

1  
00:00:00,060 --> 00:00:06,059  
there's lots of talk about past lives is

2  
00:00:02,879 --> 00:00:08,849  
there a past life how come we cannot

3  
00:00:06,059 --> 00:00:11,460  
remember it and are there any ways to

4  
00:00:08,849 --> 00:00:14,490  
break through the memory barrier and is

5  
00:00:11,460 --> 00:00:16,230  
there an actual need to do that why do

6  
00:00:14,490 --> 00:00:19,379  
we have to deal with the old stories of

7  
00:00:16,230 --> 00:00:21,660  
the past my guest today says that may

8  
00:00:19,379 --> 00:00:23,939  
very well be good reasons to break

9  
00:00:21,660 --> 00:00:26,219  
through that barrier welcome all owners

10  
00:00:23,939 --> 00:00:29,789  
comma hello robert

11  
00:00:26,219 --> 00:00:31,649  
how do you like my fancy studio well it

12  
00:00:29,789 --> 00:00:33,239  
is certainly impressive certainly

13  
00:00:31,649 --> 00:00:35,808  
impressive you're a graduate

14  
00:00:33,238 --> 00:00:37,979  
psychologist and a transpersonal

15  
00:00:35,808 --> 00:00:40,589  
psychotherapist and you've also

16  
00:00:37,979 --> 00:00:43,078  
developed a very interesting methodology

17  
00:00:40,590 --> 00:00:46,859  
it's called mind walking which we're

18  
00:00:43,079 --> 00:00:48,600  
going to address today so let's let's

19  
00:00:46,859 --> 00:00:50,399  
talk about that transpersonal thing I

20  
00:00:48,600 --> 00:00:52,739  
mean usually when you hear about

21  
00:00:50,399 --> 00:00:54,808  
psychology it's all about solving

22  
00:00:52,738 --> 00:00:56,849  
problems in your childhood you had a

23  
00:00:54,808 --> 00:00:58,349  
trauma and you're in your past somewhere

24  
00:00:56,850 --> 00:01:00,059  
you know somebody's told you the ice

25  
00:00:58,350 --> 00:01:03,510  
cream and that traumatized you so much

26  
00:01:00,058 --> 00:01:06,090  
that you you you know it's still you

27  
00:01:03,509 --> 00:01:09,868  
know it's still in you you know it still

28  
00:01:06,090 --> 00:01:12,180  
has effects in your current life but in

29

00:01:09,868 --> 00:01:15,030  
transpersonal psychology it's not quite

30  
00:01:12,180 --> 00:01:23,118  
like that is it it is like that and

31  
00:01:15,030 --> 00:01:26,069  
there's more in say standard psychology

32  
00:01:23,118 --> 00:01:30,560  
the biography of a person is considered

33  
00:01:26,069 --> 00:01:34,859  
but not more than that however there are

34  
00:01:30,560 --> 00:01:39,629  
prenatal influences and even that would

35  
00:01:34,859 --> 00:01:42,390  
be considered transpersonal and the

36  
00:01:39,629 --> 00:01:47,399  
trauma that is really causing the

37  
00:01:42,390 --> 00:01:49,109  
aberrant behavior may not be just you

38  
00:01:47,399 --> 00:01:51,359  
are having lost you ice cream or your

39  
00:01:49,109 --> 00:01:54,000  
teddy bear and you were one year old

40  
00:01:51,359 --> 00:01:56,459  
although that hurt you tremendously and

41  
00:01:54,000 --> 00:01:58,920  
you made a lot of noise about it yes but

42  
00:01:56,459 --> 00:02:03,189  
it is not really traumatic in the sense

43  
00:01:58,920 --> 00:02:06,700

of broken bones and

44

00:02:03,189 --> 00:02:11,270

defeat and all that sort of thing so

45

00:02:06,700 --> 00:02:15,199

searching full the source of apparent

46

00:02:11,270 --> 00:02:17,990

behavior you eventually wind up with

47

00:02:15,199 --> 00:02:19,549

stories which are outside the biography

48

00:02:17,990 --> 00:02:23,030

of a person and that's why it's called

49

00:02:19,550 --> 00:02:24,950

transpersonal and that work is very

50

00:02:23,030 --> 00:02:26,689

exciting because you never know in the

51

00:02:24,949 --> 00:02:28,729

beginning what's going to happen between

52

00:02:26,689 --> 00:02:30,199

the session guide and the session

53

00:02:28,729 --> 00:02:32,869

partner so you kind of trust that

54

00:02:30,199 --> 00:02:35,179

transcend the lifespan of a person

55

00:02:32,870 --> 00:02:37,580

there's variable food yes the lifespan

56

00:02:35,180 --> 00:02:42,110

of the person as much as that person or

57

00:02:37,580 --> 00:02:46,880

his parents no it is transcended and

58  
00:02:42,110 --> 00:02:50,209  
other worlds other lives other

59  
00:02:46,879 --> 00:02:52,090  
biographies open up okay so can you give

60  
00:02:50,209 --> 00:03:01,629  
me an example of that

61  
00:02:52,090 --> 00:03:03,920  
well you it always starts with a

62  
00:03:01,629 --> 00:03:07,489  
specific problem you wish to solve

63  
00:03:03,919 --> 00:03:10,280  
because there is something keeping you

64  
00:03:07,489 --> 00:03:12,709  
from living life as fully as you feel it

65  
00:03:10,280 --> 00:03:14,989  
ought to be lived so there's a

66  
00:03:12,709 --> 00:03:16,939  
shortcoming of some sort of barrier and

67  
00:03:14,989 --> 00:03:23,860  
you want that barrier to to be done away

68  
00:03:16,939 --> 00:03:26,060  
with so you say I'm the sort of guy who

69  
00:03:23,860 --> 00:03:28,610  
who just can't win

70  
00:03:26,060 --> 00:03:30,319  
whatever I'm touching I can't win so

71  
00:03:28,610 --> 00:03:32,299  
that is the problem problematic

72  
00:03:30,319 --> 00:03:34,699  
situation now you goes through the life

73  
00:03:32,299 --> 00:03:38,239  
of that person all the times he couldn't

74  
00:03:34,699 --> 00:03:42,798  
win and you find there is no real answer

75  
00:03:38,239 --> 00:03:50,000  
in this life so once you have exhausted

76  
00:03:42,799 --> 00:03:52,840  
the store of memory images of this life

77  
00:03:50,000 --> 00:03:57,799  
there's a blank and many then persist

78  
00:03:52,840 --> 00:04:01,549  
it's something like a curtain was drawn

79  
00:03:57,799 --> 00:04:05,269  
open and other images not having to do

80  
00:04:01,549 --> 00:04:07,400  
with this life will appear and suddenly

81  
00:04:05,269 --> 00:04:11,959  
you will be just to give you an example

82  
00:04:07,400 --> 00:04:15,490  
this is I'm inventing this now you will

83  
00:04:11,959 --> 00:04:21,100  
find the example of

84  
00:04:15,490 --> 00:04:25,660  
say a runner who was at the point of

85  
00:04:21,100 --> 00:04:29,770  
making it at the Olympics and stumbled

