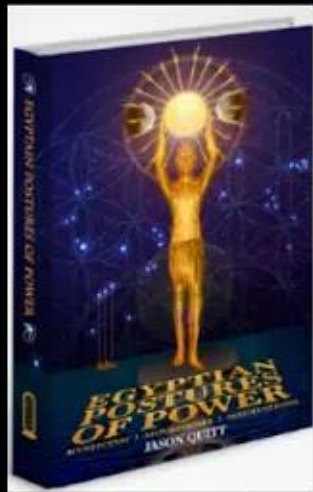


Truth Seekers



EGYPTIAN POSTURES OF POWER
WITH JASON QUITT

JOIN STEVEN CAMBIAN ON :



Truth Seekers

1
00:00:01,400 --> 00:00:07,510
[Music]

2
00:00:07,520 --> 00:00:14,760
so

3
00:00:52,670 --> 00:00:25,230
[Music]

4
00:01:15,350 --> 00:00:52,680
so

5
00:01:25,090 --> 00:01:15,360
[Music]

6
00:02:21,170 --> 00:01:25,100
[Applause]

7
00:02:21,780 --> 00:02:21,180
[Music]

8
00:02:30,150 --> 00:02:21,790
[Applause]

9
00:02:30,160 --> 00:02:35,690
so

10
00:02:47,060 --> 00:02:44,949
[Music]

11
00:03:17,530 --> 00:02:47,070
so

12
00:03:51,030 --> 00:03:25,660
[Music]

