

THE UFO RABBIT HOLE



NATHAN

INTERVIEW

1
00:00:33,709 --> 00:00:02,149

[Music]

2
00:00:36,290 --> 00:00:33,719

welcome back to the UFO Rabbit Hole

3
00:00:38,389 --> 00:00:36,300

podcast I'm your host Kelly Chase

4
00:00:40,430 --> 00:00:38,399

in this episode I wanted to do something

5
00:00:42,590 --> 00:00:40,440

a little different as the community

6
00:00:44,630 --> 00:00:42,600

continues to metabolize the stunning

7
00:00:47,030 --> 00:00:44,640

allegations by high-level intelligence

8
00:00:49,670 --> 00:00:47,040

official turn UFO whistleblower David

9
00:00:51,470 --> 00:00:49,680

grush and with more people waking up to

10
00:00:53,869 --> 00:00:51,480

the significance of the story every day

11
00:00:56,270 --> 00:00:53,879

the thing I'm hearing most is just that

12
00:00:58,790 --> 00:00:56,280

people want to talk we want to connect

13
00:01:00,470 --> 00:00:58,800

about this if there's anything that I've

14

00:01:02,389 --> 00:01:00,480

learned over the past few years it's

15

00:01:04,729 --> 00:01:02,399

that this process of dismantling our

16

00:01:06,170 --> 00:01:04,739

consensus reality and coming to grips

17

00:01:08,090 --> 00:01:06,180

with a new one that shakes the

18

00:01:11,210 --> 00:01:08,100

foundations of every Paradigm that we

19

00:01:13,010 --> 00:01:11,220

have is a team sport we're meant to do

20

00:01:15,530 --> 00:01:13,020

these things in community

21

00:01:17,390 --> 00:01:15,540

two weeks ago I had the opportunity to

22

00:01:19,130 --> 00:01:17,400

spend the weekend with a bunch of really

23

00:01:21,050 --> 00:01:19,140

bright like-minded people that I've met

24

00:01:23,929 --> 00:01:21,060

through doing this work and it was

25

00:01:25,789 --> 00:01:23,939

honestly magical we've come a long way

26

00:01:27,950 --> 00:01:25,799

in this conversation with the public at

27

00:01:30,410 --> 00:01:27,960

large but for most of us who have a deep

28

00:01:31,749 --> 00:01:30,420

interest in this topic we still find

29

00:01:33,770 --> 00:01:31,759

ourselves censoring and

30

00:01:35,870 --> 00:01:33,780

compartmentalizing to protect ourselves

31

00:01:37,969 --> 00:01:35,880

from the stigma we might face for simply

32

00:01:40,550 --> 00:01:37,979

considering these ideas

33

00:01:43,130 --> 00:01:40,560

and so being able to gather with a group

34

00:01:45,410 --> 00:01:43,140

of people and let down those walls and

35

00:01:47,270 --> 00:01:45,420

give voice to the thoughts and hopes and

36

00:01:49,490 --> 00:01:47,280

anxieties that emerge when you're coming

37

00:01:51,410 --> 00:01:49,500

to terms with the realities of a highly

38

00:01:54,950 --> 00:01:51,420

Advanced non-human presence on this

39

00:01:56,690 --> 00:01:54,960
planet can be a massive relief it's

40

00:01:59,569 --> 00:01:56,700
healing and I'd argue that it's

41

00:02:02,090 --> 00:01:59,579
necessary but I also know how rare those

42

00:02:04,010 --> 00:02:02,100
moments are and I know that there are so

43

00:02:06,230 --> 00:02:04,020
many people who are more than ready to

44

00:02:08,749 --> 00:02:06,240
have those conversations but you still

45

00:02:10,910 --> 00:02:08,759
haven't found a safe place for that and

46

00:02:13,130 --> 00:02:10,920
so I wanted to do my best to bring one

47

00:02:15,350 --> 00:02:13,140
of those conversations to you

48

00:02:18,110 --> 00:02:15,360
so this week I sat down with my friend

49

00:02:19,729 --> 00:02:18,120
and colleague Nathan to chat about what

50

00:02:21,350 --> 00:02:19,739
this journey has been like some of the

51
00:02:23,869 --> 00:02:21,360
stumbling blocks we've had along the way

52
00:02:26,330 --> 00:02:23,879
and how we can move forward into this

53
00:02:28,790 --> 00:02:26,340
strange new reality in a way that is

54
00:02:30,589 --> 00:02:28,800
healthy and productive and I knew that

55
00:02:33,170 --> 00:02:30,599
Nathan would be the perfect person to

56
00:02:35,750 --> 00:02:33,180
have this conversation with Nathan uses

57
00:02:38,030 --> 00:02:35,760
a mononym because like so many in the

58
00:02:40,729 --> 00:02:38,040
community including I assume many of you

59
00:02:43,009 --> 00:02:40,739
listening he's a serious guy with a

60
00:02:45,589 --> 00:02:43,019
serious job who doesn't necessarily want

61
00:02:47,630 --> 00:02:45,599
to advertise his interest in UFOs

62
00:02:49,910 --> 00:02:47,640
but though you won't find his last name

63
00:02:52,790 --> 00:02:49,920

online what you will find is a bunch of

64

00:02:55,190 --> 00:02:52,800

phenomenal work Nathan is the co-host of

65

00:02:56,930 --> 00:02:55,200

two great podcasts liminal frames on

66

00:03:00,770 --> 00:02:56,940

which he collaborates with Darren King

67

00:03:02,930 --> 00:03:00,780

AKA EXO academian and calling all beings

68

00:03:04,729 --> 00:03:02,940

which he co-pilots along with a bunch of

69

00:03:08,509 --> 00:03:04,739

other wonderful contributors in the

70

00:03:10,790 --> 00:03:08,519

space including DJ Deb Leah Prime and a

71

00:03:13,369 --> 00:03:10,800

rotating lineup of other friends

72

00:03:15,290 --> 00:03:13,379

what I appreciate so much about Nathan

73

00:03:17,149 --> 00:03:15,300

is his rational yet deeply

74

00:03:20,030 --> 00:03:17,159

human-centered approach to the UFO

75

00:03:22,009 --> 00:03:20,040

phenomenon he manages to navigate the

76
00:03:23,990 --> 00:03:22,019
deepest and most treacherous Waters of

77
00:03:26,089 --> 00:03:24,000
this topic while still remaining

78
00:03:28,670 --> 00:03:26,099
grounded and without ever losing focus

79
00:03:30,530 --> 00:03:28,680
on the things that matter most our

80
00:03:31,550 --> 00:03:30,540
relationships and connections with each

81
00:03:33,890 --> 00:03:31,560
other

82
00:03:35,270 --> 00:03:33,900
Nathan is exactly the kind of friend

83
00:03:37,729 --> 00:03:35,280
that you'd want to have this kind of

84
00:03:40,190 --> 00:03:37,739
conversation with and I hope you enjoy

85
00:03:42,410 --> 00:03:40,200
this chat as much as I did and may we

86
00:03:44,330 --> 00:03:42,420
all move forward from this episode with

87
00:03:46,490 --> 00:03:44,340
the intention of being that kind of

88
00:03:49,070 --> 00:03:46,500

friend for others in the future who will

89

00:03:51,530 --> 00:03:49,080

soon be going through this too

90

00:03:53,210 --> 00:03:51,540

hey Nathan welcome to the show I'm so

91

00:03:54,470 --> 00:03:53,220

happy you're here how have you been

92

00:03:56,449 --> 00:03:54,480

doing these last few weeks I haven't

93

00:03:58,610 --> 00:03:56,459

gotten to catch up with you since the

94

00:04:00,649 --> 00:03:58,620

whole whistleblower news dropped and I'd

95

00:04:05,530 --> 00:04:00,659

love to hear what's going on in your

96

00:04:10,309 --> 00:04:08,149

uh I've been I've been good Kelly it's

97

00:04:11,929 --> 00:04:10,319

great to be with you and to be speaking

98

00:04:13,610 --> 00:04:11,939

with you and your audience it's been a

99

00:04:15,949 --> 00:04:13,620

crazy couple of weeks absolutely crazy

100

00:04:18,770 --> 00:04:15,959

and of course we had a lot of lead up to

101
00:04:21,170 --> 00:04:18,780
the grocery uh event there was a lot of

102
00:04:23,510 --> 00:04:21,180
hype if you recall in the UFO community

103
00:04:25,430 --> 00:04:23,520
that something big was company and

104
00:04:27,409 --> 00:04:25,440
coming something Earth shattering yada

105
00:04:30,170 --> 00:04:27,419
yada yada the hype train was in full

106
00:04:32,090 --> 00:04:30,180
force and when it finally arrived I

107
00:04:34,310 --> 00:04:32,100
don't know how you felt about it I was

108
00:04:36,350 --> 00:04:34,320
in some ways kind of prepared I was like

109
00:04:38,210 --> 00:04:36,360
okay here it is and it is pretty big at

110
00:04:40,129 --> 00:04:38,220
least I felt that it was pretty big but

111
00:04:41,749 --> 00:04:40,139
at the same time as the days went on

112
00:04:43,129 --> 00:04:41,759
during that week you're kind of like

113
00:04:45,170 --> 00:04:43,139

okay is it going to get more traction

114

00:04:47,870 --> 00:04:45,180

more traction and it kind of did it did

115

00:04:49,570 --> 00:04:47,880

roll a little bit further downhill and

116

00:04:52,010 --> 00:04:49,580

get picked up by quite a few other

117

00:04:53,930 --> 00:04:52,020

outlets and certainly kicked off a lot

118

00:04:56,450 --> 00:04:53,940

of other conversation on some particular

119

00:04:58,189 --> 00:04:56,460

platforms but I think those of us who've

120

00:05:00,469 --> 00:04:58,199

been really close to this wanted it to

121

00:05:02,330 --> 00:05:00,479

just sort of explode and the way that

122

00:05:03,950 --> 00:05:02,340

that it really hasn't happened like

123

00:05:04,969 --> 00:05:03,960

quite like that it's maybe caused a

124

00:05:06,290 --> 00:05:04,979

little bit of frustration I don't know

125

00:05:07,850 --> 00:05:06,300

about where you land on this but I've

126

00:05:11,330 --> 00:05:07,860

gone through a series of different

127

00:05:12,890 --> 00:05:11,340

emotional kind of States about it yeah I

128

00:05:14,749 --> 00:05:12,900

completely agree with that it's been

129

00:05:17,870 --> 00:05:14,759

there was a little bit of frustration

130

00:05:19,850 --> 00:05:17,880

that it didn't get more coverage as much

131

00:05:22,249 --> 00:05:19,860

as we see it all the time it continues

132

00:05:23,870 --> 00:05:22,259

to be kind of a remarkable thing to see

133

00:05:26,150 --> 00:05:23,880

the way that this information just sort

134

00:05:27,590 --> 00:05:26,160

of like slides off people's brains like

135

00:05:29,749 --> 00:05:27,600

it just will not

136

00:05:32,150 --> 00:05:29,759

stick and it's easy to get frustrated

137

00:05:33,890 --> 00:05:32,160

but I've also been there you know for

138

00:05:36,050 --> 00:05:33,900

most of my life the stuff just kind of

139

00:05:37,790 --> 00:05:36,060

slid off of me so I completely resonate

140

00:05:40,189 --> 00:05:37,800

with how that happens I understand how

141

00:05:43,010 --> 00:05:40,199

that happens but it's still a crazy and

142

00:05:45,050 --> 00:05:43,020

remarkable thing to watch it happen in

143

00:05:46,909 --> 00:05:45,060

real time and also just feeling my own

144

00:05:48,770 --> 00:05:46,919

level of shock I don't think the garage

145

00:05:51,650 --> 00:05:48,780

said anything that I hadn't heard before

146

00:05:54,890 --> 00:05:51,660

that I didn't suspect might be true in

147

00:05:57,409 --> 00:05:54,900

some fashion or another and yet to

148

00:05:58,850 --> 00:05:57,419

really hear it coming out of the mouth

149

00:06:00,469 --> 00:05:58,860

of such a high level intelligence

150

00:06:02,390 --> 00:06:00,479

official who's gone on the record with

151

00:06:04,969 --> 00:06:02,400

Congress was

152

00:06:08,090 --> 00:06:04,979

yeah it makes it real in a way but it

153

00:06:10,430 --> 00:06:08,100

maybe wasn't as real before and trying

154

00:06:12,890 --> 00:06:10,440

to process that has been complicated

155

00:06:14,210 --> 00:06:12,900

yeah absolutely I agree with you as much

156

00:06:16,790 --> 00:06:14,220

as you and I are prepared for the

157

00:06:19,249 --> 00:06:16,800

reality of this seeing it land in some

158

00:06:21,710 --> 00:06:19,259

of these official places it makes it

159

00:06:23,689 --> 00:06:21,720

more real and I think it hits you in new

160

00:06:25,670 --> 00:06:23,699

ways that you can't really be prepared

161

00:06:27,230 --> 00:06:25,680

for it sort of like when you ask

162

00:06:28,430 --> 00:06:27,240

expecting parents you know are you ready

163

00:06:30,529 --> 00:06:28,440

to be parents you're ready to have this

164

00:06:33,710 --> 00:06:30,539

baby and you can't no one can say yes

165

00:06:35,689 --> 00:06:33,720

you can't be trained on how to raise a

166

00:06:37,610 --> 00:06:35,699

baby you just have to do it every day

167

00:06:39,490 --> 00:06:37,620

and then you get good at it or at least

168

00:06:42,290 --> 00:06:39,500

you don't kill the child right

169

00:06:43,909 --> 00:06:42,300

so that's sort of where we are we're

170

00:06:46,129 --> 00:06:43,919

living through this in real time we're

171

00:06:47,990 --> 00:06:46,139

coping with it in real time and it's

172

00:06:51,050 --> 00:06:48,000

integrating it's further integrating

173

00:06:52,909 --> 00:06:51,060

into our model of reality which I know

174

00:06:56,029 --> 00:06:52,919

we're going to talk quite a bit about on

175

00:06:58,370 --> 00:06:56,039

the show yeah absolutely and I'm excited

176

00:07:00,350 --> 00:06:58,380

to dive into all of that I'd love to

177

00:07:01,909 --> 00:07:00,360

start by just having you introduce

178

00:07:04,309 --> 00:07:01,919

yourself a little bit I know you've got

179

00:07:05,990 --> 00:07:04,319

like one put out of the UFO closet but

180

00:07:07,189 --> 00:07:06,000

you don't do last names and details but

181

00:07:10,070 --> 00:07:07,199

if you could just give people kind of an

182

00:07:13,070 --> 00:07:10,080

idea of who you are that would be great

183

00:07:15,469 --> 00:07:13,080

sure yeah so I am a little bit Anonymous

184

00:07:18,770 --> 00:07:15,479

I do try to straddle the world a little

185

00:07:20,809 --> 00:07:18,780

bit there I recognize that once you lift

186

00:07:22,430 --> 00:07:20,819

the veil you can't really put it back so

187

00:07:25,129 --> 00:07:22,440

I do try to keep it there for the time

188

00:07:27,110 --> 00:07:25,139

being but my background is interesting I

189

00:07:30,469 --> 00:07:27,120

guess to in some ways I think is well

190

00:07:32,990 --> 00:07:30,479

suited to this topic I grew up in a

191

00:07:36,469 --> 00:07:33,000

Christian tradition my father was a

192

00:07:38,150 --> 00:07:36,479

minister and a liberal Baptist Church I

193

00:07:40,969 --> 00:07:38,160

grew up as a what we would call like a

194

00:07:42,529 --> 00:07:40,979

progressive Christian household and then

195

00:07:44,570 --> 00:07:42,539

I went to college got a degree and

196

00:07:46,370 --> 00:07:44,580

decided I wanted to go to Seminary to

197

00:07:48,050 --> 00:07:46,380

pursue that even further and I came from

198

00:07:50,029 --> 00:07:48,060

kind of this academic perspective that

199

00:07:52,430 --> 00:07:50,039

if I could just learn more about

200

00:07:55,249 --> 00:07:52,440

Christianity the nature of those beliefs

201
00:07:58,430 --> 00:07:55,259
all the different theologies Etc that it

202
00:08:00,950 --> 00:07:58,440
would get me closer to the reality of

203
00:08:03,290 --> 00:08:00,960
this relationship with God right that

204
00:08:06,050 --> 00:08:03,300
was my perspective on the entire thing

205
00:08:08,270 --> 00:08:06,060
that didn't work out as planned so going

206
00:08:10,070 --> 00:08:08,280
through that experience was really you

207
00:08:12,650 --> 00:08:10,080
know ontological shock is the best

208
00:08:14,990 --> 00:08:12,660
phrase I can distinctly remember being

209
00:08:16,550 --> 00:08:15,000
early on in that process sitting in my

210
00:08:18,490 --> 00:08:16,560
car in the parking lot after a late

211
00:08:20,510 --> 00:08:18,500
night class and just

212
00:08:23,390 --> 00:08:20,520
realizing that

213
00:08:25,969 --> 00:08:23,400

none of it made sense anymore and the

214

00:08:29,749 --> 00:08:25,979

world that I had been brought up in is

215

00:08:32,589 --> 00:08:29,759

loving caring open-minded as that was it

216

00:08:34,969 --> 00:08:32,599

wasn't adequate enough for me to

217

00:08:37,010 --> 00:08:34,979

reconstruct all this content and

218

00:08:40,250 --> 00:08:37,020

integrate it into my life so I was

219

00:08:43,190 --> 00:08:40,260

looking I was facing down this path of

220

00:08:45,410 --> 00:08:43,200

complete uncertainty about my future

221

00:08:47,329 --> 00:08:45,420

so I decided that I would finish the

222

00:08:49,670 --> 00:08:47,339

degree and I did serve a small Church

223

00:08:51,410 --> 00:08:49,680

during that time I worked with some

224

00:08:52,490 --> 00:08:51,420

homeless folks in the community that was

225

00:08:53,690 --> 00:08:52,500

one of the Ministries that I was

226

00:08:56,150 --> 00:08:53,700

involved in

227

00:08:58,070 --> 00:08:56,160

and then went on to have just a

228

00:09:00,530 --> 00:08:58,080

professional career and a totally

229

00:09:03,410 --> 00:09:00,540

different separate field I've always

230

00:09:05,630 --> 00:09:03,420

been into the Sci-Fi stuff though and lo

231

00:09:07,250 --> 00:09:05,640

and behold when the 2017 article came

232

00:09:08,990 --> 00:09:07,260

along like that was like the green light

233

00:09:12,290 --> 00:09:09,000

for me to really get into this

234

00:09:14,690 --> 00:09:12,300

conversation a lot more intensely so I'm

235

00:09:17,269 --> 00:09:14,700

now the co-host of two shows calling all

236

00:09:21,590 --> 00:09:17,279

beings which I share with some wonderful

237

00:09:23,690 --> 00:09:21,600

co-hosts so DJ Deb Leah we've got Frank

238

00:09:25,670 --> 00:09:23,700

from UFO thinker who shows up from time

239

00:09:28,130 --> 00:09:25,680

to time we've got a lot of folks that

240

00:09:30,829 --> 00:09:28,140

jump in and share their voice with us we

241

00:09:32,389 --> 00:09:30,839

got Matt from big Bigfoot Crossroads

242

00:09:34,130 --> 00:09:32,399

we're doing some Bigfoot stuff as well

