



Reverse Q&A

- What might be the best ways to healthily increase ESP experiences and encourage better performance on ESP experiments? [TABLE: Increasing ESP]
- Could meditation or other ways to increase metacognition help us to become more focused on information that we are usually filtering out of our attention (e.g., psi)? [TABLE: Meditation & ESP]
- If we are usually filtering psi out of our attention, do you notice more information in your attentional window at certain points in the day (and night?). Is there an optimal time during the day and night when you can become consciously aware of fleeting information and images? [TABLE: Time of Day & ESP]
- If psi works like a psycho-bio-social system, how might we loosen the boundaries within it? Are there ways to become more socially intertwined/connected, perhaps? [Social Connectedness & ESP]

If you are a synesthete and open to participating in future studies at UWG, please email me at csimmond@westga.edu



1
00:00:05,430 --> 00:00:02,869
i am back to present the premiere of

2
00:00:07,110 --> 00:00:05,440
christine simmons morris talk from last

3
00:00:08,549 --> 00:00:07,120
year's education day

4
00:00:10,150 --> 00:00:08,559
um

5
00:00:11,990 --> 00:00:10,160
christine will not be able to join us

6
00:00:13,669 --> 00:00:12,000
today for q a instead we're going to

7
00:00:15,350 --> 00:00:13,679
have something called a reverse q a

8
00:00:16,950 --> 00:00:15,360
christina's prepared a slide of

9
00:00:19,349 --> 00:00:16,960
questions that we're going to invite you

10
00:00:21,269 --> 00:00:19,359
to go to the social lounge to discuss

11
00:00:22,790 --> 00:00:21,279
among yourselves and so please

12
00:00:23,830 --> 00:00:22,800
do reserve your questions for this

13
00:00:27,509 --> 00:00:23,840

session

14

00:00:29,269 --> 00:00:27,519

now professor christine simmons-moore

15

00:00:32,069 --> 00:00:29,279

is in the psychology department at the

16

00:00:34,229 --> 00:00:32,079

university of west georgia her her

17

00:00:36,310 --> 00:00:34,239

research interests include the study of

18

00:00:38,069 --> 00:00:36,320

personality types who are prone to

19

00:00:40,709 --> 00:00:38,079

subjective anomalous and paranormal

20

00:00:43,190 --> 00:00:40,719

experiences and beliefs transpersonal

21

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

experiences the overlaps between

22

00:00:48,389 --> 00:00:46,000

parapsychology and clinical psychology

23

00:00:50,549 --> 00:00:48,399

cognitive and neurobiological correlates

24

00:00:53,110 --> 00:00:50,559

of paranormal experiences

25

00:00:55,029 --> 00:00:53,120

synesthesia and anomalous experiences

26
00:00:57,029 --> 00:00:55,039
and how sleep-related and other altered

27
00:01:00,389 --> 00:00:57,039
states of consciousness relate to

28
00:01:02,869 --> 00:01:00,399
subjective anomalous experiences she is

29
00:01:05,590 --> 00:01:02,879
editor of the book exceptional

30
00:01:07,750 --> 00:01:05,600
experience and health essays on mind

31
00:01:09,750 --> 00:01:07,760
body and human potential

32
00:01:12,070 --> 00:01:09,760
she is a co-author of a textbook on

33
00:01:14,469 --> 00:01:12,080
anomalous psychology and she is

34
00:01:17,429 --> 00:01:14,479
working on a book about the psychology

35
00:01:20,710 --> 00:01:17,439
and parapsychology of ghosts

36
00:01:22,310 --> 00:01:20,720
and here is christine's talk

37
00:01:25,429 --> 00:01:22,320
today and

38
00:01:26,469 --> 00:01:25,439

talk to you a little bit about

39

00:01:29,270 --> 00:01:26,479

research

40

00:01:32,149 --> 00:01:29,280

and discoveries into extra sensory

41

00:01:34,550 --> 00:01:32,159

perception and how they can be informed

42

00:01:36,149 --> 00:01:34,560

actually by psychology

43

00:01:38,710 --> 00:01:36,159

because i see parapsychology and

44

00:01:41,030 --> 00:01:38,720

psychology as being intimately connected

45

00:01:42,950 --> 00:01:41,040

and they have a lot to say to each other

46

00:01:44,310 --> 00:01:42,960

so as john pointed out a lot of my own

47

00:01:47,910 --> 00:01:44,320

research has

48

00:01:50,310 --> 00:01:47,920

focused on the psychology of paranormal

49

00:01:51,910 --> 00:01:50,320

experiences and actually i started out

50

00:01:53,670 --> 00:01:51,920

by researching

51
00:01:56,550 --> 00:01:53,680
extra sensory perception when i did my

52
00:01:57,749 --> 00:01:56,560
phd which was actually in the uk under

53
00:02:00,310 --> 00:01:57,759
chris rowe

54
00:02:03,109 --> 00:02:00,320
um at the university of northampton

55
00:02:04,870 --> 00:02:03,119
so um yeah i find it fascinating and i'm

56
00:02:06,789 --> 00:02:04,880
going to share a little bit about

57
00:02:09,830 --> 00:02:06,799
what that is first of all and a little

58
00:02:12,229 --> 00:02:09,840
bit about the correlates of experiences

59
00:02:16,070 --> 00:02:12,239
and then a little bit more about what we

60
00:02:18,390 --> 00:02:16,080
have learned in parapsychology about

61
00:02:19,670 --> 00:02:18,400
actual extra sensory perception like

62
00:02:22,790 --> 00:02:19,680
does it happen

63
00:02:24,630 --> 00:02:22,800

happen to

64

00:02:26,710 --> 00:02:24,640

um so hopefully this will give you a

65

00:02:29,589 --> 00:02:26,720

nice overview and yes as john pointed

66

00:02:31,430 --> 00:02:29,599

out you can study parapsychology at uwg

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00:02:34,070 --> 00:02:31,440

um so i'll give a bit of a nudge to that

68

00:02:36,710 --> 00:02:34,080

and actually i see um one of our phd

69

00:02:38,630 --> 00:02:36,720

students is in this room today so hello

70

00:02:42,229 --> 00:02:38,640

nancy nancy is actually doing her phd

71

00:02:44,790 --> 00:02:42,239

work on um a parapsychological topic so

72

00:02:46,949 --> 00:02:44,800

um yeah she's here she can give you a

73

00:02:48,150 --> 00:02:46,959

first person insight into what that's

74

00:02:53,830 --> 00:02:48,160

like

75

00:02:57,589 --> 00:02:55,509

all right my computer's frozen so hold

76

00:02:59,350 --> 00:02:57,599

on one second

77

00:03:00,149 --> 00:02:59,360

technical issues

78

00:03:01,830 --> 00:03:00,159

uh

79

00:03:05,110 --> 00:03:01,840

christine do you wanna

80

00:03:07,430 --> 00:03:05,120

it's working it's just slow i don't know

81

00:03:10,869 --> 00:03:07,440

we'll just have to let it do its thing

82

00:03:13,030 --> 00:03:10,879

it's probably something to do with pk

83

00:03:14,949 --> 00:03:13,040

all right so um annalisa gave a really

84

00:03:18,630 --> 00:03:14,959

good overview of parapsychology and she

85

00:03:20,470 --> 00:03:18,640

included um a nice intro into research

86

00:03:22,949 --> 00:03:20,480

approaches into extra sensory perception

87

00:03:25,750 --> 00:03:22,959

but i'm going to go back and

88

00:03:27,270 --> 00:03:25,760

talk about what this is again um just to

89

00:03:29,110 --> 00:03:27,280

make sure everybody's clear about what

90

00:03:30,390 --> 00:03:29,120

we're talking about and maybe you'll

91

00:03:32,710 --> 00:03:30,400

realize you've had one of these

92

00:03:34,949 --> 00:03:32,720

experiences yourself because even if

93

00:03:36,710 --> 00:03:34,959

you're skeptical um it's often the case

94

00:03:38,710 --> 00:03:36,720

that you or a family member has had

95

00:03:41,509 --> 00:03:38,720

something like this happen to them

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00:03:42,789 --> 00:03:41,519

