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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 on the darkest corners of our reality. Welcome to the curious realm



00:49

Hello, everybody. How you doing? Chris Jordan here coming at you from the recently clips of the serpent itself. Austin, Texas. We had some overcast, overcast weather here in town, things like that, but managed to get enough of a piece out of the sky. For me to be able to grab this footage right here that you are watching. This is the actual Eclipse for those of those of you who didn't get to see it. Mad props to my boy and guest tonight in our first segment, Mike Thurber. For any of you that follow my Astro photography, online, all that kind of good stuff. It's Mike Thurber, that took me down that rabbit hole probably about a year and a half ago, after I moved to this location. We had a lunar eclipse here and I used my 6k camera and captured it and I loved it and kind of fell in love. And Mike was like, wow, would you do to what do you use to shoot that? And I told them and he was like, Dude, you know, you point that thing up at Orion's belt and take a little three second snapshot. Give me a call back let me see what you see. And that became my Astro journey that has become a wormhole of love and fun in the evening. So I want to thank you Mike Tober for all of that this is some absolutely awesome footage. It was fantastic to get out there with the family meet the neighbors all that kind of good stuff and to know that I did not get to get footage of the devil comment sadly enough I did see the devil comment going through the sky saw a few of the planets things like that through the clouds the devil comet was very prominent. But you know our our topics tonight. Mike turbo is on in the first segment we will be talking about not only Russian but us laser technology. A few years ago, there was an announcement from a former Russian general saying that wonder weapons were coming that we were entering a new age of weapons and specifically laser and radiation weapons, radiation weapons, like directed energy, weapons, things like that. Lasers that do all kinds of things, including being able to simulate UFOs UAPs the suppose it circumstances around them. So we will be getting into that and some of the US tech that has been made that does same. And in the second segment, we will be joined by the amazing Dr. Rita Louise, we will be talking about changing mindful awareness and what mindful awareness is how mindful awareness can help us break out of the rope programs that we are in and why why we're in those rope programs to begin with. Not only societally but psychologically and why why we hold on to them. Oh so tight, and it's so hard to get rid of them. So that's our

guest. In the second segment, I would like to apologize to our guests from last week for accidentally showing a steel frame of his video on screen. Sorry about that Max Hawthorne. Things have been corrected online, all that kind of good stuff so that that has been removed, but stop on by his site. Check that out. Of course. Our guest for the first segment tonight once again is our good friend Mike Thurber. He is the head of five by five news. Shin and Ray Caffee I tried to hold you responsible for my friendship with this guy. He's one of my best friends in the world. We text about all kinds of things. Welcome back to the show. Mike Turner. How you doing bud?

 04:51

I am doing splendidous and thank you sir. Appreciate all the kind words and everything and I got to admit you have done masterfully well. Oh, with your Astro photography I am here each time I see you put up an image and we want to teach you about the Orion image. You know, there's that there's that feeling you get when you see the image for the first time you see it with the naked eye, it doesn't really look like that much. But once you take that first image, and it takes a few seconds to get it, and then you look at it, you're like, Oh, my, oh, yeah, yeah, you see it? Just because, I mean, you're taking images that are printable. I mean, you have news, news, news stations that were using your images. So you're doing quite well. It's been

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it's been fantastic. Like I tell people, it's, it's an obsession. Typically, this time of night, my wife is putting the boy to bed, he in the heat and the cat will be in the, in the bedroom listening to a story. And I take the scope out. And for the longest time, I gave myself a five minute challenge. What can I What can I capture in five minutes and out of that five minutes session, I am allowed to keep five images to edit

 06:03

it down. And what's that? Have you done in dromeda? Yet,

 06:07

I have not gotten to Andromeda yet. I have I have tried, I've got a new smart scope that I'm thoroughly enjoying and loving. It's fantastic. And that is that is what I'm doing a lot of my stuff with, because it's got a lot of auto tracking built into it. And when it comes to doing things with the kids, it's not like a 45 minute setup process. Right? You know, to go

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out and do Andromeda, it's as easy as taking the image of Orion. Except the difference is, is that Orion is in our galaxy, where Andromeda is a whole nother galaxy. It's also the furthest object that the human eye can see whether the naked human eye can see is 2.2 million light years away. So right now,



06:50

right now I'm looking for M M 85. That's going to be fun. That's, that's a huge binary star system that goes supernova almost on the same regularity is as this eclipse. So you won't see it again for another 85 years. But that'll be pretty cool to see something of a magnitude two brightness, which just for those of you out there who aren't aware of magnitude two, is about the same as Polaris, about the same as the North Star. So it will be bright. Yeah, yeah. So yeah, I want to I want to thank you for adding to that journey in my life, man. It's been it's been super fun to rabbit hole with that, and really get into things.



07:37

And that passion of mine, I mean, since I was a kid, once I heard some of the first few facts about space, I was hooked. I mean, space is just so bizarre. And you really have to stretch the imagination to be able to, you know, wrap your head around the information, you're getting, like a teaspoon full of a neutron star would weigh more than all of the people on the planet Earth. I mean, that's just got incredible me it's hard to to think that but that's true. So it's pretty, pretty, pretty neat. So it really is



08:10

thinking on not only a cosmic scale, but on a on a scale that is almost unimaginable. Once you start getting into it. And even even yesterday, keeping my boy home from school and going over things, teaching him about eclipses and watching watching shows about the sun, things like that, you know, my wife was like, Oh my God, you can fit a million Earths inside the Sun was like, Yep, absolutely. Like that's, that is a large, large astral body. So yeah, yeah, it's it's pretty



08:48

64,000 miles in diameter. So it's yeah, it's big. If you took all of the planets and put them together, they would not equal 1% of the sun. Not all of them together putting Juniper equal 1% of the sun. Yeah.