86

00:04:25,660 --> 00:04:33,130  
and fell down and got hurt and didn't

87  
00:04:29,769 --> 00:04:36,180  
make it and that loss was so tremendous

88  
00:04:33,129 --> 00:04:39,459  
that it carried on and on and on even

89  
00:04:36,180 --> 00:04:46,000  
into the present now whether that

90  
00:04:39,459 --> 00:04:49,719  
incident is my clients past life we do

91  
00:04:46,000 --> 00:04:53,189  
not know but it is a past life so the

92  
00:04:49,720 --> 00:04:56,440  
point is the story's coming to mind are

93  
00:04:53,189 --> 00:04:59,019  
certainly stories of past lives but

94  
00:04:56,439 --> 00:05:00,850  
whether they are your personal past life

95  
00:04:59,019 --> 00:05:02,740  
or someone else's past lives

96  
00:05:00,850 --> 00:05:04,810  
you cannot tell there's no possibility

97  
00:05:02,740 --> 00:05:06,730  
to to prove the point

98  
00:05:04,810 --> 00:05:09,430  
so that however let me just finish the

99  
00:05:06,730 --> 00:05:13,319  
sentence however the moment you have

100  
00:05:09,430 --> 00:05:16,990

handled the traumatic loss of that life

101

00:05:13,319 --> 00:05:19,360

your behavior pattern in this life will

102

00:05:16,990 --> 00:05:21,250

change so the question is it yours or is

103

00:05:19,360 --> 00:05:24,240

it not yours is not really that

104

00:05:21,250 --> 00:05:27,009

important point is find the incident and

105

00:05:24,240 --> 00:05:29,769

resolve it okay so that's the

106

00:05:27,009 --> 00:05:33,490

transpersonal aspect of Ezra that that

107

00:05:29,769 --> 00:05:36,549

you that you do not necessarily find an

108

00:05:33,490 --> 00:05:39,430

incident in in your personal past life

109

00:05:36,550 --> 00:05:41,620

but may very well be that you stumble

110

00:05:39,430 --> 00:05:44,259

across somebody else's traumatic

111

00:05:41,620 --> 00:05:46,030

incident that's right but how come I

112

00:05:44,259 --> 00:05:48,339

mean how come that somebody else's

113

00:05:46,029 --> 00:05:53,309

traumatic incident can impact you so

114

00:05:48,339 --> 00:05:59,469

much well if it's with you if it's

115  
00:05:53,310 --> 00:06:01,540  
stored inside your it's a bit spooky to

116  
00:05:59,470 --> 00:06:04,540  
say this if it's stored within your

117  
00:06:01,540 --> 00:06:08,020  
memory banks or your memory storage

118  
00:06:04,540 --> 00:06:11,230  
space there is no such thing but I'm

119  
00:06:08,019 --> 00:06:13,240  
using it as a way of saying if something

120  
00:06:11,230 --> 00:06:16,420  
is stored inside your memory storage

121  
00:06:13,240 --> 00:06:20,319  
space it has power over you whether it's

122  
00:06:16,420 --> 00:06:22,660  
your own experience or an experience

123  
00:06:20,319 --> 00:06:25,819  
downloaded from another and I'm using

124  
00:06:22,660 --> 00:06:29,220  
this term very

125  
00:06:25,819 --> 00:06:32,370  
deliberately it is the same process as

126  
00:06:29,220 --> 00:06:34,710  
if you were downloading a file from the

127  
00:06:32,370 --> 00:06:36,780  
internet into your personal computer so

128  
00:06:34,709 --> 00:06:39,449  
there's something like a collective

129  
00:06:36,779 --> 00:06:44,759  
memory storage space containing all the

130  
00:06:39,449 --> 00:06:46,469  
trauma of war and violence and disaster

131  
00:06:44,759 --> 00:06:48,870  
and catastrophe that's been going on

132  
00:06:46,470 --> 00:06:52,200  
since the beginning of mankind and out

133  
00:06:48,870 --> 00:06:53,759  
of that you can draw a material and put

134  
00:06:52,199 --> 00:06:57,060  
it into your ailment into your own

135  
00:06:53,759 --> 00:07:02,939  
memory banks and that acts on you with

136  
00:06:57,060 --> 00:07:05,670  
the same power as if it were your own so

137  
00:07:02,939 --> 00:07:09,089  
where their own of Horan doesn't matter

138  
00:07:05,670 --> 00:07:10,710  
it has power okay so and you don't you

139  
00:07:09,089 --> 00:07:13,560  
don't try to find out whether it is your

140  
00:07:10,709 --> 00:07:16,529  
own your own memory or if it's somebody

141  
00:07:13,560 --> 00:07:18,600  
else's memory or people wanted to know

142  
00:07:16,529 --> 00:07:19,500  
this people want to find out it is not

143

00:07:18,600 --> 00:07:21,930  
my point

144  
00:07:19,500 --> 00:07:24,209  
finding it out my point is there is an

145  
00:07:21,930 --> 00:07:26,730  
image and that image has power you

146  
00:07:24,209 --> 00:07:30,060  
neutralize the image you deflate the

147  
00:07:26,730 --> 00:07:32,160  
power the person can now operate in a

148  
00:07:30,060 --> 00:07:36,240  
self-determined way which before he

149  
00:07:32,160 --> 00:07:41,040  
couldn't but the client is interested to

150  
00:07:36,240 --> 00:07:43,319  
find out was that me and of course the

151  
00:07:41,040 --> 00:07:47,010  
question is relevant to his sense of

152  
00:07:43,319 --> 00:07:50,459  
identification and the client will find

153  
00:07:47,009 --> 00:07:53,730  
the answer he will with great certainty

154  
00:07:50,459 --> 00:07:57,019  
tell you that is an attached thing that

155  
00:07:53,730 --> 00:08:00,180  
is mine and he will say yes that was me

156  
00:07:57,019 --> 00:08:03,359  
that person in that incident that person

157  
00:08:00,180 --> 00:08:08,160

who got eaten violet the Lions in a

158

00:08:03,360 --> 00:08:10,710

Roman arena that that person who got

159

00:08:08,160 --> 00:08:13,210

killed as a red Indian in the by the

160

00:08:10,709 --> 00:08:14,919

British cavalry in the

161

00:08:13,209 --> 00:08:17,349

in the conquerer but when the West was

162

00:08:14,920 --> 00:08:20,819

conquered that person was me I mean all

163

00:08:17,350 --> 00:08:25,830

these images are there to be picked up

164

00:08:20,819 --> 00:08:31,180

this sense of identity is very important

165

00:08:25,829 --> 00:08:34,809

which is shown by the following example

166

00:08:31,180 --> 00:08:39,669

I once had a person who was given the

167

00:08:34,809 --> 00:08:44,409

idea in some sort of therapy that the

168

00:08:39,669 --> 00:08:47,349

image of a hangman which and a torturer

169

00:08:44,409 --> 00:08:50,409

