

# CRep118

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Coming from the city of the weird exploring topics from the esoteric and unexplored two dimensions are known. Shining a light of truth from the darkest corners of our reality. Welcome to the curious realm.

 01:20

Well, hello, everybody, welcome. We'll be right with your Facebook fans. I guarantee you. We had a little bit of a button juggle there at the beginning and things went haywire all that kind of good stuff. So we will be right with you Facebook, but I assure you we are there tonight. We are here for you live tonight. Great episode we have with us pinch hitting tonight. Our good friend Mike turbo in the first segment we will be talking with Mike turbo five by five news about the latest in the Chinese spy balloon epic that is going on. Like I swear somebody's gonna make like the slowest new balloon movie ever. You know, it'll be like, it'll be the new red balloon the red balloon with a yellow star on it, you know, floating floating across America instead of the French red balloon film that I grew up with that that's what we should do. Mike will be talking with Mike Thurber about that. And the suppose it attack that took place last week and even the outage right now with meta things like that, how those things relate if they relate. In the second part we will be joined by local NLP practitioner and Dr. Dr. Celia Cervantes is on the show in the second part, talking about neuro linguistic programming and the idea of basically getting rid of negative self talk being able to not necessarily Hypnotize yourself, but to get your brain used to thinking in a different form and fashion than you might be used to it so and how that can help your life how that can help you move forward, get past traumas, how that can help you process the world of the paranormal that happens to you as a matter of fact, that will be taking a five hour long, no LP session, with the good doctor coming up this Sunday. So that will be interesting. I cannot wait to see come to see what comes out of it. We may be recording part of that and airing it for you if things are not too personal. I know. In the past, we've aired my past life regression that was done by our good friend Terry Lovelace, things like that. So we will be recording that session this upcoming Sunday and possibly airing some of it we will see right now coming to us from the not too distant future. Our good friend Mike turbo. How you doing, buddy? Oh, yeah. How you doing, buddy? That was classy. It's almost like we planned it. Just like we practiced.

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04:15  
No, we didn't. We didn't

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do that. Yeah. What's it? What's that about? Being cheesy? Yeah. This is my favorite one right here though. It's because it's all about perspective. Oh,

04:26  
ah,

04:28  
ah, and that. That is really a great example actually. Mike of the

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I mean, that's that's a classic right there. I

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mean, it is no, that's straight seventh grade shop class for me like the pictures that we took of like giant skateboards, you know, things like that. But that really is exactly what's going on with this Chinese balloon thing. You know, is the fact of there is there is just something else massive li going on. That is that is being twisted around and used in a different way. And I think I think that it has fed into a lot of people's panic. So let's let's start getting into some of the new developments with the with the balloon fiasco. So to speak, Mike, here's,

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here's what I've found out so far. Basically, it's mostly what's in the news. But there's some other stuff that's going to be coming out here in the next 24 to 48 hours, the balloon, the would they call it, the FBI calls it debris thing will not say the word balloon or whatever you want on that spin. But yeah, that's what they're calling so the FBI is calling it debris, the fisherman, it was a commercial fisherman up in our commercial fishing craft that apparently ran across this balloon that was in the water. It wasn't flying around or anything like that. They found it in the water. And what that makes me think it is is if you remember the show we did I think it was episode 67 or something like that. Where I had discussed a nether balloon, there was a third balloon at the time that no one knew about and this is a balloon that we Yeah, I think we had a phone call they came in. And I had

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over, captured

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some chatter. I'm trying to word this properly. So I don't actually reveal the communication method that I was using. We're not allowed to talk about methods and tactics. So the communication device that I was utilizing it time allowed me to hear the communications that was going on between some offshore craft aircraft and vessels that told me that essentially, one hour and 38 minutes after the balloon was shot down in the Carolinas a year ago, almost. I don't know what day it was, we're pretty close to right at a year with that. Close to the Yeah, the balloon that was over the Northern Pacific. It was about 1200 miles north of Hawaii, and a little bit towards the east. And that balloon was put down, I believe. And I still believe to this day, that China down to their own balloon, they basically just sent a kill command to it. And they didn't want to have any more negative impacts. Because remember, at the time Blinken was I was going to China and he canceled the trip. And also the weird stuff came up about that.

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But that balloon apparently went into the water. And

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not one mainstream media outlet picked up on that. And I think the only people that knew about it was myself and about six others. Yep. And we were all kind of asked to not say anything, but I'd already mentioned it on your show. So I don't care about re mentioning it now. But yeah, that that happened, that balloon hit the water in the balloon was not the same size as the other balloon, which was was the cargo on the other balloon was about the size of three, three school buses or city bus. And so this balloon, I believe, may be the balloon that the fisherman grabbed out of the water because if you follow the currents in that area, the currents go around the Hawaiian Islands and then go up just kind of like the Gulf Stream does in the Atlantic Ocean, we have a similar current over there where goes up, picks up some stuff on Hawaiian and deposits it over in the Aleutian Island area. And so I believe the possibility exists, that this balloon may actually be that balloon. And if we find out that that was a balloon, and it was the balloon that may have went down, you know, this time last year, and they just happened to find it. You'll be the only person that ever recorded it.

09:14  
Yeah, that's that's pretty cool. It's pretty cool.

09:17  
Well, and I remember that conversation because I remember I remember a colonel coming on and there's there's not often that I edit things Mike. But during our treat during our pre record of that. I went through and actively actively. you know. scrambled the Colonel's name if I'm not

mistaken. I think it was a colonel was it a colonel that popped through? We were we were doing the pre record and you got a phone call when it just ended those in



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the connection around not sure if you can hear me but somehow the connection is coming in and going out. Oh, yeah. Possibly another



09:59

x Some Sonos Yeah, yeah,



10:01

well it was it was interesting tunes



10:08

as well my finger around my nose



10:11

well if we need to we can we can go to straight phone call something like that that's not an issue at all but



10:21

those are still connected it Did you hear me? I can't hear you, huh



10:28

That's strange, weird stuff with Mike tuba imagine that and you know we'll try to reconnect with Mike here because this is our live segment and it it's funny to me with all of all of the things that have come out in the news about the Chinese spy balloons about the spy balloons floating over the Midwest spy balloons being shot down with missiles and missile just like missing a spy balloon. And, and going going into other locations, you know, going into a lake. There has been a whole entire Oh, there he is. Hey, he's back. Crawl right. Back from the future. Welcome. Welcome back, Mike. We were talking about the wild chain of events with these Chinese spy balloons, everything from the first one that was shot down to the second one that was shot at it missed the first time and had a missile go into a lake, one that was downed over Canada. And it's interesting how most of these are floating around from right there near Russian waters, things like that. We regularly have incursions with Russia. You know, I mean, you see reports

about it, like, oh my god, Russian fighter jets. It's like, yeah, they they had the same reports over in Russia, about oh my god, American fighter jets. Like, we're we're constantly pushing each other's airspace, things like that over there. So the fact that balloons come over from that area.

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The funny thing is, I don't I don't think people will realize exactly how popular balloons are. You know, if you go into the UAP UFO community, you'll find that everybody jumps on debunkers because we say that everything is alone, but they don't realize how many balloons are in the air at any given time. I mean, there's 900 locations around the world. Yep, that lunch weather balloons twice a day. So that's 1800 weather balloons that are put in the air each day, just from the 900 locations that report them. So that's a lot of balloons. And then on top of that, and you've got other scientific packages that float on balloons for months at a time, we're not talking about your balloon goes up, does the weather thing is sent as a sounding for weather balloons. And they normally go for about two and a half, maybe three hours. They get upper level winds, upper level readings on on the sun and all kinds of different stuff. So there's a lot more going on with balloons and people realize. So at any given time during the day, you're going to have hundreds of these things in the air. There's your standard weather balloon, and right there.

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Yeah, that expands to about 25 feet. Yep,

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yeah, well, he launched they're about six and a half to nine feet in diameter, when they launch, they actually that girl in the middle there. That's a good representation. So they're about six feet when they launch I wants maybe 50 or so you know, not that many, but enough to where I put cameras on them. If I put his cell phone online and last cell phone of the home the first time I put his cell phone on when I lose it. But you know, these things are very popular, then you have multiple types of balloons. So you have Yeah, balloons that are, you know, that carries basically full satellite type packages. And that Chinese balloon that came over the United States last year that had the full on the everything package. I mean, it had it had Wi Fi communications, and it was actually I don't know if this time I believe it's been recorded. But it was utilizing Wi Fi communication.