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Well, well, and that's just it. And even even you know, to me enter this into our conversation for the evening. The the technology that we're about to talk about, Mike is huge and massive and and something that you know, the average person doesn't even consider is a possibility. And, and what I'm talking about folks is things things like laser projection, plasma projection, projecting images, no different than myself. With lasers, things like that. I work in the world of audio video. We have been working on real time holograms in my industry for years and they exist. They're here. We can now project lasers into the sky and and see things moving. It's It's pretty wild.



09:57

It is and we And we no longer need that backdrop or anything for, you know, for the laser to hit on it, you know, it's nice to have, you have to have some humidity in the air for it to work properly. But for the most part, the problem was it was the the colored lasers, the blue laser being the last laser to come into into fruition here was difficult to get the lasers to be at the same power rating. And the human eye perceives green way more than say, you know, red. So that's why they have to up the power on one and down the power on the other to get the two demands. But when you get the RGB system going and then on top of that, you get a plasma based image going so you have the plasmon image, which is able to generate sound, you can make these images talk. Yep. And you can do quite a few things. And can you imagine being on the battlefield and and projecting, you know, whatever image you want over the top of your enemy. I mean, that's just, I mean, I can't wait to see the reaction videos to that.



11:07

Well, and I've got it up from DSA. See right now the defense systems information and Analysis Center, military researchers see non lethal roll for talking lasers. And and a lot of this is talking about using basically like a plasma ball that could allow troops to fire a laser that can form a plasma ball that talks to potential intruders. You know, all kinds of things give out voice commands to warn people heating up a target skin to very uncomfortable levels without burning them, and blasting confusing noises to disorient and deter, which, oddly enough kind of sounds like our topic with our good friend, John Hall, Havana syndrome, and individuals.



11:58

Yeah, the thing is, is that using non lethal diversion, or direct energy weapons, and whatever tactics that we can employ, to avoid the actual conflict, yeah, I mean, lasers are from one extreme to the other on one extreme, they're going to be a non lethal thing that we can introduce into the theater. And when we do that, you know, you're looking at the, the reaction of the people to whatever imagery you're going to project. I mean, a lot of the first one that came, the first image that I remember seeing projected was a actual PacMan that was going around eating dots. And that was kind of kind of weird. But it was just a proof of concept. And then, just three months later, they had this image of the globe, earth, I think I told you about this before we walked into the room, and the room is about 60 by 60, by 24. Tall. So it's a huge room. And so this projected, sphere in the center of the room was just unbelievably detailed, but you could tell it was translucent. And at that time, it had to have these misters that would mist, like a very fine mist of water in the haze. Yeah. And so it actually had, that was the very first interactive hologram, where you could actually reach out and touch the globe and spin it, you could like drag it to certain locations, and then zoom and, and just crazy stuff. I mean, you know, there are 16 guys in there, we're all trying to, you know, do the same thing at the same time. And it had haptic field that feedback. So you can actually when you touched it, you had a sensation of actually touching something, which was quite alarming when you when you first do it, because the first time they had these things up, they were just like the little butterflies floating around. And of course, they had PacMan stuff like this. But then when they did the globe and you can actually reach out and touch it and manipulate and stuff like that and feel it not like feel it like a like a physical pillow. But by touching it, you got enough of a feedback that

you knew you were at the barrier. And that was the area you wanted to keep your hand in. You learn it really fast. But that was pretty interesting. So if you remember in Star Wars where they had the Deathstar hologram that was that was laid out. It was akin to that it was very similar to that, except it was in full color. And it was, you know, it was it was actually utilizing Google Earth just so you know, that was the imagery that was using and you you couldn't at the time, it looked better than what we saw in Star Wars. I think I can tell you that. So and that's this was years ago. So this this system is way up and as far as the technology is quite a bit changed now and and now we have the ability to make it make noises and talk and do all kinds of things. Like we were probably going to get into where we can project images or infrared signatures of any aircraft we want flying at any speed we want in any number of aircraft we want, there will be a total of deterrent. actly



15:12

and once again, this is this is all on the heels of the last few years as as that good Russian General said that you would you would see a new age of wonder weapons coming not only out of the not only out of Russia, but out of the rest of the world. And you know, of course, what Mike is referring to is that that not the Lockheed Martin mini reactor Chris, but the F 18 Laser pod countermeasures. There it is. If you go to our knowledge vault, you can find the declassified document and the actual paper right here. But it is basically using a hot laser to create a ball of plasma traveling any speed they want traveling any size they want. You know you could make it look like three planes you can make it look like eight planes you can make it look like you know iron Eagle coming in if you wanted to.