243

00:09:36,410 --> 00:09:34,140

it's a community focused show it's

244

00:09:38,750 --> 00:09:36,420

really trying to be present to people

245

00:09:41,030 --> 00:09:38,760

who have interesting strange experiences

246

00:09:43,970 --> 00:09:41,040

and we're wrestling with this material

247

00:09:45,710 --> 00:09:43,980

together in a very public way in a way

248

00:09:48,650 --> 00:09:45,720

that tries to I think validate those

249

00:09:50,329 --> 00:09:48,660

experiences be a listening ear and see

250

00:09:51,829 --> 00:09:50,339

what we can learn from that where we can

251
00:09:53,329 --> 00:09:51,839
integrate it we can and where we can't

252
00:09:55,910 --> 00:09:53,339
and that's really an important part of

253
00:09:57,710 --> 00:09:55,920
the work that I do in this space the

254
00:09:59,690 --> 00:09:57,720
other show that I'm a co-host on is

255
00:10:02,690 --> 00:09:59,700
liminal frames with Darren King also

256
00:10:05,090 --> 00:10:02,700
known as EXO academian so liminal frames

257
00:10:07,130 --> 00:10:05,100
is really kind of that other side of

258
00:10:09,290 --> 00:10:07,140
myself it's sort of really getting into

259
00:10:12,650 --> 00:10:09,300
the weeds thoughtful conversation

260
00:10:14,509 --> 00:10:12,660
exploring the Contours of what the

261
00:10:16,970 --> 00:10:14,519
phenomena May mean for us both

262
00:10:18,829 --> 00:10:16,980
personally and culturally spiritually

263
00:10:20,810 --> 00:10:18,839

all the different aspects of The Human

264

00:10:23,030 --> 00:10:20,820

Experience we're trying to cover that

265

00:10:24,590 --> 00:10:23,040

kind of ground we're also trying to

266

00:10:27,170 --> 00:10:24,600

stretch our lit listeners you know kind

267

00:10:29,690 --> 00:10:27,180

of giving them tools that they can use

268

00:10:32,329 --> 00:10:29,700

to navigate this content because it is

269

00:10:33,889 --> 00:10:32,339

really discombobulating that's our kind

270

00:10:35,990 --> 00:10:33,899

of favorite word we like to use on the

271

00:10:37,730 --> 00:10:36,000

show it'll turn your world upside down

272

00:10:39,650 --> 00:10:37,740

and we're trying to give folks the

273

00:10:42,230 --> 00:10:39,660

things that they can use to approach the

274

00:10:44,329 --> 00:10:42,240

content and examine it and try to

275

00:10:46,490 --> 00:10:44,339

integrate it into their own models of

276

00:10:47,569 --> 00:10:46,500

reality so that's the work that I'm

277

00:10:49,250 --> 00:10:47,579

doing in the community I think it

278

00:10:50,990 --> 00:10:49,260

represents who I am I'm a person that

279

00:10:52,910 --> 00:10:51,000

loves people but I also really like to

280

00:10:55,550 --> 00:10:52,920

have these kinds of in-depth

281

00:10:57,470 --> 00:10:55,560

conversations that's awesome and I'm a

282

00:10:59,690 --> 00:10:57,480

huge fan of liminal frames and calling

283

00:11:02,449 --> 00:10:59,700

all beings you've got a great group of

284

00:11:04,490 --> 00:11:02,459

co-conspirators in both has got a lot of

285

00:11:08,329 --> 00:11:04,500

love for all those people so thank you

286

00:11:10,190 --> 00:11:08,339

big fan so what got you into UFOs I mean

287

00:11:12,710 --> 00:11:10,200

we talked a little bit about the 2017

288

00:11:14,389 --> 00:11:12,720

article was that sort of just like the

289

00:11:15,889 --> 00:11:14,399

starting whistle for you what is your

290

00:11:17,690 --> 00:11:15,899

background with regard to the phenomenon

291

00:11:20,090 --> 00:11:17,700

did it just start as a curiosity or have

292

00:11:22,069 --> 00:11:20,100

you seen a UFO where were you coming

293

00:11:23,690 --> 00:11:22,079

from with that yeah great questions I'm

294

00:11:25,430 --> 00:11:23,700

not an experimenter kind of in the

295

00:11:27,949 --> 00:11:25,440

traditional sense I've always had an

296

00:11:31,490 --> 00:11:27,959

interest in UFOs I mean I grew up in the

297

00:11:33,889 --> 00:11:31,500

80s 90s Unsolved Mysteries you know UFO

298

00:11:36,769 --> 00:11:33,899

stories were always interesting to me

299

00:11:39,050 --> 00:11:36,779

Star Trek kid Star Wars kid all of these

300

00:11:41,269 --> 00:11:39,060

kinds of things held my Fascination and

301
00:11:43,670 --> 00:11:41,279
still do I love the way that sci-fi

302
00:11:46,910 --> 00:11:43,680
explores real human problems but through

303
00:11:48,829 --> 00:11:46,920
an imaginative lens so I had an interest

304
00:11:50,630 --> 00:11:48,839
in it from that standpoint and always

305
00:11:52,610 --> 00:11:50,640
felt that there was something strange

306
00:11:54,350 --> 00:11:52,620
about these experiences that we couldn't

307
00:11:56,990 --> 00:11:54,360
explain and warranted further

308
00:12:00,050 --> 00:11:57,000
explanation I also I think I remember

309
00:12:02,690 --> 00:12:00,060
early in maybe it was the mid 2010s I

310
00:12:04,490 --> 00:12:02,700
saw an article I forget where it was it

311
00:12:06,110 --> 00:12:04,500
was some like technology blog or

312
00:12:08,750 --> 00:12:06,120
something that talked about how Tom

313
00:12:11,210 --> 00:12:08,760

Delong this singer from Blink 182 was

314

00:12:12,889 --> 00:12:11,220

interested in UFOs and I just thought

315

00:12:14,990 --> 00:12:12,899

man this is weird you know what is this

316

00:12:16,130 --> 00:12:15,000

about and I read that and I thought oh I

317

00:12:18,710 --> 00:12:16,140

mean they're you know maybe there's more

318

00:12:20,870 --> 00:12:18,720

to this than I really thought before and

319

00:12:23,690 --> 00:12:20,880

then subsequently after that we all

320

00:12:25,190 --> 00:12:23,700

remember when the December 2017 New York

321

00:12:28,190 --> 00:12:25,200

Times piece came out and at that point

322

00:12:30,110 --> 00:12:28,200

it was like all right this is there this

323

00:12:31,430 --> 00:12:30,120

is real you know we got to look at this

324

00:12:33,050 --> 00:12:31,440

more closely let's try to understand

325

00:12:35,750 --> 00:12:33,060

this and that's when I really got

326

00:12:38,509 --> 00:12:35,760

heavily invested in the topic but I

327

00:12:41,509 --> 00:12:38,519

think outside of the UFO

328

00:12:42,650 --> 00:12:41,519

experience itself yeah I've always had

329

00:12:44,629 --> 00:12:42,660

this kind of sense that there's

330

00:12:46,790 --> 00:12:44,639

something else about reality that we

331

00:12:49,310 --> 00:12:46,800

don't really understand that our kind of

332

00:12:51,530 --> 00:12:49,320

current models don't do a good job of

333

00:12:53,269 --> 00:12:51,540

grappling with and that comes from my

334

00:12:56,030 --> 00:12:53,279

background in the spiritual tradition

335

00:12:58,129 --> 00:12:56,040

you know so growing up with people who

336

00:12:59,990 --> 00:12:58,139

were having conversations with a

337

00:13:01,370 --> 00:13:00,000

non-human intelligence all the time they

338

00:13:03,710 --> 00:13:01,380

just don't call it that they're calling

339

00:13:06,230 --> 00:13:03,720

it prayer and they're talking to God and

340

00:13:08,810 --> 00:13:06,240

they're getting messages from God and so

341

00:13:10,490 --> 00:13:08,820

that was pretty comfortable for me to

342

00:13:13,069 --> 00:13:10,500

try to understand that integrate that

343

00:13:14,870 --> 00:13:13,079

into my experience as a young person but

344

00:13:18,110 --> 00:13:14,880

it didn't make sense like how were these

345

00:13:20,569 --> 00:13:18,120

experiences real compared to the way in

346

00:13:23,509 --> 00:13:20,579

which the modern world says things are

347

00:13:25,310 --> 00:13:23,519

real and then to add to that how do all

348

00:13:27,410 --> 00:13:25,320

these different religious Traditions

349

00:13:30,829 --> 00:13:27,420

from the past have so many different

350

00:13:33,050 --> 00:13:30,839

examples of interaction with non-human

351
00:13:36,590 --> 00:13:33,060
intelligence and phenomena that we just

352
00:13:39,650 --> 00:13:36,600
write off as oh that was Pure Fantasy I

353
00:13:41,389 --> 00:13:39,660
find that to be quite confusing in our

354
00:13:43,910 --> 00:13:41,399
current world like to have these two

355
00:13:45,889 --> 00:13:43,920
different realities and I think

356
00:13:47,569 --> 00:13:45,899
modernity for me is quite frankly pretty

357
00:13:49,190 --> 00:13:47,579
frustrating because it came along and

358
00:13:52,129 --> 00:13:49,200
sort of just said you know what all that

359
00:13:55,310 --> 00:13:52,139
stuff is just nothing it's delusional

360
00:13:57,650 --> 00:13:55,320
it's fantasy these were people who were

361
00:13:59,990 --> 00:13:57,660
maybe opportunists who were duping their

362
00:14:02,030 --> 00:14:00,000
followers into believing these things or

363
00:14:04,250 --> 00:14:02,040

they were completely ignorant and we're

364

00:14:06,170 --> 00:14:04,260

much more educated now we know that was

365

00:14:08,389 --> 00:14:06,180

you know there was nothing to that or

366

00:14:10,670 --> 00:14:08,399

some combination of those factors so

367

00:14:12,530 --> 00:14:10,680

I've always had this kind of sense in

368

00:14:15,230 --> 00:14:12,540

which there's something out there so

369

00:14:17,870 --> 00:14:15,240

I've experienced it maybe second hand is

370

00:14:20,629 --> 00:14:17,880

the way to describe it and then one area

371

00:14:22,670 --> 00:14:20,639

that I want to touch on a little bit is

372

00:14:24,230 --> 00:14:22,680

kind of the way in which time is funny

373

00:14:26,389 --> 00:14:24,240

right so I know you've talked a little

374

00:14:28,910 --> 00:14:26,399

bit about some of this on your show how

375

00:14:32,389 --> 00:14:28,920

we're learning about space time and how

376

00:14:34,129 --> 00:14:32,399

it may not be fundamental to reality and

377

00:14:36,530 --> 00:14:34,139

I've been thinking a lot about that that

378

00:14:40,069 --> 00:14:36,540

is true then a lot of the experiences

379

00:14:42,470 --> 00:14:40,079

which we have in life we can come back

380

00:14:43,850 --> 00:14:42,480

to them with a fresh perspective you

381

00:14:45,650 --> 00:14:43,860

know we tend to think that we had an

382

00:14:48,470 --> 00:14:45,660

experience that influenced us and then

383

00:14:50,569 --> 00:14:48,480

it dictated what we did next but if

384

00:14:52,930 --> 00:14:50,579

space-time is not fundamental in the way

385

00:14:55,129 --> 00:14:52,940

that we've been taught then there's a

386

00:14:56,930 --> 00:14:55,139

interrelationship between all of the

387

00:14:58,790 --> 00:14:56,940

events of our life there's a

388

00:15:00,470 --> 00:14:58,800

connectivity between What's Happening

389

00:15:02,930 --> 00:15:00,480

Now what happened in the past what

390

00:15:04,670 --> 00:15:02,940

happens in the future these things are

391

00:15:07,129 --> 00:15:04,680

working together and in their

392

00:15:08,569 --> 00:15:07,139

togetherness as they interrelate meaning

393

00:15:11,509 --> 00:15:08,579

comes out of them and I think we all

394

00:15:13,970 --> 00:15:11,519

understand this on an intuitive level as

395

00:15:16,069 --> 00:15:13,980

we re-examine the events of our own past

396

00:15:19,069 --> 00:15:16,079

and we think oh you know I used to

397

00:15:21,350 --> 00:15:19,079

believe that this event in my past meant

398

00:15:23,329 --> 00:15:21,360

this and I interpreted it this way it

399

00:15:25,430 --> 00:15:23,339

influenced my life maybe for 10 years

400

00:15:28,069 --> 00:15:25,440

but now I've come to realize that's not

401
00:15:30,350 --> 00:15:28,079
what it was it was something else and

402
00:15:31,910 --> 00:15:30,360
now I'm a different person because I'm

403
00:15:34,970 --> 00:15:31,920
looking at it from a wholly different

404
00:15:36,889 --> 00:15:34,980
perspective so I think we need to keep

405
00:15:39,410 --> 00:15:36,899
that in mind as we look at this UFO

406
00:15:41,569 --> 00:15:39,420
phenomenon because there are aspects of

407
00:15:43,430 --> 00:15:41,579
it that work in that way but it's really

408
00:15:45,050 --> 00:15:43,440
difficult for us to get our minds around

409
00:15:47,629 --> 00:15:45,060
because we just can't get away from

410
00:15:50,030 --> 00:15:47,639
thinking ABC in the way that things are

411
00:15:51,710 --> 00:15:50,040
ordered yeah I really resonate with that

412
00:15:53,329 --> 00:15:51,720
I mean I was coming into this

413
00:15:55,370 --> 00:15:53,339

conversation from kind of the opposite

414

00:15:59,329 --> 00:15:55,380

end of the spectrum from like a very

415

00:16:03,050 --> 00:15:59,339

materialist atheistic worldview and it's

416

00:16:05,990 --> 00:16:03,060

striking to me now how willing I was to

417

00:16:08,569 --> 00:16:06,000

go along with a world view that just

418

00:16:12,650 --> 00:16:08,579

completely ignored something that was so

419

00:16:14,810 --> 00:16:12,660

fundamental to The Human Experience you

420

00:16:16,730 --> 00:16:14,820

know you see that many people a majority

421

00:16:19,310 --> 00:16:16,740

of people it seems in this country have

422

00:16:22,009 --> 00:16:19,320

a sense that there is some sort of an

423

00:16:24,110 --> 00:16:22,019

unseen realm a higher purpose in

424

00:16:25,910 --> 00:16:24,120

whatever way that manifests for them and

425

00:16:27,949 --> 00:16:25,920

so just being willing to discredit that

426

00:16:30,590 --> 00:16:27,959

many people but also

427

00:16:33,170 --> 00:16:30,600

the ways in which I didn't see the

428

00:16:35,689 --> 00:16:33,180

Unseen elements at play in my own life

429

00:16:37,910 --> 00:16:35,699

and those kind of emergent connections

430

00:16:40,490 --> 00:16:37,920

and meaningful events that you're kind

431

00:16:43,430 --> 00:16:40,500

of referencing our modern Viewpoint

432

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

really just amputates that entire part

433

00:16:47,689 --> 00:16:45,600

of what it means to be a human and says

434

00:16:49,249 --> 00:16:47,699

kind of like you pay no attention to the

435

00:16:51,110 --> 00:16:49,259

man behind the curtain and if you do

436

00:16:53,810 --> 00:16:51,120

you're crazy or you're ignorant or

437

00:16:57,110 --> 00:16:53,820

you're a religious nut or something your

438

00:16:59,090 --> 00:16:57,120

tinfoil Hatter yeah it's a striking

439

00:17:01,730 --> 00:16:59,100

world view to recognize when you lived

440

00:17:05,090 --> 00:17:01,740

inside of it most of your life yeah I

441

00:17:07,909 --> 00:17:05,100

mean 100 I think it's difficult to

442

00:17:09,710 --> 00:17:07,919

navigate this territory right so it's

443

00:17:12,890 --> 00:17:09,720

difficult to balance all the different

444

00:17:14,870 --> 00:17:12,900

accounts that we hear of the phenomena

445

00:17:17,150 --> 00:17:14,880

the experiences the interpretations

446

00:17:18,710 --> 00:17:17,160

there are so many books and you and I

447

00:17:20,210 --> 00:17:18,720

both love them we wouldn't have the

448

00:17:23,150 --> 00:17:20,220

budget to buy them all there's so many

449

00:17:25,010 --> 00:17:23,160

books that talk about this UFO phenomena

450

00:17:27,110 --> 00:17:25,020

and all the other subjects that that

451
00:17:28,789 --> 00:17:27,120
intersect with it there's a ton of

452
00:17:31,250 --> 00:17:28,799
content out there and I think when you

453
00:17:32,690 --> 00:17:31,260
get into that this is one of the

454
00:17:33,770 --> 00:17:32,700
challenges right this is one of the

455
00:17:35,990 --> 00:17:33,780
things I've struggled with certainly

456
00:17:38,150 --> 00:17:36,000
with it is how do you navigate all these

457
00:17:39,770 --> 00:17:38,160
different kinds of experiences and

458
00:17:41,029 --> 00:17:39,780
accounts it really will spin you around

459
00:17:43,250 --> 00:17:41,039
and you won't necessarily be able to

460
00:17:44,330 --> 00:17:43,260
figure out what direction is up part of

461
00:17:45,590 --> 00:17:44,340
that speaks to the fact that it's

462
00:17:48,230 --> 00:17:45,600
something that you touched on is that

463
00:17:50,210 --> 00:17:48,240

our language and our models of reality

464

00:17:53,029 --> 00:17:50,220

like none of them are particularly well

465

00:17:57,230 --> 00:17:53,039

suited for these things and so we're not

466

00:18:00,650 --> 00:17:57,240

really given the tools to navigate this

467

00:18:03,529 --> 00:18:00,660

kind of material we are all very well

468

00:18:05,330 --> 00:18:03,539

steeped in the physicalist materialist

469

00:18:07,010 --> 00:18:05,340

way of looking at the world at least in

470

00:18:08,330 --> 00:18:07,020

the west is how we are raised how we

471

00:18:09,350 --> 00:18:08,340

grow up how we look at everything that

472

00:18:11,330 --> 00:18:09,360

takes place

473

00:18:12,950 --> 00:18:11,340

and so these experiences even though

474

00:18:15,289 --> 00:18:12,960

just as you pointed out I think

475

00:18:17,390 --> 00:18:15,299

everybody has them to some degree or

476

00:18:19,669 --> 00:18:17,400

another then they influence us in

477

00:18:21,890 --> 00:18:19,679

extremely significant ways but we

478

00:18:24,350 --> 00:18:21,900

relegate them to this kind of goopy

479

00:18:27,830 --> 00:18:24,360

fantasy space that doesn't really have

480

00:18:29,210 --> 00:18:27,840

the weight of the scientific method or

481

00:18:32,150 --> 00:18:29,220