 14:31

No, no, it was reported the fact that they were actively using you a US internet provider to communicate. You know, that's and that's just it. It's the fact of and granted this. This is where that connection comes in with the things that just happened last week, Mike and do not get me wrong people. Yes, everything being made and QA, stuff like that. It definitely sets up the fact

for a data backdoor to be able to happen into chips and control processors and all kinds of things. But brother, I heard people literally on my job site, like, you need to get out of here early today, and you need to go into your bank account.



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Because it's coming, it's here.



15:24

And that that was the that was within hours. That was within hours of there being an outage reported. And I was like, you know, I'm connected with a couple people. If this was the case, I wouldn't be hearing from them. Yeah, even if, even if it was via other means via something else, you know, because of a cell phone outage guaranteed, you would have a means by which to get in touch with me like you do. My other security professionals would have means by which to do that. And just about guaranteed one of my RSS feeds, be it DHS, NHS, CIA, FBI. Like I follow all of their news feeds, so somebody would would have a red flag up somewhere, you know, and when a firm's cyber attack being investigated,



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the intelligence agencies would probably be one of the last to actually report it because they're under the gun so much for we're reporting things too soon, or do reporting at all. So normally, that's going to come through the White House, that's going to do it. It's going to come through a civilian agency CIA is is a civilian agency. So we come through there before it come through anything that's under the DoD umbrella. So you won't hear anything from NRO NGA, you're not getting anything from NSA, anything like that. Even Dan and I won't hear from them either. And they they run everything but in general there's there's there really shouldn't be a fear factor involved in some of this, especially when the out and when these outages happen. You know, if this connection goes again, I'm going to move where I'm at right now because for some reason that I don't know why I'm getting a poor connection. I'm not gonna I don't have any bars on my screen right now for somebody. But anyway,



17:18

cuz we're talking about them.



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That's probably trying to jam the communications. I gotta go out and look and see if there's a black banner outside before just because they switch to white now that you don't



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have a Wi Fi signal that says FBI surveillance van in your neighborhood Do you?

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Guilty as charged, if I did a screenshot right now you'll see the actual thing is that the Polk County I'm here in Polk County where the famous Sheriff, but he just did one

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of my favorites was a show lead that I used to travel with his personal cell phone Wi Fi was called hide yo kids had your Wi Fi.

 18:06

That's a That's a deep social cut right there. But it all sincerity, getting to the outages, because there was just one today on meta, things like that a lot of people I do not think realize, Mike, how connected all these services and servers are,

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you know, the way that it is the, the way the system is set up is first off 96 to 98% of all the communications on the planet are done through cables. So you're gonna you and that's all your international traffic and stuff like that. When you get into the domestic infrastructure, you get into, I mean, how many people that are watching this actually have a home landline anymore, I mean, very few. So you're relying on communications that are done through lines then are put into cell towers and then transmitted out but you are utilizing a device that 100% works on a point three watt to a maximum of, you know, maybe a water so but normally it's around point three watts of the cell phone, this communicating with the tower, and you got to be within X number of feet. All of the all the electronics that are utilized in some of these things are very susceptible to any type of solar attack. Here we go again. Sure. Well,

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and you know, that is, and of course, there are numerous news articles saying that, of course, that was not the main cause of the outage, things like that. 100% I'm not saying but Oh, absolutely. But also also not saying that it was that it was a hack, or that it was a backdoor from anything. You know, we have regular server outages. We have We have outages that happen all kinds of ways that if that if you have a problem, be it with a server or something like that, that there are backup servers that roll into service, that kind of stuff. Sometimes it can take a while for everything to port over to get moving everything else. But you know, it just has not been released yet. Anybody that it is in attack and by now we definitely would have heard something we definitely would have heard some kind of scuttlebutt coming down the pipes that there was a suppose that attack, you know, something along those lines. So let's see you I think that we lost mike there again. Wow, we've never had this connection problem with Mike. Strange on hold. Let's give it a shot again. So yeah, it's it's one of those, you know, like we

enjoy doing on the show, like the show is really all about it's about the demystification of things and trying to understand things and a deeper connection and a deeper way and to look at something like what happened last week. As as just prima facia? What it is a service outage, general service outage on two service three services really, because Cricket was involved in there, which is Verizon, a lot of these services, share towers, share servers, share, share data pipelines, all kinds of things. So to think that it is just the one thing or just just the one side of it is well in and of itself myopic you know, and we're going to we're going to try and get a hold the mic here via different means. Unless mics there you there, Mike.



22:02

I think I am. Oh, there is Hot diggity



22:07

trying to turn his camera back on here. And that's okay.



22:11

That's alright. So yeah, I don't know if you heard everything that I was saying there. I had your channel mute while I was dialing you. So it didn't, didn't, you know, being involved, all that kind of stuff. But we were basically talking about how numerous companies share pipelines, numerous companies share towers, they share communication, satellites, things like that. So the general outage can be spread in such a way. Without it being a backdoor without it being a hack without anything nefarious in that kind of way happening. You know, it happened all of a year or so ago that there was a major outage with Facebook, you know, all these things just today. Yeah, yeah, exactly. All these things tend to live on the same servers, they live on the same pipelines and in the same data centers. So you know, yeah, an outage on one can trickle to another. Because of that,



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well, it really is a trickle down effect. And you know, that's what kind of happens in these in these outages. One thing trips and others just like with power, when you when you trip a transformer that that means that the power has to be rerouted another way, and then that might trip another transformer, and then you have this skate effect. And that's actually what they call it as a cascade. Yeah. And so that's when you get into, you know, the realm of who's protecting their equipment better than the next guy. So when you have companies like Verizon AT and T, T Mobile, or the some of these big companies go down, then you look at okay, which company actually was down, and then you look at AT and T, which is the oldest of them all, of all of the bell companies, obviously, 18 t is American Telephone and Telegraph. So what that stands for, again, that's where that's where you start to question, okay, you've got a really good, reliable network in 18. T does have a reliable network, but it's nothing like horizons network, which is definitely the best of the bunch. It's in is apparently it's on T Mobile Road, most of the backbone of 18 T, but T Mobile has rebuilt their own network, Chris had to fake 5g



For the longest time. But they were virtually unaffected. And so that's where you come into, start playing around and looking at these systems where they have mall setup, I'm gonna try to get this home where it's actually more steady because I had to walk.

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But yeah, so that's,

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you know, you start to wonder what the infrastructure is on some of these companies. And keep in mind how many services rely on these companies. We're talking about emergency services, 911 services we're talking about a lot of them backline services that the hospitals use actually run on the backbone here and they use cellular type equipment. So that becomes a problem. A big problem.

 25:10

Oh, no, no, precisely, it becomes a huge problem. And I was I was one of those people that was unaffected by the outage. I found out about it whenever my contractors, I was like, you know, I'm getting a few failed messages that I wasn't getting yesterday. That kind of stuff. And as it came in, as people rolled in, like the first three or four people like, Hey, man, I don't know what's going on, but my my cell phones in SOS mode. And then the, the VP of the company that I was working with came in and was like, major outage on Verizon, like, I've got, like Verizon, and AT and T, I have absolutely nothing. But his, his co worker with the same company, had the I had no problem whatsoever, I had no problem people

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that were in the same house on the same plan. Yeah. And that was your indicator right there as to what caused this. Because it wasn't a hack. Yeah, if it was a hack,

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it would have been a total system outage, you

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would have been a total system outage, everything would be gone. And whatever node that they were bouncing around in, if I'm hacking into a place, I'm going to hack in through a node. And once I get into that node, I'm going to try to get to some main switch somewhere, and then take down that switch. If I can't take down the switch, I'll take down the node. And that means it'll be just like Orlando, or today, like I did with Facebook, I took down all of Facebook, all of Instagram, all of breads, and all of you know, meta, and the whole meta thing. I took it down

today just for fun. But no, that wasn't me. Somebody out there, he's gonna go, Mike Turner said, and then I'll see these guys in black coats come up here and grab me here in a minute. But um, you know, in this in the suspects at the time, I mean, they were talking cyber attacks, they were talking internal espionage, they were talking all kinds of different stuff. In the very first thing I looked at was the outage map. And as soon as I looked at the outage map, I went, Wow, we were attacked. We were attacked by the sun. That's who attacked us. Yeah,