so we're talking about experiences that

97

00:03:44,149 --> 00:03:42,799

seem to be

98

00:03:46,949 --> 00:03:44,159

um

99

00:03:48,070 --> 00:03:46,959

involving information access that

100

00:03:50,470 --> 00:03:48,080

shouldn't

101
00:03:51,830 --> 00:03:50,480
happen so basically information seems to

102
00:03:54,149 --> 00:03:51,840
be acquired without the use of the

103
00:03:56,710 --> 00:03:54,159
normal sensors and this includes what's

104
00:03:58,550 --> 00:03:56,720
known as telepathy and telesthesia i'll

105
00:04:01,270 --> 00:03:58,560
talk about that in a minute precognition

106
00:04:03,750 --> 00:04:01,280
clairvoyance and retrocognition

107
00:04:05,750 --> 00:04:03,760
um so telepathy is where people have

108
00:04:09,190 --> 00:04:05,760
awareness of what another person is

109
00:04:11,030 --> 00:04:09,200
thinking or feeling and it can sometimes

110
00:04:13,509 --> 00:04:11,040
be very embodied

111
00:04:14,869 --> 00:04:13,519
so this is particularly noted in twin

112
00:04:16,310 --> 00:04:14,879
experiences for example and that's

113
00:04:18,550 --> 00:04:16,320

actually been studied in terms of

114

00:04:19,749 --> 00:04:18,560

subjective experiences and inside

115

00:04:21,270 --> 00:04:19,759

performance

116

00:04:23,430 --> 00:04:21,280

in sweden

117

00:04:26,710 --> 00:04:23,440

um so this is the idea that sometimes

118

00:04:28,870 --> 00:04:26,720

twins can have embodied experiences so

119

00:04:31,189 --> 00:04:28,880

they might have a feeling of pain in

120

00:04:33,270 --> 00:04:31,199

their body that seems to relate to the

121

00:04:36,070 --> 00:04:33,280

pain that their twin is going through at

122

00:04:37,189 --> 00:04:36,080

a distant location so that's fascinating

123

00:04:38,950 --> 00:04:37,199

and that's something we'll come back to

124

00:04:41,830 --> 00:04:38,960

later the idea of the body being really

125

00:04:43,270 --> 00:04:41,840

really important in esp so it can be

126

00:04:44,390 --> 00:04:43,280

mental but it can also be very very

127

00:04:46,870 --> 00:04:44,400

physical

128

00:04:49,030 --> 00:04:46,880

precognition as depicted on the slide

129

00:04:51,510 --> 00:04:49,040

professor trelawny any harry potter fans

130

00:04:53,909 --> 00:04:51,520

here will recognize her she is gazing

131

00:04:55,510 --> 00:04:53,919

into a crystal ball um in the movies

132

00:04:57,110 --> 00:04:55,520

you'll see her also looking into tea

133

00:04:58,070 --> 00:04:57,120

leaves and divining aspects of the

134

00:04:59,270 --> 00:04:58,080

future

135

00:05:01,029 --> 00:04:59,280

so any

136

00:05:03,909 --> 00:05:01,039

experience where people have access the

137

00:05:06,150 --> 00:05:03,919

future is known as precognition

138

00:05:08,150 --> 00:05:06,160

and this often happens in the dream

139

00:05:09,189 --> 00:05:08,160

state that can also happen in the waking

140

00:05:11,510 --> 00:05:09,199

state

141

00:05:13,830 --> 00:05:11,520

clairvoyance is basically clear seeing

142

00:05:15,990 --> 00:05:13,840

but it can also be um clear audience

143

00:05:17,670 --> 00:05:16,000

where people might hear information

144

00:05:19,749 --> 00:05:17,680

or clairsentience where they might feel

145

00:05:22,629 --> 00:05:19,759

information but basically information is

146

00:05:24,950 --> 00:05:22,639

happening at a distance so for example

147

00:05:27,270 --> 00:05:24,960

it might be the case that um somebody

148

00:05:28,390 --> 00:05:27,280

like eddie casey who's on the slide was

149

00:05:30,550 --> 00:05:28,400

able to

150

00:05:33,189 --> 00:05:30,560

have direct awareness of something that

151
00:05:33,990 --> 00:05:33,199
was going on at a distance so i think he

152
00:05:35,510 --> 00:05:34,000
was

153
00:05:36,950 --> 00:05:35,520
reported to be able to read a

154
00:05:38,390 --> 00:05:36,960
thermometer

155
00:05:40,710 --> 00:05:38,400
of a person who is in a different

156
00:05:43,909 --> 00:05:40,720
location and that is an example of a

157
00:05:45,590 --> 00:05:43,919
clairvoyant experience so of course we

158
00:05:48,870 --> 00:05:45,600
don't know whether these experiences

159
00:05:50,629 --> 00:05:48,880
actually suggest an actual sigh because

160
00:05:52,230 --> 00:05:50,639
they're subjective experiences but

161
00:05:55,110 --> 00:05:52,240
they're very very interesting and they

162
00:05:57,189 --> 00:05:55,120
give us clues really with regard to what

163
00:05:58,629 --> 00:05:57,199

might actually be going on in terms of

164

00:05:59,909 --> 00:05:58,639

actual esp

165

00:06:01,430 --> 00:05:59,919

there's another one on the slide here

166

00:06:03,830 --> 00:06:01,440

retro cognition that is very very

167

00:06:06,870 --> 00:06:03,840

neglected in the research but it's

168

00:06:09,830 --> 00:06:06,880

interesting um this is where people have

169

00:06:11,510 --> 00:06:09,840

apparent experiences of the past and so

170

00:06:13,990 --> 00:06:11,520

the example i often use here is where

171

00:06:15,350 --> 00:06:14,000

people might go to a battlefield um

172

00:06:17,110 --> 00:06:15,360

that's you know currently not a

173

00:06:20,390 --> 00:06:17,120

battlefield so i've been to the

174

00:06:22,070 --> 00:06:20,400

battlefields in belgium and france

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00:06:24,150 --> 00:06:22,080

they're very very peaceful areas but

176

00:06:27,990 --> 00:06:24,160

some people have reported things like

177

00:06:29,510 --> 00:06:28,000

flashes um of the past that seem to be

178

00:06:31,430 --> 00:06:29,520

related to things that actually happened

179

00:06:34,550 --> 00:06:31,440

in the past so that's awareness of

180

00:06:35,990 --> 00:06:34,560

information um from the past that's

181

00:06:38,230 --> 00:06:36,000

hardest to test in the lab but it's

182

00:06:39,510 --> 00:06:38,240

still a very interesting and valid

183

00:06:40,950 --> 00:06:39,520

experience

184

00:06:43,189 --> 00:06:40,960

so i'm going to try and go forward again

185

00:06:44,469 --> 00:06:43,199

okay it's working now excellent

186

00:06:48,790 --> 00:06:44,479

um so

187

00:06:50,950 --> 00:06:48,800

why do we study these experiences um

188

00:06:52,309 --> 00:06:50,960

i have to justify my existence a lot of

189

00:06:54,710 --> 00:06:52,319

the time

190

00:06:56,790 --> 00:06:54,720

but this is what i say i say these

191

00:06:59,189 --> 00:06:56,800

experiences are

192

00:07:01,430 --> 00:06:59,199

something that's fairly common um you

193

00:07:03,029 --> 00:07:01,440

know psychologists study schizophrenia

194

00:07:04,469 --> 00:07:03,039

for example that happens in one percent

195

00:07:06,309 --> 00:07:04,479

of the population

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00:07:08,150 --> 00:07:06,319

now subjective paranormal experiences

197

00:07:10,150 --> 00:07:08,160

happen in many more members of the

198

00:07:12,230 --> 00:07:10,160

population and when we're talking about

199

00:07:14,390 --> 00:07:12,240

extra sensory experiences this is

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00:07:16,629 --> 00:07:14,400

actually one of the most common types of

201
00:07:18,070 --> 00:07:16,639
paranormal phenomena from paranormal

202
00:07:21,189 --> 00:07:18,080
experience i should say

203
00:07:22,790 --> 00:07:21,199
um so a study by john palmer found about

204
00:07:25,670 --> 00:07:22,800
39

205
00:07:28,390 --> 00:07:25,680
of a sample general population sample

206
00:07:30,870 --> 00:07:28,400
reported having had um a psychic

207
00:07:34,070 --> 00:07:30,880
experience so this is quite high this is

208
00:07:35,909 --> 00:07:34,080
a significant subset of the population

209
00:07:37,749 --> 00:07:35,919
these experiences are reported

210
00:07:40,150 --> 00:07:37,759
throughout history as well

211
00:07:41,510 --> 00:07:40,160
and appear in different cultures so even

212
00:07:43,189 --> 00:07:41,520
if they're sort of packaged up

213
00:07:45,270 --> 00:07:43,199

differently which

214

00:07:47,909 --> 00:07:45,280

they really are you see

215

00:07:49,189 --> 00:07:47,919

um very similar core elements to

216

00:07:50,950 --> 00:07:49,199

experiences but they might be sort of

217

00:07:53,189 --> 00:07:50,960

understood differently

218

00:07:55,749 --> 00:07:53,199

and embraced differently actually so

219

00:07:57,909 --> 00:07:55,759

particularly us versus brazil

220

00:08:00,230 --> 00:07:57,919

brazil you've got lots of embracing of

221

00:08:02,710 --> 00:08:00,240

these experiences whereas in america not

222

00:08:04,790 --> 00:08:02,720

as much um anyway they're still there

223

00:08:07,270 --> 00:08:04,800

they're very very very much part of the

224

00:08:09,110 --> 00:08:07,280

human experience and

225

00:08:12,469 --> 00:08:09,120

we have to study them it's really really

226

00:08:14,550 --> 00:08:12,479

important um as psychologists and

227

00:08:17,110 --> 00:08:14,560

parasitologists really to know

228

00:08:19,430 --> 00:08:17,120

what might be going on um so i've got a

229

00:08:21,510 --> 00:08:19,440

quote from caroline watt here who is the

230

00:08:23,830 --> 00:08:21,520

curser chair of parapsychology in

231

00:08:26,550 --> 00:08:23,840

edinburgh that's like the main center

232

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

for parapsychology i suppose in the uk

233

00:08:30,629 --> 00:08:28,400

and she said even if it turns out that

234

00:08:32,709 --> 00:08:30,639

paranormal phenomena can be explained by

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00:08:34,630 --> 00:08:32,719