whatever it is that we've come to

482

00:18:34,070 --> 00:18:32,160

epitomize as the Pinnacle of knowledge

483

00:18:36,289 --> 00:18:34,080

in our current culture so if you do

484

00:18:39,169 --> 00:18:36,299

decide to give these things Credence

485

00:18:41,630 --> 00:18:39,179

which you and I have you basically opted

486

00:18:44,330 --> 00:18:41,640

to place yourself into these really

487

00:18:46,310 --> 00:18:44,340

treacherous Waters or you're trying to

488

00:18:48,830 --> 00:18:46,320

navigate this deep

489

00:18:50,150 --> 00:18:48,840

into the pool and also just be present

490

00:18:52,250 --> 00:18:50,160

to people who are still going about

491

00:18:53,750 --> 00:18:52,260

their lives in the shallow end and

492

00:18:55,490 --> 00:18:53,760

you're trying to do both of these things

493

00:18:57,350 --> 00:18:55,500

at once and it's very difficult I mean

494

00:18:58,850 --> 00:18:57,360

if anyone is a swimmer you'll know you

495

00:19:00,350 --> 00:18:58,860

can tread water for a while and it's

496

00:19:02,630 --> 00:19:00,360

great exercise but you can't tread water

497

00:19:05,390 --> 00:19:02,640

indefinitely so you have to find a way

498

00:19:07,549 --> 00:19:05,400

to Anchor yourself somehow to the side

499

00:19:09,950 --> 00:19:07,559

or get back to the shallow end and kind

500

00:19:11,390 --> 00:19:09,960

of Traverse those two worlds and I think

501
00:19:12,890 --> 00:19:11,400
that's some of the work that we're doing

502
00:19:14,630 --> 00:19:12,900
now you and I are doing our colleagues

503
00:19:16,549 --> 00:19:14,640
are doing we're trying to navigate these

504
00:19:18,950 --> 00:19:16,559
two spaces and it's really really

505
00:19:21,409 --> 00:19:18,960
challenging it can be quite exhausting

506
00:19:24,230 --> 00:19:21,419
yeah absolutely I think it's something

507
00:19:25,669 --> 00:19:24,240
everybody in the community is feeling to

508
00:19:27,950 --> 00:19:25,679
some degree or another

509
00:19:29,930 --> 00:19:27,960
I'd love to talk through what the

510
00:19:33,049 --> 00:19:29,940
process was like for you how has your

511
00:19:34,669 --> 00:19:33,059
view of UFOs changed over time and what

512
00:19:36,350 --> 00:19:34,679
would you say accounted for the most

513
00:19:39,230 --> 00:19:36,360

major shifts in perspective that you

514

00:19:41,990 --> 00:19:39,240

encountered yeah I mean just like you my

515

00:19:44,750 --> 00:19:42,000

on-ramp to this was that nuts and bolts

516

00:19:46,490 --> 00:19:44,760

uh and the ET hypothesis right these are

517

00:19:49,490 --> 00:19:46,500

the things that were the easiest for me

518

00:19:51,950 --> 00:19:49,500

to relate with I had been taught these

519

00:19:55,430 --> 00:19:51,960

things through movies and books growing

520

00:19:57,409 --> 00:19:55,440

up so the notion that

521

00:19:59,450 --> 00:19:57,419

here are some craft and they came from

522

00:20:02,029 --> 00:19:59,460

another planet another civilization the

523

00:20:03,710 --> 00:20:02,039

universe is huge and of course there are

524

00:20:04,909 --> 00:20:03,720

other intelligent civilizations out

525

00:20:07,430 --> 00:20:04,919

there and of course they've got

526
00:20:10,130 --> 00:20:07,440
technology that is far superior than our

527
00:20:12,230 --> 00:20:10,140
own so yeah it's not implausible that

528
00:20:13,850 --> 00:20:12,240
they could be here that's something we

529
00:20:15,650 --> 00:20:13,860
would do if we could do it we would

530
00:20:17,270 --> 00:20:15,660
definitely do it we would go I'd be

531
00:20:18,770 --> 00:20:17,280
hopping on that spaceship and going to

532
00:20:20,690 --> 00:20:18,780
visit close to planets and checking them

533
00:20:23,029 --> 00:20:20,700
out so I think that's something that we

534
00:20:24,710 --> 00:20:23,039
can easily relate to and it makes it

535
00:20:27,289 --> 00:20:24,720
the best place to kind of get into the

536
00:20:29,210 --> 00:20:27,299
topic that certainly was true for me but

537
00:20:30,590 --> 00:20:29,220
that's like the gateway drug before you

538
00:20:32,750 --> 00:20:30,600

go down the rabbit hole this is what you

539

00:20:34,549 --> 00:20:32,760

start with so once you fall down that

540

00:20:36,830 --> 00:20:34,559

hole I think it becomes very challenging

541

00:20:38,810 --> 00:20:36,840

the content that has helped me the most

542

00:20:41,690 --> 00:20:38,820

or really shifted my perspective the

543

00:20:44,630 --> 00:20:41,700

most was when Darren introduced me to

544

00:20:45,650 --> 00:20:44,640

analytic idealism from Bernardo Castro I

545

00:20:47,570 --> 00:20:45,660

know you probably touched on some of

546

00:20:50,029 --> 00:20:47,580

this on your show for those who haven't

547

00:20:52,250 --> 00:20:50,039

I would highly encourage you to go check

548

00:20:54,770 --> 00:20:52,260

out there's I think it's a six-part

549

00:20:56,990 --> 00:20:54,780

course on analytic idealism from the

550

00:20:58,730 --> 00:20:57,000

foundation on YouTube so if you search

551
00:21:00,430 --> 00:20:58,740
for Essentia Foundation you'll find it

552
00:21:02,810 --> 00:21:00,440
it's not

553
00:21:04,909 --> 00:21:02,820
incredibly light material so if you're

554
00:21:08,330 --> 00:21:04,919
going to go take a look at this just be

555
00:21:10,850 --> 00:21:08,340
prepared to go slow sit with it but I

556
00:21:12,950 --> 00:21:10,860
found that analytic idealism as well as

557
00:21:16,310 --> 00:21:12,960
the work of others like Donald Hoffman

558
00:21:18,470 --> 00:21:16,320
and to some extent Thomas Campbell have

559
00:21:20,270 --> 00:21:18,480
really helped influence and change the

560
00:21:23,390 --> 00:21:20,280
way that I think about the entire

561
00:21:25,610 --> 00:21:23,400
Enterprise and really not just UFOs but

562
00:21:28,549 --> 00:21:25,620
I think everything right it changes your

563
00:21:31,130 --> 00:21:28,559

entire ontology once you sort of adopt a

564

00:21:32,990 --> 00:21:31,140

different metaphysical perspective on

565

00:21:35,149 --> 00:21:33,000

reality for me I came from a background

566

00:21:37,190 --> 00:21:35,159

that was pretty comfortable in

567

00:21:39,770 --> 00:21:37,200

re-examining what we call in seminary

568

00:21:41,990 --> 00:21:39,780

like models of God so if you're a

569

00:21:44,090 --> 00:21:42,000

believer of any kind of Faith you have a

570

00:21:46,130 --> 00:21:44,100

model which that belief structure works

571

00:21:48,169 --> 00:21:46,140

with them and you have a model of your

572

00:21:50,330 --> 00:21:48,179

you know the deity that you're

573

00:21:52,130 --> 00:21:50,340

worshiping or following but there's just

574

00:21:53,930 --> 00:21:52,140

one model and there are many models

575

00:21:55,490 --> 00:21:53,940

every faith has many models and how they

576

00:21:58,250 --> 00:21:55,500

understand that to be so I did a lot of

577

00:22:00,350 --> 00:21:58,260

that work in seminary so it wasn't too

578

00:22:01,490 --> 00:22:00,360

hard for me to take on idealism and say

579

00:22:03,890 --> 00:22:01,500

oh wait a minute here's a different

580

00:22:06,649 --> 00:22:03,900

model of reality I can kind of entertain

581

00:22:08,450 --> 00:22:06,659

this and go with it so once I really

582

00:22:10,970 --> 00:22:08,460

picked that up and integrated it began

583

00:22:13,669 --> 00:22:10,980

integrating it with my experiences in

584

00:22:16,250 --> 00:22:13,679

the space it kind of changed everything

585

00:22:17,930 --> 00:22:16,260

it changed the entire cosmology because

586

00:22:20,270 --> 00:22:17,940

what it does essentially say that

587

00:22:23,450 --> 00:22:20,280

everything in reality is mental

588

00:22:25,970 --> 00:22:23,460

the phenomena is taking place in our

589

00:22:28,130 --> 00:22:25,980

mental space that matter isn't

590

00:22:31,490 --> 00:22:28,140

fundamental matter is an emergent

591

00:22:32,810 --> 00:22:31,500

property of mental activity and so when

592

00:22:35,270 --> 00:22:32,820

you start looking at the world in that

593

00:22:38,149 --> 00:22:35,280

way it can explain why some of these

594

00:22:40,310 --> 00:22:38,159

phenomenal experiences can appear and

595

00:22:43,010 --> 00:22:40,320

disappear within our awareness within

596

00:22:44,930 --> 00:22:43,020

our cognition but that that raises new

597

00:22:46,010 --> 00:22:44,940

sort of challenges right idealism like

598

00:22:47,870 --> 00:22:46,020

if you're like yeah I like this this

599

00:22:50,270 --> 00:22:47,880

makes a lot of sense it kind of opens up

600

00:22:52,070 --> 00:22:50,280

some other problems in a way because

601
00:22:53,630 --> 00:22:52,080
once you go everything's mental well

602
00:22:55,490 --> 00:22:53,640
then geez like is everything on the

603
00:22:58,010 --> 00:22:55,500
table anything I can imagine is real

604
00:23:01,610 --> 00:22:58,020
because difficult I think to firmly

605
00:23:02,930 --> 00:23:01,620
ground yourself in that material so just

606
00:23:04,370 --> 00:23:02,940
a word of caution for folks who are

607
00:23:06,950 --> 00:23:04,380
going to go check it out I think it's

608
00:23:09,169 --> 00:23:06,960
incredibly useful and helpful as a way

609
00:23:11,570 --> 00:23:09,179
to understand the UFO phenomena as well

610
00:23:13,909 --> 00:23:11,580
as other Associated phenomena but it is

611
00:23:15,770 --> 00:23:13,919
also not without its challenges and it

612
00:23:18,350 --> 00:23:15,780
could give you an additional layer of

613
00:23:19,430 --> 00:23:18,360

ontological shock if you choose to adopt

614

00:23:22,010 --> 00:23:19,440

it

615

00:23:23,630 --> 00:23:22,020

absolutely and for listeners we will be

616

00:23:25,310 --> 00:23:23,640

getting into more of that in part three

617

00:23:27,830 --> 00:23:25,320

of the waking up inside the cave series

618

00:23:30,110 --> 00:23:27,840

which will drop in July but if you want

619

00:23:31,789 --> 00:23:30,120

to get a head start on that the six part

620

00:23:34,909 --> 00:23:31,799

series I'll link to that in the episode

621

00:23:36,950 --> 00:23:34,919

brief from Bernardo Castro fantastic and

622

00:23:39,830 --> 00:23:36,960

also the case against Reality by Donald

623

00:23:41,510 --> 00:23:39,840

Hoffman is another one that I highly

624

00:23:44,029 --> 00:23:41,520

recommend if these ideas pique your

625

00:23:45,830 --> 00:23:44,039

curiosity because yeah I think that for

626

00:23:48,169 --> 00:23:45,840

many of us who go deep down this rabbit

627

00:23:50,210 --> 00:23:48,179

hole we end up in this place where you

628

00:23:52,010 --> 00:23:50,220

start asking about UFOs and then somehow

629

00:23:54,110 --> 00:23:52,020

you're asking about the nature of

630

00:23:56,149 --> 00:23:54,120

reality and what it is and

631

00:23:58,750 --> 00:23:56,159

what's going on here and then you end up

632

00:24:01,430 --> 00:23:58,760

really interrogating the nature of

633

00:24:03,710 --> 00:24:01,440

knowledge and then Consciousness and

634

00:24:06,590 --> 00:24:03,720

then your own awareness and you know you

635

00:24:08,630 --> 00:24:06,600

start by asking about this thing that's

636

00:24:10,190 --> 00:24:08,640

so far outside of you and so different

637

00:24:11,950 --> 00:24:10,200

from you and so different than your

638

00:24:13,850 --> 00:24:11,960

context that it's hard to even

639

00:24:16,070 --> 00:24:13,860

conceptualize and then the questions

640

00:24:18,890 --> 00:24:16,080

ultimately end up being like who am I

641

00:24:20,750 --> 00:24:18,900

what am I what am I doing here

642

00:24:22,909 --> 00:24:20,760

you know just a light afternoon yeah

643

00:24:25,250 --> 00:24:22,919

just pretty easy materials and navigate

644

00:24:27,049 --> 00:24:25,260

there yeah and it can be really

645

00:24:29,090 --> 00:24:27,059

disorienting though I've been saying

646

00:24:31,190 --> 00:24:29,100

lately that I actually find UFOs to be

647

00:24:33,830 --> 00:24:31,200

the least interesting thing about UFOs

648

00:24:35,750 --> 00:24:33,840

yeah right I mean to be honest I'm kind

649

00:24:38,930 --> 00:24:35,760

of done with here's a neat UFO video

650

00:24:40,669 --> 00:24:38,940

here's a neat UFO picture none of those

651
00:24:44,149 --> 00:24:40,679
things are really important to me

652
00:24:45,590 --> 00:24:44,159
because I'm not as I won't say I have no

653
00:24:48,350 --> 00:24:45,600
interest in them like yeah of course I

654
00:24:50,090 --> 00:24:48,360
want to see a UFO I want to see the

655
00:24:52,490 --> 00:24:50,100
craft I want to understand what it does

656
00:24:55,789 --> 00:24:52,500
just as much into technology as anyone

657
00:24:58,310 --> 00:24:55,799
else but I think it is ultimately not

658
00:25:00,470 --> 00:24:58,320
the point it's not the entire point it's

659
00:25:02,930 --> 00:25:00,480
not the whole ball game you know there

660
00:25:05,090 --> 00:25:02,940
are more important things than UFOs and

661
00:25:07,430 --> 00:25:05,100
we need to really feel into what those

662
00:25:10,430 --> 00:25:07,440
things are and I think that's incredibly

663
00:25:13,190 --> 00:25:10,440

important right now because there's a

664

00:25:15,350 --> 00:25:13,200

lot of expectation that these incredible

665

00:25:18,409 --> 00:25:15,360

secrets are going to be revealed and

666

00:25:21,049 --> 00:25:18,419

this light will be cast on the Shadows

667

00:25:23,270 --> 00:25:21,059

that have been there for so long and and

668

00:25:24,769 --> 00:25:23,280

this technology right the technology is

669

00:25:26,510 --> 00:25:24,779

going to change the world we're going to

670

00:25:28,370 --> 00:25:26,520

have free energy and we're going to have

671

00:25:30,649 --> 00:25:28,380

incredible travel and all this kind of

672

00:25:33,649 --> 00:25:30,659

stuff these are really I think an

673

00:25:35,870 --> 00:25:33,659

extension of our anxieties and they're

674

00:25:38,570 --> 00:25:35,880

like these salvific hopes that we placed

675

00:25:40,909 --> 00:25:38,580

on the UFO phenomenon itself and I think

676

00:25:43,610 --> 00:25:40,919

we really need to sit with that and be

677

00:25:46,610 --> 00:25:43,620

ready to have that challenged because

678

00:25:48,769 --> 00:25:46,620

I'm not necessarily sure that the end of

679

00:25:50,510 --> 00:25:48,779

this secrecy is going to solve the

680

00:25:51,890 --> 00:25:50,520

problems that people wanted to solve and

681

00:25:53,930 --> 00:25:51,900

you and I both know there are a lot of

682

00:25:56,390 --> 00:25:53,940

people in the community who very much

683

00:25:57,830 --> 00:25:56,400

look to this as when this is when this

684

00:25:59,149 --> 00:25:57,840

happens like everything is going to be

685

00:26:01,130 --> 00:25:59,159

better for me this is what I've been

686

00:26:03,710 --> 00:26:01,140

waiting for and I'm afraid that's not

687

00:26:06,289 --> 00:26:03,720

true and once you get past that

688

00:26:08,930 --> 00:26:06,299

concept you have to then say well what

689

00:26:10,970 --> 00:26:08,940

is going to help me what is better for

690

00:26:12,590 --> 00:26:10,980

me to do and I think that's the

691

00:26:14,930 --> 00:26:12,600

important work that we really have to do

692

00:26:17,630 --> 00:26:14,940

is is think about those questions

693

00:26:19,310 --> 00:26:17,640

because that will help you regardless of

694

00:26:21,710 --> 00:26:19,320

what happens right that'll help you

695

00:26:24,590 --> 00:26:21,720

navigate UFO secrecy or any other thing

696

00:26:27,289 --> 00:26:24,600

that might happen to you in life

697

00:26:28,970 --> 00:26:27,299

yeah no I agree I think the answers are

698

00:26:31,010 --> 00:26:28,980

probably only going to create more

699

00:26:33,529 --> 00:26:31,020

questions as is so often the case when

700

00:26:35,930 --> 00:26:33,539

you're exploring this topic so have you

701
00:26:37,549 --> 00:26:35,940
surprised yourself over time I know I

702
00:26:38,690 --> 00:26:37,559
definitely at the beginning there were

703
00:26:41,269 --> 00:26:38,700
things that I was like I'm not even

704
00:26:42,769 --> 00:26:41,279
entertaining this and now I'm like maybe

705
00:26:45,230 --> 00:26:42,779
so have you surprised yourself with

706
00:26:47,690 --> 00:26:45,240
stuff like that oh yeah a whole lot I

707
00:26:52,190 --> 00:26:47,700
mean the big one right for me is this

708
00:26:54,470 --> 00:26:52,200
channeled material or remote viewing you

709
00:26:55,490 --> 00:26:54,480
know kind of tapping into non-local

710
00:26:57,169 --> 00:26:55,500
information

711
00:26:58,850 --> 00:26:57,179
which I guess we could argue is sort of

712
00:27:01,730 --> 00:26:58,860
what channeling is doing to some extent

713
00:27:05,510 --> 00:27:01,740

as well uh I have a very difficult time

714

00:27:07,909 --> 00:27:05,520

with that content because it really is

715

00:27:09,649 --> 00:27:07,919

me just sort of putting trust into the

716

00:27:11,510 --> 00:27:09,659

individual and saying well I trust this

717

00:27:13,250 --> 00:27:11,520

person and if they're saying that

718

00:27:14,990 --> 00:27:13,260

they're having this communication or

719

00:27:18,230 --> 00:27:15,000

this download here that word used quite

720

00:27:19,730 --> 00:27:18,240

a lot I gotta download then is it real

721

00:27:21,289 --> 00:27:19,740

what does it mean what does that look