13
00:03:55,990 --> 00:03:53,589

greetings and salutations old friends

14

00:03:57,270 --> 00:03:56,000

and hopefully some new friends uh and

15

00:03:59,350 --> 00:03:57,280

welcome back

16

00:04:02,630 --> 00:03:59,360

i got a chance over the weekend at the

17

00:04:04,070 --> 00:04:02,640

cabin to finish most of the book we're

18

00:04:06,630 --> 00:04:04,080

going to be talking about tonight and

19

00:04:11,030 --> 00:04:06,640

this is jason quits new book it's called

20

00:04:15,910 --> 00:04:13,190

i'll say this it's very information

21

00:04:17,110 --> 00:04:15,920

dense and it's it's it's not

22

00:04:19,990 --> 00:04:17,120

a terrible

23

00:04:21,990 --> 00:04:20,000

it's not hard to read but i found myself

24

00:04:24,870 --> 00:04:22,000

stopping to think about some of the

25

00:04:26,550 --> 00:04:24,880

things in each chapter before trying to

26

00:04:28,469 --> 00:04:26,560

trudge along

27

00:04:31,670 --> 00:04:28,479

includes a great deal of information

28

00:04:35,189 --> 00:04:31,680

about ancient gods cosmology

29

00:04:37,430 --> 00:04:35,199

um sort of ritual systems uh

30

00:04:39,270 --> 00:04:37,440

i found it to be very interesting

31

00:04:40,710 --> 00:04:39,280

and i'm looking forward to picking

32

00:04:42,870 --> 00:04:40,720

jason's brain

33

00:04:44,790 --> 00:04:42,880

about some of the inspiration behind it

34

00:04:45,749 --> 00:04:44,800

some of the sourcing that he used

35

00:04:47,510 --> 00:04:45,759

because

36

00:04:49,110 --> 00:04:47,520

there's so much information in here and

37

00:04:52,310 --> 00:04:49,120

i was impressed with the there's a page

38

00:04:53,909 --> 00:04:52,320

in the bibliography of all of these uh

39

00:04:55,270 --> 00:04:53,919

books that

40

00:04:56,950 --> 00:04:55,280

inspired

41

00:04:59,189 --> 00:04:56,960

some of this

42

00:05:01,430 --> 00:04:59,199

uh and uh

43

00:05:03,749 --> 00:05:01,440

so we're gonna get into it tonight

44

00:05:05,990 --> 00:05:03,759

uh he was actually our first guest ever

45

00:05:07,830 --> 00:05:06,000

here on truth seekers and we're happy to

46

00:05:10,550 --> 00:05:07,840

welcome him back

47

00:05:11,749 --> 00:05:10,560

uh the canadian maple syrup king jason

48

00:05:13,430 --> 00:05:11,759

quit

49

00:05:15,110 --> 00:05:13,440

not good to have you

50

00:05:17,749 --> 00:05:15,120

thanks for having me back yes that is

51
00:05:18,710 --> 00:05:17,759
true i was your first guest and now look

52
00:05:20,790 --> 00:05:18,720
at you

53
00:05:22,950 --> 00:05:20,800
i know we're going

54
00:05:25,270 --> 00:05:22,960
right in the [h__h] again with jason

55
00:05:26,390 --> 00:05:25,280
quit we're down in the ghetto you know i

56
00:05:30,390 --> 00:05:26,400
can't get

57
00:05:32,550 --> 00:05:30,400
guests so i'll i'll settle for you

58
00:05:33,510 --> 00:05:32,560
though you're fine thank you and thank

59
00:05:35,990 --> 00:05:33,520
you for

60
00:05:38,629 --> 00:05:36,000
actually reading the book i mean yeah i

61
00:05:40,950 --> 00:05:38,639
look i kind of like i love and hate when

62
00:05:42,070 --> 00:05:40,960
a guest gives me homework because i said

63
00:05:43,670 --> 00:05:42,080

to jason

64

00:05:45,189 --> 00:05:43,680

uh you should come on and talk about my

65

00:05:47,510 --> 00:05:45,199

new book and he sent it to me and then

66

00:05:48,790 --> 00:05:47,520

he said sure once you read it and tell

67

00:05:49,830 --> 00:05:48,800

me what you think first i think he

68

00:05:51,189 --> 00:05:49,840

wanted to make sure i wasn't going to

69

00:05:52,629 --> 00:05:51,199

bring him on and tell everybody the book

70

00:05:53,909 --> 00:05:52,639

is terrible

71

00:05:56,150 --> 00:05:53,919

right

72

00:05:57,749 --> 00:05:56,160

well i mean like how can you interview

73

00:05:59,909 --> 00:05:57,759

someone if you don't know the contents

74

00:06:01,990 --> 00:05:59,919

of the book you're doing the show on

75

00:06:03,830 --> 00:06:02,000

well you'd be surprised no i usually do

76

00:06:05,670 --> 00:06:03,840

read it i read the david halpern book

77

00:06:07,990 --> 00:06:05,680

before i interviewed him about his book

78

00:06:09,830 --> 00:06:08,000

and i even yeah i'd like to be i'd like

79

00:06:11,749 --> 00:06:09,840

to be at least

80

00:06:14,070 --> 00:06:11,759

pretty well informed on the work that

81

00:06:15,670 --> 00:06:14,080

we're discussing this one's a difficult

82

00:06:17,510 --> 00:06:15,680

one though because

83

00:06:19,350 --> 00:06:17,520

it's sort of mixed this book sort of

84

00:06:21,189 --> 00:06:19,360

mixes

85

00:06:22,629 --> 00:06:21,199

i would say like

86

00:06:24,230 --> 00:06:22,639

correct me if i'm wrong but it sort of

87

00:06:26,230 --> 00:06:24,240

mixes like

88

00:06:28,430 --> 00:06:26,240

god systems

89

00:06:31,830 --> 00:06:28,440

the the connection to stars and

90

00:06:36,710 --> 00:06:31,840

constellations meditation and ritual

91

00:06:38,230 --> 00:06:36,720

magic all into one sort of system right

92

00:06:40,790 --> 00:06:38,240

it is one system

93

00:06:43,029 --> 00:06:40,800

and i had to kind of break it down to

94

00:06:45,029 --> 00:06:43,039

show

95

00:06:47,189 --> 00:06:45,039

my whole point the whole point of this

96

00:06:50,230 --> 00:06:47,199

entire book

97

00:06:52,710 --> 00:06:50,240

was trying to go back into history

98

00:06:54,390 --> 00:06:52,720

to the earliest mentions

99

00:06:57,189 --> 00:06:54,400

of these systems

100

00:06:59,510 --> 00:06:57,199

and then how they evolved over time

101

00:07:01,589 --> 00:06:59,520

so you know

102

00:07:03,909 --> 00:07:01,599

we may read about certain things in the

103

00:07:05,830 --> 00:07:03,919

bible today but those things came

104

00:07:07,909 --> 00:07:05,840

thousands of years before

105

00:07:09,990 --> 00:07:07,919

so i'm trying to kind of trace it down

106

00:07:11,270 --> 00:07:10,000

and simplify it to where did this

107

00:07:14,070 --> 00:07:11,280

information

108

00:07:16,790 --> 00:07:14,080

start coming from

109

00:07:19,430 --> 00:07:16,800

and how to interpret it because

110

00:07:21,589 --> 00:07:19,440

you know over thousands of years there's

111

00:07:23,510 --> 00:07:21,599

many interpretations of it

112

00:07:26,550 --> 00:07:23,520

and i'm just trying to refine it down to

113

00:07:27,749 --> 00:07:26,560

its absolute basics of what i believe it

114

00:07:29,749 --> 00:07:27,759

is

115

00:07:31,909 --> 00:07:29,759

where it came from first right where it

116

00:07:33,909 --> 00:07:31,919

came from first which obviously we can't

117

00:07:35,510 --> 00:07:33,919

really track it down

118

00:07:38,629 --> 00:07:35,520

because uh

119

00:07:43,110 --> 00:07:38,639

this goes into prehistoric times

120

00:07:47,830 --> 00:07:44,390

i would say depictions of the

121

00:07:50,710 --> 00:07:47,840

constellations in their zodiac form

122

00:07:52,390 --> 00:07:50,720

uh have been found in caves uh for

123

00:07:55,350 --> 00:07:52,400

example in france

124

00:07:57,589 --> 00:07:55,360

um going back almost 30 000 years

125

00:07:58,869 --> 00:07:57,599

you know there's uh

126

00:08:00,469 --> 00:07:58,879

what is it

127

00:08:03,749 --> 00:08:00,479

mammoth tusks

128

00:08:05,589 --> 00:08:03,759

literally carved with star maps on it

129

00:08:07,270 --> 00:08:05,599

yeah that's freaky

130

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

so it goes first you gotta kill the

131

00:08:11,029 --> 00:08:09,120

mammoth wouldn't paper have been easier

132

00:08:12,790 --> 00:08:11,039

i don't understand them doing that i've

133

00:08:13,510 --> 00:08:12,800

read all about that and i went why would

134

00:08:15,990 --> 00:08:13,520

they

135

00:08:17,830 --> 00:08:16,000

be carving star maps into

136

00:08:20,150 --> 00:08:17,840

but i guess that was the available

137

00:08:22,150 --> 00:08:20,160

material and it's durable it's going to

138

00:08:23,510 --> 00:08:22,160

last a long time right

139

00:08:28,390 --> 00:08:23,520

so we know

140

00:08:30,469 --> 00:08:28,400

interested in cosmology they're very

141

00:08:31,510 --> 00:08:30,479

interested in astrology

142

00:08:34,310 --> 00:08:31,520

and

143

00:08:35,990 --> 00:08:34,320

my personal belief is that

144

00:08:38,469 --> 00:08:36,000

that was the biggest shift in

145

00:08:40,389 --> 00:08:38,479

consciousness of humankind is from going

146

00:08:41,909 --> 00:08:40,399

from hunter and gatherers

147

00:08:43,829 --> 00:08:41,919

into farming

148

00:08:47,110 --> 00:08:43,839

and then settling on a land

149

00:08:49,030 --> 00:08:47,120

and i believe what changed is that we

150

00:08:50,870 --> 00:08:49,040

learned how to map the stars

151
00:08:53,430 --> 00:08:50,880
because if we knew the stars

152
00:08:55,509 --> 00:08:53,440
then we knew when to harvest and plant

153
00:08:57,509 --> 00:08:55,519
our seeds

154
00:09:00,150 --> 00:08:57,519
and that changes everything then you can

155
00:09:02,470 --> 00:09:00,160
not yeah you you know you could know

156
00:09:03,670 --> 00:09:02,480
when winter's coming right from

157
00:09:06,070 --> 00:09:03,680
looking at the

158
00:09:06,790 --> 00:09:06,080
positions of the stars it's almost like

159
00:09:44,470 --> 00:09:06,800
a

160
00:09:48,230 --> 00:09:44,480
um

161
00:09:50,630 --> 00:09:48,240
the zodiac is 20 around 26 000 years to

162
00:09:52,070 --> 00:09:50,640
go through the whole zodiac which means

163
00:09:53,910 --> 00:09:52,080

a cycle yeah

164

00:09:54,949 --> 00:09:53,920

which means someone would have to be

165

00:09:57,590 --> 00:09:54,959

here

166

00:10:00,550 --> 00:09:57,600

to observe it for 26 000 years to

167

00:10:02,630 --> 00:10:00,560

understand the whole cycle of the zodiac

168

00:10:05,350 --> 00:10:02,640

so we can just

169

00:10:07,030 --> 00:10:05,360

you know uh say that whoever

170

00:10:09,430 --> 00:10:07,040

started to map this and started to

171

00:10:12,389 --> 00:10:09,440

calculate this and observe this

172

00:10:14,710 --> 00:10:12,399

um it started to happen

173

00:10:18,949 --> 00:10:14,720

a lot longer than we think so it would

174

00:10:20,310 --> 00:10:18,959

be more than 26 000 years of doing this

175

00:10:21,910 --> 00:10:20,320

so

176

00:10:24,389 --> 00:10:21,920

what's your hypothesis on how they did

177

00:10:27,829 --> 00:10:24,399

that then did they just hand down and

178

00:10:29,829 --> 00:10:27,839

they did it in 26 generations or

179

00:10:33,590 --> 00:10:29,839

five generations and just handed down

180

00:10:36,550 --> 00:10:33,600

the data until they had it all or

181

00:10:39,030 --> 00:10:36,560

well i think this is um the start of

182

00:10:42,949 --> 00:10:39,040

religion the start of

183

00:10:44,949 --> 00:10:42,959

um basically shamanism and energy

184

00:10:47,430 --> 00:10:44,959

systems that we know today

185

00:10:49,030 --> 00:10:47,440

basically i would say let's let's say

186

00:10:50,710 --> 00:10:49,040

we're all caveman let's say we're all

187

00:10:52,389 --> 00:10:50,720

unconscious and we're just learning the

188

00:10:54,630 --> 00:10:52,399

world right

189

00:10:56,150 --> 00:10:54,640

if you're in a forest in a situation you

190

00:10:58,069 --> 00:10:56,160

don't know anything

191

00:11:01,430 --> 00:10:58,079

about anything

192

00:11:03,990 --> 00:11:01,440

the only way you're going to survive

193

00:11:06,949 --> 00:11:04,000

is basically observing nature

194

00:11:09,030 --> 00:11:06,959

and you start by observing the animals

195

00:11:10,710 --> 00:11:09,040

in the environment because when you

196

00:11:12,710 --> 00:11:10,720

observe the animals in the environment

197

00:11:14,949 --> 00:11:12,720

you start to then know

198

00:11:17,430 --> 00:11:14,959

um what to eat

199

00:11:19,509 --> 00:11:17,440

you know what's safe what's not safe and

200

00:11:21,269 --> 00:11:19,519

how do these animals survive

201
00:11:22,870 --> 00:11:21,279
so the first type of religion i would

202
00:11:24,870 --> 00:11:22,880
say would be

203
00:11:25,750 --> 00:11:24,880
animalism

204
00:11:26,829 --> 00:11:25,760
right

205
00:11:28,470 --> 00:11:26,839
so

206
00:11:30,069 --> 00:11:28,480
basically

207
00:11:31,430 --> 00:11:30,079
you would observe the animals and how

208
00:11:33,670 --> 00:11:31,440
they would survive and that would help

209
00:11:35,350 --> 00:11:33,680
you to survive so

210
00:11:38,470 --> 00:11:35,360
even in shamanic cultures today they

211
00:11:40,870 --> 00:11:38,480
would dress up as an animal to gain that

212
00:11:43,670 --> 00:11:40,880
spiritual power of that animal

213
00:11:46,230 --> 00:11:43,680

based on how it survives and how it

214

00:11:48,790 --> 00:11:46,240

taught humans to survive

215

00:11:49,910 --> 00:11:48,800

and then after that so once we kind of

216

00:11:52,389 --> 00:11:49,920

get our

217

00:11:53,509 --> 00:11:52,399

senses into the environment observing

218

00:11:56,470 --> 00:11:53,519

nature

219

00:11:59,190 --> 00:11:56,480

then we can start looking for the stars

220

00:12:01,430 --> 00:11:59,200

and what they would do is

221

00:12:03,910 --> 00:12:01,440

they would see what star was the first

222

00:12:05,269 --> 00:12:03,920

star that comes up over the horizon

223

00:12:06,790 --> 00:12:05,279

and they would call this the morning

224

00:12:08,389 --> 00:12:06,800

star

225

00:12:10,470 --> 00:12:08,399

so at different times of the year there

226

00:12:12,470 --> 00:12:10,480

will be different stars raising rising

227

00:12:13,750 --> 00:12:12,480

above the horizon of the eastern horizon

228

00:12:14,949 --> 00:12:13,760

with the sun

229

00:12:17,030 --> 00:12:14,959

and then at night there would be

230

00:12:19,269 --> 00:12:17,040

different stars in the sky

231

00:12:21,430 --> 00:12:19,279

and if you would observe it you would

232

00:12:23,910 --> 00:12:21,440

know that certain stars would come out

233

00:12:25,750 --> 00:12:23,920

in or certain constellations would come

234

00:12:27,750 --> 00:12:25,760

out in the sky

235

00:12:28,870 --> 00:12:27,760

with certain stars at different times of

236

00:12:30,790 --> 00:12:28,880

the year

237

00:12:33,750 --> 00:12:30,800

that would signal

238

00:12:34,949 --> 00:12:33,760

spring or summer or fall

239

00:12:37,350 --> 00:12:34,959

so those

240

00:12:38,949 --> 00:12:37,360

became indicators in the sky

241

00:12:41,990 --> 00:12:38,959

as to

242

00:12:45,509 --> 00:12:42,000

what they needed to do as in like

243

00:12:46,710 --> 00:12:45,519

plant or harvest or move or prepare for

244

00:12:49,430 --> 00:12:46,720

the winter

245

00:12:50,550 --> 00:12:49,440

so the sky became almost like a map of

246

00:12:52,870 --> 00:12:50,560

time

247

00:12:54,470 --> 00:12:52,880

where they could actually judge uh what

248

00:12:56,550 --> 00:12:54,480

they need to do

249

00:12:58,389 --> 00:12:56,560

and

250

00:12:59,350 --> 00:12:58,399

there's evidence

251
00:13:02,710 --> 00:12:59,360
that

252
00:13:02,720 --> 00:13:05,670
cultures

253
00:13:09,829 --> 00:13:08,069
10 you know over 10 000 years ago they

254
00:13:11,910 --> 00:13:09,839
found ev you know there is evidence that

255
00:13:13,430 --> 00:13:11,920
they traveled using the sea and how do

256
00:13:14,949 --> 00:13:13,440
they navigate they navigate with the

257
00:13:16,870 --> 00:13:14,959
stars

258
00:13:20,470 --> 00:13:16,880
so it's interesting to me that they put

259
00:13:21,910 --> 00:13:20,480
this stuff all together you know because

260
00:13:24,310 --> 00:13:21,920
i mean you know

261
00:13:26,389 --> 00:13:24,320
pretty i think of ancient man as being

262
00:13:28,470 --> 00:13:26,399
pretty primitive but you know the truth

263
00:13:30,230 --> 00:13:28,480

is they have mostly the same brain we do

264

00:13:32,710 --> 00:13:30,240

so they were able to think and reason

265

00:13:34,870 --> 00:13:32,720

and and put this stuff together

266

00:13:36,870 --> 00:13:34,880

so so somehow you do touch on a lot of

267

00:13:38,389 --> 00:13:36,880

the cosmology and the connections

268

00:13:40,230 --> 00:13:38,399

especially in egyptians how they would

269

00:13:43,189 --> 00:13:40,240

align things and

270

00:13:45,189 --> 00:13:43,199

this star is is for this god and this

271

00:13:47,269 --> 00:13:45,199

one's for that god

272

00:13:50,230 --> 00:13:47,279

that's an another interesting part of it

273

00:13:52,310 --> 00:13:50,240

and and but you do tie together some

274

00:13:55,509 --> 00:13:52,320

i guess uh jewish

275

00:13:58,629 --> 00:13:55,519

part of parts of this and godheads and

276

00:14:00,550 --> 00:13:58,639

systems right and and other cultures

277

00:14:03,750 --> 00:14:00,560

influence on egyptian

278

00:14:07,350 --> 00:14:03,760

part of this uh yeah you can see kind of

279

00:14:08,870 --> 00:14:07,360

um the out of egypt type of hypothesis

280

00:14:10,710 --> 00:14:08,880

where

281

00:14:15,110 --> 00:14:10,720

certain groups of people they took the

282

00:14:17,189 --> 00:14:15,120

knowledge from egypt and it kind of got

283

00:14:18,629 --> 00:14:17,199

changed but this the stories still

284

00:14:20,550 --> 00:14:18,639

remain the same

285

00:14:21,990 --> 00:14:20,560

just different names were replaced and

286

00:14:24,310 --> 00:14:22,000

different stories were added to it but

287

00:14:26,150 --> 00:14:24,320

it was still the exact same things

288

00:14:28,470 --> 00:14:26,160

and that kind of evolved and changed

289

00:14:30,949 --> 00:14:28,480

into modern day christianity as well the

290

00:14:32,230 --> 00:14:30,959

same type of stories

291

00:14:35,670 --> 00:14:32,240

especially

292

00:14:38,629 --> 00:14:37,110

the stars

293

00:14:40,550 --> 00:14:38,639

were passed on

294

00:14:41,750 --> 00:14:40,560

through these generations

295

00:14:44,790 --> 00:14:41,760

so

296

00:14:48,230 --> 00:14:44,800

for me when it comes to mysticism

297

00:14:50,310 --> 00:14:48,240

it really is this kind of reflection

298

00:14:51,509 --> 00:14:50,320

and the reflection is

299

00:14:53,509 --> 00:14:51,519

um

300

00:14:55,670 --> 00:14:53,519

you are basically the universe the

301
00:14:57,269 --> 00:14:55,680
universe is you and to understand

302
00:14:58,629 --> 00:14:57,279
yourself you have to understand the

303
00:15:01,350 --> 00:14:58,639
universe

304
00:15:04,310 --> 00:15:01,360
and by looking at different

305
00:15:07,350 --> 00:15:04,320
basically polarities in the world

306
00:15:09,110 --> 00:15:07,360
you start to understand yourself

307
00:15:12,790 --> 00:15:09,120
and this is the basis

308
00:15:15,269 --> 00:15:12,800
of this understanding

309
00:15:17,670 --> 00:15:15,279
and basically

310
00:15:19,350 --> 00:15:17,680
my whole goal in this thing was just

311
00:15:21,430 --> 00:15:19,360
trying to

312
00:15:22,949 --> 00:15:21,440
find a way to connect

313
00:15:25,189 --> 00:15:22,959

the ritual

314

00:15:26,949 --> 00:15:25,199

because we all go through cycles

315

00:15:29,670 --> 00:15:26,959

all right everything has an ebb and a

316

00:15:32,949 --> 00:15:31,189

you know everything is born and

317

00:15:36,069 --> 00:15:32,959

everything dies

318

00:15:38,790 --> 00:15:36,079

and how do we fit in this cycle

319

00:15:41,269 --> 00:15:38,800

and the the truth is is that

320

00:15:44,150 --> 00:15:41,279

we are a reflection

321

00:15:47,189 --> 00:15:44,160

of our outer world we are

322

00:15:50,230 --> 00:15:47,199

shaped by our environment

323

00:15:52,710 --> 00:15:51,509

when we

324

00:15:55,110 --> 00:15:52,720

start to

325

00:15:56,949 --> 00:15:55,120

understand these connections this is

326

00:15:59,430 --> 00:15:56,959

where we go through

327

00:16:01,509 --> 00:15:59,440

spiritual growth

328

00:16:03,189 --> 00:16:01,519

and i believe that by

329

00:16:04,790 --> 00:16:03,199

having a strong connection to our

330

00:16:07,749 --> 00:16:04,800

ancestors a strong connection to the

331

00:16:08,949 --> 00:16:07,759

knowledge that got us here

332

00:16:11,189 --> 00:16:08,959

we

333

00:16:13,189 --> 00:16:11,199

strengthen ourselves

334

00:16:14,790 --> 00:16:13,199

and i think going through

335

00:16:17,749 --> 00:16:14,800

you know what we're going through today

336

00:16:19,430 --> 00:16:17,759

living in an artificial life um you know

337

00:16:22,949 --> 00:16:19,440

in artificial surroundings eating

338

00:16:25,509 --> 00:16:22,959

artificial food artificial light

339

00:16:27,030 --> 00:16:25,519

it's almost like we are

340

00:16:28,710 --> 00:16:27,040

disconnecting ourselves from this

341

00:16:30,949 --> 00:16:28,720

natural cycle

342

00:16:33,030 --> 00:16:30,959

which could has have some

343

00:16:35,590 --> 00:16:33,040

consequences on our minds of our

344

00:16:36,629 --> 00:16:35,600

emotions of our physical well-being and

345

00:16:39,189 --> 00:16:36,639

our health you know what you're

346

00:16:41,829 --> 00:16:39,199

absolutely right i just i just went on

347

00:16:44,629 --> 00:16:41,839

not really a diet but i for the past i

348

00:16:46,389 --> 00:16:44,639

don't know uh six weeks no processed

349

00:16:49,269 --> 00:16:46,399

food at all

350

00:16:52,470 --> 00:16:49,279

nothing from a box or microwave or any

351

00:16:55,189 --> 00:16:52,480

of that stuff i feel tremendously better

352

00:16:57,509 --> 00:16:55,199

eating all as much fresh

353

00:16:59,749 --> 00:16:57,519

whatever as possible and nothing out of

354

00:17:01,030 --> 00:16:59,759

a i mean it's a simple stupid rule but a

355

00:17:02,550 --> 00:17:01,040

friend of mine turned me onto it like

356

00:17:05,429 --> 00:17:02,560

well you can't be eating like pizza

357

00:17:07,590 --> 00:17:05,439

rolls and frozen you know hungry man

358

00:17:10,470 --> 00:17:07,600

dinners it's just all filled with

359

00:17:12,150 --> 00:17:10,480

garbage it's not good for your body

360

00:17:13,829 --> 00:17:12,160

all these preservatives you know i don't

361

00:17:15,750 --> 00:17:13,839

know chemicals whatever they put in that

362

00:17:18,390 --> 00:17:15,760

stuff so yeah that

363

00:17:20,470 --> 00:17:18,400

just cutting out processed food is is a

364

00:17:22,789 --> 00:17:20,480

tremendous difference to me

365

00:17:24,069 --> 00:17:22,799

and you know you go out to your cabin

366

00:17:25,270 --> 00:17:24,079

you know you feel

367

00:17:27,189 --> 00:17:25,280

amazing

368

00:17:29,750 --> 00:17:27,199

being out there there's something about

369

00:17:32,470 --> 00:17:29,760

being surrounded by all that life you

370

00:17:33,990 --> 00:17:32,480

know uh this weekend i saw some coyotes

371

00:17:36,470 --> 00:17:34,000

on the trail

372

00:17:38,070 --> 00:17:36,480

two or three coyotes crossed my trail

373

00:17:40,789 --> 00:17:38,080

and that was amazing and there's plenty

374

00:17:42,870 --> 00:17:40,799

of deer around too and and just the

375

00:17:45,430 --> 00:17:42,880

force is just filled with life and that

376

00:17:47,590 --> 00:17:45,440

to me is the natural way to live this

377

00:17:48,870 --> 00:17:47,600

asphalt concrete

378

00:17:51,270 --> 00:17:48,880

you know

379

00:17:53,110 --> 00:17:51,280

roads everywhere and everything's

380

00:17:55,110 --> 00:17:53,120

covered they cover you know i just live

381

00:17:56,870 --> 00:17:55,120

in the city and they cover like every

382

00:17:59,270 --> 00:17:56,880

inch of nature they cover with some

383

00:18:00,630 --> 00:17:59,280

artificial material it can't be good for

384

00:18:03,029 --> 00:18:00,640

us right

385

00:18:05,029 --> 00:18:03,039

well you know you mentioned something

386

00:18:06,950 --> 00:18:05,039

about you know you have the coyotes you

387

00:18:08,870 --> 00:18:06,960

have the bears you have

388

00:18:10,390 --> 00:18:08,880

the the deer these animals in your

389

00:18:12,390 --> 00:18:10,400
surroundings

390

00:18:14,390 --> 00:18:12,400
and uh in the book you know we're

391

00:18:15,430 --> 00:18:14,400
talking about different gods

392

00:18:17,510 --> 00:18:15,440
who are

393

00:18:19,750 --> 00:18:17,520
in the shape of animals

394

00:18:22,630 --> 00:18:19,760
but when you travel out of egypt to

395

00:18:25,029 --> 00:18:22,640
different things or to different places

396

00:18:28,549 --> 00:18:25,039
the gods change and the animal

397

00:18:31,430 --> 00:18:28,559
attributes of those gods change

398

00:18:34,230 --> 00:18:31,440
sure yeah and it's because that you know

399

00:18:35,510 --> 00:18:34,240
if you lived out there full time stephen

400

00:18:37,990 --> 00:18:35,520
and you start to

401
00:18:39,350 --> 00:18:38,000
get involved and understand the life

402
00:18:41,430 --> 00:18:39,360
around you

403
00:18:43,350 --> 00:18:41,440
you'll start to see that the deer has a

404
00:18:45,190 --> 00:18:43,360
specific role to play