27:24

yeah. And, you know, I'm a much bigger proponent of the outcomes razors situation, was it something that it was the total cause of it? Absolutely not. But it wasn't something that caused a cascade effect within old defunct systems that hadn't been replaced or updated, things like that. Sure. You know, in combination,



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so many different things. But the the key factor that tells you what it was, was some systems were affected, some, some weren't. Some of them had to do with maybe security updates, like somebody updated their phones, someone else didn't. And a lot of that has to do with how fast your phone reacts to them kicking it back on sorry about this walking around stuff. But, you know, when you, when you look at all the factors that are that are played into how the cell phone companies work, this will all change, by the way. Because we're going to go into a system that over the next five years, it's going to be much more similar to the GSM systems that are used around the world. And that will probably alleviate a lot of this, because most of the problems that we have here, they don't have in other countries. Yeah, they just doesn't happen. So you don't hear about a lot of this in other countries. And it's weird that we you know, we invented the telephone, we invented the cell phone, we invented all this stuff, yet we always seem to be the ones lagging behind the rest of the world when it comes down to it. If anyone on this watching this has ever traveled to another country, you probably noticed that your cell phone worked incredibly well outside of the country. And here you've got to go like I'm doing right now. I'm having to go up to this well, a lot of a lot



29:08

of that is because the other countries do not have the regulation that we have they do not have the frequency regulations that we have from the FCC things like that Mike, you know that make a difference with range and wattage and all that kind of stuff. So they're they're allowed to run it different devices.



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What's up? We're having a lightning storm. That's that's the issue that I'm having out here. How many come out and see if



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you know that is that is proof positive of the fact that yes, you know, systems are just that sensitive. That is that is something that honestly, folks, if if you're a voter, vote for anybody that's willing to upgrade the electrical grid in the United States that is probably hands down. One of our most vulnerable spots. It is Something that, you know, even right now with the existing electric grid across the United States, if they were to hit that mark, of all electric by 2030, or 2035, whatever it was, like, we were, we would melt the existing grid.

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Absolutely, I mean,

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the amount of electricity, hey, I mean, just like when I was up at Fort Meade doing what I used to do up there, we used to have to call Baltimore electric, whatever it's called, and Baltimore gang tell them that we're about to turn on our computer. That's no joke, the number one buyer of electricity in the entire state is this company place thing I used to work for. And we would literally have to contact them and let them know, Hey, we're about to turn on Titan, or, or one of the craze or even the D waves, we had two D waves that were there. So anybody who probably forgot where you were. But yeah, so you know, these things happen. And, you know, when you look at our infrastructure here, this is one of the things if you look at a corridor map, or you pull up any of our electrical grid and our infrastructure, a person with a elementary school education, can look at that map and go, Okay, I need to hit it here. And I need to hit here and here and here and here and here and here. And that's they can figure it out. It doesn't take rocket science to figure out where to hit our electrical grid to get the types of results that they would also get if they did an EMP. I mean, you could do a surgical strike. Have someone come in here with a 308 and shoot out substation somewhere? And that's it. No, I'm not giving out any you know, is I'm not

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giving out ideas, brother like that happened. That was a thing. There that was always years ago that there were people around the country shooting at him. And there was a huge one that happened in Vegas. That's correct. That happened at the solar farm. That's correct. And they ended up cornering the guy and like on on on a roof. I remember my buddies was in GM. Yeah, my buddy's wife was at the MGM and called us and was like, we're locked down right now. And it was because they caught the solar farm sniper like the dude that was shooting at the solar farms, and stuff like that.

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And then you know, that guy, thank you. They even showed you where he pulled up in his truck, or whatever it was, and you could see him just walk over and just like going, Wow, it's that easy. I mean, any anyone outside of our country watching that will go, oh, let's go to USA, we can do whatever we want. And that's still to this day, it's still a problem, because we don't

really respond. And other than military installations and very high critical installations. You're familiar with switch the company called Switch? Yep. Okay, so switch. I've been to their facility in Vegas. And they have to move to level whatever. I can't remember how the level systems were we'll just say level one systems because they have OC 48. And OC 128. When these buildings and if anyone knows what that is? Yeah, go down to Vegas. You see it you see how there's nothing and then right there in Vegas, you see it? That all the data connections and all the all of the major electrical connections because Vegas has the Hoover Dam. Yep. And so the dam creates that electricity for the West Coast. And then on top of that, because they have the electricity. Then it also follows through they have the switches. Yeah, I don't think zoom in on the on the on Vegas. But you can see it's a spice the only spider that's in Nevada and look at if you look at the entire state of Nevada, that bottom section in Nevada, now you're in New Mexico over there. Go to your left, that's Arizona, and then right there, right, California. I've seen these right here. There you go. Yeah, right there.

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That's a wedge. Yeah,

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that's that. That's it. So Nevada is totally blank, except for that area around Las Vegas. And if you look at the East Coast, you see all the spiderwebs on the east coast, but you'll see this imaginary line that seems to follow, you know, not necessarily the Mississippi. But if you go from the Central Texas north, you'll see everything on the West Coast is very sparse. But it but the West Coast accounts for most for a large portion of the country's population. But if you go to the East Coast, it would take a major attack on the east coast to bring down the systems because all of the spiderwebs look like it would be an easier target. But in fact, it's just the opposite. Yeah, it's


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it's things that can roll over and support each other and stuff like that which are nest which are necessary for winter outages, that kind of stuff. You know, and that was kind of thing that I kept bringing up and Yes, folks, I know we went through some horrible things a couple years ago with our winter here in Texas. And it was it was the fact of you know, the power grid went down. Well, the fact is you're not going to get materials or power grid supplies, the you know, transformers, things like that, that will deal with 120 130 degree desert heat and sub freezing temperatures.


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Right like that, that anything that these are being climate control facilities, and most of them are not, and it's normally not the actual equipment that ends up being the big problem. It's the outdoor, yeah, so happens you have the lines hanging down and yeah, you had it gets wet and precise, heavy and snap. Yeah.


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And


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then something as simple as that. Yeah. Well, it's


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the fact of the Northeast, you know, all these others that you see over here, over here used to the Mississippi, they are all fortified for cold weather, they're fortified for that. They if they had over 100 days of 100 degree weather like we did, they would have rolling brownouts and outages.

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Yeah, they would well, California, you know, went through that several the city. Yes. I had had that going on. Yeah.

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Because their situation with their grid is made for it and made for that.

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Yeah, and the thing about the rolling brownouts is you're actually that is the time that you test your facilities to see if they're going to hold up to an EMP attack or to a substation attack or something like that, because you're basically creating the exact same scenario. Yeah, that would happen. You're shutting down a substation and you're hoping like hell that when you turn it back on that you don't blow a series of transformers? Because that, you know, the, the turn on is more important than turning off turning off a substation. No big deal. Yeah, turning it back on.

 36:52  
They do. Yeah, it's like slamming the power off on a computer.

 36:58  
Yeah, and that's why they tell you that when your power goes out, go around and turn everything off. Yeah, and then when your power comes on turn things on slowly been but people don't do that we leave our air conditioners set to automatic we and of course when

people don't do that we leave our air conditioners set to automatic we and of course when whenever the power goes out your if you're in cold area, it gets colder if you're hot gets hotter. And so when your air conditioner turns back on, everybody's air conditioner comes back on and everybody can recall that when your power is gone out, it comes on for a few seconds and then bam, it's back out again. And you're wondering what happened it was just on what happened was you and all your neighbors had all your

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had all your appliances still on? Yeah,

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I have all your stuff on. And yeah, that creates issues. So when they turn it all back on, you had all your stuff on a created too much of a load on the system. And just like you would you blow a fuse while they were there a fuse. And that's what happened. So yeah, so there's a little bit for your turn all your stuff off whenever that happens.

 37:56

Well, and, you know, it's it's the fact of many of these things, Mike, are commonplace explainable. You know, it doesn't take a hugely in depth knowledge, to understand the chain reaction of things, but for the average person, I don't think the average person understands truly beyond a Schoolhouse Rock concept. What happens when they turn on a light switch? Ya know, and how that power is moved, how it gets from one location to another, how it moves down the line, how it's distributed, how Texas shares part of a grid with Mexico, you know, and you know, we help them they help us and stuff like

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that. Yeah, yeah. That's where if if Tesla, if we would have went the way of Tesla, we wouldn't have this problem

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at all. Well, we also wouldn't be paying for it, which is part of the issue. You know, you can't just that's the

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problem. You can't just get a very lonely man in the hotel room. Was he because

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he can't go to Kenya? Yeah,

39:05  
if you could have made money on it. We wouldn't be driving DC cars. We were injured on electric cars long ago. Well, electric car was not before the regular car was.

