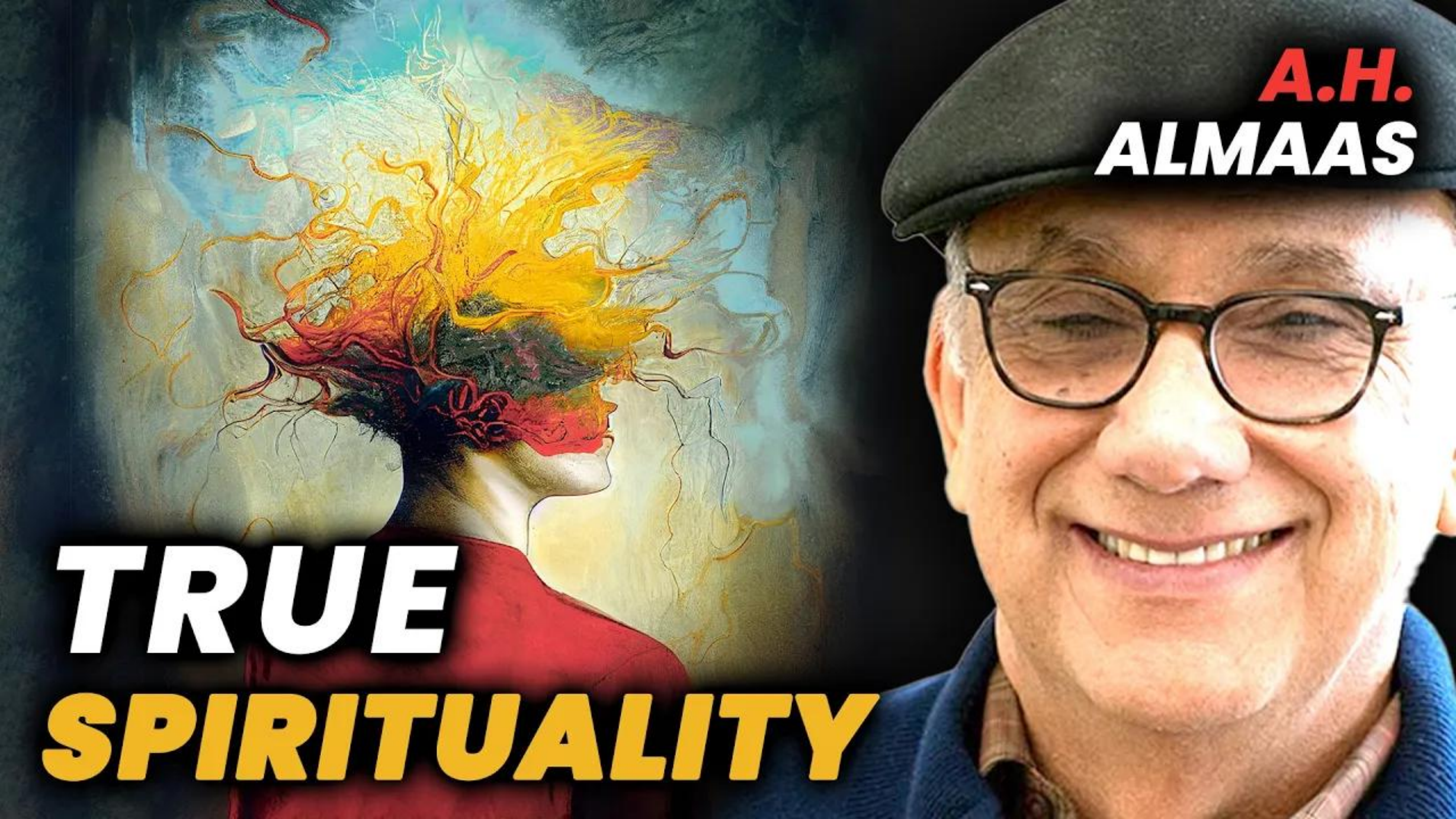
A.H.
ALMAAS
TRUE
SPIRITUALITY

1
00:00:02,869 --> 00:00:01,429
this channel is about theories of

2
00:00:05,110 --> 00:00:02,879
everything in the mathematically

3
00:00:06,389 --> 00:00:05,120
rigorous theoretical physics sense but

4
00:00:08,470 --> 00:00:06,399
as well as understanding the role

5
00:00:10,549 --> 00:00:08,480
consciousness has within physics perhaps

6
00:00:11,990 --> 00:00:10,559
even without physics in order to have a

7
00:00:13,749 --> 00:00:12,000
meticulous and comprehensive

8
00:00:15,270 --> 00:00:13,759
understanding of toes then one should

9
00:00:17,670 --> 00:00:15,280
understand or at least attempt to

10
00:00:19,670 --> 00:00:17,680
understand the more experiential eastern

11
00:00:21,910 --> 00:00:19,680
approaches rather than purely the

12
00:00:23,429 --> 00:00:21,920
western analytical one admittingly the

13
00:00:25,349 --> 00:00:23,439

latter is the approach that i'm most

14
00:00:27,509 --> 00:00:25,359
comfortable with which is why i'm in an

15
00:00:29,269 --> 00:00:27,519
extremely lucky and blessed position

16
00:00:32,229 --> 00:00:29,279
since this initial foray into the

17
00:00:33,270 --> 00:00:32,239
eastern area of spirituality is with a h

18
00:00:37,990 --> 00:00:33,280
almas

19
00:00:39,750 --> 00:00:38,000
advisor who writes about and teaches an

20
00:00:42,150 --> 00:00:39,760
approach to spiritual development

21
00:00:43,990 --> 00:00:42,160
informed by depth psychology and therapy

22
00:00:46,630 --> 00:00:44,000
called the diamond approach in fact

23
00:00:49,190 --> 00:00:46,640
almas is the arabic word for diamond

24
00:00:51,029 --> 00:00:49,200
given that almas holds a phd in physics

25
00:00:53,189 --> 00:00:51,039
this episode serves as a copacetic

26
00:00:55,670 --> 00:00:53,199
introduction both to the regular viewers

27
00:00:57,270 --> 00:00:55,680
of this channel as well as to myself to

28
00:00:59,670 --> 00:00:57,280
the ideas of what at least is

29
00:01:01,189 --> 00:00:59,680
demonically called the east click on the

30
00:01:02,950 --> 00:01:01,199
time stamp in the description if you'd

31
00:01:05,109 --> 00:01:02,960
like to skip this intro my name is

32
00:01:06,870 --> 00:01:05,119
kirchey mungle i'm a torontonian

33
00:01:09,190 --> 00:01:06,880
filmmaker with a background in

34
00:01:11,590 --> 00:01:09,200
mathematical physics dedicated to the

35
00:01:13,429 --> 00:01:11,600
explication of the variegated terrain of

36
00:01:15,350 --> 00:01:13,439
theories of everything from a

37
00:01:17,350 --> 00:01:15,360
theoretical physics perspective but as

38
00:01:19,109 --> 00:01:17,360

well as analyzing consciousness and

39
00:01:21,270 --> 00:01:19,119
seeing its potential connection to

40
00:01:23,190 --> 00:01:21,280
fundamental reality whatever that is

41
00:01:25,749 --> 00:01:23,200
essentially this channel is dedicated to

42
00:01:27,749 --> 00:01:25,759
exploring the under nature of reality

43
00:01:29,429 --> 00:01:27,759
the constitutional laws that govern it

44
00:01:31,190 --> 00:01:29,439
provided those laws exist at all and are

45
00:01:33,109 --> 00:01:31,200
even knowable to us if you enjoy

46
00:01:35,429 --> 00:01:33,119
witnessing and engaging with others on

47
00:01:38,230 --> 00:01:35,439
the topics of psychology consciousness

48
00:01:39,830 --> 00:01:38,240
physics etc the channel's themes then do

49
00:01:41,270 --> 00:01:39,840
consider going to the discord and the

50
00:01:43,190 --> 00:01:41,280
subreddit which are linked in the

51
00:01:45,749 --> 00:01:43,200
description there's also a link to the

52
00:01:47,510 --> 00:01:45,759
patreon that is patreon.com

53
00:01:49,590 --> 00:01:47,520
kurchimongo if you'd like to support

54
00:01:51,429 --> 00:01:49,600
this podcast as the patrons and the

55
00:01:53,830 --> 00:01:51,439
sponsors are the only reasons that i'm

56
00:01:55,749 --> 00:01:53,840
able to have podcasts of this quality

57
00:01:57,990 --> 00:01:55,759
and this depth given that i can do this

58
00:01:59,830 --> 00:01:58,000
now full time thanks to both the patrons

59
00:02:02,149 --> 00:01:59,840
and the sponsors support speaking of

60
00:02:04,069 --> 00:02:02,159
sponsors there are two the first sponsor

61
00:02:05,510 --> 00:02:04,079
is brilliant during the winter break i

62
00:02:07,270 --> 00:02:05,520
decided to brush up on some of the

63
00:02:09,510 --> 00:02:07,280

fundamentals of physics particularly

64
00:02:11,430 --> 00:02:09,520
with regard to information theory as i'd

65
00:02:13,030 --> 00:02:11,440
like to interview chiara marletto on

66
00:02:14,710 --> 00:02:13,040
constructor theory which is heavily

67
00:02:16,390 --> 00:02:14,720
based in information theory now

68
00:02:17,750 --> 00:02:16,400
information theory is predicated on

69
00:02:20,070 --> 00:02:17,760
entropy at least there's a fundamental

70
00:02:21,830 --> 00:02:20,080
formula for entropy so i ended up taking

71
00:02:23,910 --> 00:02:21,840
the brilliant course i challenged myself

72
00:02:25,910 --> 00:02:23,920
to do one lesson per day and i took the

73
00:02:28,229 --> 00:02:25,920
course's random variable distributions

74
00:02:29,830 --> 00:02:28,239
and knowledge slash uncertainty what i

75
00:02:31,589 --> 00:02:29,840
loved is that despite knowing the

76
00:02:33,830 --> 00:02:31,599
formula for entropy which is essentially

77
00:02:35,750 --> 00:02:33,840
hammered into you as an undergraduate it

78
00:02:37,589 --> 00:02:35,760
seems like it comes down from the sky

79
00:02:39,270 --> 00:02:37,599
arbitrarily and with brilliant for the

80
00:02:40,869 --> 00:02:39,280
first time i was able to see how the

81
00:02:43,190 --> 00:02:40,879
formula for entropy which you're seeing

82
00:02:44,949 --> 00:02:43,200
right now is actually extremely natural

83
00:02:46,869 --> 00:02:44,959
and it'd be strange to define it in any

84
00:02:48,550 --> 00:02:46,879
other manner there are plenty of courses

85
00:02:49,830 --> 00:02:48,560
and you can even learn group theory

86
00:02:51,270 --> 00:02:49,840
which is what's being referenced when

87
00:02:54,150 --> 00:02:51,280
you hear that the standard model is

88
00:02:55,750 --> 00:02:54,160

predicated on u1 cross su-2 cross su-3

89
00:02:57,830 --> 00:02:55,760
those are lead groups continuous lead

90
00:03:00,550 --> 00:02:57,840
groups visit brilliant.org

91
00:03:02,229 --> 00:03:00,560
tow t-o-e to get 20 off an annual

92
00:03:04,390 --> 00:03:02,239
subscription and i recommend that you

93
00:03:06,149 --> 00:03:04,400
don't stop before four lessons i think

94
00:03:07,910 --> 00:03:06,159
you'll be greatly surprised at the ease

95
00:03:09,750 --> 00:03:07,920
at which you can now comprehend subjects

96
00:03:12,550 --> 00:03:09,760
you previously had a difficult time

97
00:03:14,630 --> 00:03:12,560
grocking the second sponsor is algo now

98
00:03:16,630 --> 00:03:14,640
algo is an end-to-end supply chain

99
00:03:18,710 --> 00:03:16,640
optimization software company with

100
00:03:20,710 --> 00:03:18,720
software that helps business users

101
00:03:22,869 --> 00:03:20,720
optimize sales and operations planning

102
00:03:24,789 --> 00:03:22,879
to avoid stockouts reduce return and

103
00:03:27,190 --> 00:03:24,799
inventory write downs while reducing

104
00:03:30,390 --> 00:03:27,200
inventory investment it's a supply chain

105
00:03:32,470 --> 00:03:30,400
ai that drives smart roi headed by amjad

106
00:03:34,789 --> 00:03:32,480
hussein who's been a huge supporter of

107
00:03:37,830 --> 00:03:34,799
this podcast since near its inception in

108
00:03:39,750 --> 00:03:37,840
fact amjad has his own podcast on ai and

109
00:03:41,670 --> 00:03:39,760
consciousness and business growth and if

110
00:03:43,509 --> 00:03:41,680
you'd like to support the tow podcast

111
00:03:45,270 --> 00:03:43,519
then visit the link in the description

112
00:03:47,270 --> 00:03:45,280
to see amjad's podcast because

113
00:03:49,750 --> 00:03:47,280

subscribing to him or at least visiting

114
00:03:51,589 --> 00:03:49,760
supports the toe podcast indirectly

115
00:03:53,429 --> 00:03:51,599
thank you and enjoy

116
00:03:55,270 --> 00:03:53,439
so almas why don't you give an overview

117
00:03:57,670 --> 00:03:55,280
to the audience of your diamond approach

118
00:03:59,110 --> 00:03:57,680
for those who are unfamiliar with it and

119
00:04:02,390 --> 00:03:59,120
perhaps if you like you can compare and

120
00:04:04,070 --> 00:04:02,400
contrast it to advaita vedanta but you

121
00:04:07,350 --> 00:04:04,080
may have to give an example of what that

122
00:04:07,360 --> 00:04:09,670
well

123
00:04:14,789 --> 00:04:11,589
i teach a particular

124
00:04:18,789 --> 00:04:14,799
approach to

125
00:04:20,949 --> 00:04:18,799
actualizing the total human potential

126
00:04:23,270 --> 00:04:20,959
and really what we find out if we

127
00:04:25,430 --> 00:04:23,280
explore the human potential that most of

128
00:04:27,830 --> 00:04:25,440
it is

129
00:04:30,790 --> 00:04:27,840
not conscious it's not the physical and

130
00:04:31,510 --> 00:04:30,800
the emotional that's just the surface

131
00:04:35,590 --> 00:04:31,520
so

132
00:04:36,629 --> 00:04:35,600
a big part of it is the spiritual sphere

133
00:04:38,150 --> 00:04:36,639
and

134
00:04:39,670 --> 00:04:38,160
matter of spirits

135
00:04:43,189 --> 00:04:39,680
so the

136
00:04:44,310 --> 00:04:43,199
teaching is mostly about us is

137
00:04:47,030 --> 00:04:44,320
how to

138
00:04:48,710 --> 00:04:47,040

open up or to access the spiritual

139
00:04:51,990 --> 00:04:48,720
dimension

140
00:04:55,270 --> 00:04:52,000
of our reality for existence

141
00:04:57,990 --> 00:04:55,280
and in my approach i use western

142
00:05:00,390 --> 00:04:58,000
methodology like i use western

143
00:05:03,029 --> 00:05:00,400
psychology for instance i integrate that

144
00:05:04,950 --> 00:05:03,039
as part of the methodology

145
00:05:07,029 --> 00:05:04,960
of how to open up

146
00:05:08,830 --> 00:05:07,039
i use inquiry which is sort of like

147
00:05:11,830 --> 00:05:08,840
similar to socratic

148
00:05:13,909 --> 00:05:11,840
inquiry as a particular method

149
00:05:16,150 --> 00:05:13,919
that for me is more important than

150
00:05:17,830 --> 00:05:16,160
sitting meditation although we employ

151
00:05:19,749 --> 00:05:17,840
sitting meditation too of different

152
00:05:21,909 --> 00:05:19,759
kinds

153
00:05:24,790 --> 00:05:21,919
and the idea is to find out

154
00:05:27,350 --> 00:05:24,800
what the hell are we

155
00:05:30,629 --> 00:05:27,360
what's going on

156
00:05:32,710 --> 00:05:30,639
what am i what am i

157
00:05:34,150 --> 00:05:32,720
what is the word or universe what is the

158
00:05:35,749 --> 00:05:34,160
nature of the universe that's how i

159
00:05:38,150 --> 00:05:35,759
started actually why it started in

160
00:05:39,990 --> 00:05:38,160
science i want to know what is the truth

161
00:05:41,189 --> 00:05:40,000
of reality

162
00:05:42,469 --> 00:05:41,199
so i went

163
00:05:44,469 --> 00:05:42,479

very far

164
00:05:47,029 --> 00:05:44,479
as you know and studying physics and

165
00:05:49,510 --> 00:05:47,039
math until some people realize i wasn't

166
00:05:51,909 --> 00:05:49,520
getting it i wasn't that's not

167
00:05:53,830 --> 00:05:51,919
for me i wasn't getting what where i

168
00:05:55,909 --> 00:05:53,840
wanted to go i didn't know

169
00:05:58,950 --> 00:05:55,919
consciously where i wanted to go

170
00:06:00,950 --> 00:05:58,960
but as i

171
00:06:03,510 --> 00:06:00,960
got deeper into

172
00:06:06,629 --> 00:06:03,520
physics and also

173
00:06:08,390 --> 00:06:06,639
conversing with scientists and

174
00:06:11,270 --> 00:06:08,400
i realized that

175
00:06:14,070 --> 00:06:11,280
it's a it's uh the approach is

176
00:06:15,990 --> 00:06:14,080
good wonderful and very useful i'm

177
00:06:18,390 --> 00:06:16,000
interested in it i love it all of that

178
00:06:22,150 --> 00:06:18,400
and i was good at it

179
00:06:25,430 --> 00:06:22,160
it it was from here up

180
00:06:28,070 --> 00:06:25,440
you know didn't include the heart

181
00:06:30,790 --> 00:06:28,080
didn't include the

182
00:06:33,590 --> 00:06:30,800
other capacities we have

183
00:06:37,029 --> 00:06:33,600
so the approach uses

184
00:06:40,309 --> 00:06:37,039
i use i said uses inquiry but uses the

185
00:06:44,790 --> 00:06:40,319
scientific methods in some kind of way

186
00:06:48,390 --> 00:06:44,800
which means i have it has to be verified

187
00:06:49,909 --> 00:06:48,400
not by experiment as done in physics but

188
00:06:52,550 --> 00:06:49,919

by experience

189
00:06:53,670 --> 00:06:52,560
but one's own direct experience not what

190
00:06:56,230 --> 00:06:53,680
i hear

191
00:06:57,589 --> 00:06:56,240
not what i learn from teaching what i

192
00:06:59,110 --> 00:06:57,599
can verify

193
00:07:02,629 --> 00:06:59,120
and repeatedly

194
00:07:04,469 --> 00:07:02,639
and then can verify in other people

195
00:07:06,469 --> 00:07:04,479
and other people to

196
00:07:08,150 --> 00:07:06,479
which at the beginning were my friends

197
00:07:11,909 --> 00:07:08,160
my students

198
00:07:13,990 --> 00:07:11,919
was that the teaching was developing

199
00:07:16,390 --> 00:07:14,000
so and but it is

200
00:07:17,990 --> 00:07:16,400
what uh what developed is a certain

201
00:07:20,870 --> 00:07:18,000
perspective

202
00:07:23,430 --> 00:07:20,880
about the spiritual dimension

203
00:07:24,629 --> 00:07:23,440
that the spiritual dimension is not just

204
00:07:27,589 --> 00:07:24,639
one thing

205
00:07:29,430 --> 00:07:27,599
it's not like experience consciousness

206
00:07:31,029 --> 00:07:29,440
and you know what consciousness is and

207
00:07:33,909 --> 00:07:31,039
that's it

208
00:07:34,950 --> 00:07:33,919
you see at veda vedanta for instance

209
00:07:36,710 --> 00:07:34,960
is

210
00:07:39,350 --> 00:07:36,720
[Music]