405
00:18:47,350 --> 00:18:45,200
and you can say that's a spiritual role

406
00:18:48,950 --> 00:18:47,360
in that environment the coyote has a

407
00:18:51,830 --> 00:18:48,960
very important role

408
00:18:53,750 --> 00:18:51,840
in that environment so you start to take

409
00:18:55,590 --> 00:18:53,760
their roles how they adapt in that

410
00:18:58,310 --> 00:18:55,600
environment and put it together and

411
00:19:00,310 --> 00:18:58,320
you'll create a story about how they

412
00:19:02,310 --> 00:19:00,320
live in this environment

413
00:19:04,310 --> 00:19:02,320

for survival it's like a universal law

414

00:19:06,950 --> 00:19:04,320

for them you're absolutely right every

415

00:19:08,470 --> 00:19:06,960

animal has its place there you know like

416

00:19:09,750 --> 00:19:08,480

i've got a lot of raccoons around the

417

00:19:11,750 --> 00:19:09,760

cabin and those guys are like the

418

00:19:14,549 --> 00:19:11,760

garbage men of the forest they'll eat

419

00:19:16,230 --> 00:19:14,559

literally anything out there you know

420

00:19:18,870 --> 00:19:16,240

just anything something falls over and

421

00:19:21,270 --> 00:19:18,880

dies they're eating it

422

00:19:23,270 --> 00:19:21,280

you know uh it's funny to me you're

423

00:19:24,870 --> 00:19:23,280

right everybody everything everything

424

00:19:27,110 --> 00:19:24,880

everything works perfectly in the forest

425

00:19:28,950 --> 00:19:27,120

everybody has their job to do but i

426

00:19:30,950 --> 00:19:28,960

noticed you mentioned this mention of

427

00:19:31,990 --> 00:19:30,960

ritual and one of the things in reading

428

00:19:35,190 --> 00:19:32,000

the book

429

00:19:38,470 --> 00:19:35,200

that struck me is that humans have this

430

00:19:41,110 --> 00:19:38,480

i think we have a need for ritual to

431

00:19:42,630 --> 00:19:41,120

focus our minds on certain tasks or

432

00:19:44,950 --> 00:19:42,640

times of the year

433

00:19:47,669 --> 00:19:44,960

and it reminded me of a lot of catholic

434

00:19:49,669 --> 00:19:47,679

holidays because there's always ritual

435

00:19:51,190 --> 00:19:49,679

involved you're going to have easter you

436

00:19:53,990 --> 00:19:51,200

have a certain meal

437

00:19:56,310 --> 00:19:54,000

you go to mass and they talk about you

438

00:19:58,630 --> 00:19:56,320

know jesus rising from the dead

439

00:20:01,350 --> 00:19:58,640

on easter sunday and or christmas

440

00:20:03,669 --> 00:20:01,360

there's certain rituals involved and uh

441

00:20:06,630 --> 00:20:03,679

but you attack this rituals from a more

442

00:20:09,590 --> 00:20:06,640

ancient it's it's a lot of stuff that

443

00:20:12,310 --> 00:20:09,600

seemed vaguely familiar to me

444

00:20:14,470 --> 00:20:12,320

but i wasn't familiar with some of this

445

00:20:17,590 --> 00:20:14,480

old ancient egyptian

446

00:20:19,270 --> 00:20:17,600

form of meditation and ritual

447

00:20:20,390 --> 00:20:19,280

so can we talk a little bit about that

448

00:20:21,750 --> 00:20:20,400

and

449

00:20:25,270 --> 00:20:21,760

do you think that this

450

00:20:28,149 --> 00:20:25,280

these egyptian rituals predate a lot of

451
00:20:30,390 --> 00:20:28,159
modern more modern like christian

452
00:20:32,549 --> 00:20:30,400
sort of prayers and rituals

453
00:20:33,350 --> 00:20:32,559
but they still have some similarity

454
00:20:36,310 --> 00:20:33,360
right

455
00:20:38,630 --> 00:20:36,320
oh they absolutely have uh similarity

456
00:20:40,950 --> 00:20:38,640
and they are more ancient and a lot of

457
00:20:43,350 --> 00:20:40,960
um the symbolism

458
00:20:44,230 --> 00:20:43,360
of these rituals have been passed down

459
00:20:47,190 --> 00:20:44,240
so

460
00:20:48,789 --> 00:20:47,200
you know for example uh even

461
00:20:49,669 --> 00:20:48,799
something as simple as the christmas

462
00:20:51,510 --> 00:20:49,679
tree

463
00:20:53,590 --> 00:20:51,520

you know why on christmas do you have

464

00:20:54,789 --> 00:20:53,600

the you know the the christmas tree in

465

00:20:56,470 --> 00:20:54,799

your house

466

00:20:58,149 --> 00:20:56,480

um yeah that seemed that always seemed

467

00:21:00,070 --> 00:20:58,159

to be a weird thing to me that a bunch

468

00:21:01,270 --> 00:21:00,080

of people would go let's go outside cut

469

00:21:03,430 --> 00:21:01,280

down a tree

470

00:21:04,070 --> 00:21:03,440

bring it in our house and then decorate

471

00:21:09,270 --> 00:21:04,080

it

472

00:21:10,549 --> 00:21:09,280

that's a weird one because uh back in

473

00:21:12,549 --> 00:21:10,559

egypt

474

00:21:14,950 --> 00:21:12,559

around that time of year around the

475

00:21:17,110 --> 00:21:14,960

solstice they would raise

476

00:21:19,350 --> 00:21:17,120

the uh the jed pillar

477

00:21:22,310 --> 00:21:19,360

which was um

478

00:21:26,070 --> 00:21:22,320

which was a pillar carved out of wood

479

00:21:28,310 --> 00:21:26,080

um and osiris was the god of vegetation

480

00:21:30,710 --> 00:21:28,320

so osiris was basically a tree he was

481

00:21:32,950 --> 00:21:30,720

the original green man

482

00:21:34,710 --> 00:21:32,960

and every year it was this it was kind

483

00:21:36,230 --> 00:21:34,720

of like the rebirth

484

00:21:38,230 --> 00:21:36,240

of um

485

00:21:39,510 --> 00:21:38,240

of nature it was the rebirth of the

486

00:21:41,510 --> 00:21:39,520

green man

487

00:21:43,669 --> 00:21:41,520

where

488

00:21:47,590 --> 00:21:43,679

you can now plant your seeds everything

489

00:21:52,710 --> 00:21:49,990

so you know when you look back even

490

00:21:54,789 --> 00:21:52,720

before egypt you know there are these uh

491

00:21:57,110 --> 00:21:54,799

nature cults or the tree cults they

492

00:21:58,950 --> 00:21:57,120

would pray to the trees

493

00:22:01,270 --> 00:21:58,960

and a lot of the medicine that they

494

00:22:03,750 --> 00:22:01,280

would use in ancient times

495

00:22:05,909 --> 00:22:03,760

uh came from these trees

496

00:22:09,029 --> 00:22:05,919

or herbs and things right herbs and

497

00:22:11,350 --> 00:22:09,039

resins and um all the things it would be

498

00:22:14,789 --> 00:22:11,360

kind of like the flesh of the god it was

499

00:22:17,510 --> 00:22:14,799

the flesh of osiris the oils or bloods

500

00:22:21,110 --> 00:22:17,520

of these plants that they would harvest

501
00:22:23,350 --> 00:22:21,120
and give during these festivals

502
00:22:25,270 --> 00:22:23,360
interestingly it's it also has to do

503
00:22:27,830 --> 00:22:25,280
with the time of year

504
00:22:29,990 --> 00:22:27,840
it also has to do with

505
00:22:31,830 --> 00:22:30,000
where the sun is so you know you have

506
00:22:33,190 --> 00:22:31,840
the rising sun you have the sun that's

507
00:22:36,710 --> 00:22:33,200
above your head and you have the sun

508
00:22:38,789 --> 00:22:36,720
that's setting and each one

509
00:22:41,350 --> 00:22:38,799
had its own specific gods

510
00:22:43,990 --> 00:22:41,360
own specific plants that were connected

511
00:22:45,909 --> 00:22:44,000
to it even uh the same thing with the

512
00:22:47,669 --> 00:22:45,919
direction so each thing

513
00:22:49,830 --> 00:22:47,679

had its ritual

514

00:22:52,830 --> 00:22:49,840

that connected to a god

515

00:22:57,270 --> 00:22:52,840

and over time it really kind of

516

00:22:59,430 --> 00:22:57,280

um i would say became very complex

517

00:23:01,669 --> 00:22:59,440

where um they would use

518

00:23:03,430 --> 00:23:01,679

these rituals for uh spiritual

519

00:23:07,029 --> 00:23:03,440

purification

520

00:23:09,190 --> 00:23:07,039

to uh bring in and like

521

00:23:10,549 --> 00:23:09,200

i'll just say like um

522

00:23:12,230 --> 00:23:10,559

i grew up

523

00:23:13,190 --> 00:23:12,240

um jewish

524

00:23:16,070 --> 00:23:13,200

and my

525

00:23:17,990 --> 00:23:16,080

wife is catholic i never knew that you

526

00:23:20,950 --> 00:23:18,000

were jewish that's weird

527

00:23:24,149 --> 00:23:20,960

and we we have a very similar background

528

00:23:25,270 --> 00:23:24,159

uh my uh my family emigrated here from

529

00:23:28,630 --> 00:23:25,280

poland

530

00:23:31,350 --> 00:23:28,640

ukraine and russia right so it's like

531

00:23:32,070 --> 00:23:31,360

i'm here for pollock so

532

00:23:34,149 --> 00:23:32,080

and

533

00:23:35,909 --> 00:23:34,159

um

534

00:23:41,430 --> 00:23:35,919

so basically for christmas you have

535

00:23:46,390 --> 00:23:44,149

with um like rosh hashanah yom kippur

536

00:23:50,070 --> 00:23:46,400

which is about atonement in you know the

537

00:23:52,149 --> 00:23:50,080

fall the the september october time and

538

00:23:53,669 --> 00:23:52,159

this all goes back to ancient egypt it

539

00:23:55,269 --> 00:23:53,679

was about

540

00:23:56,950 --> 00:23:55,279

when certain stars were in the sky or

541

00:23:57,909 --> 00:23:56,960

there was a change

542

00:23:59,750 --> 00:23:57,919

from

543

00:24:00,870 --> 00:23:59,760

festival to festival

544

00:24:02,310 --> 00:24:00,880

it was like

545

00:24:04,630 --> 00:24:02,320

same with these

546

00:24:07,350 --> 00:24:04,640

solstices and equinoxes

547

00:24:08,390 --> 00:24:07,360

these were the times of you know the sun

548

00:24:10,950 --> 00:24:08,400

is

549

00:24:14,950 --> 00:24:10,960

awakening so the sun awakens around

550

00:24:17,510 --> 00:24:14,960

december uh 21st the solstice

551

00:24:19,909 --> 00:24:17,520

the sun is its most strength at the end

552

00:24:24,230 --> 00:24:22,310

the summer solstice yeah the longest day

553

00:24:25,269 --> 00:24:24,240

of the year longest day of the year so

554

00:24:27,190 --> 00:24:25,279

and then

555

00:24:30,549 --> 00:24:27,200

when the sun starts to die again which

556

00:24:33,350 --> 00:24:32,470

autumn

557

00:24:35,350 --> 00:24:33,360

you know

558

00:24:36,549 --> 00:24:35,360

you have to this is when you harvest

559

00:24:38,230 --> 00:24:36,559

everything so you have all these

560

00:24:40,630 --> 00:24:38,240

festivals you have the festivals of

561

00:24:42,630 --> 00:24:40,640

autumn which is the you atone for the

562

00:24:44,630 --> 00:24:42,640

sins of the year basically that's what

563

00:24:47,350 --> 00:24:44,640

yom kippur is

564

00:24:50,470 --> 00:24:47,360

and then in christmas uh you celebrate

565

00:24:53,110 --> 00:24:50,480

um the the sun being born again because

566

00:24:54,870 --> 00:24:53,120

now the sun is coming up over the um

567

00:24:57,110 --> 00:24:54,880

northern horizon

568

00:24:58,149 --> 00:24:57,120

or the northern hemisphere

569

00:25:00,789 --> 00:24:58,159

um

570

00:25:02,470 --> 00:25:00,799

so you have these kind of festivals all

571

00:25:04,230 --> 00:25:02,480

based on the calendar and if you go to

572

00:25:07,190 --> 00:25:04,240

into judaism

573

00:25:10,950 --> 00:25:07,200

um all the festivals are around um the

574

00:25:12,390 --> 00:25:10,960

moon calendar so it hits on the moon

575

00:25:14,470 --> 00:25:12,400

um

576

00:25:16,870 --> 00:25:14,480

of those times of the year

577

00:25:19,830 --> 00:25:16,880

and it's very similar if not the same

578

00:25:23,669 --> 00:25:19,840

with uh christianity where they're solar

579

00:25:25,750 --> 00:25:23,679

uh they put it with the solar calendar

580

00:25:27,430 --> 00:25:25,760

and there's a lot of hidden information

581

00:25:28,950 --> 00:25:27,440

and i know that's why you said the book

582

00:25:33,830 --> 00:25:28,960

is

583

00:25:36,230 --> 00:25:33,840

information dense but in a good way not

584

00:25:37,830 --> 00:25:36,240

in a bad way i just mean it's not it's

585

00:25:39,830 --> 00:25:37,840

not something that you can just blow

586

00:25:41,909 --> 00:25:39,840

through i found myself stopping and

587

00:25:43,350 --> 00:25:41,919

thinking about things and relating my

588

00:25:45,590 --> 00:25:43,360

own

589

00:25:48,630 --> 00:25:45,600

sort of knowledge of christian theology

590

00:25:50,710 --> 00:25:48,640

and rituals and things like that

591

00:25:52,630 --> 00:25:50,720

and interesting to me that the the other

592

00:25:55,430 --> 00:25:52,640

thing that jumped out at me is that

593

00:25:57,430 --> 00:25:55,440

you're giving people sort of a

594

00:25:59,750 --> 00:25:57,440

a ritualistic

595

00:26:02,149 --> 00:25:59,760

way to focus will

596

00:26:05,669 --> 00:26:02,159

on certain tasks or

597

00:26:10,310 --> 00:26:08,070

what's the word spiritual

598

00:26:11,830 --> 00:26:10,320

journey you know you like if you're

599

00:26:13,190 --> 00:26:11,840

trying to do something specific

600

00:26:15,110 --> 00:26:13,200

spiritually

601
00:26:17,110 --> 00:26:15,120
there's methods to

602
00:26:19,350 --> 00:26:17,120
to do that right and

603
00:26:21,590 --> 00:26:19,360
but again i just kept coming back to the

604
00:26:23,590 --> 00:26:21,600
like wow we we as humans must really

605
00:26:25,750 --> 00:26:23,600
need these rituals

606
00:26:28,230 --> 00:26:25,760
to focus our wills or something there's

607
00:26:29,909 --> 00:26:28,240
something about the act of like prayer

608
00:26:32,070 --> 00:26:29,919
or meditation

609
00:26:32,870 --> 00:26:32,080
that focuses our will on a given task

610
00:26:35,510 --> 00:26:32,880
like

611
00:26:37,830 --> 00:26:35,520
in in christianity if somebody's ill or

612
00:26:40,630 --> 00:26:37,840
near death especially we have certain

613
00:26:43,510 --> 00:26:40,640

prayers that we say

614

00:26:45,350 --> 00:26:43,520

that is meant to help them you know and

615

00:26:48,870 --> 00:26:45,360

that to me is focusing your will on a

616

00:26:50,390 --> 00:26:48,880

given task like helping a sick person

617

00:26:52,230 --> 00:26:50,400

and it's interesting that the egyptians

618

00:26:54,470 --> 00:26:52,240

had similar things but maybe different

619

00:26:56,630 --> 00:26:54,480

methodologies that wouldn't really be

620

00:27:01,110 --> 00:26:56,640

considered a prayer right

621

00:27:04,310 --> 00:27:01,120

yeah it all came back to um

622

00:27:06,470 --> 00:27:04,320

bringing yourself back into presence

623

00:27:08,470 --> 00:27:06,480

and this whole concept of pure

624

00:27:09,750 --> 00:27:08,480

purification

625

00:27:11,510 --> 00:27:09,760

saying that if you were sick or

626
00:27:13,350 --> 00:27:11,520
something was wrong

627
00:27:15,430 --> 00:27:13,360
your mind

628
00:27:17,510 --> 00:27:15,440
is being pulled

629
00:27:19,190 --> 00:27:17,520
in a different place

630
00:27:21,990 --> 00:27:19,200
where your energy is being pulled or

631
00:27:24,870 --> 00:27:22,000
being manipulated by something else

632
00:27:27,750 --> 00:27:24,880
and um you know in ancient times you

633
00:27:29,830 --> 00:27:27,760
know they'd call it demons or devils or

634
00:27:33,350 --> 00:27:29,840
entities or things like this that would

635
00:27:35,909 --> 00:27:33,360
basically make you make you sick

636
00:27:39,750 --> 00:27:35,919
and uh basically what these rituals

637
00:27:41,269 --> 00:27:39,760
would do is try to um cleanse the body

638
00:27:43,909 --> 00:27:41,279

cleanse the mind

639

00:27:45,269 --> 00:27:43,919

bring you back into focus and awareness

640

00:27:47,990 --> 00:27:45,279

so that you're not

641

00:27:50,310 --> 00:27:48,000

all over all over the cell sorry you're

642

00:27:51,510 --> 00:27:50,320

not all over the place

643

00:27:53,590 --> 00:27:51,520

and

644

00:27:55,350 --> 00:27:53,600

basically

645

00:27:57,590 --> 00:27:55,360

the rituals

646

00:27:59,190 --> 00:27:57,600

are about letting go

647

00:28:00,630 --> 00:27:59,200

of the situation

648

00:28:02,549 --> 00:28:00,640

they're about

649

00:28:05,590 --> 00:28:02,559

letting go of your past

650

00:28:07,750 --> 00:28:05,600

letting go of negative thought forms

651
00:28:09,750 --> 00:28:07,760
and and trying to let go of the emotions

652
00:28:12,389 --> 00:28:09,760
by retuning yourself

653
00:28:13,909 --> 00:28:12,399
to the cycles of nature

654
00:28:15,830 --> 00:28:13,919
and i think this is the most important

655
00:28:17,909 --> 00:28:15,840
thing is that this whole thing about

656
00:28:19,029 --> 00:28:17,919
separation from nature

657
00:28:27,909 --> 00:28:19,039
is

658
00:28:30,630 --> 00:28:27,919
and when we start to tune in and

659
00:28:32,389 --> 00:28:30,640
meditate again or tune in and reconnect

660
00:28:34,389 --> 00:28:32,399
to the environment like going out into

661
00:28:36,230 --> 00:28:34,399
the the wilderness

662
00:28:38,230 --> 00:28:36,240
suddenly you're getting back into this

663
00:28:39,750 --> 00:28:38,240

natural cycle

664

00:28:42,149 --> 00:28:39,760

that

665

00:28:44,149 --> 00:28:42,159

pulls whatever these negative influences

666

00:28:46,470 --> 00:28:44,159

are away from you and starts to change

667

00:28:48,630 --> 00:28:46,480

your life in a positive way where you'll

668

00:28:52,070 --> 00:28:48,640

start to heal and i think that is

669

00:28:53,909 --> 00:28:52,080

what the main concept is

670

00:28:55,830 --> 00:28:53,919

when you really go back thousands of

671

00:28:57,750 --> 00:28:55,840

years to look at this

672

00:28:59,990 --> 00:28:57,760

and they taught

673

00:29:01,269 --> 00:29:00,000

many things that would be considered

674

00:29:04,230 --> 00:29:01,279

like uh

675

00:29:06,549 --> 00:29:04,240

meditation postures

676

00:29:08,710 --> 00:29:06,559

stretches like yoga

677

00:29:10,230 --> 00:29:08,720

yeah in detail all this in the book i

678

00:29:12,710 --> 00:29:10,240

haven't actually got up off my butt and

679

00:29:15,350 --> 00:29:12,720

done a lot of these exercises yet but i

680

00:29:17,190 --> 00:29:15,360

also noticed that you spent

681

00:29:19,110 --> 00:29:17,200

one of the other things that struck me

682

00:29:21,669 --> 00:29:19,120

from the book is that there's a lot of

683

00:29:23,350 --> 00:29:21,679

talk about breathing techniques

684

00:29:25,590 --> 00:29:23,360

and i was kind of surprised when i

685

00:29:26,710 --> 00:29:25,600

really took up meditation i went to a

686

00:29:29,029 --> 00:29:26,720

place in philadelphia called the

687

00:29:31,350 --> 00:29:29,039

shimbala center and they have free

688

00:29:33,830 --> 00:29:31,360

classes you know and they have guest

689

00:29:36,149 --> 00:29:33,840

lecturers every month or

690

00:29:38,230 --> 00:29:36,159

and i i i was kind of surprised

691

00:29:39,909 --> 00:29:38,240

that they spend so much time on

692

00:29:42,230 --> 00:29:39,919

breathing techniques too because you

693

00:29:44,630 --> 00:29:42,240

think you oh breathing it's it's i know

694

00:29:46,549 --> 00:29:44,640

i breathe every day like but these sort

695

00:29:51,510 --> 00:29:46,559

of focused

696

00:29:53,590 --> 00:29:51,520

breathing at certain tempos or

697

00:29:55,430 --> 00:29:53,600

or or you know these different methods

698

00:29:58,470 --> 00:29:55,440

they do tend to focus your mind and

699

00:30:00,070 --> 00:29:58,480

quiet down your mind maybe that's why

700

00:30:01,190 --> 00:30:00,080

they work but can you talk for a while

701
00:30:03,190 --> 00:30:01,200
about this

702
00:30:04,710 --> 00:30:03,200
these breathing techniques and and some

703
00:30:06,870 --> 00:30:04,720
of the meditative techniques that you

704
00:30:09,430 --> 00:30:06,880
cover in the book yeah think of the

705
00:30:11,750 --> 00:30:09,440
breath as a regulator

706
00:30:13,990 --> 00:30:11,760
all right so as you breathe deeper and

707
00:30:16,630 --> 00:30:14,000
slower you're actually

708
00:30:19,190 --> 00:30:16,640
relaxing your entire system and the main

709
00:30:21,510 --> 00:30:19,200
breathing system that we talk about

710
00:30:22,630 --> 00:30:21,520
in the book is uh breathing into the

711
00:30:25,110 --> 00:30:22,640
stomach

712
00:30:26,870 --> 00:30:25,120
which is uh in in chinese qigong is

713
00:30:28,789 --> 00:30:26,880

called the dantian

714

00:30:30,789 --> 00:30:28,799

and there's a place it's about an inch

715

00:30:32,310 --> 00:30:30,799

below your belly button in the center of

716

00:30:34,710 --> 00:30:32,320

your stomach

717

00:30:36,389 --> 00:30:34,720

and when you do full body breathing and

718

00:30:38,070 --> 00:30:36,399

you're breathing through your nostrils

719

00:30:40,950 --> 00:30:38,080

and you're taking it right down to your

720

00:30:42,710 --> 00:30:40,960

stomach and expanding your stomach out

721

00:30:45,510 --> 00:30:42,720

and then holding it and then breathing

722

00:30:47,990 --> 00:30:45,520

it out in a very relaxed manner

723

00:30:49,110 --> 00:30:48,000

this is called full body breathing and

724

00:30:50,389 --> 00:30:49,120

it's

725

00:30:52,070 --> 00:30:50,399

oxygenating

726

00:30:54,710 --> 00:30:52,080

your entire body

727

00:30:57,509 --> 00:30:54,720

so it's moving the energy it's calming

728

00:31:01,830 --> 00:30:57,519

and relaxing your body and it starts to

729

00:31:03,269 --> 00:31:01,840

um change even the brain's

730

00:31:05,029 --> 00:31:03,279

frequency range

731

00:31:06,630 --> 00:31:05,039

like you know just oh yeah don't change

732

00:31:08,789 --> 00:31:06,640

it'll change your brainwave patterns for

733

00:31:09,669 --> 00:31:08,799

sure they've done studies on that yeah

734

00:31:11,590 --> 00:31:09,679

and

735

00:31:12,870 --> 00:31:11,600

the interesting thing about brainwave

736

00:31:15,990 --> 00:31:12,880

patterns

737

00:31:18,230 --> 00:31:16,000

is that for the body to heal

738

00:31:19,830 --> 00:31:18,240

it's harder for the body to heal in a

739

00:31:21,669 --> 00:31:19,840

beta consciousness

740

00:31:23,029 --> 00:31:21,679

frequency so when you're active and

741

00:31:23,830 --> 00:31:23,039

awake

742

00:31:25,430 --> 00:31:23,840

um

743

00:31:26,549 --> 00:31:25,440

your body is in a different chemical

744

00:31:28,310 --> 00:31:26,559

system

745

00:31:30,630 --> 00:31:28,320

when you start to relax your body and

746

00:31:33,190 --> 00:31:30,640

let's say do a meditation bring yourself

747

00:31:35,190 --> 00:31:33,200

down into like an alpha state

748

00:31:36,710 --> 00:31:35,200

all right which is between like 7 and 11

749

00:31:39,750 --> 00:31:36,720

hertz

750

00:31:41,990 --> 00:31:39,760

when you bring your your consciousness

751
00:31:43,750 --> 00:31:42,000
down to about the alpha state that's

752
00:31:45,110 --> 00:31:43,760
when the chemistry in your body starts

753
00:31:47,909 --> 00:31:45,120
to change

754
00:31:49,669 --> 00:31:47,919
so you can all start to

755
00:31:51,990 --> 00:31:49,679
be more relaxed let go of the things

756
00:31:53,509 --> 00:31:52,000
you're holding on and there is a healing

757
00:31:54,470 --> 00:31:53,519
mechanism of the body of the immune

758
00:31:56,310 --> 00:31:54,480
system

759
00:31:58,310 --> 00:31:56,320
that kicks in

760
00:32:01,509 --> 00:31:58,320
and when you go deeper so let's say

761
00:32:04,149 --> 00:32:01,519
you're going deeper into deep meditation

762
00:32:06,789 --> 00:32:04,159
or sleep you start to enter into the

763
00:32:08,950 --> 00:32:06,799

theta brain waves and

764

00:32:10,950 --> 00:32:08,960

the delta brain waves

765

00:32:13,110 --> 00:32:10,960

and in these

766

00:32:16,149 --> 00:32:13,120

brain waves the body has a tremendous

767

00:32:17,430 --> 00:32:16,159

ability to heal itself

768

00:32:19,909 --> 00:32:17,440

and i don't know if

769

00:32:22,470 --> 00:32:19,919

you've probably seen the movie inception

770

00:32:25,029 --> 00:32:22,480

you know when they go deeper and deeper

771

00:32:27,190 --> 00:32:25,039

um in the dream they could implant a

772

00:32:29,190 --> 00:32:27,200

very powerful thought or suggestion and

773

00:32:31,029 --> 00:32:29,200

then even though they don't remember

774

00:32:34,149 --> 00:32:31,039

that suggestion they can wake up in the

775

00:32:36,470 --> 00:32:34,159

physical world and then act that out

776

00:32:38,070 --> 00:32:36,480

it's because

777

00:32:41,029 --> 00:32:38,080

i would say each

778

00:32:43,669 --> 00:32:41,039

frequency from delta theta alpha and

779

00:32:45,430 --> 00:32:43,679

beta it's a different altered state of

780

00:32:47,029 --> 00:32:45,440

awareness

781

00:32:50,389 --> 00:32:47,039

and

782

00:32:53,509 --> 00:32:50,399

the deeper you get

783

00:32:55,029 --> 00:32:53,519

into like the the theta and delta state

784

00:32:56,470 --> 00:32:55,039

those are when those programs are very

785

00:32:58,789 --> 00:32:56,480

powerful

786

00:33:00,710 --> 00:32:58,799

in the body

787

00:33:01,590 --> 00:33:00,720

so and i think that's also what they did

788

00:33:03,350 --> 00:33:01,600

with

789

00:33:05,029 --> 00:33:03,360

mk ultra and all that stuff is they

790

00:33:06,230 --> 00:33:05,039

would break

791

00:33:08,549 --> 00:33:06,240

the brain yeah

792

00:33:10,549 --> 00:33:08,559

that's not a very beneficial use of that

793