16:12

And the that married with Dr. FM technology, which is digital radio radio frequency modulation. Yeah, and what those two technologies combined. So you have mercury systems, I think there are new jersey that makes the dF dr. FM modules for the aircrafts that we use. And then we have Raytheon and we have Lockheed Martin that both produce the laser laser systems. Yep. And so Raytheon is based out of Tucson and you have Lockheed Martin which is based out of planet 42, which is in Palmdale, which is your you know, both plant 42 and plant 44 secret, but if you tried to find plant 44, you have hard time finding it. But the pod system is kind of what it uses, they basically made the amount of apologists kind of like they do the add flavor pod. And that pod system is, is the same or similar power to what was not just 10 to 15 years previous had required a modified KC 130. So if you can imagine, wow, that down to at FLIR size pod, and that, I think was gallium arsenide laser that was in the KC 130. I'm not 100% Sure. But that laser required every inch of that aircraft to generate the energy to produce the power that that laser was doing. So now as you move forward, and you get into the either pulse on non pulsed laser systems, yep. And just so everybody knows what is the difference between a pulsed laser and a non pulsed laser, a non pulsed laser fires a continuous beam. Yeah, I mean, and so, in a pulsed laser to the eye to what you would see would also fire a continuous beam, except it would be flickering faster than your eye can see. So it saves power. So you can fire a 500 watt laser, and a one watt laser in the Walmart laser can look just like the 500 watt laser because of the pulse action. But the power behind it is where the difference comes in. So the new sixth generation aircrafts that will be well, already fine now, but this they're going to be introduced into service will be equipped with a laser onboard the aircraft built into it. And it will also have the ability for a pod system that will have much more capability and integrate with the systems

on board. So while the pilots flying, the laser system can be turned on in habit, it can run autonomous, and you will and the good thing about the laser system is you will have 360 degrees of shielding. Basically it'd be like the Iron Dome but wrapped around your aircraft. And anything comes into range. And it's going to be touched. Yeah,

 19:01

yeah. And and, you know, once again, though, a lot of this, there was there was hearsay and conjecture at the beginning of things of some of this may have been of course, Russia gaming us. We have of course posited whether or not it is an unknown quantitative testing unknown quantitative. Yeah, pretty much pretty much one department and for gaming their own material against another department. Unbeknownst to them, which is rare, you know, they wouldn't they definitely wouldn't be. Let me put it this way. They would not be contaminating the airspace with some with something else that could cause a hazard so without without knowledge so they wouldn't be running a test flight of unknown unknown craft inside of known airspace where a drill is going on.

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Yeah, Other than the aircraft, it's obviously, you know, had the systems on board whether the mercury systems or Well, Raytheon or Lockheed Martin Well, that's

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just it is is that you know, but yes, they would definitely test a laser pod system on a craft that would already be out in the area.

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You know, and, and the, of course, they have the China Lake and the, just north of Nellis, you have the Nevada testing grounds, we have successfully placed laser systems, obviously, an aircraft like the F 18, obviously has a nearly operational equipment, and the F 18 will have a similar system. But also, the growler, which is a variation of the F 18 is going to be equipped with that. So the Navy's gonna have the F 18. There'll be equipped with a offensive and defensive version of the laser based systems. So you have a pod say on the left chin and a pot on the right chin, both doing exact opposite jobs, which is gonna be very interesting one made by Raytheon one made by Lockheed Martin. So that's going to be pretty cool. But the the other spectrum that we're looking at is we've already tested the systems on a helicopter. So the first the first helicopters have already flown and the and the lasers have worked quite well. In fact, there was a success on the first track. In the Navy base systems have as well,

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I've actively got up on screen right now the mount the decoy, the MHL. D decoy, which I found while doing some research for today, which is pretty much an actual platform doing exactly what we're talking about. Yes. Yes. Except it's like an automated platform. Like imagine

what we're talking about. rep. rep. except it's it's like an automated platform. Like imagine, imagine that pod. Like what we're talking about that fold typically flies underneath an F 18. But it's automated, like a drone.

 22:00

Yeah. And the archaia, some of the art Q series are going to be updated with that. Things won't argue when 85 will have those laser based systems. And the cool thing is, is with the next generation of fighters, those fighters will be flying with drones. So two drones would take off with your fighter, so you would have like two or two D twos flying along with you. And they would be equipped with, with lasers with all kinds of ew of electronic warfare, countermeasures and all these things to protect the the manned aircraft. And keep in mind this sixth generation aircraft does not even need to be piloted, just so you know that that is an option to have. And that's a good option. Because if you want to, you know, run a mission that's extremely dangerous, you could completely run an autonomous and it would probably do just might even do better if you don't have the concerns of the pilot. But yeah, but we still had to have pilots in there. I mean, I just can't see us transitioning on this generation over to a title of this. Yeah, well piloted.

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And that's just like it says how it works like the flexible modular system flies a pre program mission that pretends allied aircraft while confusing, intimidating and confusing. enemy, enemy integrated air defense systems Say