722

00:27:22,730 --> 00:27:21,299

like is it some sort of list of

723

00:27:25,070 --> 00:27:22,740

instructions that show up in your mind

724

00:27:27,950 --> 00:27:25,080

how does it work so I have a very

725

00:27:30,470 --> 00:27:27,960

difficult time understanding that

726

00:27:33,289 --> 00:27:30,480

because I don't know that I've

727

00:27:34,730 --> 00:27:33,299

really sat with what it might mean or

728

00:27:37,430 --> 00:27:34,740

tried to interpret it from a different

729

00:27:41,029 --> 00:27:37,440

perspective than maybe the kind of

730

00:27:43,490 --> 00:27:41,039

stereotype I give to it and so sitting

731

00:27:45,169 --> 00:27:43,500

with that more has been helpful you know

732

00:27:47,330 --> 00:27:45,179

how do we understand the things that we

733

00:27:49,250 --> 00:27:47,340

know how do we get knowledge at all we

734

00:27:52,669 --> 00:27:49,260

tend to think oh somebody is teaching me

735

00:27:54,470 --> 00:27:52,679

this and then I mentally acknowledge the

736

00:27:56,390 --> 00:27:54,480

validity of what they've taught me and

737

00:27:57,590 --> 00:27:56,400

then now I know what it is you know

738

00:27:59,510 --> 00:27:57,600

that's how we think about how we know

739

00:28:01,130 --> 00:27:59,520

things but really is that exactly what's

740

00:28:04,010 --> 00:28:01,140

going on is that how it works entirely

741

00:28:05,930 --> 00:28:04,020

I've Had The Good Fortune of having some

742

00:28:08,029 --> 00:28:05,940

different experiences in altered state

743

00:28:10,909 --> 00:28:08,039

mind experiences and

744

00:28:13,310 --> 00:28:10,919

one one of those experiences taught me

745

00:28:16,430 --> 00:28:13,320

that knowledge is essentially kind of

746

00:28:17,210 --> 00:28:16,440

around us that it's always there that we

747

00:28:20,510 --> 00:28:17,220

can

748

00:28:22,970 --> 00:28:20,520

Intuit into that knowledge in ways that

749

00:28:24,830 --> 00:28:22,980

we don't necessarily think we can and I

750

00:28:27,110 --> 00:28:24,840

believe that lines up pretty well with

751
00:28:29,390 --> 00:28:27,120
some of that you know channeling content

752
00:28:31,730 --> 00:28:29,400
now even then you have to remember that

753
00:28:33,230 --> 00:28:31,740
if someone's saying I channeled this or

754
00:28:35,090 --> 00:28:33,240
I got this download or whatever it is

755
00:28:36,710 --> 00:28:35,100
they're still going to tell you what

756
00:28:38,630 --> 00:28:36,720
they think it means right they're still

757
00:28:40,669 --> 00:28:38,640
gonna they're interpreting whatever that

758
00:28:43,070 --> 00:28:40,679
message is so you have to use a great

759
00:28:44,810 --> 00:28:43,080
deal of discernment with that material

760
00:28:47,090 --> 00:28:44,820
and then you know on something that's a

761
00:28:49,610 --> 00:28:47,100
little bit more like maybe easier to

762
00:28:51,830 --> 00:28:49,620
grok or not quite as out there I think

763
00:28:54,830 --> 00:28:51,840

the extra tempestal model the Michael

764

00:28:57,110 --> 00:28:54,840

Masters you know the aliens or future us

765

00:28:58,909 --> 00:28:57,120

that model is getting a lot of

766

00:29:01,190 --> 00:28:58,919

popularity now I know Darren's really

767

00:29:03,350 --> 00:29:01,200

into that one so that one's challenging

768

00:29:05,510 --> 00:29:03,360

too because I grew up with Back to the

769

00:29:08,210 --> 00:29:05,520

Future and other shows that would use

770

00:29:10,970 --> 00:29:08,220

time travel as this incredible like

771

00:29:12,350 --> 00:29:10,980

escape from jail card to solve the plot

772

00:29:14,570 --> 00:29:12,360

holes of the show and it just always

773

00:29:16,549 --> 00:29:14,580

annoyed me when time travel was used and

774

00:29:18,470 --> 00:29:16,559

so I'm coming at it with that bias that

775

00:29:20,750 --> 00:29:18,480

it just doesn't seem like it makes any

776

00:29:23,090 --> 00:29:20,760

sense but then again if you entertain

777

00:29:25,130 --> 00:29:23,100

that notion if again space time is not

778

00:29:26,570 --> 00:29:25,140

real if you if time travel is a part of

779

00:29:28,970 --> 00:29:26,580

the equation then a lot of the

780

00:29:31,669 --> 00:29:28,980

phenomenon that we experience and it is

781

00:29:33,350 --> 00:29:31,679

reported can begin to make sense and so

782

00:29:36,049 --> 00:29:33,360

that's definitely one that I'm giving

783

00:29:38,810 --> 00:29:36,059

more attention to and I think has some

784

00:29:41,570 --> 00:29:38,820

real truth to it yeah I definitely agree

785

00:29:44,149 --> 00:29:41,580

with that I think it's interesting but

786

00:29:45,649 --> 00:29:44,159

how quick I used to be to say well that

787

00:29:47,630 --> 00:29:45,659

can't be possible it doesn't make sense

788

00:29:49,250 --> 00:29:47,640

about something like time travel and so

789

00:29:53,409 --> 00:29:49,260

I really actually knew anything about

790

00:29:56,690 --> 00:29:53,419

time travel beyond the plots of movies

791

00:29:58,669 --> 00:29:56,700

like it though I had any kind of grasp

792

00:30:00,710 --> 00:29:58,679

of that subject and just being like well

793

00:30:03,649 --> 00:30:00,720

that sounds stupid it's like well based

794

00:30:06,470 --> 00:30:03,659

on what though yeah how do I know yeah

795

00:30:10,010 --> 00:30:06,480

and the more my understanding of the

796

00:30:12,649 --> 00:30:10,020

topic has increased suddenly things that

797

00:30:15,470 --> 00:30:12,659

seemed crazy don't seem so crazy anymore

798

00:30:18,350 --> 00:30:15,480

I can start to understand them and yeah

799

00:30:21,769 --> 00:30:18,360

it's very easy to think that the idea

800

00:30:24,830 --> 00:30:21,779

is stupid not that you maybe don't know

801
00:30:27,710 --> 00:30:24,840
enough about it and I think Learning to

802
00:30:29,450 --> 00:30:27,720
Lean into that a little more to take in

803
00:30:31,549 --> 00:30:29,460
ideas that make me kind of uncomfortable

804
00:30:33,889 --> 00:30:31,559
in a certain way even learning to

805
00:30:35,570 --> 00:30:33,899
respond to ideas that make me

806
00:30:38,029 --> 00:30:35,580
uncomfortable because I'm like what is

807
00:30:40,750 --> 00:30:38,039
it that I don't like about that so much

808
00:30:43,549 --> 00:30:40,760
because sometimes it's really that I'm

809
00:30:45,169 --> 00:30:43,559
intuiting a plot in the argument that I

810
00:30:46,789 --> 00:30:45,179
hadn't quite articulated yet but I just

811
00:30:48,409 --> 00:30:46,799
sense it but a lot of times it's

812
00:30:50,450 --> 00:30:48,419
something else entirely that's causing

813
00:30:52,610 --> 00:30:50,460

me to have that negative reaction it's

814

00:30:55,010 --> 00:30:52,620

like that idea is challenging me in some

815

00:30:58,310 --> 00:30:55,020

way that I would not like to be

816

00:30:59,889 --> 00:30:58,320

challenged right now yeah I'm 100 I mean

817

00:31:03,409 --> 00:30:59,899

that's so important right to be

818

00:31:06,350 --> 00:31:03,419

attentive to the way we approach this

819

00:31:08,210 --> 00:31:06,360

topic because let's be clear and honest

820

00:31:11,029 --> 00:31:08,220

we're dealing with a great deal of

821

00:31:13,310 --> 00:31:11,039

speculation in this space and it's fun

822

00:31:16,430 --> 00:31:13,320

to speculate it's fun to stretch our

823

00:31:18,110 --> 00:31:16,440

imaginations and hypothesize and imagine

824

00:31:20,149 --> 00:31:18,120

the possibilities like that's something

825

00:31:22,190 --> 00:31:20,159

that we enjoy and something that humans

826

00:31:25,210 --> 00:31:22,200

are really good at doing but I think we

827

00:31:27,830 --> 00:31:25,220

need to be careful we need to be

828

00:31:29,690 --> 00:31:27,840

examining the rationale you know why

829

00:31:33,230 --> 00:31:29,700

we're doing that and what it would mean

830

00:31:34,909 --> 00:31:33,240

for us if XYZ were true and then under

831

00:31:37,070 --> 00:31:34,919

asking too I think what are these things

832

00:31:40,250 --> 00:31:37,080

indicative of that's really the big

833

00:31:42,169 --> 00:31:40,260

issue here that these different theories

834

00:31:45,230 --> 00:31:42,179

or experiences what they really are

835

00:31:48,409 --> 00:31:45,240

indicative of is that the model we have

836

00:31:51,230 --> 00:31:48,419

about reality right now is inadequate

837

00:31:53,870 --> 00:31:51,240

it's not taking into account all of the

838

00:31:56,630 --> 00:31:53,880

things that happen in human experience

839

00:31:58,730 --> 00:31:56,640

and so we need a better model we need

840

00:31:59,990 --> 00:31:58,740

something that helps explain that in a

841

00:32:02,930 --> 00:32:00,000

more accurate way and that's something

842

00:32:05,810 --> 00:32:02,940

that I think the UFO phenomena because I

843

00:32:07,970 --> 00:32:05,820

believe it exists is helping us to

844

00:32:11,389 --> 00:32:07,980

achieve it's pulling us into a future

845

00:32:13,730 --> 00:32:11,399

state where the model is expanding and

846

00:32:16,430 --> 00:32:13,740

covers more of the territory

847

00:32:19,250 --> 00:32:16,440

but keep in mind that that process is

848

00:32:20,690 --> 00:32:19,260

indefinite at least as far as we know we

849

00:32:23,990 --> 00:32:20,700

don't have an experience that it says

850

00:32:25,610 --> 00:32:24,000

that the model building ever stops so I

851
00:32:27,590 --> 00:32:25,620
think we can say at least based on our

852
00:32:29,990 --> 00:32:27,600
own experience that thus far that that

853
00:32:32,149 --> 00:32:30,000
model building process will continue and

854
00:32:34,909 --> 00:32:32,159
what that means for us now is that we're

855
00:32:36,769 --> 00:32:34,919
wrong like we're inevitably wrong right

856
00:32:38,810 --> 00:32:36,779
we're wrong about a lot of things and

857
00:32:41,029 --> 00:32:38,820
it's okay to be wrong right it's okay to

858
00:32:43,310 --> 00:32:41,039
be wrong about what we understand about

859
00:32:46,610 --> 00:32:43,320
the world and acknowledge that and if

860
00:32:49,190 --> 00:32:46,620
that's true if we're wrong about maybe

861
00:32:51,470 --> 00:32:49,200
everything then what's important you

862
00:32:53,810 --> 00:32:51,480
know what is important after all of that

863
00:32:56,330 --> 00:32:53,820

is done are we only valid if we have a

864

00:32:58,789 --> 00:32:56,340

right model of reality do we only have

865

00:33:01,130 --> 00:32:58,799

personal validity if we have all the

866

00:33:03,049 --> 00:33:01,140

answers I think you'd be silly to answer

867

00:33:05,029 --> 00:33:03,059

that question in the affirmative you

868

00:33:06,950 --> 00:33:05,039

know it can't be true or valid because

869

00:33:09,049 --> 00:33:06,960

of deeper reasons than that and I think

870

00:33:11,149 --> 00:33:09,059

again this comes back to things we

871

00:33:13,310 --> 00:33:11,159

touched on that there are some more

872

00:33:16,070 --> 00:33:13,320

fundamental issues at stake here with

873

00:33:18,590 --> 00:33:16,080

the phenomena than just this cool

874

00:33:21,289 --> 00:33:18,600

technology or other beings or whatever

875

00:33:23,750 --> 00:33:21,299

it may be yeah no I agree I think we get

876

00:33:26,330 --> 00:33:23,760

so caught up in trying trying to find

877

00:33:28,190 --> 00:33:26,340

the answers that we forget that we can't

878

00:33:30,289 --> 00:33:28,200

fundamentally find the answers and then

879

00:33:33,289 --> 00:33:30,299

in some ways the real answer is for the

880

00:33:36,169 --> 00:33:33,299

friends we made along exactly I mean

881

00:33:38,330 --> 00:33:36,179

that's my take absolutely yeah I'd love

882

00:33:40,190 --> 00:33:38,340

to ask you a little bit about your

883

00:33:43,130 --> 00:33:40,200

working relationship and your friendship

884

00:33:44,570 --> 00:33:43,140

with with Darren with exo-academian I'm

885

00:33:46,130 --> 00:33:44,580

friends with you both because I love you

886

00:33:47,710 --> 00:33:46,140

both dearly but I know that you guys are

887

00:33:50,990 --> 00:33:47,720

coming at this from a very different

888

00:33:53,389 --> 00:33:51,000

place like Darren is a much more kind of

889

00:33:55,009 --> 00:33:53,399

profound experienter like I consider

890

00:33:57,950 --> 00:33:55,019

myself an experienter but I always say

891

00:33:59,870 --> 00:33:57,960

I'm like an experienter light but Darren

892

00:34:02,389 --> 00:33:59,880

is kind of in the deeper end of the pool

893

00:34:04,370 --> 00:34:02,399

both in his I think experiences and with

894

00:34:06,350 --> 00:34:04,380

some of the connections that he's made

895

00:34:08,750 --> 00:34:06,360

and conversations that he's having about

896

00:34:10,609 --> 00:34:08,760

the stuff at a higher level what is that

897

00:34:12,109 --> 00:34:10,619

like for you to work with him and to be

898

00:34:14,510 --> 00:34:12,119

in a place where you don't have quite

899

00:34:16,250 --> 00:34:14,520

the maybe level of certitude that he has

900

00:34:18,109 --> 00:34:16,260

about certain things but you're just

901
00:34:20,510 --> 00:34:18,119
like very open-minded to the whole thing

902
00:34:22,129 --> 00:34:20,520
what does that look like yeah it's a fun

903
00:34:24,710 --> 00:34:22,139
relationship and we've had so many

904
00:34:26,329 --> 00:34:24,720
conversations you know in a way it's

905
00:34:28,730 --> 00:34:26,339
kind of like Darren can be a lot like

906
00:34:31,369 --> 00:34:28,740
Morpheus right so from from The Matrix

907
00:34:33,409 --> 00:34:31,379
you know he has a lot of certitude and

908
00:34:37,190 --> 00:34:33,419
strong opinions about what's going on

909
00:34:39,050 --> 00:34:37,200
here and he's offering some really I

910
00:34:41,629 --> 00:34:39,060
think cogent and helpful it's

911
00:34:43,550 --> 00:34:41,639
explanations about what is going on he

912
00:34:44,690 --> 00:34:43,560
like knows ontological Kung Fu you know

913
00:34:48,109 --> 00:34:44,700

that's sort of the way I think about him

914

00:34:49,490 --> 00:34:48,119

and that's really helpful but uh you

915

00:34:51,349 --> 00:34:49,500

know you have to kind of find your own

916

00:34:53,270 --> 00:34:51,359

voice and in my relationship with him

917

00:34:56,570 --> 00:34:53,280

it's more

918

00:34:58,790 --> 00:34:56,580

I think putting things in neutral trying

919

00:35:01,250 --> 00:34:58,800

to absorb the things that he's

920

00:35:04,190 --> 00:35:01,260

experiencing and recounting and trying

921

00:35:06,370 --> 00:35:04,200

to articulate and be a sounding board

922

00:35:08,690 --> 00:35:06,380

for that in some ways that can be

923

00:35:11,089 --> 00:35:08,700

challenging him on some of those

924

00:35:12,890 --> 00:35:11,099

perceptions particularly in some of the

925

00:35:15,109 --> 00:35:12,900

areas that we just touched on earlier

926

00:35:18,109 --> 00:35:15,119

that are sometimes difficult for us to

927

00:35:20,810 --> 00:35:18,119

believe are real so you know really kind

928

00:35:24,109 --> 00:35:20,820

of bouncing those gleanings or insights

929

00:35:26,329 --> 00:35:24,119

off of some critical questions that's

930

00:35:29,990 --> 00:35:26,339

kind of what my role is I think in the

931

00:35:35,589 --> 00:35:32,930

Darren is you know he has a passion for

932

00:35:38,329 --> 00:35:35,599

figuring this out he has a passion for

933

00:35:40,609 --> 00:35:38,339

understanding these deeper layers of

934

00:35:42,829 --> 00:35:40,619

reality and he's had that since he was a

935

00:35:46,130 --> 00:35:42,839

young person he's devoted his life in a

936

00:35:49,069 --> 00:35:46,140

way to pursuing these ultimate questions

937

00:35:51,349 --> 00:35:49,079

and trying to solve them and so he has

938

00:35:53,990 --> 00:35:51,359

this singular focus on that whereas for

939

00:35:56,329 --> 00:35:54,000

me I'm much more I think in the

940

00:35:58,490 --> 00:35:56,339

generalist Camp I'm extroverted by

941

00:35:59,650 --> 00:35:58,500

Nature I like going to the party and

942

00:36:02,270 --> 00:35:59,660

listening to lots of different people

943

00:36:05,990 --> 00:36:02,280

and having lots of different experiences

944

00:36:08,329 --> 00:36:06,000

and for me the truth about everything is

945

00:36:11,089 --> 00:36:08,339

embodied in the party itself not like

946

00:36:12,710 --> 00:36:11,099

did I have the right conversation or

947

00:36:14,710 --> 00:36:12,720

make the right connection or understand

948

00:36:17,450 --> 00:36:14,720

the party as it was perfectly

949

00:36:20,329 --> 00:36:17,460

architected that doesn't mean as much to

950

00:36:22,130 --> 00:36:20,339

me as the experience so I think those

951
00:36:24,349 --> 00:36:22,140
are some of the you know kind of the big

952
00:36:26,450 --> 00:36:24,359
differences there he's an incredible

953
00:36:28,130 --> 00:36:26,460
person to chat with and can be very

954
00:36:29,390 --> 00:36:28,140
intense there are many times where it's

955
00:36:31,609 --> 00:36:29,400
like hey Darren what's going on it's

956
00:36:33,530 --> 00:36:31,619
just like a string game of stuff you

957
00:36:35,569 --> 00:36:33,540
know that's happening there and you just

958
00:36:37,130 --> 00:36:35,579
sort of have to sit down and you know

959
00:36:40,370 --> 00:36:37,140
kind of make mental notes and come back

960
00:36:42,349 --> 00:36:40,380