would come up inside her that this image

170

00:08:47,350 --> 00:08:54,190

refer to refer to herself then she

171

00:08:50,409 --> 00:08:56,439

walked around life in the belief plus

172  
00:08:54,190 --> 00:09:01,000  
disbelief that she had been a torture

173  
00:08:56,440 --> 00:09:05,590  
and hangman and that worried her no end

174  
00:09:01,000 --> 00:09:08,529  
and she for literally 30 years had a

175  
00:09:05,590 --> 00:09:08,889  
hard time because f therapy was 30 years

176  
00:09:08,529 --> 00:09:11,889  
ago

177  
00:09:08,889 --> 00:09:14,289  
and when this got fixed when she is

178  
00:09:11,889 --> 00:09:16,750  
through working with me came up with the

179  
00:09:14,289 --> 00:09:21,939  
realization this is an attached thing I

180  
00:09:16,750 --> 00:09:26,200  
never did this a whole load fell off her

181  
00:09:21,940 --> 00:09:28,690  
so a misidentification can be very

182  
00:09:26,200 --> 00:09:30,460  
dangerous to the spiritual and mental

183  
00:09:28,690 --> 00:09:33,580  
health of a person the correct

184  
00:09:30,460 --> 00:09:37,810  
unattended identification will help okay

185  
00:09:33,580 --> 00:09:44,020  
so you created mind walking which is the

186  
00:09:37,809 --> 00:09:48,309  
methodology - a way to find those memory

187  
00:09:44,019 --> 00:09:50,799  
aspects those primal scenes right right

188  
00:09:48,309 --> 00:09:53,579  
you call the primal scenes I call them

189  
00:09:50,799 --> 00:09:56,219  
primal incidents final is taken from

190  
00:09:53,580 --> 00:09:59,980  
Sigmund Freud's term primal scene

191  
00:09:56,220 --> 00:10:02,560  
Sigmund Freud thought that behavior is

192  
00:09:59,980 --> 00:10:04,269  
governed by traumatic scenes of very

193  
00:10:02,559 --> 00:10:07,209  
long ago which he called primal scenes

194  
00:10:04,269 --> 00:10:10,029  
but in Freud's days this was sort of

195  
00:10:07,210 --> 00:10:10,990  
early childhood but I have found that it

196  
00:10:10,029 --> 00:10:13,629  
goes further than that

197  
00:10:10,990 --> 00:10:16,180  
I call them primal incidents but yes

198  
00:10:13,629 --> 00:10:20,409  
this is what I am finding out through

199  
00:10:16,179 --> 00:10:22,719  
mind walking okay and what is what is

200

00:10:20,409 --> 00:10:24,639  
the the actual difference between hype

201  
00:10:22,720 --> 00:10:26,519  
no therapist or a regression therapist

202  
00:10:24,639 --> 00:10:38,129  
and you being a mind wall

203  
00:10:26,519 --> 00:10:41,519  
trainer therapy in general tends to make

204  
00:10:38,129 --> 00:10:45,889  
a diagnosis and put whatever the person

205  
00:10:41,519 --> 00:10:49,740  
says in the theoretical framework and

206  
00:10:45,889 --> 00:10:52,649  
interpreted inside this framework so in

207  
00:10:49,740 --> 00:10:55,889  
other words me as a therapist in the

208  
00:10:52,649 --> 00:10:57,629  
strict definition of the word I would

209  
00:10:55,889 --> 00:11:00,299  
tell you what you have to think about

210  
00:10:57,629 --> 00:11:02,689  
yourself because within my frame of

211  
00:11:00,299 --> 00:11:04,799  
reference whatever you say is

212  
00:11:02,690 --> 00:11:07,050  
interpreted in such and such and such a

213  
00:11:04,799 --> 00:11:10,379  
way and that means that you are so and

214  
00:11:07,049 --> 00:11:13,709

so that is done in therapy its diagnosis

215

00:11:10,379 --> 00:11:15,600

and interpretation and analysis whereas

216

00:11:13,710 --> 00:11:18,360

what I'm doing in mind walking I do not

217

00:11:15,600 --> 00:11:21,420

interpret or diagnose at all I'm asking

218

00:11:18,360 --> 00:11:25,080

you what's your problem you say I can't

219

00:11:21,419 --> 00:11:27,299

win so I say what memories can you

220

00:11:25,080 --> 00:11:32,040

recall this reference to I can't win so

221

00:11:27,299 --> 00:11:35,279

I'm opening an association space and

222

00:11:32,039 --> 00:11:37,620

whatever whatever comes in is narrated

223

00:11:35,279 --> 00:11:39,329

by you in all detail which makes it

224

00:11:37,620 --> 00:11:40,950

disappear and the next thing comes up

225

00:11:39,330 --> 00:11:43,740

which makes it disappear and so on and

226

00:11:40,950 --> 00:11:46,140

so on until we get to a primal incidence

227

00:11:43,740 --> 00:11:47,730

and you don't judge and I don't judge

228

00:11:46,139 --> 00:11:48,990

that's right the whole point is I'm not

229  
00:11:47,730 --> 00:11:51,690  
saying that's important that's not

230  
00:11:48,990 --> 00:11:54,000  
important I'm saying does it have to do

231  
00:11:51,690 --> 00:11:56,100  
with I can't win or does it not have to

232  
00:11:54,000 --> 00:11:58,620  
do with that and you will come up with

233  
00:11:56,100 --> 00:12:01,350  
all sorts of stuff relating to the

234  
00:11:58,620 --> 00:12:07,649  
session topic and that will lead you

235  
00:12:01,350 --> 00:12:11,670  
down to a primal incident and the the

236  
00:12:07,649 --> 00:12:17,519  
motor the driving motor behind it all is

237  
00:12:11,669 --> 00:12:21,149  
your interest I don't have to do much it

238  
00:12:17,519 --> 00:12:22,620  
is you who pull yourself forward and

239  
00:12:21,149 --> 00:12:23,299  
forward and forward because you want to

240  
00:12:22,620 --> 00:12:28,129  
know

241  
00:12:23,299 --> 00:12:32,539  
so in hypnotherapy they use hypnosis in

242  
00:12:28,129 --> 00:12:37,620  
regression therapy they use fantasy

243  
00:12:32,539 --> 00:12:40,269  
journeys they use imagination they use

244  
00:12:37,620 --> 00:12:42,039  
imaginary techniques I found

245  
00:12:40,269 --> 00:12:44,889  
is that this is not needed people don't

246  
00:12:42,039 --> 00:12:51,789  
need any of these props and supports all

247  
00:12:44,889 --> 00:12:54,159  
they need is the the right line to

248  
00:12:51,789 --> 00:12:56,649  
follow under recall and they will come

249  
00:12:54,159 --> 00:12:59,829  
down to the to the hidden books of

250  
00:12:56,649 --> 00:13:02,259  
treasure okay so okay let's assume I'm a

251  
00:12:59,830 --> 00:13:03,040  
client of yours I'm sitting in a session

252  
00:13:02,259 --> 00:13:06,100  
with you

253  
00:13:03,039 --> 00:13:09,579  