00:33:12,470 --> 00:33:10,559

knowledge right but you do something

794

00:33:15,029 --> 00:33:12,480

similar to you have the mind hack system

795

00:33:16,710 --> 00:33:15,039

which is very similar to this yeah i i

796

00:33:19,269 --> 00:33:16,720

i've spent a lot of time studying

797

00:33:20,630 --> 00:33:19,279

different brain wave and and how to get

798

00:33:21,830 --> 00:33:20,640

into the state

799

00:33:23,909 --> 00:33:21,840

of each

800

00:33:25,909 --> 00:33:23,919

brainwave pattern as quickly as possible

801
00:33:27,590 --> 00:33:25,919
so binaural beats and some other

802
00:33:29,029 --> 00:33:27,600
meditative techniques

803
00:33:31,750 --> 00:33:29,039
and i thought it would be tremendously

804
00:33:33,669 --> 00:33:31,760
helpful to be in the right state of mind

805
00:33:34,710 --> 00:33:33,679
for what you're trying to accomplish you

806
00:33:37,029 --> 00:33:34,720
know

807
00:33:39,269 --> 00:33:37,039
and what's very interesting

808
00:33:42,870 --> 00:33:39,279
and why breathing is so important is

809
00:33:44,549 --> 00:33:42,880
that does alter your state of awareness

810
00:33:45,909 --> 00:33:44,559
and there are many studies done with

811
00:33:46,870 --> 00:33:45,919
people that

812
00:33:47,590 --> 00:33:46,880
breathe

813
00:33:50,230 --> 00:33:47,600

or

814

00:33:52,470 --> 00:33:50,240

do deep meditation with breathing

815

00:33:55,110 --> 00:33:52,480

and they will actually find uh very

816

00:33:56,389 --> 00:33:55,120

specific uh chemistries in their blood

817

00:33:59,269 --> 00:33:56,399

and urine

818

00:34:01,430 --> 00:33:59,279

and these chemistries are um very

819

00:34:04,149 --> 00:34:01,440

similar to what happens when you're um

820

00:34:06,389 --> 00:34:04,159

dreaming lucid dreaming this is like

821

00:34:09,030 --> 00:34:06,399

they'll find dmt in your blood

822

00:34:10,230 --> 00:34:09,040

you know they'll find these psychedelic

823

00:34:12,710 --> 00:34:10,240

hormones

824

00:34:15,430 --> 00:34:12,720

and chemistry in your blood and urine

825

00:34:17,190 --> 00:34:15,440

by practicing this so

826

00:34:19,430 --> 00:34:17,200

when someone has like an experience they

827

00:34:21,430 --> 00:34:19,440

don't need to take drugs or anything

828

00:34:22,629 --> 00:34:21,440

like that your body automatically

829

00:34:24,710 --> 00:34:22,639

creates

830

00:34:25,589 --> 00:34:24,720

this chemistry by changing your brain

831

00:34:27,109 --> 00:34:25,599

wave

832

00:34:29,510 --> 00:34:27,119

and the facility

833

00:34:31,750 --> 00:34:29,520

of changing your breathing work

834

00:34:35,190 --> 00:34:31,760

so this is very important when it comes

835

00:34:37,750 --> 00:34:35,200

to meditation and postures and ritual

836

00:34:39,270 --> 00:34:37,760

because let's say you're doing a ritual

837

00:34:41,669 --> 00:34:39,280

you know we're talking and this is where

838

00:34:43,750 --> 00:34:41,679

you know magic comes in

839

00:34:44,869 --> 00:34:43,760

it's like how can you perform a certain

840

00:34:47,510 --> 00:34:44,879

function

841

00:34:48,389 --> 00:34:47,520

if your frequency or brain waves

842

00:34:51,669 --> 00:34:48,399

are not

843

00:34:52,629 --> 00:34:51,679

in that range where that chemistry can

844

00:34:54,230 --> 00:34:52,639

be

845

00:34:55,669 --> 00:34:54,240

excreted

846

00:34:59,190 --> 00:34:55,679

basically you know

847

00:34:59,990 --> 00:34:59,200

to get that a desired effect

848

00:35:01,670 --> 00:35:00,000

so it

849

00:35:04,390 --> 00:35:01,680

comes down to you

850

00:35:08,150 --> 00:35:04,400

and um

851
00:35:09,349 --> 00:35:08,160
oh yeah and yeah i just saw that comment

852
00:35:10,230 --> 00:35:09,359
basically

853
00:35:12,790 --> 00:35:10,240
um

854
00:35:13,829 --> 00:35:12,800
one of the oldest

855
00:35:16,790 --> 00:35:13,839
um

856
00:35:18,069 --> 00:35:16,800
one of the oldest symbolism is of the

857
00:35:21,510 --> 00:35:18,079
snake

858
00:35:23,030 --> 00:35:21,520
going up the uh staff

859
00:35:25,030 --> 00:35:23,040
and that is the

860
00:35:27,030 --> 00:35:25,040
the symbol of healing it's the symbol of

861
00:35:28,950 --> 00:35:27,040
magical medicine it's also a symbol of

862
00:35:30,390 --> 00:35:28,960
dna now sort of

863
00:35:33,349 --> 00:35:30,400

spiral

864

00:35:35,750 --> 00:35:33,359

and uh when you go into these systems

865

00:35:37,750 --> 00:35:35,760

if you go into the symbology especially

866

00:35:39,589 --> 00:35:37,760

um

867

00:35:41,030 --> 00:35:39,599

in the ancient vedas

868

00:35:43,750 --> 00:35:41,040

they speak about

869

00:35:45,829 --> 00:35:43,760

uh the coiled serpent which

870

00:35:47,910 --> 00:35:45,839

means the kundalini which is

871

00:35:49,589 --> 00:35:47,920

at the base of your spine

872

00:35:52,150 --> 00:35:49,599

and through very specific breathing

873

00:35:53,349 --> 00:35:52,160

techniques different yoga positions

874

00:35:55,030 --> 00:35:53,359

postures

875

00:35:57,190 --> 00:35:55,040

what they would do is they would bring

876
00:35:59,670 --> 00:35:57,200
the breath of life which is

877
00:36:01,670 --> 00:35:59,680
basically prana your breath

878
00:36:03,829 --> 00:36:01,680
they bring it into the system to

879
00:36:05,910 --> 00:36:03,839
cultivate that energy

880
00:36:08,230 --> 00:36:05,920
and it excites

881
00:36:09,829 --> 00:36:08,240
this energy this kundalini energy at the

882
00:36:12,470 --> 00:36:09,839
base of your spine

883
00:36:15,190 --> 00:36:12,480
and the symbol of that is this

884
00:36:18,310 --> 00:36:16,230
serpent

885
00:36:19,270 --> 00:36:18,320
which is made out of fire going up your

886
00:36:21,109 --> 00:36:19,280
spine

887
00:36:23,349 --> 00:36:21,119
and out through the crown which is the

888
00:36:25,750 --> 00:36:23,359

symbol of healing enlightenment and

889

00:36:28,790 --> 00:36:25,760

things like this and this could be found

890

00:36:33,030 --> 00:36:28,800

all over the place um

891

00:36:36,710 --> 00:36:34,950

oh i'm sorry about that yeah there's a

892

00:36:37,750 --> 00:36:36,720

there's a whole chapter learning to

893

00:36:39,670 --> 00:36:37,760

breathe

894

00:36:42,310 --> 00:36:39,680

and the importance of breath work in

895

00:36:44,150 --> 00:36:42,320

this in these meditative states and i

896

00:36:46,150 --> 00:36:44,160

found that interesting because like i

897

00:36:47,990 --> 00:36:46,160

said the shambhala center most of the

898

00:36:49,829 --> 00:36:48,000

teachers there especially for beginners

899

00:36:52,470 --> 00:36:49,839

were very focused on breath and the

900

00:36:54,230 --> 00:36:52,480

importance of of breath and different

901
00:36:56,710 --> 00:36:54,240
breathing techniques and and different

902
00:36:59,109 --> 00:36:56,720
meditative techniques and i noticed you

903
00:37:00,069 --> 00:36:59,119
also spent a long time on

904
00:37:04,150 --> 00:37:00,079
um

905
00:37:05,990 --> 00:37:04,160
what are they called mudras hand mudras

906
00:37:07,670 --> 00:37:06,000
yes

907
00:37:10,069 --> 00:37:07,680
and there's all these

908
00:37:12,950 --> 00:37:10,079
this i was a little unclear on because i

909
00:37:16,790 --> 00:37:12,960
go i don't understand the importance of

910
00:37:18,630 --> 00:37:16,800
you know different hand uh gestures

911
00:37:20,310 --> 00:37:18,640
but you spend a good deal of time on it

912
00:37:22,230 --> 00:37:20,320
so can we get into that and what are the

913
00:37:24,310 --> 00:37:22,240

benefits of these hand what are they

914

00:37:26,230 --> 00:37:24,320

called mudras or madras

915

00:37:27,670 --> 00:37:26,240

mudras mudra

916

00:37:30,550 --> 00:37:27,680

and uh

917

00:37:33,109 --> 00:37:30,560

okay so if you're looking at the um

918

00:37:35,589 --> 00:37:33,119

let's say the meridian system which is

919

00:37:37,510 --> 00:37:35,599

back in very ancient times in the vedas

920

00:37:39,589 --> 00:37:37,520

it's also in chinese traditional

921

00:37:42,230 --> 00:37:39,599

medicine you have these meridian

922

00:37:43,109 --> 00:37:42,240

channels that flow energy through the

923

00:37:44,870 --> 00:37:43,119

body

924

00:37:45,750 --> 00:37:44,880

yeah these are the end symbols in the

925

00:37:47,430 --> 00:37:45,760

book

926
00:37:49,829 --> 00:37:47,440
and if you

927
00:37:52,550 --> 00:37:49,839
if you look at statues and artwork in

928
00:37:54,230 --> 00:37:52,560
ancient times

929
00:37:56,630 --> 00:37:54,240
basically

930
00:37:58,950 --> 00:37:56,640
almost all of them are in very specific

931
00:38:02,150 --> 00:37:58,960
mudra postures

932
00:38:03,910 --> 00:38:02,160
and what happens is that you have the

933
00:38:06,950 --> 00:38:03,920
meridian system going through the body

934
00:38:08,710 --> 00:38:06,960
and all the exits and entrance points of

935
00:38:10,870 --> 00:38:08,720
the meridian channels

936
00:38:13,270 --> 00:38:10,880
run through your hands and fingers

937
00:38:15,589 --> 00:38:13,280
so you can regulate the flow of energy

938
00:38:17,349 --> 00:38:15,599

of the body by touching certain points

939

00:38:18,630 --> 00:38:17,359

of your finger or holding certain points

940

00:38:21,190 --> 00:38:18,640

of your finger

941

00:38:23,910 --> 00:38:21,200

and like i said in in mysticism you're a

942

00:38:25,670 --> 00:38:23,920

reflection of the universe so

943

00:38:28,310 --> 00:38:25,680

for example you have five

944

00:38:30,950 --> 00:38:28,320

uh or four fingers one thumb

945

00:38:32,870 --> 00:38:30,960

and each finger is an element you know

946

00:38:35,910 --> 00:38:32,880

and they say that the thumb is the fire

947

00:38:37,510 --> 00:38:35,920

element the uh index finger i never

948

00:38:39,829 --> 00:38:37,520

heard about this

949

00:38:40,790 --> 00:38:39,839

this is the air element i got a fire

950

00:38:42,390 --> 00:38:40,800

thumb

951
00:38:45,510 --> 00:38:42,400
well that's right so what happens when

952
00:38:47,270 --> 00:38:45,520
you put uh fire and air together

953
00:38:48,710 --> 00:38:47,280
you know you create you create more

954
00:38:50,790 --> 00:38:48,720
you're feeding the fire you're creating

955
00:38:53,030 --> 00:38:50,800
more heat so holding this

956
00:38:54,310 --> 00:38:53,040
creates this energy surge in the body of

957
00:38:56,950 --> 00:38:54,320
this connection

958
00:38:59,349 --> 00:38:56,960
and every point on the finger connects

959
00:39:00,470 --> 00:38:59,359
to a different organ system inside the

960
00:39:02,470 --> 00:39:00,480
body

961
00:39:05,430 --> 00:39:02,480
so uh if you're trying to regulate the

962
00:39:08,230 --> 00:39:05,440
flow of energy you can hold and meditate

963
00:39:09,750 --> 00:39:08,240

with different points on the body um

964

00:39:11,589 --> 00:39:09,760

very similar to

965

00:39:12,470 --> 00:39:11,599

the acupuncture system or the vedic

966

00:39:14,630 --> 00:39:12,480

system

967

00:39:17,030 --> 00:39:14,640

and if you would hold that point you

968

00:39:19,190 --> 00:39:17,040

draw energy to that point

969

00:39:21,589 --> 00:39:19,200

um in a meditation and regulate that

970

00:39:23,670 --> 00:39:21,599

flow of energy with your breath

971

00:39:25,829 --> 00:39:23,680

and um

972

00:39:28,630 --> 00:39:25,839

that is the whole concept

973

00:39:32,630 --> 00:39:28,640

you know it's not really a far out

974

00:39:38,790 --> 00:39:36,150

the the way that i try to explain this

975

00:39:41,030 --> 00:39:38,800

is um the earth

976
00:39:43,990 --> 00:39:41,040
has a negative polarity

977
00:39:45,990 --> 00:39:44,000
all right it's a giant magnetic sphere

978
00:39:47,190 --> 00:39:46,000
that you're putting your feet on

979
00:39:49,670 --> 00:39:47,200
all right

980
00:39:52,150 --> 00:39:49,680
and then you have your arms your body

981
00:39:54,069 --> 00:39:52,160
you're like a pillar standing vertically

982
00:39:55,990 --> 00:39:54,079
in the atmosphere

983
00:39:59,190 --> 00:39:56,000
and the air around you the atmosphere

984
00:40:01,349 --> 00:39:59,200
around you is a mostly positive charge

985
00:40:03,030 --> 00:40:01,359
you know so you're breathing in a

986
00:40:05,190 --> 00:40:03,040
positive charge

987
00:40:07,190 --> 00:40:05,200
of energy if you're going your water or

988
00:40:09,589 --> 00:40:07,200

certain sources you get more of uh

989

00:40:10,470 --> 00:40:09,599

negative ionization but for mostly the

990

00:40:12,230 --> 00:40:10,480

air is

991

00:40:14,230 --> 00:40:12,240

positive band

992

00:40:16,710 --> 00:40:14,240

electrical so if you're putting your

993

00:40:19,270 --> 00:40:16,720

arms like out into the sky

994

00:40:21,829 --> 00:40:19,280

your hands are touching a positive

995

00:40:24,230 --> 00:40:21,839

potential of electricity your feet are

996

00:40:27,510 --> 00:40:24,240

on the ground you have a negative pull

997

00:40:29,430 --> 00:40:27,520

polarity so as you breathe

998

00:40:31,109 --> 00:40:29,440

you're pulling these two polarities in

999

00:40:34,069 --> 00:40:31,119

your body this this

1000

00:40:36,150 --> 00:40:34,079

positive and negative ionization

1001

00:40:37,430 --> 00:40:36,160

and it's through these postures and

1002

00:40:40,550 --> 00:40:37,440

through the breath technique that you

1003

00:40:42,309 --> 00:40:40,560

start to regulate the flow

1004

00:40:43,910 --> 00:40:42,319

of these energies

1005

00:40:45,349 --> 00:40:43,920

and you know it's like when you when

1006

00:40:46,390 --> 00:40:45,359

you're talking in this community

1007

00:40:49,190 --> 00:40:46,400

everybody says oh you know you're

1008

00:40:51,990 --> 00:40:49,200

talking about woo stuff this is all woo

1009

00:40:53,829 --> 00:40:52,000

i'm like this is the oldest information

1010

00:40:55,910 --> 00:40:53,839

we have available to us

1011

00:40:59,109 --> 00:40:55,920

i'm keeping an open mind but some of me

1012

00:41:00,630 --> 00:40:59,119

did i you know some of it i go huh i

1013

00:41:03,349 --> 00:41:00,640

guess you know

1014

00:41:06,230 --> 00:41:03,359

this connection that every finger is

1015

00:41:08,150 --> 00:41:06,240

connected to some other organ and i i

1016

00:41:09,670 --> 00:41:08,160

just don't know that that's like

1017

00:41:12,390 --> 00:41:09,680

i think what people mean is that this

1018

00:41:13,190 --> 00:41:12,400

isn't exactly like science it's more

1019

00:41:15,430 --> 00:41:13,200

like

1020

00:41:17,430 --> 00:41:15,440

tradition and and

1021

00:41:19,589 --> 00:41:17,440

mysticism and

1022

00:41:21,990 --> 00:41:19,599

you know but who knows right

1023

00:41:23,670 --> 00:41:22,000

right and you know

1024

00:41:25,270 --> 00:41:23,680

this is what's been around for thousands

1025

00:41:27,829 --> 00:41:25,280

of years

1026

00:41:29,109 --> 00:41:27,839

and it continues to grow

1027

00:41:30,309 --> 00:41:29,119

and

1028

00:41:32,150 --> 00:41:30,319

you know i've

1029

00:41:33,670 --> 00:41:32,160

i've interviewed a lot of medical

1030

00:41:35,270 --> 00:41:33,680

doctors

1031

00:41:37,670 --> 00:41:35,280

who run different hospitals i don't know

1032

00:41:39,829 --> 00:41:37,680

if you saw the documentary i did with

1033

00:41:41,510 --> 00:41:39,839

the doctors in italy

1034

00:41:42,950 --> 00:41:41,520

but basically what they're saying is

1035

00:41:46,230 --> 00:41:42,960

that

1036

00:41:48,069 --> 00:41:46,240

even though we know a lot about

1037

00:41:50,470 --> 00:41:48,079

the science and medicine and the human

1038

00:41:52,309 --> 00:41:50,480

body

1039

00:41:55,910 --> 00:41:52,319

there's a lot of techniques a lot of

1040

00:41:58,069 --> 00:41:55,920

medicines and surgeries we do on people

1041

00:42:00,069 --> 00:41:58,079

that just simply don't work

1042

00:42:02,069 --> 00:42:00,079

so even though it should have worked it

1043

00:42:03,430 --> 00:42:02,079

doesn't work and then what they do is

1044

00:42:05,990 --> 00:42:03,440

they bring in

1045

00:42:07,990 --> 00:42:06,000

an integrative site of medicine which is

1046

00:42:10,309 --> 00:42:08,000

like the acupuncture or the massage or

1047

00:42:12,790 --> 00:42:10,319

the meditation or different traditional

1048

00:42:14,870 --> 00:42:12,800

medicines along

1049

00:42:18,150 --> 00:42:14,880

with the normal techniques of drugs and

1050

00:42:19,109 --> 00:42:18,160

surgery and they found that by adding

1051
00:42:22,790 --> 00:42:19,119
this

1052
00:42:24,870 --> 00:42:22,800
element to the healing or the

1053
00:42:27,030 --> 00:42:24,880
traditional element of the healing

1054
00:42:28,390 --> 00:42:27,040
suddenly now these things are starting

1055
00:42:30,309 --> 00:42:28,400
to heal

1056
00:42:32,470 --> 00:42:30,319
yeah you know it's interesting i i had a

1057
00:42:33,910 --> 00:42:32,480
friend that had cancer and he was in

1058
00:42:36,230 --> 00:42:33,920
late stage

1059
00:42:38,150 --> 00:42:36,240
i i don't recall the details but you

1060
00:42:39,829 --> 00:42:38,160
know basically told me he had you know

1061
00:42:42,470 --> 00:42:39,839
six months to live

1062
00:42:45,109 --> 00:42:42,480
and he went totally holistic

1063
00:42:48,230 --> 00:42:45,119

and he continued the regular treatments

1064

00:42:50,309 --> 00:42:48,240

but he he said later that he wasn't even

1065

00:42:51,270 --> 00:42:50,319

sure if this all this stuff that he was

1066

00:42:56,309 --> 00:42:51,280

doing

1067

00:42:57,430 --> 00:42:56,319

that it did do is it focused his entire

1068

00:42:59,270 --> 00:42:57,440

being

1069

00:43:01,510 --> 00:42:59,280

he filled his days we would go to

1070

00:43:04,230 --> 00:43:01,520

acupuncture one day meditation class the

1071

00:43:05,829 --> 00:43:04,240

next day yoga class the next day

1072

00:43:08,069 --> 00:43:05,839

uh herbalist

1073

00:43:09,190 --> 00:43:08,079

you know a nutritionist

1074

00:43:11,430 --> 00:43:09,200

and

1075

00:43:13,190 --> 00:43:11,440

what he said is i don't know

1076

00:43:14,870 --> 00:43:13,200

if any of that stuff was effective but

1077

00:43:16,870 --> 00:43:14,880

there was something about filling my

1078

00:43:19,589 --> 00:43:16,880

time with

1079

00:43:21,109 --> 00:43:19,599

i'm going to focus 100 on healing myself

1080

00:43:23,430 --> 00:43:21,119

and by the way he did he had a

1081

00:43:24,390 --> 00:43:23,440

miraculous sort of healing still alive

1082

00:43:26,790 --> 00:43:24,400

today

1083

00:43:28,790 --> 00:43:26,800

he beat like stage four some kind of you

1084

00:43:30,710 --> 00:43:28,800

know i can't remember the exact cancer

1085

00:43:33,430 --> 00:43:30,720

that he had so it's interesting that

1086

00:43:35,190 --> 00:43:33,440

maybe just focusing the body on

1087

00:43:37,349 --> 00:43:35,200

the healing aspect

1088

00:43:41,030 --> 00:43:37,359

may have some

1089

00:43:42,630 --> 00:43:41,040

he was totally not a believer in any of

1090

00:43:44,069 --> 00:43:42,640

this stuff before he started he said i'm

1091

00:43:45,589 --> 00:43:44,079

going to keep an open mind i'm going to

1092

00:43:47,589 --> 00:43:45,599

go to all these different things i'm

1093

00:43:50,309 --> 00:43:47,599

going to focus myself completely on

1094

00:43:52,550 --> 00:43:50,319

healing and for him it worked but even

1095

00:43:55,109 --> 00:43:52,560

after he he's not sure

1096

00:43:57,750 --> 00:43:55,119

if that stuff was doing anything except

1097

00:44:01,670 --> 00:43:57,760

focusing his mind and his will and all

1098

00:44:04,150 --> 00:44:01,680

of his energies on healing his body

1099

00:44:05,349 --> 00:44:04,160

and this goes back to a very ancient

1100

00:44:07,829 --> 00:44:05,359

concept

1101

00:44:11,109 --> 00:44:07,839

which is

1102

00:44:13,190 --> 00:44:11,119

um where you place your mind is where

1103

00:44:16,069 --> 00:44:13,200

you place your energy

1104

00:44:18,870 --> 00:44:16,079

all right that's as simple as it gets

1105

00:44:20,950 --> 00:44:18,880

and so if you're let's say focusing on

1106

00:44:23,990 --> 00:44:20,960

healing you're putting your actual

1107

00:44:27,430 --> 00:44:24,000

energy to the thought of healing

1108

00:44:28,790 --> 00:44:27,440

and this is why um when in qigong if you

1109

00:44:30,630 --> 00:44:28,800

have a wound

1110

00:44:31,990 --> 00:44:30,640

or if you have something that needs to

1111

00:44:34,390 --> 00:44:32,000

heal what they would do is they would

1112

00:44:35,829 --> 00:44:34,400

bring their mind they would first of all

1113

00:44:38,069 --> 00:44:35,839

they would cancel out all their thoughts

1114

00:44:40,390 --> 00:44:38,079

they'd cancel out all their emotions

1115

00:44:41,589 --> 00:44:40,400

so they could have a single singular

1116

00:44:46,069 --> 00:44:41,599

thought

1117

00:44:47,190 --> 00:44:46,079

the place in their body that needs the

1118

00:44:49,430 --> 00:44:47,200

healing

1119

00:44:52,870 --> 00:44:49,440

and they would just put their mind in

1120

00:44:54,309 --> 00:44:52,880

that location and start breathing

1121

00:44:55,510 --> 00:44:54,319

and by doing that you're bringing your

1122

00:44:57,829 --> 00:44:55,520

awareness

1123

00:44:59,349 --> 00:44:57,839

you're bringing the energy flow

1124

00:45:00,309 --> 00:44:59,359

and remember when you put your mind

1125

00:45:02,390 --> 00:45:00,319

there

1126
00:45:05,510 --> 00:45:02,400
you're bringing oxygen so oxygen will go

1127
00:45:07,750 --> 00:45:05,520
to that area and there's meditative

1128
00:45:10,069 --> 00:45:07,760
techniques that you can practice

1129
00:45:11,670 --> 00:45:10,079
where you start to breathe deeply that

1130
00:45:13,510 --> 00:45:11,680
full body breathing

1131
00:45:15,670 --> 00:45:13,520
and then once you start to feel that

1132
00:45:17,910 --> 00:45:15,680
flow through your body

1133
00:45:20,470 --> 00:45:17,920
what you do is you take your mind and

1134
00:45:21,430 --> 00:45:20,480
you you focus it on one place of your

1135
00:45:23,750 --> 00:45:21,440
body

1136
00:45:26,230 --> 00:45:23,760
so uh for example

1137
00:45:27,910 --> 00:45:26,240
what i used to do is i would focus it on

1138
00:45:30,710 --> 00:45:27,920

say like my big toe

1139

00:45:33,349 --> 00:45:30,720

right so i just take my whole mind and

1140

00:45:34,309 --> 00:45:33,359

thought and focus it on my big toe

1141

00:45:38,630 --> 00:45:34,319

and

1142

00:45:39,670 --> 00:45:38,640

it's almost like my big toe started to

1143

00:45:41,270 --> 00:45:39,680

breathe

1144

00:45:43,750 --> 00:45:41,280

so it's like i could feel this kind of

1145

00:45:45,990 --> 00:45:43,760

pull and a push of this air coming

1146

00:45:49,109 --> 00:45:46,000

through my toe

1147

00:45:50,790 --> 00:45:49,119

you know uh okay

1148

00:45:52,710 --> 00:45:50,800

i'm not i'm not saying i'm physically

1149

00:45:55,109 --> 00:45:52,720

breathing through the tongue and i have

1150

00:45:56,470 --> 00:45:55,119

to try that i'm saying that

1151

00:45:58,390 --> 00:45:56,480

what you're doing is you're focusing

1152

00:46:00,470 --> 00:45:58,400

your intention on a very specific point

1153

00:46:02,470 --> 00:46:00,480

and it's almost like there's this

1154

00:46:04,950 --> 00:46:02,480

communication of this opening and

1155

00:46:07,510 --> 00:46:04,960

closing or pulling or pushing of this

1156

00:46:09,190 --> 00:46:07,520

energy or air into that point

1157

00:46:10,950 --> 00:46:09,200

of the body that

1158

00:46:13,349 --> 00:46:10,960

people that meditate can start to feel

1159

00:46:14,870 --> 00:46:13,359

or experience what that feels like

1160

00:46:18,150 --> 00:46:14,880

and the reason

1161

00:46:20,470 --> 00:46:18,160

i really got into breathing techniques

1162

00:46:22,470 --> 00:46:20,480

um was

1163

00:46:24,150 --> 00:46:22,480

2017

1164

00:46:26,309 --> 00:46:24,160

i fell down the stairs and i broke my

1165

00:46:27,270 --> 00:46:26,319

back right

1166

00:46:29,510 --> 00:46:27,280

and that

1167

00:46:30,390 --> 00:46:29,520

was was was awful

1168

00:46:33,430 --> 00:46:30,400

and

1169

00:46:35,750 --> 00:46:33,440

you know up until that time since about

1170

00:46:38,710 --> 00:46:35,760

um

1171

00:46:40,829 --> 00:46:38,720

i was doing a lot of postures and a lot

1172

00:46:43,589 --> 00:46:40,839

of uh the rituals

1173

00:46:46,550 --> 00:46:43,599

right for my healing but

1174

00:46:47,510 --> 00:46:46,560

when i'm in the hospital and i can't

1175

00:46:49,430 --> 00:46:47,520

move

1176

00:46:50,870 --> 00:46:49,440

literally i'm like

1177

00:46:52,470 --> 00:46:50,880

i don't want to say i was paralyzed

1178

00:46:54,790 --> 00:46:52,480

because i wasn't paralyzed but i could

1179

00:46:56,950 --> 00:46:54,800

barely move

1180

00:46:59,829 --> 00:46:56,960

and uh the only thing i could do when i

1181

00:47:02,390 --> 00:46:59,839

was in the hospital was breathe

1182

00:47:05,829 --> 00:47:02,400

that was my

1183

00:47:09,510 --> 00:47:05,839

[Music]