normal mechanisms because many people

236

00:08:36,870 --> 00:08:34,640

have experiences which they interpret as

237

00:08:39,110 --> 00:08:36,880

paranormal scientists have a

238

00:08:41,589 --> 00:08:39,120

responsibility to understand them and i

239

00:08:43,509 --> 00:08:41,599

absolutely agree with that

240

00:08:45,829 --> 00:08:43,519

but they also have something to tell us

241

00:08:48,790 --> 00:08:45,839

about consciousness itself so if these

242

00:08:50,630 --> 00:08:48,800

experiences are genuine

243

00:08:52,230 --> 00:08:50,640

this really suggests that something else

244

00:08:54,870 --> 00:08:52,240

might be going on in terms of how we

245

00:08:57,110 --> 00:08:54,880

understand how the mind works if minds

246

00:08:59,110 --> 00:08:57,120

can actually access information that

247

00:09:01,750 --> 00:08:59,120

other people are experiencing if minds

248

00:09:03,910 --> 00:09:01,760

can access information at a distance and

249

00:09:06,470 --> 00:09:03,920

if minds can actually

250

00:09:07,990 --> 00:09:06,480

access future or past information that's

251
00:09:11,350 --> 00:09:08,000
really really interesting and we need to

252
00:09:16,389 --> 00:09:14,470
so um when do these experiences happen

253
00:09:18,470 --> 00:09:16,399
and for whom

254
00:09:20,389 --> 00:09:18,480
so a lot of my research as john pointed

255
00:09:22,389 --> 00:09:20,399
out is focused on

256
00:09:23,670 --> 00:09:22,399
psychology um i'm really interested in

257
00:09:24,949 --> 00:09:23,680
the correlates of experiences in

258
00:09:26,070 --> 00:09:24,959
particular

259
00:09:28,550 --> 00:09:26,080
and they're talking a lot about that

260
00:09:30,630 --> 00:09:28,560
today um so these experiences tend to

261
00:09:33,509 --> 00:09:30,640
have some commonalities

262
00:09:34,710 --> 00:09:33,519
and they tend to occur um in altered

263
00:09:36,630 --> 00:09:34,720

states of consciousness so again we're

264

00:09:38,790 --> 00:09:36,640

talking about subjective experiences now

265

00:09:40,550 --> 00:09:38,800

but you'll recognize some overlap with

266

00:09:43,190 --> 00:09:40,560

actual side performance when i talk

267

00:09:45,590 --> 00:09:43,200

about that a little bit later as well

268

00:09:48,550 --> 00:09:45,600

so yes they can happen spontaneously or

269

00:09:50,550 --> 00:09:48,560

they can happen intentionally

270

00:09:51,590 --> 00:09:50,560

in terms of spontaneous experiences they

271

00:09:53,350 --> 00:09:51,600

really do

272

00:09:55,509 --> 00:09:53,360

um tend to occur when people are in

273

00:09:57,750 --> 00:09:55,519

these liminal states so in between

274

00:10:00,550 --> 00:09:57,760

states of consciousness

275

00:10:02,949 --> 00:10:00,560

and i've used a term from the spr

276

00:10:04,870 --> 00:10:02,959

phantasms of the living borderland the

277

00:10:06,230 --> 00:10:04,880

borderlands states between wake points

278

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

and sleep

279

00:10:11,110 --> 00:10:08,000

and also during dreams these are really

280

00:10:12,310 --> 00:10:11,120

rich times for extra sensory experiences

281

00:10:14,150 --> 00:10:12,320

incidentally there are also really

282

00:10:15,350 --> 00:10:14,160

common times for other

283

00:10:17,509 --> 00:10:15,360

types of

284

00:10:19,190 --> 00:10:17,519

paranormal phenomena as well

285

00:10:21,509 --> 00:10:19,200

they happen often between people who

286

00:10:23,430 --> 00:10:21,519

have a close emotional bond

287

00:10:25,670 --> 00:10:23,440

and actually there is some research not

288

00:10:28,150 --> 00:10:25,680

enough actually but some research that

289

00:10:29,750 --> 00:10:28,160

finds that these experiences tend to run

290

00:10:31,509 --> 00:10:29,760

in families but if you talk to people

291

00:10:35,269 --> 00:10:31,519

about this this is a thing

292

00:10:37,750 --> 00:10:35,279

um they often occur in association with

293

00:10:39,509 --> 00:10:37,760

meaningful and emotional events so

294

00:10:41,750 --> 00:10:39,519

um people will often report having

295

00:10:43,829 --> 00:10:41,760

awareness um that somebody might be

296

00:10:46,870 --> 00:10:43,839

about to die for example and then

297

00:10:48,870 --> 00:10:46,880

near-death experiences are very

298

00:10:50,550 --> 00:10:48,880

interesting for many reasons but people

299

00:10:52,949 --> 00:10:50,560

who have near-death experiences often

300

00:10:55,110 --> 00:10:52,959

come back and they will then have more

301
00:10:56,310 --> 00:10:55,120
extra sensory experiences as a result of

302
00:10:59,190 --> 00:10:56,320
them

303
00:11:01,829 --> 00:10:59,200
and then tragic experiences are

304
00:11:03,670 --> 00:11:01,839
often reported in pre-cognition so again

305
00:11:05,430 --> 00:11:03,680
these are experiences that people have

306
00:11:07,269 --> 00:11:05,440
of the future

307
00:11:09,269 --> 00:11:07,279
so many experiences happen between those

308
00:11:12,389 --> 00:11:09,279
who are biologically related and that's

309
00:11:13,590 --> 00:11:12,399
also borne out in actual esp experiments

310
00:11:15,750 --> 00:11:13,600
too

311
00:11:18,230 --> 00:11:15,760
and there is some

312
00:11:19,990 --> 00:11:18,240
interesting research um that finds that

313
00:11:22,630 --> 00:11:20,000

certain people tend to report these

314

00:11:26,310 --> 00:11:22,640

experiences more than others and these

315

00:11:29,269 --> 00:11:26,320

people um i refer to as anomaly prone

316

00:11:30,710 --> 00:11:29,279

personality types

317

00:11:32,949 --> 00:11:30,720

um so what i've talked about other

318

00:11:34,949 --> 00:11:32,959

people have talked about is this idea of

319

00:11:35,750 --> 00:11:34,959

interactions between

320

00:11:37,829 --> 00:11:35,760

um

321

00:11:39,269 --> 00:11:37,839

sort of trait and state anomaly

322

00:11:42,870 --> 00:11:39,279

proneness

323

00:11:44,710 --> 00:11:42,880

so essentially you've got people who um

324

00:11:46,790 --> 00:11:44,720

are sort of wired to be more

325

00:11:48,389 --> 00:11:46,800

interconnected with themselves

326

00:11:50,550 --> 00:11:48,399

and more likely to be able to shift into

327

00:11:51,990 --> 00:11:50,560

different states of consciousness more

328

00:11:54,710 --> 00:11:52,000

likely to

329

00:11:57,110 --> 00:11:54,720

have more influence from the body into

330

00:11:59,910 --> 00:11:57,120

their mind more awareness of unconscious

331

00:12:01,990 --> 00:11:59,920

usually unconscious aspects of reality

332

00:12:03,670 --> 00:12:02,000

they're wired that way

333

00:12:05,269 --> 00:12:03,680

some people will

334

00:12:07,190 --> 00:12:05,279

not have many of these experiences in

335

00:12:08,710 --> 00:12:07,200

their lives but they might have them in

336

00:12:10,949 --> 00:12:08,720

association with certain states of

337

00:12:12,790 --> 00:12:10,959

consciousness and then you can also look

338

00:12:14,230 --> 00:12:12,800

at these things together so the idea

339

00:12:16,069 --> 00:12:14,240

that trait and normally prone people

340

00:12:18,069 --> 00:12:16,079

might be more likely to dip into

341

00:12:19,829 --> 00:12:18,079

interesting states of consciousness so

342

00:12:21,030 --> 00:12:19,839

when we talk about state anomaly

343

00:12:23,110 --> 00:12:21,040

proneness

344

00:12:25,670 --> 00:12:23,120

i'm i'm really talking about states of

345

00:12:28,069 --> 00:12:25,680

consciousness that are um

346

00:12:29,910 --> 00:12:28,079

liminal you're in between um you've got

347

00:12:32,470 --> 00:12:29,920

more awareness of yourself you've got

348

00:12:35,670 --> 00:12:32,480

more access to your unconscious mind and

349

00:12:37,350 --> 00:12:35,680

potentially a wider um understanding of

350

00:12:39,750 --> 00:12:37,360

conscious unconsciousness i should say

351

00:12:41,910 --> 00:12:39,760

like a union idea i suppose

352

00:12:43,590 --> 00:12:41,920

um so liminal states

353

00:12:44,949 --> 00:12:43,600

are associated with falling asleep and

354

00:12:47,350 --> 00:12:44,959

waking up from sleep which is called

355

00:12:48,949 --> 00:12:47,360

hypnagogia and hypnopompia

356

00:12:50,870 --> 00:12:48,959

sleep paralysis

357

00:12:52,230 --> 00:12:50,880

is a liminal state it's

358

00:12:54,230 --> 00:12:52,240

interesting because you're sort of

359

00:12:55,829 --> 00:12:54,240

asleep but awake at the same time

360

00:12:57,670 --> 00:12:55,839

lucid dreaming another really

361

00:12:59,269 --> 00:12:57,680

interesting state you're asleep but

362

00:13:01,190 --> 00:12:59,279

awake at the same time