you also have this interesting device

254  
00:13:06,100 --> 00:13:11,500  
which we are going to address later okay

255  
00:13:09,580 --> 00:13:14,320  
and then you know I start remembering

256  
00:13:11,500 --> 00:13:17,019  
things and there's images associations

257

00:13:14,320 --> 00:13:19,120  
coming up and all that you know leading

258  
00:13:17,019 --> 00:13:20,470  
me to my primal incident but how do I

259  
00:13:19,120 --> 00:13:22,240  
really know that this is not just a

260  
00:13:20,470 --> 00:13:25,330  
fantasy journey this is not just

261  
00:13:22,240 --> 00:13:27,610  
imaginary scene I mean you know how

262  
00:13:25,330 --> 00:13:29,770  
would I being the client be able to tell

263  
00:13:27,610 --> 00:13:34,360  
whether this is fantasy or it is

264  
00:13:29,769 --> 00:13:38,069  
something real because it hurts really

265  
00:13:34,360 --> 00:13:43,300  
when you recall the real stuff

266  
00:13:38,070 --> 00:13:46,720  
your body hurts your tears run you twist

267  
00:13:43,299 --> 00:13:50,139  
in the chair you you you take on odd

268  
00:13:46,720 --> 00:13:52,330  
positions even before the image of the

269  
00:13:50,139 --> 00:13:56,919  
incident comes up so you begin to

270  
00:13:52,330 --> 00:13:58,240  
dramatize meaning to replay a story of

271  
00:13:56,919 --> 00:14:02,110

long gone

272

00:13:58,240 --> 00:14:05,350

the story of perhaps another who really

273

00:14:02,110 --> 00:14:08,500

wound up in a very bad spot and you

274

00:14:05,350 --> 00:14:12,310

begin to replay this physically with

275

00:14:08,500 --> 00:14:15,789

pains and emotions not yet knowing what

276

00:14:12,309 --> 00:14:17,949

it is and then the images will come and

277

00:14:15,789 --> 00:14:21,069

add to that and then you get the whole

278

00:14:17,950 --> 00:14:23,230

story of somebody having had an accident

279

00:14:21,070 --> 00:14:24,850

or they wound up in a catastrophe or

280

00:14:23,230 --> 00:14:29,680

having been tortured or whatever

281

00:14:24,850 --> 00:14:31,690

so within your bio biographical timespan

282

00:14:29,679 --> 00:14:34,659

you know it's true what you're saying

283

00:14:31,690 --> 00:14:36,100

because you can recall it I mean mom and

284

00:14:34,659 --> 00:14:37,659

dad where they and grandmother were

285

00:14:36,100 --> 00:14:39,670

there and I mean they're witnesses and

286  
00:14:37,659 --> 00:14:42,370  
then they go when you go beyond that you

287  
00:14:39,669 --> 00:14:44,019  
may well think well this is nonsense why

288  
00:14:42,370 --> 00:14:46,179  
do I think of elephants why do I think

289  
00:14:44,019 --> 00:14:48,789  
of riding on elephants why do I see

290  
00:14:46,179 --> 00:14:50,439  
people with turbans why do I see other

291  
00:14:48,789 --> 00:14:52,679  
planets why do I see

292  
00:14:50,440 --> 00:14:56,010  
angels and demons this is all nonsense

293  
00:14:52,679 --> 00:14:58,528  
by going man but the fact is that the

294  
00:14:56,009 --> 00:15:00,659  
things come by themselves you're not

295  
00:14:58,528 --> 00:15:03,389  
conjuring them up consciously or or

296  
00:15:00,659 --> 00:15:06,329  
deliberately to just come they press in

297  
00:15:03,389 --> 00:15:09,179  
on you and along with that goes and

298  
00:15:06,330 --> 00:15:12,389  
somatic and emotional traumatization of

299  
00:15:09,179 --> 00:15:15,088  
such force that you know I am NOT doing

300  
00:15:12,389 --> 00:15:17,129  
this it's happening so that is really

301  
00:15:15,089 --> 00:15:22,339  
the proof of the pudding also I have

302  
00:15:17,129 --> 00:15:26,700  
this machine which helps to guide us

303  
00:15:22,339 --> 00:15:29,490  
towards the the hot spot right how does

304  
00:15:26,700 --> 00:15:32,220  
it work can we come in it's it's it's

305  
00:15:29,490 --> 00:15:34,110  
it's a it's a simple galvanic skin well

306  
00:15:32,220 --> 00:15:35,820  
it's not a simple galvanic skin response

307  
00:15:34,110 --> 00:15:38,639  
meter

308  
00:15:35,820 --> 00:15:43,620  
it's rather and a sophisticated galvanic

309  
00:15:38,639 --> 00:15:47,789  
skin response meter it connects with my

310  
00:15:43,620 --> 00:15:49,950  
hair two electrodes which is the the

311  
00:15:47,789 --> 00:15:52,049  
simplest version there is a more

312  
00:15:49,950 --> 00:15:55,680  
advanced version coming up soon I hope

313  
00:15:52,049 --> 00:15:59,458  
which which works without electrodes so

314

00:15:55,679 --> 00:16:01,079  
now there's a needle here and now you're

315  
00:15:59,458 --> 00:16:05,849  
wriggling the needle with your hands as

316  
00:16:01,080 --> 00:16:09,270  
we as we have seen and when you address

317  
00:16:05,850 --> 00:16:11,430  
an area of mental tension this thing

318  
00:16:09,269 --> 00:16:13,620  
will rise this needle will go to the

319  
00:16:11,429 --> 00:16:15,659  
left just just open your hands a little

320  
00:16:13,620 --> 00:16:18,709  
bit it needle goes to the left and when

321  
00:16:15,659 --> 00:16:21,269  
you then come to the truth of the matter

322  
00:16:18,708 --> 00:16:23,669  
the needle goes to the right this is now

323  
00:16:21,269 --> 00:16:25,519  
simulated with your hands just make make

324  
00:16:23,669 --> 00:16:27,990  
it go to the left by opening your hand

325  
00:16:25,519 --> 00:16:29,579  
okay now let's charge building up

326  
00:16:27,990 --> 00:16:31,139  
resistance building up and then you

327  
00:16:29,580 --> 00:16:31,500  
close your hands and it goes to the

328  
00:16:31,139 --> 00:16:33,569

right

329

00:16:31,500 --> 00:16:35,610

that's charge coming down so how does

330

00:16:33,570 --> 00:16:38,190

this needle will help you find out

331

00:16:35,610 --> 00:16:40,409

what's them any telling way because is

332

00:16:38,190 --> 00:16:42,870

not a lie detector it's a truth detector

333

00:16:40,409 --> 00:16:47,069

anytime you see something that's of

334

00:16:42,870 --> 00:16:50,190

relevance you go oh and that moment of

335

00:16:47,070 --> 00:16:53,790

relief makes the charge go down in the

336

00:16:50,190 --> 00:16:57,120

needle go down so any inkling of truth

337