211
00:07:40,950 --> 00:07:39,360
teaching about realization of pure

212
00:07:42,870 --> 00:07:40,960
consciousness

213
00:07:46,070 --> 00:07:42,880

to recognize that

214
00:07:50,469 --> 00:07:46,080
one is that one's true self

215
00:07:54,309 --> 00:07:52,790
that

216
00:07:56,790 --> 00:07:54,319
has no limits

217
00:07:59,830 --> 00:07:56,800
no size no shape

218
00:08:02,550 --> 00:07:59,840
and that it is also the nature of

219
00:08:05,830 --> 00:08:03,350
and

220
00:08:08,790 --> 00:08:05,840
that is part of the teaching i i give

221
00:08:11,350 --> 00:08:08,800
but my teaching is not as a little bit

222
00:08:13,430 --> 00:08:11,360
more nuanced i would say

223
00:08:16,230 --> 00:08:13,440
because that has more detail and some

224
00:08:17,110 --> 00:08:16,240
people think of it as more complex

225
00:08:18,150 --> 00:08:17,120
but

226
00:08:19,510 --> 00:08:18,160
because

227
00:08:23,830 --> 00:08:19,520
the

228
00:08:25,270 --> 00:08:23,840
just one dimension

229
00:08:26,469 --> 00:08:25,280
like consciousness for me is one

230
00:08:30,710 --> 00:08:26,479
dimension

231
00:08:33,269 --> 00:08:30,720
buddhism emphasizes

232
00:08:34,389 --> 00:08:33,279
love is another dimension

233
00:08:36,709 --> 00:08:34,399
you see

234
00:08:38,550 --> 00:08:36,719
and creative dynamism what makes things

235
00:08:39,430 --> 00:08:38,560
happen

236
00:08:40,949 --> 00:08:39,440
you see

237
00:08:43,269 --> 00:08:40,959
they don't don't they don't

238
00:08:45,190 --> 00:08:43,279

differentiate those that much i mean

239
00:08:47,030 --> 00:08:45,200
they include them in consciousness but

240
00:08:48,790 --> 00:08:47,040
sort of implicitly so

241
00:08:51,269 --> 00:08:48,800
i differentiate into different

242
00:08:52,310 --> 00:08:51,279
dimensions and then those dimensions can

243
00:08:54,949 --> 00:08:52,320
also

244
00:08:56,070 --> 00:08:54,959
express themselves in human experience

245
00:08:57,990 --> 00:08:56,080
and the physics

246
00:08:59,590 --> 00:08:58,000
as particular what i call spiritual

247
00:09:02,870 --> 00:08:59,600
qualities

248
00:09:04,470 --> 00:09:02,880
quality of

249
00:09:07,110 --> 00:09:04,480
clarity

250
00:09:10,389 --> 00:09:07,120
the quality of compassion

251
00:09:13,750 --> 00:09:10,399
uh quality of sincerity

252
00:09:15,509 --> 00:09:13,760
the quality of uh

253
00:09:17,590 --> 00:09:15,519
will

254
00:09:19,350 --> 00:09:17,600
you see steadfastness

255
00:09:22,470 --> 00:09:19,360
and there are many of those qualities i

256
00:09:24,630 --> 00:09:22,480
know at least 40 or 50 of those i i

257
00:09:26,070 --> 00:09:24,640
don't think i know all of them

258
00:09:27,590 --> 00:09:26,080
they're similar to what's called the

259
00:09:30,150 --> 00:09:27,600
platonic

260
00:09:33,110 --> 00:09:30,160
ideas you see in some sense they are the

261
00:09:35,430 --> 00:09:33,120
platonic ideas be behind

262
00:09:37,509 --> 00:09:35,440
what we know like when we say love many

263
00:09:39,670 --> 00:09:37,519

human beings experience love

264
00:09:41,829 --> 00:09:39,680
but what is the platonic idea of love

265
00:09:43,190 --> 00:09:41,839
what is the true

266
00:09:45,110 --> 00:09:43,200
spiritual

267
00:09:47,110 --> 00:09:45,120
counterpart to what a human being called

268
00:09:49,030 --> 00:09:47,120
love and turns out to be a very

269
00:09:51,430 --> 00:09:49,040
particular way of experiencing

270
00:09:52,470 --> 00:09:51,440
consciousness

271
00:09:54,790 --> 00:09:52,480
so

272
00:09:57,670 --> 00:09:54,800
my approach is basically is how to learn

273
00:10:00,310 --> 00:09:57,680
about the spiritual qualities which make

274
00:10:01,350 --> 00:10:00,320
us be able to connect to the spiritual

275
00:10:03,990 --> 00:10:01,360
sphere

276
00:10:05,590 --> 00:10:04,000
which in my work the emphasis is in

277
00:10:07,430 --> 00:10:05,600
presence and

278
00:10:09,829 --> 00:10:07,440
ontological present

279
00:10:12,550 --> 00:10:09,839
the presence of consciousness

280
00:10:13,910 --> 00:10:12,560
not just conscious as uh function of

281
00:10:16,069 --> 00:10:13,920
consciousness as the presence the

282
00:10:19,190 --> 00:10:16,079
beingness of it

283
00:10:22,230 --> 00:10:19,200
and then

284
00:10:27,190 --> 00:10:22,240
connection to the more of the non-dual

285
00:10:31,269 --> 00:10:28,630
and then

286
00:10:34,630 --> 00:10:31,279
recognize the non-dual has more nuances

287
00:10:37,269 --> 00:10:34,640
and and then connecting the non-dual

288
00:10:39,590 --> 00:10:37,279

with the ordinary life how is it

289
00:10:41,509 --> 00:10:39,600
how how would we leave if we are if i'm

290
00:10:43,110 --> 00:10:41,519
infinite consciousness how do i live a

291
00:10:45,670 --> 00:10:43,120
human life

292
00:10:49,030 --> 00:10:45,680
what lives and how do i live

293
00:10:54,470 --> 00:10:51,190
a big part of the spiritual

294
00:10:57,910 --> 00:10:54,480
realization of most teachings you see

295
00:11:01,590 --> 00:10:57,920
and so i teach that too i work with that

296
00:11:04,710 --> 00:11:01,600
but then i i leave the door open

297
00:11:06,150 --> 00:11:04,720
for uh the spiritual universe to reveal

298
00:11:08,150 --> 00:11:06,160
other possibilities because there are

299
00:11:09,350 --> 00:11:08,160
other possibilities of knowing reality

300
00:11:11,990 --> 00:11:09,360
for instance

301
00:11:14,550 --> 00:11:12,000
which really go into it takes us back

302
00:11:15,990 --> 00:11:14,560
similar to some of the physics quantum

303
00:11:17,590 --> 00:11:16,000
theory

304
00:11:21,430 --> 00:11:17,600
you know

305
00:11:25,590 --> 00:11:23,269
well

306
00:11:29,670 --> 00:11:25,600
let me

307
00:11:32,790 --> 00:11:31,910
if you have

308
00:11:47,110 --> 00:11:32,800
a

309
00:11:49,110 --> 00:11:47,120
experiences emptiness is

310
00:11:51,269 --> 00:11:49,120
the spacious emptiness

311
00:11:53,350 --> 00:11:51,279
is what i experience it is the

312
00:11:56,790 --> 00:11:53,360
fundamental ground

313
00:11:59,990 --> 00:11:56,800

the advaita without the person said

314
00:12:05,030 --> 00:12:02,629
nature of reality is pure consciousness

315
00:12:06,389 --> 00:12:05,040
this is conscious of itself

316
00:12:08,710 --> 00:12:06,399
and it's not emptiness it's

317
00:12:10,710 --> 00:12:08,720
characterized by being

318
00:12:13,110 --> 00:12:10,720
while the buddhists say characterized by

319
00:12:16,870 --> 00:12:13,120
non-being

320
00:12:18,870 --> 00:12:16,880
now they're both right in my perspective

321
00:12:20,790 --> 00:12:18,880
but each one of them says this is the

322
00:12:24,870 --> 00:12:20,800
ultimate

323
00:12:25,990 --> 00:12:24,880
so how can they be both alternate

324
00:12:27,829 --> 00:12:26,000
and

325
00:12:30,150 --> 00:12:27,839
in my exploration i find out that

326
00:12:31,990 --> 00:12:30,160
they're both correct

327
00:12:33,030 --> 00:12:32,000
however

328
00:12:36,310 --> 00:12:33,040
if

329
00:12:38,870 --> 00:12:36,320
what is really there is the ultimate

330
00:12:42,389 --> 00:12:38,880
fundamental truth how come people

331
00:12:44,790 --> 00:12:42,399
experience it so differently

332
00:12:46,310 --> 00:12:44,800
and so my

333
00:12:49,190 --> 00:12:46,320
through my own

334
00:12:52,069 --> 00:12:49,200
spiritual investigation the tradition

335
00:12:53,110 --> 00:12:52,079
and my experience and

336
00:12:54,150 --> 00:12:53,120
is that

337
00:13:04,150 --> 00:12:54,160
the

338
00:13:05,910 --> 00:13:04,160

different people can experience it

339
00:13:08,389 --> 00:13:05,920
differently there are different ways

340
00:13:10,710 --> 00:13:08,399
reality reality manifests

341
00:13:12,870 --> 00:13:10,720
so the experiencer

342
00:13:14,310 --> 00:13:12,880
is what makes reality appear in a

343
00:13:16,790 --> 00:13:14,320
certain way

344
00:13:19,030 --> 00:13:16,800
that brings us to quantum theory

345
00:13:20,790 --> 00:13:19,040
you see the experience that is needed

346
00:13:26,870 --> 00:13:20,800
for the

347
00:13:29,910 --> 00:13:26,880
to manifest in a certain way

348
00:13:32,949 --> 00:13:29,920
before that we don't know what it is

349
00:13:35,030 --> 00:13:32,959
so the observer that's what

350
00:13:37,910 --> 00:13:35,040
quantum theory says

351
00:13:40,069 --> 00:13:37,920
here you know it is the experience

352
00:13:41,670 --> 00:13:40,079
similar to that but the experiencer is

353
00:13:44,949 --> 00:13:41,680
experiencing

354
00:13:47,189 --> 00:13:44,959
inward reality instead of experimenting

355
00:13:49,829 --> 00:13:47,199
observing something external

356
00:13:53,030 --> 00:13:49,839
so i i

357
00:13:55,829 --> 00:13:53,040
i look at the spiritual realization as

358
00:13:58,870 --> 00:13:55,839
i have what's called the quantum theory

359
00:14:01,590 --> 00:13:58,880
of spirituality

360
00:14:05,030 --> 00:14:03,829
that the spiritual

361
00:14:06,949 --> 00:14:05,040
truth

362
00:14:09,990 --> 00:14:06,959
is indeterminate

363
00:14:12,470 --> 00:14:10,000

until we experience it

364
00:14:16,389 --> 00:14:12,480
and how we experience it depending it

365
00:14:17,670 --> 00:14:16,399
depends on our world view our view of

366
00:14:19,829 --> 00:14:17,680
reality

367
00:14:25,110 --> 00:14:19,839
depends on our expectation but it

368
00:14:30,069 --> 00:14:27,750
so that for me explains many traditions

369
00:14:30,870 --> 00:14:30,079
while there are so many traditions you

370
00:14:33,590 --> 00:14:30,880
know

371
00:14:35,269 --> 00:14:33,600
different kind of teachings

372
00:14:37,670 --> 00:14:35,279
can you give me an example of this

373
00:14:39,750 --> 00:14:37,680
inquiry process this socratic process

374
00:14:41,990 --> 00:14:39,760
and then also why do you say that in

375
00:14:47,829 --> 00:14:42,000
your approach it holds more of a

376
00:14:53,030 --> 00:14:51,030
okay i mean i see me i mean i understand

377
00:14:55,670 --> 00:14:53,040
meditation that's how i started myself

378
00:14:59,509 --> 00:14:55,680
learning different kind of meditations

379
00:15:01,670 --> 00:14:59,519
buddhism indian and sufi meditations

380
00:15:06,389 --> 00:15:01,680
but

381
00:15:08,629 --> 00:15:06,399
the way my own experience opened up

382
00:15:10,829 --> 00:15:08,639
is by

383
00:15:13,269 --> 00:15:10,839
knowing my experience in the

384
00:15:15,509 --> 00:15:13,279
moment and

385
00:15:19,030 --> 00:15:15,519
being interested to understand it what

386
00:15:21,910 --> 00:15:19,040
is it what is its meaning

387
00:15:24,829 --> 00:15:21,920
what's it about where does it come from

388
00:15:26,870 --> 00:15:24,839

so that becomes an inquiry

389
00:15:29,590 --> 00:15:26,880
into uh

390
00:15:31,269 --> 00:15:29,600
present experience meditation is not

391
00:15:33,189 --> 00:15:31,279
focused on experience meditation is

392
00:15:35,829 --> 00:15:33,199
focused like the concentration like in

393
00:15:37,990 --> 00:15:35,839
the tibetan you visualize something

394
00:15:39,350 --> 00:15:38,000
and that veda vidante you say it's not

395
00:15:41,350 --> 00:15:39,360
this not this

396
00:15:45,110 --> 00:15:41,360
and i say no it's not nothing i want to

397
00:15:47,670 --> 00:15:45,120
know this what why is it here

398
00:15:49,749 --> 00:15:47,680
what makes it be here what's it about

399
00:15:52,710 --> 00:15:49,759
so i can start with any experience like

400
00:15:55,910 --> 00:15:52,720
an experience of being irritated or a

401
00:15:55,920 --> 00:16:00,629
hopeful of something or experience of

402
00:16:03,990 --> 00:16:02,949
inner joyfulness or experience of

403
00:16:07,030 --> 00:16:04,000
sadness

404
00:16:09,670 --> 00:16:07,040
and by by getting injured by feeling it

405
00:16:11,829 --> 00:16:09,680
fully as fully as possible which

406
00:16:14,710 --> 00:16:11,839
requires the development of many

407
00:16:17,350 --> 00:16:14,720
capacities actually because experiencing

408
00:16:18,389 --> 00:16:17,360
something fully is not as simple as most

409
00:16:21,110 --> 00:16:18,399
people

410
00:16:23,030 --> 00:16:21,120
can't experience things fully

411
00:16:26,069 --> 00:16:23,040
most people experience things somewhat

412
00:16:28,470 --> 00:16:26,079
mentally somewhat emotionally

413
00:16:30,790 --> 00:16:28,480

fully i mean your your body is

414
00:16:34,150 --> 00:16:30,800
sensitized completely open your heart is

415
00:16:36,870 --> 00:16:34,160
open your mind capacities are open and

416
00:16:38,550 --> 00:16:36,880
developed and all that so

417
00:16:42,310 --> 00:16:38,560
but you know there are degrees of

418
00:16:45,189 --> 00:16:42,320
capacity for degrees of how capable we

419
00:16:48,550 --> 00:16:45,199
are in engaging this inquiry depending

420
00:16:50,550 --> 00:16:48,560
how open we are how developed we are

421
00:16:52,069 --> 00:16:50,560
but it could begin in the simplest way

422
00:16:53,829 --> 00:16:52,079
by saying well

423
00:16:55,829 --> 00:16:53,839
today i'm feeling

424
00:16:57,110 --> 00:16:55,839
somewhat um

425
00:17:05,029 --> 00:16:57,120
discouraged

426
00:17:05,909 --> 00:17:05,039
over

427
00:17:07,350 --> 00:17:05,919
right

428
00:17:10,710 --> 00:17:07,360
the scene

429
00:17:12,069 --> 00:17:10,720
goes from one thing to another okay

430
00:17:14,630 --> 00:17:12,079
i'm feeling just scary because the

431
00:17:17,270 --> 00:17:14,640
pandemic is not really all just the

432
00:17:19,510 --> 00:17:17,280
pandemic and fun

433
00:17:22,150 --> 00:17:19,520
not just that

434
00:17:26,150 --> 00:17:22,160
that is part of it but then i realized

435
00:17:29,909 --> 00:17:26,160
i'm discouraged because i feel i still

436
00:17:31,750 --> 00:17:29,919
don't feel completely fulfilled

437
00:17:34,310 --> 00:17:31,760
you know i mean it's true there's a

438
00:17:36,470 --> 00:17:34,320

pandemic i can't see some of my friends

439
00:17:39,350 --> 00:17:36,480
and family but there is something inside

440
00:17:41,830 --> 00:17:39,360
me that is not complete

441
00:17:43,990 --> 00:17:41,840
and then i'm inquiring to what is this

442
00:17:45,510 --> 00:17:44,000
feeling we're not being complete not

443
00:17:47,190 --> 00:17:45,520
being fulfilled

444
00:17:48,950 --> 00:17:47,200
now this talking back and forth to

445
00:17:50,630 --> 00:17:48,960
oneself this reminds me of the

446
00:17:52,470 --> 00:17:50,640
relationship a patient may have to a

447
00:17:54,549 --> 00:17:52,480
therapist except one is having it with

448
00:17:56,710 --> 00:17:54,559
oneself and i know that you've said that

449
00:17:58,150 --> 00:17:56,720
you take plenty of inspiration from the

450
00:18:00,549 --> 00:17:58,160
depth psychologist so is this what

451
00:18:03,270 --> 00:18:00,559
you're referring to

452
00:18:05,909 --> 00:18:03,280
we see the cycle it's similar hasn't it

453
00:18:09,029 --> 00:18:05,919
similarity to psychology

454
00:18:11,990 --> 00:18:09,039
but you see a psychologist

455
00:18:14,549 --> 00:18:12,000
wants to heal the patient

456
00:18:16,549 --> 00:18:14,559
here i'm not trying to heal someone i'm

457
00:18:18,390 --> 00:18:16,559
trying to understand it i'm interested

458
00:18:19,909 --> 00:18:18,400
in knowing what it is

459
00:18:21,669 --> 00:18:19,919
i'm not interested in getting rid of the

460
00:18:23,909 --> 00:18:21,679
problem

461
00:18:26,070 --> 00:18:23,919
and are you trying to understand it

462
00:18:28,230 --> 00:18:26,080
without an emotion attached to it or are

463
00:18:30,470 --> 00:18:28,240

you trying to understand it so that

464
00:18:32,390 --> 00:18:30,480
you're happier or so that like what is

465
00:18:34,390 --> 00:18:32,400
the emotion with the understanding are

466
00:18:35,990 --> 00:18:34,400
you supposed to look at it as if it's

467
00:18:38,150 --> 00:18:36,000
words on a paper so that is more

468
00:18:40,549 --> 00:18:38,160
clinically are you supposed to identify

469
00:18:45,110 --> 00:18:43,909
neither of those is complete engagement

470
00:18:48,470 --> 00:18:45,120
in it

471
00:18:52,230 --> 00:18:48,480
you see that's the thing about uh

472
00:18:55,830 --> 00:18:52,240
what brings my perspective of science

473
00:18:57,750 --> 00:18:55,840
is that in in the science

474
00:18:59,990 --> 00:18:57,760
you have to be detached from the

475
00:19:02,070 --> 00:19:00,000
experiment you can't be

476
00:19:03,350 --> 00:19:02,080
you know part of it either the observer

477
00:19:04,390 --> 00:19:03,360
has to be

478
00:19:06,390 --> 00:19:04,400
uh

479
00:19:09,909 --> 00:19:06,400
the more detached the more and engage

480
00:19:13,510 --> 00:19:09,919
the more the experiment is pure you see

481
00:19:16,549 --> 00:19:13,520
and the inquiry in oneself

482
00:19:19,990 --> 00:19:16,559
it includes the subject the observer

483
00:19:22,549 --> 00:19:20,000
so i'm inquiring in both the experiencer

484
00:19:24,950 --> 00:19:22,559
and the experienced

485
00:19:27,909 --> 00:19:24,960
you see they're both there in the field

486
00:19:29,990 --> 00:19:27,919
of experience because and um

487
00:19:32,390 --> 00:19:30,000
so to to really

488
00:19:36,310 --> 00:19:32,400

because inquiring it to oneself and

489
00:19:38,630 --> 00:19:36,320
inquiring into the subject basically

490
00:19:40,230 --> 00:19:38,640
and so as part of it is

491
00:19:41,990 --> 00:19:40,240
psychological

492
00:19:45,430 --> 00:19:42,000
part of it comes from the socratic

493
00:19:47,590 --> 00:19:45,440
method if you remember socrates

494
00:19:50,390 --> 00:19:47,600
would bring his

495
00:19:52,870 --> 00:19:50,400
students and ask them

496
00:19:55,350 --> 00:19:52,880
what is courage

497
00:19:56,789 --> 00:19:55,360
and he says i don't know let's find out

498
00:19:58,950 --> 00:19:56,799
what is courage

499
00:20:00,789 --> 00:19:58,960
why are they exploring courage not

500
00:20:02,470 --> 00:20:00,799
because they want to be courageous they

501
00:20:04,789 --> 00:20:02,480
want to first find out what it is do

502
00:20:07,510 --> 00:20:04,799
they do i know it or don't i know it if

503
00:20:10,630 --> 00:20:07,520
i know it what's it like

504
00:20:13,430 --> 00:20:10,640
so that's that's a socratic part here

505
00:20:16,870 --> 00:20:13,440
so it is not it's not aim

506
00:20:18,470 --> 00:20:16,880
yeah it's not aim not aim oriented

507
00:20:19,750 --> 00:20:18,480
so because the

508
00:20:21,909 --> 00:20:19,760
impetus

509
00:20:22,950 --> 00:20:21,919
and this teaching

510
00:20:23,909 --> 00:20:22,960
is not

511
00:20:29,029 --> 00:20:23,919
the

512
00:20:31,510 --> 00:20:29,039
it's not a matter of being free from

513
00:20:34,710 --> 00:20:31,520

suffering or from problem

514
00:20:38,070 --> 00:20:34,720
but it is love for the truth

515
00:20:39,750 --> 00:20:38,080
love to know the truth as completely as

516
00:20:41,350 --> 00:20:39,760
fully as possible

517
00:20:43,750 --> 00:20:41,360
earlier when you were referencing that