to this or that and I like to think that

961
00:36:44,089 --> 00:36:42,359
I'm like a sounding board for him in

962
00:36:46,609 --> 00:36:44,099
many ways he kind of keeps a lot of this

963
00:36:48,109 --> 00:36:46,619

stuff inside as he's digesting it he

964

00:36:50,930 --> 00:36:48,119

likes to use the word metabolizing and

965

00:36:52,730 --> 00:36:50,940

he's metabolizing this content from so

966

00:36:55,190 --> 00:36:52,740

many books and so many conversations

967

00:36:57,589 --> 00:36:55,200

he's kind of chewing on it right and

968

00:36:59,510 --> 00:36:57,599

when he eventually spits it out like I'm

969

00:37:01,430 --> 00:36:59,520

kind of sitting there just like taking

970

00:37:03,109 --> 00:37:01,440

all that and be like okay wow this was

971

00:37:04,970 --> 00:37:03,119

what is this meal that you just had here

972

00:37:07,490 --> 00:37:04,980

how do we make sense of this

973

00:37:09,170 --> 00:37:07,500

so it is a nice Dynamic I think I hope

974

00:37:11,089 --> 00:37:09,180

that that's what the way it comes across

975

00:37:13,790 --> 00:37:11,099

on our show is that there's this

976

00:37:16,609 --> 00:37:13,800

interplay there between his very I think

977

00:37:18,530 --> 00:37:16,619

strong sense of conviction that he has a

978

00:37:20,329 --> 00:37:18,540

good sense of what's going on here with

979

00:37:22,370 --> 00:37:20,339

me being in the position to really ask

980

00:37:24,410 --> 00:37:22,380

questions and grapple with some of the

981

00:37:25,670 --> 00:37:24,420

more confusing aspects of those

982

00:37:28,010 --> 00:37:25,680

certainties

983

00:37:30,050 --> 00:37:28,020

yeah no it does come across and I really

984

00:37:31,790 --> 00:37:30,060

enjoy that about liminal frames it's one

985

00:37:33,170 --> 00:37:31,800

of my favorite podcasts and I love

986

00:37:35,150 --> 00:37:33,180

listening to it because I love that

987

00:37:38,210 --> 00:37:35,160

Dynamic and I think it's so valuable

988

00:37:40,250 --> 00:37:38,220

also and I admire about you that you're

989

00:37:42,290 --> 00:37:40,260

so willing to be challenged and hang out

990

00:37:44,210 --> 00:37:42,300

in the deep end of the pool even if you

991

00:37:45,589 --> 00:37:44,220

know you kind of bring your water wings

992

00:37:47,510 --> 00:37:45,599

and like

993

00:37:49,190 --> 00:37:47,520

because I think that yeah I mean because

994

00:37:51,109 --> 00:37:49,200

you can be challenged by somebody like

995

00:37:52,550 --> 00:37:51,119

that right like I'm not nearly as close

996

00:37:53,930 --> 00:37:52,560

to Darren as you are but we've had a

997

00:37:56,150 --> 00:37:53,940

handful of really good conversations

998

00:37:58,670 --> 00:37:56,160

over the last year and they always end

999

00:38:01,250 --> 00:37:58,680

up being very impactful to me and I

1000

00:38:03,790 --> 00:38:01,260

can't necessarily go where Darren goes

1001
00:38:06,650 --> 00:38:03,800
he's very much somebody who's like

1002
00:38:08,390 --> 00:38:06,660
hybridization programs are real and the

1003
00:38:10,430 --> 00:38:08,400
Galactic Federation is real and let's

1004
00:38:12,050 --> 00:38:10,440
talk about it you know but because I

1005
00:38:13,490 --> 00:38:12,060
respect him and like you said he's very

1006
00:38:16,010 --> 00:38:13,500
good at kind of taking these things

1007
00:38:18,290 --> 00:38:16,020
apart ontologically and categorizing

1008
00:38:20,690 --> 00:38:18,300
them and kind of making sense of them in

1009
00:38:23,030 --> 00:38:20,700
some sort of a way and pulling out what

1010
00:38:25,490 --> 00:38:23,040
might be going on and so I find that

1011
00:38:27,950 --> 00:38:25,500
very intellectually stimulating and I

1012
00:38:29,930 --> 00:38:27,960
like the way it makes my brain work and

1013
00:38:31,430 --> 00:38:29,940

I like that it challenges me a little

1014

00:38:34,130 --> 00:38:31,440

and makes me think different kinds of

1015

00:38:36,430 --> 00:38:34,140

thoughts but when I'm done I just doggy

1016

00:38:39,650 --> 00:38:36,440

paddle back to my part of the pool

1017

00:38:42,050 --> 00:38:39,660

because I have no real way to I think

1018

00:38:43,430 --> 00:38:42,060

it's interesting you know I think all of

1019

00:38:44,990 --> 00:38:43,440

society is going to start going through

1020

00:38:46,670 --> 00:38:45,000

what we've been going through over the

1021

00:38:48,530 --> 00:38:46,680

last couple years of kind of coming to

1022

00:38:50,810 --> 00:38:48,540

terms with this and we're gonna all

1023

00:38:53,450 --> 00:38:50,820

arrive at it with our own perspective

1024

00:38:55,250 --> 00:38:53,460

and not all of us are experiencers on

1025

00:38:57,349 --> 00:38:55,260

that level like not all of us are going

1026

00:38:59,450 --> 00:38:57,359

to have that and I think it's really

1027

00:39:01,910 --> 00:38:59,460

important to

1028

00:39:03,470 --> 00:39:01,920

make room for those voices and allow

1029

00:39:07,329 --> 00:39:03,480

ourselves to be challenged by those

1030

00:39:09,829 --> 00:39:07,339

voices but also to not surrender our own

1031

00:39:13,250 --> 00:39:09,839

perspectives and to not Outsource our

1032

00:39:14,569 --> 00:39:13,260

own sense of Truth and so yeah I admire

1033

00:39:16,670 --> 00:39:14,579

that about your show and I think it

1034

00:39:18,530 --> 00:39:16,680

really kind of models that because I

1035

00:39:20,690 --> 00:39:18,540

think that's the kind of conversations

1036

00:39:23,089 --> 00:39:20,700

that we need to be willing to have as we

1037

00:39:24,589 --> 00:39:23,099

go through this process yeah and the two

1038

00:39:26,450 --> 00:39:24,599

things I want to touch on there that you

1039

00:39:29,030 --> 00:39:26,460

made me think about so one I think that

1040

00:39:30,770 --> 00:39:29,040

a lot of the work that we do on our show

1041

00:39:32,930 --> 00:39:30,780

your show some of the other great shows

1042

00:39:34,069 --> 00:39:32,940

that we have in the community is you

1043

00:39:35,930 --> 00:39:34,079

know we're really trying to explore the

1044

00:39:38,270 --> 00:39:35,940

frontiers of this content we're trying

1045

00:39:40,730 --> 00:39:38,280

to push those boundaries of what we

1046

00:39:42,109 --> 00:39:40,740

understand and what it means for us and

1047

00:39:44,870 --> 00:39:42,119

so there's a lot of great work that's

1048

00:39:47,390 --> 00:39:44,880

happening there on that edge of the

1049

00:39:49,069 --> 00:39:47,400

reality space but let's keep in mind

1050

00:39:51,230 --> 00:39:49,079

that there is a lot of low information

1051
00:39:52,609 --> 00:39:51,240
Zone happening out there and I think

1052
00:39:54,530 --> 00:39:52,619
there's a conversation that should be

1053
00:39:56,810 --> 00:39:54,540
had I don't know how best to have it but

1054
00:39:58,970 --> 00:39:56,820
it's with the people who just want to

1055
00:40:00,290 --> 00:39:58,980
scoff at this community and make fun of

1056
00:40:01,910 --> 00:40:00,300
it and say you know we're all kind of

1057
00:40:03,770 --> 00:40:01,920
crazy and we just believe these

1058
00:40:05,690 --> 00:40:03,780
Fantastical things but having a more

1059
00:40:06,890 --> 00:40:05,700
rational conversation about saying you

1060
00:40:08,810 --> 00:40:06,900
know what they're

1061
00:40:11,690 --> 00:40:08,820
even if we're into this subject doesn't

1062
00:40:13,550 --> 00:40:11,700
necessarily We Believe at XYZ or

1063
00:40:15,650 --> 00:40:13,560

everything that is talked about or that

1064

00:40:17,150 --> 00:40:15,660

we're not open to changing our minds

1065

00:40:19,609 --> 00:40:17,160

when presented with some different

1066

00:40:22,190 --> 00:40:19,619

information I think that that's a much

1067

00:40:25,069 --> 00:40:22,200

more genuine way to look at this and to

1068

00:40:26,690 --> 00:40:25,079

treat everyone right so just the same as

1069

00:40:29,270 --> 00:40:26,700

if I can get really frustrated with

1070

00:40:31,190 --> 00:40:29,280

those who do want to belittle the

1071

00:40:32,810 --> 00:40:31,200

community but I acknowledge that there

1072

00:40:36,170 --> 00:40:32,820

is a point at which if enough

1073

00:40:38,270 --> 00:40:36,180

information comes forward and out if

1074

00:40:41,630 --> 00:40:38,280

enough evidence is there well then they

1075

00:40:43,670 --> 00:40:41,640

will change their minds as well and so

1076
00:40:45,770 --> 00:40:43,680
we have to kind of be in that space and

1077
00:40:48,050 --> 00:40:45,780
to be comfortable with suspending our

1078
00:40:49,430 --> 00:40:48,060
belief to some degree and that's

1079
00:40:51,050 --> 00:40:49,440
important particularly those of us who

1080
00:40:53,510 --> 00:40:51,060
are leading in this conversation we need

1081
00:40:55,430 --> 00:40:53,520
to be able to be in a place where we can

1082
00:40:56,870 --> 00:40:55,440
say we want to explore these things we

1083
00:40:59,810 --> 00:40:56,880
think they're fascinating and they

1084
00:41:01,609 --> 00:40:59,820
energize us and they could be true but

1085
00:41:02,990 --> 00:41:01,619
at the same time if we're in a position

1086
00:41:04,790 --> 00:41:03,000
where we can say wow okay let's

1087
00:41:06,890 --> 00:41:04,800
reevaluate this and let's kind of

1088
00:41:09,589 --> 00:41:06,900

navigate the world together in what we

1089

00:41:11,210 --> 00:41:09,599

now know that is true I think that's

1090

00:41:12,890 --> 00:41:11,220

really important and that's just true to

1091

00:41:15,530 --> 00:41:12,900

how we live our lives right it's more

1092

00:41:17,930 --> 00:41:15,540

genuine yeah absolutely I think

1093

00:41:20,750 --> 00:41:17,940

something that's so unfortunate about

1094

00:41:21,950 --> 00:41:20,760

where just dialogue in general in this

1095

00:41:24,530 --> 00:41:21,960

country and I think around the world has

1096

00:41:27,349 --> 00:41:24,540

really gotten to is just that

1097

00:41:30,230 --> 00:41:27,359

everybody's so certain of everything you

1098

00:41:32,750 --> 00:41:30,240

know like if you have gas prices go up

1099

00:41:35,030 --> 00:41:32,760

and suddenly for a couple of news Cycles

1100

00:41:38,630 --> 00:41:35,040

everyone in the world is an expert on

1101
00:41:40,010 --> 00:41:38,640
Apple gas prices are set and what

1102
00:41:41,450 --> 00:41:40,020
percentage of people in the world do you

1103
00:41:43,550 --> 00:41:41,460
think actually understand that like it's

1104
00:41:45,730 --> 00:41:43,560
less than one percent I'm sure that we

1105
00:41:48,770 --> 00:41:45,740
really could have a like cogent kind of

1106
00:41:51,349 --> 00:41:48,780
conversation about what is impacting gas

1107
00:41:53,569 --> 00:41:51,359
prices but certainty and being right and

1108
00:41:56,109 --> 00:41:53,579
like my side is right and this side is

1109
00:41:59,270 --> 00:41:56,119
wrong is kind of the basis of our entire

1110
00:42:01,130 --> 00:41:59,280
dialogue and God forbid you'd be wrong

1111
00:42:04,310 --> 00:42:01,140
about something but I mean all of this

1112
00:42:06,230 --> 00:42:04,320
requires speculation like it that's

1113
00:42:09,589 --> 00:42:06,240

what's required here we have to dive

1114

00:42:11,510 --> 00:42:09,599

into those low information zones and we

1115

00:42:13,730 --> 00:42:11,520

have to push back against this kind of

1116

00:42:15,770 --> 00:42:13,740

like almost tyrannical idea that's been

1117

00:42:17,329 --> 00:42:15,780

programmed into us that if you pay

1118

00:42:19,069 --> 00:42:17,339

attention to anything in the low

1119

00:42:22,250 --> 00:42:19,079

information zones that you've somehow

1120

00:42:24,050 --> 00:42:22,260

like seeded the intellectual High Ground

1121

00:42:26,690 --> 00:42:24,060

like you have somehow you were

1122

00:42:30,770 --> 00:42:27,950

you know

1123

00:42:33,109 --> 00:42:30,780

it's just a strange way of thinking that

1124

00:42:35,390 --> 00:42:33,119

I think we need to get past yeah it's uh

1125

00:42:36,890 --> 00:42:35,400

it's like toxic rationality and I think

1126

00:42:38,630 --> 00:42:36,900

about it in the terms of you know

1127

00:42:41,030 --> 00:42:38,640

imagine that you're one of those early

1128

00:42:42,589 --> 00:42:41,040

human communities and you're at the

1129

00:42:44,930 --> 00:42:42,599

campsite at night and you're trying to

1130

00:42:46,310 --> 00:42:44,940

understand what happened to you that day

1131

00:42:48,050 --> 00:42:46,320

or what happened to members of your

1132

00:42:50,569 --> 00:42:48,060

community that day and you've really

1133

00:42:52,430 --> 00:42:50,579

only ever been in that part of your neck

1134

00:42:54,470 --> 00:42:52,440

of the woods but somebody that day said

1135

00:42:57,170 --> 00:42:54,480

you know what I went over this Creek

1136

00:42:58,550 --> 00:42:57,180

that we've never been over and I you

1137

00:43:01,130 --> 00:42:58,560

know I found this

1138

00:43:02,390 --> 00:43:01,140

dry stuff I've never seen it before and

1139

00:43:05,329 --> 00:43:02,400

there there aren't trees there anymore

1140

00:43:07,069 --> 00:43:05,339

and it's a lot hotter and people at the

1141

00:43:08,450 --> 00:43:07,079

fire be like yeah I mean we're I don't

1142

00:43:10,309 --> 00:43:08,460

know that just doesn't seem like that's

1143

00:43:12,230 --> 00:43:10,319

real and why would we care about that

1144

00:43:13,970 --> 00:43:12,240

and that's probably the way it is for a

1145

00:43:15,829 --> 00:43:13,980

very long time and until eventually

1146

00:43:18,230 --> 00:43:15,839

somebody convinces someone else to come

1147

00:43:20,690 --> 00:43:18,240

along and they also experience it and I

1148

00:43:22,150 --> 00:43:20,700

saw this too it is real and to then the

1149

00:43:25,069 --> 00:43:22,160

Human family

1150

00:43:26,930 --> 00:43:25,079

collectively gains a new experience we

1151
00:43:28,730 --> 00:43:26,940
journey into that new frontier and

1152
00:43:31,730 --> 00:43:28,740
that's essentially what we are doing and

1153
00:43:33,650 --> 00:43:31,740
advocating for quite frankly is saying

1154
00:43:36,950 --> 00:43:33,660
it's worth being a Pioneer it's worth

1155
00:43:39,109 --> 00:43:36,960
going out to these edges to explore the

1156
00:43:41,510 --> 00:43:39,119
experiences that happen along these

1157
00:43:44,210 --> 00:43:41,520
boundary areas along these liminal

1158
00:43:46,730 --> 00:43:44,220
spaces and to take those Explorations

1159
00:43:49,849 --> 00:43:46,740
and examine them and try to share them

1160
00:43:52,849 --> 00:43:49,859
and try to get others to experience them

1161
00:43:55,670 --> 00:43:52,859
so that we can know more and our own

1162
00:43:57,470 --> 00:43:55,680
collective experience can be expanded

1163
00:44:00,170 --> 00:43:57,480

and look where it has taken us right

1164

00:44:02,450 --> 00:44:00,180

look what that activity has where that

1165

00:44:04,910 --> 00:44:02,460

has taken us as a human family it's

1166

00:44:07,609 --> 00:44:04,920

taken us to the stars and that's really

1167

00:44:10,250 --> 00:44:07,619

exciting and so many other Frontiers I

1168

00:44:12,050 --> 00:44:10,260

think await us as well but if we never

1169

00:44:14,450 --> 00:44:12,060

did that if we just stayed around that

1170

00:44:16,130 --> 00:44:14,460

fire I mean sure we could eke out our

1171

00:44:17,770 --> 00:44:16,140

existence like that and it would be just

1172

00:44:19,970 --> 00:44:17,780

fine we would just stay there

1173

00:44:22,069 --> 00:44:19,980

indefinitely but there's so much more

1174

00:44:25,490 --> 00:44:22,079

out in the world to love and to explore

1175

00:44:28,190 --> 00:44:25,500

to expand and to challenge us

1176

00:44:30,770 --> 00:44:28,200

absolutely I completely agree

1177

00:44:33,050 --> 00:44:30,780

and I know this process can be really

1178

00:44:34,490 --> 00:44:33,060

challenging for people I know you and I

1179

00:44:36,230 --> 00:44:34,500

we became friends being in a little

1180

00:44:38,030 --> 00:44:36,240

group last summer where we were kind of

1181

00:44:41,150 --> 00:44:38,040

talking through with other people in the

1182

00:44:42,530 --> 00:44:41,160

community sort of what it's like to go

1183

00:44:44,089 --> 00:44:42,540

through this and trying to figure out

1184

00:44:45,890 --> 00:44:44,099

how to live your life in the midst of

1185

00:44:48,650 --> 00:44:45,900

all this so would you mind talking

1186

00:44:50,630 --> 00:44:48,660

through both what your biggest struggles

1187

00:44:52,550 --> 00:44:50,640

have been in metabolizing this world

1188

00:44:53,990 --> 00:44:52,560

view and then also what are the

1189

00:44:56,990 --> 00:44:54,000

positives because I know there's good

1190

00:45:00,050 --> 00:44:57,000

and bad comes with this line of inquiry

1191

00:45:02,390 --> 00:45:00,060

yeah uh it is a lot it's a lot to

1192

00:45:05,210 --> 00:45:02,400

Grapple with you know there is I think

1193

00:45:07,730 --> 00:45:05,220

on some kind of existential level it's

1194

00:45:10,550 --> 00:45:07,740

very scary right it's very challenging

1195

00:45:13,309 --> 00:45:10,560

to your sense of self your sense of the

1196

00:45:15,650 --> 00:45:13,319

world if you really allow it to come

1197

00:45:17,690 --> 00:45:15,660

into your awareness and into your

1198

00:45:19,430 --> 00:45:17,700