00:16:53,789 --> 00:17:00,149

you're getting is registered here and

338

00:16:57,120 --> 00:17:02,639

makes me ask you for more I ask you

339

00:17:00,149 --> 00:17:03,379

that's the way to go what else is there

340

00:17:02,639 --> 00:17:05,359

what else is

341

00:17:03,379 --> 00:17:07,759

what else is there so that machine helps

342

00:17:05,359 --> 00:17:10,729

me to keep the session very intense in

343  
00:17:07,759 --> 00:17:13,878  
honor on a narrow specific track on a

344  
00:17:10,730 --> 00:17:16,278  
narrow track yeah without the thing the

345  
00:17:13,878 --> 00:17:19,788  
session works just the same but it's

346  
00:17:16,278 --> 00:17:22,849  
perhaps a little curvier and sometimes

347  
00:17:19,788 --> 00:17:24,859  
you follow a trail that turns out to be

348  
00:17:22,849 --> 00:17:26,688  
a blind alley and you have to return and

349  
00:17:24,859 --> 00:17:29,359  
go back the main trail so the session

350  
00:17:26,689 --> 00:17:34,190  
can be done without it but that is for

351  
00:17:29,359 --> 00:17:36,258  
the client a short note of time and an

352  
00:17:34,190 --> 00:17:38,000  
intensification how long does it how

353  
00:17:36,259 --> 00:17:40,250  
long does it take such a session I mean

354  
00:17:38,000 --> 00:17:43,099  
usually you have like in a normal

355  
00:17:40,250 --> 00:17:46,210  
psychotherapy plan you have like 45

356  
00:17:43,099 --> 00:17:48,859  
minutes once a week or so I guess

357  
00:17:46,210 --> 00:17:51,409  
before us yes can we just do a real

358  
00:17:48,859 --> 00:17:56,109  
demonstration is this on the camera yeah

359  
00:17:51,409 --> 00:17:56,110  
just hold them still for a moment okay

360  
00:17:56,628 --> 00:18:01,428  
maybe you hold it a little bit more in

361  
00:17:58,759 --> 00:18:04,940  
front at the front camera can okay you

362  
00:18:01,429 --> 00:18:06,860  
can easily follow the needle now let me

363  
00:18:04,940 --> 00:18:09,139  
ask you Robert let me ask you an

364  
00:18:06,859 --> 00:18:13,398  
embarrassing question Robert have you

365  
00:18:09,138 --> 00:18:17,619  
ever kissed a girl yes what girl was

366  
00:18:13,398 --> 00:18:20,449  
that Robert come on which one a year

367  
00:18:17,619 --> 00:18:22,518  
okay there are significant downward

368  
00:18:20,450 --> 00:18:31,159  
motions to the right so there's truth to

369  
00:18:22,519 --> 00:18:33,980  
my question Robert the moment you

370  
00:18:31,159 --> 00:18:38,210  
address something that's true and of

371

00:18:33,980 --> 00:18:40,819  
relevance I mean it was not an almighty

372  
00:18:38,210 --> 00:18:43,069  
big slam to the right so I know it was

373  
00:18:40,819 --> 00:18:45,319  
dramatic experience yeah but you

374  
00:18:43,069 --> 00:18:47,689  
certainly have kissed girls I mean that

375  
00:18:45,319 --> 00:18:48,648  
I can tell from this little read it's

376  
00:18:47,690 --> 00:18:50,808  
not more than that

377  
00:18:48,648 --> 00:18:52,750  
okay you were asking me for the length

378  
00:18:50,808 --> 00:18:57,619  
of the session right right right

379  
00:18:52,750 --> 00:19:01,940  
well in contrast to standard therapy

380  
00:18:57,619 --> 00:19:04,459  
sessions which are done 45 minutes per

381  
00:19:01,940 --> 00:19:08,778  
week in most cases at least in this

382  
00:19:04,460 --> 00:19:14,150  
country Germany we are doing mind

383  
00:19:08,778 --> 00:19:17,410  
walking sessions until the true

384  
00:19:14,150 --> 00:19:21,200  
has been found and until the problem has

385  
00:19:17,410 --> 00:19:24,800

or until the probe is resolved which

386

00:19:21,200 --> 00:19:27,340

means we work from nine to six really so

387

00:19:24,799 --> 00:19:32,450

between nine to six taking breaks we

388

00:19:27,339 --> 00:19:36,769

clock up some four to six session hours

389

00:19:32,450 --> 00:19:39,830

and that we do for a day and a half for

390

00:19:36,769 --> 00:19:43,400

two days because after something between

391

00:19:39,829 --> 00:19:47,059

ten and fifteen hours things tend to

392

00:19:43,400 --> 00:19:50,330

resolve sometimes the second session is

393

00:19:47,059 --> 00:19:50,779

needed some weeks later to really finish

394

00:19:50,329 --> 00:19:53,299

it up

395

00:19:50,779 --> 00:19:57,319

but in my way of working ten hours would

396

00:19:53,299 --> 00:20:03,079

be a fast session and fifteen hours

397

00:19:57,319 --> 00:20:06,500

would be a good lengthy session twenty

398

00:20:03,079 --> 00:20:08,689

hours is quite unusable really so in

399

00:20:06,500 --> 00:20:10,490

other words you can get a lot done for a

400  
00:20:08,690 --> 00:20:15,230  
person in the timespan of two or three

401  
00:20:10,490 --> 00:20:21,259  
days which is rather how shall I say

402  
00:20:15,230 --> 00:20:23,029  
touching to me as a session guide to see

403  
00:20:21,259 --> 00:20:26,839  
someone who's been sitting on something

404  
00:20:23,029 --> 00:20:31,069  
for decades for this to be addressed and

405  
00:20:26,839 --> 00:20:32,750  
resolved within a time span of hours and

406  
00:20:31,069 --> 00:20:36,950  
naturally people are very happy about it

407  
00:20:32,750 --> 00:20:40,339  
and trouble is I'm I see most clients

408  
00:20:36,950 --> 00:20:42,470  
only once because it's gone it's gone

409  
00:20:40,339 --> 00:20:45,529  
you know there's no need to come back

410  
00:20:42,470 --> 00:20:48,259  
except after a while you'll find there's

411  
00:20:45,529 --> 00:20:50,269  
yet another fence further out and then a

412  
00:20:48,259 --> 00:20:51,769  
couple of years later I may see that

413  
00:20:50,269 --> 00:20:53,240  
client again for the next yes and what

414  
00:20:51,769 --> 00:20:55,819  
is yeah I was going to ask you what is

415  
00:20:53,240 --> 00:21:00,339  
the long-term effect of of this on the

416  
00:20:55,819 --> 00:21:04,220  
clients life everyday life attitudes

417  
00:21:00,339 --> 00:21:05,500  
when they the effect is an increase of

418  
00:21:04,220 --> 00:21:10,670  
integrity

419  
00:21:05,500 --> 00:21:12,049  
meaning personal wholeness and an

420  
00:21:10,670 --> 00:21:15,800  
increase of ethics

421  