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that five times real fast. Yeah. The the systems that we are going up against Now, keep in mind Russia, there. I mean, we are the leader of the pact here. But there are some concerns with China coming out with some lower power systems that are going to be incorporated into the J 20 fighter aircraft. And that's, that's something that we believe is already happening. But our systems have been keep in mind, we initially back when we had SDI, which is the Star Wars Defense Initiative. That system was looking at placing lasers in space. But there was a weapons treaty, we weren't exactly sure how that was going to be handled, I think even told you the story. We were we there was a think tank that we had up in just outside of Baltimore. And during that think tank, a lot of questions were posed to these people and I happened to be in the same team with John McAfee was on me and John McAfee are on the same team. So we're cutting questions back and forth this first time I'd ever met him. And one of the questions was, how could we utilize a space based weapons system and not go against the treaty? Yeah, and I came up with the idea and I think I've worked it out with this guy. There was a guy in Boston he was at MIT. I can't remember his name anyway. If you if you look up Spacebase laser system. The idea I'm about to tell you is came out of this think tank. So I basically just said instead of putting the laser in base, which would make it obsolete within a year, and there's really no way to upgrade it. And you can't really upgrade the power and various things like this, just put the mirror in space, you don't have to put the laser in space, just put the mirror in space, so then you're not violating any treaties. And it's just, it's just there ready to be bounced off of whenever it's necessary. Of course, there's a lot more to it than than that, as simple as that sounds, you have adapted optics and stuff like this. But that idea back then, was something

that DARPA was looking at, and AFRL and RL. Were looking at those types of systems. And as it would relate to Navy ships, or maybe get an IP could could have an aerostat or something above the horizon. Because you fire a laser, you can't fire a laser from ship pass the horizon, you know, unless you reflect it off of something so that that idea is basically incorporated into that as well. So it's pretty interesting. It's pretty interesting when you think about it, because we're making a giant leap from munitions based weapons systems, to laser based weapon systems, which seems like a very large leap. But in reality, we've had lasers for a long time, very long time. Yes. We've watched enough sci fi movies for a long time. And we've all wondered when are we going to have lasers? But, you know, the Navy has had an operational laser system, I think, for around five or six years now. For pretty good. Well,

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yeah. Yeah. I mean, the first successful tests were done in like 2012, something like that, where, where it destroyed a decoy, you know, and it's only gotten better. And I just popped up from space.com, satellite spots construction of Satellite Laser facility. In Russia, it's actively a facility, ground based facility that is reportedly being built to target orbiting satellites with lasers. So being able to project into the clouds, being able to have something that powerful that would be able to show something is not that crazy, not that wild, and not that exotic anymore.

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Right. The interesting thing about lasers too, is you can fire a pre laser, which would basically cut your cut your whole cloud base. And that's something that we talked about, too, is like, We came for our laser on a cloudy day. Yeah, he can't. He just fired your pre laser, which basically is way hotter than it needs to be. You can focus lasers by firing several lasers at a common point. And that point becomes superheated so much so that it's actually hotter than the surface of the sun. You mean like this? That star? Yeah, exactly. Yeah, the three the three beams coming out from this, that circle and then connecting together, which could not really happen. I mean,

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it wouldn't join and become a bigger laser you would do you could do it with combining lenses and things like

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that. Yeah, if you Yeah, if you had a lens there like a prism or something there that we gathered beams and put them together and send it on his way that now that but it was a cool scene is pretty happy just seeing a laser coming out. The principles

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of it are pretty interesting. And even whenever you go back to the declassified documents, because one of the things that is obviously necessary, whenever you take a look here at the

because one of the things that is obviously necessary, whenever you take a look here at the actual principle of operation of this laser that's being used to make these things you need nuclear excitation and nuclear reaction in order for this to happen on power scale, and you may say Well, where's where you're gonna get that and an F 18? Let me refer you again to the knowledge vault folks knowledge vault, curious realm.com forward slash knowledge forward slash declassified, and hop right there where it says Lockheed Martin mini reactor. This was another one that was publication date 2018 right there and star there it is. An actual reactor made to fit inside of an F 16. To power exactly things like this. Yeah,



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I got to see their first their first fusion reactor that they were basically building it was about the size of a bus. Yeah. And the guy was, I can't remember the guys now. It's the same guy that's in the video. As a matter of fact, when he was discussing it, he was saying that the this will be shrunk down to a smaller size. And he was talking about within a year



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that they could do three generation that every year, that every year they could make that choice. Whew, three times. And each time it would be either smaller or more efficient.



30:04

Exactly, exactly. And yeah,



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that was a while back. And one of my favorite things is in the actual patent schematic, it shows the, those heat injectors that you see right there, the part 170 Is, is actually lasers can joining on one spot to superheat an element in order to create the reaction. Exactly.



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And so you're here creating a mini miniature fusion reactor, which these laser systems the current systems, laser systems, that they're that will be incorporated or become operational, the first will not be fusion power, where they will be that they will be pulling energy off of the generators off the turbo, the turbines, and it'll fill up capacitors and what have you, and then it will be burst. So that system is going to be much like a glorified stun gun, so to speak. That's how Sun guns work that you can take a nine volt battery and pump it up to a million volts. And you wonder, well, how can a nine volt battery make a million volts? Well, it's through capacitors and what have you. Yeah, and that's worked. Yeah, so that's the first the first systems are going to be incorporated that just because the technology is already here, and the fusion systems are going to be incorporated from my understanding into the Egads system. And also, the Air Force has already requested that the study begin or may and may have already began for converted C 130s. That will have this system on board. So you can imagine a gunnery ship

as you know the normally has a 105 millimeter Howitzer hanging out the side of the aircraft, as it does orbit on you and as firing 105 millimeter shells down on the target. That's scary enough. Now imagine that same aircraft, firing lasers, multiple lasers at the same time and hitting multiple targets at the same time. Yeah, that's the advantage you can hit. Let's say if it can track 16 to 32 or 100 different objects, it can fire it all of those objects at the same time. That's something that a lot of people don't Fathom is it's not like you're aiming, aiming the weapon and fire and aiming the weapon fire. It's not like a like a plasma rifle or a railgun, or something like that. These things can actually, just like you do when they draw images, like if you've ever been to Stone Mountain, or if you've ever watched a laser light show, when it draws these images, it's firing one laser, and it's drawing all of this stuff. And that's a similar way that the multiple targeting solution, I think it actually is called MTS would be incorporated into the system and it would actually, instead of firing one target and then giving the warning to all the other targets, they just hit all the targets at the same time.