understanding of reality it can really

1199

00:45:21,410 --> 00:45:19,440

kind of take the ground out from

1200

00:45:23,630 --> 00:45:21,420

underneath you and I've certainly felt

1201

00:45:25,190 --> 00:45:23,640

some of that particularly as I try to

1202

00:45:26,990 --> 00:45:25,200

navigate as we said earlier some of

1203

00:45:30,230 --> 00:45:27,000

those different spaces you know try to

1204

00:45:31,790 --> 00:45:30,240

navigate UFO space and everyday space

1205

00:45:33,470 --> 00:45:31,800

where I'm just going to work and doing

1206

00:45:35,630 --> 00:45:33,480

my thing and having regular old

1207

00:45:37,370 --> 00:45:35,640

conversations it's always been that

1208

00:45:39,589 --> 00:45:37,380

challenge where you're doing that

1209

00:45:42,170 --> 00:45:39,599

whatever mundane silly corporate thing

1210

00:45:43,730 --> 00:45:42,180

that you might do and then on some other

1211

00:45:46,370 --> 00:45:43,740

screen somewhere you're like but we just

1212

00:45:47,930 --> 00:45:46,380

learned about this secret UFO program or

1213

00:45:49,670 --> 00:45:47,940

whatever I mean why do we care about

1214

00:45:51,829 --> 00:45:49,680

this spreadsheet we should be caring

1215

00:45:53,870 --> 00:45:51,839

about this that is the biggest you know

1216

00:45:55,910 --> 00:45:53,880

question that we might have ever

1217

00:45:58,430 --> 00:45:55,920

so it's really challenging I think to

1218

00:46:00,829 --> 00:45:58,440

come to your day-to-day and be present

1219

00:46:03,650 --> 00:46:00,839

to your day-to-day when you're also

1220

00:46:05,950 --> 00:46:03,660

really into this other stuff and really

1221

00:46:08,569 --> 00:46:05,960

captivated and drawn into it it can be

1222

00:46:11,470 --> 00:46:08,579

all-consuming if you're not careful you

1223

00:46:14,690 --> 00:46:11,480

can spend all your day on UFO Twitter

1224

00:46:17,990 --> 00:46:14,700

watching all the different podcasts etc

1225

00:46:19,870 --> 00:46:18,000

etc I would discourage everyone from

1226

00:46:22,130 --> 00:46:19,880

doing that don't do it

1227

00:46:24,410 --> 00:46:22,140

for someone who has spent a day or two

1228

00:46:26,329 --> 00:46:24,420

doing that don't do it it's good to

1229

00:46:28,010 --> 00:46:26,339

spend time with people that you love

1230

00:46:30,589 --> 00:46:28,020

doing things that you love that aren't

1231

00:46:32,210 --> 00:46:30,599

related to this so that that's something

1232

00:46:34,309 --> 00:46:32,220

I would encourage people to do just as a

1233

00:46:36,890 --> 00:46:34,319

way to kind of inoculate you against

1234

00:46:38,930 --> 00:46:36,900

getting frazzled yeah absolutely and

1235

00:46:40,849 --> 00:46:38,940

what would you say some of the positives

1236

00:46:42,770 --> 00:46:40,859

have been not to lead the witness too

1237

00:46:45,530 --> 00:46:42,780

much but do you feel weird that there

1238

00:46:47,569 --> 00:46:45,540

have been you know upside in considering

1239

00:46:48,470 --> 00:46:47,579

all of this and giving it a space in

1240

00:46:50,750 --> 00:46:48,480

your life

1241

00:46:53,270 --> 00:46:50,760

yeah well the positives for me are

1242

00:46:55,609 --> 00:46:53,280

really great because

1243

00:46:57,829 --> 00:46:55,619

coming back to where we started with the

1244

00:47:00,589 --> 00:46:57,839

show about my background I grew up in

1245

00:47:03,770 --> 00:47:00,599

this community of Believers of faith in

1246

00:47:04,670 --> 00:47:03,780

a different perspective on the world and

1247

00:47:06,530 --> 00:47:04,680

if you grew up in the Christian

1248

00:47:08,450 --> 00:47:06,540

tradition you'll be familiar with this

1249

00:47:10,190 --> 00:47:08,460

phrase in the world but not of the world

1250

00:47:12,230 --> 00:47:10,200

it sounds like something a religious

1251
00:47:15,589 --> 00:47:12,240
community would say but it is I think

1252
00:47:17,030 --> 00:47:15,599
apt for any community of beliefs right

1253
00:47:18,770 --> 00:47:17,040
that you kind of like we just talked

1254
00:47:22,309 --> 00:47:18,780
about straddling to get these two spaces

1255
00:47:24,650 --> 00:47:22,319
but what the UFO phenomena has done for

1256
00:47:26,210 --> 00:47:24,660
me personally is it allows me to go back

1257
00:47:28,910 --> 00:47:26,220
to that experience

1258
00:47:31,130 --> 00:47:28,920
to go back to those communities that

1259
00:47:34,190 --> 00:47:31,140
were a big part of my life but that I

1260
00:47:36,470 --> 00:47:34,200
completely rejected for at least I don't

1261
00:47:39,050 --> 00:47:36,480
know a decade or two as not being

1262
00:47:41,329 --> 00:47:39,060
important anymore or being kind of you

1263
00:47:44,510 --> 00:47:41,339

know fantasy stories but it's allowed me

1264

00:47:46,849 --> 00:47:44,520

to go back to them and re-enchant those

1265

00:47:49,790 --> 00:47:46,859

experiences and redeem some of those

1266

00:47:52,130 --> 00:47:49,800

experiences and validate some of the

1267

00:47:53,870 --> 00:47:52,140

things that other people were sharing

1268

00:47:56,809 --> 00:47:53,880

with me those things that were

1269

00:47:59,030 --> 00:47:56,819

meaningful to them a very real sense not

1270

00:48:01,970 --> 00:47:59,040

in a delusional sense in a real sense

1271

00:48:05,270 --> 00:48:01,980

and I think that that's true or should

1272

00:48:08,390 --> 00:48:05,280

be true for those that that do take this

1273

00:48:10,430 --> 00:48:08,400

seriously because it allows you to make

1274

00:48:13,609 --> 00:48:10,440

some space for breadth of Human

1275

00:48:16,370 --> 00:48:13,619

Experience right instead of you coming

1276

00:48:18,470 --> 00:48:16,380

at every person with this toxic

1277

00:48:21,109 --> 00:48:18,480

rationality we talked about earlier this

1278

00:48:23,930 --> 00:48:21,119

High modern physicalist materialist

1279

00:48:25,970 --> 00:48:23,940

perspective in living your life in that

1280

00:48:27,770 --> 00:48:25,980

way evaluating every person as someone

1281

00:48:29,870 --> 00:48:27,780

who you can either add to your life or

1282

00:48:32,150 --> 00:48:29,880

subtract your life as an experience that

1283

00:48:34,190 --> 00:48:32,160

is either taking place in Fantasyland or

1284

00:48:36,230 --> 00:48:34,200

taking place in reality if it takes

1285

00:48:37,990 --> 00:48:36,240

place in Fantasyland well I don't need

1286

00:48:40,849 --> 00:48:38,000

to have anything to do with this person

1287

00:48:43,010 --> 00:48:40,859

you know forget that they might be one

1288

00:48:44,809 --> 00:48:43,020

of my siblings or my parents or my loved

1289

00:48:46,790 --> 00:48:44,819

ones you know I just think that they're

1290

00:48:48,290 --> 00:48:46,800

crazy now and I absolutely love them

1291

00:48:50,390 --> 00:48:48,300

anyway but I'm also going to think that

1292

00:48:53,329 --> 00:48:50,400

they're crazy so I think for me it's

1293

00:48:55,309 --> 00:48:53,339

moving away from that perspective on the

1294

00:48:58,130 --> 00:48:55,319

world and saying you know there's a lot

1295

00:49:00,770 --> 00:48:58,140

more going on than I understand

1296

00:49:04,190 --> 00:49:00,780

there's a lot more going on than we

1297

00:49:08,390 --> 00:49:04,200

understand and to be humbled by that

1298

00:49:11,150 --> 00:49:08,400

right to sit in that awe

1299

00:49:14,150 --> 00:49:11,160

because that is powerful it's something

1300

00:49:16,250 --> 00:49:14,160

that we need as individuals in our own

1301
00:49:18,349 --> 00:49:16,260
lives we need that moment where you're

1302
00:49:20,270 --> 00:49:18,359
going to that person that you trust and

1303
00:49:22,790 --> 00:49:20,280
you care about and you say I think this

1304
00:49:24,349 --> 00:49:22,800
happened to me it's important to me and

1305
00:49:26,630 --> 00:49:24,359
they respond to you and say I'm

1306
00:49:28,730 --> 00:49:26,640
listening to you you know I care about

1307
00:49:31,430 --> 00:49:28,740
you and I understand that that's real

1308
00:49:33,170 --> 00:49:31,440
for you I mean how much more impactful

1309
00:49:35,270 --> 00:49:33,180
is that than them kind of nodding along

1310
00:49:37,430 --> 00:49:35,280
and you knowing that they think that

1311
00:49:39,050 --> 00:49:37,440
you've lost it right so I and I think

1312
00:49:41,930 --> 00:49:39,060
for me that's the way to look at the

1313
00:49:44,329 --> 00:49:41,940

world and just to kind of navigate

1314

00:49:46,069 --> 00:49:44,339

the relationships that I have the

1315

00:49:49,250 --> 00:49:46,079

experiences that I have with a really

1316

00:49:51,230 --> 00:49:49,260

open mind and an open heart also though

1317

00:49:53,150 --> 00:49:51,240

being careful I mean it's important to

1318

00:49:55,550 --> 00:49:53,160

be careful you know you have to use some

1319

00:49:57,829 --> 00:49:55,560

judgment and discernment it's not taking

1320

00:50:00,470 --> 00:49:57,839

every claim and saying well that's true

1321

00:50:02,450 --> 00:50:00,480

you know hold things in suspension you

1322

00:50:04,670 --> 00:50:02,460

can still think it's really cool but

1323

00:50:07,010 --> 00:50:04,680

also think it could be wrong you know

1324

00:50:09,170 --> 00:50:07,020

that's okay it's okay to have that

1325

00:50:10,849 --> 00:50:09,180

position but I think it's a lot harder

1326

00:50:13,609 --> 00:50:10,859

to go through life

1327

00:50:15,890 --> 00:50:13,619

taking this stance that you understand

1328

00:50:18,230 --> 00:50:15,900

it and if it doesn't fit within the box

1329

00:50:20,510 --> 00:50:18,240

that you understand then it's just not

1330

00:50:22,970 --> 00:50:20,520

important and so the phenomena has

1331

00:50:24,950 --> 00:50:22,980

really allowed me to basically dismantle

1332

00:50:27,470 --> 00:50:24,960

the Box you know

1333

00:50:29,450 --> 00:50:27,480

the Box doesn't have to be there yeah

1334

00:50:32,089 --> 00:50:29,460

it's become really clear to me that we

1335

00:50:35,210 --> 00:50:32,099

sort of build this facade of consensus

1336

00:50:38,390 --> 00:50:35,220

reality at the expense of

1337

00:50:40,670 --> 00:50:38,400

our relationships with each other and

1338

00:50:43,190 --> 00:50:40,680

even with ourselves you know like you

1339

00:50:44,870 --> 00:50:43,200

can if something like really anomalous I

1340

00:50:46,430 --> 00:50:44,880

mean it happened to me many times in my

1341

00:50:48,109 --> 00:50:46,440

life I had been doing this work for a

1342

00:50:50,329 --> 00:50:48,119

while before I realized I'd seen two

1343

00:50:52,250 --> 00:50:50,339

UFOs not just one before I realized that

1344

00:50:54,290 --> 00:50:52,260

I had other you know what people qualify

1345

00:50:56,750 --> 00:50:54,300

as paranormal experiences in my life

1346

00:50:58,609 --> 00:50:56,760

because I just refused to look at them

1347

00:51:00,530 --> 00:50:58,619

that way so I just I never integrated

1348

00:51:03,049 --> 00:51:00,540

them I just rejected them and that and

1349

00:51:04,970 --> 00:51:03,059

of itself is its own sort of

1350

00:51:06,470 --> 00:51:04,980

pain an injury that you can do to

1351

00:51:08,630 --> 00:51:06,480

yourself but also when we think about

1352

00:51:11,210 --> 00:51:08,640

the fact that the more research we do on

1353

00:51:13,069 --> 00:51:11,220

the mechanisms of addiction the more we

1354

00:51:15,770 --> 00:51:13,079

recognize that a lot of that comes back

1355

00:51:19,130 --> 00:51:15,780

to isolation when you think about the

1356

00:51:20,329 --> 00:51:19,140

rise in suicide rates and that sort of

1357

00:51:23,270 --> 00:51:20,339

thing and you think about how many

1358

00:51:25,490 --> 00:51:23,280

people are existing in just the state of

1359

00:51:27,609 --> 00:51:25,500

loneliness and how

1360

00:51:30,710 --> 00:51:27,619

for people who have had anomalous

1361

00:51:34,190 --> 00:51:30,720

experiences to not be able to talk about

1362

00:51:36,290 --> 00:51:34,200

that or to have it cut you off from the

1363

00:51:38,630 --> 00:51:36,300

people that you love the most like how

1364

00:51:40,849 --> 00:51:38,640

painful and traumatizing that must be

1365

00:51:42,829 --> 00:51:40,859

and it's so strange that we do it

1366

00:51:44,870 --> 00:51:42,839

because like what is mental health

1367

00:51:46,670 --> 00:51:44,880

exactly we really define whether or not

1368

00:51:48,230 --> 00:51:46,680

someone's mentally healthy by the extent

1369

00:51:49,569 --> 00:51:48,240

to which their beliefs and behaviors

1370

00:51:52,970 --> 00:51:49,579

conform to

1371

00:51:54,650 --> 00:51:52,980

societal Norms really not because we

1372

00:51:56,990 --> 00:51:54,660

have any kind of a way to actually

1373

00:51:59,270 --> 00:51:57,000

diagnose these things like we can't do a

1374

00:52:01,730 --> 00:51:59,280

blood test we can't you know find

1375

00:52:03,710 --> 00:52:01,740

schizophrenia in your body like we can't

1376
00:52:06,290 --> 00:52:03,720
you know not to say that people don't

1377
00:52:07,790 --> 00:52:06,300
struggle with mental issues and that

1378
00:52:10,370 --> 00:52:07,800
sort of thing but like at the end of the

1379
00:52:11,510 --> 00:52:10,380
day why does it really matter as much I

1380
00:52:13,730 --> 00:52:11,520
don't know that it matters so much

1381
00:52:18,890 --> 00:52:13,740
whether or not someone's experience was

1382
00:52:22,609 --> 00:52:18,900
objectively real and what like for us to

1383
00:52:24,589 --> 00:52:22,619
allow them the space to integrate that

1384
00:52:26,630 --> 00:52:24,599
experience especially when we know that

1385
00:52:29,030 --> 00:52:26,640
there's just such a wide variety of

1386
00:52:30,710 --> 00:52:29,040
things people experience

1387
00:52:32,150 --> 00:52:30,720
yeah it just seems weird that we're so

1388
00:52:34,569 --> 00:52:32,160

caught up on like okay but did it happen

1389

00:52:36,829 --> 00:52:34,579

for real for real yeah

1390

00:52:38,329 --> 00:52:36,839

I mean that seems like a weird place to

1391

00:52:40,970 --> 00:52:38,339

get stuck you know yeah I think that

1392

00:52:43,370 --> 00:52:40,980

there's something powerful about doing

1393

00:52:47,390 --> 00:52:43,380

that that individuals that are quick to

1394

00:52:49,970 --> 00:52:47,400

do that you know they feel powerful by

1395

00:52:51,710 --> 00:52:49,980

had a brain that hammered down on these

1396

00:52:53,030 --> 00:52:51,720

things and saying no that's not real

1397

00:52:55,430 --> 00:52:53,040

you're crazy

1398

00:52:57,530 --> 00:52:55,440

you know how could you believe these

1399

00:53:00,290 --> 00:52:57,540

things I live in the world of cold

1400

00:53:02,510 --> 00:53:00,300

rationality I understand it all and that

1401
00:53:04,250 --> 00:53:02,520
doesn't fit it doesn't belong here so

1402
00:53:05,450 --> 00:53:04,260
it's really a defense mechanism it's

1403
00:53:07,849 --> 00:53:05,460
protection

1404
00:53:10,490 --> 00:53:07,859
for their understanding of the world

1405
00:53:12,770 --> 00:53:10,500
that's a person that for me hasn't

1406
00:53:14,210 --> 00:53:12,780
actually really gone through a moment of

1407
00:53:16,670 --> 00:53:14,220
challenge like has not had their

1408
00:53:19,250 --> 00:53:16,680
ontology shocked in any way right that

1409
00:53:21,710 --> 00:53:19,260
they have stayed within a pretty safe

1410
00:53:24,290 --> 00:53:21,720
space and they're doing everything that

1411
00:53:27,170 --> 00:53:24,300
they can to maintain the walls of that

1412
00:53:29,329 --> 00:53:27,180
space and look for some people that's

1413
00:53:30,710 --> 00:53:29,339

super important I'm not advocating that

1414

00:53:32,750 --> 00:53:30,720

everybody should go out and be

1415

00:53:34,370 --> 00:53:32,760

destabilized I don't think it's never a

1416

00:53:36,349 --> 00:53:34,380

good recommendation to be instantly

1417

00:53:39,530 --> 00:53:36,359

destabilized right but I think it is

1418

00:53:42,950 --> 00:53:39,540

important to examine our biases be

1419

00:53:44,690 --> 00:53:42,960

present to those around us as if they

1420

00:53:46,670 --> 00:53:44,700

were us how would you treat yourself

1421

00:53:48,770 --> 00:53:46,680

right how would you want to be treated

1422

00:53:50,270 --> 00:53:48,780

in this moment and try to approach

1423

00:53:52,250 --> 00:53:50,280

interactions in that way and this isn't

1424

00:53:53,750 --> 00:53:52,260

new this isn't a new piece of knowledge

1425

00:53:55,430 --> 00:53:53,760

or wisdom right this is stuff that

1426
00:53:58,309 --> 00:53:55,440
that's our greatest thinkers and

1427
00:53:59,510 --> 00:53:58,319
traditions have said for Millennia so I

1428
00:54:00,890 --> 00:53:59,520
tend to think that there's some real

1429
00:54:03,230 --> 00:54:00,900
truth to that

1430
00:54:04,750 --> 00:54:03,240
yeah I absolutely agree

1431
00:54:08,390 --> 00:54:04,760
so

1432
00:54:10,370 --> 00:54:08,400
speaking of being destabilized does any

1433
00:54:12,349 --> 00:54:10,380
of this scare you have you had any Dark

1434
00:54:13,970 --> 00:54:12,359
Nights of the Soul are there moments

1435
00:54:15,470 --> 00:54:13,980
where you've come to a new realization

1436
00:54:17,569 --> 00:54:15,480
about the nature of this phenomenon and

1437
00:54:19,910 --> 00:54:17,579
you've lost sleep over it I mean that's

1438
00:54:20,870 --> 00:54:19,920