00:21:12,049 --> 00:21:18,980  
meaning a considerateness with regard to

422  
00:21:15,799 --> 00:21:23,210  
the environment in a self-determined way

423  
00:21:18,980 --> 00:21:26,690  
in other words you know to be very grand

424  
00:21:23,210 --> 00:21:27,558  
about it now but even that happens you

425  
00:21:26,690 --> 00:21:29,499  
begin to

426  
00:21:27,558 --> 00:21:32,569  
then the purpose of your existence and

427  
00:21:29,499 --> 00:21:34,490  
you begin to understand the route you're

428

00:21:32,569 --> 00:21:36,319  
on to fulfill that purpose of your

429  
00:21:34,490 --> 00:21:39,319  
existence and that's a very big thing to

430  
00:21:36,319 --> 00:21:42,048  
say it's beyond this life it's a

431  
00:21:39,319 --> 00:21:45,678  
spiritual reason for existence in the

432  
00:21:42,048 --> 00:21:49,940  
spiritual path and people break through

433  
00:21:45,679 --> 00:21:52,129  
to that in an astoundingly short number

434  
00:21:49,940 --> 00:21:56,019  
of hours which makes me very happy

435  
00:21:52,128 --> 00:21:58,699  
because it means that we aren't as

436  
00:21:56,019 --> 00:22:01,548  
thick-skinned and calloused as one may

437  
00:21:58,700 --> 00:22:05,929  
think there is a spiritual truths to be

438  
00:22:01,548 --> 00:22:08,210  
found under a very thin veil if you only

439  
00:22:05,929 --> 00:22:11,059  
address the person correctly yeah and

440  
00:22:08,210 --> 00:22:14,240  
this spiritual truth that people stumble

441  
00:22:11,058 --> 00:22:16,849  
across stumble upon when they when they

442  
00:22:14,240 --> 00:22:20,058

undergo a session with you may very well

443

00:22:16,849 --> 00:22:22,069

be some kind of I mean you know there's

444

00:22:20,058 --> 00:22:23,839

a certain fringe factor in all this

445

00:22:22,069 --> 00:22:26,148

right I read in your book which is by

446

00:22:23,839 --> 00:22:28,099

the way this is the German book and it's

447

00:22:26,148 --> 00:22:29,148

coming out of English so it's going to

448

00:22:28,099 --> 00:22:31,519

be coming out

449

00:22:29,148 --> 00:22:35,118

I hope this autumn under the same title

450

00:22:31,519 --> 00:22:35,778

mind walking mind walking yeah it's a

451

00:22:35,118 --> 00:22:38,509

great book

452

00:22:35,778 --> 00:22:42,109

I can highly recommend that and there

453

00:22:38,509 --> 00:22:47,990

it's it's basically it also contains a

454

00:22:42,109 --> 00:22:50,178

collection of experience reports yes

455

00:22:47,990 --> 00:22:53,388

their session reports 135 session

456

00:22:50,179 --> 00:22:55,159

reports and explanations of how this is

457  
00:22:53,388 --> 00:22:57,349  
to be understood and how can this be

458  
00:22:55,159 --> 00:22:58,970  
because some very strange worlds and

459  
00:22:57,349 --> 00:23:01,819  
strange experiences are covered there

460  
00:22:58,970 --> 00:23:05,329  
and there is there's this fringe chapter

461  
00:23:01,819 --> 00:23:07,579  
right about aliens yes I mean how come

462  
00:23:05,329 --> 00:23:12,339  
that you know what what do how do a

463  
00:23:07,579 --> 00:23:18,668  
lian's come into play in all this well

464  
00:23:12,339 --> 00:23:18,668  
that's a rather large question to ask

465  
00:23:21,609 --> 00:23:31,908  
how shall I answer this first of all

466  
00:23:25,929 --> 00:23:34,009  
just merely statistically a great number

467  
00:23:31,909 --> 00:23:36,169  
of people I've worked it out in

468  
00:23:34,009 --> 00:23:39,740  
percentages I have done a study on this

469  
00:23:36,169 --> 00:23:46,080  
I believe some

470  
00:23:39,740 --> 00:23:50,339  
80% of my clients find themselves to

471  
00:23:46,079 --> 00:23:56,490  
have come from other worlds outside this

472  
00:23:50,339 --> 00:23:58,740  
earth only a very few incarnations ago

473  
00:23:56,490 --> 00:24:01,380  
so I have found that people have not

474  
00:23:58,740 --> 00:24:03,990  
incarnated not everybody has incarnated

475  
00:24:01,380 --> 00:24:06,270  
and reincarnated on this planet since

476  
00:24:03,990 --> 00:24:08,730  
the Stone Age and before there are

477  
00:24:06,269 --> 00:24:12,889  
plenty of newcomers and I believe that

478  
00:24:08,730 --> 00:24:20,640  
the grand ideas in music and science and

479  
00:24:12,890 --> 00:24:22,680  
the arts and politics have been brought

480  
00:24:20,640 --> 00:24:24,780  
in from elsewhere in other words the

481  
00:24:22,680 --> 00:24:28,980  
bright people streaming in make this

482  
00:24:24,779 --> 00:24:33,529  
culture go on and on and on this the

483  
00:24:28,980 --> 00:24:37,680  
reincarnated Stone Age people don't so

484  
00:24:33,529 --> 00:24:43,639  
having addressed this concept of earth

485

00:24:37,680 --> 00:24:48,060  
being a point to migrate to or come to

486  
00:24:43,640 --> 00:24:51,240  
you would on that journey of course meet

487  
00:24:48,059 --> 00:24:56,190  
all sorts of people who can be expected

488  
00:24:51,240 --> 00:25:01,680  
and out of that in that context people

489  
00:24:56,190 --> 00:25:06,120  
come up with stories of encounters with

490  
00:25:01,680 --> 00:25:08,310  
spaceships and I am NOT I must make it

491  
00:25:06,119 --> 00:25:10,379  
very very clear that in this work I am

492  
00:25:08,309 --> 00:25:12,480  
NOT suggesting anything to people I only

493  
00:25:10,380 --> 00:25:14,490  
ask them to tell their story and what

494  
00:25:12,480 --> 00:25:17,190  
images do they see and then people go

495  
00:25:14,490 --> 00:25:19,049  
into a state of incredulity and say how

496  
00:25:17,190 --> 00:25:21,180  
can how can I see that this must be

497  
00:25:19,049 --> 00:25:27,289  
science-fiction and I encourage them and

498  
00:25:21,180 --> 00:25:31,289  
out they come whiz call it spaceship

499  
00:25:27,289 --> 00:25:34,230

scenarios and space battles and being

500

00:25:31,289 --> 00:25:38,250

abducted abducted physically from Earth

501

00:25:34,230 --> 00:25:40,970

or encountering coming in from other

502

00:25:38,250 --> 00:25:46,359

astral planes or from wherever amazing

503

00:25:40,970 --> 00:25:50,660

encountering spaceship contacts and

504

00:25:46,359 --> 00:25:54,769