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Yeah, yeah, exactly. And, you know, through through spinning prisms, laser, spinning prisms, mirror displays, things like that, you can direct that beam any number of directions. And create once again, even even as it showed in the document, create more than one UFO create more than one obstacle for the missile to follow. You could create a fleet you could create an entire invading fleet for the the enemy radar to pick up before you ever get there.



33:32

Alright, look at the AASA there's a whole fleet of them. Yeah, we've heard those words before on a certain UFO video. Yeah, yeah. Yeah. That very well. May be what that was. But yeah, the the other advantage of a laser based system first off is it's not like a munitions where you're going to run out, you don't run out of ammunition. So aircraft that takes off, will you know, the pilot was not going to have to worry about I've only got 160 rounds left. I gotta be careful, you know, do some, your short bursts or whatever, no, let him have it. You know, the, the system can just keep firing lasers. The other cool thing too, is the laser is almost instantaneous on the battlefield. So when you fire it hits the target like instantly, so you're not there's no delay. There's no the other aircraft cannot put up chaff and not put out players. There's nothing really the other aircraft can do except for some jamming type system. That's it. So it's a whole new ballgame and it's going to be a game changer for you know from our modern warfare. Whoever's the leader this technology is going to rule the skies and what have you. So I'm glad we're on board with because it look like for a while we weren't really coming out with too much. Again, kind of scary, but it's here and we're going to we're going to see the other the one thing too is it with some of the laser systems that are being utilized or are firing infrared type lasers. Yes. And and with an infrared light Laser, the difference being is that you won't see the beam I had I actually have an infrared laser, that how he was going to do that was gonna sit the thing. So whenever you fire it, you have to be extremely careful because you don't see the beam you don't even know it's firing. Really interesting when you're at a mall, and someone's irritating you and you fire the laser while they're eating their lunch or whatever, and they start slapping their neck because they feel the the burning of their neck. Yeah, did I ever do anything like that, but these things happen. So the pilot will not see this been going like it like when you see the videos depicting what this would look like, they show these laser beams firing across wherever and that's just so it makes sense. But you're not going to see any of that. So there's

going to be very difficult to find out where the lasers are coming from, you know, you know, they can they can figure out a way to track that. But it's, it's, it will be a very different war, when that system is utilized. And we we've already use it to some degree as far as taking out drones and things like this. But um, once they incorporate other targeting solutions into the system, and you know, if you can shoot 100 targets at one time, instantaneously from one aircraft, and if you have 16 aircraft in the area, and you can program all 16 aircraft to fire at the exact same time. That would be a devastating, devastating thing to see. Well, and

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you know, once again, why why that Russia in general, began reusing the word von der vaca. You know, the idea of wonder weapons, the idea of things, things beyond what we have conceived. And and, you know, more more than just beyond what we have conceived beyond what we thought that we would apply in the battlefield. Yeah.

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There are there are some scary things on the drawing board. There are some scary things that are in development.

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What's one of the things that worries you the most by

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the utilization of a certain weapon? That's called the don't do it if you can't do it. Yeah.

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Don't do it if you can't do it. Yeah, I

 37:25

won't. But there's there's a system in play. And believe it or not, it's derived off of Star Trek and Star Trek had a a weapon system that was a bluff or was thought to be a bluff when you were Kirk was saying that the I can't remember what they called it. But the the enterprise would actually turn into some giant like laser ball thing. And we just fire lasers and all kinds of different rays are phasers in the case of Star Trek. But this system is something similar to that. And it would be a ball structured type drone, if you want to call it that, that would be dropped into an area. And as it's dropping, kind of like if you're dropping a bomb, it would be able to independently fire multiple at multiple authorities just like it would if it was an aircraft, but this can be dropped from, say 50 60,000 feet. And on its way down. I mean, it's a one way trip, it would it would take out as many targets as necessary. And there's, you know, it's, it's the end

all kind of kind of deal for that, you know, and the advantage to this, again, is you're going to cut out collateral damage, you're not going to have situations where we had to, you know, take out somebody and he happened to be like, in the case of Israel and Hamas, where they're, you know, hiding in hospitals and schools and stuff like this. You can actually they can be in hospital, they can be in school, we wouldn't really matter. But once the person is able to be targeted, it's an instantaneous thing. You're done. If you're going to go against people, I think there's a line there. As far as once it transitions into people firing at people with lasers. Yeah, I think you can probably sense it. If you just think about for just a second. We've been talking about firing lasers at weapon systems like drones, incoming missiles, things of that nature. When you start thinking about firing a laser and hitting people. The bad thing is, is that it really sinks in and it's kind of a different thought process you're having to go through when you think about it, but the advantages is that you're not going to have the collateral damage that you do with any type of munition system. So you don't have a kill radius or something like that. You can pinpoint that one target and take it out and that I think is much more humane, but it's going to be a hard pill to swallow when it first happens. Well