363

00:13:03,509 --> 00:13:01,200

um and then other alter states of

364

00:13:05,190 --> 00:13:03,519

consciousness including meditation is

365

00:13:07,430 --> 00:13:05,200

more intentional

366

00:13:09,430 --> 00:13:07,440

and psychedelic states so a lot of

367

00:13:10,790 --> 00:13:09,440

subjective paranormal experiences

368

00:13:12,949 --> 00:13:10,800

particularly of the extra sensory

369

00:13:14,790 --> 00:13:12,959

variety have been reported in

370

00:13:17,590 --> 00:13:14,800

psychedelic states and so david luke's

371

00:13:21,190 --> 00:13:17,600

work has really focused on that recently

372

00:13:23,829 --> 00:13:21,200

um and then meditators um do seem to

373

00:13:24,710 --> 00:13:23,839

report a lot of psychic experiences as

374

00:13:26,389 --> 00:13:24,720

well

375

00:13:28,629 --> 00:13:26,399

um so and actually there's evidence that

376

00:13:30,949 --> 00:13:28,639

the brain might change um to be more

377

00:13:33,750 --> 00:13:30,959

interconnected with itself when people

378

00:13:36,150 --> 00:13:33,760

are um more

379

00:13:37,509 --> 00:13:36,160

consistent meditators i shall say

380

00:13:38,870 --> 00:13:37,519

but there is an interaction between

381

00:13:40,389 --> 00:13:38,880

these things as well so a lot of the

382

00:13:42,790 --> 00:13:40,399

personality

383

00:13:44,470 --> 00:13:42,800

variables on the left um these are new

384

00:13:47,110 --> 00:13:44,480

words i know but i'm just going to say

385

00:13:49,990 --> 00:13:47,120

it's about the picture in the middle um

386

00:13:51,829 --> 00:13:50,000

so it's about the picture at the bottom

387

00:13:54,710 --> 00:13:51,839

i suppose so people who are boundary

388

00:13:57,030 --> 00:13:54,720

thin trans liminal who um score higher

389

00:13:58,550 --> 00:13:57,040

on measures of positive schizotype

390

00:14:02,870 --> 00:13:58,560

they're much more fluid everything's a

391

00:14:05,750 --> 00:14:02,880

bit more connected um more creative um

392

00:14:07,670 --> 00:14:05,760

more open um and so that's really sort

393

00:14:10,550 --> 00:14:07,680

of the best way to

394

00:14:14,069 --> 00:14:10,560

describe it an openness and a tendency

395

00:14:16,790 --> 00:14:14,079

towards more associational thinking

396

00:14:17,670 --> 00:14:16,800

um synesthesia is one of my pet projects

397

00:14:19,430 --> 00:14:17,680

um

398

00:14:21,829 --> 00:14:19,440

and i've been doing a lot of my recent

399

00:14:24,230 --> 00:14:21,839

research on that and that is um also

400

00:14:25,670 --> 00:14:24,240

characterized by having a mind and brain

401
00:14:27,590 --> 00:14:25,680
that's more interconnected but

402
00:14:28,870 --> 00:14:27,600
synesthetes also

403
00:14:30,949 --> 00:14:28,880
have different

404
00:14:32,710 --> 00:14:30,959
ways of experiencing the world that i

405
00:14:34,550 --> 00:14:32,720
think can lend some clues into these

406
00:14:36,710 --> 00:14:34,560
experiences so they have

407
00:14:39,350 --> 00:14:36,720
um colors

408
00:14:41,189 --> 00:14:39,360
for example in addition to

409
00:14:43,509 --> 00:14:41,199
just seeing a letter on a page they have

410
00:14:45,590 --> 00:14:43,519
an extra way of seeing the world so

411
00:14:47,829 --> 00:14:45,600
again it's about connection connectivity

412
00:14:51,110 --> 00:14:47,839
which is um the theme of this conference

413
00:14:54,310 --> 00:14:51,120

so connectivity is key to extra sensory

414

00:14:56,949 --> 00:14:55,990

um i just wanted to show you this too

415

00:14:59,430 --> 00:14:56,959

because i think this is really

416

00:15:01,509 --> 00:14:59,440

interesting um and this is going back to

417

00:15:04,230 --> 00:15:01,519

loisa ryan's work so i know this is

418

00:15:05,910 --> 00:15:04,240

co-sponsored by the rhine so loisa ryan

419

00:15:08,069 --> 00:15:05,920

was j.b ryan's wife and she was really

420

00:15:10,470 --> 00:15:08,079

interested in experiences and the

421

00:15:13,990 --> 00:15:10,480

patterns and experiences and what she

422

00:15:15,509 --> 00:15:14,000

noticed was interesting um patterns with

423

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

the state of consciousness and the type

424

00:15:21,750 --> 00:15:18,720

of esp and also time um so remember we

425

00:15:23,750 --> 00:15:21,760

talked about um esp happening in real

426

00:15:25,910 --> 00:15:23,760

time in the future but also the past

427

00:15:29,030 --> 00:15:25,920

here she's just got a comparison between

428

00:15:30,790 --> 00:15:29,040

um precognition and real-time esp

429

00:15:33,030 --> 00:15:30,800

but you've got different types of esp

430

00:15:35,749 --> 00:15:33,040

happening too so some people just get a

431

00:15:37,749 --> 00:15:35,759

gut feeling um which is the intuitive

432

00:15:41,030 --> 00:15:37,759

and that's associated more with the with

433

00:15:42,230 --> 00:15:41,040

the waking state and real time psi

434

00:15:44,790 --> 00:15:42,240

impressions

435

00:15:48,069 --> 00:15:44,800

hallucinatory esp is where the esp

436

00:15:49,990 --> 00:15:48,079

experiences seem to mimic your senses

437

00:15:51,910 --> 00:15:50,000

and that happens more in real time but

438

00:15:54,710 --> 00:15:51,920

also in the waking state

439

00:15:56,629 --> 00:15:54,720

um realistic dreams tend to be

440

00:15:57,990 --> 00:15:56,639

pre-cognitive which is really

441

00:15:59,269 --> 00:15:58,000

interesting as if things are sort of

442

00:16:01,269 --> 00:15:59,279

playing out

443

00:16:02,550 --> 00:16:01,279

um as they will play out in the future

444

00:16:06,230 --> 00:16:02,560

at least in terms of subjective

445

00:16:09,030 --> 00:16:06,240

experiences so 60 of those in her study

446

00:16:11,350 --> 00:16:09,040

were pre-cognitive and then unrealistic

447

00:16:12,790 --> 00:16:11,360

dreams are pretty similar but slightly

448

00:16:14,230 --> 00:16:12,800

more in real time that's where you've

449

00:16:15,269 --> 00:16:14,240

got sort of metaphors happening in

450

00:16:16,470 --> 00:16:15,279

dreams

451

00:16:17,990 --> 00:16:16,480

so i just think that's really

452

00:16:19,590 --> 00:16:18,000

interesting and it's very very

453

00:16:20,870 --> 00:16:19,600

understudied and i think we need to go

454

00:16:22,470 --> 00:16:20,880

back to

455

00:16:26,550 --> 00:16:22,480

those kind of patternings to understand

456

00:16:32,550 --> 00:16:29,189

all right so before we dive into some er

457

00:16:34,389 --> 00:16:32,560

actual parapsychological findings um

458

00:16:36,230 --> 00:16:34,399

there are some normal explanations we

459

00:16:38,150 --> 00:16:36,240

need to think about and this is heart

460

00:16:40,550 --> 00:16:38,160

and parcel of parapsychology honestly

461

00:16:43,430 --> 00:16:40,560

it's really important to

462

00:16:45,590 --> 00:16:43,440

know what looks like psy but isn't and

463

00:16:48,310 --> 00:16:45,600

this is a bob morris quote he was a

464

00:16:50,150 --> 00:16:48,320
professor of parapsychology and very

465

00:16:52,629 --> 00:16:50,160
influential on my own journey into

466

00:16:54,389 --> 00:16:52,639
parapsychology um so really important to

467

00:16:56,069 --> 00:16:54,399
know what looks like cyber isn't and to

468

00:16:57,269 --> 00:16:56,079
be able to try and rule that out or be

469

00:16:59,350 --> 00:16:57,279
aware of that

470

00:17:01,269 --> 00:16:59,360
or that you know sometimes

471

00:17:03,110 --> 00:17:01,279
parapsychological experiences are a bit

472

00:17:04,630 --> 00:17:03,120
of both they might be a little bit of

473

00:17:07,029 --> 00:17:04,640
normal and a bit of paranormal or

474

00:17:08,870 --> 00:17:07,039
sometimes they might be just all normal

475

00:17:11,669 --> 00:17:08,880
um and so it's really important to do

476

00:17:13,909 --> 00:17:11,679

some experiments to work out um you know

477

00:17:15,909 --> 00:17:13,919

what might really be going on

478

00:17:17,909 --> 00:17:15,919

but anyway so just uh

479

00:17:20,549 --> 00:17:17,919

to wet your appetite there does seem to

480

00:17:23,510 --> 00:17:20,559

be evidence that um people who are

481

00:17:25,110 --> 00:17:23,520

anomaly prone um are sometimes more able

482

00:17:30,470 --> 00:17:25,120

to

483

00:17:32,390 --> 00:17:30,480

um

484

00:17:35,029 --> 00:17:32,400

information that's actually present

485

00:17:36,310 --> 00:17:35,039

um and then it's misperceived as esp and

486

00:17:37,669 --> 00:17:36,320

so we found

487

00:17:40,150 --> 00:17:37,679

some evidence of that in our own

488

00:17:41,029 --> 00:17:40,160