cool yeah that's a tough one I don't

1439

00:54:23,930 --> 00:54:20,880

know that I've

1440

00:54:25,849 --> 00:54:23,940

well I haven't lost sleep on this that's

1441

00:54:27,470 --> 00:54:25,859

good all right but I certainly could

1442

00:54:29,930 --> 00:54:27,480

have particularly with some of the

1443

00:54:32,870 --> 00:54:29,940

things that I hear from time to time

1444

00:54:35,690 --> 00:54:32,880

because there are some scary things that

1445

00:54:38,809 --> 00:54:35,700

that are talked about in this space if

1446

00:54:40,730 --> 00:54:38,819

you talk about some of the takeaways

1447

00:54:42,349 --> 00:54:40,740

that experiencers have from their

1448

00:54:44,690 --> 00:54:42,359

encounters I mean one of the common

1449

00:54:49,130 --> 00:54:44,700

threads in those takeaways is some sort

1450

00:54:51,410 --> 00:54:49,140

of catastrophic event in our future that

1451

00:54:55,250 --> 00:54:51,420

whatever trajectory we are on right now

1452

00:54:56,990 --> 00:54:55,260

as a people is not a sustainable one and

1453

00:54:58,910 --> 00:54:57,000

you know as a parent as somebody that

1454

00:55:00,770 --> 00:54:58,920

cares about people I worry about this

1455

00:55:03,109 --> 00:55:00,780

that bothers me I would be frustrated

1456

00:55:06,710 --> 00:55:03,119

and I feel a sense of frustration that

1457

00:55:08,930 --> 00:55:06,720

it could be wiped away maybe not of our

1458

00:55:11,510 --> 00:55:08,940

own choosing but then some would argue

1459

00:55:13,430 --> 00:55:11,520

well you know we are culpable right if a

1460

00:55:15,530 --> 00:55:13,440

catastrophe befalls us we have some

1461

00:55:17,510 --> 00:55:15,540

culpability there and I think that's

1462

00:55:20,030 --> 00:55:17,520

important for us to sit with as well

1463

00:55:22,730 --> 00:55:20,040

like examining like the ways in which

1464

00:55:24,589 --> 00:55:22,740

our behaviors contribute to the reality

1465

00:55:26,990 --> 00:55:24,599

we have built around ourselves like the

1466

00:55:29,030 --> 00:55:27,000

world that we have and are we creating

1467

00:55:30,589 --> 00:55:29,040

the world that we want are we adding to

1468

00:55:32,150 --> 00:55:30,599

the world that looks like it is right

1469

00:55:33,589 --> 00:55:32,160

now and I think a lot of us sort of feel

1470

00:55:34,910 --> 00:55:33,599

like well I'm powerless I can't do any

1471

00:55:36,770 --> 00:55:34,920

of this you know anything to change this

1472

00:55:38,329 --> 00:55:36,780

you know I can't stop this war that's

1473

00:55:40,130 --> 00:55:38,339

happening what am I supposed to do well

1474

00:55:42,770 --> 00:55:40,140

I mean what can you change can you

1475

00:55:44,450 --> 00:55:42,780

change the things that you buy or the

1476

00:55:46,250 --> 00:55:44,460

way you treat other people or the

1477

00:55:48,109 --> 00:55:46,260

policies that you support these are

1478

00:55:50,630 --> 00:55:48,119

things that we can do on an individual

1479

00:55:53,450 --> 00:55:50,640

level you know not to take that too much

1480

00:55:55,250 --> 00:55:53,460

off on a tangent there I think that

1481

00:55:56,930 --> 00:55:55,260

the Dark Knights of the Soul it's

1482

00:55:59,089 --> 00:55:56,940

important to have one

1483

00:56:00,950 --> 00:55:59,099

I think people need to have one people

1484

00:56:03,190 --> 00:56:00,960

need to have that kind of Shadow

1485

00:56:06,650 --> 00:56:03,200

experience or Darkness experience

1486

00:56:08,569 --> 00:56:06,660

because it does strengthen you it does

1487

00:56:10,309 --> 00:56:08,579

teach you that

1488

00:56:11,390 --> 00:56:10,319

you could you remember he's I didn't

1489

00:56:12,710 --> 00:56:11,400

think I could get through that I didn't

1490

00:56:14,750 --> 00:56:12,720

think I'd be able to survive that

1491

00:56:16,910 --> 00:56:14,760

experience but I did survive it and now

1492

00:56:18,770 --> 00:56:16,920

here I am and I'm strong for that I'm

1493

00:56:20,270 --> 00:56:18,780

stronger for that and I think that

1494

00:56:22,010 --> 00:56:20,280

that's something that we all need is

1495

00:56:24,890 --> 00:56:22,020

more resilience right a lot more

1496

00:56:26,210 --> 00:56:24,900

resilience and with this topic and the

1497

00:56:28,609 --> 00:56:26,220

scary things that we hear about whether

1498

00:56:31,309 --> 00:56:28,619

they be you know catastrophe or maybe

1499

00:56:33,049 --> 00:56:31,319

some beings with some malevolent intent

1500

00:56:35,030 --> 00:56:33,059

well you know what there are people with

1501

00:56:36,470 --> 00:56:35,040

malevolent intent that live in the city

1502

00:56:38,329 --> 00:56:36,480

I live in there are people you know

1503

00:56:40,250 --> 00:56:38,339

catastrophe could befall me at any

1504

00:56:42,109 --> 00:56:40,260

moment I have no control over I mean

1505

00:56:43,309 --> 00:56:42,119

that's true and I shouldn't worry about

1506

00:56:45,349 --> 00:56:43,319

this thing because I can't do anything

1507

00:56:47,690 --> 00:56:45,359

about them and that's sort of the way I

1508

00:56:49,490 --> 00:56:47,700

feel about this stuff as well that you

1509

00:56:51,530 --> 00:56:49,500

know if it happens it happens I gotta

1510

00:56:54,770 --> 00:56:51,540

focus on me and what I can do right now

1511

00:56:57,589 --> 00:56:54,780

in this moment in this day yeah I agree

1512

00:56:59,349 --> 00:56:57,599

I will admit to having lost more sleep

1513

00:57:01,910 --> 00:56:59,359

than you

1514

00:57:03,950 --> 00:57:01,920

I can definitely ruminate and I can

1515

00:57:05,750 --> 00:57:03,960

definitely freak myself out I do think

1516

00:57:07,609 --> 00:57:05,760

it's a tough thing to deal with

1517

00:57:10,250 --> 00:57:07,619

especially some of the cataclysm stuffs

1518

00:57:12,410 --> 00:57:10,260

and the leveling entity stuff like if

1519

00:57:15,230 --> 00:57:12,420

you let that get inside you it can

1520

00:57:17,930 --> 00:57:15,240

really kind of mess you up but the thing

1521

00:57:21,230 --> 00:57:17,940

that I really try to focus on

1522

00:57:24,470 --> 00:57:21,240

is just because I become aware of it

1523

00:57:27,589 --> 00:57:24,480

doesn't change anything about the nature

1524

00:57:30,290 --> 00:57:27,599

of My reality as it has existed if it's

1525

00:57:32,750 --> 00:57:30,300

true now it was true before and I've

1526

00:57:33,890 --> 00:57:32,760

been mostly fine you know so we have

1527

00:57:36,109 --> 00:57:33,900

this idea like it's going to be like

1528

00:57:38,150 --> 00:57:36,119

Wiley Coyote and you know you've run off

1529

00:57:40,010 --> 00:57:38,160

over the edge of the cliff but then when

1530

00:57:42,349 --> 00:57:40,020

you notice it you have this feeling like

1531

00:57:44,210 --> 00:57:42,359

oh now this is possible that I could

1532

00:57:45,950 --> 00:57:44,220

fall and

1533

00:57:48,589 --> 00:57:45,960

but I don't think that's really how it

1534

00:57:50,630 --> 00:57:48,599

works necessarily and I really do try to

1535

00:57:52,930 --> 00:57:50,640

focus on you know from the litany

1536

00:57:57,109 --> 00:57:52,940

against fear fear is the mind killer and

1537

00:57:59,270 --> 00:57:57,119

you know whatever we're up against as a

1538

00:58:00,530 --> 00:57:59,280

human family as you said we're up

1539

00:58:01,910 --> 00:58:00,540

against this together and it's not going

1540

00:58:03,950 --> 00:58:01,920

to do us any good to get all freaked out

1541

00:58:06,109 --> 00:58:03,960

about it you know we just need to kind

1542

00:58:07,910 --> 00:58:06,119

of take it one day at a time

1543

00:58:09,410 --> 00:58:07,920

do what you can do that's in front of

1544

00:58:11,270 --> 00:58:09,420

you and all of these things whether

1545

00:58:13,250 --> 00:58:11,280

we're talking about a massive cataclysm

1546

00:58:14,870 --> 00:58:13,260

that may or may not happen and

1547

00:58:16,309 --> 00:58:14,880

malevolent beings who may or may not be

1548

00:58:18,109 --> 00:58:16,319

controlling the Earth those aren't

1549

00:58:20,390 --> 00:58:18,119

things that we have a lot of control

1550

00:58:23,990 --> 00:58:20,400

over so those aren't things that you can

1551

00:58:26,990 --> 00:58:24,000

stop all I can really do is try to make

1552

00:58:28,790 --> 00:58:27,000

my little corner of the world better and

1553

00:58:31,490 --> 00:58:28,800

do the work that I can do that's it you

1554

00:58:33,770 --> 00:58:31,500

know and so I try to stay there but I

1555

00:58:36,109 --> 00:58:33,780

will admit to sometimes having a bad

1556

00:58:37,670 --> 00:58:36,119

night about it I mean that's okay right

1557

00:58:38,990 --> 00:58:37,680

I think people will and I hope that

1558

00:58:41,750 --> 00:58:39,000

there are shows out there and content

1559

00:58:43,490 --> 00:58:41,760

out there or forget all that people out

1560

00:58:45,589 --> 00:58:43,500

there and those individuals lives that

1561

00:58:47,750 --> 00:58:45,599

are there to help them along the way

1562

00:58:50,270 --> 00:58:47,760

because that's really what it comes down

1563

00:58:52,789 --> 00:58:50,280

to right relationships that's where

1564

00:58:54,770 --> 00:58:52,799

meaning happens that's where we're going

1565

00:58:57,230 --> 00:58:54,780

to navigate any of the challenges that

1566

00:58:58,849 --> 00:58:57,240

we have in life is through relationships

1567

00:59:01,069 --> 00:58:58,859

with other people who are there to care

1568

00:59:02,569 --> 00:59:01,079

for us and we care for them so if you're

1569

00:59:04,370 --> 00:59:02,579

a person who's not doing those things

1570

00:59:06,710 --> 00:59:04,380

you're not caring for anyone you know

1571

00:59:07,910 --> 00:59:06,720

you don't treat people well well I mean

1572

00:59:09,829 --> 00:59:07,920

I don't know what to say to you maybe

1573

00:59:12,950 --> 00:59:09,839

start trying that and then see what

1574

00:59:15,109 --> 00:59:12,960

comes back yeah absolutely

1575

00:59:17,390 --> 00:59:15,119

so what advice do you have for people

1576

00:59:19,490 --> 00:59:17,400

who are new to this topic we've got new

1577

00:59:21,109 --> 00:59:19,500

people coming in every day and I think

1578

00:59:22,730 --> 00:59:21,119

that wave is only going to grow so what

1579

00:59:23,809 --> 00:59:22,740

advice would you give to people who are

1580

00:59:26,089 --> 00:59:23,819

just starting out and trying to get

1581

00:59:28,549 --> 00:59:26,099

their bearings yeah I mean first and

1582

00:59:30,230 --> 00:59:28,559

foremost like And subscribe to Kelly at

1583

00:59:32,450 --> 00:59:30,240

the rabbit hole that's a great program

1584

00:59:33,829 --> 00:59:32,460

she's also got a patreon so jump in on

1585

00:59:36,470 --> 00:59:33,839

that too I think that that is good

1586

00:59:38,210 --> 00:59:36,480

advice personally there but you know try

1587

00:59:41,030 --> 00:59:38,220

to educate yourself right so do the best

1588

00:59:42,950 --> 00:59:41,040

that you can to follow your inclinations

1589

00:59:44,150 --> 00:59:42,960

if you're interested in something learn

1590

00:59:45,710 --> 00:59:44,160

about it see what you can understand

1591

00:59:47,270 --> 00:59:45,720

about it and try to find communities

1592

00:59:49,609 --> 00:59:47,280

where people are talking about it and

1593

00:59:50,990 --> 00:59:49,619

you can engage in that conversation to

1594

00:59:52,490 --> 00:59:51,000

surround yourself with some folks who

1595

00:59:54,230 --> 00:59:52,500

are also interested right and it's

1596

00:59:55,370 --> 00:59:54,240

important to I think have some

1597

00:59:56,750 --> 00:59:55,380

friendships where you can talk about

1598

00:59:58,069 --> 00:59:56,760

this stuff right and not everybody has

1599

00:59:59,329 --> 00:59:58,079

that and you hear that a lot I don't

1600

01:00:01,069 --> 00:59:59,339

know if some of your listeners say this

1601

01:00:02,329 --> 01:00:01,079

but a lot of ours do you know I wish I

1602

01:00:04,190 --> 01:00:02,339

had somebody I could talk to about this

1603

01:00:05,690 --> 01:00:04,200

I wish I had a Darren or something I

1604

01:00:07,789 --> 01:00:05,700

could meet for coffee and just chat well

1605

01:00:10,609 --> 01:00:07,799

I know those communities exist they

1606

01:00:12,349 --> 01:00:10,619

exist virtually and on top of that I

1607

01:00:15,589 --> 01:00:12,359

would argue they probably are closer to

1608

01:00:18,589 --> 01:00:15,599

you than you might imagine right so just

1609

01:00:20,390 --> 01:00:18,599

take a moment maybe it was a stranger or

1610

01:00:22,549 --> 01:00:20,400

in this a day-to-day interaction and

1611

01:00:23,870 --> 01:00:22,559

just maybe throw out something that

1612

01:00:25,010 --> 01:00:23,880

you're interested in and say you know we

1613

01:00:26,630 --> 01:00:25,020

thought about this and you'll be

1614

01:00:28,549 --> 01:00:26,640

surprised what you hear back a lot of

1615

01:00:30,470 --> 01:00:28,559

people at least in my experience will

1616

01:00:31,789 --> 01:00:30,480

come back and be like oh yeah I have XYZ

1617

01:00:33,230 --> 01:00:31,799

and it's like whoa wait a minute how

1618

01:00:34,430 --> 01:00:33,240

many people have had these experiences

1619

01:00:36,530 --> 01:00:34,440

and I think that's part of it right is

1620

01:00:37,970 --> 01:00:36,540

we've stigmatized this so much that we

1621

01:00:40,370 --> 01:00:37,980

don't want to talk about the weird

1622

01:00:41,569 --> 01:00:40,380

things that happen in our lives and we

1623

01:00:42,950 --> 01:00:41,579

think that oh that just don't happen to

1624

01:00:44,809 --> 01:00:42,960

other people this was something that you

1625

01:00:46,130 --> 01:00:44,819

know I kind of lost it and it only

1626

01:00:47,870 --> 01:00:46,140

happened to me but it happens to

1627

01:00:49,609 --> 01:00:47,880

everyone I think to some degree or

1628

01:00:52,190 --> 01:00:49,619

another other than that so surrounding

1629

01:00:54,470 --> 01:00:52,200

yourself with folks I I think

1630

01:00:56,690 --> 01:00:54,480

it's important to believe in people like

1631

01:00:58,010 --> 01:00:56,700

it's to be present to people you know so

1632

01:00:59,450 --> 01:00:58,020

don't just surround yourself with people

1633

01:01:01,309 --> 01:00:59,460

that are saying yes to you all the time

1634

01:01:03,289 --> 01:01:01,319

and that's ultimately not healthy you

1635

01:01:05,569 --> 01:01:03,299

need some of that right but don't just

1636

01:01:07,430 --> 01:01:05,579

do that I think you need to be present

1637

01:01:09,650 --> 01:01:07,440

with people that have no interest in

1638

01:01:11,630 --> 01:01:09,660

this at all who have interest in many

1639

01:01:14,990 --> 01:01:11,640

other things it's important to have

1640

01:01:17,210 --> 01:01:15,000

diverse interests that can engage you in

1641

01:01:18,890 --> 01:01:17,220

the real world the real world that is

1642

01:01:21,049 --> 01:01:18,900

around you in this moment not that this

1643

01:01:23,630 --> 01:01:21,059

isn't real there's plenty of time you

1644

01:01:25,609 --> 01:01:23,640

can dip into this conversation any time

1645

01:01:27,829 --> 01:01:25,619

of the day if you have that sleepless

1646

01:01:29,809 --> 01:01:27,839

night you can jump in and listen to this

1647

01:01:33,289 --> 01:01:29,819

stuff at any point but to the day to day

1648

01:01:34,910 --> 01:01:33,299

otherwise I would encourage folks to try

1649

01:01:36,890 --> 01:01:34,920

to incorporate some of these practices

1650

01:01:38,410 --> 01:01:36,900

we hear a lot about meditation I think

1651

01:01:41,270 --> 01:01:38,420

that's an important thing to try for

1652

01:01:43,789 --> 01:01:41,280

really hard to do I think it also is a

1653

01:01:46,250 --> 01:01:43,799

little over hyped I'm a realist in this

1654

01:01:48,470 --> 01:01:46,260

regard like I love meditation I'm not a

1655

01:01:51,049 --> 01:01:48,480

great meditator I do it on occasion I'm

1656

01:01:54,109 --> 01:01:51,059

not a daily meditator would I benefited

1657

01:01:56,210 --> 01:01:54,119

from it probably but I also recognize

1658

01:01:58,490 --> 01:01:56,220

that there are things that in my life

1659

01:02:01,010 --> 01:01:58,500

where I'm already meditating you know

1660

01:02:03,589 --> 01:02:01,020

how am I spending my time what am I

1661

01:02:05,870 --> 01:02:03,599

focusing on and most of us would answer

1662

01:02:08,630 --> 01:02:05,880

that well I'm focusing on

1663

01:02:10,190 --> 01:02:08,640

things that are happening out there and

1664

01:02:11,809 --> 01:02:10,200

to a large extent things that are

1665

01:02:14,510 --> 01:02:11,819

happening in places that I have

1666

01:02:18,170 --> 01:02:14,520

absolutely no connection with so I'm

1667

01:02:21,289 --> 01:02:18,180

focusing attention on you know war and

1668

01:02:22,730 --> 01:02:21,299

strife and problems and correctness and

1669

01:02:25,130 --> 01:02:22,740

all these things that aren't actually

1670

01:02:27,230 --> 01:02:25,140

where I am right now so that is the

1671

01:02:28,370 --> 01:02:27,240

valuable lesson about meditation is it's

1672

01:02:30,530 --> 01:02:28,380

saying well you know what you don't have

1673

01:02:33,230 --> 01:02:30,540

to do that you can turn that focus in