39:44

and you know, we have we have already seen I mean, of course we've we've seen drones used to great success for such things we have seen on other unmanned weapon systems use to great success for such things that that began in, in the Gulf War in the first Gulf War, that was really the first tech war. You know, that that I mean, we had some laser guided systems and Sidewinders, things like that previous to that, you know, I want to say the Sidewinder, actually, another one from Raytheon. came out I want to say the f4 Phantom may have been one of the first planes to utilize the sidewinder air



40:27

they are at an old missile has been around for a while but it's a beauty it's it's just it's a it's an a stable platform that you need. An MSL is just wonderful. The other things we have now are these these cruise missiles that can be fired and actually hit a specific individual sitting in a specific seat in a car. Yeah. And that's the I think that's the blade one. That's what the one that has the swords that come out. Yeah. Yep. Sounds kind of scary, but, but it performed quite well. And so and,



40:57

uh, you know, it is it is one of those. They're, they're out there. You know, we have these platforms, they exist. Where is it? Yeah, there it is the storm breaker. Yeah. Yeah. And, you know, these things are Uber precise. They're out there. And for me, it's the fact of Anna and I don't want to I'm not an alarmist guy. You know that I mean, heck, I I utilize weak AI all the time. My model. I'm all about AI and the utilization of AI. Yeah, thanks. However, I will never forget the day that me and Stephen Bishop, the former co host of dudes and beer, sat in my living room and watched a man get grenaded by a drone on US soil. That was the Dallas shooter, the Dallas Police shooter, they had him cornered and then say what you want folks

whenever it is an unmanned vehicle bringing in a grenade, that's a drone strike. I'm sorry. I'm sorry. That is a coordinated drone strike. And whatever you like you're not gonna give me any less. Yeah,



42:19

we had robots that were you know, battling, you know, bank robbers and stuff there and people that were entrenched with kitten, you know, kidnapping situations where this, this, this five foot tall robot with tracks would just bust down the door and go in with either. I've seen one with a flame thrower on it. And I thought that was a little bit weird, but it's a little much it's negotiation. Running. Yeah.



42:47

But but that's just it, like, the day of that is already here. And as the day is the day of the litmus test of what will people put up with as already well gone by, and unfortunately, people put up with a lot people put up with people being pulled out of their homes without warrants looking for people people have put up with so many things. And sadly, I think that the day I think the day that the bad AI people are worried about cuz cuz you know, there's definitely bigger API's out there. There's definitely military API's. There's definitely some ais that do some really big war games, Whopper style problem solving, you know,



43:35

as a really interesting concept that just came out. And it's something that we brought up in a meeting last last October, I think it was gentleman was happening at the time. But during the meeting, we were discussing the utilization of AI into various agencies and what have you. And one of the things that we started to struggle with was AI in law enforcement. See AI being utilized at say NSA, CSS, you know, NRO NGA, any of these, any of these military agencies, as it relates to you know, tasking satellites, determining what things are blah, blah, blah, that'd be an amazing thing. But where it becomes questionable, and that was AI will be programmed with the rules of war. Yeah. Now, when you do the same program, as far as the rules of war and rules of engagement, and as it relates to police officers, it's quite a bit different. It's not the same. Yes, so different than it is for for war time, and and for, you know, all of those scenarios that we could possibly think of.



44:47

Absolutely. And go, no, please.



44:51

The biggest question that was brought up that I kind of posed was, what if the AI determines the cause? We see this a lot where the police officer is actually at fault. What does it do? Yeah, what decision is it going to make? And there are one, as I said, it has to get through certain, a

certain test to determine whether or not it should do something or suggest something. So all of the first AI is going to going to be, you know, suggesting what should be done or actually doing if it's, you know, something, not important. But when it comes down to the AI look in, say, AI robot is at a crime scene, or something's going down, or kidnapping or whatever. And then they send them the robot and the robot starts to go in there. And then some cop messes up, you know, the robot will make a decision that might not be in the favor of law enforcement. That's right. It was a weird, weird scenario of events. But yeah, I've seen it. You see, it played out periodically, where cops are covering up for each other, whatever, I won't do that. Yeah, just, it's not going to do that. So I I'm very curious as to how that that's

 46:06

a good thing. I'm okay with AI not carrying on the corruption, not not continuing the corruption. The issue comes, comes in the want of short circuit, the want of circumvention the want of, you know, cutting human out of the loop, because we are the flaw, you know, and, and of course, that comes with programming and the one thing I always bring up, we've got about seven minutes left here by but the one thing I always bring up, of course, is Tay you know, and and it all depends on any AI even even the big thinking military ones. All get their information from a specified data pool. Right, you know, and depending on what you're feeding, it is what you're going to get out now, you start feeding that, that law enforcement, AI, all kinds of other things, all kinds of other cases. Who knows how fast it may may start the racial profiling?

 47:16

Well keep keep in mind too, that you know, the other pictures.