research with synesthesia

489

00:17:42,630 --> 00:17:41,039

um

490

00:17:45,909 --> 00:17:42,640

meaning making

491

00:17:48,310 --> 00:17:45,919

there is a tendency to see shapes and

492

00:17:50,230 --> 00:17:48,320

causality in randomness so

493

00:17:51,990 --> 00:17:50,240

um one way to think about this in

494

00:17:54,390 --> 00:17:52,000

everyday experience is

495

00:17:56,310 --> 00:17:54,400

i'm looking at clouds and i play this a

496

00:17:58,150 --> 00:17:56,320

lot with my son and it's fun and it's

497

00:17:59,590 --> 00:17:58,160

about creativity too so you're looking

498

00:18:02,150 --> 00:17:59,600

at the shape the clouds and you're

499

00:18:03,110 --> 00:18:02,160

trying to sort of um see patterns in the

500

00:18:04,630 --> 00:18:03,120

clouds

501
00:18:06,630 --> 00:18:04,640
and people who are more likely to sort

502
00:18:08,789 --> 00:18:06,640
of have more complicated

503
00:18:10,390 --> 00:18:08,799
shapes and randomness that tendency does

504
00:18:12,789 --> 00:18:10,400
relate to

505
00:18:14,470 --> 00:18:12,799
paranormal experiences too

506
00:18:15,909 --> 00:18:14,480
and that's not to discount them i've

507
00:18:18,470 --> 00:18:15,919
actually done some research to try and

508
00:18:21,590 --> 00:18:18,480
look at that tendency with the idea that

509
00:18:23,990 --> 00:18:21,600
sometimes people will see will pick up

510
00:18:26,549 --> 00:18:24,000
the psy information as well as being

511
00:18:27,510 --> 00:18:26,559
creative um as well as the idea that oh

512
00:18:29,110 --> 00:18:27,520
they're just

513
00:18:31,110 --> 00:18:29,120

seeing things that aren't there i think

514

00:18:32,230 --> 00:18:31,120

it's more complex than that

515

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

and also the idea that sometimes

516

00:18:36,390 --> 00:18:34,480

skeptical people might miss

517

00:18:37,990 --> 00:18:36,400

um a signal sometimes that's what i've

518

00:18:40,390 --> 00:18:38,000

looked at too

519

00:18:42,470 --> 00:18:40,400

um but there is a relationship there so

520

00:18:44,789 --> 00:18:42,480

people who are more likely to

521

00:18:47,350 --> 00:18:44,799

see meaning will will be more likely to

522

00:18:49,510 --> 00:18:47,360

have esp experiences

523

00:18:52,390 --> 00:18:49,520

there's actually interestingly um a

524

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

greater tendency to perceive minds

525

00:18:57,190 --> 00:18:54,640

so human beings um

526

00:18:58,870 --> 00:18:57,200

part of being human to um have the

527

00:19:00,549 --> 00:18:58,880

understanding that other people have

528

00:19:01,830 --> 00:19:00,559

intentionality and they have thoughts

529

00:19:04,549 --> 00:19:01,840

and beliefs

530

00:19:05,909 --> 00:19:04,559

um and so there's some evidence that um

531

00:19:08,870 --> 00:19:05,919

believers

532

00:19:11,590 --> 00:19:08,880

and experiences uh will

533

00:19:13,029 --> 00:19:11,600

see mines in more places and so that's

534

00:19:14,870 --> 00:19:13,039

illustration on my slider i've got a

535

00:19:17,590 --> 00:19:14,880

nice picture of a rock

536

00:19:20,070 --> 00:19:17,600

um that's also apophenia or the type one

537

00:19:22,150 --> 00:19:20,080

era but it's also that we see faces we

538

00:19:23,270 --> 00:19:22,160

tend to see faces everywhere we we

539

00:19:26,230 --> 00:19:23,280

perceive

540

00:19:28,549 --> 00:19:26,240

that there are thoughts and intentions

541

00:19:30,230 --> 00:19:28,559

whether or not sometimes

542

00:19:33,350 --> 00:19:30,240

and there's also the idea that people

543

00:19:36,150 --> 00:19:33,360

might misattribute um

544

00:19:39,029 --> 00:19:36,160

information that's subliminal

545

00:19:41,669 --> 00:19:39,039

and happening outside of your focus of

546

00:19:43,750 --> 00:19:41,679

attention as psychic information so

547

00:19:45,510 --> 00:19:43,760

we've got to try and look at those and

548

00:19:47,190 --> 00:19:45,520

rule some of those things out in

549

00:19:49,510 --> 00:19:47,200

experiments to sort of see what might

550

00:19:51,510 --> 00:19:49,520

really be going on but again i like to

551
00:19:53,110 --> 00:19:51,520
say well sometimes the site might hook

552
00:19:54,390 --> 00:19:53,120
into some of these things

553
00:19:56,390 --> 00:19:54,400
and actually

554
00:19:58,549 --> 00:19:56,400
nicola holt and myself have looked at

555
00:20:01,350 --> 00:19:58,559
the idea that psy

556
00:20:03,350 --> 00:20:01,360
might work like the unattended stimulus

557
00:20:04,230 --> 00:20:03,360
and be filtered out of attention

558
00:20:07,909 --> 00:20:04,240
um

559
00:20:10,070 --> 00:20:07,919
and jim carpenter's model of uh of psy

560
00:20:11,909 --> 00:20:10,080
you know talks about psy's first sight

561
00:20:13,909 --> 00:20:11,919
happening before subliminal perception

562
00:20:16,390 --> 00:20:13,919
so i think the best way to move forward

563
00:20:18,390 --> 00:20:16,400

is both and um but you have to be aware

564

00:20:20,950 --> 00:20:18,400

of the normal explanations um in order

565

00:20:23,909 --> 00:20:20,960

to really um make a good case i think

566

00:20:25,510 --> 00:20:23,919

for what might really be going on

567

00:20:28,230 --> 00:20:25,520

so i think anna lisa talked about some

568

00:20:31,669 --> 00:20:28,240

of this um in her

569

00:20:34,230 --> 00:20:31,679

really cool overview of parapsychology

570

00:20:36,470 --> 00:20:34,240

but esp in particular is studied in

571

00:20:40,070 --> 00:20:36,480

various ways so we we see research

572

00:20:42,470 --> 00:20:40,080

that's trying to prove that psi occurs

573

00:20:44,549 --> 00:20:42,480

um and so this is where researchers try

574

00:20:47,590 --> 00:20:44,559

to rule out normal explanations using

575

00:20:50,630 --> 00:20:47,600

probability and statistics

576

00:20:52,390 --> 00:20:50,640

we look at process-oriented research and

577

00:20:54,950 --> 00:20:52,400

that is really where a lot of my own

578

00:20:57,029 --> 00:20:54,960

work has focused um so

579

00:21:00,870 --> 00:20:57,039

understanding how it works which factors

580

00:21:02,470 --> 00:21:00,880

correlate with actual esp performance

581

00:21:06,230 --> 00:21:02,480

does it work better when people are

582

00:21:09,110 --> 00:21:06,240

relaxed versus very tense for example um

583

00:21:10,870 --> 00:21:09,120

so what are the correlates of of psi psi

584

00:21:13,270 --> 00:21:10,880

is an anomalous process of information

585

00:21:15,270 --> 00:21:13,280

transfer so that's how parasitical just

586

00:21:17,190 --> 00:21:15,280

approach things they will say okay there

587

00:21:19,190 --> 00:21:17,200

might be anomaly we don't necessarily

588

00:21:20,710 --> 00:21:19,200

say it's something paranormal we say

589

00:21:21,990 --> 00:21:20,720

it's an anomaly that needs to be

590

00:21:24,390 --> 00:21:22,000

understood and we try to sort of

591

00:21:26,630 --> 00:21:24,400

replicate and replicate and then see if

592

00:21:28,630 --> 00:21:26,640

consistent patterns come out and try and

593

00:21:31,270 --> 00:21:28,640

theorize about what might be going on

594

00:21:34,070 --> 00:21:31,280

there um but you can get a lot of clues

595

00:21:36,630 --> 00:21:34,080

with regard to psy and esp in particular

596

00:21:38,470 --> 00:21:36,640

by looking at the correlates

597

00:21:40,390 --> 00:21:38,480

the third wing is looking at

598

00:21:42,549 --> 00:21:40,400

phenomenology and this is really

599

00:21:44,710 --> 00:21:42,559

understanding what experiences are like

600

00:21:46,310 --> 00:21:44,720

what is it like to have a given

601
00:21:48,149 --> 00:21:46,320
experience and then you can also gain

602
00:21:49,669 --> 00:21:48,159
clues there

603
00:21:51,190 --> 00:21:49,679
and then some studies will will do

604
00:21:53,029 --> 00:21:51,200
what's called a mixed methods approach

605
00:21:54,630 --> 00:21:53,039
and this is one of my favorites

606
00:21:55,750 --> 00:21:54,640
where you try to

607
00:21:56,710 --> 00:21:55,760
approach

608
00:21:58,950 --> 00:21:56,720
um

609
00:22:00,789 --> 00:21:58,960
esp from multiple perspectives within

610
00:22:03,190 --> 00:22:00,799
the same study so i've done this with

611
00:22:05,270 --> 00:22:03,200
synesthesia for example um where i was

612
00:22:08,549 --> 00:22:05,280
looking to see whether synesthetes did

613
00:22:12,710 --> 00:22:08,559

better at esp compared to controls

614

00:22:13,990 --> 00:22:12,720

um i also asked the people to describe

615

00:22:15,909 --> 00:22:14,000

what their experiences were like in

616