518
00:20:45,750 --> 00:20:43,760
the buddhist may emphasize emptiness and

519
00:20:47,110 --> 00:20:45,760
then someone else may emphasize pure

520
00:20:49,430 --> 00:20:47,120
consciousness and someone else may

521
00:20:52,310 --> 00:20:49,440
emphasize love and so on and so on are

522
00:20:53,909 --> 00:20:52,320
these all unified in some manner

523
00:20:55,590 --> 00:20:53,919
they're unified in this and they're all

524
00:20:57,750 --> 00:20:55,600
coming from

525
00:21:00,630 --> 00:20:57,760
the same place

526
00:21:03,430 --> 00:21:00,640
but not unified you see some

527
00:21:05,750 --> 00:21:03,440
advaita vedantiform they think they're

528
00:21:07,669 --> 00:21:05,760
unified because they're all

529
00:21:09,270 --> 00:21:07,679
consciousness they're all consciousness

530
00:21:11,190 --> 00:21:09,280
and all you know

531
00:21:12,630 --> 00:21:11,200
manifestative consciousness and that

532
00:21:13,830 --> 00:21:12,640
emptiness is

533
00:21:15,750 --> 00:21:13,840
one of the manifestation of

534
00:21:17,350 --> 00:21:15,760
consciousness we just would disagree

535
00:21:18,950 --> 00:21:17,360
with that will think consciousness

536
00:21:21,430 --> 00:21:18,960
arises out

537
00:21:23,270 --> 00:21:21,440
of emptiness you see

538
00:21:25,590 --> 00:21:23,280

my understanding of it

539
00:21:27,430 --> 00:21:25,600
is that the actual truth is

540
00:21:29,510 --> 00:21:27,440
indeterminate

541
00:21:31,909 --> 00:21:29,520
just like quantum theory until you

542
00:21:35,029 --> 00:21:31,919
experience it

543
00:21:38,230 --> 00:21:35,039
it's not set when people want to want

544
00:21:40,630 --> 00:21:38,240
the certainty or the security

545
00:21:43,590 --> 00:21:40,640
of feeling the

546
00:21:46,549 --> 00:21:43,600
truth of what i am

547
00:21:48,390 --> 00:21:46,559
is here and i just need to discover it

548
00:21:50,470 --> 00:21:48,400
that is how many spiritual teachings say

549
00:21:52,230 --> 00:21:50,480
it is here you just need to open up

550
00:21:54,230 --> 00:21:52,240
waking up to it

551
00:21:57,190 --> 00:21:54,240
and my what i discovered through my

552
00:22:00,310 --> 00:21:57,200
exploration is that

553
00:22:02,630 --> 00:22:00,320
the truth is here but not manifest

554
00:22:05,510 --> 00:22:02,640
it's not just a matter of discovering it

555
00:22:08,549 --> 00:22:05,520
i need to be ready and interested and

556
00:22:10,630 --> 00:22:08,559
open and then it will appear

557
00:22:12,630 --> 00:22:10,640
where will it come from

558
00:22:15,430 --> 00:22:12,640
doesn't come from anywhere

559
00:22:21,510 --> 00:22:15,440
it just comes

560
00:22:25,510 --> 00:22:23,990
so what what is that what do we say

561
00:22:29,029 --> 00:22:25,520
where does it come from

562
00:22:30,950 --> 00:22:29,039
i say it's unknown unknowable

563
00:22:32,549 --> 00:22:30,960

now is that unknown sorry is that

564
00:22:37,430 --> 00:22:32,559
unknown unknowable

565
00:22:39,830 --> 00:22:37,440
what most religions are trying to

566
00:22:41,510 --> 00:22:39,840
conceptualize when they use the word god

567
00:22:42,870 --> 00:22:41,520
or is that different or is that does

568
00:22:44,789 --> 00:22:42,880
that predate god

569
00:22:47,350 --> 00:22:44,799
yes and the

570
00:22:49,830 --> 00:22:47,360
monotheistic tradition think

571
00:22:52,710 --> 00:22:49,840
god is unknown unknowable that's how

572
00:22:55,750 --> 00:22:52,720
christianity judaism and islam take that

573
00:22:57,270 --> 00:22:55,760
god you cannot know god as god that's

574
00:22:59,430 --> 00:22:57,280
what they say

575
00:23:00,390 --> 00:22:59,440
the mystic like the sufi is they say you

576
00:23:02,870 --> 00:23:00,400
could

577
00:23:06,390 --> 00:23:02,880
unify with god you can be one

578
00:23:07,669 --> 00:23:06,400
with god and you know the god's being

579
00:23:09,590 --> 00:23:07,679
but that doesn't mean you know

580
00:23:12,470 --> 00:23:09,600
everything about god

581
00:23:14,789 --> 00:23:12,480
so god and

582
00:23:15,909 --> 00:23:14,799
ask god from perspective god is not

583
00:23:17,909 --> 00:23:15,919
known

584
00:23:18,870 --> 00:23:17,919
i don't think of the truth myself as a

585
00:23:20,870 --> 00:23:18,880
god

586
00:23:22,710 --> 00:23:20,880
i mean maybe some people think of it as

587
00:23:25,270 --> 00:23:22,720
god i don't because god being killed us

588
00:23:27,190 --> 00:23:25,280

into the creator this and that

589
00:23:29,669 --> 00:23:27,200
and for me

590
00:23:31,110 --> 00:23:29,679
things are more interesting and subtler

591
00:23:33,270 --> 00:23:31,120
than that

592
00:23:36,310 --> 00:23:33,280
that i am something

593
00:23:37,430 --> 00:23:36,320
unknown unknowable i know i am i know

594
00:23:41,510 --> 00:23:37,440
what i am

595
00:23:43,510 --> 00:23:41,520
but i don't know i cannot say what it is

596
00:23:45,029 --> 00:23:43,520
but i can say a lot

597
00:23:47,990 --> 00:23:45,039
about myself

598
00:23:50,149 --> 00:23:48,000
that expresses that

599
00:23:52,549 --> 00:23:50,159
like awareness and consciousness and

600
00:23:55,350 --> 00:23:52,559
love and spaciousness and emptiness and

601
00:24:01,350 --> 00:23:58,630
what is the ego ideal

602
00:24:03,669 --> 00:24:01,360
yeah so that's from the book and the

603
00:24:06,230 --> 00:24:03,679
the enneagram book the ego idea

604
00:24:09,669 --> 00:24:06,240
but that's normal psychology freudian

605
00:24:11,510 --> 00:24:09,679
psychology that each ego has an ego idea

606
00:24:13,430 --> 00:24:11,520
has an ideal which means it is

607
00:24:16,630 --> 00:24:13,440
constructed around

608
00:24:18,870 --> 00:24:16,640
some kind of idea of how you want to be

609
00:24:21,510 --> 00:24:18,880
what kind of person you want to be

610
00:24:24,789 --> 00:24:21,520
what kind of life you want to have

611
00:24:28,390 --> 00:24:24,799
so your ideal is to be a sort of a

612
00:24:30,710 --> 00:24:28,400
successful person or your ideal to be

613
00:24:33,590 --> 00:24:30,720

really

614
00:24:37,269 --> 00:24:33,600
more of a helper

615
00:24:40,390 --> 00:24:37,279
idea of being authentic or original

616
00:24:42,630 --> 00:24:40,400
you see these are ideal around that that

617
00:24:43,510 --> 00:24:42,640
each ego has that

618
00:24:45,830 --> 00:24:43,520
that

619
00:24:47,269 --> 00:24:45,840
goes back all the way back to freud you

620
00:24:50,710 --> 00:24:47,279
see

621
00:24:51,750 --> 00:24:50,720
but i use it as

622
00:24:54,070 --> 00:24:51,760
when i

623
00:24:55,990 --> 00:24:54,080
work with the enneagram knowledge

624
00:24:57,590 --> 00:24:56,000
and i see the

625
00:25:00,230 --> 00:24:57,600
different types

626
00:25:02,710 --> 00:25:00,240
as each is a manifestation of a

627
00:25:04,230 --> 00:25:02,720
particular ego ideal

628
00:25:05,430 --> 00:25:04,240
what's the difference between awakening

629
00:25:08,310 --> 00:25:05,440
and realizing

630
00:25:10,230 --> 00:25:08,320
or realization

631
00:25:11,590 --> 00:25:10,240
you see many teachers won't make a

632
00:25:15,350 --> 00:25:11,600
distinction

633
00:25:16,950 --> 00:25:15,360
and

634
00:25:19,510 --> 00:25:16,960
some do

635
00:25:22,630 --> 00:25:19,520
but i'm not the only one who does

636
00:25:24,070 --> 00:25:22,640
is that what you awakening first of all

637
00:25:27,269 --> 00:25:24,080
there are different kind of awakening

638
00:25:29,750 --> 00:25:27,279

you know if you read grejie for instance

639
00:25:33,190 --> 00:25:29,760
his first awakening he says the terror

640
00:25:35,269 --> 00:25:33,200
of the moment to realize i am asleep

641
00:25:38,390 --> 00:25:35,279
i don't know who i am

642
00:25:40,310 --> 00:25:38,400
most people aren't awakened that way yet

643
00:25:42,789 --> 00:25:40,320
to know i don't know who the hell i am

644
00:25:44,149 --> 00:25:42,799
what am i what's meaning in my life why

645
00:25:46,470 --> 00:25:44,159
am i here

646
00:25:48,710 --> 00:25:46,480
that's the first awakening

647
00:25:51,190 --> 00:25:48,720
for grade the second awakening is to

648
00:25:58,310 --> 00:25:53,269
to

649
00:25:59,350 --> 00:25:58,320
but you know i'm

650
00:26:01,669 --> 00:25:59,360
pure

651
00:26:03,190 --> 00:26:01,679
spirit that is aware and conscious of

652
00:26:05,669 --> 00:26:03,200
itself

653
00:26:08,470 --> 00:26:05,679
now for me realization

654
00:26:12,470 --> 00:26:08,480
means that has become

655
00:26:14,470 --> 00:26:12,480
your true self it has become a constant

656
00:26:16,390 --> 00:26:14,480
um

657
00:26:18,230 --> 00:26:16,400
constantly integrated

658
00:26:19,990 --> 00:26:18,240
it's not just

659
00:26:22,070 --> 00:26:20,000
you know it you

660
00:26:24,549 --> 00:26:22,080
woke up to it you know you know i

661
00:26:30,390 --> 00:26:24,559
experienced it

662
00:26:30,400 --> 00:26:35,350
so you're curious about many things

663
00:26:38,549 --> 00:26:36,710

you see

664
00:26:40,549 --> 00:26:38,559
you know buddhists talk about wisdom and

665
00:26:42,149 --> 00:26:40,559
certain way

666
00:26:44,070 --> 00:26:42,159
you know but i think of it more in a

667
00:26:46,390 --> 00:26:44,080
western way wisdom

668
00:26:49,669 --> 00:26:46,400
you know and if you're a buddhist who is

669
00:26:51,909 --> 00:26:49,679
the me knowing what emptiness is

670
00:26:53,990 --> 00:26:51,919
for them they call that wisdom if you

671
00:26:55,909 --> 00:26:54,000
really know from an experience

672
00:26:56,789 --> 00:26:55,919
what is empty what is the emptiness of

673
00:26:58,630 --> 00:26:56,799
self

674
00:27:00,390 --> 00:26:58,640
what is the emptiness of everything they

675
00:27:02,950 --> 00:27:00,400
call that wisdom

676
00:27:04,549 --> 00:27:02,960
for me and wisdom is more practical

677
00:27:08,230 --> 00:27:04,559
which is

678
00:27:11,350 --> 00:27:08,240
as i know myself as i know um

679
00:27:12,070 --> 00:27:11,360
my true self or my spiritual nature or

680
00:27:14,310 --> 00:27:12,080
my

681
00:27:15,669 --> 00:27:14,320
true nature usually

682
00:27:19,990 --> 00:27:15,679
and

683
00:27:23,669 --> 00:27:22,389
not know what have integrated it

684
00:27:26,389 --> 00:27:23,679
and then

685
00:27:28,870 --> 00:27:26,399
how i live it how i live my life is

686
00:27:32,549 --> 00:27:28,880
living from that place

687
00:27:36,149 --> 00:27:32,559
live in that place

688
00:27:39,590 --> 00:27:36,159

in response to the work the world the

689
00:27:42,549 --> 00:27:39,600
world situation i find myself in

690
00:27:43,430 --> 00:27:42,559
so that my response to the situation i'm

691
00:27:44,789 --> 00:27:43,440
in

692
00:27:47,590 --> 00:27:44,799
comes

693
00:27:52,230 --> 00:27:47,600
informed and expressing

694
00:27:57,750 --> 00:27:55,029
and that becomes a spontaneous and

695
00:28:00,470 --> 00:27:57,760
natural and very appropriate

696
00:28:03,029 --> 00:28:00,480
way of dealing with the situation that

697
00:28:06,470 --> 00:28:03,039
appropriate and full way of dealing with

698
00:28:09,190 --> 00:28:06,480
situation is wisdom knowing how to deal

699
00:28:11,190 --> 00:28:09,200
with life situation from the spiritual

700
00:28:14,310 --> 00:28:11,200
perspective including spiritual

701
00:28:18,470 --> 00:28:14,320
perspective without denying the material

702
00:28:20,710 --> 00:28:18,480
perspective for me is to be wise

703
00:28:23,909 --> 00:28:20,720
that's as you know that's how

704
00:28:26,789 --> 00:28:23,919
western philosophy was the religion

705
00:28:29,029 --> 00:28:26,799
what wise president why is it not just

706
00:28:30,630 --> 00:28:29,039
you can be yourself is how you live in

707
00:28:33,990 --> 00:28:30,640
the world

708
00:28:35,990 --> 00:28:34,000
you have to live wisely

709
00:28:38,310 --> 00:28:36,000
does that make sense for you let me see

710
00:28:40,149 --> 00:28:38,320
if i'm understanding this so the second

711
00:28:42,070 --> 00:28:40,159
awakening because you refer to number

712
00:28:44,470 --> 00:28:42,080
one and number two the second awakening

713
00:28:47,190 --> 00:28:44,480

is more about the perception of a

714
00:28:49,909 --> 00:28:47,200
particular insight than realization is

715
00:28:52,230 --> 00:28:49,919
the persistence of that insight

716
00:28:54,789 --> 00:28:52,240
and then wisdom is the conformance

717
00:28:57,029 --> 00:28:54,799
between one's action and that insight

718
00:28:58,470 --> 00:28:57,039
or is in my office that's a good way of

719
00:28:59,430 --> 00:28:58,480
saying it

720
00:29:01,830 --> 00:28:59,440
yes

721
00:29:03,750 --> 00:29:01,840
but uh the only addition i will say is

722
00:29:05,750 --> 00:29:03,760
not just insight

723
00:29:07,269 --> 00:29:05,760
is being

724
00:29:10,310 --> 00:29:07,279
that

725
00:29:13,110 --> 00:29:10,320
discovery like i discover

726
00:29:15,830 --> 00:29:13,120
that my nature is a pure presence

727
00:29:17,029 --> 00:29:15,840
which is a sense of being sense of

728
00:29:19,909 --> 00:29:17,039
existence

729
00:29:21,190 --> 00:29:19,919
that does not exist in my body it's pure

730
00:29:22,789 --> 00:29:21,200
existence

731
00:29:24,230 --> 00:29:22,799
i am

732
00:29:26,950 --> 00:29:24,240
you see like

733
00:29:30,070 --> 00:29:26,960
i am but i am

734
00:29:35,669 --> 00:29:32,230
palpable sense

735
00:29:44,389 --> 00:29:38,830
public sense

736
00:29:47,750 --> 00:29:44,399
of consciousness conscious of its own

737
00:29:49,909 --> 00:29:47,760
uh being it's because consciousness is

738
00:29:51,110 --> 00:29:49,919

not a function consciousness is a

739
00:29:53,830 --> 00:29:51,120
reality

740
00:29:56,950 --> 00:29:53,840
consciousness is something that is

741
00:30:00,789 --> 00:29:56,960
and when consciousness knows itself

742
00:30:04,310 --> 00:30:00,799
awakes to itself as oh that is what i am

743
00:30:06,870 --> 00:30:04,320
i am this kind of luminous

744
00:30:09,190 --> 00:30:06,880
aware presence aware of myself and can

745
00:30:10,950 --> 00:30:09,200
be aware of other things

746
00:30:14,789 --> 00:30:10,960
that will be

747
00:30:19,350 --> 00:30:16,630
see the way that i'm wondering about

748
00:30:21,190 --> 00:30:19,360
this is akin to a tree with branches

749
00:30:23,269 --> 00:30:21,200
that all come from the same root and

750
00:30:25,590 --> 00:30:23,279
then when one says that consciousness

751
00:30:26,950 --> 00:30:25,600
realizes itself well let's imagine that

752
00:30:29,350 --> 00:30:26,960
you're an example of that i don't

753
00:30:31,190 --> 00:30:29,360
imagine that i'm an example of that so

754
00:30:32,870 --> 00:30:31,200
just because you have found that out

755
00:30:35,110 --> 00:30:32,880
even though at least in this model we're

756
00:30:37,110 --> 00:30:35,120
all part of the same route it seems

757
00:30:38,950 --> 00:30:37,120
localized to you it doesn't seem to

758
00:30:40,789 --> 00:30:38,960
spread outside of your teachings and

759
00:30:43,190 --> 00:30:40,799
helping people so the way that i'm

760
00:30:45,029 --> 00:30:43,200
visualizing it is like a branch and then

761
00:30:46,549 --> 00:30:45,039
there's a loop on that branch and that

762
00:30:48,389 --> 00:30:46,559
is what is occurring when you say

763
00:30:50,149 --> 00:30:48,399

consciousness realizes itself rather

764
00:30:51,430 --> 00:30:50,159
than when consciousness realizes itself

765
00:30:53,190 --> 00:30:51,440
another way of thinking of that is all

766
00:30:54,789 --> 00:30:53,200
these branches just intertwined at once

767
00:30:56,789 --> 00:30:54,799
but i and probably some of the people

768
00:30:58,230 --> 00:30:56,799
who are listening just because you or

769
00:31:00,389 --> 00:30:58,240
some of the other people have had

770
00:31:01,909 --> 00:31:00,399
insights or have had these realizations

771
00:31:04,070 --> 00:31:01,919
of consciousness

772
00:31:05,909 --> 00:31:04,080
realizing itself it doesn't mean they

773
00:31:08,070 --> 00:31:05,919
have like for example i don't think i've

774
00:31:10,470 --> 00:31:08,080
had it so how does that comport is it

775
00:31:12,470 --> 00:31:10,480
that it is a separate branch because i'm

776
00:31:14,070 --> 00:31:12,480
trying to understand this with the other

777
00:31:16,389 --> 00:31:14,080
teaching that we're all the same in some

778
00:31:18,470 --> 00:31:16,399
manner and so how is it that if you have

779
00:31:20,710 --> 00:31:18,480
an insight and it's i don't have that

780
00:31:22,950 --> 00:31:20,720
insight automatically

781
00:31:25,750 --> 00:31:22,960
most people don't have that insight and

782
00:31:29,029 --> 00:31:25,760
don't have the capacity for that insight

783
00:31:30,149 --> 00:31:29,039
it's not easy to have that kind of

784
00:31:31,990 --> 00:31:30,159
insight

785
00:31:35,750 --> 00:31:32,000
it it has to do with some kind of

786
00:31:37,430 --> 00:31:35,760
maturations of one's uh

787
00:31:39,509 --> 00:31:37,440
consciousness one's being on

788
00:31:41,029 --> 00:31:39,519

subjectivities

789
00:31:42,789 --> 00:31:41,039
and

790
00:31:45,190 --> 00:31:42,799
development of

791
00:31:48,470 --> 00:31:45,200
one's heart so that the heart has

792
00:31:49,990 --> 00:31:48,480
developed to the point where there is

793
00:31:52,950 --> 00:31:50,000
the natural

794
00:31:55,029 --> 00:31:52,960
desire to know what i am

795
00:31:56,950 --> 00:31:55,039
that becomes a force

796
00:31:58,710 --> 00:31:56,960
that opens up things

797
00:32:02,149 --> 00:31:58,720
and most people are

798
00:32:04,230 --> 00:32:02,159
are more busy with survival and

799
00:32:07,669 --> 00:32:04,240
jobs and families you know they don't

800
00:32:10,710 --> 00:32:07,679
have the opportunity to or

801
00:32:12,070 --> 00:32:10,720
enhance even the interest to devote to

802
00:32:15,269 --> 00:32:12,080
this kind of

803
00:32:17,990 --> 00:32:15,279
exploration so it is a very specialized

804
00:32:20,389 --> 00:32:18,000
thing in some sense that's why

805
00:32:23,269 --> 00:32:20,399
you know all around the world people who

806
00:32:26,630 --> 00:32:23,279
realize they're not that many the few

807
00:32:29,350 --> 00:32:26,640
you know and um

808
00:32:30,710 --> 00:32:29,360
because but it is a potential for all of

809
00:32:37,430 --> 00:32:30,720
us

810
00:32:40,149 --> 00:32:37,440
have the same nature

811
00:32:41,029 --> 00:32:40,159
and that's one thing when insight we we

812
00:32:43,350 --> 00:32:41,039
learn

813
00:32:44,710 --> 00:32:43,360

when i discover i remember you know

814
00:32:47,350 --> 00:32:44,720
years ago

815
00:32:50,389 --> 00:32:47,360
when i first discovered the

816
00:32:51,750 --> 00:32:50,399
experience presence oh i am i am i know

817
00:32:55,269 --> 00:32:51,760
what i am

818
00:33:00,549 --> 00:32:58,149
connected to all human beings

819
00:33:03,190 --> 00:33:00,559
i felt i am as this

820
00:33:04,789 --> 00:33:03,200
conscious presence i'm connected with

821