1674

01:02:35,329 --> 01:02:33,240

and explore the Inner Space that you

1675

01:02:38,270 --> 01:02:35,339

have and you and I both know that Inner

1676

01:02:40,069 --> 01:02:38,280

Space is really really rewarding and

1677

01:02:42,410 --> 01:02:40,079

will change you and I think make you

1678

01:02:44,589 --> 01:02:42,420

more aware of not only yourself but

1679

01:02:48,109 --> 01:02:44,599

aware of how others are in the world

1680

01:02:49,609 --> 01:02:48,119

yeah I think that's great advice and

1681

01:02:52,069 --> 01:02:49,619

going back to one thing you said about

1682

01:02:54,109 --> 01:02:52,079

finding community and finding people to

1683

01:02:55,730 --> 01:02:54,119

talk to I actually think that's one of

1684

01:02:57,770 --> 01:02:55,740

the biggest needs that we have in the

1685

01:02:58,970 --> 01:02:57,780

community right now because I know you

1686

01:03:00,170 --> 01:02:58,980

were saying it I hear it from my

1687

01:03:01,789 --> 01:03:00,180

listeners all the time I know other

1688

01:03:04,370 --> 01:03:01,799

creators in the space are hearing it all

1689

01:03:07,370 --> 01:03:04,380

the time what everyone wants is that

1690

01:03:09,770 --> 01:03:07,380

they want more opportunities to connect

1691

01:03:11,990 --> 01:03:09,780

to talk about this in a serious way not

1692

01:03:13,910 --> 01:03:12,000

with like every troll on Twitter which I

1693

01:03:16,549 --> 01:03:13,920

think and you know they want to form

1694

01:03:18,650 --> 01:03:16,559

relationships and and not everyone you

1695

01:03:20,270 --> 01:03:18,660

know has the time or the ability or even

1696

01:03:23,270 --> 01:03:20,280

the care really to go to like

1697

01:03:24,770 --> 01:03:23,280

conferences and meet people in real life

1698

01:03:27,049 --> 01:03:24,780

but I think that there's such a need

1699

01:03:29,150 --> 01:03:27,059

there's such a need there and I don't

1700

01:03:30,650 --> 01:03:29,160

want people to I know I have this really

1701

01:03:32,569 --> 01:03:30,660

irrational idea when I started the

1702

01:03:34,069 --> 01:03:32,579

podcast back in 2021 that I was too late

1703

01:03:34,930 --> 01:03:34,079

to the party that it was too late to

1704

01:03:38,510 --> 01:03:34,940

start

1705

01:03:40,250 --> 01:03:38,520

right you know so there's a lot more

1706

01:03:43,549 --> 01:03:40,260

people come into this party and so I

1707

01:03:46,490 --> 01:03:43,559

think if you're someone who has the

1708

01:03:49,490 --> 01:03:46,500

ability and the inclination to

1709

01:03:51,829 --> 01:03:49,500

form communities that's a huge need that

1710

01:03:54,109 --> 01:03:51,839

we have and being able to do that in a

1711

01:03:57,289 --> 01:03:54,119

way that's not ego driven that's really

1712

01:03:59,809 --> 01:03:57,299

about facilitating conversation among

1713

01:04:01,430 --> 01:03:59,819

others that's a hugely valuable skill

1714

01:04:03,710 --> 01:04:01,440

set right now that we do not have enough

1715

01:04:05,990 --> 01:04:03,720

of in the community and it doesn't even

1716

01:04:08,150 --> 01:04:06,000

have to be an online thing I mean I

1717

01:04:10,370 --> 01:04:08,160

think more and more people want to go

1718

01:04:13,010 --> 01:04:10,380

out to Coffee they want people in their

1719

01:04:16,309 --> 01:04:13,020

real life that they can talk to about

1720

01:04:17,930 --> 01:04:16,319

this and so you know start a meet up in

1721

01:04:19,370 --> 01:04:17,940

your area I think more and more people

1722

01:04:20,870 --> 01:04:19,380

are coming to this and the people who

1723

01:04:22,490 --> 01:04:20,880

are like making content we don't

1724

01:04:23,750 --> 01:04:22,500

necessarily have time to you know that's

1725

01:04:25,010 --> 01:04:23,760

the thing I get asked for by my

1726

01:04:31,069 --> 01:04:25,020

listeners more than anything else is

1727

01:04:34,309 --> 01:04:31,789

um

1728

01:04:36,410 --> 01:04:34,319

and uh and in some ways I don't think I

1729

01:04:39,109 --> 01:04:36,420

should be that person because I'm

1730

01:04:41,089 --> 01:04:39,119

already by just a virtue of the fact

1731

01:04:43,190 --> 01:04:41,099

that I'm on a microphone right now you

1732

01:04:44,870 --> 01:04:43,200

know my voice is being heard and I don't

1733

01:04:46,490 --> 01:04:44,880

necessarily want to be controlling or

1734

01:04:48,470 --> 01:04:46,500

like moderating a community space

1735

01:04:50,870 --> 01:04:48,480

because I think that that's almost like

1736

01:04:52,670 --> 01:04:50,880

overplaying that hand I don't want to be

1737

01:04:53,990 --> 01:04:52,680

shaving the conversation on that level

1738

01:04:55,010 --> 01:04:54,000

you know because I don't think it's

1739

01:04:57,890 --> 01:04:55,020

ethical

1740

01:05:00,049 --> 01:04:57,900

um but I think that I'd love to see it's

1741

01:05:02,210 --> 01:05:00,059

kind of a tangent but just putting a

1742

01:05:04,190 --> 01:05:02,220

call out to the community that if you

1743

01:05:05,809 --> 01:05:04,200

feel inclined to do that or if you're

1744

01:05:07,609 --> 01:05:05,819

looking for those kinds of connections

1745

01:05:09,770 --> 01:05:07,619

maybe you're the person who can make

1746

01:05:11,809 --> 01:05:09,780

that happen for people because I think

1747

01:05:14,930 --> 01:05:11,819

that need is enormous and this is a team

1748

01:05:17,990 --> 01:05:14,940

sport dismantling is a team sport yeah

1749

01:05:21,829 --> 01:05:18,000

100 and look we have in the world today

1750

01:05:23,950 --> 01:05:21,839

a crisis of community generally right

1751

01:05:27,710 --> 01:05:23,960

this is something that everyone

1752

01:05:29,750 --> 01:05:27,720

fundamentally needs and craves but the

1753

01:05:32,210 --> 01:05:29,760

institutions that provided that aren't

1754

01:05:34,549 --> 01:05:32,220

really functional anymore and so so

1755

01:05:36,710 --> 01:05:34,559

we're all a little bit adrift in the

1756

01:05:38,569 --> 01:05:36,720

world and trying to navigate virtual

1757

01:05:40,370 --> 01:05:38,579

community and sometimes that works

1758

01:05:41,750 --> 01:05:40,380

really well there are I think a lot of

1759

01:05:43,730 --> 01:05:41,760

good examples of virtual communities

1760

01:05:46,750 --> 01:05:43,740

that are healthy that do a good job

1761

01:05:49,609 --> 01:05:46,760

protecting their membership that Foster

1762

01:05:52,849 --> 01:05:49,619

constructive conversation so they do

1763

01:05:54,470 --> 01:05:52,859

exist it's just hard to find them but I

1764

01:05:56,210 --> 01:05:54,480

mean I can't Echo your point enough that

1765

01:05:58,789 --> 01:05:56,220

if you feel led to do something like

1766

01:06:00,950 --> 01:05:58,799

that it is really needed and that can

1767

01:06:03,410 --> 01:06:00,960

start very small I mean maybe there's

1768

01:06:05,450 --> 01:06:03,420

someone in your neighborhood or your

1769

01:06:06,829 --> 01:06:05,460

apartment complex that you know you've

1770

01:06:08,329 --> 01:06:06,839

had an exchange with and you could say

1771

01:06:10,549 --> 01:06:08,339

hey you want to grab some breakfast do

1772

01:06:12,470 --> 01:06:10,559

you want to just have a chat and don't

1773

01:06:13,970 --> 01:06:12,480

jump right into UFOs but you might end

1774

01:06:15,650 --> 01:06:13,980

up there at some point I mean this is

1775

01:06:18,530 --> 01:06:15,660

just stuff that I think is important to

1776

01:06:21,109 --> 01:06:18,540

try as a human being this engagement

1777

01:06:22,789 --> 01:06:21,119

interaction and I do know that there are

1778

01:06:25,490 --> 01:06:22,799

folks in the community already right now

1779

01:06:28,930 --> 01:06:25,500

who are trying to create these

1780

01:06:33,049 --> 01:06:28,940

experiences for folks that want a more

1781

01:06:35,270 --> 01:06:33,059

focused intensive community the weekend

1782

01:06:37,490 --> 01:06:35,280

or Retreat or something of that nature

1783

01:06:39,829 --> 01:06:37,500

because it is great you and I both know

1784

01:06:42,049 --> 01:06:39,839

like just meeting in person and sharing

1785

01:06:43,849 --> 01:06:42,059

a meal it's really it's healthy it

1786

01:06:46,069 --> 01:06:43,859

strengthens the community and makes us

1787

01:06:47,569 --> 01:06:46,079

better at what we do and I think that

1788

01:06:49,490 --> 01:06:47,579

that's only going to continue to grow

1789

01:06:50,390 --> 01:06:49,500

and the need will continue to grow as

1790

01:06:52,309 --> 01:06:50,400

well

1791

01:06:55,730 --> 01:06:52,319

absolutely agree

1792

01:06:57,349 --> 01:06:55,740

so one last question for those of us who

1793

01:06:59,450 --> 01:06:57,359

are in the community we're already doing

1794

01:07:01,430 --> 01:06:59,460

this work we've done or are doing our

1795

01:07:03,049 --> 01:07:01,440

processing what do you think we can do

1796

01:07:05,809 --> 01:07:03,059

to help the people who are coming behind

1797

01:07:07,309 --> 01:07:05,819

us how can we best be of service to

1798

01:07:09,109 --> 01:07:07,319

people who are going to be going through

1799

01:07:10,130 --> 01:07:09,119

all of this in the coming months and

1800

01:07:13,549 --> 01:07:10,140

years

1801

01:07:16,609 --> 01:07:13,559

yeah that's a tough one right I think

1802

01:07:20,450 --> 01:07:16,619

like a lot of things be a good listener

1803

01:07:22,609 --> 01:07:20,460

be slow to be prescriptive you know it's

1804

01:07:23,990 --> 01:07:22,619

really tempting we've done so much work

1805

01:07:26,329 --> 01:07:24,000

on this right and when we talk about

1806

01:07:28,430 --> 01:07:26,339

these theories and where we are now and

1807

01:07:30,289 --> 01:07:28,440

how we got here and it took us months or

1808

01:07:32,809 --> 01:07:30,299

years to come to some of these positions

1809

01:07:34,549 --> 01:07:32,819

and it can be tempting I think to meet

1810

01:07:35,809 --> 01:07:34,559

someone who's new and say you know what

1811

01:07:37,490 --> 01:07:35,819

great I'm glad you're here by the way

1812

01:07:39,349 --> 01:07:37,500

have you heard of the extra Tempest real

1813

01:07:41,210 --> 01:07:39,359

model like let's jump right into this

1814

01:07:43,130 --> 01:07:41,220

crazy Theory I think that can do more

1815

01:07:45,049 --> 01:07:43,140

harm than good right so I think listen

1816

01:07:47,990 --> 01:07:45,059

to where people are when they're coming

1817

01:07:49,789 --> 01:07:48,000

to you and meet them where they are and

1818

01:07:51,230 --> 01:07:49,799

have an engagement that's the best thing

1819

01:07:53,329 --> 01:07:51,240

that we can do as opposed to just saying

1820

01:07:55,190 --> 01:07:53,339

well I can see that your take is a poor

1821

01:07:56,569 --> 01:07:55,200

take let me give you a better one and

1822

01:07:58,789 --> 01:07:56,579

then immediately hope that they're going

1823

01:08:00,650 --> 01:07:58,799

to adopt that that better take I think

1824

01:08:02,750 --> 01:08:00,660

most of our experience people don't

1825

01:08:05,569 --> 01:08:02,760

really warm to someone telling them that

1826
01:08:07,789 --> 01:08:05,579
they're wrong immediately so I think be

1827
01:08:09,529 --> 01:08:07,799
nice be kind be compassionate and help

1828
01:08:11,450 --> 01:08:09,539
people as they do wrestle with these

1829
01:08:13,490 --> 01:08:11,460
questions because they will they

1830
01:08:15,650 --> 01:08:13,500
inevitably will and that's something too

1831
01:08:17,269 --> 01:08:15,660
with all this great content we have you

1832
01:08:18,650 --> 01:08:17,279
could say you know if you know someone

1833
01:08:20,570 --> 01:08:18,660
who's new to this you could say you know

1834
01:08:23,329 --> 01:08:20,580
what where I would start with where you

1835
01:08:25,910 --> 01:08:23,339
should start is with this episode or

1836
01:08:27,650 --> 01:08:25,920
this show don't go to this show yet but

1837
01:08:29,269 --> 01:08:27,660
maybe come back to me in a few months

1838
01:08:31,249 --> 01:08:29,279

and then I'm going to introduce you to

1839

01:08:32,990 --> 01:08:31,259

this show because you might be ready for

1840

01:08:34,490 --> 01:08:33,000

that material so I know that's a little

1841

01:08:37,130 --> 01:08:34,500

harder to do because you know we're all

1842

01:08:38,630 --> 01:08:37,140

kind of like in our own fan spaces on

1843

01:08:40,669 --> 01:08:38,640

content that we love and that we

1844

01:08:43,070 --> 01:08:40,679

resonate with but try to remember what

1845

01:08:44,930 --> 01:08:43,080

it was like for you when you were really

1846

01:08:46,490 --> 01:08:44,940

starting the journey and be present to

1847

01:08:48,829 --> 01:08:46,500

that person because that's kind of who

1848

01:08:49,970 --> 01:08:48,839

you're encountering most of the time and

1849

01:08:51,289 --> 01:08:49,980

how do you take them through that

1850

01:08:52,970 --> 01:08:51,299

journey and look this is going to happen

1851

01:08:54,829 --> 01:08:52,980

I think you would agree it's going to

1852

01:08:56,090 --> 01:08:54,839

happen a lot more or I mean a lot more

1853

01:08:57,550 --> 01:08:56,100

conversations that are going to be

1854

01:09:00,050 --> 01:08:57,560

taking place around the kitchen table

1855

01:09:02,209 --> 01:09:00,060

with those that we care about who are

1856

01:09:04,189 --> 01:09:02,219

never interested in this and trying to

1857

01:09:07,010 --> 01:09:04,199

get them to understand where we might be

1858

01:09:08,570 --> 01:09:07,020

now so practice that think about it I

1859

01:09:10,430 --> 01:09:08,580

know a lot of our I love the content

1860

01:09:12,470 --> 01:09:10,440

creators we think about this I I know

1861

01:09:14,570 --> 01:09:12,480

what Darren and I do and DJ and Deb now

1862

01:09:16,729 --> 01:09:14,580

we think about this how do we get folks

1863

01:09:18,950 --> 01:09:16,739

onboarded into the conversation in a way

1864

01:09:20,510 --> 01:09:18,960

that is healthy and not immediately

1865

01:09:22,789 --> 01:09:20,520

destabilizing

1866

01:09:24,769 --> 01:09:22,799

yeah absolutely that's a conversation

1867

01:09:26,630 --> 01:09:24,779

I've been having with other creators in

1868

01:09:28,309 --> 01:09:26,640

the space as well I think that's really

1869

01:09:29,570 --> 01:09:28,319

important to kind of go along with what

1870

01:09:31,910 --> 01:09:29,580

we were saying before about needing

1871

01:09:34,490 --> 01:09:31,920

people to build community we also need

1872

01:09:36,709 --> 01:09:34,500

people like all stages of this talking

1873

01:09:38,150 --> 01:09:36,719

to people you know you don't have to be

1874

01:09:40,130 --> 01:09:38,160

somebody who's been studying this for

1875

01:09:43,249 --> 01:09:40,140

decades and has this like deep

1876

01:09:45,470 --> 01:09:43,259

encyclopedic knowledge of this topic to

1877

01:09:47,749 --> 01:09:45,480

make a difference right now there are a

1878

01:09:49,669 --> 01:09:47,759

lot of people who are just starting to

1879

01:09:51,050 --> 01:09:49,679

consider stuff and you might just be a

1880

01:09:52,430 --> 01:09:51,060

little ways down the road past where

1881

01:09:54,169 --> 01:09:52,440

they are but you can have those

1882

01:09:55,430 --> 01:09:54,179

conversations and I really like the way

1883

01:09:57,050 --> 01:09:55,440

you talked about that meeting people

1884

01:09:58,729 --> 01:09:57,060

where they are don't throw them into the

1885

01:10:00,050 --> 01:09:58,739

deep end just create them where they are

1886

01:10:02,090 --> 01:10:00,060

and then maybe give them that next

1887

01:10:04,550 --> 01:10:02,100

little piece you know I think curiosity

1888

01:10:06,110 --> 01:10:04,560

is such a strong way to communicate with

1889

01:10:07,910 --> 01:10:06,120

people is to speak to their own

1890

01:10:09,830 --> 01:10:07,920

curiosity which may not be the thing

1891

01:10:10,550 --> 01:10:09,840

that you're most curious about but you

1892

01:10:12,470 --> 01:10:10,560

know

1893

01:10:14,450 --> 01:10:12,480

honoring that and listening to someone

1894

01:10:16,130 --> 01:10:14,460

else and hearing what's alive for them

1895

01:10:17,570 --> 01:10:16,140

and being like Oh you're into that you

1896

01:10:19,610 --> 01:10:17,580

might want to check this out and just

1897

01:10:22,430 --> 01:10:19,620

recognizing that there's a thousand ways

1898

01:10:24,169 --> 01:10:22,440

to walk this same road I guess yeah

1899

01:10:25,370 --> 01:10:24,179

totally although as you were saying that

1900

01:10:27,350 --> 01:10:25,380

I'm like sometimes it is fun to push

1901

01:10:30,350 --> 01:10:27,360

people on a deep end

1902

01:10:34,970 --> 01:10:32,390

she was cautioned but the position is

1903

01:10:36,530 --> 01:10:34,980

carefully the right person yes yeah that

1904

01:10:38,450 --> 01:10:36,540

would even take it for sure

1905

01:10:41,090 --> 01:10:38,460

well Nathan this has been such a fun

1906

01:10:43,430 --> 01:10:41,100

conversation I value you and your voice

1907

01:10:44,510 --> 01:10:43,440

in this community so much and I knew

1908

01:10:46,490 --> 01:10:44,520

you'd be the best person on this

1909

01:10:48,410 --> 01:10:46,500

conversation with and yeah this was

1910

01:10:50,510 --> 01:10:48,420

wonderful so thank you so much for