00:22:17,430 --> 00:22:15,919

their lives and really sort of try and

617

00:22:19,350 --> 00:22:17,440

get a sense for

618

00:22:22,149 --> 00:22:19,360

um you know the relationship perhaps

619

00:22:26,230 --> 00:22:22,159

between synesthesia and extrasensory

620

00:22:31,350 --> 00:22:29,270

all right so um you can get these cards

621

00:22:32,710 --> 00:22:31,360

from the rhine i believe i have some

622

00:22:34,950 --> 00:22:32,720

somewhere i think i've got several sets

623

00:22:38,390 --> 00:22:34,960

somewhere um but this is a nice picture

624

00:22:40,950 --> 00:22:38,400

of the zenith cards and this is the

625

00:22:43,549 --> 00:22:40,960

way that research was done into esp in

626

00:22:45,350 --> 00:22:43,559

the early era in the rhine era in the

627

00:22:47,990 --> 00:22:45,360

1930s

628

00:22:49,430 --> 00:22:48,000

and up to the 60s um and this can still

629

00:22:52,230 --> 00:22:49,440

be done today i've done research with

630

00:22:54,630 --> 00:22:52,240

force choice myself

631

00:22:57,029 --> 00:22:54,640

so we did some work at liverpool hope

632

00:22:59,669 --> 00:22:57,039

when i was there and we had um

633

00:23:01,669 --> 00:22:59,679

some fruit we used fruit instead of

634

00:23:02,870 --> 00:23:01,679

these symbols you had five fruits and we

635

00:23:04,870 --> 00:23:02,880

actually got people to come into the

636

00:23:07,190 --> 00:23:04,880

room and interact with the food and

637

00:23:09,430 --> 00:23:07,200

smell the fruit to try and prime them

638

00:23:11,590 --> 00:23:09,440

and then each person had their own

639

00:23:13,990 --> 00:23:11,600

randomized um

640

00:23:16,149 --> 00:23:14,000

sheet that was then hidden between two

641

00:23:18,310 --> 00:23:16,159

blank sheets and in an envelope and they

642

00:23:21,350 --> 00:23:18,320

had to try and determine the order of

643

00:23:23,110 --> 00:23:21,360

the cards that was randomly determined

644

00:23:24,310 --> 00:23:23,120

so that was fun and i was trying to sort

645

00:23:25,830 --> 00:23:24,320

of really increase the meaning because

646

00:23:27,270 --> 00:23:25,840

these can be a bit boring if you're

647

00:23:30,310 --> 00:23:27,280

trying to sort of guess

648

00:23:33,270 --> 00:23:30,320

a sequence of cards um so what's more

649

00:23:34,390 --> 00:23:33,280

interesting is the free response type of

650

00:23:37,590 --> 00:23:34,400

study

651
00:23:38,950 --> 00:23:37,600
um and so um this is an example i've

652
00:23:40,950 --> 00:23:38,960
used in the class so it's technically

653
00:23:42,950 --> 00:23:40,960
not precognition technically it's

654
00:23:44,230 --> 00:23:42,960
actually retrocognition or

655
00:23:46,549 --> 00:23:44,240
telepathy because you might be reading

656
00:23:49,350 --> 00:23:46,559
my mind because i know what the target

657
00:23:51,669 --> 00:23:49,360
is but it's a precognition example for

658
00:23:54,630 --> 00:23:51,679
you and so this is what is used in the

659
00:23:56,470 --> 00:23:54,640
gansfeld which is the classic

660
00:23:59,029 --> 00:23:56,480
paradigm for extra sensory perception

661
00:24:01,029 --> 00:23:59,039
research that analisa described um to

662
00:24:03,190 --> 00:24:01,039
you earlier today

663
00:24:05,110 --> 00:24:03,200

um so in the ganzfeld you'd be in a mild

664

00:24:06,149 --> 00:24:05,120

state of consciousness and you would be

665

00:24:07,269 --> 00:24:06,159

trying to

666

00:24:09,430 --> 00:24:07,279

um

667

00:24:11,750 --> 00:24:09,440

describe your experiences

668

00:24:13,909 --> 00:24:11,760

as a sender is focusing on a particular

669

00:24:15,750 --> 00:24:13,919

target that would be a real-time

670

00:24:18,710 --> 00:24:15,760

experiment

671

00:24:19,669 --> 00:24:18,720

a precognition version of that you might

672

00:24:22,549 --> 00:24:19,679

um

673

00:24:24,630 --> 00:24:22,559

not find out you might not have a sender

674

00:24:26,789 --> 00:24:24,640

and you might just have the target that

675

00:24:28,549 --> 00:24:26,799

is revealed in the future and that's

676
00:24:30,789 --> 00:24:28,559
what we're going to do here so you would

677
00:24:33,029 --> 00:24:30,799
like close your eyes and you would

678
00:24:34,149 --> 00:24:33,039
write down your impressions and then

679
00:24:37,110 --> 00:24:34,159
after you've written down your

680
00:24:39,190 --> 00:24:37,120
impressions and i've shown this for

681
00:24:41,990 --> 00:24:39,200
these four possibilities

682
00:24:43,990 --> 00:24:42,000
you would be looking to see which target

683
00:24:47,669 --> 00:24:44,000
which potential target related the most

684
00:24:49,590 --> 00:24:47,679
to your imagery and then um it would be

685
00:24:52,470 --> 00:24:49,600
designated a hit

686
00:24:54,950 --> 00:24:52,480
if you had um

687
00:24:55,909 --> 00:24:54,960
more overlap with the target that

688
00:24:58,390 --> 00:24:55,919

actually

689

00:25:00,230 --> 00:24:58,400

was picked or is picked in the future

690

00:25:01,990 --> 00:25:00,240

if that makes sense so there's there's

691

00:25:03,430 --> 00:25:02,000

different ways of setting up esp

692

00:25:05,909 --> 00:25:03,440

experiments depending on whether you're

693

00:25:08,390 --> 00:25:05,919

interested in general esp or in in

694

00:25:09,830 --> 00:25:08,400

telepathy designs or in precognition um

695

00:25:12,149 --> 00:25:09,840

but generally it's really difficult to

696

00:25:13,909 --> 00:25:12,159

rule out the different types of esp so

697

00:25:15,430 --> 00:25:13,919

most studies will say well it's this

698

00:25:17,110 --> 00:25:15,440

kind of design

699

00:25:18,230 --> 00:25:17,120

but we can still see whether people are

700

00:25:20,549 --> 00:25:18,240

able to

701
00:25:22,149 --> 00:25:20,559
pick up on a target

702
00:25:23,510 --> 00:25:22,159
differently from chance and we can also

703
00:25:24,950 --> 00:25:23,520
look at the

704
00:25:27,990 --> 00:25:24,960
process-oriented approach here and

705
00:25:31,029 --> 00:25:28,000
really see which factors correlate best

706
00:25:32,149 --> 00:25:31,039
with success under these conditions

707
00:25:34,470 --> 00:25:32,159
so

708
00:25:35,510 --> 00:25:34,480
take a few minutes and think about which

709
00:25:36,390 --> 00:25:35,520
of these

710
00:25:37,990 --> 00:25:36,400
um

711
00:25:41,350 --> 00:25:38,000
might be the target

712
00:25:42,710 --> 00:25:41,360
and i will reveal it in a second

713
00:25:44,149 --> 00:25:42,720

maybe you want to write it down just to

714

00:25:47,510 --> 00:25:44,159

make sure that um

715

00:25:49,190 --> 00:25:47,520

you're um we're controlling things

716

00:25:51,190 --> 00:25:49,200

okay

717

00:25:52,549 --> 00:25:51,200

so if i was doing this i would then

718

00:25:54,390 --> 00:25:52,559

select the target

719

00:25:56,149 --> 00:25:54,400

using a random process there are some

720

00:25:58,149 --> 00:25:56,159

programs out there that will do that you

721

00:26:00,710 --> 00:25:58,159

can also use research randomizer which

722

00:26:02,630 --> 00:26:00,720

is quite handy and it's free i like free

723

00:26:04,149 --> 00:26:02,640

for research

724

00:26:06,390 --> 00:26:04,159

and the target was

725

00:26:07,830 --> 00:26:06,400

this beautiful cardinal

726
00:26:09,510 --> 00:26:07,840
which is very apt because these are

727
00:26:10,870 --> 00:26:09,520
everywhere in georgia and i think

728
00:26:12,470 --> 00:26:10,880
they're beautiful

729
00:26:14,149 --> 00:26:12,480
so that kind of design is something that

730
00:26:17,350 --> 00:26:14,159
we're going to be taking up actually in

731
00:26:18,710 --> 00:26:17,360
our lab at uwg and we're going to be

732
00:26:21,510 --> 00:26:18,720
looking at

733
00:26:23,110 --> 00:26:21,520
esp using a precognition design in the

734
00:26:25,350 --> 00:26:23,120
context of a float tank so we've been

735
00:26:26,950 --> 00:26:25,360
talking a lot with cal cooper who's done

736
00:26:29,430 --> 00:26:26,960
some research on

737
00:26:31,029 --> 00:26:29,440
espn floating at northampton and so

738
00:26:31,909 --> 00:26:31,039

we're going to be doing something like

739

00:26:33,430 --> 00:26:31,919

that but ours is going to be a

740

00:26:35,750 --> 00:26:33,440

precognition

741

00:26:37,590 --> 00:26:35,760

something like we just did

742

00:26:40,390 --> 00:26:37,600

so yeah i'm excited about that we had a

743

00:26:42,310 --> 00:26:40,400

really short really small donation that

744

00:26:44,630 --> 00:26:42,320

we're using to pay for float sessions

745

00:26:46,390 --> 00:26:44,640

and uh we're hoping to run that when we

746

00:26:49,110 --> 00:26:46,400

