 00:19:20,520

easy provided only that it can that it

514
00:19:23,780 --> 00:19:22,410
is not empty and then at the bottom it

515
00:19:25,250 --> 00:19:23,790
says remember to send loving feelings

516
00:19:28,220 --> 00:19:25,260
back to yourself while you were working

517
00:19:31,490 --> 00:19:28,230
so the idea is to continue this context

518
00:19:35,750 --> 00:19:31,500
of loving feelings and potentially

519
00:19:37,040 --> 00:19:35,760
moving that through time so the results

520
00:19:39,700 --> 00:19:37,050
thank god there's like some

521
00:19:42,080 --> 00:19:39,710
straightforward noms I'm missing results

522
00:19:43,940 --> 00:19:42,090
somewhere right so the results are

523
00:19:45,860 --> 00:19:43,950
basically if I just take everyone who

524
00:19:47,300 --> 00:19:45,870
did the first five their first five

525
00:19:48,710 --> 00:19:47,310
trials that they ever do on this thing

526
00:19:50,450 --> 00:19:48,720
and these are people a lot of people

527
00:19:52,399 --> 00:19:50,460
just do one trial okay

528
00:19:54,259 --> 00:19:52,409
these are people who did five trials the

529
00:19:57,700 --> 00:19:54,269
black line is the people who do

530
00:20:00,200 --> 00:19:57,710
something called testing which is

531
00:20:02,180 --> 00:20:00,210
exactly the same in every way to this

532
00:20:03,950 --> 00:20:02,190
other thing called practice except that

533
00:20:07,789 --> 00:20:03,960
one is called testing and the other is

534
00:20:09,259 --> 00:20:07,799
called practice so this is the main

535
00:20:11,090 --> 00:20:09,269
proportion correct the red line is

536
00:20:12,799 --> 00:20:11,100
chance and you can see that the month

537
00:20:14,060 --> 00:20:12,809
during testing are peaking here on day

538
00:20:15,710 --> 00:20:14,070

three that's actually independently

539
00:20:17,029 --> 00:20:15,720
significant versus a chance the practice

540
00:20:18,259 --> 00:20:17,039
people are down here these are largely

541
00:20:20,810 --> 00:20:18,269
different people the ones who are doing

542
00:20:23,389 --> 00:20:20,820
testing are mostly remote viewers who

543
00:20:25,249 --> 00:20:23,399
actually have experience as far as I can

544
00:20:28,009 --> 00:20:25,259
tell and these are not but in any case

545
00:20:32,289 --> 00:20:28,019
they're the means are either above

546
00:20:35,810 --> 00:20:32,299
chance or borderline real quick a last

547
00:20:38,119 --> 00:20:35,820
result what I'm most interested in the

548
00:20:41,480 --> 00:20:38,129
bias again and the bias and the data you

549
00:20:44,029 --> 00:20:41,490
compare the top eight mostly incorrect

550
00:20:46,549 --> 00:20:44,039
pictures or targets with the top eight

551
00:20:48,619 --> 00:20:46,559
mostly correct targets you get this huge

552
00:20:50,779 --> 00:20:48,629
effect where if I ask a bunch of people

553
00:20:52,249 --> 00:20:50,789
on Mechanical Turk to rate which without

554
00:20:53,779 --> 00:20:52,259
knowing about this you know what's

555
00:20:55,820 --> 00:20:53,789
correct or incorrect what's interesting

556
00:20:56,989 --> 00:20:55,830
the ones that are most interesting are

557
00:20:58,310 --> 00:20:56,999
the ones that are getting correct

558
00:21:00,379 --> 00:20:58,320
people are getting correct than ones

559
00:21:01,639 --> 00:21:00,389
that aren't they're not similar to what

560
00:21:05,480 --> 00:21:01,649
other people have said in the field but

561
00:21:08,419 --> 00:21:05,490
just quantified so I'm one of our

562
00:21:10,070 --> 00:21:08,429
biggest biases I think is forgetting

563
00:21:12,499 --> 00:21:10,080

that science self can have biases like

564
00:21:14,419 --> 00:21:12,509
interesting targets and also forgetting

565
00:21:17,299 --> 00:21:14,429
that practice helps most skills like

566
00:21:19,489 --> 00:21:17,309
music or athleticism or anything else so

567
00:21:21,470 --> 00:21:19,499
can we use tools to get over such biases

568
00:21:23,090 --> 00:21:21,480
and strengthen the signal perhaps so and

569
00:21:24,799 --> 00:21:23,100
I want to move towards a world that's

570
00:21:26,899 --> 00:21:24,809
more like this in relationship to

571
00:21:29,359 --> 00:21:26,909
precognition this is the movie of rival

572
00:21:30,769 --> 00:21:29,369
if you haven't seen it like I don't like

573
00:21:33,470 --> 00:21:30,779
don't even listen to the next word I'm

574
00:21:37,220 --> 00:21:33,480
saying and go see it because it is a

575
00:21:39,440 --> 00:21:37,230
beautiful movie and it's about a woman

576
00:21:41,600 --> 00:21:39,450
who saves the world using precognition

577
00:21:41,779 --> 00:21:41,610
and science and you know how awesome is