39:15  
Well, I mean, even that fact, you know, because there is the company I need to get them on, but they're right outside of Waco. They've been working with wireless transmission of power. We do have the fact that wireless power has been transmitted via laser back to Earth for the first time.

39:36  
You can pick up electrical power through Wi Fi. Oh,

39:38  
100% 100% Yeah, yeah. No, you could you could use micro vibrators things like that, um, curtains in the air. Hang that hang that inside of a building and just pick up the pick up the micro vibrations going through the air from all the Wi Fi signals and help power small voltage devices. like TVs, screens, that kind of stuff. That's

40:03  
true. That's true. Yeah, we're not talking about, you know, sexual devices. No,

40:07  
no, but he's gonna do that too. I mean, hey, a couple years ago, we laugh all the time, because a couple years ago at CES, that was like, the thing. And it was like, what is up with all the personal care devices? Like, and I mean, like a whole section. It was like, Whoa, like consumer electronics? Yeah, but I'm pretty sure this shows in a couple of weeks down the road in Vegas. Like, that's the adult convention.

40:47  
Yeah, that's a whole nother show, we have to get back.



40:51

It's the idea of power, where power is distributed from and what these things like the Chinese balloons, stuff like that may have been poking and prodding yet. You know, I think it much more likely, especially since they were using our own internet, to to communicate, and that has been fully confirmed, you know that they use the US provider.



41:18

And there's, there's actually a reason for that, because downward communication is very difficult to walk into jam. So when they were transmitting straight down to the ground, you would have to have a growler, which is a highly modified FAA team. Below that plane, they knew that the U two spy plane would go up with the dolphin back in the whole nine yards, and it would probably start jamming signals. But it's difficult to jam, direct signals aim straight down at eight oh, 2.11, or something along those lines, because they're not expecting that balloon to be transmitting at that frequency.



41:57

And once again, when you look at the size of that balloon, when you look at the size of the package on that thing, like it is a small satellite, it was the size of like three buses, like three city buses, something like that. So you know, and



42:15

you can see the shadow the shadow. And keep in mind, the plane that you're looking at to YouTube, YouTube is about 60 feet long. And that wingspan is about 100 and some odd feet. So you're looking at the shadow, like 100 foot balloon. Yeah, so it's about 200 feet across, and so that those balloons are huge. You know, they're not obviously that big when they're on the ground. But this particular type of balloon is a semi not semi rigid, but it's a lot more rigid than then. Well, it's



42:47

different than your average weather balloon. Yeah, and that's just that there are tons of these balloons available there. You can go out and buy one for a couple few 100 bucks. You know, one of them that was downed was actually one from a from a high school science class, apparently, you know, the day at all, that they had all pooled money together for it. That's how commonplace they are. They are not hard to launch. They are not hard to get a hold of. You don't need a license to do it. Third



43:17

trip. That was his third trip around the globe. Yeah, when he got shot down trip number three. Yeah. So you know, a lot of people think these things go up. They're not like mylar balloons, like an 18 inch balloon goes up and gets up to you know, on down averaged about 6000 people



an 18 man balloon goes up and gets up to you know, on down averaged about 6000 people with those pop. But your your average, home made weather balloon using a latex or rubber type material will go up into the 40s 50s and 60,000 feet and higher weather balloon will get up or the boys or similar weather balloons will get up to 100 to 120,000 feet before they burst. And then when after they burst. If you go back to that where you were over that red thing is hanging. If you look at that package hanging off that balloon, it's on the right there, that package there is set up in such a way that when the balloon burst, a parachute will automatically open 120,000 feet, there's not much air pressure at all. So the parachute doesn't even open. So that thing will fall down till about 45 60,000 feet before that parachute really starts to pop open. And then when it does, it just drifts down to the ground the radiosonde will still transmit on that frequency. Now keep in mind that the frequency is not something that you know is going to be picked up by flight radar or anything like that, like people can track these balloons and well they don't they really don't

 44:44

know but these balloons have a known quantitative as well. Yeah, like they they know what they look like whenever they blip. Things like that. It's not like they are tracking every single one of them. No

 44:58

Yeah. They don't track any of them. Yeah, pretty much. Here's the reason why and this this is what I found out when I was doing the research on the, on the UAPs like the Navy and the three Navy videos. Edward Tietz is the head of the weather facility that Armstrong which is at Edwards Air Force Base. And in my in my talks to him, I asked him I said listen to where they upgraded this what the radar systems on all of these navy vessels on the Aegis Cruisers and stuff like that. And when they upgraded these, whether a lot of the radar systems on the screws, the firewall B there was there was upgraded. And once the upgraded that that radar system, they were able to see these boards, they couldn't see the balloons before. So when I was talking to Edward, that was what was reported back to me is that you know, hey, I asked him point blank and say are we able to see this now? And that was the case and and so yeah, they can now see it the Aegis cruiser can see it the Navy cruisers can see it, or the Navy aircraft carrier. So totally different system.

 46:10

Yeah, yeah. And they you know, even even talking about once again to bring it back in our last 10 minutes or so hear Mike talking about the first balloon that happened that wasn't really talked about that

 46:28

was apparently scuttled. Alright, the was

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46:33

off the coast of Hawaii. And now the what the fishermen I mean, they're just calling it debris. But what the fishermen brought in to the FBI in Alaska, which may well be the remains of said balloons. So yeah, it'll be it'll be interesting to see how that pans out. Do you think do you think that there will be any data on that package if recovered?

47:05

Yes, and part of that data will be all I all I need to know is the type of transmitter that had and because it was transmitting at a specific frequency and at a specific range, and because of that, that tells me exactly which which type of balloon it was, I can even tell you where it was launched from and possibly even give you the date as to when that occurred. So that balloon when it went down last year, the balloon that no one knows about that's the balloon that they may have found off the coast of Alaska and that that is something that I'm going to be very interested to know because if we were the first ones to report that then no one else had that information back then. Yeah, and all I need to know is what frequency did that balloon transmit on because we picked up that frequency gotta be very careful here. We picked up that specific frequency that it was transmitting on and that's how I knew about it when you receive that phone call when it came in live during your broadcast. And Ken I told him I'm talking to Chris and he thought you because we have a curse on our Yeah, yeah, exactly. And I said we're going to different careers. But

48:21

you know after that we

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were able to track that balloon all the way down to the ground so one hour this happened one hour and 38 minutes after the balloon off the airlines was shut down this balloon was 12 180 or so nautical miles north Hawaii towards you know towards Alaska but nowhere near Alaska because it's less thought for and and that balloon went down to the water and that was it still transmitted. But when you're a lot of people don't know this. As soon as you put a transmitter underwater, it doesn't transfer with a crap. I mean, it really is you would think water would not be that big of an issue but they know it water is terrible. It's

49:04

a medium while it's great for carrying sound waves specifically long frequency sound waves

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on air so yeah, you gotta have 25 times more power to transmit to get the same effect and then the threat medium you have to transmit on ultra low frequency submarines and whales and exactly

 49:28

anything anything beyond the elf band which they have huge swath antennas under the ocean like that's what they heard the the compressive explosion from the sub submersible on was the elf and and yeah, like that carries forever. Anything else they have to they have to come to almost surface depth and Cindy up a bogey to be able to do it to be able to get past the water

 50:00

That's enough, a balloon believer, when they do is actually launch a balloon and the balloon has this little extra wires hanging off of it. They also behind the bus up behind the submarine, a lot of people don't realize is that behind a submarine, they will, they will trail a 1200 foot line that has all these antennas on it. transmit to so it has to go beyond the the cavitation of the actual propeller to get out of its weight, so to speak. And then actually ultra low frequencies and ELF frequencies and all that. So that's how they communicate. And that's how when they go deep, when they go deep, they're virtually cut off, except for a very specific frequency range that that they transmit on. You can't transmit huge data packets on those frequency ranges. They can kind of they can kind of do that now. But they couldn't do that. Yeah. Years ago didn't as short as 10 years ago. They

 50:58

couldn't do it now. Yeah.