get back up and running in august and

747

00:26:54,070 --> 00:26:51,430

so what do we know about esp

748

00:26:55,669 --> 00:26:54,080

um we actually do know quite a lot and

749

00:26:57,830 --> 00:26:55,679

how am i doing for time by the way am i

750

00:26:59,510 --> 00:26:57,840

am i okay

751
00:27:01,269 --> 00:26:59,520
hopefully i am

752
00:27:03,510 --> 00:27:01,279
hopefully if i'm talking too much

753
00:27:04,470 --> 00:27:03,520
you're do you're about 25 minutes in

754
00:27:06,870 --> 00:27:04,480
okay

755
00:27:07,750 --> 00:27:06,880
yep so i'm coming coming close to the

756
00:27:08,710 --> 00:27:07,760
end

757
00:27:10,870 --> 00:27:08,720
um

758
00:27:12,230 --> 00:27:10,880
yeah so what do we know about esp well

759
00:27:14,549 --> 00:27:12,240
this is a selection because actually

760
00:27:15,909 --> 00:27:14,559
this is extensive research and um it

761
00:27:19,830 --> 00:27:15,919
goes back to

762
00:27:22,389 --> 00:27:19,840
jb ryan's work like i said in the 30s

763
00:27:23,990 --> 00:27:22,399

and there are journals dedicated to

764

00:27:26,070 --> 00:27:24,000

parapsychological research and more

765

00:27:27,590 --> 00:27:26,080

recent journals that are emerging um

766

00:27:30,389 --> 00:27:27,600

that are open to

767

00:27:31,590 --> 00:27:30,399

parapsychological research so i think um

768

00:27:32,950 --> 00:27:31,600

there's a lot out there even though

769

00:27:34,630 --> 00:27:32,960

people don't always know that there's a

770

00:27:36,710 --> 00:27:34,640

lot out there because

771

00:27:38,870 --> 00:27:36,720

not every university has access to the

772

00:27:42,630 --> 00:27:38,880

journal of parapsychology for example

773

00:27:45,669 --> 00:27:42,640

but anyway here's my very short summary

774

00:27:47,430 --> 00:27:45,679

um esp seems to be better associated

775

00:27:49,269 --> 00:27:47,440

with altered states of consciousness so

776

00:27:51,750 --> 00:27:49,279

this definitely overlaps with what we

777

00:27:53,750 --> 00:27:51,760

saw in terms of people's

778

00:27:57,510 --> 00:27:53,760

subjective experiences so

779

00:27:58,549 --> 00:27:57,520

dreams are conducive to esp performance

780

00:28:01,110 --> 00:27:58,559

in the lab

781

00:28:03,430 --> 00:28:01,120

um hypnogenic like states are

782

00:28:04,310 --> 00:28:03,440

conductive to esp in the lab so we see

783

00:28:06,389 --> 00:28:04,320

this

784

00:28:09,110 --> 00:28:06,399

in the ganzfeld research again there's

785

00:28:12,310 --> 00:28:09,120

been some other research on hypnosis

786

00:28:15,669 --> 00:28:12,320

um and hypnosis seems to be conducive to

787

00:28:17,669 --> 00:28:15,679

better performance at esp and this is um

788

00:28:20,549 --> 00:28:17,679

with even with card guessing which seems

789

00:28:22,149 --> 00:28:20,559

a little bit more boring um it seems to

790

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

do something

791

00:28:27,990 --> 00:28:24,399

a classic finding in parapsychology is

792

00:28:30,070 --> 00:28:28,000

that believers in espe do better at esp

793

00:28:33,029 --> 00:28:30,080

tasks and actually as well we've also

794

00:28:34,870 --> 00:28:33,039

got the parapsychology parapsychological

795

00:28:37,909 --> 00:28:34,880

experiment effect where

796

00:28:40,549 --> 00:28:37,919

um you've got some experimenters that

797

00:28:42,230 --> 00:28:40,559

are more open to or

798

00:28:43,669 --> 00:28:42,240

really believing inside themselves and

799

00:28:45,350 --> 00:28:43,679

they tend to get better results too

800

00:28:47,350 --> 00:28:45,360

which i think is actually very

801
00:28:50,149 --> 00:28:47,360
intriguing and tells us something about

802
00:28:51,750 --> 00:28:50,159
the phenomenon itself

803
00:28:53,430 --> 00:28:51,760
this is my pet topic as well some

804
00:28:54,789 --> 00:28:53,440
personality types can guess targets

805
00:28:57,590 --> 00:28:54,799
better than chance i've only got a few

806
00:28:59,909 --> 00:28:57,600
up here um but there are others so

807
00:29:01,190 --> 00:28:59,919
creativity i've got that one because um

808
00:29:03,269 --> 00:29:01,200
that is something that has been

809
00:29:05,750 --> 00:29:03,279
consistently found in the gansfeld for

810
00:29:09,190 --> 00:29:05,760
example openness to experience

811
00:29:12,630 --> 00:29:09,200
um extraversion and we've also got

812
00:29:14,630 --> 00:29:12,640
dissociation and and some mixed findings

813
00:29:16,710 --> 00:29:14,640

actually with transliminality which is

814

00:29:18,549 --> 00:29:16,720

one of the measures i was talking about

815

00:29:21,430 --> 00:29:18,559

earlier but more research needs to be

816

00:29:23,350 --> 00:29:21,440

done and what seems to be um

817

00:29:26,389 --> 00:29:23,360

the case is that there might be

818

00:29:28,630 --> 00:29:26,399

interactions between um people's

819

00:29:30,870 --> 00:29:28,640

personality and the state in terms of

820

00:29:33,269 --> 00:29:30,880

esp as well as for subjective

821

00:29:35,510 --> 00:29:33,279

experiences which i find fascinating um

822

00:29:37,190 --> 00:29:35,520

so in particular with the hypnosis study

823

00:29:40,470 --> 00:29:37,200

i was referring to earlier which was i

824

00:29:42,230 --> 00:29:40,480

think um tresoldi and colleagues they

825

00:29:44,470 --> 00:29:42,240

found um

826

00:29:46,549 --> 00:29:44,480

an interaction between transliminality

827

00:29:48,950 --> 00:29:46,559

and hypnosis for esp in their study so

828

00:29:50,950 --> 00:29:48,960

we've got to get a bit more intricate in

829

00:29:52,789 --> 00:29:50,960

how we're looking at how things work

830

00:29:54,710 --> 00:29:52,799

together i think

831

00:29:56,789 --> 00:29:54,720

because esp seems to be actually

832

00:29:59,350 --> 00:29:56,799

something like a recipe

833

00:30:02,149 --> 00:29:59,360

esp works better with targets that are

834

00:30:03,269 --> 00:30:02,159

emotionally evocative or changing a lot

835

00:30:05,190 --> 00:30:03,279

um

836

00:30:06,870 --> 00:30:05,200

and uh the remote viewing work and i

837

00:30:08,950 --> 00:30:06,880

know there's a talk later

838

00:30:09,669 --> 00:30:08,960

by paul smith about that

839

00:30:12,470 --> 00:30:09,679

but

840

00:30:15,750 --> 00:30:12,480

research by ed may has found that

841

00:30:17,590 --> 00:30:15,760

targets that have a lot of entropy seem

842

00:30:20,310 --> 00:30:17,600

to be really really good in that set of

843

00:30:22,389 --> 00:30:20,320

studies so for example an explosion so

844

00:30:23,590 --> 00:30:22,399

it's about change um things that are

845

00:30:25,110 --> 00:30:23,600

important

846

00:30:26,870 --> 00:30:25,120

that seem to work really really well for

847

00:30:31,590 --> 00:30:26,880

esp

848

00:30:34,710 --> 00:30:31,600

information um seems to register in the

849

00:30:37,269 --> 00:30:34,720

system so in the biological system and

850

00:30:38,950 --> 00:30:37,279

be better evaluated implicitly so that

851

00:30:41,750 --> 00:30:38,960

means unconsciously

852

00:30:44,470 --> 00:30:41,760

um and this includes like in how we feel

853

00:30:47,430 --> 00:30:44,480

in our mood in our behavior and how we

854

00:30:49,909 --> 00:30:47,440

um move our bodies but also in terms of

855

00:30:51,350 --> 00:30:49,919

biological correlates so in terms of the

856

00:30:53,350 --> 00:30:51,360

um

857

00:30:55,830 --> 00:30:53,360

you know the activity of the nervous

858

00:30:57,830 --> 00:30:55,840

system and um and the brains there's

859

00:30:59,509 --> 00:30:57,840

lots of studies that that do find that

860

00:31:01,830 --> 00:30:59,519

and there's a really nice review in the

861

00:31:03,590 --> 00:31:01,840

most recent handbook of parasitology

862

00:31:05,430 --> 00:31:03,600

that i know that analisa

863

00:31:08,149 --> 00:31:05,440

referred you to earlier

864

00:31:11,509 --> 00:31:08,159

so i find that fascinating so that psy

865

00:31:14,470 --> 00:31:11,519

might be there but is not always noticed

866

00:31:17,110 --> 00:31:14,480

and then conscious sigh is probably a

867

00:31:20,549 --> 00:31:17,120

bit rarer and that occurs when

868

00:31:21,990 --> 00:31:20,559

information um takes a more strong and

869

00:31:23,509 --> 00:31:22,000

accessible form so people who are good

870

00:31:24,950 --> 00:31:23,519

at imaging make sense then the people

871

00:31:27,029 --> 00:31:24,960

who are really good at imaging like

872

00:31:29,110 --> 00:31:27,039

creative people and synthetics might

873

00:31:29,909 --> 00:31:29,120

have more esp experiences

874