1184

00:47:11,349 --> 00:47:09,520

um my spiritual connection when i was in

1185

00:47:13,190 --> 00:47:11,359

the hospital was only through my breath

1186

00:47:13,910 --> 00:47:13,200

in my mind

1187

00:47:14,790 --> 00:47:13,920

so

1188

00:47:16,309 --> 00:47:14,800

um

1189

00:47:17,589 --> 00:47:16,319

and i

1190

00:47:21,349 --> 00:47:17,599

i'm like i don't want to say i'm

1191

00:47:23,589 --> 00:47:21,359

allergic but i'm not good on opiates

1192

00:47:26,549 --> 00:47:23,599

like i'm just it's just something with i

1193

00:47:28,470 --> 00:47:26,559

can't i am this exact same way

1194

00:47:30,950 --> 00:47:28,480

i had a brain aneurysm they loaded me up

1195

00:47:31,750 --> 00:47:30,960

on opiates for months and i i just i

1196

00:47:33,510 --> 00:47:31,760

just

1197

00:47:36,829 --> 00:47:33,520

i couldn't take them i was like slurring

1198

00:47:39,430 --> 00:47:36,839

my words and and i couldn't function and

1199

00:47:41,349 --> 00:47:39,440

yeah not good i i when i'm in the

1200

00:47:42,549 --> 00:47:41,359

hospital with a broken back and post

1201
00:47:43,750 --> 00:47:42,559
surgery

1202
00:47:46,230 --> 00:47:43,760
you know they're trying to pump me

1203
00:47:48,230 --> 00:47:46,240
through a vote like uh morphine and

1204
00:47:49,910 --> 00:47:48,240
things and i keep you know saying no no

1205
00:47:52,549 --> 00:47:49,920
no i don't want it

1206
00:47:54,069 --> 00:47:52,559
so i'm like at 11 out of 10 pain

1207
00:47:56,230 --> 00:47:54,079
constantly

1208
00:47:57,990 --> 00:47:56,240
and the only thing that i would do is

1209
00:48:00,069 --> 00:47:58,000
the breathing exercises because i know

1210
00:48:04,230 --> 00:48:00,079
that would bring the pain down

1211
00:48:06,790 --> 00:48:04,240
and i started to have these intense

1212
00:48:08,630 --> 00:48:06,800
spiritual healing experiences

1213
00:48:11,990 --> 00:48:08,640

in the hospital

1214

00:48:14,230 --> 00:48:12,000

just by doing these breathing techniques

1215

00:48:16,950 --> 00:48:14,240

and

1216

00:48:20,630 --> 00:48:16,960

that really changed the game for me

1217

00:48:22,950 --> 00:48:20,640

um to actually experience

1218

00:48:26,630 --> 00:48:22,960

something happening that i could not

1219

00:48:29,829 --> 00:48:28,309

using these breathing techniques in a

1220

00:48:31,510 --> 00:48:29,839

positive way

1221

00:48:33,430 --> 00:48:31,520

and you know i could describe the

1222

00:48:34,630 --> 00:48:33,440

experience

1223

00:48:36,630 --> 00:48:34,640

um

1224

00:48:38,950 --> 00:48:36,640

basically i i was doing this breathing

1225

00:48:41,750 --> 00:48:38,960

technique in the hospital

1226
00:48:43,109 --> 00:48:41,760
and it put me into this altered state of

1227
00:48:44,630 --> 00:48:43,119
consciousness

1228
00:48:47,430 --> 00:48:44,640
you know think of it like a

1229
00:48:49,190 --> 00:48:47,440
visualization of a lucid dream

1230
00:48:52,069 --> 00:48:49,200
and i saw this

1231
00:48:53,990 --> 00:48:52,079
coil it looked like this

1232
00:48:55,910 --> 00:48:54,000
looked like a heating element on a stove

1233
00:48:57,990 --> 00:48:55,920
like this coil

1234
00:49:00,069 --> 00:48:58,000
and there was this field it would just

1235
00:49:02,870 --> 00:49:00,079
look like this invisible field that you

1236
00:49:05,430 --> 00:49:02,880
can see the outline of and every time i

1237
00:49:08,390 --> 00:49:05,440
breathed this field got closer and

1238
00:49:09,829 --> 00:49:08,400

closer to this coil

1239

00:49:11,910 --> 00:49:09,839

and once

1240

00:49:14,150 --> 00:49:11,920

i got this feel to touch the coil the

1241

00:49:15,349 --> 00:49:14,160

coil just lit up like a stove a heating

1242

00:49:17,670 --> 00:49:15,359

element

1243

00:49:19,750 --> 00:49:17,680

turned bro you meant this in the book

1244

00:49:22,230 --> 00:49:19,760

the heat and the heat yeah it's it's

1245

00:49:23,750 --> 00:49:22,240

right before the breathing part yeah and

1246

00:49:26,069 --> 00:49:23,760

this is what kind of

1247

00:49:27,670 --> 00:49:26,079

what this was like the eureka moment

1248

00:49:28,630 --> 00:49:27,680

where suddenly actually something

1249

00:49:30,309 --> 00:49:28,640

happened

1250

00:49:31,750 --> 00:49:30,319

in my breathing meditations that just

1251
00:49:34,470 --> 00:49:31,760
blew my mind

1252
00:49:37,670 --> 00:49:34,480
because it was it was very physical it

1253
00:49:39,910 --> 00:49:37,680
was a very physical experience

1254
00:49:41,990 --> 00:49:39,920
where once this heating element

1255
00:49:43,349 --> 00:49:42,000
visualization that i saw

1256
00:49:44,950 --> 00:49:43,359
turned red

1257
00:49:47,349 --> 00:49:44,960
suddenly it felt like there was an

1258
00:49:50,630 --> 00:49:47,359
explosion in my body

1259
00:49:53,750 --> 00:49:50,640
it was like every single cell in my body

1260
00:49:55,430 --> 00:49:53,760
uh was switched on and it's like

1261
00:49:57,589 --> 00:49:55,440
it just felt like fire it's like every

1262
00:50:00,150 --> 00:49:57,599
cell in my body just turned to fire at

1263
00:50:02,150 --> 00:50:00,160

once i got so hot

1264

00:50:04,630 --> 00:50:02,160

and i knew that i had to focus on my

1265

00:50:06,470 --> 00:50:04,640

back where i broke it

1266

00:50:08,870 --> 00:50:06,480

and so i just continued the breathing my

1267

00:50:11,270 --> 00:50:08,880

i felt this fire through my body and

1268

00:50:14,309 --> 00:50:11,280

then i took the mind and i singularly

1269

00:50:16,390 --> 00:50:14,319

focused it on my spine

1270

00:50:18,630 --> 00:50:16,400

and the pain went

1271

00:50:21,910 --> 00:50:18,640

so much worse

1272

00:50:23,750 --> 00:50:21,920

and

1273

00:50:28,470 --> 00:50:23,760

it felt like

1274

00:50:30,630 --> 00:50:28,480

shifting like i was having a lot of

1275

00:50:31,670 --> 00:50:30,640

muscle spasms

1276

00:50:33,190 --> 00:50:31,680

and

1277

00:50:34,470 --> 00:50:33,200

the

1278

00:50:37,270 --> 00:50:34,480

i can't explain

1279

00:50:39,349 --> 00:50:37,280

it felt like the muscles were realigning

1280

00:50:41,190 --> 00:50:39,359

themselves in my back

1281

00:50:43,030 --> 00:50:41,200

and it was a very pr

1282

00:50:44,710 --> 00:50:43,040

painful process and i could hear these

1283

00:50:46,950 --> 00:50:44,720

pops or clicks

1284

00:50:48,630 --> 00:50:46,960

like my back was straightening out or

1285

00:50:50,390 --> 00:50:48,640

something was happening in my back when

1286

00:50:52,549 --> 00:50:50,400

i was doing this

1287

00:50:54,630 --> 00:50:52,559

and after i came out of this

1288

00:50:57,750 --> 00:50:54,640

my healing

1289

00:51:00,390 --> 00:50:57,760

my back was very very quick

1290

00:51:01,430 --> 00:51:00,400

very quick after this

1291

00:51:03,349 --> 00:51:01,440

and

1292

00:51:05,109 --> 00:51:03,359

it was all the only thought that came to

1293

00:51:07,750 --> 00:51:05,119

my mind was

1294

00:51:10,309 --> 00:51:07,760

there's something in our bodies like

1295

00:51:12,390 --> 00:51:10,319

everybody has this it's like a type of

1296

00:51:14,390 --> 00:51:12,400

energetic immune system

1297

00:51:17,589 --> 00:51:14,400

that when the body is in a very

1298

00:51:20,549 --> 00:51:17,599

traumatized or bad state

1299

00:51:21,670 --> 00:51:20,559

sometimes it can activate

1300

00:51:25,510 --> 00:51:21,680

and

1301
00:51:27,349 --> 00:51:25,520
do a very quick healing on the body

1302
00:51:29,670 --> 00:51:27,359
um

1303
00:51:31,829 --> 00:51:29,680
so that's why i got really into

1304
00:51:32,710 --> 00:51:31,839
breathing exercises because i actually

1305
00:51:34,950 --> 00:51:32,720
had

1306
00:51:36,630 --> 00:51:34,960
an experience that just

1307
00:51:39,349 --> 00:51:36,640
you know once i had that experience i

1308
00:51:41,829 --> 00:51:39,359
couldn't uh ignore the power

1309
00:51:44,069 --> 00:51:41,839
of what breathing can do

1310
00:51:46,390 --> 00:51:44,079
yeah and i thought we could take

1311
00:51:48,549 --> 00:51:46,400
a moment to talk about

1312
00:51:51,190 --> 00:51:48,559
what what you feel the benefits of the

1313
00:51:54,230 --> 00:51:51,200

meditative techniques in here are for

1314

00:51:56,069 --> 00:51:54,240

your life because like for me

1315

00:51:58,150 --> 00:51:56,079

you know i started studying

1316

00:52:01,670 --> 00:51:58,160

meditation and and i found certain

1317

00:52:02,829 --> 00:52:01,680

benefits to continually doing it like

1318

00:52:05,589 --> 00:52:02,839

emotional

1319

00:52:07,829 --> 00:52:05,599

awareness and and also the other big

1320

00:52:09,829 --> 00:52:07,839

thing that i get from it is this

1321

00:52:10,790 --> 00:52:09,839

um

1322

00:52:12,790 --> 00:52:10,800

lack of

1323

00:52:16,230 --> 00:52:12,800

less less of an ego i don't want to say

1324

00:52:18,069 --> 00:52:16,240

lack of an ego but less of an ego

1325

00:52:19,270 --> 00:52:18,079

feeling connected to the rest of the

1326
00:52:21,829 --> 00:52:19,280
world and

1327
00:52:23,430 --> 00:52:21,839
and also the emotional awareness was a

1328
00:52:24,950 --> 00:52:23,440
big thing for me because i used to be

1329
00:52:26,950 --> 00:52:24,960
prone to like

1330
00:52:28,470 --> 00:52:26,960
get pissed off i would go from zero to

1331
00:52:30,710 --> 00:52:28,480
ten right away

1332
00:52:32,710 --> 00:52:30,720
but meditation helped me to

1333
00:52:35,430 --> 00:52:32,720
have a greater awareness emotional

1334
00:52:37,589 --> 00:52:35,440
awareness to know okay i'm getting upset

1335
00:52:40,630 --> 00:52:37,599
i'm getting more upset and learn to push

1336
00:52:42,950 --> 00:52:40,640
that back before i would just

1337
00:52:45,589 --> 00:52:42,960
pop off and get pissed off

1338
00:52:46,950 --> 00:52:45,599

and also impermanence

1339

00:52:49,349 --> 00:52:46,960

the meditate the impermanence

1340

00:52:51,670 --> 00:52:49,359

meditations in a lot of buddhist

1341

00:52:54,230 --> 00:52:51,680

philosophy is like just a realization

1342

00:52:55,990 --> 00:52:54,240

that everything is is temporary

1343

00:52:57,829 --> 00:52:56,000

including me

1344

00:52:59,829 --> 00:52:57,839

and and there's a lot of benefit to that

1345

00:53:01,430 --> 00:52:59,839

you you start valuing time more you

1346

00:53:03,589 --> 00:53:01,440

start valuing time with people that you

1347

00:53:06,230 --> 00:53:03,599

care about more because you realize

1348

00:53:07,990 --> 00:53:06,240

you're you're an impermanent being your

1349

00:53:08,870 --> 00:53:08,000

your time is short

1350

00:53:10,950 --> 00:53:08,880

but

1351
00:53:13,190 --> 00:53:10,960
i wonder if you could talk about

1352
00:53:14,470 --> 00:53:13,200
some of the benefits that people may

1353
00:53:16,470 --> 00:53:14,480
experience

1354
00:53:19,030 --> 00:53:16,480
through the the meditative techniques

1355
00:53:20,390 --> 00:53:19,040
that you're teaching in this book

1356
00:53:22,470 --> 00:53:20,400
okay because they're different they're

1357
00:53:25,349 --> 00:53:22,480
they're they're they're similar some of

1358
00:53:27,510 --> 00:53:25,359
them are similar or reminded me of

1359
00:53:30,549 --> 00:53:27,520
sort of buddhist kind of

1360
00:53:32,230 --> 00:53:30,559
meditating for philosophy but also

1361
00:53:34,950 --> 00:53:32,240
christian prayers some of them reminded

1362
00:53:36,470 --> 00:53:34,960
me of and ritual

1363
00:53:38,870 --> 00:53:36,480

but i wondered if you could talk about

1364

00:53:40,470 --> 00:53:38,880

what kind of benefits you felt i mean

1365

00:53:43,190 --> 00:53:40,480

obviously you felt the need to write

1366

00:53:44,790 --> 00:53:43,200

this book and and it comes from a place

1367

00:53:46,790 --> 00:53:44,800

i will say this this book comes from a

1368

00:53:48,309 --> 00:53:46,800

place that i think is like

1369

00:53:50,470 --> 00:53:48,319

jason saying

1370

00:53:52,150 --> 00:53:50,480

i have discovered all of these things

1371

00:53:54,470 --> 00:53:52,160

and i've put this system together and

1372

00:53:56,150 --> 00:53:54,480

it's been very beneficial for me and now

1373

00:53:58,069 --> 00:53:56,160

i want to teach it to other people so

1374

00:53:59,750 --> 00:53:58,079

it's coming from a good place

1375

00:54:02,230 --> 00:53:59,760

but i wonder if you can talk about like

1376
00:54:03,349 --> 00:54:02,240
on the personal level what benefits that

1377
00:54:05,430 --> 00:54:03,359
you get

1378
00:54:09,270 --> 00:54:05,440
from following some of the meditate

1379
00:54:10,390 --> 00:54:09,280
meditations and and things in this book

1380
00:54:12,390 --> 00:54:10,400
um

1381
00:54:15,430 --> 00:54:12,400
in a simplistic term

1382
00:54:17,349 --> 00:54:15,440
it's about uh being present

1383
00:54:18,710 --> 00:54:17,359
and learning about yourself

1384
00:54:20,790 --> 00:54:18,720
so when you're meditating you're

1385
00:54:23,270 --> 00:54:20,800
basically turning inwards and you're

1386
00:54:25,109 --> 00:54:23,280
learning about who you are

1387
00:54:26,549 --> 00:54:25,119
you're kind of blocking out the

1388
00:54:28,710 --> 00:54:26,559

environment around you and you're

1389

00:54:31,589 --> 00:54:28,720

sitting with yourself

1390

00:54:35,670 --> 00:54:33,910

it's it's very strange because

1391

00:54:37,270 --> 00:54:35,680

the way i grew up

1392

00:54:38,950 --> 00:54:37,280

the way that i thought the way i

1393

00:54:42,069 --> 00:54:38,960

presented myself

1394

00:54:44,950 --> 00:54:42,079

the way that i spoke to people

1395

00:54:48,549 --> 00:54:44,960

it came from a very different place

1396

00:54:52,390 --> 00:54:50,630

think about the whole scenario of what i

1397

00:54:54,390 --> 00:54:52,400

would say to somebody

1398

00:54:56,150 --> 00:54:54,400

or think about the whole scenario of

1399

00:54:57,910 --> 00:54:56,160

what i would do

1400

00:54:59,990 --> 00:54:57,920

and then i would take that internally

1401
00:55:01,670 --> 00:55:00,000
and then project it out and see what

1402
00:55:03,589 --> 00:55:01,680
happens

1403
00:55:05,910 --> 00:55:03,599
and after meditation it was the complete

1404
00:55:07,510 --> 00:55:05,920
opposite it's like i just kind of went

1405
00:55:09,270 --> 00:55:07,520
with the flow i never really thought of

1406
00:55:11,030 --> 00:55:09,280
what i was going to say or what i was

1407
00:55:13,510 --> 00:55:11,040
going to do is just

1408
00:55:15,190 --> 00:55:13,520
i allowed whatever would come out to

1409
00:55:17,109 --> 00:55:15,200
come out

1410
00:55:20,150 --> 00:55:17,119
but with meditation it comes down to

1411
00:55:21,750 --> 00:55:20,160
sense and sensitivity

1412
00:55:24,789 --> 00:55:21,760
and

1413
00:55:27,030 --> 00:55:24,799

i never realized how numb i actually i

1414

00:55:28,390 --> 00:55:27,040

was growing up and i don't know if it's

1415

00:55:29,829 --> 00:55:28,400

because we're all collectively

1416

00:55:33,270 --> 00:55:29,839

traumatized

1417

00:55:35,030 --> 00:55:33,280

but i didn't understand how to integrate

1418

00:55:36,390 --> 00:55:35,040

emotional things i didn't really know

1419

00:55:38,230 --> 00:55:36,400

how to integrate

1420

00:55:40,470 --> 00:55:38,240

things that were hard on

1421

00:55:42,390 --> 00:55:40,480

my mind

1422

00:55:43,750 --> 00:55:42,400

or even traumas physical traumas i

1423

00:55:45,510 --> 00:55:43,760

didn't know how to integrate that or

1424

00:55:48,549 --> 00:55:45,520

know what to do with that

1425

00:55:51,270 --> 00:55:48,559

so i became very numb

1426
00:55:53,910 --> 00:55:51,280
to situations i became very numb to my

1427
00:55:55,829 --> 00:55:53,920
environment and very numb to myself

1428
00:55:57,109 --> 00:55:55,839
and i found that by going deep into

1429
00:55:59,510 --> 00:55:57,119
meditation

1430
00:56:00,390 --> 00:55:59,520
i started to get this sense of feeling

1431
00:56:02,710 --> 00:56:00,400
again

1432
00:56:05,829 --> 00:56:02,720
that i that i didn't have

1433
00:56:08,710 --> 00:56:05,839
growing up or i can't remember having it

1434
00:56:09,829 --> 00:56:08,720
and it was almost like the body itself

1435
00:56:12,710 --> 00:56:09,839
has this

1436
00:56:15,829 --> 00:56:12,720
consciousness or communication to it

1437
00:56:18,630 --> 00:56:15,839
where when you start to cut out the mind

1438
00:56:21,349 --> 00:56:18,640

and just breathe and be within the body

1439

00:56:23,109 --> 00:56:21,359

just be present within the body

1440

00:56:24,710 --> 00:56:23,119

the body will communicate to you in

1441

00:56:26,549 --> 00:56:24,720

certain ways

1442

00:56:28,069 --> 00:56:26,559

and that body and and the communication

1443

00:56:31,349 --> 00:56:28,079

will be through feeling

1444

00:56:32,630 --> 00:56:31,359

so you may feel pain or tingling or

1445

00:56:35,829 --> 00:56:32,640

colds

1446

00:56:40,630 --> 00:56:38,309

memories might come up

1447

00:56:42,150 --> 00:56:40,640

emotions might come up just by tuning

1448

00:56:43,190 --> 00:56:42,160

everything else and just letting your

1449

00:56:46,150 --> 00:56:43,200

body

1450

00:56:48,150 --> 00:56:46,160

unwind itself or communicate with you

1451

00:56:49,910 --> 00:56:48,160

and i find that

1452

00:56:52,630 --> 00:56:49,920

where i found that by doing these type

1453

00:56:55,750 --> 00:56:52,640

of meditations

1454

00:56:57,750 --> 00:56:55,760

i kind of got a relationship to

1455

00:57:00,390 --> 00:56:57,760

my body consciousness where i didn't

1456

00:57:02,470 --> 00:57:00,400

have that before

1457

00:57:04,470 --> 00:57:02,480

so for example you know you can call it

1458

00:57:06,230 --> 00:57:04,480

like energetic healing or things like

1459

00:57:08,549 --> 00:57:06,240

that where

1460

00:57:11,270 --> 00:57:08,559

i would meditate and i'd feel

1461

00:57:12,630 --> 00:57:11,280

a sharp pain in my body for example

1462

00:57:14,789 --> 00:57:12,640

and then i would bring my breath and

1463

00:57:17,510 --> 00:57:14,799

focus into that pain

1464

00:57:19,750 --> 00:57:17,520

and it's almost like the body would have

1465

00:57:21,270 --> 00:57:19,760

an opportunity to release that from its

1466

00:57:23,109 --> 00:57:21,280

system

1467

00:57:26,230 --> 00:57:23,119

so you're getting to the whole benefit

1468

00:57:27,750 --> 00:57:26,240

of meditation is to tune into yourself

1469

00:57:30,470 --> 00:57:27,760

be present

1470

00:57:31,270 --> 00:57:30,480

become more sensitive

1471

00:57:33,910 --> 00:57:31,280

and

1472

00:57:35,510 --> 00:57:33,920

explore your senses

1473

00:57:38,549 --> 00:57:35,520

so it takes you out of this numbness

1474

00:57:41,030 --> 00:57:38,559

that we've kind of been lulled into

1475

00:57:43,349 --> 00:57:41,040

and you develop this other relationship

1476

00:57:45,589 --> 00:57:43,359

that makes you stronger and as an

1477

00:57:47,430 --> 00:57:45,599

individual

1478

00:57:50,870 --> 00:57:47,440

i believe that

1479

00:57:52,470 --> 00:57:50,880

uh it gave me a lot of self-confidence

1480

00:57:54,390 --> 00:57:52,480

i mean i would never

1481

00:57:55,270 --> 00:57:54,400

speak publicly that would be a nightmare

1482

00:57:57,109 --> 00:57:55,280

for me

1483

00:57:59,270 --> 00:57:57,119

you know really you don't strike me as

1484

00:58:00,710 --> 00:57:59,280

being very shy about public speaking but

1485

00:58:02,470 --> 00:58:00,720

i guess maybe

1486

00:58:05,589 --> 00:58:02,480

it's a hurdle that you had to get over

1487

00:58:07,349 --> 00:58:05,599

right i was very very shy i probably

1488

00:58:09,109 --> 00:58:07,359

wouldn't do you remember do you remember

1489

00:58:11,510 --> 00:58:09,119

the first time you ever had to perform

1490

00:58:14,230 --> 00:58:11,520

in front of people like music i i went

1491

00:58:16,950 --> 00:58:14,240

to bathroom and i puked my brains out

1492

00:58:19,270 --> 00:58:16,960

and then i went all right i'm good like

1493

00:58:21,349 --> 00:58:19,280

i puked out every ounce of whatever was

1494

00:58:23,670 --> 00:58:21,359

in my stomach and i was like but then i

1495

00:58:25,750 --> 00:58:23,680

was still paranoid so i had i had the

1496

00:58:27,670 --> 00:58:25,760

drummer get a bucket and put a bucket

1497

00:58:30,789 --> 00:58:27,680

behind the drum set just in case i had a

1498

00:58:32,470 --> 00:58:30,799

puke again during the show

1499

00:58:35,030 --> 00:58:32,480

people wouldn't be able to see me you

1500

00:58:36,789 --> 00:58:35,040

know but my point is i i had problems

1501

00:58:39,910 --> 00:58:36,799

too i had tremendous stage fright but

1502

00:58:41,829 --> 00:58:39,920

once i i just got over it i just went i

1503

00:58:43,910 --> 00:58:41,839

i just got to do this i don't have a

1504

00:58:45,109 --> 00:58:43,920

choice here like you know

1505

00:58:47,270 --> 00:58:45,119

so i guess you have to have the same

1506

00:58:49,670 --> 00:58:47,280

thing i can't imagine you being too shy

1507

00:58:52,390 --> 00:58:49,680

to be a public speaker but yeah well i i

1508

00:58:54,230 --> 00:58:52,400

was i mean i couldn't if you

1509

00:58:56,549 --> 00:58:54,240

it would be comedic to watch me in high

1510

00:58:58,789 --> 00:58:56,559

school or college uh speak because i

1511

00:59:01,829 --> 00:58:58,799

would have the cue cards and i'd be i'd

1512

00:59:04,870 --> 00:59:01,839

be the guy shaking with the cue cards

1513

00:59:07,030 --> 00:59:04,880

reading them um but you know when i was

1514

00:59:09,829 --> 00:59:07,040

in a band in high school

1515

00:59:11,910 --> 00:59:09,839

um my biggest fear was just screwing up

1516

00:59:13,030 --> 00:59:11,920

or forgetting you know the what i was

1517

00:59:15,030 --> 00:59:13,040

playing

1518

00:59:18,150 --> 00:59:15,040

but you know being in a metal band i had

1519

00:59:19,990 --> 00:59:18,160

my my zoom 1010 pedal with like 10 out

1520

00:59:24,470 --> 00:59:20,000

of 10 distortions so it didn't matter

1521

00:59:30,390 --> 00:59:27,430

but yes uh but yes like

1522

00:59:31,430 --> 00:59:30,400

you have to find the system that speaks

1523

00:59:32,720 --> 00:59:31,440

to you

1524

00:59:35,109 --> 00:59:32,730

and i remember when

1525

00:59:37,349 --> 00:59:35,119

[Music]