 47:20

Because damn racist real quick, that Oh, girl had to be shut down within hours, dude, within hours? Because it was making

 47:30

up things as well. I mean, yeah, there's some answers that you get back or, you know, are not exactly factual. No, oh, yes. Hey,

 47:39

guys left by themselves over the weekend that create their own language. That's right, that their programmers didn't give them. They were just like, you know, it's a whole lot faster. This right here. Yeah. Yeah,

 47:53

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no writing there. They were writing code and creating sub routines for their for their own things to run so they can become more efficient. Yeah. So could actually multitask because his chat GPT, for example, was being bogged down ridiculously. And the people were trying to write the algorithms and all of the different sub routines necessary to make it to keep it efficient. But then someone said, hey, just learning how to do it seems to be doing okay. But when it did hit, it did make itself more efficient. But at the same time, it kind of allowed for some leeway as far as being very truthful and answers. So the racist thing was coming out, remember that shut down the Microsoft version? And, yeah, it's quite quite, you know, it's humorous to a degree, but there's some very serious implications that come out of this.



48:43

It's one of those, you know, every single time I hear that the UN has not passed legislation, on robots in the battlefield. Yeah, that they have still not passed legislation. It's up for vote. We are passing legislation, like, it's time to get the boss rules, it will be too late. It will be too late. The thing is that they aren't robots yet. They're just drones. They're just drones with legs and arms. That's all they are right now is drones. And that's all right. But it's it's not a first step between drone and robot. Not sure. And once you don't have that, hey, this is definition of robot and this is what you legally have to have internationally or else it's against protocols. Then yeah, who's setting up the fact that the Asimov rules have to exist at all? Nobody. Nobody is setting up the Asimov rules.



49:47

And then that's a problem. Yeah. You know, so they do they do incorporate, you know, the main rule, which is you never do harm to humans. But at the same time, a AI vehicle that driving down the road. Now this has been brought up many times where the AI vehicle would have to make a decision. Yeah. Do I hit old woman that's about to die? Or do I hit the kid that's, you know, got the future ahead of him. But it would be easier to hit the kid. But I have to make the decision to hit the older woman. And it has to choose between the two. But here's the answer the Elon Musk gave. Yeah. That is not even an issue inside what their programming. And he was asked why he says the vehicle is to stop. That is how its programmed. Yeah, it's not programmed to make a decision to kill one person versus another is programmed to just stop if someone gets killed in because of that, then that is just you know, it's just that's how the cards were played. And the dice roll rolled. Yeah. But the cards just programmed to stop.



50:47

Yeah, yeah, that's probably the car is programmed to cease progress not to choose Option A or Option B. Exactly. Exactly. Because otherwise, yes, that would be that would be premeditated, and murderous. You know, maybe maybe premeditated in a moment. But you definitely made a real quick decision as to who you were going to cushion your blow with



51:11

Perry Mason moments in court, if somebody's trying to determine how much insurance should be? Well, you



51:15

know, I was just about to say we have like three minutes left. But that was that was one of the things that for the last many years when I would work conferences here in town, that came to local hotels, things like that, where I sat in on tons of insurance conferences, things like that. automated cars, and drones. Were the two biggest top topics. They were the two biggest target. What do you do when a drone falls on somebody's head? What do you what do you do when a drone falls out of the sky and lands on somebody with a package in it? Because it's being delivered? You know, what do you what do you do when the automated car hits an automated car and they both have a passenger in it? Who's at fault?



51:58

The funny thing is, is the answer is the same answer is as we have current kind of currently,



52:03

yes. Yeah. Oh, no, no, absolutely. Like it's the same answer. But it's one of those. Neither one of those automated cars have a human being behind the wheel. That's right. So who you're going to sue? That's right. He's suing a problem for insurance companies. They really like suing people. It's kind of one of the ways they make their grip. So and you know, hey, hate Raytheon. All you want. I'm trying to think of other uses for you know, the, the cryonics guy that looks at heat signatures, oh, maybe we'll have some nice predator detection. Come come the day of the predator invading the planet.



52:51

sick or something like that. They will, you know, there's so many different things as far as the thermal type imaging, and it's true, it's true layer to protect your imaging. So yeah.



53:02

In the last minute here, Mike, let everybody know where they can go to follow your work, where they can go to keep up with five by five news, all that kind of great stuff. But the



53:10

easiest place is going to be between YouTube and x. So between x x is where I'll probably be more active as far as talking to people and answering questions and getting in arguments and stuff like that. And then back over to YouTube, which is where I'll present you know, different

stories that I might be working on at the time of this last year has been kind of crazy. But this new year is starting off kind of crazy. So you'll be able to see several cases that I'm working on and there should be a TV show that be coming out probably in October so look nice.



53:42

I cannot wait cannot wait. We'll have to have you back on, of course to promote that. But



53:47

make sure that you better Hey,



53:52

thank you so much for the time as always my friend take care of yourself. I'll be sharing links, all that kind of good stuff. Sounds good. Thank you. All right. Take care of man. Always a pleasure talking with Mike Cerbera. He is an absolutely amazing individual stop on by follow his work at five by five news. He is always on point. Once again, the topic that we have covered tonight with laser Tech Valet we have been chasing this hound since probably about a year or so after the videos, first launched with go fast gamble, things like that. So it's great to see articles talking about that. All kinds of things because this is something that we have brought up time and time and time again that so many people do not seem to look at when they are investigating this stuff. So thank you so much. As always, Mike for coming on. Stay tuned through our commercial break, folks. When we come back, we will be joined by Dr. Rita Louise to talk about the gentle and well sometimes not so gentle art of mindful awareness we will be right back after this