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No, precisely. And it's it's amazing the technology that's out there. It's amazing how it continues to advance. And it's even more amazing to see that, you know, it can fly on a passively powered system along with things so we have about five minutes

 51:18

of seawater batteries and stuff like that. Yeah, they use sauna buoys to track the submarines. And back when I was in, we use magnetic anomaly detection. So imagine it. Oh, absolutely. Yeah, that's that's how we that's how we track some ranges. everybody's wondering, Hey, we stopped dropping these \$100,000 Sona buoys in the water to track the summaries from EC trees and, and whatnot. And then it kept the platform kept getting higher and higher. First, you had ships that was actually tracking, tracking submarines, other submarines ships, tracking vignette, planes, tracking submarines dropping buoys in the water. And the next thing, you know, we're a lot higher than that. Now, we can track submarines, just by using the Earth's magnetic field as backdrop. And if anything goes through it, well,

 52:06

you know, we need to have you on again to talk about UFOs and how that relates to UFOs. And the whole science behind cavitation. And how even cavitation. And that idea and gravitational cavitation is basically the concept of soft bodies work, you know, things like that. So, thanks for always coming on, man. It's always a pleasure talking with you. You're a wealth of knowledge on such things. And what I love doing on this show more than anything is, you know, as most of my guests know, is not only having the conversation and entertaining the thought, but trying to demystify things, trying to trying to remove some of the initial panic that people may have about a situation and for them to understand that like, No, you don't need to go empty a bank account right now.

 53:01

Yeah, that's why I love your show. Because,

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you know, as long as I've been doing your show, we've we've always tapped into that arena, where we're going into the paranormal, paranormal, we're going into UFOs we're going you know, from me, I'll come on after someone that just did a Bigfoot session with you. And then here I am going into some UFO ruled or something, you know, all these different subject matters and we get into some real high tech stuff, but we have to layman ions as much as possible. But at the same time, that demystification brings it down to a level where everyone can sit there and go, you know, this isn't really as hyped up, you know, because we don't hide anything we tell it like, yeah, the some of these places out there that broadcast vs all the time, they may have bigger shows bigger audiences and stuff like this, but they're, I appreciate I appreciate you not broadcasting crap. It's

 53:54

the fact of you know, and I just had this conversation the other day, much like, much like when, when we did the whole episode debunking debunking Corey Goode, you know, and, and that part, it just just the idea that like, people, people use these concepts to usurp people, to to usurp their, you know, sense of belonging, things like that, and it ends up becoming an abuse and I do not want to be a part of that. I would much rather expose that for what it is prima facia, and just say, hey, look, this is here, and if we don't pay attention to it, if people like myself, don't vet our guests, and don't make sure to say things like, Hey, this is my educated opinion from what I know. Don't state things as facts.

 54:51

Think about that. The magic of your show is that you know the subject you're not just some puppet sitting there reading off some little script Question and doing a cram session before you go on to do it. And that's one thing I appreciate we, we do. And I have touched on some subjects that there are sons. So there we go all the crap he knows about that. So, you know, so you're such a widely varied subject that you cover because you don't just do one. I mean,

there's some places that that's all they do is one subject all the time after a while you like and branch out just a little bit, you cover a lot of ground and you know, a lot of stuff and I'm very impressed with that. Well, it is



55:31

it is always a pleasure talking with you on and off air, my friend, you you take care of yourself before we let you go here in this last minute. Of course, let everybody know where they can go to keep up with the latest for Mike turbo and five by five news. I know you got a couple of great projects in the works. Where can they go to keep up with things where can they follow you all that kind of good stuff.



55:52

Well, you can follow me on on the usual places like YouTube is going to be pretty much the primary where I'm going to release some stuff Tik Tok is coming on very strong, I'm thinking I'm going to start doing a lot more with with tick tock because it just seems to be a much more pleasant platform to deal with. And I don't have as much you know, things Garner, and also on x.com. So over the next three weeks, we're going to start doing the lives we'll be coming back. We're gonna have some wonderful guests, you will be a guest as well on my show, because I look forward you for that. Jim Rathman will be a guest on my show, Jack's or fighty would be a guest on my show, Mike Moran and a bunch of different people we're going to bring on John Ramirez. So look, look towards that in the very near future. And also, I'll be bringing back the Las Vegas case. And we're gonna go back through the whole case, because we're getting close to the seven year mark. Yeah. And then that'll be a big one. So yeah, I appreciate it. Thank you. Bye. Hey,



56:50

man, absolutely. Once again, I did, we definitely need to have you on to talk about that whenever whenever the anniversary comes around. That is, of course how we met. So and that is a case that I will doggedly chase my entire career. Because until people recognize that it is the greatest mass shooting that has ever happened, that everybody just forgot about within like a month or so. On purpose, then then I'll stop ringing the bell about it. And that's what I ring the bell about is the distraction that they used. So, Mike, thank you so much as always, but take care of yourself. We'll talk to you soon. While you are online, checking out all of the amazing work of Mike Thurber and five by five news, make sure to stop by curious realm curious realm is where you can find all of the episodes, that's where you can go to curious rom.com forward slash videos and actively follow the YouTube, Mike Turb are all of our guests, you can find all of our stuff there. Make sure to stop by if you're a Roku user. If you have a Roku device, make sure to stop by and check out the all new Roku app from curious realm. It has all of the episodes all of our content, as well as all of my meditation and binaural beat music. If you're a targeted individual that has some fantastic stuff that you can get their state through the state. Stay tuned through these commercial breaks. Real quick, folks, when we come back, we'll be welcoming Dr. Cecilia Cervantes and talking about NLP neuro linguistic programming. The idea and really, if you are a targeted individual, stay tuned. Because NLP is something that

can truly, truly help you get out of that victim mentality, which as we know, is what helps short circuit the circuitry that they're using. So stay tuned. We will talk with Dr. Cecilia Cervantes right after this folks.

 58:59

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 1:00:12

Hello, everybody, and welcome to this special segment of the curious realm here in studio. We have with us, Dr. Cecilia Cervantes. So welcome to the show. How are you today?

 1:00:25

I'm doing great. Thank you for having me here.

 1:00:27

Absolutely. I had the honor of being on your show, changing paradigms of medicine, talking about binaural beats, Healing frequencies, things like that. And you were actually a practitioner of neuro linguistic programming. That's, that's what most of your practice is correct? Well,

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a lot of it is now, I am a medical doctor. And somewhere along the line later in my career, I decided I needed to understand the mind better. And that's when I learned neuro linguistic programming. So I could see, well, what do people really mean by the words they use? Because people would tell me, Well, I know what to do. I just don't do it. And I wonder, well, why wouldn't you do it if you knew what to do? Yeah, well,

 1:01:09

you know, that's an interesting point, because we as a society tend to stymie ourselves a lot. Especially here in the West, we don't we don't really have goods, I guess the idea of good self image here in the West has really finally taken root. And the idea of Oh, no, no, do you? Like

you? Do you? For years in Europe and other countries? There has been this idea of No, no, you need, you need a firm foundation of rest, you need a firm foundation of family time. Like when, if, if I had a baby in Europe, I would probably get a month off as a father to be with my kid. Not so much here in America, you're lucky to get a month off as a mother, much less a father. So we have already kind of this, I guess, reticent victim mentality in our heads that we just kind of feed into linguistically on a daily basis.



1:02:12

Yes, it's true. You know, the words we say, tell us what we think about ourselves. We are describing ourselves with the words that we use, and neuro linguistic programming. Programming means neuro means the nervous system. Linguistic is the words we use our language. And programming is is what those words cause us to do our behaviors, our actions. So we're constantly programming, programming ourselves, to act in a certain way. And people will say things, I'm things such as, oh, I'm just sick and tired of this, and I'm sick and tired of that. And then they find themselves sick, and tired. Well, what have they programmed themselves to do?