578
00:21:44,810 --> 00:21:41,789
that

579
00:21:46,100 --> 00:21:44,820
and Rachel Carson says the more clearly

580
00:21:47,419 --> 00:21:46,110
we can focus our attention on the

581
00:21:48,980 --> 00:21:47,429
wonders and realities of the universe

582
00:21:50,899 --> 00:21:48,990
about us the less taste we shall have

583
00:21:53,570 --> 00:21:50,909
for our destruction so that's very

584
00:21:56,060 --> 00:21:53,580
motivating thank you for to all the

585
00:21:58,039 --> 00:21:56,070
participants the psyche you sigh three

586
00:21:59,720 --> 00:21:58,049
volunteers ions research team Dean Radin

587
00:22:01,580 --> 00:21:59,730
Arnold alarm Teresa Chung the bail

588
00:22:03,480 --> 00:22:01,590

Foundation focus at will experiment calm

589
00:22:05,190 --> 00:22:03,490
Jeff and Leslie ulcer and the humming

590
00:22:13,560 --> 00:22:05,200
Foundation and you thank you very much

591
00:22:16,770 --> 00:22:13,570
for having me here we only have a tie

592
00:22:18,030 --> 00:22:16,780
time for a couple of questions I love

593
00:22:21,000 --> 00:22:18,040
that you're doing this work in

594
00:22:22,770 --> 00:22:21,010
psychology there's a lot of noticing

595
00:22:24,750 --> 00:22:22,780
that affirmations can have the opposite

596
00:22:26,310 --> 00:22:24,760
response and unconditional love I

597
00:22:27,870 --> 00:22:26,320
actually have a long article about the

598
00:22:29,419 --> 00:22:27,880
myth of unconditional love most people

599
00:22:33,210 --> 00:22:29,429
actually cannot experience unconditional

600
00:22:36,840 --> 00:22:33,220
love so it may be possible if you try a

601
00:22:37,919 --> 00:22:36,850
different hypnotic and uh suggestion it

602
00:22:40,650 --> 00:22:37,929
might be more effective

603
00:22:42,480 --> 00:22:40,660
maybe the unconditional love I mean the

604
00:22:44,430 --> 00:22:42,490
guy who was the hypnotherapist Adam

605
00:22:46,560 --> 00:22:44,440
Crabtree he wrote this beautiful book

606
00:22:49,770 --> 00:22:46,570
called evolutionary love and the ravages

607
00:22:51,210 --> 00:22:49,780
of greed and he he knew exactly how to

608
00:22:52,620 --> 00:22:51,220
speak about unconditional love in the

609
00:22:53,970 --> 00:22:52,630
way that didn't make it feel like a

610
00:22:55,620 --> 00:22:53,980
performance of something that you never

611
00:22:57,630 --> 00:22:55,630
experienced but just a way that you know

612
00:23:00,360 --> 00:22:57,640
so I kind of the hypnotic suggestion is

613
00:23:02,210 --> 00:23:00,370

like two pages long so it's not um it's

614
00:23:05,400 --> 00:23:02,220
not simple yeah

615
00:23:07,530 --> 00:23:05,410
can you directly measure fear of sigh

616
00:23:09,810 --> 00:23:07,540
and can you tell the difference between

617
00:23:15,660 --> 00:23:09,820
that and a feeling that it's unnatural

618
00:23:17,520 --> 00:23:15,670
or unfair to get too many it's you know

619
00:23:20,700 --> 00:23:17,530
it may be nice to be able to do that

620
00:23:22,710 --> 00:23:20,710
when I don't know I think I don't know I

621
00:23:25,770 --> 00:23:22,720
mean maybe someone else would do that my

622
00:23:27,570 --> 00:23:25,780
motivation is to I don't know if that's

623
00:23:29,310 --> 00:23:27,580
helpful to do that because to me my

624
00:23:30,450 --> 00:23:29,320
motivation is it like for instance if

625
00:23:31,980 --> 00:23:30,460
you use something like unconditional

626
00:23:33,419 --> 00:23:31,990
love or training that reminds people

627
00:23:34,830 --> 00:23:33,429
like okay I'm going through us through

628
00:23:36,210 --> 00:23:34,840
this we're all humans this is actually a

629
00:23:39,150 --> 00:23:36,220
group sport like we're not doing I think

630
00:23:42,330 --> 00:23:39,160
it's very much a team sport recognizing

631
00:23:43,950 --> 00:23:42,340
that that it's okay to be wrong and

632
00:23:45,750 --> 00:23:43,960
basically like letting the patriarchy

633
00:23:48,570 --> 00:23:45,760
relax not smash the patriarchy but

634
00:23:52,530 --> 00:23:48,580
slowly relax over time into its grave I

635
00:23:53,970 --> 00:23:52,540
think that I think that that is a better

636
00:23:55,680 --> 00:23:53,980
solution for almost all these things and

637
00:23:58,020 --> 00:23:55,690
actually knowing like independently oh

638
00:23:59,310 --> 00:23:58,030

is this because I'm afraid or is this

639
00:24:02,730 --> 00:23:59,320
because I don't want to get too many

640
00:24:04,470 --> 00:24:02,740
hits you know care just let's just let's

641
00:24:06,900 --> 00:24:04,480
just like love each other and get better

642
00:24:09,170 --> 00:24:06,910
at being human gonna solve all that