00:33:06,149 --> 00:33:04,799
all human beings because all human

822
00:33:07,909 --> 00:33:06,159
beings are

823
00:33:10,230 --> 00:33:07,919
have that same

824
00:33:11,830 --> 00:33:10,240
presence the same

825
00:33:14,389 --> 00:33:11,840
inherent

826
00:33:16,710 --> 00:33:14,399
uh truth to them

827
00:33:18,310 --> 00:33:16,720
so that showed me potential for

828
00:33:23,350 --> 00:33:18,320
everybody

829
00:33:27,350 --> 00:33:23,360
at some point you know if they dedicate

830
00:33:29,909 --> 00:33:27,360
themselves to it or they happen to be

831
00:33:32,630 --> 00:33:29,919
somewhat open or mature or have had the

832
00:33:37,750 --> 00:33:32,640
right influence in their life you know

833
00:33:40,230 --> 00:33:39,190
you're right that

834
00:33:44,070 --> 00:33:40,240
you know

835
00:33:45,669 --> 00:33:44,080
just because i say this is my experience

836
00:33:48,149 --> 00:33:45,679
that's right that doesn't mean i'm

837
00:33:49,990 --> 00:33:48,159
assuming others experiencing that way so

838
00:33:51,350 --> 00:33:50,000

everyone does have the capacity or not

839
00:33:53,590 --> 00:33:51,360
everyone does

840
00:33:55,669 --> 00:33:53,600
everybody has the potential

841
00:33:57,590 --> 00:33:55,679
but not the capacity not necessarily the

842
00:33:59,509 --> 00:33:57,600
capacity you know what's the difference

843
00:34:02,230 --> 00:33:59,519
between those two

844
00:34:06,389 --> 00:34:02,240
potential is

845
00:34:10,629 --> 00:34:06,399
is what you are capacity is capacity of

846
00:34:12,470 --> 00:34:10,639
perception capacity of subtle perception

847
00:34:14,790 --> 00:34:12,480
and different kind of

848
00:34:16,629 --> 00:34:14,800
perception different kind of way

849
00:34:18,310 --> 00:34:16,639
different kind of consciousness that

850
00:34:20,389 --> 00:34:18,320
than we know

851
00:34:23,109 --> 00:34:20,399
most human being are aware of

852
00:34:26,149 --> 00:34:23,119
consciousness and i see and hear and

853
00:34:31,190 --> 00:34:26,159
have emotions and sensation all of that

854
00:34:37,829 --> 00:34:34,790
you know perceptual uh

855
00:34:40,149 --> 00:34:37,839
organs have their spiritual counterpart

856
00:34:43,109 --> 00:34:40,159
which i call subtle counterpart there's

857
00:34:45,270 --> 00:34:43,119
inner seeing there's inner sensing

858
00:34:46,230 --> 00:34:45,280
there's inner feeling that is not

859
00:34:49,430 --> 00:34:46,240
thought

860
00:34:51,190 --> 00:34:49,440
those are the outer expression of it

861
00:34:53,190 --> 00:34:51,200
so one can

862
00:34:55,030 --> 00:34:53,200
some of us have some of those subtle

863
00:34:56,470 --> 00:34:55,040

things but we're not aware of them so we

864
00:34:59,270 --> 00:34:56,480
don't employ them

865
00:35:01,190 --> 00:34:59,280
but some it requires development and and

866
00:35:03,270 --> 00:35:01,200
that is what what i see the wrong

867
00:35:07,030 --> 00:35:03,280
meditation

868
00:35:09,589 --> 00:35:07,040
those capacities

869
00:35:11,510 --> 00:35:09,599
should everyone have these realizations

870
00:35:14,069 --> 00:35:11,520
like if you had a magic wand and you can

871
00:35:15,990 --> 00:35:14,079
wave it do you think it's for everyone

872
00:35:18,310 --> 00:35:16,000
or do you think it's for certain people

873
00:35:20,310 --> 00:35:18,320
at a certain time or perhaps not for a

874
00:35:22,950 --> 00:35:20,320
particular person at any time

875
00:35:24,870 --> 00:35:22,960
the reason behind this question is that

876
00:35:26,870 --> 00:35:24,880
i'm sure you've seen this in some

877
00:35:28,950 --> 00:35:26,880
spiritual teachers they think that

878
00:35:31,990 --> 00:35:28,960
everyone should be enlightened awakened

879
00:35:33,670 --> 00:35:32,000
and they may even use words like

880
00:35:35,030 --> 00:35:33,680
like you've used with development though

881
00:35:37,430 --> 00:35:35,040
i don't think you meant it in this way

882
00:35:39,990 --> 00:35:37,440
but as if the enlightened is higher than

883
00:35:41,510 --> 00:35:40,000
someone else which then implies a

884
00:35:43,430 --> 00:35:41,520
looking down at people who aren't

885
00:35:45,910 --> 00:35:43,440
enlightened

886
00:35:49,109 --> 00:35:45,920
well i mean spiritual teaching all

887
00:35:50,790 --> 00:35:49,119
they have a teaching to help people to

888
00:35:53,910 --> 00:35:50,800

access

889
00:35:54,950 --> 00:35:53,920
a realm of reality that they're usually

890
00:35:56,310 --> 00:35:54,960
not

891
00:35:58,310 --> 00:35:56,320
accessing

892
00:35:59,990 --> 00:35:58,320
so obviously they think it's there's a

893
00:36:02,470 --> 00:36:00,000
value in that

894
00:36:04,710 --> 00:36:02,480
and and having that openness that's

895
00:36:06,870 --> 00:36:04,720
capacity for

896
00:36:08,870 --> 00:36:06,880
subtle access

897
00:36:11,750 --> 00:36:08,880
and uh but

898
00:36:13,030 --> 00:36:11,760
i wouldn't say that any teaching will

899
00:36:15,270 --> 00:36:13,040
will say

900
00:36:18,470 --> 00:36:15,280
everybody should

901
00:36:20,790 --> 00:36:18,480
it's not matter should it's more like

902
00:36:23,030 --> 00:36:20,800
it's possible or everybody everybody has

903
00:36:25,510 --> 00:36:23,040
a possibility

904
00:36:28,390 --> 00:36:25,520
when it will happen for somebody

905
00:36:31,910 --> 00:36:28,400
it's something magical something sort of

906
00:36:33,349 --> 00:36:31,920
uh like a destiny of sort

907
00:36:34,310 --> 00:36:33,359
so

908
00:36:45,349 --> 00:36:34,320
i

909
00:36:47,670 --> 00:36:45,359
human because really

910
00:36:49,990 --> 00:36:47,680
uh that's another point that's important

911
00:36:51,910 --> 00:36:50,000
occurred which is the more we are in

912
00:36:55,030 --> 00:36:51,920
touch with our spiritual dimension the

913
00:36:57,750 --> 00:36:55,040

more human we are you see people don't

914
00:37:00,390 --> 00:36:57,760
know that most people know think i am

915
00:37:02,950 --> 00:37:00,400
human i i am human because i have a body

916
00:37:05,109 --> 00:37:02,960
human body i have a human emotion i can

917
00:37:06,310 --> 00:37:05,119
think or i'm rational that makes me

918
00:37:08,630 --> 00:37:06,320
human

919
00:37:11,910 --> 00:37:08,640
for the sufis for instance they say no

920
00:37:14,550 --> 00:37:11,920
no that's not human yet

921
00:37:15,829 --> 00:37:14,560
to be truly human you have to have true

922
00:37:17,750 --> 00:37:15,839
hearts

923
00:37:20,390 --> 00:37:17,760
which mean a heart that can converse

924
00:37:23,829 --> 00:37:20,400
with the divine

925
00:37:27,109 --> 00:37:23,839
that makes me human a human you see

926
00:37:32,710 --> 00:37:27,119
for the sufis is the bridge between the

927
00:37:37,750 --> 00:37:35,270
and if you're not that bridge yet you're

928
00:37:41,589 --> 00:37:37,760
sort of on the way to being human but

929
00:37:49,430 --> 00:37:45,109
so uh many people

930
00:37:53,829 --> 00:37:51,910
gradation or or

931
00:37:56,790 --> 00:37:53,839
one is better than other it's more like

932
00:37:58,950 --> 00:37:56,800
a natural process like evolution

933
00:38:00,390 --> 00:37:58,960
you know evolution happens in different

934
00:38:02,310 --> 00:38:00,400
ways and

935
00:38:04,390 --> 00:38:02,320
different areas and

936
00:38:08,150 --> 00:38:04,400
different different ways

937
00:38:10,150 --> 00:38:08,160
so we all human being can evolve

938
00:38:11,270 --> 00:38:10,160

you know we evolved physically and

939
00:38:14,630 --> 00:38:11,280
mentally

940
00:38:16,230 --> 00:38:14,640
we can evolve spiritually too

941
00:38:17,990 --> 00:38:16,240
and it is

942
00:38:19,910 --> 00:38:18,000
it's hard to tell where it's going to

943
00:38:22,470 --> 00:38:19,920
happen like when my students you know

944
00:38:24,950 --> 00:38:22,480
come to me i don't know which one is

945
00:38:26,310 --> 00:38:24,960
really going to go deeper than the other

946
00:38:28,310 --> 00:38:26,320
you know

947
00:38:30,470 --> 00:38:28,320
sometimes surprised for some people

948
00:38:32,790 --> 00:38:30,480
after a while they seem to be

949
00:38:34,790 --> 00:38:32,800
they can't go deeper and suddenly

950
00:38:37,430 --> 00:38:34,800
something happens and they're you know

951
00:38:39,829 --> 00:38:37,440
they surprised me how wonderful they

952
00:38:41,589 --> 00:38:39,839
seem to know themselves you know

953
00:38:43,190 --> 00:38:41,599
how in their

954
00:38:45,109 --> 00:38:43,200
start to experience themselves in a way

955
00:38:47,589 --> 00:38:45,119
that's about liberating

956
00:38:50,550 --> 00:38:47,599
so i wish it for a human being because

957
00:38:51,910 --> 00:38:50,560
it has less suffering in it

958
00:38:53,910 --> 00:38:51,920
it has

959
00:38:56,790 --> 00:38:53,920
more the

960
00:38:58,710 --> 00:38:56,800
enjoyment of discovering reality i mean

961
00:39:00,950 --> 00:38:58,720
you know you're a scientist

962
00:39:02,790 --> 00:39:00,960
you know scientists explore

963
00:39:05,030 --> 00:39:02,800

through science

964
00:39:08,550 --> 00:39:05,040
you're not exploring so i could develop

965
00:39:09,670 --> 00:39:08,560
something to sell or for because i'm

966
00:39:12,790 --> 00:39:09,680
you know

967
00:39:14,710 --> 00:39:12,800
given a grant and i have

968
00:39:17,349 --> 00:39:14,720
pure sciences like you you want to

969
00:39:19,430 --> 00:39:17,359
discover because you enjoy the discovery

970
00:39:21,510 --> 00:39:19,440
the exploration

971
00:39:23,589 --> 00:39:21,520
so

972
00:39:26,470 --> 00:39:23,599
when one is awakened

973
00:39:30,069 --> 00:39:26,480
you the discovery becomes the way we

974
00:39:32,390 --> 00:39:30,079
live our life we're having discoveries

975
00:39:34,550 --> 00:39:32,400
all the time and discover about what i

976
00:39:36,950 --> 00:39:34,560
am what is life what is it how a thing

977
00:39:39,030 --> 00:39:36,960
can be done in a way that makes it more

978
00:39:42,630 --> 00:39:39,040
real more total

979
00:39:45,589 --> 00:39:42,640
and it's wonderful way to live

980
00:39:48,710 --> 00:39:45,599
you see it brings in more dimensions to

981
00:39:50,870 --> 00:39:48,720
exist to life so definitely i wish it

982
00:39:53,109 --> 00:39:50,880
for people but i'm not think everybody

983
00:39:55,510 --> 00:39:53,119
should i mean it's up to the people

984
00:39:58,870 --> 00:39:55,520
themselves what happens inside them

985
00:40:01,829 --> 00:39:58,880
i don't for because of that in my school

986
00:40:03,190 --> 00:40:01,839
i don't go i'll try to get students

987
00:40:07,589 --> 00:40:03,200
i don't

988
00:40:08,630 --> 00:40:07,599

it's ridiculous for me to do that it's

989
00:40:10,550 --> 00:40:08,640
more like

990
00:40:12,150 --> 00:40:10,560
i just

991
00:40:14,309 --> 00:40:12,160
hear and i make

992
00:40:15,670 --> 00:40:14,319
something

993
00:40:17,910 --> 00:40:15,680
a point in

994
00:40:18,950 --> 00:40:17,920
showing that i'm here and that's what i

995
00:40:21,510 --> 00:40:18,960
do

996
00:40:22,710 --> 00:40:21,520
and who's interested will will come you

997
00:40:24,470 --> 00:40:22,720
see

998
00:40:26,790 --> 00:40:24,480
and they can learn

999
00:40:30,150 --> 00:40:26,800
what i can teach

1000
00:40:33,910 --> 00:40:32,870
so although i wish it for a human being

1001
00:40:35,670 --> 00:40:33,920
to be

1002
00:40:37,030 --> 00:40:35,680
more themself

1003
00:40:38,950 --> 00:40:37,040
more complete for everybody for

1004
00:40:41,190 --> 00:40:38,960
everybody wishes forever making me it

1005
00:40:43,750 --> 00:40:41,200
wouldn't mean they'll be happier deeper

1006
00:40:45,030 --> 00:40:43,760
more fulfilled that's what it means

1007
00:40:48,790 --> 00:40:45,040
you see

1008
00:40:51,349 --> 00:40:48,800
but do i say that everybody should

1009
00:40:53,270 --> 00:40:51,359
well some people are just that's not

1010
00:40:54,069 --> 00:40:53,280
what's happening in their life

1011
00:40:56,550 --> 00:40:54,079
they're

1012
00:40:58,550 --> 00:40:56,560
busy getting married or having kids or

1013
00:40:59,829 --> 00:40:58,560

something like that who am i to say no

1014
00:41:02,309 --> 00:40:59,839
you should

1015
00:41:04,390 --> 00:41:02,319
come here focus then meditate first you

1016
00:41:07,030 --> 00:41:04,400
know

1017
00:41:09,589 --> 00:41:07,040
standing this twin concept of we should

1018
00:41:12,309 --> 00:41:09,599
value this or sorry forget about

1019
00:41:13,750 --> 00:41:12,319
this is more valuable this approach of

1020
00:41:15,990 --> 00:41:13,760
being enlightened or realizing or

1021
00:41:18,390 --> 00:41:16,000
awakening and so on and of course and

1022
00:41:20,150 --> 00:41:18,400
being wise is more valuable but on the

1023
00:41:22,150 --> 00:41:20,160
other hand we should not or we don't

1024
00:41:24,150 --> 00:41:22,160
want to talk about should and i from my

1025
00:41:26,790 --> 00:41:24,160
cursory examination of the more eastern

1026
00:41:28,390 --> 00:41:26,800
practices it's as if they have a phobia

1027
00:41:30,069 --> 00:41:28,400
they're afraid of saying should they

1028
00:41:32,390 --> 00:41:30,079
don't want to talk about should but they

1029
00:41:34,069 --> 00:41:32,400
can talk about value and i don't to me

1030
00:41:36,870 --> 00:41:34,079
those two are tied so can you help

1031
00:41:39,670 --> 00:41:36,880
disentangle them

1032
00:41:42,230 --> 00:41:39,680
no i think most path most pressure path

1033
00:41:44,710 --> 00:41:42,240
they do have a shirt there's not they

1034
00:41:46,710 --> 00:41:44,720
don't say it as i should but they say

1035
00:41:48,470 --> 00:41:46,720
they advise people yes

1036
00:41:50,550 --> 00:41:48,480
you should you know that'll be a good

1037
00:41:51,270 --> 00:41:50,560
thing for you to do

1038
00:41:52,950 --> 00:41:51,280

but

1039
00:41:54,790 --> 00:41:52,960
usually a

1040
00:41:56,230 --> 00:41:54,800
really wise

1041
00:41:59,109 --> 00:41:56,240
teacher

1042
00:42:00,790 --> 00:41:59,119
will see when they meet people who is it

1043
00:42:04,470 --> 00:42:00,800
who it is

1044
00:42:07,270 --> 00:42:04,480
their time to learn that who isn't

1045
00:42:09,589 --> 00:42:07,280
because it's it has to do with timing it

1046
00:42:11,190 --> 00:42:09,599
has to do with circumstances

1047
00:42:13,750 --> 00:42:11,200
so

1048
00:42:15,910 --> 00:42:13,760
although it is

1049
00:42:18,069 --> 00:42:15,920
valuable but

1050
00:42:20,309 --> 00:42:18,079
the first thing has to come first people

1051
00:42:22,710 --> 00:42:20,319
have to establish a life

1052
00:42:24,870 --> 00:42:22,720
that's the hindu model as you know first

1053
00:42:27,829 --> 00:42:24,880
you become a householder you're married

1054
00:42:30,950 --> 00:42:27,839
and then you go and find the teacher

1055
00:42:32,710 --> 00:42:30,960
that's how they've done that you see

1056
00:42:35,589 --> 00:42:32,720
and not all of them because go and find

1057
00:42:39,030 --> 00:42:37,430
yes this i've heard you mentioned and i

1058
00:42:41,190 --> 00:42:39,040
happen to like it you mentioned in one

1059
00:42:42,550 --> 00:42:41,200
of your talks that most spiritual

1060
00:42:44,550 --> 00:42:42,560
teachers for lack of a better word

1061
00:42:45,589 --> 00:42:44,560
emphasize awakening and then you said

1062
00:42:47,270 --> 00:42:45,599
well what are you talking about most

1063
00:42:48,550 --> 00:42:47,280

people should feel compassion and love

1064
00:42:50,630 --> 00:42:48,560
and security

1065
00:42:52,950 --> 00:42:50,640
and to me this is an important point

1066
00:42:54,950 --> 00:42:52,960
it's one that i mentioned on not me this

1067
00:42:57,349 --> 00:42:54,960
but it's one that came up on a previous

1068
00:42:59,270 --> 00:42:57,359
episode with carl fristen and you seem

1069
00:43:01,030 --> 00:42:59,280
to be one of the teachers that i see

1070
00:43:02,150 --> 00:43:01,040
emphasize this or at least bring it up

1071
00:43:04,230 --> 00:43:02,160
though you don't call it this but this

1072
00:43:05,910 --> 00:43:04,240
notion of path dependence in physics

1073
00:43:07,589 --> 00:43:05,920
which is that it's not about this

1074
00:43:09,030 --> 00:43:07,599
destination the destination also depends

1075
00:43:10,230 --> 00:43:09,040
on where you are and then how you're

1076
00:43:12,150 --> 00:43:10,240
going to get to it in the condition of

1077
00:43:14,150 --> 00:43:12,160
the world so to make a blanket statement

1078
00:43:15,990 --> 00:43:14,160
and say one should be enlightened and so

1079
00:43:17,430 --> 00:43:16,000
on and i see this perhaps you do too

1080
00:43:19,190 --> 00:43:17,440
maybe you don't but i see this in

1081
00:43:20,870 --> 00:43:19,200
different comment sections of different

1082
00:43:23,190 --> 00:43:20,880
videos and online

1083
00:43:25,750 --> 00:43:23,200
with people saying you're already lost

1084
00:43:27,750 --> 00:43:25,760
if you are in the scientific mindset

1085
00:43:30,230 --> 00:43:27,760
you've already lost or you will never

1086
00:43:32,069 --> 00:43:30,240
realize x until you follow some path

1087
00:43:33,670 --> 00:43:32,079
that i'm telling you and

1088
00:43:34,950 --> 00:43:33,680

when i read that

1089
00:43:36,790 --> 00:43:34,960
it's not as if it's directed to me i'm

1090
00:43:38,230 --> 00:43:36,800
seeing it on other sites but when i read

1091
00:43:40,790 --> 00:43:38,240
that i see that as

1092
00:43:42,790 --> 00:43:40,800
a spiritual form of

1093
00:43:45,030 --> 00:43:42,800
it's like spiritual superciliousness or

1094
00:43:47,670 --> 00:43:45,040
arrogance where they and it also puts

1095
00:43:48,550 --> 00:43:47,680
undue pressure on people

1096
00:43:52,950 --> 00:43:48,560
to

1097
00:43:54,390 --> 00:43:52,960
perhaps perhaps one should accept

1098
00:43:56,630 --> 00:43:54,400
the the position

1099
00:43:59,270 --> 00:43:56,640
other people are and

1100
00:44:01,589 --> 00:43:59,280
i i think you i agree with you currently

1101
00:44:03,109 --> 00:44:01,599
but i think

1102
00:44:04,870 --> 00:44:03,119
some of those stories are taken out of

1103
00:44:06,550 --> 00:44:04,880
context

1104
00:44:08,550 --> 00:44:06,560
meaning

1105
00:44:09,510 --> 00:44:08,560
saying you're lost

1106
00:44:11,270 --> 00:44:09,520
and

1107
00:44:14,710 --> 00:44:11,280
you're not getting it

1108
00:44:16,630 --> 00:44:14,720
it is a methodology methodology it is

1109
00:44:18,309 --> 00:44:16,640
when a teacher tongue to a student

1110
00:44:20,390 --> 00:44:18,319
interacts with a student

1111
00:44:23,270 --> 00:44:20,400
to have an impact on them in a certain

1112
00:44:26,710 --> 00:44:23,280
way sometimes you have to say that

1113
00:44:28,550 --> 00:44:26,720

but not for everybody

1114
00:44:30,630 --> 00:44:28,560
you see it's not i wouldn't say that

1115
00:44:32,790 --> 00:44:30,640
about somebody who's not my student none

1116
00:44:35,750 --> 00:44:32,800
of my business i don't know