1:02:53

Yeah, yeah. And, you know, it's interesting to see so many things, especially in the realm of science and medicine, coming to the point, literally coming to the culmination of manifestation almost. And the idea of Oh, no, no, like, psychosomatically what you say is, you know, and yeah, when when you constantly put yourself in the state of a victim, when you constantly talk about yourself in a negative way, because we have a lot of negative self talk, you know, like, I hate it when I do this. Well, you know, you do have consent into that system. You don't, you don't have to keep doing it. Exactly,



1:03:40

exactly you are. You create your own reality, you know, all the time. And it's taking responsibility for that, rather than thinking that you are a victim, because because you're not you create your world and how you see it, and how you behave in it all the time. And so you have to be careful with your thoughts, your feelings, your emotions, all those things, program you. And everything that you see around you, affects you in a certain way. You take it in, but you you filter it through your own filters, your own values and your emotions, that and that is how you will see the world. And so that's why two people will not see the same thing at the same time. Yeah, because they all have different filters.



1:04:29

If we talk about this phenomenologically regularly on the show when it comes to paranormal experience when it comes to two people who live in the same house. Two people that maybe had the same event in their backyard describe things differently. My brother and myself were both brought up in the same house by the same single mother, but because of the filters of the reality that's happened between then and now. Those things impact us differently.

 1:04:58

Exactly. So We're walking around in our own little world, and we also project on to others, our feelings and our beliefs. So we'll project on to someone. And and it's not, you know, you could get angry at someone but who you really angry. Are you angry at yourself?

 1:05:19

Yeah, yeah. And a you know, as as an anxiety sufferer. And and well a pretty depressive personality, honestly, I it is something that I regularly come to with my wife. And it's, it's no excuse. It's an ownership of Sweetheart, I'm sorry, I yelled at you earlier, that was my own shame spiral. That was that was I was not angry at you for mentioning that. I was ashamed at myself for not having thought about doing it. You know, and it's really more an accountability and understanding that if I don't back myself up and realize the fact that no, no, no, I'm not angry at her for anything. I'm angry and sad at myself. And that's okay. It's an emotion. But I can't take it out in that way. Because when I take it out in that way, it kind of solidifies it as being that instead of what it is, right,

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yeah, we'll just continue with the blame game, and never really get to the root cause of what is crumbling us, you know, why are we getting triggered? And then and then reacting in that way, there's something there. And it has nothing to do with that person. But they have sort of chosen to be the the person that you're projecting on? Yeah. And so then you have to kind of go down that path. It's like, what am I really upset about? Why do I get triggered when someone says a certain something to me? Sure. And it has to do with something either in your past, or in your past life, or in your ancestry, there's something that's being triggered, and it's coming up, and it's coming up, because it wants to be dealt with? Your unconscious mind wants to deal with this, with this once and for all, so that you can move on, because unless and until you deal with it. You're going to continue continue to carry that with you. Yeah,

 1:07:19

yeah. 100%. And, you know, we regularly talk on the show about the fact of our beautiful brains, the pattern systems that they are, are unfortunately wired really well for negative reinforcement, we learn a lot faster, that fire is hot, don't touch it, than we do that fire will cook us food and keep us sustained. You know, we learn more from that immediate danger point and from a negative reinforcement than we do from a positive reinforcement. Even the idea of a coach yelling at you, you know, much ask a wrestler like when they are in gripped in that embrace with somebody and wrestling on the ground, they hear their coach's voice yelling at them, like, Hey, do this, and they may not have even been thinking about doing that. But instinctively, because their coach has been yelling at them. While that's happening. They hear their coach's voice, giving them advice in the same way. You know, and it may seem negative, but it's there to help with survival. It's there to these were all important things, not necessarily



something negative. It's just the fact that now our society is different. We don't have that immediate threat of a saber tooth hunting us in the dark. You know, so that negativity goes somewhere else and gets reinforced by other things and frequently by our own self talk.

 1:08:48

Exactly. And, you know, we are wired for survival. So that sometimes we are overly reactive, right? Because we're used to living in that place. Yeah. And, and having that kind of adrenal response, where we are lashing out. Yeah, because everything seems to be a threat to us. And we're living in a world where everything is fast, fast, and you get information fast. And, and, and I think it's it's not helping us internally because we're overreacting. Sure, you know, the things that we're watching on television or on the on the computer may be ramping us up also, ya know, and it could be something that is kind of intentional. So, oh,

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sure. 100% I mean, we got into that on your show a little bit. The idea of our eyes and brains see it about 30 frames per second 24 to 30. That's why there's that beautiful frame quality of movies, things like that, that are shot between 2430 frames per second. It seems like we are right there. but once you start doubling that, once you start getting into like 60 cycles per second, you know that idea of 60 cycle hum the flickering of a fluorescent light that's so fast that it makes your eyes tired. We start going into those natural hypnotic states 234 time, you're looking at 120 hertz TV right there. That's four times faster than we can see our brains get tired faster. We get into an untrained zombified state faster, you know, and while while yes, our brains do need escape, that's a different kind of escape that isn't necessarily and honestly, we were getting into this before the show, and I think it's a great time to bring it up that I think that that is one of one of a lot of people's catch us with Neuro Linguistic Programming is that they are afraid that it's a type of hypnosis that they don't have control over, you know, like, I know quite a few people that will not go through a past life regression, hypnosis, despite things that have happened, because they're afraid of what somebody might implant. perfectly understandable when you're talking about that kind of hypnosis. If if you have the wrong kind of hypnotist, absolutely. They can implant things in there. They can make you think all kinds of things that could even further harm you, you know, and bring you to a different point of victimization in your mind. But Neuro Linguistic Programming is different than that hard put under hypnosis, correct?

 1:11:39

Well, in hypnosis, most hypnosis is self hypnosis. Sure. Now, when you are causing people to do things that harm themselves, that's kind of called brainwashing. And brainwashing requires that usually requires that there'll be torture involved your break, you break someone's will down to the bare bones. And that's brainwashing it is that intense torture where you you make people do things you would not normally want to do.

 1:12:10

Yeah yeah Yeah And you know there there is that's definitely been done that's been shown

Yeah, yeah. Yeah. And, you know, there there is, that's definitely been done that's been shown to, sadly enough, be horribly effective doctor. But that is not what Neuro Linguistic Programming is there a linguistic programming is much more. I guess the first time that I looking back on things that I recall, ever even mentioning it to somebody, it was a boss of mine who I worked at a club at night that he owned running sound, and I worked with him at a country club during the day. And we had a nightmare to I did the snow was thick to have the band's canceled. And he was like, oh my god, like, what? What are we even going to do for the night? And I just kind of flipped things around. And I was like, Well, you know that one band that's coming does have about three hours worth of stuff. And they're typically much more in the gym band realm. So like, we just start putting the word after those peonies, like, how do you how do you always have some kind of positive spin? It's like, can't you just be negative for a day? Oh, you know, I used to be very, very negative all the time. And I realized that it did nothing at all for my life, that it didn't help me on the daily that it didn't like, yeah, there's always some way that you can learn from a situation, there's always some kind of positive that you can glean out of it if you look hard enough. And it really is, I guess, getting to that personal point where you you just revoke consent from the system of negativity, of constant negativity and realize that, oh, no, like, I'm blocking most of myself here.

 1:13:57

Yes. And negativity is really a low energy state. The negative emotions are in a lower state of energy. And so it literally kind of brings you down almost right. Yeah. And you can feel it, you can feel it. When you go into a place that is very negative. You feel almost the life energy being sucked out of you, you know, or when you're around someone who's very negative. Everything they say to you is negative, negative, negative and you feel yourself kind of deflating, you know, yeah. And they're like a vampire. Taking your energy from you. So negativity doesn't serve you. Well, and it will take your energy will zap you of energy. Those people are often tired, they're depressed, they don't feel good because they have no energy, their energy body down.

 1:14:50

Yeah. And, uh, you know, even even with the idea once again, it's interesting to see how much medicine Here in the last probably decade, and even spirituality has has really come together and the understanding of the not just the whole patient, but the whole person. And the idea that our our spiritual basis, our self fulfillment, those things like I spent yesterday rewiring this studio right here behind me like ripping things apart installing new stuff. I don't really sell a whole lot of music. I love it. And this is this is like my space. This is, I guess where my muses come, it's as close to a hearth, as I have. So for me to do that is fulfilling to me, I would rather spend a day relabeling wires and rewiring this thing, then I would probably out fishing or doing something like that, because it fills me up so much. And if that's selfish, okay. Like I will accept the selfishness because I need it.