1526

00:59:39,270 --> 00:59:37,359

i used to travel to japan for about two

1527

00:59:41,109 --> 00:59:39,280

months every year for the past like 10

1528

00:59:42,870 --> 00:59:41,119

years

1529

00:59:44,470 --> 00:59:42,880

and you know

1530

00:59:48,390 --> 00:59:44,480

i have a real connection with the

1531

00:59:51,109 --> 00:59:48,400

japanese culture i really love it there

1532

00:59:52,870 --> 00:59:51,119

and one of my friends took me to

1533

00:59:55,349 --> 00:59:52,880

a shinto temple

1534

00:59:56,870 --> 00:59:55,359

a buddhist shinto temple

1535

00:59:58,549 --> 00:59:56,880

and

1536

01:00:00,630 --> 00:59:58,559

was taught by

1537

01:00:02,549 --> 01:00:00,640

this master

1538

01:00:04,549 --> 01:00:02,559

in meditation

1539

01:00:06,390 --> 01:00:04,559

and basically they would they would just

1540

01:00:08,309 --> 01:00:06,400

sit you there they put you in a very

1541

01:00:10,069 --> 01:00:08,319

specific position that you had to be in

1542

01:00:12,789 --> 01:00:10,079

to meditate

1543

01:00:15,030 --> 01:00:12,799

and the rules were

1544

01:00:18,150 --> 01:00:15,040

don't go to sleep

1545

01:00:21,750 --> 01:00:18,160

don't let your mind travel

1546

01:00:24,150 --> 01:00:21,760

be completely aware of where you are

1547

01:00:26,230 --> 01:00:24,160

at this moment in time

1548

01:00:27,510 --> 01:00:26,240

and just breathe

1549

01:00:29,910 --> 01:00:27,520

you know and i thought it was like this

1550

01:00:32,309 --> 01:00:29,920

whole complicated thing

1551

01:00:34,470 --> 01:00:32,319

and it was like no you just have to be

1552

01:00:35,750 --> 01:00:34,480

here once your mind starts to travel

1553

01:00:38,309 --> 01:00:35,760

somewhere else

1554

01:00:39,910 --> 01:00:38,319

stop that immediately yeah i i had a

1555

01:00:42,470 --> 01:00:39,920

huge problem with that learning to

1556

01:00:44,789 --> 01:00:42,480

meditate at first but you get better at

1557

01:00:46,390 --> 01:00:44,799

pushing those thoughts back and and

1558

01:00:48,870 --> 01:00:46,400

coming back to uh

1559

01:00:50,309 --> 01:00:48,880

sort of blank mind state or trying to

1560

01:00:52,470 --> 01:00:50,319

anyway

1561

01:00:54,069 --> 01:00:52,480

yes and um

1562

01:00:55,829 --> 01:00:54,079

you know we were talking earlier it's

1563

01:00:57,670 --> 01:00:55,839

funny that it's that simple sometimes

1564

01:01:00,630 --> 01:00:57,680

it's not yeah people think meditation is

1565

01:01:02,789 --> 01:01:00,640

so complicated i mean

1566

01:01:05,030 --> 01:01:02,799

like i i mentioned the impermanence

1567

01:01:08,630 --> 01:01:05,040

meditation and that is

1568

01:01:11,030 --> 01:01:08,640

to um focus your mind on like a forest

1569

01:01:14,870 --> 01:01:11,040

and animals in the forest animal gets

1570

01:01:17,670 --> 01:01:14,880

old it falls down it dies it rots

1571

01:01:20,230 --> 01:01:17,680

but that rotting animal you know feeds

1572

01:01:22,870 --> 01:01:20,240

the forest and then plants grow up and

1573

01:01:24,789 --> 01:01:22,880

then those plants die

1574

01:01:27,190 --> 01:01:24,799

and and these cycles

1575

01:01:29,030 --> 01:01:27,200

and so it's it it's weird that it's that

1576

01:01:30,470 --> 01:01:29,040

simple some forms of meditation are that

1577

01:01:33,190 --> 01:01:30,480

simple you think they're going to be

1578

01:01:34,870 --> 01:01:33,200

this incredibly complicated thing

1579

01:01:37,109 --> 01:01:34,880

but

1580

01:01:39,750 --> 01:01:37,119

and and you know to add to this whole

1581

01:01:41,349 --> 01:01:39,760

magical element of you know the practice

1582

01:01:42,309 --> 01:01:41,359

of magic

1583

01:01:44,549 --> 01:01:42,319

um

1584

01:01:46,630 --> 01:01:44,559

what we are taught is that uh every

1585

01:01:48,630 --> 01:01:46,640

thought that you have is like a ripple

1586

01:01:50,069 --> 01:01:48,640

in a pond it's you know the easiest way

1587

01:01:51,910 --> 01:01:50,079

to describe it

1588

01:01:53,990 --> 01:01:51,920

so when your mind is all over the place

1589

01:01:56,870 --> 01:01:54,000

when your mind is not calm

1590

01:01:59,430 --> 01:01:56,880

the waters of your mind is in chaos so

1591

01:02:02,150 --> 01:01:59,440

it's just waves hitting each other

1592

01:02:04,390 --> 01:02:02,160

and when that happens

1593

01:02:07,510 --> 01:02:04,400

your energy flow and your intention is

1594

01:02:09,270 --> 01:02:07,520

lost completely so you you're basically

1595

01:02:10,789 --> 01:02:09,280

um

1596

01:02:12,710 --> 01:02:10,799

incapable

1597

01:02:14,390 --> 01:02:12,720

of putting out a positive or putting out

1598

01:02:16,390 --> 01:02:14,400

a strong intention

1599

01:02:19,510 --> 01:02:16,400

so what they say your mind is in chaos

1600

01:02:21,670 --> 01:02:19,520

right that's right so the whole point is

1601

01:02:24,150 --> 01:02:21,680

getting rid of everything being in this

1602

01:02:25,430 --> 01:02:24,160

completely peaceful state of this no

1603

01:02:26,870 --> 01:02:25,440

mind

1604

01:02:29,670 --> 01:02:26,880

consciousness

1605

01:02:31,670 --> 01:02:29,680

so that when you drop that thought that

1606

01:02:35,029 --> 01:02:31,680

intention into that no mind

1607

01:02:36,069 --> 01:02:35,039

consciousness that is the only thing

1608

01:02:38,069 --> 01:02:36,079

that is

1609

01:02:41,270 --> 01:02:38,079

uh reverberating

1610

01:02:43,430 --> 01:02:41,280

out into the universe for example

1611

01:02:45,349 --> 01:02:43,440

so that is um

1612

01:02:48,069 --> 01:02:45,359

one of the keys

1613

01:02:50,150 --> 01:02:48,079

um for this type of magical thought or

1614

01:02:51,270 --> 01:02:50,160

these magical intentions of healing is

1615

01:02:53,829 --> 01:02:51,280

to kind of

1616

01:02:55,349 --> 01:02:53,839

purify yourself

1617

01:02:57,029 --> 01:02:55,359

of all these things that are pulling you

1618

01:02:59,109 --> 01:02:57,039

in every direction

1619

01:03:01,670 --> 01:02:59,119

and then once you purge yourself of all

1620

01:03:03,589 --> 01:03:01,680

these things that are pulling you

1621

01:03:06,230 --> 01:03:03,599

then what you do is you take all that

1622

01:03:08,549 --> 01:03:06,240

energy that was going out in all these

1623

01:03:11,589 --> 01:03:08,559

directions before you take all that

1624

01:03:13,829 --> 01:03:11,599

energy within you hold it within you

1625

01:03:15,829 --> 01:03:13,839

and then when you place that thought or

1626
01:03:17,910 --> 01:03:15,839
intention you're putting all your energy

1627
01:03:19,990 --> 01:03:17,920
behind that one thing

1628
01:03:21,589 --> 01:03:20,000
and that is

1629
01:03:23,750 --> 01:03:21,599
um

1630
01:03:24,870 --> 01:03:23,760
i think that's what gives it that magic

1631
01:03:27,270 --> 01:03:24,880
gives it that

1632
01:03:29,670 --> 01:03:27,280
power behind it so it's all about

1633
01:03:32,549 --> 01:03:29,680
focusing it's also about focusing your

1634
01:03:34,230 --> 01:03:32,559
will on a given task right like i think

1635
01:03:37,349 --> 01:03:34,240
a lot of this stuff is

1636
01:03:41,029 --> 01:03:37,359
a lot of the prayers rituals meditation

1637
01:03:43,349 --> 01:03:41,039
all that to me is is a form of of uh

1638
01:03:46,150 --> 01:03:43,359

you know a system for focusing the human

1639

01:03:49,029 --> 01:03:46,160

mind and will on a given task i know

1640

01:03:51,750 --> 01:03:49,039

that i sometimes will take

1641

01:03:53,510 --> 01:03:51,760

10 or 15 minutes and just just

1642

01:03:55,190 --> 01:03:53,520

try to get my mind in a good state

1643

01:03:57,349 --> 01:03:55,200

before i have a big project that i have

1644

01:03:59,910 --> 01:03:57,359

to finish or do or you know

1645

01:04:02,150 --> 01:03:59,920

and focus my attention and and

1646

01:04:03,910 --> 01:04:02,160

and also the emotional place i'm a real

1647

01:04:05,029 --> 01:04:03,920

big believer in that like to imagine

1648

01:04:06,710 --> 01:04:05,039

what it's going to feel like to finish

1649

01:04:08,549 --> 01:04:06,720

this huge project

1650

01:04:11,109 --> 01:04:08,559

that especially a project you never

1651
01:04:12,470 --> 01:04:11,119
thought you'd be able to do or whatever

1652
01:04:14,069 --> 01:04:12,480
you just keep going to the emotion of

1653
01:04:16,150 --> 01:04:14,079
what that would feel like

1654
01:04:18,630 --> 01:04:16,160
but it's interesting that a lot of the

1655
01:04:20,150 --> 01:04:18,640
stuff in your book reminded me that of

1656
01:04:22,549 --> 01:04:20,160
some of it's almost reminded me of

1657
01:04:25,829 --> 01:04:22,559
ceremonial magic and things like that

1658
01:04:28,950 --> 01:04:25,839
just a a system of ritual or

1659
01:04:30,950 --> 01:04:28,960
preconceived you know steps to take go

1660
01:04:32,630 --> 01:04:30,960
through these steps to focus your mind

1661
01:04:34,549 --> 01:04:32,640
on whatever it is you're trying to

1662
01:04:36,309 --> 01:04:34,559
accomplish

1663
01:04:38,630 --> 01:04:36,319

yeah you think that they they had some

1664

01:04:42,549 --> 01:04:38,640

insights into

1665

01:04:45,190 --> 01:04:42,559

living better through focused will right

1666

01:04:47,430 --> 01:04:45,200

yeah and like you were talking before um

1667

01:04:50,710 --> 01:04:47,440

even to write this book

1668

01:04:52,950 --> 01:04:50,720

um i had a ritual to write yeah i got to

1669

01:04:54,870 --> 01:04:52,960

tell you i was i wasn't expecting it to

1670

01:04:55,910 --> 01:04:54,880

be this well written i got to tell you

1671

01:04:57,829 --> 01:04:55,920

the truth

1672

01:05:00,309 --> 01:04:57,839

i don't know what i expected but i was i

1673

01:05:01,670 --> 01:05:00,319

was i was proud of you when i got the

1674

01:05:02,950 --> 01:05:01,680

book and i looked through it i started

1675

01:05:04,150 --> 01:05:02,960

reading it i went

1676

01:05:05,829 --> 01:05:04,160

man

1677

01:05:07,430 --> 01:05:05,839

jason really worked really hard on this

1678

01:05:09,270 --> 01:05:07,440

you could just tell you can just tell

1679

01:05:11,349 --> 01:05:09,280

there's like the bibliography's got like

1680

01:05:13,029 --> 01:05:11,359

100 books in it that inspired some of

1681

01:05:16,549 --> 01:05:13,039

this stuff so i know you had to read

1682

01:05:19,750 --> 01:05:16,559

those too and annotate and you know

1683

01:05:21,430 --> 01:05:19,760

take ideas from and yeah i was surprised

1684

01:05:23,990 --> 01:05:21,440

i i'm proud of you i think you did a

1685

01:05:26,789 --> 01:05:24,000

tremendous job with it thank you and

1686

01:05:29,029 --> 01:05:26,799

well researched

1687

01:05:32,309 --> 01:05:29,039

and part of that ritual

1688

01:05:33,430 --> 01:05:32,319

is it had to become my life

1689

01:05:34,470 --> 01:05:33,440

as in

1690

01:05:47,910 --> 01:05:34,480

i

1691

01:05:51,910 --> 01:05:47,920

my computer off exactly at 5 pm every

1692

01:05:56,710 --> 01:05:54,390

right so i managed to write anywhere

1693

01:06:00,950 --> 01:05:56,720

from um

1694

01:06:03,670 --> 01:06:00,960

1500 words to about 3 000 words per day

1695

01:06:05,430 --> 01:06:03,680

and how many pages is that um i would

1696

01:06:07,510 --> 01:06:05,440

say that might be about five to ten

1697

01:06:10,390 --> 01:06:07,520

pages per day

1698

01:06:11,910 --> 01:06:10,400

and um that's what i would i'm i'm just

1699

01:06:13,270 --> 01:06:11,920

curious because i've got a couple of

1700

01:06:15,430 --> 01:06:13,280

book projects that i've really been

1701

01:06:16,710 --> 01:06:15,440

wanting to do but every time i sit down

1702

01:06:18,630 --> 01:06:16,720

and start

1703

01:06:20,950 --> 01:06:18,640

you know it feels like three hours to

1704

01:06:22,549 --> 01:06:20,960

get one page or something and i don't

1705

01:06:24,390 --> 01:06:22,559

feel very motivated

1706

01:06:25,190 --> 01:06:24,400

because i go man this is gonna take me a

1707

01:06:27,109 --> 01:06:25,200

year

1708

01:06:29,349 --> 01:06:27,119

you know but that's the thing is the

1709

01:06:32,230 --> 01:06:29,359

first um i would say the first week or

1710

01:06:34,230 --> 01:06:32,240

so it was hard to get into it like i

1711

01:06:36,950 --> 01:06:34,240

really struggled you know writing those

1712

01:06:38,710 --> 01:06:36,960

pages but then because of the ritual of

1713

01:06:40,630 --> 01:06:38,720

doing it every single day

1714

01:06:42,789 --> 01:06:40,640

and making that my life

1715

01:06:44,710 --> 01:06:42,799

suddenly it's like at night time i would

1716

01:06:47,190 --> 01:06:44,720

get you know people call it downloads

1717

01:06:48,710 --> 01:06:47,200

but it's just my mind going

1718

01:06:50,789 --> 01:06:48,720

oh i want to talk about this so i'll go

1719

01:06:53,190 --> 01:06:50,799

on the cell phone i'll make point form

1720

01:06:55,029 --> 01:06:53,200

notes then i'd wake up and put my cell

1721

01:06:57,510 --> 01:06:55,039

phone here and just

1722

01:07:00,069 --> 01:06:57,520

just write it just all comes out

1723

01:07:01,589 --> 01:07:00,079

and the more you do it suddenly you're

1724

01:07:03,029 --> 01:07:01,599

writing way more than you should and

1725

01:07:05,270 --> 01:07:03,039

you're writing better than you would

1726

01:07:05,990 --> 01:07:05,280

have been a couple weeks ago

1727

01:07:07,510 --> 01:07:06,000

so

1728

01:07:09,109 --> 01:07:07,520

i guess it's like everything it's like

1729

01:07:11,750 --> 01:07:09,119

exercise you've got to exercise the

1730

01:07:13,670 --> 01:07:11,760

muscles before they get you know and

1731

01:07:14,710 --> 01:07:13,680

eventually those muscles get so strong

1732

01:07:18,950 --> 01:07:14,720

that

1733

01:07:20,710 --> 01:07:18,960

couldn't do or are almost simple yeah i

1734

01:07:21,589 --> 01:07:20,720

gotta exercise that writing muscle

1735

01:07:23,349 --> 01:07:21,599

because

1736

01:07:26,069 --> 01:07:23,359

i i don't know

1737

01:07:28,710 --> 01:07:26,079

my my next book i want to write is all

1738

01:07:31,109 --> 01:07:28,720

about uh astral travel

1739

01:07:32,870 --> 01:07:31,119

about the dreams and all these things

1740

01:07:34,390 --> 01:07:32,880

and entities

1741

01:07:36,390 --> 01:07:34,400

but it's like

1742

01:07:37,829 --> 01:07:36,400

i've been saying i'm gonna write it for

1743

01:07:39,349 --> 01:07:37,839

the past couple of months and i haven't

1744

01:07:40,630 --> 01:07:39,359

been able to even i think you've been

1745

01:07:42,470 --> 01:07:40,640

saying it longer than that because i

1746

01:07:44,950 --> 01:07:42,480

remember you tell me about it a year ago

1747

01:07:46,950 --> 01:07:44,960

or something like that or what was that

1748

01:07:49,349 --> 01:07:46,960

it's in it's in the back of my mind

1749

01:07:52,789 --> 01:07:49,359

where it's like damn i need to do it but

1750

01:07:54,710 --> 01:07:52,799

it's like i have to make it my life

1751

01:07:56,390 --> 01:07:54,720

so it's like something has to hit me

1752

01:07:57,829 --> 01:07:56,400

where i have to say okay now i'm going

1753

01:07:59,430 --> 01:07:57,839

to be sitting in front of my computer to

1754

01:08:02,789 --> 01:07:59,440

write this next book and i'm not going

1755

01:08:04,870 --> 01:08:02,799

to leave until it's done which is like

1756

01:08:06,710 --> 01:08:04,880

which is like uh well you could be like

1757

01:08:08,630 --> 01:08:06,720

david wilcock just go broke and then you

1758

01:08:11,670 --> 01:08:08,640

got to finish the book to get the next

1759

01:08:13,589 --> 01:08:11,680

cash grab there you go

1760

01:08:15,029 --> 01:08:13,599

i don't have the audience of david

1761

01:08:17,110 --> 01:08:15,039

wilcox so

1762

01:08:19,669 --> 01:08:17,120

it even if i release the book i'm still

1763

01:08:21,269 --> 01:08:19,679

not i'll still have i don't think david

1764

01:08:23,269 --> 01:08:21,279

i don't think david wilcock has the

1765

01:08:26,070 --> 01:08:23,279

audience of david wilcock based on my

1766

01:08:28,709 --> 01:08:26,080

analysis of his uh youtube numbers

1767

01:08:30,630 --> 01:08:28,719

i really just think it's a lot of bots

1768

01:08:32,550 --> 01:08:30,640

that's my opinion though

1769

01:08:34,709 --> 01:08:32,560

i fake it till you make it i guess right

1770

01:08:36,950 --> 01:08:34,719

you know i it's interesting everybody

1771

01:08:39,030 --> 01:08:36,960

sent me over the weekend 100 people sent

1772

01:08:41,110 --> 01:08:39,040

me an email or message like he's

1773

01:08:43,510 --> 01:08:41,120

streaming you got to cover this this is

1774

01:08:45,110 --> 01:08:43,520

crazy and i go i'm not going to listen

1775

01:08:47,110 --> 01:08:45,120

and then i did

1776

01:08:48,309 --> 01:08:47,120

and now i'm going to cover it because

1777

01:08:50,950 --> 01:08:48,319

you know

1778

01:08:52,550 --> 01:08:50,960

well stephen i don't envy you for having

1779

01:08:53,990 --> 01:08:52,560

to watch that i have to listen to this

1780

01:08:55,269 --> 01:08:54,000

claim i had to listen to this clan for

1781

01:08:57,110 --> 01:08:55,279

three hours

1782

01:08:58,709 --> 01:08:57,120

but i was too lazy to make the notes the

1783

01:09:00,709 --> 01:08:58,719

first run through so now i gotta do it

1784

01:09:01,749 --> 01:09:00,719

again and make the notes and that's

1785

01:09:03,430 --> 01:09:01,759

terrible

1786

01:09:05,430 --> 01:09:03,440

i think i'm gonna call that stream i

1787

01:09:07,669 --> 01:09:05,440

listen to three hours of david wilcox so

1788

01:09:09,269 --> 01:09:07,679

you don't have to

1789

01:09:11,430 --> 01:09:09,279

do you know

1790

01:09:13,269 --> 01:09:11,440

and and just to bring some levity to the

1791

01:09:14,870 --> 01:09:13,279

conversation

1792

01:09:18,309 --> 01:09:14,880

do you know that

1793

01:09:19,990 --> 01:09:18,319

in the future when we're all wiped out

1794

01:09:22,630 --> 01:09:20,000

somebody is going gonna find a box

1795

01:09:24,709 --> 01:09:22,640

buried in the forest

1796

01:09:27,349 --> 01:09:24,719

that was for david wolcott

1797

01:09:29,829 --> 01:09:27,359

oh yes the box of dildos he still hasn't

1798

01:09:32,390 --> 01:09:29,839

failed it

1799

01:09:35,990 --> 01:09:32,400

but i will say this jason i'm not giving

1800

01:09:37,829 --> 01:09:36,000

hints of where it is but he recently i

1801

01:09:39,749 --> 01:09:37,839

guess because of his divorce got rid of

1802

01:09:43,110 --> 01:09:39,759

a few houses that he had

1803

01:09:45,189 --> 01:09:43,120

but he kept the one nearest to the box

1804

01:09:47,430 --> 01:09:45,199

so i'm very happy about that

1805

01:09:49,110 --> 01:09:47,440

oh very interesting and i have no idea

1806

01:09:51,030 --> 01:09:49,120

what that's all about so i just said

1807

01:09:52,390 --> 01:09:51,040

something that just was channeled to me

1808

01:09:53,910 --> 01:09:52,400

i don't know what we're talking about in

1809

01:09:55,669 --> 01:09:53,920

the woods yeah yeah i don't know any of

1810

01:09:56,790 --> 01:09:55,679

that yeah

1811

01:09:58,790 --> 01:09:56,800

yeah so

1812

01:10:01,430 --> 01:09:58,800

i was going to ask you just in general

1813

01:10:03,510 --> 01:10:01,440

too because you took some time off of

1814

01:10:05,990 --> 01:10:03,520

conspiracy land for quite a while i

1815

01:10:07,669 --> 01:10:06,000

guess to focus on the book right but

1816

01:10:10,390 --> 01:10:07,679

really wasn't it just that you needed a

1817

01:10:12,950 --> 01:10:10,400

break from the nonsense and the crazy or

1818

01:10:15,030 --> 01:10:12,960

what was that about um

1819

01:10:16,870 --> 01:10:15,040

it was a lot of things

1820

01:10:19,270 --> 01:10:16,880

but as you know

1821

01:10:20,790 --> 01:10:19,280

this uh community is not

1822

01:10:22,149 --> 01:10:20,800

basically a community you can make a

1823

01:10:23,750 --> 01:10:22,159

living off of

1824

01:10:25,750 --> 01:10:23,760

i know there's there's some

1825

01:10:27,189 --> 01:10:25,760

obviously but

1826

01:10:30,149 --> 01:10:27,199

well you can't if you just lie through

1827

01:10:32,229 --> 01:10:30,159

your teeth and make up [h__h] and have

1828

01:10:34,149 --> 01:10:32,239

rapists and murderers and stuff like

1829

01:10:37,030 --> 01:10:34,159

that for your sources

1830

01:10:38,149 --> 01:10:37,040

and just don't mention the rape part you

1831

01:10:40,070 --> 01:10:38,159

know like

1832

01:10:42,950 --> 01:10:40,080

so what if he likes to rape chicks in

1833

01:10:46,709 --> 01:10:42,960

his spare time you know he's he's a

1834

01:10:49,110 --> 01:10:46,719

he saw the aliens let's hear his story

1835

01:10:51,189 --> 01:10:49,120

so the guys that are making money have

1836

01:10:52,630 --> 01:10:51,199

to be willing to have no morals no

1837

01:10:53,830 --> 01:10:52,640

ethics the guys who are really making

1838

01:10:56,950 --> 01:10:53,840

the most money

1839

01:10:59,350 --> 01:10:56,960

in my opinion have no morals no ethics

1840

01:11:02,229 --> 01:10:59,360

we've got people using dead babies no no

1841

01:11:04,470 --> 01:11:02,239

it's it's a comma alien you know we've

1842

01:11:06,310 --> 01:11:04,480

got people using murderers rapists child

1843

01:11:08,950 --> 01:11:06,320

molesters of sources

1844

01:11:11,110 --> 01:11:08,960

people selling all kinds of dubious

1845

01:11:12,550 --> 01:11:11,120

fake medical cures and devices that

1846

01:11:15,270 --> 01:11:12,560

don't do anything

1847

01:11:16,790 --> 01:11:15,280

it's really disheartening right

1848

01:11:19,590 --> 01:11:16,800

yeah and that's also one of the reasons

1849

01:11:21,189 --> 01:11:19,600

why i kind of backed out but

1850

01:11:22,790 --> 01:11:21,199

as you know

1851

01:11:23,830 --> 01:11:22,800

almost the entire time i was in this

1852

01:11:26,790 --> 01:11:23,840

community

1853

01:11:28,390 --> 01:11:26,800

i needed an actual job

1854

01:11:29,430 --> 01:11:28,400