1117
00:44:37,750 --> 00:44:35,760
obviously but if one of my students is

1118
00:44:40,470 --> 00:44:37,760
sort of says come to me and say i want

1119
00:44:42,790 --> 00:44:40,480
to learn this but then they don't do it

1120
00:44:45,589 --> 00:44:42,800
they do something else or they go off on

1121
00:44:47,109 --> 00:44:45,599
some kind of tangent i would tell them

1122
00:44:49,190 --> 00:44:47,119
you see you know you're lost you don't

1123
00:44:51,750 --> 00:44:49,200
know what you're doing

1124
00:44:53,670 --> 00:44:51,760
you're wasting your life you see

1125
00:44:54,870 --> 00:44:53,680
and that would make an impact and make

1126
00:44:56,150 --> 00:44:54,880
them then

1127
00:44:59,270 --> 00:44:56,160
recommit

1128
00:45:01,109 --> 00:44:59,280
to that what they said they wanted

1129
00:45:03,030 --> 00:45:01,119
i see the way that you're describing it

1130
00:45:05,349 --> 00:45:03,040
is much more compassionate loving

1131
00:45:06,950 --> 00:45:05,359
amiable approach than some of what i see

1132
00:45:09,030 --> 00:45:06,960
and i'm not and you're not this i'm just

1133
00:45:10,550 --> 00:45:09,040
saying that this is some of what i see

1134
00:45:12,150 --> 00:45:10,560
with people adamantly claiming it

1135
00:45:13,750 --> 00:45:12,160
exclamation points as if they're

1136
00:45:15,750 --> 00:45:13,760
fearfully commenting about how one

1137
00:45:17,910 --> 00:45:15,760
should never feel fear and there's a bit

1138
00:45:20,230 --> 00:45:17,920

of derision in it too there's a bit of

1139
00:45:22,470 --> 00:45:20,240
yeah oh look at you you little oh little

1140
00:45:24,150 --> 00:45:22,480
one you have no idea and i'm the one

1141
00:45:26,150 --> 00:45:24,160
that understands this and if you only

1142
00:45:27,990 --> 00:45:26,160
could see it from my point of view

1143
00:45:29,750 --> 00:45:28,000
there's a bit of condescension in that i

1144
00:45:32,870 --> 00:45:29,760
don't think i don't think the buddha

1145
00:45:34,790 --> 00:45:32,880
would have talked like that

1146
00:45:37,109 --> 00:45:34,800
you know but i agree with you there are

1147
00:45:37,990 --> 00:45:37,119
people who talk like that but that's

1148
00:45:40,390 --> 00:45:38,000
you see

1149
00:45:43,109 --> 00:45:40,400
to be spiritually realized you're

1150
00:45:44,150 --> 00:45:43,119
naturally compassionate and

1151
00:45:46,150 --> 00:45:44,160
loving

1152
00:45:48,950 --> 00:45:46,160
and compassion and

1153
00:45:50,790 --> 00:45:48,960
includes atonement

1154
00:45:52,550 --> 00:45:50,800
appropriateness

1155
00:45:55,109 --> 00:45:52,560
can you expound another attunement i

1156
00:45:58,309 --> 00:45:55,119
mean attunement means

1157
00:46:00,710 --> 00:45:58,319
i relate to a human being depending on

1158
00:46:02,630 --> 00:46:00,720
who and where they are what they are

1159
00:46:05,109 --> 00:46:02,640
what they're into what their interests

1160
00:46:07,750 --> 00:46:05,119
with their orientation i'm not you know

1161
00:46:10,630 --> 00:46:07,760
i'm attuned to it and i speak to that i

1162
00:46:13,589 --> 00:46:10,640
i don't just lay on my

1163
00:46:14,790 --> 00:46:13,599

value system on them

1164
00:46:16,950 --> 00:46:14,800
and that

1165
00:46:17,990 --> 00:46:16,960
if somebody doesn't express themselves

1166
00:46:21,589 --> 00:46:18,000
that way

1167
00:46:22,630 --> 00:46:21,599
i will question their realization

1168
00:46:24,309 --> 00:46:22,640
great this is something that i've

1169
00:46:26,230 --> 00:46:24,319
wondered too because it's difficult for

1170
00:46:29,270 --> 00:46:26,240
me as someone who's being introduced to

1171
00:46:31,030 --> 00:46:29,280
this in many ways to discern who is

1172
00:46:33,190 --> 00:46:31,040
enlightened from who is not and what

1173
00:46:35,349 --> 00:46:33,200
that word means and one of the rules of

1174
00:46:36,550 --> 00:46:35,359
thumb or the litmus tests that i use i

1175
00:46:37,829 --> 00:46:36,560
encourage people to send me their

1176
00:46:38,950 --> 00:46:37,839
theories of everything that's the name

1177
00:46:39,750 --> 00:46:38,960
of the channel

1178
00:46:41,270 --> 00:46:39,760
and

1179
00:46:43,510 --> 00:46:41,280
one of the reasons is i don't know what

1180
00:46:45,510 --> 00:46:43,520
is true so let me see even what is

1181
00:46:46,790 --> 00:46:45,520
ordinarily considered to be fringe or

1182
00:46:48,390 --> 00:46:46,800
woo

1183
00:46:50,390 --> 00:46:48,400
perhaps it's not because today's science

1184
00:46:52,710 --> 00:46:50,400
was 100 years ago

1185
00:46:54,309 --> 00:46:52,720
and so on though i see sometimes people

1186
00:46:55,829 --> 00:46:54,319
they're not as humble and tentative as i

1187
00:46:58,230 --> 00:46:55,839
believe that they should be when they're

1188
00:47:00,230 --> 00:46:58,240

presenting their toe for example their

1189
00:47:01,589 --> 00:47:00,240
their spiritual theory of everything you

1190
00:47:04,470 --> 00:47:01,599
see yeah

1191
00:47:06,470 --> 00:47:04,480
the way i understand spiritualization

1192
00:47:07,910 --> 00:47:06,480
the spiritual realization if somebody

1193
00:47:10,710 --> 00:47:07,920
has realized

1194
00:47:12,710 --> 00:47:10,720
their expression in the world

1195
00:47:14,390 --> 00:47:12,720
should come through what's called the

1196
00:47:16,470 --> 00:47:14,400
virtues

1197
00:47:19,030 --> 00:47:16,480
the you know the ending grounding

1198
00:47:20,710 --> 00:47:19,040
which is like humility

1199
00:47:22,150 --> 00:47:20,720
serenity

1200
00:47:22,829 --> 00:47:22,160
courage

1201
00:47:24,870 --> 00:47:22,839
you

1202
00:47:26,230 --> 00:47:24,880
know um

1203
00:47:27,430 --> 00:47:26,240
love

1204
00:47:29,349 --> 00:47:27,440
things like that

1205
00:47:31,430 --> 00:47:29,359
if somebody doesn't express themselves

1206
00:47:34,549 --> 00:47:31,440
that way what are they expressing you

1207
00:47:36,069 --> 00:47:34,559
know so then is that okay when i am

1208
00:47:37,750 --> 00:47:36,079
trying to make a quick assessment

1209
00:47:39,109 --> 00:47:37,760
because there are probably 1 000

1210
00:47:40,630 --> 00:47:39,119
theories of everything and it's

1211
00:47:42,549 --> 00:47:40,640
difficult when each person is putting up

1212
00:47:44,549 --> 00:47:42,559
their hand saying i have the toe you

1213
00:47:46,950 --> 00:47:44,559

have no idea i have the you don't

1214
00:47:48,790 --> 00:47:46,960
understand i can't even be wrong is one

1215
00:47:51,589 --> 00:47:48,800
of the ways that i could perform a

1216
00:47:53,510 --> 00:47:51,599
cursory yes or no to investigate further

1217
00:47:56,230 --> 00:47:53,520
is if are they being inimical and

1218
00:47:58,390 --> 00:47:56,240
boisterous and pushing it and if so

1219
00:48:00,470 --> 00:47:58,400
perhaps that's that implies a bit of

1220
00:48:01,990 --> 00:48:00,480
attachment and fear and maybe they lack

1221
00:48:04,950 --> 00:48:02,000
an understanding of how to come across

1222
00:48:06,390 --> 00:48:04,960
lovingly if one has to thrust one's toe

1223
00:48:08,390 --> 00:48:06,400
then

1224
00:48:10,870 --> 00:48:08,400
it's it's a different stage you see we

1225
00:48:13,670 --> 00:48:10,880
haven't gone to all the stages yet there

1226
00:48:17,030 --> 00:48:13,680
is a realization after realization there

1227
00:48:20,790 --> 00:48:17,040
is what i call actualization

1228
00:48:23,349 --> 00:48:20,800
actualization is what you ends up being

1229
00:48:25,430 --> 00:48:23,359
in wisdom actualization mean you live

1230
00:48:27,750 --> 00:48:25,440
what you realized you don't just

1231
00:48:30,309 --> 00:48:27,760
experience it

1232
00:48:32,470 --> 00:48:30,319
that is another stage of development it

1233
00:48:35,109 --> 00:48:32,480
doesn't automatically happen through

1234
00:48:36,309 --> 00:48:35,119
awakening and realization

1235
00:48:38,069 --> 00:48:36,319
earlier when we were talking about

1236
00:48:39,829 --> 00:48:38,079
wisdom i would have equated wisdom and

1237
00:48:41,510 --> 00:48:39,839
that definition of actualization so are

1238
00:48:44,710 --> 00:48:41,520

those two different in your mind

1239
00:48:45,990 --> 00:48:44,720
yeah i i agree with you they are similar

1240
00:48:47,910 --> 00:48:46,000
thing yes

1241
00:48:49,750 --> 00:48:47,920
and so that's interesting because to me

1242
00:48:51,750 --> 00:48:49,760
i've seen wise people who wouldn't claim

1243
00:48:54,150 --> 00:48:51,760
to have any of these insights so that

1244
00:48:56,069 --> 00:48:54,160
means that one can be wise without being

1245
00:48:57,829 --> 00:48:56,079
realized and one could be realized

1246
00:48:59,990 --> 00:48:57,839
without being wise and at least for me

1247
00:49:02,870 --> 00:49:00,000
as this creature who's still perhaps

1248
00:49:04,870 --> 00:49:02,880
asleep i tend to prefer the wise i tend

1249
00:49:06,549 --> 00:49:04,880
to prefer the wise just because the wise

1250
00:49:08,710 --> 00:49:06,559
they're more loving i heed their message

1251
00:49:10,549 --> 00:49:08,720
you seem extremely wise and i don't know

1252
00:49:13,109 --> 00:49:10,559
am i wrong to prefer that or should

1253
00:49:14,710 --> 00:49:13,119
i have no preference with regard to this

1254
00:49:16,390 --> 00:49:14,720
it's just it's so difficult for me to

1255
00:49:19,109 --> 00:49:16,400
tell which messages are correct the

1256
00:49:22,309 --> 00:49:19,119
dalai lama to me exudes compassion and

1257
00:49:24,630 --> 00:49:22,319
serenity yes and he is humble too

1258
00:49:26,710 --> 00:49:24,640
right saying i'm still practicing i'm

1259
00:49:28,829 --> 00:49:26,720
still learning

1260
00:49:30,470 --> 00:49:28,839
yes he's not commenting with

1261
00:49:31,910 --> 00:49:30,480
yeah within a moderate use of

1262
00:49:33,109 --> 00:49:31,920
capitalization

1263
00:49:37,510 --> 00:49:33,119

you know

1264
00:49:40,390 --> 00:49:37,520
that's that's the real wisdom

1265
00:49:41,589 --> 00:49:40,400
that's why i like roger penrose

1266
00:49:43,270 --> 00:49:41,599
you like

1267
00:49:44,230 --> 00:49:43,280
you know i like it right

1268
00:49:46,390 --> 00:49:44,240
because

1269
00:49:47,270 --> 00:49:46,400
his relationship to his theories is like

1270
00:49:49,670 --> 00:49:47,280
that

1271
00:49:51,430 --> 00:49:49,680
like his he talked about his theory of

1272
00:49:53,990 --> 00:49:51,440
consciousness as you know

1273
00:49:56,309 --> 00:49:54,000
he has his theory of consciousness with

1274
00:49:58,390 --> 00:49:56,319
that he has developed other microtubules

1275
00:50:00,710 --> 00:49:58,400
and all that but then

1276
00:50:02,790 --> 00:50:00,720
he says well

1277
00:50:05,670 --> 00:50:02,800
will you say that this read the truth

1278
00:50:07,190 --> 00:50:05,680
he'll say well no i think we are

1279
00:50:09,670 --> 00:50:07,200
very far away from knowing what

1280
00:50:11,430 --> 00:50:09,680
consciousness is

1281
00:50:14,470 --> 00:50:11,440
so he sees it as

1282
00:50:16,790 --> 00:50:14,480
his contribution toward going that way

1283
00:50:18,150 --> 00:50:16,800
he doesn't see that's it while many

1284
00:50:20,150 --> 00:50:18,160
other people have fear of consciousness

1285
00:50:23,349 --> 00:50:20,160
they think that's it

1286
00:50:24,829 --> 00:50:23,359
i remember meeting you know one time

1287
00:50:28,069 --> 00:50:24,839
with several

1288
00:50:29,829 --> 00:50:28,079

scientists and neuroscientists who each

1289
00:50:33,030 --> 00:50:29,839
one has their theory of consciousness

1290
00:50:36,309 --> 00:50:33,040
one of the major fears of consciousness

1291
00:50:38,230 --> 00:50:36,319
and we had you know we had some kind of

1292
00:50:41,349 --> 00:50:38,240
confidence whatever but at some point we

1293
00:50:43,990 --> 00:50:41,359
met privately and we were trying to say

1294
00:50:45,990 --> 00:50:44,000
how we're going to communicate those

1295
00:50:49,190 --> 00:50:46,000
field consciousness and make them more

1296
00:50:52,230 --> 00:50:49,200
accept acceptable to a

1297
00:50:54,950 --> 00:50:52,240
larger scientific community

1298
00:50:56,150 --> 00:50:54,960
and i remember discussing it with them

1299
00:51:09,430 --> 00:50:56,160
and

1300
00:51:12,309 --> 00:51:09,440
the scientific community because it's a

1301
00:51:13,829 --> 00:51:12,319
consensus kind of science where we have

1302
00:51:14,630 --> 00:51:13,839
and

1303
00:51:19,510 --> 00:51:14,640
you

1304
00:51:21,510 --> 00:51:19,520
give a big theory with all kind of

1305
00:51:23,109 --> 00:51:21,520
assumptions and all kind of unknown

1306
00:51:26,150 --> 00:51:23,119
thing and expect the scientific

1307
00:51:28,630 --> 00:51:26,160
community to adopt it easily i said why

1308
00:51:29,829 --> 00:51:28,640
not just give little thing at a time you

1309
00:51:32,790 --> 00:51:29,839
know

1310
00:51:34,870 --> 00:51:32,800
put one thing in a small thing and

1311
00:51:37,589 --> 00:51:34,880
see how people respond if it is more

1312
00:51:39,510 --> 00:51:37,599
accepted then you can add more

1313
00:51:43,829 --> 00:51:39,520

they all refused

1314
00:51:47,589 --> 00:51:43,839
they said no i want to put out my theory

1315
00:51:49,430 --> 00:51:47,599
everybody wanted their theory to be it

1316
00:51:51,990 --> 00:51:49,440
because

1317
00:51:54,390 --> 00:51:52,000
so part of it is hobros part of what i

1318
00:51:56,790 --> 00:51:54,400
think is sort of arrogance as you say

1319
00:51:59,109 --> 00:51:56,800
but part was apparently human nature

1320
00:51:59,990 --> 00:51:59,119
partly is like i want to be right you

1321
00:52:02,549 --> 00:52:00,000
know

1322
00:52:04,630 --> 00:52:02,559
each one is convinced that they're right

1323
00:52:07,190 --> 00:52:04,640
that's why i say i like project patrol

1324
00:52:12,309 --> 00:52:07,200
he's not convinced he's right

1325
00:52:18,630 --> 00:52:14,630
many of the others don't believe that

1326
00:52:21,270 --> 00:52:20,230
i want to tell you about an experience i

1327
00:52:21,990 --> 00:52:21,280
had

1328
00:52:25,670 --> 00:52:22,000
so

1329
00:52:27,589 --> 00:52:25,680
won't include this in the in the final

1330
00:52:28,470 --> 00:52:27,599
so i'll try and be quick but some people

1331
00:52:30,309 --> 00:52:28,480
say

1332
00:52:31,750 --> 00:52:30,319
don't be so be open-minded but not also

1333
00:52:33,670 --> 00:52:31,760
open-minded that your head falls out i

1334
00:52:35,109 --> 00:52:33,680
don't like that phrase because to me i

1335
00:52:37,190 --> 00:52:35,119
like being

1336
00:52:38,309 --> 00:52:37,200
because to me the phrase so open-minded

1337
00:52:40,150 --> 00:52:38,319
that your head falls out means that

1338
00:52:42,150 --> 00:52:40,160

they've already placed a limit and if

1339
00:52:44,950 --> 00:52:42,160
i'm investigating this whole field and i

1340
00:52:47,270 --> 00:52:44,960
don't know what's true i can't already

1341
00:52:48,950 --> 00:52:47,280
say no to this i have to investigate it

1342
00:52:50,950 --> 00:52:48,960
and give it its due

1343
00:52:53,430 --> 00:52:50,960
so i tend to take

1344
00:52:54,950 --> 00:52:53,440
i i think i tend to take on these

1345
00:52:56,470 --> 00:52:54,960
theories of everything a bit too

1346
00:52:58,549 --> 00:52:56,480
seriously and i would have never said

1347
00:53:00,230 --> 00:52:58,559
that before i would have said

1348
00:53:01,510 --> 00:53:00,240
so here's an example when i was

1349
00:53:04,069 --> 00:53:01,520
interviewing someone named thomas

1350
00:53:06,790 --> 00:53:04,079
campbell who has my big toe

1351
00:53:09,829 --> 00:53:06,800
he in his book which firstly it's a

1352
00:53:11,349 --> 00:53:09,839
it's like three bibles his one book

1353
00:53:12,790 --> 00:53:11,359
so i was like okay let me read all of

1354
00:53:14,309 --> 00:53:12,800
that let me give it its due it's called

1355
00:53:15,990 --> 00:53:14,319
toe it's called my big toe and then

1356
00:53:17,510 --> 00:53:16,000
second he said you need to meditate for

1357
00:53:18,710 --> 00:53:17,520
at least three months in order to fully

1358
00:53:19,829 --> 00:53:18,720
get this so i'm like okay before i

1359
00:53:21,430 --> 00:53:19,839
interview i'm going to meditate i'm

1360
00:53:22,069 --> 00:53:21,440
going to try this

1361
00:53:27,270 --> 00:53:22,079
and

1362
00:53:30,069 --> 00:53:27,280
however

1363
00:53:31,510 --> 00:53:30,079

about three or so weeks ago i had

1364
00:53:33,109 --> 00:53:31,520
i had an experience that was probably

1365
00:53:34,870 --> 00:53:33,119
the most terrifying experience of my

1366
00:53:36,309 --> 00:53:34,880
entire life the more more terrifying and

1367
00:53:37,589 --> 00:53:36,319
i've had some terrifying experiences

1368
00:53:38,390 --> 00:53:37,599
before

1369
00:54:11,510 --> 00:53:38,400
i

1370
00:54:13,270 --> 00:54:11,520
some of what you say

1371
00:54:15,510 --> 00:54:13,280
triggers me some of what anyone in the

1372
00:54:17,109 --> 00:54:15,520
spiritual teaching say trigger me right

1373
00:54:19,190 --> 00:54:17,119
now because i'm hypersensitive from that

1374
00:54:23,589 --> 00:54:19,200
moment it's almost like ptsd it's so

1375
00:54:24,470 --> 00:54:23,599
it's too recent and it was so terrifying

1376
00:54:26,870 --> 00:54:24,480
that

1377
00:54:28,470 --> 00:54:26,880
it was so absolutely terrifying to call

1378
00:54:29,990 --> 00:54:28,480
it a panic attack would be like i would

1379
00:54:32,069 --> 00:54:30,000
have prayed for five panic attacks

1380
00:54:34,549 --> 00:54:32,079
rather than that i see

1381
00:54:37,349 --> 00:54:34,559
that's how you call it terrifying yeah

1382
00:54:38,710 --> 00:54:37,359
yeah yeah absolutely and i remember

1383
00:54:41,510 --> 00:54:38,720
so this is the part that i may take out

1384
00:54:43,190 --> 00:54:41,520
so whoever ever is editing this yeah

1385
00:54:45,349 --> 00:54:43,200
contact me and then i'll tell you what

1386
00:54:48,549 --> 00:54:45,359
to keep in it what to keep out i

1387
00:54:49,589 --> 00:54:48,559
i i'm i'm extremely open to god and i

1388
00:54:51,190 --> 00:54:49,599

would have never said that before

1389
00:54:53,910 --> 00:54:51,200
because i'm atheistic until about two

1390
00:54:56,230 --> 00:54:53,920
years ago or three years ago

1391
00:54:58,230 --> 00:54:56,240
however that was the only time in like i

1392
00:55:00,470 --> 00:54:58,240
was on i felt like i was on the brink of

1393
00:55:02,230 --> 00:55:00,480
insanity that there if i had realized

1394
00:55:03,589 --> 00:55:02,240
that i would be in the mental hospital

1395
00:55:05,589 --> 00:55:03,599
thinking that i have the truth but

1396
00:55:06,870 --> 00:55:05,599
everyone else putting me it was so to

1397
00:55:08,870 --> 00:55:06,880
look at my wife and think is this a

1398
00:55:10,230 --> 00:55:08,880
creation in my head how ungrateful am i

1399
00:55:11,910 --> 00:55:10,240
how selfish am i that i would think that