 1:16:08

It's not selfish. Yeah, you're filling yourself up with energy. You know, how can you give someone energy? If you have none? Yeah. Right. So you've got to fill yourself up with energy. So this space is like your sanctuary space. It's where you come to be who you are, and to, you

know, increase your energy and do what makes you happy and what you love. And that is so important, you know, love and happiness, all the positive emotions are give you energy. And in neuro linguistic programming, it is a series of technologies that we use to kind of figure out, where are you in your life right now? How are you thinking about yourself and about the world around you? And how can you take those words you use, and your emotions and your thoughts and your feelings and turn it around? And you had mentioned the reframe what you were doing what you were reframing? You know, people will look things negatively. And you can reframe them and say, but, but on the other hand, this is the positive stuff that I see there. Yeah. And wouldn't that be better to go into that direction. And you always want to go into the direction of what you want. Too often, we're going into the direction of what we don't want, we're going towards the negative because we think that if we think of the negative will keep ourselves from going there, but we go a little towards it when



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we think Sure, sure. And with that I think also comes the idea of separating one to need you know we there's there's two love two words that I think we really really overused in our society. And that is love and hate. Love can make you habitual lies to something really, really fast. There's there's an old song by K RS one were the first hip hop songs that ever made me perked my ears up because it had a message. And the song was called love's gonna get you. It's like so you think you love that car, you think you love that gold chain? You think you're in love with that woman over there? Probably not. You need to be in love with yourself once once you're fulfilled in yourself, you'd be surprised what you actively attract, you'd be surprised how maybe you'll find a relationship that is a little bit healthier than you are for you. Because you're actively not looking for somebody to complete you. You know, which, which is a huge bonus to put on somebody when when you use that Jerry Maguire phrase you complete me like, wow, that is a huge responsibility that you've just thrust on somebody that like without you, I am not a complete human being. That's a lot of weight. That's a lot of weight. And we don't we don't realize that even the idea of falling in love. The idea that love is an accident instead of an action. You know, instead of a purposeful, purposeful action. It's interesting how our society has pre programmed us to these things and we wonder why we have relationship issues we we wonder why we have issues fulfilling ourselves and, and quite literally our destinies as far as what we're supposed to be doing.



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If we're an empty, empty vessel without energy, how can we you know, how can we fall in love with someone else? There's no energy there for that. And we do have to fall in love with ourselves first, and be kind to ourselves and nourish ourselves. Like like you would nourish a plant. And, or a child, you give them good food so that they grow well and, and give them positive energy. Yeah, yeah. So inside yourself, you have to have that energy first, in order to find it elsewhere. Sure. Otherwise you're it's, it's a search that is, you know, it's a full search, you're not going to find that in someone else, unless you have it in yourself. Well,



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and, you know, probably one of the biggest things that I have held with my sons you just met outside, coming up on seven years old is the fact that I am here to raise the most independent

person as fast as I can. I'm a loving father, I spend time with my son, but I have never spoken to my son as though he is a child. I've, I've always explained things to him to the depth to which I would explain them to an adult, you know, no, no different. And it's kind of nice to know that like, when, excuse me, when we sleep in on a Sunday, that he knows how to get his own breakfast is six years old, you know that we come out and he's got his cartoons on or he's busy building something on his tablet, and he is occupied in his world and completely and utterly fulfilled, he may want to come share something with us during the day. But he's not like many of the kindergarten first graders that I worked with many years ago that are lost when mom walks out of the door, you know, and are unable to do for themselves emotionally unable to really Rubik's cube the world around them and make sense of things. You know, it can be hard, and we tend to carry those traumas forward in life. And even the idea of the studies that have been done recently where traumas are carried epigenetically It was a beautiful study done here in the last year or so with Vietnam veterans and their children showing the fact that the epigenetic changes that happened to them when they were POWs and out in the field carried on to their children. You know, so the idea of your negative self talk, carrying on to the next generation, whether you say it out loud or not. That's deep, that that goes a long way. What can people do to start recognizing these negative patterns? Because I think that's where it really starts is learning to recognize it prima facia? When it happens it just like I was saying earlier, just kind of calling it out and saying like, Nope, sorry. This is what this is. And I'm very sorry, I just let that happen to you. You know,

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I like to tell my clients, especially that they need to start stalking themselves. And that's an idea that I got from Carlos Castaneda.

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That's, that's a beautiful term. Yeah, absolutely. yourself.

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Listen to what you're saying. And when that negative word or thought comes out, you know, pick it apart and turn it around, you know, delete it, delete it, because, you know, we're like computers, right? And when we don't like something on our computer, we delete it, right? We've got to delete that and then put in something positive. Yeah. And start to hear, listen to what you're saying about yourself. And that others listen to your words, because your words, they do manifest. They, they can cause you to manifest things in your life that you don't want. And you don't even realize you're doing it. But you'd have to start realizing it. Because you are creating your reality with the words that you're using. You need to listen to it, write it down and say why am I saying this to myself? I'm probing programming myself. To to be negative. Yeah. And I and I'm self deprecating, you know, you I hear some people say, you know, I'm not that smart like you are. It's like, Oh, what, when did you come up with that? When did you start believing that? Whoa, well, and

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what's the measure of smart? Yes, exactly. You know, that's like saying, you know, I'm not normal, like you are, well, well, let's get the baseline of normal real quick because I'm pretty sure most psychologists have that somewhat wrong, you know, like it. It's this idea that we are beholden to somebody else's idea of who we are and what we are and why we are, you know, and it leads to so many things in our society that that are quite literally just, I'm sorry, folks. I look right at the camera, they are vapidly sucking away the energy of our society. It like the one thing I say to people regularly, whenever the political discussion start, whenever the religious discussions start, whenever the the phobic whatever conversation start is I'm pretty sure this country was started by a bunch of people that were so tired of somebody else telling them what they needed to be that they were like, I don't care if I have to go six months across the ocean, and maybe not live, I'm not believing in this anymore, I'm out

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we have to be willing to be crazy enough on the block to be like, I revoke my consent to this cup fucktard system, because it's, it's just gone. It's gone. You know, and in the idea of having to be beholden to somebody else's idea of you or your life? Or what happens behind the closed doors of your home. We have let it utterly rent the spare space in our heads.

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Absolutely. And there goes freedom out the

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door. Yeah, there are quite literally, quite literally, you know, it's interesting,

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because my history is that my family came here from Cuba. Oh, wow. Way back when, when you were, you know, in the beginning of the revolution, and we left with the clothes on our back, literally, with the clothes on our back, you have to get for freedom, what are you going to do for freedom? Are you going to leave everything behind? Are you going to let it all go? Yeah, to have that freedom. And guess what, we still need to be thinking that way right now? Because totally free?

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No, no, absolutely not. And that's just it, you know, you you grew up with a system of oppression where there was a chief on the corner, telling other people what you were doing and things like that. And this is a reality that, you know, unfortunately, we have kind of lost place of in this country, we you hear a lot of people, unfortunately, really kind of badmouth this country, and it is one of those like, wow, I'd like to see you try to make that decision. And about eight other countries, I could ring all the Cuba being one of them, you know, I'd like to see you

wake up and be able to make that decision in Cuba. You know, I'd like to see you be able to wake up in the Ukraine and make that decision today. You know, there are still many places in the world that we are looked up to as that beautiful place of decision of freedom, a personal decision. But for some reason, we are locking away our personal decision of being happy, and being able to be happy and be fulfilled in what we have. It's,



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it starts with you, you know, do you want to be happy? Do you want to be free? And you want to know when someone is impinging on that? You have to have that total awareness? Yeah, you have to not just listen to yourself, but listen to what others are saying to you. What, you know, what is the television telling you? What is it things are being we are being programmed, in many ways? Absolutely. Yes, this country is has been the jewel in the crown. But there are those out there who are wanting you to go in a different direction. The only one that can keep you free is yourself. That's right, you have to be willing to let go of certain things for that freedom. And you have to ask yourself, What am I willing to let go of? Yeah. Am I willing to walk away from a certain job that makes me miserable? Okay, am I willing to walk away from a relationship that just keeps me in chains? Yeah. Because you have the option to leave the option to make that decision? Yeah. You



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have to be really well, well, and you know, it is it is that consent into a system. And it's a system that we've once again, societally been programmed in so many ways, you know, even even the, the gender roles of man versus woman, you know, it's something that I've tried to impress upon my wife so many times is that, you know, I'm not saying that the pressure is actively there, of me as breadwinner. But from society's point of view, and from just about anybody's point of view of, you know, my parents age or older, that would be the question is a what Chris can't provide. It wouldn't be a teamwork situation like hey, the two of them together having some problems. Oh, no, no, no, no. The programming is Oh, what Chris can't provide. So it there, there is a lot of programming that's been pre done for us in society, you know, even even whenever you look at that psychological expectation of Cinderella, and I want to know when it became okay for guys to for, for guys to just come and kiss you in your sleep when is that what you're supposed to be aspiring to is the guy who comes in and shows his love for you in your sleep? You know? And that's his first communication of tenderness to you, like there? Is there all of these subtle things that yes, are absolutely there programming wise, they kind of start us off on an uneven keel to begin with, really, that, yeah, that we kind of have to break, and you don't really think about it, but it's in there in there, you know, and that's just it, it's not, it's not like a huge undertaking of, we're gonna have multiple sessions of hard hypnosis and give you give you some trigger phrases and give you some hand motions that, you know, whenever you feel this way, so subconsciously, you're gonna wiggle your toe, and that will help you relieve the stress. Neuro Linguistic Programming is learning to understand these things that are put upon you, and being able to unweave them in real time. Exactly.