you know to support myself to be in this

1855

01:11:31,830 --> 01:11:29,440

community

1856

01:11:32,790 --> 01:11:31,840

so i worked very hard in my other job

1857

01:11:34,870 --> 01:11:32,800

and then

1858

01:11:37,110 --> 01:11:34,880

you know to the writing and the podcast

1859

01:11:38,149 --> 01:11:37,120

and all that was basically the side

1860

01:11:42,070 --> 01:11:38,159

business

1861

01:11:43,350 --> 01:11:42,080

which helped support me um and the the

1862

01:11:44,950 --> 01:11:43,360

community

1863

01:11:47,910 --> 01:11:44,960

was getting really

1864

01:11:51,270 --> 01:11:47,920

intense around um coming up to the end

1865

01:11:52,830 --> 01:11:51,280

of the uh the trump administration oh

1866

01:11:56,790 --> 01:11:52,840

yeah they all went

1867

01:11:58,790 --> 01:11:56,800

nuts and it was very um

1868

01:12:00,870 --> 01:11:58,800

it was just too much conspiracy and

1869

01:12:03,189 --> 01:12:00,880

everybody was very angry at each other

1870

01:12:04,550 --> 01:12:03,199

and everybody was very polarized and it

1871

01:12:06,390 --> 01:12:04,560

didn't matter what i would say i'd

1872

01:12:07,350 --> 01:12:06,400

always be attacked by one side or the

1873

01:12:10,709 --> 01:12:07,360

other

1874

01:12:13,270 --> 01:12:10,719

and i had this career i was in

1875

01:12:16,790 --> 01:12:13,280

which i'm no longer in but at the time i

1876

01:12:17,990 --> 01:12:16,800

was really trying to be

1877

01:12:21,030 --> 01:12:18,000

really

1878

01:12:22,550 --> 01:12:21,040

you know work hard in this career this

1879

01:12:24,070 --> 01:12:22,560

that was not part of the community at

1880

01:12:25,910 --> 01:12:24,080

all i was really trying to get this

1881

01:12:28,229 --> 01:12:25,920

career going

1882

01:12:30,470 --> 01:12:28,239

and i was like why am i

1883

01:12:32,630 --> 01:12:30,480

fighting with people online online that

1884

01:12:34,310 --> 01:12:32,640

i'll never win these arguments

1885

01:12:35,750 --> 01:12:34,320

you know why am i doing all this and

1886

01:12:38,709 --> 01:12:35,760

it's just taking my time when i could be

1887

01:12:40,149 --> 01:12:38,719

focusing on the real world

1888

01:12:41,189 --> 01:12:40,159

and then i just made a decision where

1889

01:12:42,790 --> 01:12:41,199

it's like

1890

01:12:44,950 --> 01:12:42,800

i'm just going to take my energy and

1891

01:12:46,550 --> 01:12:44,960

focus it on the real world and get this

1892

01:12:47,669 --> 01:12:46,560

stuff going

1893

01:12:51,830 --> 01:12:47,679

and

1894

01:12:55,110 --> 01:12:51,840

ontario

1895

01:12:56,950 --> 01:12:55,120

it's very much like um

1896

01:12:58,790 --> 01:12:56,960

basically i'm a prisoner trapped in

1897

01:13:00,550 --> 01:12:58,800

canada and i know people say oh you got

1898

01:13:01,750 --> 01:13:00,560

freedoms you could leave and go but not

1899

01:13:03,510 --> 01:13:01,760

really

1900

01:13:04,390 --> 01:13:03,520

and it's just it's just a hassle and a

1901

01:13:05,750 --> 01:13:04,400

half

1902

01:13:07,910 --> 01:13:05,760

so for the past

1903

01:13:10,950 --> 01:13:07,920

trying to travel was like impossible or

1904

01:13:12,709 --> 01:13:10,960

was for a while there right yes so it's

1905

01:13:15,030 --> 01:13:12,719

very difficult so basically i've stayed

1906

01:13:18,630 --> 01:13:15,040

home and worked from home for the past

1907

01:13:19,990 --> 01:13:18,640

two years and unfortunately uh last june

1908

01:13:21,189 --> 01:13:20,000

my job

1909

01:13:23,270 --> 01:13:21,199

ended

1910

01:13:24,870 --> 01:13:23,280

so since june i've been completely

1911

01:13:26,470 --> 01:13:24,880

unemployed

1912

01:13:28,470 --> 01:13:26,480

and i kind of

1913

01:13:30,470 --> 01:13:28,480

uh imploded my

1914

01:13:31,910 --> 01:13:30,480

business on this side like i imploded

1915

01:13:33,830 --> 01:13:31,920

the crystal business and the book

1916

01:13:36,550 --> 01:13:33,840

business just so i could focus over

1917

01:13:38,229 --> 01:13:36,560

there and then i lost that job

1918

01:13:40,229 --> 01:13:38,239

so then it's like okay now i have the

1919

01:13:42,149 --> 01:13:40,239

opportunity and time to sit here

1920

01:13:44,470 --> 01:13:42,159

make no money

1921

01:13:46,310 --> 01:13:44,480

and just write my book but at least

1922

01:13:47,910 --> 01:13:46,320

enjoy your time a little more right dude

1923

01:13:51,030 --> 01:13:47,920

don't you enjoy your time doing this

1924

01:13:53,910 --> 01:13:51,040

craziness more than

1925

01:13:56,470 --> 01:13:53,920

yeah i mean to tell you the truth i love

1926

01:13:58,630 --> 01:13:56,480

writing it's like it's an actual passion

1927

01:14:00,070 --> 01:13:58,640

of mine to write and i think i spoke to

1928

01:14:00,870 --> 01:14:00,080

you when i was writing the book i'm like

1929

01:14:02,870 --> 01:14:00,880

man

1930

01:14:05,110 --> 01:14:02,880

i'm having the best time doing this yeah

1931

01:14:07,510 --> 01:14:05,120

you did i remember and it made me pull

1932

01:14:09,270 --> 01:14:07,520

out my word processor three times but

1933

01:14:11,750 --> 01:14:09,280

and i didn't get very far

1934

01:14:14,790 --> 01:14:11,760

yeah i think i had to hire jason to just

1935

01:14:17,030 --> 01:14:14,800

just ghostwrite my book since he's

1936

01:14:18,390 --> 01:14:17,040

obviously better at it than i would be

1937

01:14:21,030 --> 01:14:18,400

i'll tell you

1938

01:14:23,189 --> 01:14:21,040

one thing that my job taught me in the

1939

01:14:25,189 --> 01:14:23,199

real world was

1940

01:14:27,030 --> 01:14:25,199

take your time

1941

01:14:28,950 --> 01:14:27,040

and don't put out anything that you're

1942

01:14:31,270 --> 01:14:28,960

going to want to pull back

1943

01:14:32,070 --> 01:14:31,280

you know a couple months later

1944

01:14:34,390 --> 01:14:32,080

so

1945

01:14:36,229 --> 01:14:34,400

i really like you said i i really put

1946

01:14:37,590 --> 01:14:36,239

the time and energy into writing this

1947

01:14:40,070 --> 01:14:37,600

book i

1948

01:14:42,790 --> 01:14:40,080

some of the these graphics like remember

1949

01:14:44,390 --> 01:14:42,800

i don't take pictures so it's like for

1950

01:14:45,750 --> 01:14:44,400

example like you see the graphics in the

1951

01:14:48,310 --> 01:14:45,760

book

1952

01:14:50,070 --> 01:14:48,320

okay i'll solo you how so will you there

1953

01:14:52,390 --> 01:14:50,080

you go um

1954

01:14:53,830 --> 01:14:52,400

basically every single picture that you

1955

01:14:57,189 --> 01:14:53,840

see

1956

01:14:58,709 --> 01:14:57,199

i had to i redrew this on illustrator

1957

01:15:01,189 --> 01:14:58,719

and photoshop

1958

01:15:03,030 --> 01:15:01,199

wow yeah so you're not ripping off

1959

01:15:04,790 --> 01:15:03,040

you're going to know there's there's

1960

01:15:06,950 --> 01:15:04,800

it's funny somebody in conspiracy land

1961

01:15:09,590 --> 01:15:06,960

totally ripped off somebody else's book

1962

01:15:10,870 --> 01:15:09,600

cover it wasn't that you showed

1963

01:15:14,870 --> 01:15:10,880

there's like one

1964

01:15:16,790 --> 01:15:14,880

three different books people just copied

1965

01:15:18,470 --> 01:15:16,800

and pasted somebody else's book cover

1966

01:15:20,070 --> 01:15:18,480

illustration onto their own book it's

1967

01:15:21,750 --> 01:15:20,080

great they they love it it's nice that

1968

01:15:23,110 --> 01:15:21,760

you were more original it's nice that

1969

01:15:24,790 --> 01:15:23,120

you were more original though i

1970

01:15:27,189 --> 01:15:24,800

appreciate that kind of attention to

1971

01:15:29,750 --> 01:15:27,199

detail and my friend

1972

01:15:31,270 --> 01:15:29,760

who's a musician his name is uh monopoly

1973

01:15:33,669 --> 01:15:31,280

i don't know if you know him

1974

01:15:36,470 --> 01:15:33,679

but he's also like a graphic designer

1975

01:15:39,510 --> 01:15:36,480

and i said can you please help me

1976

01:15:41,030 --> 01:15:39,520

um and he did 3d rendering of the

1977

01:15:42,870 --> 01:15:41,040

statues

1978

01:15:44,470 --> 01:15:42,880

yeah that's cool i assumed that you had

1979

01:15:46,070 --> 01:15:44,480

some guy that was doing all that

1980

01:15:47,350 --> 01:15:46,080

somebody did all the artwork for you i

1981

01:15:49,669 --> 01:15:47,360

didn't know that you were involved in

1982

01:15:52,310 --> 01:15:49,679

that too yeah no i did everything the

1983

01:15:54,390 --> 01:15:52,320

cover i made the cover from scratch

1984

01:15:57,110 --> 01:15:54,400

everything is mine so it's like i i

1985

01:15:59,910 --> 01:15:57,120

really took the time and energy to make

1986

01:16:03,030 --> 01:15:59,920

it a project that i'm proud of

1987

01:16:06,229 --> 01:16:04,229

that's what i'm doing from now on are

1988

01:16:07,910 --> 01:16:06,239

you going to be on jean-claude show is

1989

01:16:09,830 --> 01:16:07,920

that john

1990

01:16:11,510 --> 01:16:09,840

i haven't talked to him in a long time

1991

01:16:13,990 --> 01:16:11,520

he got pissed off at me tell him i said

1992

01:16:16,070 --> 01:16:14,000

hello i will the interesting thing about

1993

01:16:17,110 --> 01:16:16,080

jean-claude is i've known that guy for

1994

01:16:21,189 --> 01:16:17,120

years

1995

01:16:22,870 --> 01:16:21,199

knew he had a show

1996

01:16:24,950 --> 01:16:22,880

you know what's you know what's crazy is

1997

01:16:27,430 --> 01:16:24,960

that he's been deleted off of youtube

1998

01:16:29,430 --> 01:16:27,440

like four times and every time he gets

1999

01:16:31,990 --> 01:16:29,440

deleted he comes back with more

2000

01:16:33,350 --> 01:16:32,000

subscribers than he had the first he's

2001

01:16:35,990 --> 01:16:33,360

i don't even know i haven't looked

2002

01:16:36,950 --> 01:16:36,000

checked in but he's got a huge following

2003

01:16:40,950 --> 01:16:36,960

though

2004

01:16:44,149 --> 01:16:40,960

yes so tomorrow i well yeah coming on

2005

01:16:45,430 --> 01:16:44,159

your show is just me practicing to be on

2006

01:16:48,709 --> 01:16:45,440

his show

2007

01:16:51,910 --> 01:16:48,719

oh okay yeah he's got 70 000 subscribers

2008

01:16:53,910 --> 01:16:51,920

now that's crazy i don't know and we and

2009

01:16:55,830 --> 01:16:53,920

and he started his first

2010

01:16:57,189 --> 01:16:55,840

channel about the same time i started

2011

01:16:59,669 --> 01:16:57,199

this channel

2012

01:17:03,590 --> 01:17:01,830

no i need more crazy psychic [h__h] and

2013

01:17:05,430 --> 01:17:03,600

we had a fight about this he gets all

2014

01:17:07,270 --> 01:17:05,440

the crazy psychic [h__h] and the hot

2015

01:17:10,070 --> 01:17:07,280

psychic chicks and i don't get any of

2016

01:17:11,350 --> 01:17:10,080

them and that's not fair right well

2017

01:17:13,830 --> 01:17:11,360

that's what i need

2018

01:17:16,630 --> 01:17:13,840

any more hot psychic chicks

2019

01:17:18,390 --> 01:17:16,640

yeah but you try to debunk them all i

2020

01:17:20,870 --> 01:17:18,400

know that's what that's that's why i'm

2021

01:17:23,669 --> 01:17:20,880

at 5 000 subscribers i'm going to change

2022

01:17:27,990 --> 01:17:25,910

so i'll start doing right

2023

01:17:29,270 --> 01:17:28,000

yes yes so

2024

01:17:31,910 --> 01:17:29,280

um

2025

01:17:34,070 --> 01:17:31,920

going back to it you know i just what i

2026

01:17:37,189 --> 01:17:34,080

really wanted to do with this book was

2027

01:17:39,270 --> 01:17:37,199

trying to find the original source

2028

01:17:40,310 --> 01:17:39,280

of you know where all these ideas came

2029

01:17:42,550 --> 01:17:40,320

from

2030

01:17:44,229 --> 01:17:42,560

and how they kind of got uh placed in

2031

01:17:46,550 --> 01:17:44,239

different religions around the world and

2032

01:17:48,630 --> 01:17:46,560

how we view them today

2033

01:17:49,830 --> 01:17:48,640

but they really haven't changed if you

2034

01:17:52,229 --> 01:17:49,840

really

2035

01:17:54,229 --> 01:17:52,239

yeah it's interesting go back in time

2036

01:17:56,310 --> 01:17:54,239

and you see it's all basically the same

2037

01:17:57,910 --> 01:17:56,320

stuff and i think it gets lost in

2038

01:17:59,830 --> 01:17:57,920

translation once you start getting into

2039

01:18:01,590 --> 01:17:59,840

like the gods and goddesses or the

2040

01:18:04,229 --> 01:18:01,600

different

2041

01:18:05,750 --> 01:18:04,239

rituals but when you start to just

2042

01:18:07,510 --> 01:18:05,760

go from culture to culture they just

2043

01:18:09,910 --> 01:18:07,520

change the names of the deities but it's

2044

01:18:11,189 --> 01:18:09,920

the same exact rituals or the same exact

2045

01:18:12,950 --> 01:18:11,199

knowledge

2046

01:18:15,430 --> 01:18:12,960

um and i think yeah it's just different

2047

01:18:19,590 --> 01:18:15,440

packaging right yes

2048

01:18:24,550 --> 01:18:23,030

for me it just it helped me kind of

2049

01:18:26,470 --> 01:18:24,560

um

2050

01:18:29,189 --> 01:18:26,480

be a little more grounded

2051

01:18:31,830 --> 01:18:29,199

in knowing that our ancestors had the

2052

01:18:33,910 --> 01:18:31,840

same issues had the same problems had

2053

01:18:35,910 --> 01:18:33,920

the same thoughts and ideas

2054

01:18:38,630 --> 01:18:35,920

as we have today it may be a different

2055

01:18:41,270 --> 01:18:38,640

situation but they're still coping and

2056

01:18:43,669 --> 01:18:41,280

dealing with the same things that we're

2057

01:18:46,070 --> 01:18:43,679

dealing with today

2058

01:18:47,910 --> 01:18:46,080

so it is really humbling to see you know

2059

01:18:49,830 --> 01:18:47,920

where these ideas

2060

01:18:51,669 --> 01:18:49,840

came from and how we can use these ideas

2061

01:18:54,070 --> 01:18:51,679

to better our lives today

2062

01:18:55,990 --> 01:18:54,080

if we kind of cut out the noise of

2063

01:18:59,110 --> 01:18:56,000

modern day uh

2064

01:19:01,189 --> 01:18:59,120

thought and culture and things like that

2065

01:19:03,030 --> 01:19:01,199

yeah you know me i'm real big on that i

2066

01:19:06,310 --> 01:19:03,040

wish that i could live with that cabin

2067

01:19:07,830 --> 01:19:06,320

24 7 and uh you know it taught me that

2068

01:19:10,390 --> 01:19:07,840

eventually we might get out of this

2069

01:19:11,910 --> 01:19:10,400

house and get some place a little bit

2070

01:19:15,110 --> 01:19:11,920

further down the road a little more

2071

01:19:18,470 --> 01:19:15,120

rural a little more woodsy or you know

2072

01:19:20,550 --> 01:19:18,480

because i just feel best there i feel

2073

01:19:22,390 --> 01:19:20,560

most at peace i feel like you know

2074

01:19:23,590 --> 01:19:22,400

that's my happy place i just got there

2075

01:19:28,310 --> 01:19:23,600

last week

2076

01:19:30,630 --> 01:19:28,320

thought my life is better at the cabin

2077

01:19:33,110 --> 01:19:30,640

don't tell my wife

2078

01:19:36,070 --> 01:19:33,120

no she gave me this actually

2079

01:19:38,390 --> 01:19:36,080

and i i i do want to come back and we

2080

01:19:41,430 --> 01:19:38,400

can talk about um entities because i

2081

01:19:42,870 --> 01:19:41,440

know that you're very into the whole uh

2082

01:19:45,669 --> 01:19:42,880

catholic

2083

01:19:47,669 --> 01:19:45,679

um and and the bible version of demons

2084

01:19:49,030 --> 01:19:47,679

and entities and things like that well

2085

01:19:50,550 --> 01:19:49,040

that's what i'm most comfortable well

2086

01:19:52,630 --> 01:19:50,560

that's what i'm most familiar with

2087

01:19:55,110 --> 01:19:52,640

because i had 12 years of that uh

2088

01:19:56,709 --> 01:19:55,120

education and uh i was sort of

2089

01:19:58,229 --> 01:19:56,719

fast-tracked believe it or not i was

2090

01:20:00,790 --> 01:19:58,239

going to be a priest

2091

01:20:02,870 --> 01:20:00,800

so they put me in extra theology classes

2092

01:20:05,669 --> 01:20:02,880

and scripture study stuff and that was

2093

01:20:07,750 --> 01:20:05,679

interesting to you know

2094

01:20:09,910 --> 01:20:07,760

and um yeah

2095

01:20:11,830 --> 01:20:09,920

so even like uh you know when they do

2096

01:20:13,430 --> 01:20:11,840

the sign of the cross they're using a

2097

01:20:15,830 --> 01:20:13,440

mudra

2098

01:20:18,149 --> 01:20:15,840

oh that is that is a hand sign yeah yeah

2099

01:20:20,149 --> 01:20:18,159

and they're they're you know that sign

2100

01:20:21,430 --> 01:20:20,159

has been around

2101

01:20:23,030 --> 01:20:21,440

for thousands of years before

2102

01:20:25,030 --> 01:20:23,040

christianity and it was used for the

2103

01:20:27,030 --> 01:20:25,040

exact same thing

2104

01:20:29,590 --> 01:20:27,040

so you know it's just another thing of

2105

01:20:32,070 --> 01:20:29,600

connecting the dots

2106

01:20:33,430 --> 01:20:32,080

yeah yeah yeah i think you're right well

2107

01:20:35,510 --> 01:20:33,440

i you know i don't want to keep you too

2108

01:20:36,790 --> 01:20:35,520

long we can call this a shorter one

2109

01:20:38,310 --> 01:20:36,800

unless you have other things that you

2110

01:20:42,149 --> 01:20:38,320

want to talk about i'm about to add

2111

01:20:43,750 --> 01:20:42,159

questions probably because i still have

2112

01:20:46,629 --> 01:20:43,760

let me see

2113

01:20:50,149 --> 01:20:46,639

i didn't do all my homework jason i have

2114

01:20:52,310 --> 01:20:50,159

uh i'm on 299. i oh i only have like 20

2115

01:20:54,310 --> 01:20:52,320

pages left to read

2116

01:20:56,709 --> 01:20:54,320

no you did it no not that

2117

01:20:59,030 --> 01:20:56,719

close enough i'm gonna i'm gonna try

2118

01:21:01,270 --> 01:20:59,040

some of these meditations but to be

2119

01:21:03,270 --> 01:21:01,280

honest i have a hard enough time keeping

2120

01:21:04,070 --> 01:21:03,280

up with the ones i already know

2121

01:21:06,149 --> 01:21:04,080

or

2122

01:21:07,590 --> 01:21:06,159

finding the time to do them every once

2123

01:21:10,390 --> 01:21:07,600

in a while i say no i've got to double

2124

01:21:12,629 --> 01:21:10,400

down on this because it's so beneficial

2125

01:21:15,669 --> 01:21:12,639

and learned some new techniques too so

2126

01:21:18,950 --> 01:21:15,679

but here's a a book of uh

2127

01:21:20,149 --> 01:21:18,960

egyptian postures of power jason quits

2128

01:21:22,709 --> 01:21:20,159

newest book

2129

01:21:26,830 --> 01:21:22,719

and uh i recommend it and if you

2130

01:21:33,750 --> 01:21:31,110

rituals religious history meditation

2131

01:21:35,750 --> 01:21:33,760

ancient mysteries it's all in there

2132

01:21:38,070 --> 01:21:35,760

right this is a good mix of that kind of

2133

01:21:40,629 --> 01:21:38,080

stuff

2134

01:21:43,189 --> 01:21:40,639

thank you thank you and i wasn't i

2135

01:21:44,390 --> 01:21:43,199

couldn't see any of the chats in youtube

2136

01:21:45,990 --> 01:21:44,400

or anything so i don't know if there's

2137

01:21:47,910 --> 01:21:46,000

any questions or anything oh if anybody

2138

01:21:50,229 --> 01:21:47,920

wanna yeah we'll do a few more minutes

2139

01:21:52,550 --> 01:21:50,239

if anybody has any questions for jason

2140

01:21:54,709 --> 01:21:52,560

about his new book or anything else

2141

01:21:58,470 --> 01:21:54,719

about his hot wife you know just put him

2142

01:22:01,669 --> 01:21:59,350

she says

2143

01:22:03,510 --> 01:22:01,679

hi by the way every time i make a

2144

01:22:05,750 --> 01:22:03,520

comment like that people lose their

2145

01:22:08,629 --> 01:22:05,760

goddamn minds but we're friends and i he

2146

01:22:09,830 --> 01:22:08,639

knows i'm only joking and so does she

2147

01:22:11,830 --> 01:22:09,840

well

2148

01:22:13,510 --> 01:22:11,840

i do like dropping those comments that

2149

01:22:16,149 --> 01:22:13,520

piss everybody off like hey jason you

2150

01:22:20,709 --> 01:22:16,159

know what i really love your wife

2151

01:22:25,189 --> 01:22:22,790

well i just think one of these things is

2152

01:22:27,830 --> 01:22:25,199

not like the other i'm fascinated by his

2153

01:22:28,790 --> 01:22:27,840

wife because i go look at her

2154

01:22:30,629 --> 01:22:28,800

and

2155

01:22:32,950 --> 01:22:30,639

the jason like

2156

01:22:34,550 --> 01:22:32,960

i'm confused too i don't know jason must

2157

01:22:35,990 --> 01:22:34,560

be hung like a horse that's the only

2158

01:22:37,590 --> 01:22:36,000

thing that i've come up with the only

2159

01:22:39,350 --> 01:22:37,600

reason that i can come up with that he

2160

01:22:41,830 --> 01:22:39,360

got a girl that hot

2161

01:22:43,669 --> 01:22:41,840

sound like a horse friend this this is

2162

01:22:47,669 --> 01:22:43,679

how the show just went

2163

01:22:52,470 --> 01:22:49,430

all right any questions for jason please

2164

01:22:54,629 --> 01:22:52,480

put them in all capital letters uh

2165

01:22:56,070 --> 01:22:54,639

it's it really does help

2166

01:22:58,310 --> 01:22:56,080

if you have questions oh here's a

2167

01:23:00,550 --> 01:22:58,320

question from stephanie jackson question

2168

01:23:02,229 --> 01:23:00,560

for jason quinn hi jason awakening man

2169

01:23:04,229 --> 01:23:02,239

eric is one of my friends can you share

2170

01:23:05,189 --> 01:23:04,239

the story when you guys saw ufos

2171

01:23:06,390 --> 01:23:05,199

together

2172

01:23:07,189 --> 01:23:06,400

thanks

2173

01:23:08,790 --> 01:23:07,199

man

2174

01:23:10,149 --> 01:23:08,800

i'm just trying to think of which which

2175

01:23:12,629 --> 01:23:10,159

story

2176

01:23:13,990 --> 01:23:12,639

yeah because that dude sees ufos

2177

01:23:15,990 --> 01:23:14,000

everywhere so

2178

01:23:18,149 --> 01:23:16,000

you gotta nail it down the thing with

2179

01:23:21,189 --> 01:23:18,159

eric is that it doesn't matter what

2180

01:23:21,800 --> 01:23:21,199

conference i go to in the united states

2181

01:23:23,910 --> 01:23:21,810

he's there

2182

01:23:26,709 --> 01:23:23,920

[Laughter]