1400
00:55:13,190 --> 00:55:11,920
how embarrassed am i but at the same

1401
00:55:14,710 --> 00:55:13,200
time that could be real oh my gosh

1402
00:55:16,710 --> 00:55:14,720
looking at her and thinking that she's

1403
00:55:18,630 --> 00:55:16,720
looking at me from her point of view

1404
00:55:21,349 --> 00:55:18,640
behind her eyes like i love my husband

1405
00:55:23,030 --> 00:55:21,359
but then to for her to even think is my

1406
00:55:26,870 --> 00:55:23,040
husband my husband doesn't think i'm

1407
00:55:29,430 --> 00:55:26,880
real what the heck anyway then then

1408
00:55:31,349 --> 00:55:29,440
a commanding voice came to me a command

1409
00:55:32,549 --> 00:55:31,359
commanding commanding voice and i don't

1410
00:55:34,230 --> 00:55:32,559
want to talk about this this is why i

1411
00:55:36,549 --> 00:55:34,240
may want to take this out but and it was

1412
00:55:39,190 --> 00:55:36,559
more certain than any single thing in my

1413
00:55:41,829 --> 00:55:39,200

entire life and it was this commanding

1414
00:55:43,750 --> 00:55:41,839
voice that said kurt i don't even

1415
00:55:45,670 --> 00:55:43,760
remember what it said but part of it was

1416
00:55:48,150 --> 00:55:45,680
kurt you you've developed your thought

1417
00:55:49,670 --> 00:55:48,160
so much you don't you don't think of

1418
00:55:51,430 --> 00:55:49,680
yourself as someone who's analytical

1419
00:55:53,030 --> 00:55:51,440
you're extremely analytical look at what

1420
00:55:55,750 --> 00:55:53,040
this has led you to

1421
00:55:57,829 --> 00:55:55,760
feel more ground yourself in this world

1422
00:55:59,750 --> 00:55:57,839
and that the belief in this world the

1423
00:56:02,150 --> 00:55:59,760
belief in the reality of this world is

1424
00:56:03,510 --> 00:56:02,160
the same as belief in me it's the same

1425
00:56:05,990 --> 00:56:03,520
you don't see how it's the same right

1426
00:56:09,829 --> 00:56:06,000
now and that's fine but it is the same

1427
00:56:12,230 --> 00:56:09,839
so by you even feeling this solipsistic

1428
00:56:14,230 --> 00:56:12,240
experience it's it's almost like a slap

1429
00:56:15,589 --> 00:56:14,240
in the face to me that was the only

1430
00:56:17,829 --> 00:56:15,599
thing that kept me

1431
00:56:19,829 --> 00:56:17,839
grounded was this

1432
00:56:21,030 --> 00:56:19,839
deep profound belief anyway i wanted to

1433
00:56:22,150 --> 00:56:21,040
tell you about that experience i know

1434
00:56:24,150 --> 00:56:22,160
whoever's editing this is gonna have

1435
00:56:25,589 --> 00:56:24,160
such a huge time our time but but can

1436
00:56:27,750 --> 00:56:25,599
you let me know what you think and how

1437
00:56:29,589 --> 00:56:27,760
you would how you approach this

1438
00:56:31,430 --> 00:56:29,599

you know i i remember having similar

1439
00:56:33,109 --> 00:56:31,440
experience to yours

1440
00:56:34,710 --> 00:56:33,119
one time i remember

1441
00:56:36,630 --> 00:56:34,720
some years ago

1442
00:56:39,910 --> 00:56:36,640
i got up

1443
00:56:41,670 --> 00:56:39,920
woke up from sleep woke up my wife was

1444
00:56:44,950 --> 00:56:41,680
leaving with me and told her you know

1445
00:56:48,950 --> 00:56:44,960
you're a figment of my imagination

1446
00:56:53,670 --> 00:56:51,109
i think but that is

1447
00:56:55,829 --> 00:56:53,680
one way of experiencing things which

1448
00:56:56,630 --> 00:56:55,839
we could call a syllabicistic

1449
00:56:57,750 --> 00:56:56,640
but

1450
00:56:59,750 --> 00:56:57,760
you know

1451
00:57:02,870 --> 00:56:59,760
in the morning i i was still

1452
00:57:04,789 --> 00:57:02,880
experiencing that i am everything how i

1453
00:57:06,870 --> 00:57:04,799
i at the same time

1454
00:57:10,309 --> 00:57:06,880
my wife is real

1455
00:57:11,430 --> 00:57:10,319
she has her own experience

1456
00:57:13,510 --> 00:57:11,440
so

1457
00:57:17,349 --> 00:57:13,520
and

1458
00:57:20,069 --> 00:57:17,359
mean i use the

1459
00:57:22,870 --> 00:57:20,079
language of god sometimes divine or god

1460
00:57:24,630 --> 00:57:22,880
and sometimes calls spiritual nature

1461
00:57:27,030 --> 00:57:24,640
true nature which is or the ground the

1462
00:57:28,069 --> 00:57:27,040
spirituality

1463
00:57:29,349 --> 00:57:28,079

um

1464
00:57:31,990 --> 00:57:29,359
but it is

1465
00:57:34,549 --> 00:57:32,000
i think you were into something and you

1466
00:57:35,990 --> 00:57:34,559
call it solipsism but i mean that's

1467
00:57:39,990 --> 00:57:36,000
that's what

1468
00:57:40,950 --> 00:57:40,000
all advaita vedanta is about

1469
00:57:41,750 --> 00:57:40,960
that

1470
00:58:42,230 --> 00:57:41,760
i

1471
00:58:43,990 --> 00:58:42,240
always a terror because you don't know

1472
00:58:45,670 --> 00:58:44,000
what's going to happen your whole world

1473
00:58:47,349 --> 00:58:45,680
is going to disappear

1474
00:58:48,390 --> 00:58:47,359
you don't know what's going to take its

1475
00:58:51,109 --> 00:58:48,400
place

1476
00:58:52,789 --> 00:58:51,119
and and for me for the spiritual path

1477
00:58:53,829 --> 00:58:52,799
for special practice and inquiry

1478
00:58:55,910 --> 00:58:53,839
especially

1479
00:58:57,430 --> 00:58:55,920
is to welcome the terror and understand

1480
00:58:59,510 --> 00:58:57,440
it let it be

1481
00:59:01,990 --> 00:58:59,520
as one natural response to what's

1482
00:59:05,030 --> 00:59:03,270
integrated

1483
00:59:06,230 --> 00:59:05,040
what helped me

1484
00:59:08,789 --> 00:59:06,240
which was the only thing that helped me

1485
00:59:10,870 --> 00:59:08,799
was i was looking up i think that what i

1486
00:59:12,630 --> 00:59:10,880
had was or at least what i started to

1487
00:59:14,549 --> 00:59:12,640
suffer from afterward was obsessive

1488
00:59:15,670 --> 00:59:14,559

thoughts that this was what i would just

1489
00:59:17,190 --> 00:59:15,680
i would look around and i'd be

1490
00:59:19,670 --> 00:59:17,200
de-realized i wouldn't feel like this

1491
00:59:21,190 --> 00:59:19,680
was all real at all and then i looked up

1492
00:59:22,630 --> 00:59:21,200
what does cognitive behavioral therapy

1493
00:59:24,390 --> 00:59:22,640
have to say about this and there's

1494
00:59:27,109 --> 00:59:24,400
something called acceptance therapy

1495
00:59:29,510 --> 00:59:27,119
where you accept the thought rather than

1496
00:59:31,589 --> 00:59:29,520
trying to avoid and run from it however

1497
00:59:33,270 --> 00:59:31,599
acceptance is not the same as allowing

1498
00:59:35,190 --> 00:59:33,280
it to be true it's different and i don't

1499
00:59:37,430 --> 00:59:35,200
know how to articulate the difference

1500
00:59:39,750 --> 00:59:37,440
but it's it's almost like saying okay i

1501
00:59:45,270 --> 00:59:39,760
accept that i may think this and i just

1502
00:59:49,829 --> 00:59:48,230
no i think you you are trying to

1503
00:59:53,750 --> 00:59:49,839
put into words

1504
00:59:56,230 --> 00:59:53,760
something that is not mental

1505
00:59:59,109 --> 00:59:56,240
when you say acceptance i use the word

1506
01:00:00,950 --> 00:59:59,119
acceptance but but really acceptance and

1507
01:00:03,990 --> 01:00:00,960
the spiritual

1508
01:00:06,950 --> 01:00:04,000
as a quality of pure consciousness

1509
01:00:09,109 --> 01:00:06,960
is not saying yes to something

1510
01:00:11,829 --> 01:00:09,119
it is being

1511
01:00:15,430 --> 01:00:11,839
as allowing it to be

1512
01:00:18,710 --> 01:00:15,440
without rejection and without acceptance

1513
01:00:21,910 --> 01:00:18,720

so it's in the non-rejection

1514
01:00:24,069 --> 01:00:21,920
so acceptance acceptance doesn't mean i

1515
01:00:26,870 --> 01:00:24,079
take it on as true and that's it no

1516
01:00:28,789 --> 01:00:26,880
except i mean let it be as it is

1517
01:00:31,589 --> 01:00:28,799
let's find out what it is

1518
01:00:32,789 --> 01:00:31,599
you know and let it show itself

1519
01:00:35,270 --> 01:00:32,799
you see

1520
01:00:39,829 --> 01:00:35,280
i i don't accept and i don't reject what

1521
01:00:43,270 --> 01:00:40,829
and

1522
01:00:44,789 --> 01:00:43,280
that yeah go ahead

1523
01:00:47,990 --> 01:00:44,799
can you tell me about that story about

1524
01:00:48,870 --> 01:00:48,000
the man who had a stash of water

1525
01:00:50,789 --> 01:00:48,880
and

1526
01:00:52,549 --> 01:00:50,799
he felt like the main water source was

1527
01:00:54,950 --> 01:00:52,559
vitiated and so he didn't want to drink

1528
01:00:56,630 --> 01:00:54,960
from it

1529
01:00:57,990 --> 01:00:56,640
can you tell that story and the moral

1530
01:00:59,829 --> 01:00:58,000
behind it

1531
01:01:02,390 --> 01:00:59,839
yeah yeah

1532
01:01:04,549 --> 01:01:02,400
when the waters were changed that's

1533
01:01:05,990 --> 01:01:04,559
what's it called that's a sufi story i

1534
01:01:07,670 --> 01:01:06,000
think i don't know

1535
01:01:12,870 --> 01:01:07,680
it's origin

1536
01:01:12,880 --> 01:01:17,990
what i remember is that a

1537
01:01:31,030 --> 01:01:21,510
man who was living in some kind of a

1538
01:01:35,910 --> 01:01:32,950

and i don't remember

1539
01:01:40,150 --> 01:01:35,920
the part where he realized

1540
01:01:43,510 --> 01:01:41,829
the water is going to be changed once

1541
01:01:46,069 --> 01:01:43,520
you get changed people drink from it

1542
01:01:48,390 --> 01:01:46,079
they'll forget who they are

1543
01:01:49,829 --> 01:01:48,400
so he collected some of the water for

1544
01:01:51,190 --> 01:01:49,839
himself

1545
01:01:52,870 --> 01:01:51,200
you see

1546
01:01:54,630 --> 01:01:52,880
before it changed

1547
01:01:56,950 --> 01:01:54,640
and then people were drinking the water

1548
01:02:02,309 --> 01:01:56,960
they all became sort of forgot who they

1549
01:02:05,029 --> 01:02:03,829
but then you said that the point was

1550
01:02:07,829 --> 01:02:05,039
that

1551
01:02:10,309 --> 01:02:07,839
it was too much for him

1552
01:02:13,109 --> 01:02:10,319
well and then there is the quality yeah

1553
01:02:15,910 --> 01:02:13,119
how how is he going to live by himself

1554
01:02:20,630 --> 01:02:15,920
he he knows reality and everybody else

1555
01:02:22,870 --> 01:02:20,640
or i think reality is something else

1556
01:02:25,109 --> 01:02:22,880
so he chose to drink from the main

1557
01:02:27,029 --> 01:02:25,119
source afterwards uh yeah that's the

1558
01:02:31,270 --> 01:02:27,039
story's either he couldn't handle it the

1559
01:02:35,750 --> 01:02:34,470
see i think this is part of what

1560
01:02:38,150 --> 01:02:35,760
is also

1561
01:02:40,150 --> 01:02:38,160
can be dangerous about some spiritual

1562
01:02:42,069 --> 01:02:40,160
teachings is that there's the social

1563
01:02:43,670 --> 01:02:42,079

pressure that seems unacknowledged

1564
01:02:45,670 --> 01:02:43,680
because we use terms like they couldn't

1565
01:02:46,950 --> 01:02:45,680
handle it and then we culturally have a

1566
01:02:49,190 --> 01:02:46,960
norm that no you should be able to

1567
01:02:50,549 --> 01:02:49,200
handle so-and-so so if you can't handle

1568
01:02:52,390 --> 01:02:50,559
it there's something wrong with you i

1569
01:02:54,309 --> 01:02:52,400
constantly say this that i'm not a truth

1570
01:02:56,549 --> 01:02:54,319
seeker i'm a truth seeker of how much i

1571
01:02:58,870 --> 01:02:56,559
can handle and i'm a coward

1572
01:03:00,470 --> 01:02:58,880
because i'm afraid of what could be true

1573
01:03:02,470 --> 01:03:00,480
but at the same time i used to feel

1574
01:03:04,069 --> 01:03:02,480
extremely bad about that i used to until

1575
01:03:06,309 --> 01:03:04,079
about three weeks ago when i say you

1576
01:03:08,230 --> 01:03:06,319
know what kurt

1577
01:03:10,390 --> 01:03:08,240
that's how you are that's it that's fine

1578
01:03:11,829 --> 01:03:10,400
just accept it i don't think that i'm

1579
01:03:14,150 --> 01:03:11,839
one of those people that's meant to have

1580
01:03:17,029 --> 01:03:14,160
that realization wow i think

1581
01:03:20,069 --> 01:03:17,039
i don't know about that you see i i

1582
01:03:23,190 --> 01:03:20,079
myself see that many people

1583
01:03:24,870 --> 01:03:23,200
will be afraid to see certain truths

1584
01:03:27,270 --> 01:03:24,880
most people will be afraid of seeing

1585
01:03:30,470 --> 01:03:27,280
that it will be terrifying for them

1586
01:03:32,710 --> 01:03:30,480
but i don't think that that doesn't make

1587
01:03:35,510 --> 01:03:32,720
me think i don't want to talk to them i

1588
01:03:37,670 --> 01:03:35,520

don't relate with them as equals and i

1589
01:03:40,150 --> 01:03:37,680
have friends

1590
01:03:41,750 --> 01:03:40,160
i mean many of my friends are

1591
01:03:43,349 --> 01:03:41,760
you know people don't not know me don't

1592
01:03:44,470 --> 01:03:43,359
understand don't know who i am they

1593
01:03:47,990 --> 01:03:44,480
don't see

1594
01:03:52,870 --> 01:03:48,000
me as me the way i know myself it's fine

1595
01:03:52,880 --> 01:03:57,510
and i don't have a judgment of them

1596
01:04:03,510 --> 01:03:58,470
everybody

1597
01:04:06,630 --> 01:04:03,520
let's say a line of evolution for them

1598
01:04:08,630 --> 01:04:06,640
that is sort of part of their destiny

1599
01:04:10,390 --> 01:04:08,640
part of their you know

1600
01:04:14,789 --> 01:04:10,400
well what's

1601
01:04:19,510 --> 01:04:17,270
people are different that way

1602
01:04:22,069 --> 01:04:19,520
so i mean you come back to this whether

1603
01:04:24,069 --> 01:04:22,079
there is a judgment whether there is a

1604
01:04:27,190 --> 01:04:24,079
hierarchy

1605
01:04:32,309 --> 01:04:29,510
and it's true i mean spiritual teaching

1606
01:04:35,029 --> 01:04:32,319
sometimes they do have hierarchy of

1607
01:04:37,510 --> 01:04:35,039
different stages for instance

1608
01:04:39,510 --> 01:04:37,520
in the path but that that is in the path

1609
01:04:42,710 --> 01:04:39,520
itself if you are on the path on the

1610
01:04:44,470 --> 01:04:42,720
spiritual school there are stages

1611
01:04:45,510 --> 01:04:44,480
and some teaching have stages something

1612
01:04:49,349 --> 01:04:45,520
you don't

1613
01:04:52,069 --> 01:04:49,359

but that doesn't mean the wise

1614
01:04:54,549 --> 01:04:52,079
the wise of that school are judging the

1615
01:04:55,589 --> 01:04:54,559
people outside of their school as you

1616
01:04:58,309 --> 01:04:55,599
know

1617
01:05:00,230 --> 01:04:58,319
unless then or anything like that

1618
01:05:02,549 --> 01:05:00,240
i think that i was far too egotistical

1619
01:05:04,390 --> 01:05:02,559
before in my adoption of theories of

1620
01:05:05,589 --> 01:05:04,400
everything by thinking that i could find

1621
01:05:07,109 --> 01:05:05,599
the truth and i could have these

1622
01:05:09,029 --> 01:05:07,119
realizations if they're in fact

1623
01:05:11,270 --> 01:05:09,039
realizations like i would investigate it

1624
01:05:13,910 --> 01:05:11,280
but now i think that my contribution

1625
01:05:16,069 --> 01:05:13,920
is to help others with their journey one

1626
01:05:18,150 --> 01:05:16,079
step rather than taking them all the way

1627
01:05:23,029 --> 01:05:18,160
and taking myself all the way i think

1628
01:05:24,789 --> 01:05:23,039
i've been humbled by this experience so

1629
01:05:26,789 --> 01:05:24,799
humbled in the humiliating sense in the

1630
01:05:30,150 --> 01:05:26,799
hurtful sense but in the salutary sense

1631
01:05:32,230 --> 01:05:30,160
too that i think my role is to not have

1632
01:05:35,029 --> 01:05:32,240
realizations at least right now

1633
01:05:37,349 --> 01:05:35,039
and to perhaps if it's anything positive

1634
01:05:39,270 --> 01:05:37,359
maybe i can help other people with the

1635
01:05:40,870 --> 01:05:39,280
putting on one foot forward you already

1636
01:05:43,990 --> 01:05:40,880
had some you just told me about

1637
01:05:46,630 --> 01:05:44,000
something you experienced you had

1638
01:05:50,870 --> 01:05:46,640

and it just brought fear and the fear is

1639
01:05:54,710 --> 01:05:53,829
if if you metabolize the fear

1640
01:05:55,990 --> 01:05:54,720
then

1641
01:05:57,829 --> 01:05:56,000
you might be able to have that

1642
01:05:59,510 --> 01:05:57,839
experience and have more understanding

1643
01:06:01,990 --> 01:05:59,520
of how it fits

1644
01:06:03,510 --> 01:06:02,000
the rest of your life

1645
01:06:05,510 --> 01:06:03,520
because of time constraints we're now

1646
01:06:08,390 --> 01:06:05,520
jumping directly from audience question

1647
01:06:10,390 --> 01:06:08,400
to audience question john muniz asks

1648
01:06:12,150 --> 01:06:10,400
many spiritual teachers and traditions

1649
01:06:13,910 --> 01:06:12,160
have disparaged the role of intellectual

1650
01:06:16,789 --> 01:06:13,920
development in book learning on the path

1651
01:06:19,029 --> 01:06:16,799
of awakening however this person's a fan

1652
01:06:20,710 --> 01:06:19,039
of yours and says as as you almas you

1653
01:06:22,309 --> 01:06:20,720
try to combine the quest for spiritual

1654
01:06:24,069 --> 01:06:22,319
awakening with the quest for mental

1655
01:06:25,349 --> 01:06:24,079
understanding i look up to you

1656
01:06:27,190 --> 01:06:25,359
since you've managed to integrate those

1657
01:06:29,109 --> 01:06:27,200
two domains can you speak about the

1658
01:06:30,950 --> 01:06:29,119
positive contribution intellectual

1659
01:06:32,710 --> 01:06:30,960
growth can make toward deepening one's

1660
01:06:37,829 --> 01:06:32,720
relationship with reality

1661
01:06:42,069 --> 01:06:40,470
more spiritual teaching actually

1662
01:06:44,829 --> 01:06:42,079
they begin with some kind of

1663
01:06:47,829 --> 01:06:44,839

intellectual understanding

1664
01:06:51,029 --> 01:06:47,839
so just learning what is the view which

1665
01:06:53,430 --> 01:06:51,039
is the perspective of the teaching

1666
01:06:55,349 --> 01:06:53,440
and it is good to have that

1667
01:06:57,430 --> 01:06:55,359
but you don't want to stop with that you

1668
01:06:59,589 --> 01:06:57,440
want to have the experience not just

1669
01:07:01,270 --> 01:06:59,599
until they can understand but you see

1670
01:07:04,710 --> 01:07:01,280
the question of the role of the

1671
01:07:06,150 --> 01:07:04,720
intellect is a very big question

1672
01:07:09,270 --> 01:07:06,160
because

1673
01:07:11,510 --> 01:07:09,280
it's not whether you begin with

1674
01:07:13,270 --> 01:07:11,520
intellectual understanding which many

1675
01:07:14,870 --> 01:07:13,280
teaching

1676
01:07:15,910 --> 01:07:14,880
subscribe to

1677
01:07:18,069 --> 01:07:15,920
it's

1678
01:07:20,950 --> 01:07:18,079
some teaching they think

1679
01:07:23,510 --> 01:07:20,960
the mind is a problem at some point

1680
01:07:25,589 --> 01:07:23,520
that you need to drop the mind

1681
01:07:26,829 --> 01:07:25,599
because what you want is a direct

1682
01:07:29,910 --> 01:07:26,839
immediate

1683
01:07:33,349 --> 01:07:29,920
experience that is not

1684