spiritual mutilations of all sorts it

505

00:25:50,660 --> 00:25:56,480

happens to a surprisingly great extent

506

00:25:54,769 --> 00:25:58,369

that's all I can say

507

00:25:56,480 --> 00:26:00,680

so I undergoing a session with you is

508

00:25:58,369 --> 00:26:02,569

like watching Star Trek actually it's

509

00:26:00,680 --> 00:26:08,660

not like watching Star Trek it's like

510

00:26:02,569 --> 00:26:10,960

experiencing Star Trek it's amazing yeah

511

00:26:08,660 --> 00:26:13,640

so so you know what's really fascinating

512

00:26:10,960 --> 00:26:18,079

fascinating me is the possibility that

513

00:26:13,640 --> 00:26:20,900

you you kind of develop and a memory or

514  
00:26:18,079 --> 00:26:23,240  
an experience or you let's say you

515  
00:26:20,900 --> 00:26:26,300  
remember an experience being an alien

516  
00:26:23,240 --> 00:26:29,690  
and then extraterrestrial being or it's

517  
00:26:26,299 --> 00:26:32,930  
a some kind of spiritual body less being

518  
00:26:29,690 --> 00:26:37,519  
or whatever and that experience is still

519  
00:26:32,930 --> 00:26:43,580  
affecting you in your current life yes

520  
00:26:37,519 --> 00:26:45,950  
it is not a matter of it's all yesterday

521  
00:26:43,579 --> 00:26:48,349  
why think about it you started this

522  
00:26:45,950 --> 00:26:51,100  
session with this opening line why worry

523  
00:26:48,349 --> 00:26:53,689  
about things of the past and indeed

524  
00:26:51,099 --> 00:26:57,289  
there's no need to worry about things of

525  
00:26:53,690 --> 00:26:59,900  
the past except some of these things are

526  
00:26:57,289 --> 00:27:07,940  
not in the past but with you in the

527  
00:26:59,900 --> 00:27:10,970  
present the moment I say to you describe

528  
00:27:07,940 --> 00:27:15,049  
a cat you see an image of the cat that

529  
00:27:10,970 --> 00:27:17,180  
cat image is now the cat the experience

530  
00:27:15,049 --> 00:27:17,869  
may have been in the past but the image

531  
00:27:17,180 --> 00:27:24,200  
is now

532  
00:27:17,869 --> 00:27:25,219  
so when through an outside trigger for

533  
00:27:24,200 --> 00:27:27,650  
example you're watching television

534  
00:27:25,220 --> 00:27:29,920  
you're watching Star Trek or Star Wars

535  
00:27:27,650 --> 00:27:34,220  
or whatever science fiction movie and

536  
00:27:29,920 --> 00:27:36,769  
suddenly you feel somewhat heavier than

537  
00:27:34,220 --> 00:27:38,210  
before and somewhat painful here and

538  
00:27:36,769 --> 00:27:40,190  
there and you get the horrors and the

539  
00:27:38,210 --> 00:27:41,630  
creeps and whatnot and the next guy says

540  
00:27:40,190 --> 00:27:43,460  
well what what's wrong with you

541  
00:27:41,630 --> 00:27:46,910  
everything's fine it's just boring

542

00:27:43,460 --> 00:27:50,660  
sci-fi movie so you're reacting to this

543  
00:27:46,910 --> 00:27:54,529  
that outside trigger in this case a TV

544  
00:27:50,660 --> 00:27:59,080  
program brings into the present an image

545  
00:27:54,529 --> 00:28:02,440  
containing miss emotion and

546  
00:27:59,079 --> 00:28:05,409  
physical violence and that interacts

547  
00:28:02,440 --> 00:28:10,029  
with your present state including your

548  
00:28:05,410 --> 00:28:13,570  
body so in that sense we are not dealing

549  
00:28:10,029 --> 00:28:18,129  
with the past we are dealing with what's

550  
00:28:13,569 --> 00:28:22,869  
now now once you have handled that image

551  
00:28:18,130 --> 00:28:24,580  
it is really in the past it can't be

552  
00:28:22,869 --> 00:28:26,409  
brought up to the present anymore except

553  
00:28:24,579 --> 00:28:28,539  
by conscious recall and that until that

554  
00:28:26,410 --> 00:28:30,519  
moment is still interferes with your

555  
00:28:28,539 --> 00:28:32,859  
present life and in your decisions on a

556  
00:28:30,519 --> 00:28:36,309

subconscious level maybe exactly it can

557

00:28:32,859 --> 00:28:38,740

interfere with your present life at any

558

00:28:36,309 --> 00:28:41,529

moment it's triggered on a subconscious

559

00:28:38,740 --> 00:28:44,500

level precisely okay

560

00:28:41,529 --> 00:28:53,549

Wow fascinating yes and it is quite

561

00:28:44,500 --> 00:28:53,549

amazing to what how shall I say what a

562

00:28:55,170 --> 00:29:03,759

what a snowstorm of images can be around

563

00:28:59,680 --> 00:29:07,799

the person making the person make

564

00:29:03,759 --> 00:29:15,190

decisions and choices and have

565

00:29:07,799 --> 00:29:16,720

pre-elections or withdrawals beyond

566

00:29:15,190 --> 00:29:21,190

their control yet they think they're

567

00:29:16,720 --> 00:29:23,710

perfectly rational because as long as it

568

00:29:21,190 --> 00:29:25,480

isn't offensive to anyone it's

569

00:29:23,710 --> 00:29:27,400

considered alright yeah

570

00:29:25,480 --> 00:29:30,910

and they say well that's just Joe you

571  
00:29:27,400 --> 00:29:33,070  
know when he sees sailing ships he he he

572  
00:29:30,910 --> 00:29:35,380  
just goes crazy and has to he has to

573  
00:29:33,069 --> 00:29:37,419  
jump on them hahaha then when you take

574  
00:29:35,380 --> 00:29:41,190  
him in a session you find out he had his

575  
00:29:37,420 --> 00:29:46,690  
greatest time in the 16th century as

576  
00:29:41,190 --> 00:29:48,279  
being a sailor man so he's still that

577  
00:29:46,690 --> 00:29:53,500  
fascination of back then is still with

578  
00:29:48,279 --> 00:29:55,329  
him so that causes a compulsive behavior

579  
00:29:53,500 --> 00:29:59,650  
he collects bottle ships

580  
00:29:55,329 --> 00:30:02,169  
he takes sailing courses all over the

581  
00:29:59,650 --> 00:30:05,440  
world and I mean sailing is his thing

582  
00:30:02,170 --> 00:30:09,630  
why it wrecks his family it costs a lot

583  
00:30:05,440 --> 00:30:12,670  
of money it takes a lot of time he's

584  
00:30:09,630 --> 00:30:16,420  
devoting a lot of time energy money

585  
00:30:12,670 --> 00:30:19,529  
on a hoppy in you that's alright as long

586  
00:30:16,420 --> 00:30:21,759  
as it doesn't really ruin his life but

587  
00:30:19,529 --> 00:30:23,889  
she's still wonder I mean was what's