2183

01:23:28,390 --> 01:23:26,719

he's there but uh one of them you know

2184

01:23:30,310 --> 01:23:28,400

what you know what cw chandra said and

2185

01:23:32,709 --> 01:23:30,320

he's absolutely right if there's if

2186

01:23:36,229 --> 01:23:32,719

there's like a ufo

2187

01:23:39,910 --> 01:23:36,239

like lecture at a small town library in

2188

01:23:41,990 --> 01:23:39,920

like prairietown minnesota eric is there

2189

01:23:44,390 --> 01:23:42,000

if three guys decide to get together and

2190

01:23:46,790 --> 01:23:44,400

talk about ufos at a denny's in the

2191

01:23:48,470 --> 01:23:46,800

middle of wisconsin somehow eric the

2192

01:23:50,149 --> 01:23:48,480

awakening man is there

2193

01:23:52,629 --> 01:23:50,159

i don't know how he does it he really

2194

01:23:55,750 --> 01:23:52,639

somebody sees bigfoot he's there

2195

01:23:59,189 --> 01:23:55,760

there's a flap of ufo sightings in you

2196

01:24:01,830 --> 01:23:59,199

know montana somehow he's there

2197

01:24:03,189 --> 01:24:01,840

um we were together at uh east seti

2198

01:24:05,750 --> 01:24:03,199

ranch

2199

01:24:07,030 --> 01:24:05,760

oh i just did a show on that i i know

2200

01:24:09,110 --> 01:24:07,040

and uh

2201
01:24:12,629 --> 01:24:09,120
e city ranch is very interesting i would

2202
01:24:13,830 --> 01:24:12,639
say mount adams is very interesting

2203
01:24:16,229 --> 01:24:13,840
and we had

2204
01:24:19,189 --> 01:24:16,239
a lot of sightings there that weren't

2205
01:24:20,870 --> 01:24:19,199
planes that weren't satellites

2206
01:24:22,470 --> 01:24:20,880
i don't know what they were i don't know

2207
01:24:24,790 --> 01:24:22,480
if they were

2208
01:24:26,229 --> 01:24:24,800
ufos or some other type of phenomenon

2209
01:24:28,470 --> 01:24:26,239
like

2210
01:24:31,510 --> 01:24:28,480
the lights on the mountain

2211
01:24:33,830 --> 01:24:31,520
they seem to kind of like um

2212
01:24:35,830 --> 01:24:33,840
kind of like come in and go out like a

2213
01:24:37,910 --> 01:24:35,840

ball lightning type of thing

2214

01:24:41,830 --> 01:24:37,920

but we witnessed a lot of that

2215

01:24:44,470 --> 01:24:41,840

at that mountain and um in where was it

2216

01:24:47,350 --> 01:24:44,480

palm springs out in the desert we went

2217

01:24:49,990 --> 01:24:47,360

on a hike in the forest

2218

01:24:52,790 --> 01:24:50,000

and that was really cool

2219

01:24:54,070 --> 01:24:52,800

and i um monica was there and she took a

2220

01:24:59,430 --> 01:24:54,080

picture

2221

01:25:00,790 --> 01:24:59,440

which was like a cylinder in the sky

2222

01:25:03,430 --> 01:25:00,800

uh which i thought

2223

01:25:04,790 --> 01:25:03,440

ufo those are interesting yeah so i

2224

01:25:06,709 --> 01:25:04,800

didn't take that picture she took that

2225

01:25:08,709 --> 01:25:06,719

picture i didn't see it with my eyes but

2226

01:25:10,229 --> 01:25:08,719

it came out in the photo

2227

01:25:11,350 --> 01:25:10,239

um

2228

01:25:13,750 --> 01:25:11,360

but yeah there's there's a lot of

2229

01:25:15,750 --> 01:25:13,760

phenomenon out there i don't necessarily

2230

01:25:17,350 --> 01:25:15,760

believe that it's a it's a well i mean

2231

01:25:19,590 --> 01:25:17,360

by definition at the ufo because you

2232

01:25:21,030 --> 01:25:19,600

have no idea what you're looking at

2233

01:25:22,629 --> 01:25:21,040

but um

2234

01:25:26,149 --> 01:25:22,639

i have um

2235

01:25:28,310 --> 01:25:26,159

i have a i have a theory of um the

2236

01:25:30,310 --> 01:25:28,320

mountain is like kind of

2237

01:25:32,229 --> 01:25:30,320

the receptacle of

2238

01:25:33,669 --> 01:25:32,239

energy of the atmosphere

2239

01:25:36,070 --> 01:25:33,679

and then when the sun goes down the

2240

01:25:37,990 --> 01:25:36,080

atmosphere actually compresses

2241

01:25:40,870 --> 01:25:38,000

uh down on that mountain and as it

2242

01:25:42,870 --> 01:25:40,880

compresses the ions hit that mountain

2243

01:25:45,669 --> 01:25:42,880

and you'll see things light up like a

2244

01:25:48,149 --> 01:25:45,679

christmas tree on that album

2245

01:25:50,550 --> 01:25:48,159

yeah i've heard you know i've heard both

2246

01:25:52,550 --> 01:25:50,560

sides of that story i've heard people

2247

01:25:55,030 --> 01:25:52,560

that

2248

01:25:56,950 --> 01:25:55,040

maybe there is something to a strange

2249

01:25:58,870 --> 01:25:56,960

phenomenon in that area but then i've

2250

01:26:00,550 --> 01:25:58,880

heard a whole lot of stories that seem

2251

01:26:03,270 --> 01:26:00,560

to indicate that some people may be

2252

01:26:05,750 --> 01:26:03,280

taking advantage of uh satellites and

2253

01:26:08,629 --> 01:26:05,760

other things because you know

2254

01:26:10,709 --> 01:26:08,639

well i'll just tell you um like

2255

01:26:12,790 --> 01:26:10,719

you know i live out in canada you live

2256

01:26:14,149 --> 01:26:12,800

where you live if we go outside and look

2257

01:26:15,990 --> 01:26:14,159

up at the sky long enough we're going to

2258

01:26:17,990 --> 01:26:16,000

see things moving around because there's

2259

01:26:19,350 --> 01:26:18,000

also thousands of different satellites

2260

01:26:20,229 --> 01:26:19,360

going around and there could be other

2261

01:26:21,750 --> 01:26:20,239

things

2262

01:26:24,709 --> 01:26:21,760

those starlink satellites are going to

2263

01:26:27,189 --> 01:26:24,719

cause tons of ufo sightings i guarantee

2264

01:26:29,350 --> 01:26:27,199

it the the thing that that

2265

01:26:32,629 --> 01:26:29,360

bothers me about these type of meetings

2266

01:26:35,189 --> 01:26:32,639

or these ce5 events is that um you'll

2267

01:26:36,870 --> 01:26:35,199

see something in the sky

2268

01:26:38,229 --> 01:26:36,880

we don't know what it is

2269

01:26:39,910 --> 01:26:38,239

but you'll have people in the group

2270

01:26:42,709 --> 01:26:39,920

telling you what it is

2271

01:26:44,390 --> 01:26:42,719

so then people will say okay i saw this

2272

01:26:46,390 --> 01:26:44,400

and they described it as this so

2273

01:26:48,229 --> 01:26:46,400

therefore that's what it is

2274

01:26:51,189 --> 01:26:48,239

yeah it's a mother ship look it's

2275

01:26:54,229 --> 01:26:51,199

powering up i've heard that direct quote

2276

01:26:56,070 --> 01:26:54,239

right from gilead right so that's the

2277

01:26:58,550 --> 01:26:56,080

only issue that i have with that is kind

2278

01:27:01,110 --> 01:26:58,560

of trying to put a description on what

2279

01:27:03,669 --> 01:27:01,120

it is to tell people this is what it is

2280

01:27:06,149 --> 01:27:03,679

when we actually don't know what it is

2281

01:27:07,510 --> 01:27:06,159

and that's my only major yeah there well

2282

01:27:11,270 --> 01:27:07,520

we'll end with this question because

2283

01:27:14,870 --> 01:27:11,280

it's a good one actually uh mario's taco

2284

01:27:17,030 --> 01:27:14,880

taco says uh what he thinks uh about

2285

01:27:20,229 --> 01:27:17,040

meditation and ufos is there any

2286

01:27:24,870 --> 01:27:22,390

many people believe

2287

01:27:27,830 --> 01:27:24,880

there is some type of connection and i

2288

01:27:30,070 --> 01:27:27,840

would say that it completely opens up

2289

01:27:32,070 --> 01:27:30,080

the ufo field into something completely

2290

01:27:34,149 --> 01:27:32,080

different which is ufos are connected to

2291

01:27:35,430 --> 01:27:34,159

consciousness

2292

01:27:36,709 --> 01:27:35,440

and

2293

01:27:39,430 --> 01:27:36,719

um

2294

01:27:41,910 --> 01:27:39,440

you know i've had some weird experiences

2295

01:27:44,790 --> 01:27:41,920

and they're just weird like i i'm

2296

01:27:46,870 --> 01:27:44,800

monitoring he's definitely a weirdo so

2297

01:27:48,390 --> 01:27:46,880

monica and i are walking like we walk

2298

01:27:50,950 --> 01:27:48,400

around our neighborhood a lot especially

2299

01:27:51,910 --> 01:27:50,960

in the summer time to get some exercise

2300

01:27:53,910 --> 01:27:51,920

and

2301

01:27:56,149 --> 01:27:53,920

uh we were actually discussing this

2302

01:27:59,990 --> 01:27:56,159

whole idea of power-ups like like you

2303

01:28:02,629 --> 01:28:00,000

said like the ufo powers up

2304

01:28:04,390 --> 01:28:02,639

and i said i'm like it doesn't make any

2305

01:28:05,990 --> 01:28:04,400

sense it's like why would they need why

2306

01:28:08,070 --> 01:28:06,000

would they need to power up do they need

2307

01:28:10,390 --> 01:28:08,080

to just show us that they're they're

2308

01:28:12,229 --> 01:28:10,400

connected to us consciously and when i

2309

01:28:13,990 --> 01:28:12,239

said that to monica suddenly it's like

2310

01:28:15,590 --> 01:28:14,000

there was this big flash in front of us

2311

01:28:17,910 --> 01:28:15,600

in the sky

2312

01:28:19,910 --> 01:28:17,920

of this just light exploding in front of

2313

01:28:23,110 --> 01:28:19,920

us and i was just like

2314

01:28:27,110 --> 01:28:24,870

you know are they listening or is this

2315

01:28:28,950 --> 01:28:27,120

just a coincidence

2316

01:28:31,590 --> 01:28:28,960

yeah somebody mentioned the power of

2317

01:28:34,310 --> 01:28:31,600

suggestion i i've often wondered if if

2318

01:28:35,990 --> 01:28:34,320

that because i've spent so much time

2319

01:28:37,590 --> 01:28:36,000

trying to concentrate on the nuts and

2320

01:28:39,270 --> 01:28:37,600

bolts and let's get

2321

01:28:42,229 --> 01:28:39,280

samples of the

2322

01:28:44,390 --> 01:28:42,239

crashed material or alien you know

2323

01:28:46,870 --> 01:28:44,400

something physical that we can say here

2324

01:28:49,110 --> 01:28:46,880

it is it's it's indisputable proof of

2325

01:28:50,149 --> 01:28:49,120

alien visitation and then

2326

01:28:52,390 --> 01:28:50,159

the more i

2327

01:28:54,310 --> 01:28:52,400

think about it lately it's it's

2328

01:28:56,229 --> 01:28:54,320

like there is no physical part to some

2329

01:28:59,270 --> 01:28:56,239

of it and maybe it is consciousness

2330

01:29:01,590 --> 01:28:59,280

based or somehow surrounding

2331

01:29:03,110 --> 01:29:01,600

human human consciousness is what's

2332

01:29:06,149 --> 01:29:03,120

causing the uh

2333

01:29:08,390 --> 01:29:06,159

phenomenon it's been here forever

2334

01:29:10,709 --> 01:29:08,400

well this is what i want to say to the

2335

01:29:13,110 --> 01:29:10,719

whole ufo community and this is exactly

2336

01:29:15,350 --> 01:29:13,120

what i said um at the beginning of my

2337

01:29:17,270 --> 01:29:15,360

entrance into this community

2338

01:29:21,590 --> 01:29:17,280

was that

2339

01:29:22,629 --> 01:29:21,600

i've had alien type experiences

2340

01:29:24,950 --> 01:29:22,639

all right

2341

01:29:26,870 --> 01:29:24,960

but they were never physical

2342

01:29:28,709 --> 01:29:26,880

they were out of body

2343

01:29:30,470 --> 01:29:28,719

and i would say that it was not

2344

01:29:32,790 --> 01:29:30,480

something from outer space or another

2345

01:29:34,709 --> 01:29:32,800

planet it's something

2346

01:29:36,550 --> 01:29:34,719

that is in the astral world it's

2347

01:29:39,270 --> 01:29:36,560

something that connects you know the

2348

01:29:41,750 --> 01:29:39,280

spiritual or dream world

2349

01:29:43,110 --> 01:29:41,760

and um a lot of people don't like that

2350

01:29:45,990 --> 01:29:43,120

answer and it gets into the whole

2351
01:29:47,990 --> 01:29:46,000
theology and and demons and angels and

2352
01:29:48,709 --> 01:29:48,000
things like that

2353
01:29:49,430 --> 01:29:48,719
but

2354
01:29:56,950 --> 01:29:49,440
i

2355
01:29:59,350 --> 01:29:56,960
wrong

2356
01:30:01,189 --> 01:29:59,360
but i have not come in contact

2357
01:30:03,830 --> 01:30:01,199
with a physical being

2358
01:30:06,709 --> 01:30:03,840
that i can say this is a physical

2359
01:30:07,750 --> 01:30:06,719
thing that i could touch in our world

2360
01:30:10,070 --> 01:30:07,760
yeah that's what i was saying like the

2361
01:30:12,629 --> 01:30:10,080
nuts and bolts it seems to be a lot more

2362
01:30:15,669 --> 01:30:12,639
of these experiencers and people feeling

2363
01:30:18,470 --> 01:30:15,679

that they're abducted but maybe all

2364

01:30:21,430 --> 01:30:18,480

in your mind in one form or another

2365

01:30:22,870 --> 01:30:21,440

either it by or project it into your

2366

01:30:25,510 --> 01:30:22,880

mind or

2367

01:30:27,189 --> 01:30:25,520

i call it ridged into your mind yeah in

2368

01:30:28,870 --> 01:30:27,199

the first book that i wrote with bob

2369

01:30:30,550 --> 01:30:28,880

mitchell it was all about astral

2370

01:30:32,470 --> 01:30:30,560

abductions

2371

01:30:33,350 --> 01:30:32,480

you know so it's like your body is in

2372

01:30:35,350 --> 01:30:33,360

bed

2373

01:30:37,590 --> 01:30:35,360

but your mind or your astral body is

2374

01:30:39,110 --> 01:30:37,600

taken on these experiences you know some

2375

01:30:41,350 --> 01:30:39,120

if you go back in history those are like

2376

01:30:43,590 --> 01:30:41,360

the initiations or being taken with the

2377

01:30:46,149 --> 01:30:43,600

angels and things like that

2378

01:30:48,229 --> 01:30:46,159

or today we call them alien abductions

2379

01:30:51,110 --> 01:30:48,239

but we think it's physical and i would

2380

01:30:53,750 --> 01:30:51,120

say that it's it's astral abductions

2381

01:30:55,350 --> 01:30:53,760

it's it's it's a manipulation of the

2382

01:30:57,030 --> 01:30:55,360

conscious mind

2383

01:30:59,110 --> 01:30:57,040

and that would explain why there's often

2384

01:31:02,629 --> 01:30:59,120

zero physical evidence of abductions

2385

01:31:04,790 --> 01:31:02,639

just the person's experience

2386

01:31:06,629 --> 01:31:04,800

yeah and then again it's like do you

2387

01:31:09,669 --> 01:31:06,639

take the word of the person or do you

2388

01:31:12,149 --> 01:31:09,679

take the word of what was given and i

2389

01:31:14,390 --> 01:31:12,159

would say it's very hard because

2390

01:31:18,310 --> 01:31:14,400

if you go back in history these things

2391

01:31:22,550 --> 01:31:19,990

a lot of them are tricksters a lot of

2392

01:31:25,669 --> 01:31:22,560

them manipulate you they say things for

2393

01:31:27,590 --> 01:31:25,679

specific reasons they're not usually for

2394

01:31:29,189 --> 01:31:27,600

your benefit

2395

01:31:31,030 --> 01:31:29,199

so

2396

01:31:33,270 --> 01:31:31,040

it's difficult to gauge

2397

01:31:35,590 --> 01:31:33,280

the trustworthiness

2398

01:31:37,750 --> 01:31:35,600

of the information that comes in these

2399

01:31:40,390 --> 01:31:37,760

states and you have to really have a

2400

01:31:44,629 --> 01:31:43,110

grounded perspective of all this

2401

01:31:46,790 --> 01:31:44,639

information before you just jump to

2402

01:31:47,510 --> 01:31:46,800

conclusions about what some being told

2403

01:31:49,270 --> 01:31:47,520

you

2404

01:31:51,030 --> 01:31:49,280

on the other side

2405

01:31:52,950 --> 01:31:51,040

yeah i think you're absolutely right and

2406

01:31:54,070 --> 01:31:52,960

uh coming from a christian perspective

2407

01:31:55,830 --> 01:31:54,080

i'm always

2408

01:31:57,270 --> 01:31:55,840

leery of people who are communicating

2409

01:31:59,350 --> 01:31:57,280

with whatever entity they're

2410

01:32:01,910 --> 01:31:59,360

communicating with that it isn't some

2411

01:32:05,110 --> 01:32:01,920

demonic trickster or

2412

01:32:07,910 --> 01:32:05,120

demon masquerading as something like it

2413

01:32:10,149 --> 01:32:07,920

you know a deceased relative or an alien

2414

01:32:11,990 --> 01:32:10,159

you know who knows

2415

01:32:13,750 --> 01:32:12,000

but uh i'm gonna throw you out of here

2416

01:32:15,669 --> 01:32:13,760

now

2417

01:32:17,750 --> 01:32:15,679

thank you i i appreciate you coming and

2418

01:32:20,070 --> 01:32:17,760

doing this again

2419

01:32:21,350 --> 01:32:20,080

i really did enjoy the book i i i will

2420

01:32:22,709 --> 01:32:21,360

say that again

2421

01:32:25,350 --> 01:32:22,719

and it's called

2422

01:32:27,830 --> 01:32:25,360

egyptian postures of power by jason quit

2423

01:32:29,270 --> 01:32:27,840

the link to the amazon to buy the book

2424

01:32:30,229 --> 01:32:29,280

is right in the description of this

2425

01:32:32,870 --> 01:32:30,239

video

2426

01:32:35,590 --> 01:32:32,880

help a uh unemployed

2427

01:32:37,430 --> 01:32:35,600

friend out right buy the ball right he

2428

01:32:40,629 --> 01:32:37,440

needs the money he's got a hot wife he's

2429

01:32:42,390 --> 01:32:40,639

gotta keep up with and you know

2430

01:32:43,350 --> 01:32:42,400

it is a good book though i do recommend

2431

01:32:46,709 --> 01:32:43,360

it

2432

01:32:49,350 --> 01:32:46,719

thank you yes gas is very expensive

2433

01:32:51,910 --> 01:32:49,360

yeah a hundred dollars to fill a tank

2434

01:32:53,590 --> 01:32:51,920

i i just i have a four-cylinder car and

2435

01:32:56,229 --> 01:32:53,600

it just cost me sixty dollars to fill

2436

01:32:58,390 --> 01:32:56,239

the tank it's a four-cylinder car like

2437

01:33:00,390 --> 01:32:58,400

it's a little putt-putt car it's a

2438

01:33:01,590 --> 01:33:00,400

glorified go-kart shouldn't cost that

2439

01:33:04,070 --> 01:33:01,600

much

2440

01:33:06,830 --> 01:33:04,080

yeah we're almost at we're almost at two

2441

01:33:10,229 --> 01:33:06,840

dollars a liter here which is

2442

01:33:12,229 --> 01:33:10,239

uh close to six dollars

2443

01:33:14,870 --> 01:33:12,239

oh wow yeah we're still at like four

2444

01:33:16,870 --> 01:33:14,880

bucks here but it's going up it's like

2445

01:33:20,070 --> 01:33:16,880

it'll be worse

2446

01:33:25,430 --> 01:33:22,790

well tell your wife i said hello and and

2447

01:33:26,950 --> 01:33:25,440

also uh make sure that you you say you

2448

01:33:28,149 --> 01:33:26,960

mentioned to jean-claude that you were

2449

01:33:31,590 --> 01:33:28,159

on my show

2450

01:33:32,550 --> 01:33:31,600

yesterday you know uh a real show and

2451

01:33:34,390 --> 01:33:32,560

and

2452

01:33:36,470 --> 01:33:34,400

you know

2453

01:33:38,470 --> 01:33:36,480

and that i'm tired of him taking all the

2454

01:33:40,229 --> 01:33:38,480

hot psychic chicks

2455

01:33:43,669 --> 01:33:40,239

he's got a monopoly on him that's why

2456

01:33:44,550 --> 01:33:43,679

he's got such a huge following

2457

01:33:46,470 --> 01:33:44,560

so

2458

01:33:49,189 --> 01:33:46,480

i'm going to lodge a complaint with the

2459

01:33:51,030 --> 01:33:49,199

canadian government against him

2460

01:33:53,750 --> 01:33:51,040

we're gonna do that

2461

01:33:55,910 --> 01:33:53,760

i'll i'll let him know

2462

01:33:58,550 --> 01:33:55,920

all right thanks jason i appreciate your

2463

01:34:00,709 --> 01:33:58,560

time and thank you for uh and also

2464

01:34:02,149 --> 01:34:00,719

sending me a book to read and and coming

2465

01:34:03,669 --> 01:34:02,159

here and helping us break it down

2466

01:34:07,030 --> 01:34:03,679

because it's pretty complicated i don't

2467

01:34:11,270 --> 01:34:08,870

you have a good night

2468

01:34:15,430 --> 01:34:11,280

all right there we go the legendary

2469

01:34:17,830 --> 01:34:15,440

jason quit of quit spirity fame

2470

01:34:20,310 --> 01:34:17,840

and noted author of several other books

2471

01:34:22,870 --> 01:34:20,320

besides this newest one egyptian

2472

01:34:23,750 --> 01:34:22,880

postures of power

2473

01:34:25,189 --> 01:34:23,760

um

2474

01:34:26,950 --> 01:34:25,199

yeah i'm going to try some of the

2475

01:34:30,070 --> 01:34:26,960

meditations in this so maybe we'll do a

2476

01:34:32,709 --> 01:34:30,080

follow-up and see you know

2477

01:34:34,550 --> 01:34:32,719

what what do i think about the

2478

01:34:36,870 --> 01:34:34,560

uh

2479

01:34:38,070 --> 01:34:36,880

about the effects because it's one thing

2480

01:34:39,990 --> 01:34:38,080

to read

2481

01:34:42,790 --> 01:34:40,000

here's how you do a meditation

2482

01:34:44,950 --> 01:34:42,800

but to actually do it and then you know

2483

01:34:47,109 --> 01:34:44,960

uh

2484

01:34:48,790 --> 01:34:47,119

be able to see if it has some positive

2485

01:34:51,750 --> 01:34:48,800

benefit in your life

2486

01:34:53,669 --> 01:34:51,760

i tend to go to the jeet kune do

2487

01:34:56,310 --> 01:34:53,679

kind of school of meditation if

2488

01:34:58,550 --> 01:34:56,320

something works for me i keep it if it

2489

01:35:00,790 --> 01:34:58,560

if i have trouble with it too many times

2490

01:35:03,430 --> 01:35:00,800

or i can't really derive any benefit

2491

01:35:05,910 --> 01:35:03,440

from it i throw it out and and i'm on to

2492

01:35:07,430 --> 01:35:05,920

looking for other tools

2493

01:35:09,109 --> 01:35:07,440

but i think there may be some things in

2494

01:35:11,270 --> 01:35:09,119

there that are beneficial and i'm going

2495

01:35:12,390 --> 01:35:11,280

to give them a try

2496

01:35:14,790 --> 01:35:12,400

uh

2497

01:35:17,350 --> 01:35:14,800

those of you who have asked yes tomorrow

2498

01:35:20,550 --> 01:35:17,360

night we will cover david wilcox latest

2499

01:35:22,629 --> 01:35:20,560

stream and i i have some fun stuff to go

2500

01:35:25,109 --> 01:35:22,639

with that you're going to enjoy

2501

01:35:27,030 --> 01:35:25,119

very much and i'm also calling stravati

2502

01:35:28,229 --> 01:35:27,040

aerospace tomorrow to try to get an

2503

01:35:29,990 --> 01:35:28,239

interview with the guy that david

2504

01:35:31,910 --> 01:35:30,000

wilcock gave all that money to that's

2505

01:35:33,590 --> 01:35:31,920

supposed to build hover cars with him

2506

01:35:35,750 --> 01:35:33,600

we'll see what happens

2507

01:35:38,470 --> 01:35:35,760

um

2508

01:35:40,950 --> 01:35:38,480

and uh later in the week we'll have a

2509

01:35:44,070 --> 01:35:40,960

couple more shows saturday this saturday

2510

01:35:45,270 --> 01:35:44,080

7 p.m eastern time we are going to have

2511

01:35:52,470 --> 01:35:45,280

wayne

2512

01:35:53,910 --> 01:35:52,480

owns a mountain that this angelique

2513

01:35:56,470 --> 01:35:53,920

character said

2514

01:35:58,310 --> 01:35:56,480

she met aliens inside a secret base

2515

01:36:00,310 --> 01:35:58,320

inside his mountain

2516

01:36:02,310 --> 01:36:00,320

we're going to have him come here and do

2517

01:36:04,470 --> 01:36:02,320

an interview and

2518

01:36:06,310 --> 01:36:04,480

what do you think is he going to confirm

2519

01:36:08,470 --> 01:36:06,320

her alien

2520

01:36:11,750 --> 01:36:08,480

encounters or is he going to shatter her

2521

01:36:15,430 --> 01:36:11,760

delusions of alien encounters

2522

01:36:17,109 --> 01:36:15,440

this saturday 7 p.m at midnight

2523

01:36:18,790 --> 01:36:17,119

so uh what else can i say i want to

2524

01:36:20,070 --> 01:36:18,800

thank jason quit my guest tonight i want

2525

01:36:22,830 --> 01:36:20,080

to thank each and every one of you for

2526

01:36:27,189 --> 01:36:25,669

us and i want to thank the incredible

2527

01:36:28,470 --> 01:36:27,199

audience for coming i would encourage

2528

01:36:30,229 --> 01:36:28,480

you really to

2529

01:36:32,310 --> 01:36:30,239

buy the book if you're into this kind of

2530

01:36:34,950 --> 01:36:32,320

stuff especially i think that you will

2531

01:36:37,030 --> 01:36:34,960

definitely enjoy it i love all kinds of

2532

01:36:38,709 --> 01:36:37,040

stuff like ancient egyptian history i

2533

01:36:40,870 --> 01:36:38,719

like meditation

2534

01:36:43,350 --> 01:36:40,880

i like religious history

2535

01:36:45,990 --> 01:36:43,360

uh so for me it was a no-brainer to like

2536

01:36:48,149 --> 01:36:46,000

this book and i think you will too

2537

01:36:49,990 --> 01:36:48,159

so what else can i say friends until

2538

01:36:54,970 --> 01:36:50,000

next time my name is stephen cambion

2539

01:37:42,800 --> 01:37:15,360

[Music]

2540

01:38:13,940 --> 01:37:42,810

so

2541

01:38:15,310 --> 01:38:13,950

[Music]

2542

01:38:21,750 --> 01:38:15,320

[Applause]

2543

01:38:21,760 --> 01:38:26,330

so