01:07:36,630 --> 01:07:33,359
constrained by the concept of the mind

1685
01:07:38,630 --> 01:07:36,640
and and i think that is true

1686
01:07:42,390 --> 01:07:38,640
however

1687
01:07:44,549 --> 01:07:42,400
the mind can develop too

1688
01:07:47,430 --> 01:07:44,559

the mind is not just one level

1689
01:07:49,750 --> 01:07:47,440
you see it's not in the intellect you

1690
01:07:51,750 --> 01:07:49,760
know i i remember reading the greek

1691
01:07:53,109 --> 01:07:51,760
philosophy you know some of the greek

1692
01:07:57,270 --> 01:07:53,119
philosophers like

1693
01:08:00,150 --> 01:07:57,280
neoplatonist they had 11 love levels for

1694
01:08:04,390 --> 01:08:01,829
11. no i didn't know that

1695
01:08:05,270 --> 01:08:04,400
yeah the other one in the process i

1696
01:08:06,549 --> 01:08:05,280
think

1697
01:08:08,710 --> 01:08:06,559
you know

1698
01:08:11,349 --> 01:08:08,720
what are some of these levels

1699
01:08:13,270 --> 01:08:11,359
well like the usual mind that we usual

1700
01:08:15,349 --> 01:08:13,280
intellect we have that we use for

1701
01:08:19,189 --> 01:08:15,359
reasoning or whatever and there is

1702
01:08:25,349 --> 01:08:22,630
can have capacity for synthesis

1703
01:08:27,510 --> 01:08:25,359
you know and then another the capacitive

1704
01:08:30,950 --> 01:08:27,520
synthesis that does not depend on

1705
01:08:38,950 --> 01:08:34,149
and then then an intellect that is

1706
01:08:43,189 --> 01:08:41,910
and then there is an intellect that

1707
01:08:44,870 --> 01:08:43,199
where

1708
01:08:47,669 --> 01:08:44,880
true

1709
01:08:49,510 --> 01:08:47,679
intelligence the prototype of

1710
01:08:52,870 --> 01:08:49,520
intelligence the platonic form of

1711
01:08:57,030 --> 01:08:52,880
intelligence pure intelligence of

1712
01:09:00,390 --> 01:08:57,040
spirit flows in the mind

1713
01:09:04,229 --> 01:09:00,400

and so that that kind of intelligence

1714
01:09:05,030 --> 01:09:04,239
usually people say a person is brilliant

1715
01:09:07,430 --> 01:09:05,040
right

1716
01:09:09,430 --> 01:09:07,440
when they say when they're smart

1717
01:09:11,110 --> 01:09:09,440
why do they say that why do they say

1718
01:09:14,870 --> 01:09:11,120
person's brilliant why do they use the

1719
01:09:15,669 --> 01:09:14,880
word project do you ever think about it

1720
01:09:17,510 --> 01:09:15,679
no

1721
01:09:19,510 --> 01:09:17,520
why do they say brilliant

1722
01:09:22,390 --> 01:09:19,520
because pure intelligence

1723
01:09:25,269 --> 01:09:22,400
when you see it with the subtle sense it

1724
01:09:27,669 --> 01:09:25,279
looks like pure brilliance

1725
01:09:29,910 --> 01:09:27,679
like you know the brilliance of light

1726
01:09:33,110 --> 01:09:29,920
it is brilliance without a color just

1727
01:09:35,669 --> 01:09:33,120
pure brilliance and so presence like of

1728
01:09:36,390 --> 01:09:35,679
of a palpable

1729
01:09:37,590 --> 01:09:36,400
uh

1730
01:09:39,030 --> 01:09:37,600
substance

1731
01:09:41,030 --> 01:09:39,040
of brilliance

1732
01:09:42,950 --> 01:09:41,040
and this brilliance when you when when

1733
01:09:44,390 --> 01:09:42,960
your experiences feel like pure

1734
01:09:46,309 --> 01:09:44,400
intelligence

1735
01:09:49,030 --> 01:09:46,319
it can flow through the mind but also

1736
01:09:50,950 --> 01:09:49,040
can flow through the body so we can be

1737
01:09:52,390 --> 01:09:50,960
physically intelligent and brilliant

1738
01:09:54,550 --> 01:09:52,400

could be emotions

1739
01:09:56,709 --> 01:09:54,560
so there's another that's another level

1740
01:09:58,149 --> 01:09:56,719
of intellect where where it is open

1741
01:10:01,110 --> 01:09:58,159
where the

1742
01:10:03,110 --> 01:10:01,120
true intelligence of of spirit

1743
01:10:05,030 --> 01:10:03,120
can

1744
01:10:06,870 --> 01:10:05,040
come through

1745
01:10:10,870 --> 01:10:06,880
the

1746
01:10:13,669 --> 01:10:10,880
understanding

1747
01:10:16,390 --> 01:10:13,679
and i think that's why

1748
01:10:18,870 --> 01:10:16,400
penrose when he talks about

1749
01:10:22,390 --> 01:10:21,110
about the consciousness and what it is

1750
01:10:24,390 --> 01:10:22,400
that is not

1751
01:10:26,630 --> 01:10:24,400
computational whatever

1752
01:10:29,030 --> 01:10:26,640
he uses he he goes to and he said

1753
01:10:30,870 --> 01:10:29,040
understanding cannot be it's not a

1754
01:10:31,830 --> 01:10:30,880
computational thing

1755
01:10:37,910 --> 01:10:31,840
but he

1756
01:10:40,149 --> 01:10:37,920
doesn't exactly know what he knows

1757
01:10:43,510 --> 01:10:40,159
the way i see it in the sense he knows

1758
01:10:45,430 --> 01:10:43,520
it is not commutation it is not analytic

1759
01:10:47,590 --> 01:10:45,440
that understanding is something that

1760
01:10:50,790 --> 01:10:47,600
happens within us

1761
01:10:53,430 --> 01:10:50,800
that brings out a new experience and new

1762
01:10:56,229 --> 01:10:53,440
insights but we don't know

1763
01:10:59,350 --> 01:10:56,239

what did it how it worked

1764
01:11:01,510 --> 01:10:59,360
because in italy because he is i think

1765
01:11:03,510 --> 01:11:01,520
he has that kind of brilliance flowing

1766
01:11:05,430 --> 01:11:03,520
in him he might not see it but

1767
01:11:07,350 --> 01:11:05,440
it is flowing in him

1768
01:11:09,990 --> 01:11:07,360
and and and

1769
01:11:11,590 --> 01:11:10,000
so he said he is a materialist he's not

1770
01:11:13,350 --> 01:11:11,600
mystical whatever

1771
01:11:14,550 --> 01:11:13,360
i think he is

1772
01:11:22,229 --> 01:11:14,560
sort of

1773
01:11:24,229 --> 01:11:22,239
there is that part of him

1774
01:11:26,709 --> 01:11:24,239
something in him because

1775
01:11:29,030 --> 01:11:26,719
by saying that understanding not

1776
01:11:32,870 --> 01:11:29,040
computational is already is a mystical

1777
01:11:38,790 --> 01:11:35,510
because that is a level of intellect

1778
01:11:42,070 --> 01:11:40,470
when you say that he understands but

1779
01:11:44,070 --> 01:11:42,080
without knowing he understands do you

1780
01:11:45,350 --> 01:11:44,080
mean that when he's using in that

1781
01:11:47,110 --> 01:11:45,360
argument that our mind is not

1782
01:11:49,590 --> 01:11:47,120
computational because we understand an

1783
01:11:51,350 --> 01:11:49,600
argument that has some gerdelian

1784
01:11:52,709 --> 01:11:51,360
argument that he uses the word

1785
01:11:54,470 --> 01:11:52,719
understanding but he doesn't understand

1786
01:11:55,350 --> 01:11:54,480
what the word understanding means is

1787
01:11:57,510 --> 01:11:55,360
that what you mean or something

1788
01:11:59,030 --> 01:11:57,520

different no he he doesn't

1789
01:12:01,590 --> 01:11:59,040
no i'm not saying he knows what

1790
01:12:05,270 --> 01:12:01,600
understanding mean he just doesn't know

1791
01:12:08,470 --> 01:12:05,280
why it is not computational

1792
01:12:10,070 --> 01:12:08,480
he he doesn't have the uh

1793
01:12:12,709 --> 01:12:10,080
i mean i don't know what to say he

1794
01:12:13,510 --> 01:12:12,719
doesn't he he sort of has an intuition i

1795
01:12:15,910 --> 01:12:13,520
think

1796
01:12:18,470 --> 01:12:15,920
that i understand he he put three words

1797
01:12:19,110 --> 01:12:18,480
i remember consciousness understanding

1798
01:12:21,270 --> 01:12:19,120
and

1799
01:12:24,229 --> 01:12:21,280
intelligence he said those three are

1800
01:12:27,510 --> 01:12:24,239
related and and all of them are outside

1801
01:12:31,030 --> 01:12:29,030
i was watching one of your talks and you

1802
01:12:33,270 --> 01:12:31,040
were referring to i am that i am which

1803
01:12:35,350 --> 01:12:33,280
is statement from what god was saying

1804
01:12:37,110 --> 01:12:35,360
when asked for his name and then you

1805
01:12:39,590 --> 01:12:37,120
related that to strength knowing

1806
01:12:41,590 --> 01:12:39,600
strength or strength somehow to strength

1807
01:12:42,390 --> 01:12:41,600
do you mind expounding

1808
01:12:44,149 --> 01:12:42,400
well

1809
01:12:45,350 --> 01:12:44,159
i am

1810
01:12:47,430 --> 01:12:45,360
the sense of

1811
01:12:49,270 --> 01:12:47,440
say i am

1812
01:12:51,430 --> 01:12:49,280
which is known by many

1813
01:12:53,830 --> 01:12:51,440

spiritual teachings

1814
01:12:55,990 --> 01:12:53,840
is to know one's

1815
01:12:59,270 --> 01:12:56,000
the presence of one's

1816
01:13:03,270 --> 01:12:59,280
spirit or one's pure consciousness

1817
01:13:06,950 --> 01:13:06,149
which means the ontological

1818
01:13:08,950 --> 01:13:06,960
uh

1819
01:13:13,030 --> 01:13:08,960
dimension of consciousness

1820
01:13:13,990 --> 01:13:13,040
it's ontology not its uh functionality

1821
01:13:15,590 --> 01:13:14,000
you see

1822
01:13:17,910 --> 01:13:15,600
because most people know consciousness

1823
01:13:20,950 --> 01:13:17,920
as a functional thing i'm aware of this

1824
01:13:22,870 --> 01:13:20,960
i see that but what is consciousness

1825
01:13:25,110 --> 01:13:22,880
itself most people don't even think of

1826
01:13:27,030 --> 01:13:25,120
that when you know what consciousness is

1827
01:13:29,990 --> 01:13:27,040
that is its ontology

1828
01:13:32,630 --> 01:13:30,000
and that feels as some kind of presence

1829
01:13:35,750 --> 01:13:32,640
but that then that is i am

1830
01:13:37,590 --> 01:13:35,760
however the i am can appear in with

1831
01:13:41,189 --> 01:13:37,600
different uh

1832
01:13:42,790 --> 01:13:41,199
qualities can appear as pure

1833
01:13:44,229 --> 01:13:42,800
not just a pure

1834
01:13:46,470 --> 01:13:44,239
presence of

1835
01:13:50,870 --> 01:13:46,480
just simply i am

1836
01:13:54,550 --> 01:13:50,880
but i am strength meaning the

1837
01:13:57,750 --> 01:13:54,560
presence can manifest one of its

1838
01:13:59,830 --> 01:13:57,760

possibilities which is pure strength or

1839
01:14:01,910 --> 01:13:59,840
pure

1840
01:14:04,070 --> 01:14:01,920
one of the insights that i had during my

1841
01:14:06,790 --> 01:14:04,080
episode if we can call it that and this

1842
01:14:08,709 --> 01:14:06,800
was being told to me is that if what i'm

1843
01:14:11,110 --> 01:14:08,719
experiencing isn't loving

1844
01:14:13,350 --> 01:14:11,120
isn't somehow life affirming then see

1845
01:14:15,189 --> 01:14:13,360
that as a sign that it's deception

1846
01:14:16,790 --> 01:14:15,199
so move toward what's loving and ground

1847
01:14:17,830 --> 01:14:16,800
myself in other people and talk to them

1848
01:14:19,669 --> 01:14:17,840
and so on

1849
01:14:22,470 --> 01:14:19,679
what do you make of that do you see that

1850
01:14:24,950 --> 01:14:22,480
as having an element of truth

1851
01:14:27,430 --> 01:14:24,960
yeah i think yeah i would say is the

1852
01:14:30,470 --> 01:14:27,440
truth and love tied and if so how

1853
01:14:33,189 --> 01:14:30,480
very much connected because truth is the

1854
01:14:36,390 --> 01:14:33,199
essence of the heart

1855
01:14:39,110 --> 01:14:36,400
and expresses itself as love

1856
01:14:40,550 --> 01:14:39,120
that's my experience of it you see truth

1857
01:14:43,590 --> 01:14:40,560
is the essence of the heart and it

1858
01:14:45,750 --> 01:14:43,600
expresses itself as love so the

1859
01:14:46,790 --> 01:14:45,760
expression of truth is love

1860
01:14:49,510 --> 01:14:46,800
yeah

1861
01:14:51,350 --> 01:14:49,520
so if somebody is not loving

1862
01:14:53,189 --> 01:14:51,360
meaning they're not completely open in

1863
01:14:55,270 --> 01:14:53,199

their heart

1864
01:14:57,189 --> 01:14:55,280
and the truth of who they are is not

1865
01:14:59,510 --> 01:14:57,199
coming through

1866
01:15:00,470 --> 01:14:59,520
you had a phrase about

1867
01:15:02,870 --> 01:15:00,480
that the

1868
01:15:04,310 --> 01:15:02,880
mouth tastes what's material so i'm

1869
01:15:06,310 --> 01:15:04,320
butchering it but the mouth tastes

1870
01:15:07,830 --> 01:15:06,320
what's material and the heart tastes

1871
01:15:08,709 --> 01:15:07,840
what's spiritual

1872
01:15:11,830 --> 01:15:08,719
right

1873
01:15:14,310 --> 01:15:11,840
well that's some teachings like the sufi

1874
01:15:16,550 --> 01:15:14,320
think of a spiritual insight a spiritual

1875
01:15:19,110 --> 01:15:16,560
knowledge as taste

1876
01:15:21,350 --> 01:15:19,120
but it is the taste of the heart

1877
01:15:22,709 --> 01:15:21,360
that the heart is the organ of spiritual

1878
01:15:24,790 --> 01:15:22,719
taste

1879
01:15:28,310 --> 01:15:24,800
so the knowing

1880
01:15:29,910 --> 01:15:28,320
of spiritual matters they think of it as

1881
01:15:32,310 --> 01:15:29,920
a heart knowing

1882
01:15:34,149 --> 01:15:32,320
and and they

1883
01:15:36,790 --> 01:15:34,159
they call it taste

1884
01:15:39,270 --> 01:15:36,800
and taste you know

1885
01:15:40,709 --> 01:15:39,280
the arabic word

1886
01:15:42,630 --> 01:15:40,719
which means

1887
01:15:44,310 --> 01:15:42,640
like when you sample something you want

1888
01:15:46,630 --> 01:15:44,320

to taste it

1889
01:15:48,550 --> 01:15:46,640
you know this sometime means the

1890
01:15:49,510 --> 01:15:48,560
capacitive taste but sometimes taste

1891
01:15:50,470 --> 01:15:49,520
this

1892
01:15:52,470 --> 01:15:50,480
right

1893
01:15:54,870 --> 01:15:52,480
so when you have a spiritual experience

1894
01:15:56,630 --> 01:15:54,880
you're tasting something

1895
01:15:57,910 --> 01:15:56,640
so the heart tastes that

1896
01:16:01,750 --> 01:15:57,920
that way

1897
01:16:03,590 --> 01:16:01,760
so it get it to get get to know

1898
01:16:05,430 --> 01:16:03,600
the the the truth the reality the

1899
01:16:07,830 --> 01:16:05,440
spiritual reality

1900
01:16:10,310 --> 01:16:07,840
so it's sometimes called taste sometimes

1901
01:16:12,149 --> 01:16:10,320
called touch too

1902
01:16:13,830 --> 01:16:12,159
and not touch

1903
01:16:15,830 --> 01:16:13,840
at some point i want to speak to ken

1904
01:16:17,110 --> 01:16:15,840
wilbur perhaps in a few months when i'm

1905
01:16:19,830 --> 01:16:17,120
strong enough to

1906
01:16:21,590 --> 01:16:19,840
and i know that ken wilbur and you have

1907
01:16:23,590 --> 01:16:21,600
agreements and disagreements and i'm

1908
01:16:25,750 --> 01:16:23,600
unsure of his model but can you tell me

1909
01:16:27,990 --> 01:16:25,760
where you both agree and disagree

1910
01:16:29,189 --> 01:16:28,000
like compare and contrast

1911
01:16:31,750 --> 01:16:29,199
uh

1912
01:16:34,229 --> 01:16:31,760
it's maybe very hard for me to say that

1913
01:16:36,229 --> 01:16:34,239

because i haven't been following his

1914
01:16:38,630 --> 01:16:36,239
latest things you know and i was

1915
01:16:41,350 --> 01:16:38,640
following you or sometimes

1916
01:16:42,870 --> 01:16:41,360
but it's it's not a agreement

1917
01:16:45,110 --> 01:16:42,880
disagreement

1918
01:16:47,590 --> 01:16:45,120
i remember at one time there was some

1919
01:16:49,110 --> 01:16:47,600
disagreement some years ago

1920
01:16:51,030 --> 01:16:49,120
when

1921
01:16:53,430 --> 01:16:51,040
i was

1922
01:16:55,750 --> 01:16:53,440
putting out in some of my books

1923
01:16:57,110 --> 01:16:55,760
that as

1924
01:16:59,669 --> 01:16:57,120
young children

1925
01:17:01,350 --> 01:16:59,679
we were in touch with our spiritual

1926
01:17:03,750 --> 01:17:01,360
nature

1927
01:17:05,830 --> 01:17:03,760
and he disagreed with that he thought no

1928
01:17:07,910 --> 01:17:05,840
children are like monsters they're not

1929
01:17:09,590 --> 01:17:07,920
in touch with the spiritual nature

1930
01:17:12,310 --> 01:17:09,600
and i said yeah

1931
01:17:14,709 --> 01:17:12,320
they can be monsters but also they can

1932
01:17:16,390 --> 01:17:14,719
be beautiful and wonderful and joyful

1933
01:17:18,790 --> 01:17:16,400
and innocent and all of that and these

1934
01:17:22,709 --> 01:17:18,800
are spiritual qualities that was you

1935
01:17:23,910 --> 01:17:22,719
know this agreement we had at that time

1936
01:17:25,750 --> 01:17:23,920
and um

1937
01:17:27,590 --> 01:17:25,760
i don't know at the present time i mean

1938
01:17:29,110 --> 01:17:27,600

he he is more

1939
01:17:34,709 --> 01:17:29,120
of a

1940
01:17:38,070 --> 01:17:34,719
of you know

1941
01:17:40,070 --> 01:17:38,080
of ways of experience and knowing and

1942
01:17:42,870 --> 01:17:40,080
life and all of that and

1943
01:17:46,070 --> 01:17:42,880
he's much more that way than i i am and

1944
01:17:49,030 --> 01:17:46,080
i'm not engaged in things the same way

1945
01:17:51,270 --> 01:17:49,040
he is i think ken will agree with me

1946
01:17:53,270 --> 01:17:51,280
that self-reflection the stage

1947
01:17:55,030 --> 01:17:53,280
development of humanity and there is

1948
01:17:56,550 --> 01:17:55,040
other stages like

1949
01:17:58,149 --> 01:17:56,560
immediate knowing

1950
01:18:00,790 --> 01:17:58,159
it sounds to me from what you said

1951
01:18:02,390 --> 01:18:00,800
earlier about the human actually i don't

1952
01:18:03,669 --> 01:18:02,400
know if this is from a talk i believe

1953
01:18:06,070 --> 01:18:03,679
this is from a talk about humans

1954
01:18:07,910 --> 01:18:06,080
infinite potential and that we're at a

1955
01:18:10,550 --> 01:18:07,920
privileged place as humans because of

1956
01:18:12,470 --> 01:18:10,560
our ability to self-reflect and who else

1957
01:18:14,070 --> 01:18:12,480
would know god if there were no humans

1958
01:18:15,750 --> 01:18:14,080
let's assume that there are no other

1959
01:18:18,390 --> 01:18:15,760
highly intelligent living creatures and

1960
01:18:20,709 --> 01:18:18,400
so on but that statement seems to agree

1961
01:18:22,310 --> 01:18:20,719
with what ken said the reason is that if

1962
01:18:24,149 --> 01:18:22,320
we go back to childhood we have less

1963
01:18:25,669 --> 01:18:24,159

self-reflective capabilities some people

1964
01:18:27,990 --> 01:18:25,679
may say much like you had the

1965
01:18:30,070 --> 01:18:28,000
disagreement that children can be closer

1966
01:18:32,550 --> 01:18:30,080
to god in some ways but then if we take

1967
01:18:34,310 --> 01:18:32,560
that further the less reflective

1968
01:18:36,630 --> 01:18:34,320
cognitive capabilities that we have the

1969
01:18:39,270 --> 01:18:36,640
more we're like the worms and the

1970
01:18:40,790 --> 01:18:39,280
beetles and so on so the fact that we

1971
01:18:41,750 --> 01:18:40,800
would say or the fact that you said in

1972
01:18:44,149 --> 01:18:41,760
the

1973
01:18:46,390 --> 01:18:44,159
human infinite potential conference or

1974
01:18:49,030 --> 01:18:46,400
talk that we're at a privileged place

1975
01:18:51,430 --> 01:18:49,040
seems to to me to indicate that actually

1976
01:18:52,310 --> 01:18:51,440
yes we're somehow somewhere

1977
01:18:54,070 --> 01:18:52,320
higher

1978
01:18:56,149 --> 01:18:54,080
on the spiritual development scale than

1979
01:18:57,590 --> 01:18:56,159
children so that's why i was saying that

1980
01:19:00,229 --> 01:18:57,600