588  
00:30:21,759 --> 00:30:25,629  
going on okay you could find out through

589  
00:30:23,890 --> 00:30:29,380  
a session that he is dramatizing that

590  
00:30:25,630 --> 00:30:31,210  
he's replaying the grand old times Wow

591  
00:30:29,380 --> 00:30:32,920  
perhaps he was the captain of the

592  
00:30:31,210 --> 00:30:35,110  
Titanic and is trying to make up for

593  
00:30:32,920 --> 00:30:39,039  
something you're not the only one who

594  
00:30:35,109 --> 00:30:41,949  
uses the methodology that you that you

595  
00:30:39,039 --> 00:30:44,589  
developed yourself but there's some kind

596  
00:30:41,950 --> 00:30:47,769  
of a network of trainers right yes the

597  
00:30:44,589 --> 00:30:50,339  
globe yes I'm teaching this method

598  
00:30:47,769 --> 00:30:52,859  
anyone can learn it it is not a

599

00:30:50,339 --> 00:30:55,929  
prerequisite that you have to be a

600  
00:30:52,859 --> 00:30:59,919  
psychologist or have a university degree

601  
00:30:55,930 --> 00:31:02,140  
anywhere anyone can learn it it is not

602  
00:30:59,920 --> 00:31:06,009  
therapy as I said but personality

603  
00:31:02,140 --> 00:31:08,320  
training or perhaps mental coaching so

604  
00:31:06,009 --> 00:31:15,509  
it's open for anyone to learn this and

605  
00:31:08,319 --> 00:31:18,579  
indeed mind walking is trademarked so

606  
00:31:15,509 --> 00:31:20,950  
there is a quality requirement rather

607  
00:31:18,579 --> 00:31:22,569  
stiff quality or eggman requirements go

608  
00:31:20,950 --> 00:31:25,569  
along with it so you want to call

609  
00:31:22,569 --> 00:31:27,309  
yourself a mind walking trainer in South

610  
00:31:25,569 --> 00:31:28,960  
Africa for example you'd have to have

611  
00:31:27,309 --> 00:31:31,419  
undergone certain training courses you

612  
00:31:28,960 --> 00:31:33,730  
need a license to do that and then you

613  
00:31:31,420 --> 00:31:37,570

are proper mind walking trainer and each

614

00:31:33,730 --> 00:31:41,410

session you do is written up sent by

615

00:31:37,569 --> 00:31:44,439

email to your instructor and your

616

00:31:41,410 --> 00:31:46,269

instructor goes the session it goes

617

00:31:44,440 --> 00:31:48,220

through the session puts his comments in

618

00:31:46,269 --> 00:31:50,980

sensors back down to you before you see

619

00:31:48,220 --> 00:31:54,370

your client the next day so we are very

620

00:31:50,980 --> 00:31:59,259

strict on quality control and on

621

00:31:54,369 --> 00:32:02,289

supervision and yes the trademark mind

622

00:31:59,259 --> 00:32:05,289

walking is all across Europe and in the

623

00:32:02,289 --> 00:32:07,000

US and South Africa and Australia and

624

00:32:05,289 --> 00:32:12,039

how long have you been doing this

625

00:32:07,000 --> 00:32:15,250

oh I've been working on this full weld

626

00:32:12,039 --> 00:32:18,250

since I've started to since I've

627

00:32:15,250 --> 00:32:21,549

finished since I graduated from

628  
00:32:18,250 --> 00:32:25,299  
university really which would be 40

629  
00:32:21,549 --> 00:32:26,289  
years but in this particular personal

630  
00:32:25,299 --> 00:32:29,619  
way developing

631  
00:32:26,289 --> 00:32:31,960  
walking that's about 30 years ago well

632  
00:32:29,619 --> 00:32:36,159  
and the actual trade name mind walking

633  
00:32:31,960 --> 00:32:38,380  
came up through a trip to Australia they

634  
00:32:36,160 --> 00:32:40,180  
thought that what I was doing was great

635  
00:32:38,380 --> 00:32:41,890  
and what I was doing what was I doing

636  
00:32:40,180 --> 00:32:44,110  
now said well I call it person

637  
00:32:41,890 --> 00:32:45,730  
personality analysis and coaching and

638  
00:32:44,109 --> 00:32:48,099  
they said well nobody can pronounce and

639  
00:32:45,730 --> 00:32:52,410  
we have to change the name so okay mind

640  
00:32:48,099 --> 00:32:55,779  
walking so the name was actually coined

641  
00:32:52,410 --> 00:32:59,170  
only ten years ago but my work goes back

642  
00:32:55,779 --> 00:33:00,759  
a lot longer than that okay great

643  
00:32:59,170 --> 00:33:02,920  
so where can I find more information on

644  
00:33:00,759 --> 00:33:05,410  
this well you can find it on the website

645  
00:33:02,920 --> 00:33:08,380  
you can find it on one book I wrote

646  
00:33:05,410 --> 00:33:11,830  
which is called the futures Ewers it's

647  
00:33:08,380 --> 00:33:15,850  
not with us unfortunately I couldn't get

648  
00:33:11,829 --> 00:33:17,500  
a copy in time it's published in in

649  
00:33:15,849 --> 00:33:19,539  
England with an English publisher the

650  
00:33:17,500 --> 00:33:21,910  
future is yours and then here mind

651  
00:33:19,539 --> 00:33:24,279  
walking is the future unburdened will be

652  
00:33:21,910 --> 00:33:26,340  
forthcoming in autumn and there's a

653  
00:33:24,279 --> 00:33:29,980  
website there's lots of articles on it

654  
00:33:26,339 --> 00:33:32,199  
okay and we'll show though the the web

655  
00:33:29,980 --> 00:33:34,630  
link here in this video so thank you

656

00:33:32,200 --> 00:33:37,840  
very much for introducing first for

657  
00:33:34,630 --> 00:33:40,630  
explaining this amazing method to walk

658  
00:33:37,839 --> 00:33:44,470  
around in your mind to find things to

659  
00:33:40,630 --> 00:33:47,380  
stumble across stumble upon things that

660  
00:33:44,470 --> 00:33:51,819  
may actually cause problems in your

661  
00:33:47,380 --> 00:33:53,650  
present life and to find and it's a true

662  
00:33:51,819 --> 00:33:56,679  
adventure actually right it's a true

663  
00:33:53,650 --> 00:33:59,019  
adventure time for both of them I mean

664  
00:33:56,680 --> 00:34:01,120  
the session guide never knows what's

665  
00:33:59,019 --> 00:34:03,000  
going to happen neither the Secession

666  
00:34:01,119 --> 00:34:08,139  
partners it is a journey of discovery

667  
00:34:03,000 --> 00:34:10,659  
yeah so an adventurous journey into

668  
00:34:08,139 --> 00:34:12,460  
yourself so thank you very much for

669  
00:34:10,659 --> 00:34:15,418  
coming all this , and thank you very

670  
00:34:12,460 --> 00:34:15,418

much for watching