00:31:32,630 --> 00:31:29,919

um

875

00:31:34,070 --> 00:31:32,640

so i think that is fascinating

876

00:31:36,789 --> 00:31:34,080

and actually with my research i didn't

877

00:31:38,630 --> 00:31:36,799

find that synthetics did better esp

878

00:31:42,710 --> 00:31:38,640

than controls but then when i looked

879

00:31:43,750 --> 00:31:42,720

into what was going on um the cylinders

880

00:31:45,669 --> 00:31:43,760

there were two different types of

881

00:31:47,590 --> 00:31:45,679

synthesis so some stimulates have the

882

00:31:49,990 --> 00:31:47,600

additional way of experiencing in their

883

00:31:52,070 --> 00:31:50,000

mind's eye and some out in space now the

884

00:31:54,389 --> 00:31:52,080

ones that had um the extra way of

885

00:31:56,389 --> 00:31:54,399

experiencing the world the extra color

886

00:31:59,029 --> 00:31:56,399

in the mind's eye they did they did well

887

00:32:01,190 --> 00:31:59,039

at the esp task so um something

888

00:32:04,230 --> 00:32:01,200

intriguing going on there

889

00:32:06,470 --> 00:32:04,240

and then um some research that is is

890

00:32:08,870 --> 00:32:06,480

quite old but we just got published um

891

00:32:11,029 --> 00:32:08,880

in the journal of parasycology um we did

892

00:32:14,070 --> 00:32:11,039

find evidence that esp

893

00:32:16,549 --> 00:32:14,080

seems to be filtered out of attention

894

00:32:17,830 --> 00:32:16,559

and people who are more liminal

895

00:32:20,789 --> 00:32:17,840

you know you can see more evidence of

896

00:32:22,950 --> 00:32:20,799

that going on um so again something like

897

00:32:26,389 --> 00:32:22,960

transimilarity seems to be related to

898

00:32:28,549 --> 00:32:26,399

being able to filter sigh of attention

899

00:32:31,110 --> 00:32:28,559

so i had a couple more slides just

900

00:32:33,029 --> 00:32:31,120

really to say i think that it's a recipe

901
00:32:36,710 --> 00:32:33,039
um you saw a lot of factors on that

902
00:32:39,029 --> 00:32:36,720
previous slide um and you know you

903
00:32:40,070 --> 00:32:39,039
life isn't just one thing you've got to

904
00:32:42,149 --> 00:32:40,080
think about how things are working

905
00:32:43,029 --> 00:32:42,159
together so it's a system i really think

906
00:32:45,830 --> 00:32:43,039
it's

907
00:32:48,149 --> 00:32:45,840
psy esp works as a system

908
00:32:51,110 --> 00:32:48,159
um it's relational there's more than one

909
00:32:51,830 --> 00:32:51,120
person involved um

910
00:32:53,750 --> 00:32:51,840
there

911
00:32:56,470 --> 00:32:53,760
people are some people are more prone to

912
00:32:58,470 --> 00:32:56,480
having these experiences than others

913
00:33:00,630 --> 00:32:58,480

some people are more likely to perhaps

914

00:33:01,509 --> 00:33:00,640

access the states

915

00:33:03,909 --> 00:33:01,519

um

916

00:33:05,669 --> 00:33:03,919

in experiments than others

917

00:33:08,149 --> 00:33:05,679

and then other people might have these

918

00:33:10,070 --> 00:33:08,159

experiences more rarely

919

00:33:12,389 --> 00:33:10,080

under certain circumstances so we talked

920

00:33:13,190 --> 00:33:12,399

about liminal states and where people

921

00:33:15,430 --> 00:33:13,200

might

922

00:33:17,430 --> 00:33:15,440

for a moment be more interconnected and

923

00:33:19,110 --> 00:33:17,440

in a psy conducive state so it's a

924

00:33:21,190 --> 00:33:19,120

recipe

925

00:33:23,430 --> 00:33:21,200

and we've also got to think about

926

00:33:25,909 --> 00:33:23,440

um the other people that are involved so

927

00:33:27,990 --> 00:33:25,919

um it's a recipe it's not just one

928

00:33:29,990 --> 00:33:28,000

person it's distributed perhaps within

929

00:33:31,269 --> 00:33:30,000

um connected people's it's a connected

930

00:33:32,070 --> 00:33:31,279

system

931

00:33:34,710 --> 00:33:32,080

um

932

00:33:36,630 --> 00:33:34,720

so yeah i think this is all i have to

933

00:33:38,789 --> 00:33:36,640

say it's probably a lot to say in a very

934

00:33:42,149 --> 00:33:38,799

short period of time but i think

935

00:33:44,470 --> 00:33:42,159

psychology does have an awful lot to say

936

00:33:45,750 --> 00:33:44,480

to paris psychology and

937

00:33:56,549 --> 00:33:45,760

i hope that you've enjoyed my

938

00:34:00,630 --> 00:33:58,870

okay so um

939

00:34:02,870 --> 00:34:00,640

sadly christine is not going to be able

940

00:34:04,789 --> 00:34:02,880

to join us for the q a but she did

941

00:34:06,870 --> 00:34:04,799

prepare something very interesting for

942

00:34:09,109 --> 00:34:06,880

us so that we can enjoy a little bit

943

00:34:12,470 --> 00:34:09,119

more interaction and just give me a

944

00:34:16,069 --> 00:34:12,480

moment to pull up a slide

945

00:34:19,669 --> 00:34:16,079

we call this reverse q a

946

00:34:19,679 --> 00:34:25,589

just a moment here

947

00:34:30,790 --> 00:34:27,990

hopefully this will work

948

00:34:33,430 --> 00:34:30,800

okay so she's given us some prompts

949

00:34:36,069 --> 00:34:33,440

um that we can discuss among ourselves

950

00:34:38,149 --> 00:34:36,079

and um there are four discussion tables

951
00:34:40,230 --> 00:34:38,159
um that are have been set up

952
00:34:41,750 --> 00:34:40,240
and i encourage you to choose a question

953
00:34:43,589 --> 00:34:41,760
that appeals to you

954
00:34:44,710 --> 00:34:43,599
uh and then join the table with other

955
00:34:46,629 --> 00:34:44,720
attendees that are interested in the

956
00:34:47,669 --> 00:34:46,639
same question and i hope that you have a

957
00:34:50,869 --> 00:34:47,679
really

958
00:34:53,750 --> 00:34:50,879
question is what might be the best ways

959
00:34:56,069 --> 00:34:53,760
to healthily increase esp experiences

960
00:34:57,990 --> 00:34:56,079
and encourage better performance on esp

961
00:34:59,030 --> 00:34:58,000
experiments if that's your topic you

962
00:35:01,270 --> 00:34:59,040
want to go to the table called

963
00:35:03,750 --> 00:35:01,280

increasing esp

964

00:35:05,829 --> 00:35:03,760

next question could meditation or other

965

00:35:07,910 --> 00:35:05,839

ways to increase metacognition help us

966

00:35:09,510 --> 00:35:07,920

become more focused on information that

967

00:35:11,829 --> 00:35:09,520

we are usually filtering out of our

968

00:35:13,589 --> 00:35:11,839

attention uh if that's your question

969

00:35:15,030 --> 00:35:13,599

please go to the table of meditation and

970

00:35:17,349 --> 00:35:15,040

esp

971

00:35:19,750 --> 00:35:17,359

if we are usually filtering out

972

00:35:21,190 --> 00:35:19,760

filtering psi out of our attention do

973

00:35:23,510 --> 00:35:21,200

you notice more information in your

974

00:35:25,670 --> 00:35:23,520

intentional attentional window at

975

00:35:27,270 --> 00:35:25,680

certain points in the day and night is

976

00:35:29,030 --> 00:35:27,280

there an optimal time during the day and

977

00:35:31,510 --> 00:35:29,040

night where you can become consciously

978

00:35:33,750 --> 00:35:31,520

aware of fleeting information and images

979

00:35:35,109 --> 00:35:33,760

and that will be the table time of day

980

00:35:37,750 --> 00:35:35,119

and esp

981

00:35:39,310 --> 00:35:37,760

and finally the last question if psy

982

00:35:41,670 --> 00:35:39,320

works like a

983

00:35:43,430 --> 00:35:41,680

psychobiosocial system how might we

984

00:35:45,030 --> 00:35:43,440

loosen the boundaries within it are

985

00:35:47,349 --> 00:35:45,040

there ways to become more socially

986

00:35:49,589 --> 00:35:47,359

intertwined or connected perhaps

987

00:35:52,550 --> 00:35:49,599

and if that is topic that interests you

988

00:35:54,550 --> 00:35:52,560

go to the social connectedness and esp

989

00:35:57,030 --> 00:35:54,560

table um in general in the social lounge

990

00:35:59,109 --> 00:35:57,040

we do encourage table hopping

991

00:36:01,750 --> 00:35:59,119

so you know feel free to hop around to

992

00:36:03,589 --> 00:36:01,760

various conversations whether it be

993

00:36:04,950 --> 00:36:03,599

these four here or conversations that

994

00:36:07,589 --> 00:36:04,960

are already in

995

00:36:11,990 --> 00:36:07,599

uh in the works from earlier today

996

00:36:13,190 --> 00:36:12,000

um we will have a social lounge break uh

997

00:36:15,829 --> 00:36:13,200

until

998

00:36:19,670 --> 00:36:15,839

i believe 12 50. our next talk is going

999

00:36:21,750 --> 00:36:19,680

to be uh mark burkucci on mediumship so

1000

00:36:24,150 --> 00:36:21,760

uh regardless if you feel like joining

1001

00:36:25,589 --> 00:36:24,160

the social lounge do stick around and