it sounds to me like you actually agree

1981
01:19:02,229 --> 01:19:00,239
with ken from what i understood of your

1982
01:19:04,070 --> 01:19:02,239
lessons in that other lecture am i

1983
01:19:06,870 --> 01:19:04,080
understanding that incorrectly

1984
01:19:09,590 --> 01:19:06,880
but but you're you're putting two things

1985
01:19:11,030 --> 01:19:09,600
together that i don't do

1986
01:19:13,189 --> 01:19:11,040
which are you talking about

1987
01:19:15,270 --> 01:19:13,199
self-reflective capacity

1988
01:19:17,590 --> 01:19:15,280

which is true it's a development that

1989
01:19:19,510 --> 01:19:17,600
human human being has and we don't have

1990
01:19:21,110 --> 01:19:19,520
it as little babies we don't have

1991
01:19:24,310 --> 01:19:21,120
self-reflection

1992
01:19:25,990 --> 01:19:24,320
however when you are in a realized place

1993
01:19:29,669 --> 01:19:26,000
the most realized

1994
01:19:31,830 --> 01:19:29,679
condition is not self-reflective

1995
01:19:33,750 --> 01:19:31,840
does not reflect on itself

1996
01:19:34,830 --> 01:19:33,760
because when it reflects itself there's

1997
01:19:36,870 --> 01:19:34,840
nothing

1998
01:19:38,709 --> 01:19:36,880
there it

1999
01:19:41,510 --> 01:19:38,719
can only look forward

2000
01:19:42,950 --> 01:19:41,520
but the point i want to say is that when

2001
01:19:44,390 --> 01:19:42,960
i say children are in touch with

2002
01:19:48,470 --> 01:19:44,400
spirituality i don't mean they're

2003
01:19:50,229 --> 01:19:48,480
self-reflective i mean they're being

2004
01:19:51,910 --> 01:19:50,239
when when they're happy they are really

2005
01:19:55,430 --> 01:19:51,920
happy

2006
01:19:56,950 --> 01:19:55,440
you see the happiness is pure

2007
01:19:59,189 --> 01:19:56,960
and sometimes they're happy for no

2008
01:20:02,550 --> 01:19:59,199
reason they're just gurgling

2009
01:20:04,470 --> 01:20:02,560
and for me that is a spiritual quality

2010
01:20:05,910 --> 01:20:04,480
they might not know it they might not

2011
01:20:08,149 --> 01:20:05,920
know they're happy

2012
01:20:10,390 --> 01:20:08,159
they know self-reflection

2013
01:20:12,550 --> 01:20:10,400

self-reflection is actually

2014
01:20:14,629 --> 01:20:12,560
as a good human quality

2015
01:20:17,830 --> 01:20:14,639
it's necessary human quality but at the

2016
01:20:19,750 --> 01:20:17,840
same time it is the beginning of ego

2017
01:20:22,310 --> 01:20:19,760
without self-reflection we won't have

2018
01:20:25,510 --> 01:20:23,590
you see

2019
01:20:27,030 --> 01:20:25,520
and self-reflection

2020
01:20:31,669 --> 01:20:27,040
is

2021
01:20:34,229 --> 01:20:31,679
general or even for inquiry the way i do

2022
01:20:35,430 --> 01:20:34,239
it we do need to have self reflection

2023
01:20:37,750 --> 01:20:35,440
but

2024
01:20:39,990 --> 01:20:37,760
selfish is one capacity that

2025
01:20:42,310 --> 01:20:40,000
consciousness has but

2026
01:20:44,229 --> 01:20:42,320
but consciousness also can know itself

2027
01:20:46,790 --> 01:20:44,239
without self-reflection

2028
01:20:50,229 --> 01:20:46,800
can know itself by being that's that

2029
01:20:52,470 --> 01:20:50,239
that the english word gnosis comes from

2030
01:20:55,590 --> 01:20:52,480
you know on wazes and the way the greeks

2031
01:20:58,310 --> 01:20:55,600
say it is that i know myself by being

2032
01:21:01,990 --> 01:20:58,320
myself i'm not reflecting

2033
01:21:04,310 --> 01:21:02,000
it's like i am in in expanse a medium of

2034
01:21:06,870 --> 01:21:04,320
consciousness

2035
01:21:09,110 --> 01:21:06,880
and this medium aware of itself at all

2036
01:21:12,790 --> 01:21:09,120
points of itself

2037
01:21:14,870 --> 01:21:12,800
and it is this medium is speaking to you

2038
01:21:17,430 --> 01:21:14,880

so it doesn't need to reflect on itself

2039
01:21:19,590 --> 01:21:17,440
it sees through itself

2040
01:21:21,750 --> 01:21:19,600
it's a the whole medium is

2041
01:21:23,350 --> 01:21:21,760
is not just within my body is outside my

2042
01:21:25,590 --> 01:21:23,360
body do

2043
01:21:28,070 --> 01:21:25,600
so that's not self-reflection that is

2044
01:21:31,030 --> 01:21:28,080
known by being

2045
01:21:33,669 --> 01:21:31,040
which is the the the true spiritual

2046
01:21:35,590 --> 01:21:33,679
capacity that people need to

2047
01:21:36,950 --> 01:21:35,600
er develop

2048
01:21:39,590 --> 01:21:36,960
to

2049
01:21:42,629 --> 01:21:39,600
have a realization and that is actually

2050
01:21:45,350 --> 01:21:42,639
what those who are trying to refer to by

2051
01:21:47,270 --> 01:21:45,360
talk about taste because taste is more

2052
01:21:50,229 --> 01:21:47,280
intimate than seeing

2053
01:21:51,110 --> 01:21:50,239
if something is it's you know inside or

2054
01:21:57,110 --> 01:21:51,120
touch

2055
01:21:58,709 --> 01:21:57,120
you're more

2056
01:22:01,669 --> 01:21:58,719
direct and the same thing with taste is

2057
01:22:04,550 --> 01:22:01,679
even more immediate it's inside you

2058
01:22:05,510 --> 01:22:04,560
you see while seeing is over there

2059
01:22:07,669 --> 01:22:05,520
you see

2060
01:22:10,550 --> 01:22:07,679
so immediacy

2061
01:22:12,229 --> 01:22:10,560
is a very important part of spiritual

2062
01:22:14,149 --> 01:22:12,239
all spiritual

2063
01:22:16,550 --> 01:22:14,159

experiences

2064
01:22:19,590 --> 01:22:16,560
there's no immediacy of experience which

2065
01:22:25,350 --> 01:22:19,600
means no it's beyond self-reflection it

2066
01:22:30,149 --> 01:22:26,990
and then this question comes from key

2067
01:22:32,229 --> 01:22:30,159
concrete007 at 55 i've become reflective

2068
01:22:34,390 --> 01:22:32,239
and decided to take dmt

2069
01:22:37,430 --> 01:22:34,400
not for recreational purposes but to

2070
01:22:39,669 --> 01:22:37,440
open my mind to fear and amazement

2071
01:22:41,669 --> 01:22:39,679
i've been an atheist all my life at one

2072
01:22:43,430 --> 01:22:41,679
point during my ayahuasca experience i

2073
01:22:46,149 --> 01:22:43,440
raised my hand skyward and said god

2074
01:22:48,470 --> 01:22:46,159
forgive me i'm no longer an atheist my

2075
01:22:50,470 --> 01:22:48,480
question what are your thoughts on the

2076
01:22:56,629 --> 01:22:50,480
controlled use of dmt or psychedelics in

2077
01:23:00,310 --> 01:22:58,310
good question

2078
01:23:01,830 --> 01:23:00,320
i know these days many people are

2079
01:23:03,270 --> 01:23:01,840
involved in

2080
01:23:06,229 --> 01:23:03,280
using

2081
01:23:08,870 --> 01:23:06,239
you know some of the substances to

2082
01:23:09,910 --> 01:23:08,880
access virtual realities and in fact

2083
01:23:12,550 --> 01:23:09,920
there are

2084
01:23:13,910 --> 01:23:12,560
you know some native

2085
01:23:15,510 --> 01:23:13,920
um

2086
01:23:17,750 --> 01:23:15,520
teaching in different

2087
01:23:22,950 --> 01:23:17,760
places where they use that

2088
01:23:38,790 --> 01:23:24,070

i

2089
01:23:40,629 --> 01:23:38,800
the 60s and

2090
01:23:42,310 --> 01:23:40,639
early 70s

2091
01:23:43,910 --> 01:23:42,320
but then after

2092
01:23:45,510 --> 01:23:43,920
when i started having spiritual

2093
01:23:47,430 --> 01:23:45,520
experiences

2094
01:23:50,470 --> 01:23:47,440
on my own without them

2095
01:23:53,590 --> 01:23:50,480
i did not go back

2096
01:23:55,350 --> 01:23:53,600
to the using those substances and and i

2097
01:23:56,470 --> 01:23:55,360
was wondering about the other day why

2098
01:23:58,709 --> 01:23:56,480
didn't i

2099
01:23:59,910 --> 01:23:58,719
it's not like somebody told me

2100
01:24:02,629 --> 01:23:59,920
don't do it

2101
01:24:03,669 --> 01:24:02,639
it just dropped out of my mind and and

2102
01:24:06,790 --> 01:24:03,679
now

2103
01:24:08,870 --> 01:24:06,800
i'm not that interested but i do

2104
01:24:10,550 --> 01:24:08,880
hear about it from students from other

2105
01:24:11,270 --> 01:24:10,560
people that they experiment with these

2106
01:24:16,149 --> 01:24:11,280
and

2107
01:24:19,830 --> 01:24:16,159
especially

2108
01:24:21,990 --> 01:24:19,840
for somebody who is

2109
01:24:23,669 --> 01:24:22,000
find it difficult to access a spiritual

2110
01:24:26,470 --> 01:24:23,679
dimension

2111
01:24:28,470 --> 01:24:26,480
it can can be i see it

2112
01:24:31,189 --> 01:24:28,480
helping them

2113
01:24:34,470 --> 01:24:31,199

do it once or twice it opened them up in

2114
01:24:37,030 --> 01:24:34,480
a way that they weren't being able to be

2115
01:24:39,189 --> 01:24:37,040
open and that way they

2116
01:24:42,310 --> 01:24:39,199
saw something about themselves very they

2117
01:24:45,750 --> 01:24:42,320
couldn't see before and that is really

2118
01:24:47,110 --> 01:24:45,760
helpful for their development

2119
01:24:49,910 --> 01:24:47,120
and evolution

2120
01:24:51,430 --> 01:24:49,920
so i think that way i've seen it being

2121
01:24:53,590 --> 01:24:51,440
useful that way

2122
01:24:56,149 --> 01:24:53,600
i wouldn't recommend that somebody use

2123
01:24:58,709 --> 01:24:56,159
it as their way of spiritual practice

2124
01:25:00,790 --> 01:24:58,719
unless they are part of some indigenous

2125
01:25:04,149 --> 01:25:00,800
tribe and they have their own

2126
01:25:05,830 --> 01:25:04,159
you know way of dealing with it

2127
01:25:08,629 --> 01:25:05,840
i find many of the people who we were

2128
01:25:11,030 --> 01:25:08,639
talking about earlier who with a

2129
01:25:12,870 --> 01:25:11,040
megaphone shout their toe out to other

2130
01:25:14,629 --> 01:25:12,880
people in such a manner that doesn't

2131
01:25:16,709 --> 01:25:14,639
have people welcoming their toe they

2132
01:25:18,390 --> 01:25:16,719
tend to have in common that their

2133
01:25:21,189 --> 01:25:18,400
insights were precipitated by their

2134
01:25:23,990 --> 01:25:21,199
private use of psychedelics so do you

2135
01:25:26,950 --> 01:25:24,000
see that psychedelics to inform one's

2136
01:25:29,510 --> 01:25:26,960
philosophy or ontology etc as removed

2137
01:25:31,430 --> 01:25:29,520
from a community is somehow

2138
01:25:33,270 --> 01:25:31,440

net negative in some manner or not as

2139
01:25:35,669 --> 01:25:33,280
pure

2140
01:25:38,390 --> 01:25:35,679
well it's not that you know it's more

2141
01:25:44,470 --> 01:25:40,629
comparing my experiences

2142
01:25:46,709 --> 01:25:44,480
from the 60s and 70s on psychedelics

2143
01:25:48,550 --> 01:25:46,719
from my later experiences was happens

2144
01:25:50,629 --> 01:25:48,560
more spontaneously

2145
01:25:52,229 --> 01:25:50,639
there is a difference in quality it's

2146
01:25:54,550 --> 01:25:52,239
not the same

2147
01:25:57,430 --> 01:25:54,560
the psychedelic gives it the

2148
01:25:59,669 --> 01:25:57,440
changes thing some way

2149
01:26:02,950 --> 01:25:59,679
that is

2150
01:26:04,470 --> 01:26:02,960
not how reality is exactly

2151
01:26:05,350 --> 01:26:04,480
when you experience

2152
01:26:06,830 --> 01:26:05,360
you know

2153
01:26:09,990 --> 01:26:06,840
one's raw

2154
01:26:13,030 --> 01:26:10,000
consciousness and and

2155
01:26:15,430 --> 01:26:13,040
it it has the possibility of opening up

2156
01:26:17,990 --> 01:26:15,440
but it also opens up to other things

2157
01:26:20,629 --> 01:26:18,000
that are not true you know it because

2158
01:26:22,790 --> 01:26:20,639
also can magnify our imagination

2159
01:26:23,910 --> 01:26:22,800
and that's why people have bad trips you

2160
01:26:25,510 --> 01:26:23,920
know

2161
01:26:28,070 --> 01:26:25,520
because it

2162
01:26:32,310 --> 01:26:28,080
could magnify anything

2163
01:26:38,229 --> 01:26:36,149

i the way i think about it is that

2164
01:26:40,790 --> 01:26:38,239
some traditions

2165
01:26:42,709 --> 01:26:40,800
like the ayahuasca tradition in south

2166
01:26:44,870 --> 01:26:42,719
america for instance

2167
01:26:46,070 --> 01:26:44,880
they have developed a way of working

2168
01:26:47,830 --> 01:26:46,080
with it

2169
01:26:49,189 --> 01:26:47,840
that they use it for

2170
01:26:51,189 --> 01:26:49,199
you know

2171
01:26:52,709 --> 01:26:51,199
as part of their

2172
01:26:55,990 --> 01:26:52,719
spiritual practice

2173
01:26:58,390 --> 01:26:56,000
but i also seen some

2174
01:27:00,870 --> 01:26:58,400
americans who went there and

2175
01:27:03,669 --> 01:27:00,880
did that and they came back and their

2176
01:27:05,350 --> 01:27:03,679
spiritual access naturally was

2177
01:27:07,750 --> 01:27:05,360
got more narrow

2178
01:27:09,030 --> 01:27:07,760
hmm interesting see that goes back to

2179
01:27:10,950 --> 01:27:09,040
what i was referring to earlier about

2180
01:27:13,030 --> 01:27:10,960
path dependence so some people would say

2181
01:27:15,110 --> 01:27:13,040
no this lesson works and it works

2182
01:27:16,950 --> 01:27:15,120
ubiquitously but it also depends on

2183
01:27:19,189 --> 01:27:16,960
where you are one of the ways that i

2184
01:27:20,709 --> 01:27:19,199
like to conceptualize this i'm curious

2185
01:27:21,430 --> 01:27:20,719
if you i'm curious what your thoughts

2186
01:27:23,830 --> 01:27:21,440
are

2187
01:27:26,229 --> 01:27:23,840
is that i see some westerners taking on

2188
01:27:28,390 --> 01:27:26,239

eastern approaches and vice versa

2189
01:27:31,110 --> 01:27:28,400
somewhat uncritically and i wonder if

2190
01:27:34,390 --> 01:27:31,120
that's always a net benefit because to

2191
01:27:36,310 --> 01:27:34,400
me it's akin to installing max off force

2192
01:27:37,830 --> 01:27:36,320
installing mac software on your pc

2193
01:27:39,830 --> 01:27:37,840
you're going to get errors if it's not

2194
01:27:41,669 --> 01:27:39,840
compatible with how you grew up with

2195
01:27:45,350 --> 01:27:41,679
what your view is right now do you see

2196
01:27:46,629 --> 01:27:45,360
that i think there is a point there

2197
01:27:49,910 --> 01:27:46,639
occurred

2198
01:27:52,310 --> 01:27:49,920
in the sense that the

2199
01:27:53,750 --> 01:27:52,320
the eastern approach they have their own

2200
01:27:55,590 --> 01:27:53,760
world view

2201
01:27:57,669 --> 01:27:55,600
they're which is different from a

2202
01:27:58,950 --> 01:27:57,679
western world world view

2203
01:28:00,950 --> 01:27:58,960
for instance

2204
01:28:02,950 --> 01:28:00,960
um

2205
01:28:04,790 --> 01:28:02,960
both the indian spirituality and

2206
01:28:07,590 --> 01:28:04,800
buddhist spirituality

2207
01:28:09,750 --> 01:28:07,600
developed on being

2208
01:28:11,910 --> 01:28:09,760
free from samsara

2209
01:28:13,510 --> 01:28:11,920
right by the kosamsara which is the

2210
01:28:15,350 --> 01:28:13,520
ordinary world

2211
01:28:17,830 --> 01:28:15,360
and basically

2212
01:28:20,390 --> 01:28:17,840
because they believe in reincarnation

2213
01:28:23,030 --> 01:28:20,400

is that the idea is to not reincarnate

2214
01:28:27,110 --> 01:28:25,189
you want to be enlightened so they'll be

2215
01:28:28,550 --> 01:28:27,120
free from this world and not come back

2216
01:28:31,669 --> 01:28:28,560
again

2217
01:28:34,310 --> 01:28:31,679
and and the west we don't subscribe to

2218
01:28:36,550 --> 01:28:34,320
that kind of thing you know

2219
01:28:38,070 --> 01:28:36,560
incarnation coming back whatever you

2220
01:28:40,310 --> 01:28:38,080
know for me

2221
01:28:42,790 --> 01:28:40,320
i don't know if that's true or not

2222
01:28:43,830 --> 01:28:42,800
see so i don't look at spirituality that

2223
01:28:48,709 --> 01:28:43,840
way

2224
01:28:50,870 --> 01:28:48,719
i i look at spirituality that is to

2225
01:28:52,390 --> 01:28:50,880
make life as complete as deep as

2226
01:28:55,750 --> 01:28:52,400
possible

2227
01:28:57,110 --> 01:28:55,760
and that means something else for later

2228
01:28:58,950 --> 01:28:57,120
right

2229
01:28:59,910 --> 01:28:58,960
see and so

2230
01:29:04,870 --> 01:28:59,920
so

2231
01:29:07,830 --> 01:29:04,880
adopt the eastern view of with all

2232
01:29:09,790 --> 01:29:07,840
their philosophical or

2233
01:29:13,590 --> 01:29:09,800
metaphysical perspective of

2234
01:29:20,950 --> 01:29:15,189
and

2235
01:29:22,950 --> 01:29:20,960
which which has in it a way of saying

2236
01:29:26,229 --> 01:29:22,960
that this world is

2237
01:29:27,510 --> 01:29:26,239
is no good this that's you're here

2238
01:29:28,390 --> 01:29:27,520

you see

2239
01:29:30,070 --> 01:29:28,400
i

2240
01:29:32,550 --> 01:29:30,080
myself

2241
01:29:34,709 --> 01:29:32,560
i don't know i mean i'm i don't know i

2242
01:29:36,229 --> 01:29:34,719
mean i i have some experiences of

2243
01:29:39,030 --> 01:29:36,239
incarnation whatever i don't know if

2244
01:29:39,830 --> 01:29:39,040
they're true or not if they're real or

2245
01:29:42,390 --> 01:29:39,840
not

2246
01:29:45,030 --> 01:29:42,400
and so i don't subscribe to that

2247
01:29:47,189 --> 01:29:45,040
so it's true if somebody who's watching

2248
01:29:48,950 --> 01:29:47,199
who takes on that like they're putting a

2249
01:29:50,149 --> 01:29:48,960
hat on

2250
01:29:51,110 --> 01:29:50,159
their brain

2251
01:29:55,430 --> 01:29:51,120
that

2252
01:29:56,870 --> 01:29:55,440
is just a hat on them it's not really uh

2253
01:29:58,790 --> 01:29:56,880
uh

2254
01:30:02,470 --> 01:29:58,800
naturally

2255
01:30:05,110 --> 01:30:02,480
arising inside within them

2256
01:30:07,430 --> 01:30:05,120
but spiritual but however if somebody

2257
01:30:10,790 --> 01:30:07,440
takes the spiritual tradition

2258
01:30:13,669 --> 01:30:10,800
and take the practices and learn to

2259
01:30:15,750 --> 01:30:13,679
connect to the truth of who they are and

2260
01:30:16,629 --> 01:30:15,760
then that is independent of the world

2261
01:30:18,310 --> 01:30:16,639
view

2262
01:30:19,430 --> 01:30:18,320
because you're just what you are at this

2263
01:30:23,270 --> 01:30:19,440

moment

2264
01:30:24,790 --> 01:30:23,280
to do with the past or the future so

2265
01:30:25,910 --> 01:30:24,800
you're not thinking of

2266
01:30:27,669 --> 01:30:25,920
all the

2267
01:30:30,229 --> 01:30:27,679
you're free of the world of you

2268
01:30:32,470 --> 01:30:30,239
basically any world of view

2269
01:30:34,790 --> 01:30:32,480
in that way it could be useful yes and

2270
01:30:38,070 --> 01:30:34,800
many i think have found it useful that

2271
01:30:41,430 --> 01:30:39,430
thank you sir

2272
01:30:43,110 --> 01:30:41,440
thank you for coming on to the program

2273
01:30:44,629 --> 01:30:43,120
and answering these questions spending

2274
01:30:51,270 --> 01:30:44,639
some time with me

2275
01:30:54,950 --> 01:30:53,189
the podcast is now finished if you'd

2276
01:30:58,070 --> 01:30:54,960
like to support conversations like this

2277
01:31:02,229 --> 01:30:58,080
then do consider going to patreon.com

2278
01:31:04,790 --> 01:31:02,239
c-u-r-t j-a-i-m-u-n-g-a

2279
01:31:06,629 --> 01:31:04,800
that is kurt jymungal it's support from

2280
01:31:08,470 --> 01:31:06,639
the patrons and from the sponsors that