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It's because you know, you have your conscious mind, which is about 5%. of, you know, of you, and then the unconscious mind is the other 90 95%. And you want to in between the conscious

mind and the unconscious mind, there's this critical wedge. And if we remove that critical wedge, you know, we can understand ourselves a little more holy, what is in our unconscious? What are our beliefs? What are our values? A lot of these things are very unconscious to us. Sure. And with neuro linguistic programming, you learn to you learn about yourself, what do you really believe? And how do those beliefs? How do they help you? And how do they obstruct you? How do they keep you back, because there are a lot of negatively held beliefs that hold us back. And some of them could be ancestrally carried through the generations, or they can come from even a past life. Sure, and it comes forward with you. At some point, your job is to let it go to discover what is the root cause? And, and can I let this go? What have I learned from this? Because everything negative is there to teach you something?



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Yes, yes, absolutely. Absolutely. Even as you know, earlier, you were talking about the rapidity with which society happens. And that that is utterly shown in in behaviors like panic. I myself, I'm seeing somebody right now for slight panic disorder. And it's basically misplaced anxiety or anxiety is worries about thing things in the future, like, oh, it's going to be dark in a little while, I should probably get a fire ready. You know, once again, it takes us back to those things that as cavemen we worried about in preparation, you know, do I have food for the night, I need to go out and gather food, you know, things like that, that that helped us our anxieties were good things. But, but when they happen so fast, when they when they happen to a point that it rocks your world, and it suddenly becomes panic. So many people are living in that state. And I surprisingly found myself in that state in the post COVID world I was I was not that way. I had some anxiety, some social anxiety issues, but but not to the point where it was like, Yo, wait a minute, this is a panic attack. And it really does. Bring a lot of that immediacy to mind. And that was a lot of what my therapist told me was the idea of being able to recognize that and being able to realize that no, no, no, your Quicken heart rate, you're sweating. Everything else is a normal biological function of anxiety. Don't Don't let that worry you. Don't let that lead you down a road of panic, because suddenly you've got a rapid heartbeat and you don't know why. Start start tracing back what you're anxious about. And figure that out. You know, and, and the panic will subside, you know, and it's interesting to be able to do that. At then it definitely takes practice. What can what can people do to start kind of unraveling some of that light programming that's already been done by society and start to start to really, I guess, expose that empathetic nerve? That's that's necessary with yourself not just with the world around you for an OP to work,



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right? Well, you want you want to recognize Well, what is it that? What is going on right now? What am I feeling? What am I thinking? And Where's that coming from? There's some fear in their fear of something that that that gets started, there's usually a trigger that sets it off. Something sets it off, maybe it's something you've seen something you've heard a certain person or, or a photograph of something, there's something that sets it off, and recognizing that, that's the trigger. And it may be perhaps, if you can journal about it, then yeah, get get professional help, you know, because this is a runaway thing. Yeah. And you may not be able to control it so well,



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silly. Well, when and, hey, if you were pushing a car down the side of the highway, and somebody came up along and said, Hey, man, you need some help pushing that car? Would you be like, Nah, I got this and just keep pushing? Or would you be a thank you so much, I appreciate the help. That's part of the NLP too, is realizing that it's okay to need help, that it's okay to need an assist every once in a while, or even somebody to help you, you know, view the forest and the trees instead of the overwhelming view of trying to figure it out.



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Yeah, exactly. Get professional help professional, this is something that they do on a regular basis, and they can help you with it. And there's a variety of techniques that can help with that. In NLP, we do several techniques. And we also do timeline therapy that take care of that movie that sort of gets started and then just runs away. set you down that track. Yeah,



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yeah. And it's interesting that you say that because in college, I had a Spanish professor Hello, Mrs. Rosenstiel, I doubt seriously that you were listening. But she used to tell me all the time, Chris, like you can tutor people in Spanish and bring them from like a D to A B, but you can't get yourself to class. Why not? Like you come in you, you take the quizzes, you take the tests, you make perfect grades on them. But you just can't get to class three days a week, why not? And I explained to her at that point, the ever widening Coriolis effect of my thought, and how the thought of what if I had done this, or what if I did, this just sent me down an ever widening path of thought that led me to a point of inaction regularly. To a point where I'd look and half the day would be gone. It'd be like, Oh, crap, like, I totally miss class. I got so in my head with thought and, and with inaction, of thought. And that was something that I had to recognize myself. Because yeah, we, we get caught in that thought process, we get caught in that movie that's playing out in our head. And even the idea of having the conversation on the way to the table, you know, playing a conversation out while you're in the car, like, stop people for your own sake, stop. That conversation has not happened. You are putting thoughts and emotions into somebody's head. Like literally before you've ever gotten there you you have started laying the firm foundation of wall and brick and mortar before you've ever come to the table of conversation. You know, and we do that so often with that self playing movie. In our last few minutes with you here, where can people go? Where can they come to you for help work? How can they start to recognize these things in themselves or in a family member that maybe they need help with Doctor?



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Well, I they can contact me through my website, my quantum heal.com and request that free 20 minute consult so we can figure out well what what is it that you're wanting to work on? And what's coming up for you? And I Um, can we get to the root cause? And we can, if we go down that road, we can certainly get to the root cause of it, and figure out what is what is it that keeping you blocked in your life, and it always starts in your head, it's in your mind. And then there's that mind body connection so that, then you'll start to have symptoms in your body. That is the mind body connection, that is real. But it all starts here. And we need to figure out



what's going on here. What is it that you believe about yourself? And what are those emotions that are, are running around and maybe going causing you to go into an overwhelm? Where you're not going to be able to do anything? You're going to be a deer in the headlights? Yes. You wanting to go in 20 directions at once? And that's impossible.

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Yeah, yeah, no, precisely. And not only that, but regaining that empathetic nerve that we all need, understanding that we're, we're all a raw nerve in a certain way, and that we're filtering people's comments, actions, everything, through a lens of experience in our life, that we don't have to do that. We don't, we don't have to put it all through that tiny myopic lens, you know, so we

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can get to a place where we are neutral, that's going to be the best place for you learning how to do that, through meditation, or mindfulness activities are just, you know, just realizing I can let that go. Because,

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yeah, yeah, well, and that was kind of my thing I was saying earlier about hate, I can understand heating the brick that you just stubbed your toe on, you know, hating an action that may be you like, I hate it when I do this. But to hate a person, especially somebody that you've never met, that you never shared common space with, like, what a vapid waste of energy. Like your energy could be used for such more creative things and for doing good things in the world, instead of just manifesting negativity for the sake of negativity.

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Right. And you know, that hate comes from somewhere it does. It does really hate about yourself, that you're seeing in someone else, because that's your protection. Yeah. And that is serving to let you know, that they're in something you need to deal with.

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Yeah, yeah. 100% I want to thank you so much for coming on today for coming into the studio. I'm so glad that we got together, I need to have you on again. Because when it comes to, especially these books on the shelf here, these are these are all experiencers these are all people that have had that moment of ontological shock in their life where in a single moment, everything that they knew to be changed, and they didn't know what to do. And things like NLP can help you with that things like you know, pee, can help you regain a point of structure where dismay or disarray may have come into your life. So thank you so much for the time today, Doctor, I greatly appreciate it. It's more than a pleasure. While you are online checking out all of the amazing work of Dr. Cecilia make sure to stop on by curious Rome curious rome.com is

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