55:20

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56:32

Hello, everybody and thank you for hanging out through that short commercial break. Thank you so much to our sponsors. They are the folks that helped make things happen here. Especially true him science they are friends right here in Austin, Texas. Stop on by true him science.com. They are your source for amazing CBD oil. They are the only CVD I have found

personally countrywide that actively has terpene profiles, amazing stuff made through an alchemical spideroak process where every part of the plant is used. Seed stems root everything stop on by and check them out to him. science.com is the website. Curious seven is the code that you want to use to save 7% off your entire cart of \$50 or more, as well as get to count them to 50 milligram edibles on your way out the door as well true in science.com. Curious seven is the code that you want to use. Our guest in this segment is the amazing Dr. Rita Dr. Rita Louise, we will be talking about her new book Dang, it was me all along cultivating happiness through mindful awareness. This is one of my favorite topics people as you probably know, if you are a regular listener, I am consistently preaching the doctrine of manifestation. The doctrine of I guess nowadays, doctor you would call it more like Neuro Linguistic Programming something along those lines. You know, it's it's pretty interesting to see how that works out and how you can literally changed the way that your brain functions the way that things happen in your mind. Welcome to the show. Welcome back to the show. You've been a guest before so how have you been doing?



58:27

But when I look at the screen nerds like only half my head.



58:31

I don't know what's going on with that with our Skype guests. I'm so sorry. I'm like, Okay, I'll just talk like this. I'm sorry, I assure that you are in the full screen presentation over here in our system. Okay. But yeah, you are the second guest to tell me that. And that is strange to me. So I will definitely look into that. But let's let's start getting into the recent book, the newest book that you have. Dang, it was me all along. I love the title. Because we so often forget the fact I mean even when it comes to ancient cultures, ancient civilizations, how many times we have lived this story, how many times we've lived this same story as humanity and just totally forgotten it. And when it when it comes to life when it comes to psychology when it comes to how things manifest in your life, so much of it is due to rote habit. So many things actually negatively manifest in our life are due to rote habit. And we don't realize that if if we can just break that chain of, of mental constriction of how we think about something exactly how different life could be all around.



59:50

Well, you know, and I want to give you a different a slightly different twist on that term road hack wrote habit. I will Like too late, the more present them is like little computer viruses that are inside of us. And so when something happens, it's like, it activates a little program in us. And we just react like an automaton, you know, thus the road habit. And we don't even think about it, because we just make the assumption, well, this is me, and this is how I respond. Yeah. But with a computer program, you can go in and rewrite the script, you can change the programming. And when that same type of situation occurs, you can have a different response to it. And that is all something that's possible.



1:00:43

Absolutely, and the the modern mindfulness movement, I am, I am absolutely in love with because it, it really is a step back and recognize yourself. situation, you know, it really is a understanding that so much of what we do and how we are impacted by the world around us is a consent into a system on our part.

 1:01:13


I have always, that's part of the programming, oh, you just sit back and behave in a certain way. You know, and we can't even blame ourselves because we're not taught any different.

 1:01:25

That's right. That's right. No, and that's just it. And I would love to blame our parents, but they weren't taught any different. They were they were brought into this just as crippled as we are. You know, and it is it is really interesting that yes, you can start changing things by simple perception shifts, you know, simply simply, inward

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perception shifts.

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Hmm, yeah,

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you know, not necessarily external, even though the external is the stimulus is paying attention to what is that stimulus doing to me? Yeah, inside of me. And once you can start getting a handle on that, which is actually very simple, because you just have to pay attention. Thus, mindfulness. Yeah, it's a game changer. It is totally a game changer. No one says, oh, you should pay attention to it.

 1:02:23

Yeah. And what's funny is that this is once again, born of a movement that is cyclical, that has been around since the time of Marcus Aurelius man, stoicism, the idea of do not let passion rule your day, do not let passion rule your decision. If you're angry, when a decision moment comes, take two steps back and three deep breaths and wait a few minutes before you make a decision, you know, because those things are embedded in there. And then and then when something goes wrong. Because of that decision you made in a moment of passion, you get more passionate, and you get more angry, and it feeds the feedback loop. You know, it's literally that old age as an 80s. Kid, the first thing I always think of that not only as an 80s kid,

but an addict, the first thing I always think of is that old drug commercial, I work hard, so I can make more money, so I can buy more cocaine, so I can work harder. So I can make more money, so I can buy more cocaine, so I can work harder. So you know, and it's that feedback loop. And we think that we need this thing. We think that we need that negative voice, we think that we need that for some odd reason.



1:03:39

But again, we don't know any better. So there was this study by the National Science Research Foundation, that identified that 80% of our thinking, you know, for the general public should be percent of our thinking is negative, you know, and so there's that voice saying mean things inside of our head, or is keeping us you know, we stay in this worry place where we're always wondering, well, what if, what if, yeah, yeah. Yeah. And, you know, and let me kind of backtrack on Please book, you know, because there's a whole backstory, we can get into it, you know, but this book was because my life wasn't working, you know, so people that know me, they see me and they're like, hey, you know, she's got all this stuff going on. It's got books, and you know, she's successful. But my life wasn't working. And I wasn't happy. And I was tired of it. I just wanted to be content, you know, something, I wanted something better than to have this negative thinking all the time. Yeah. And so, you know, whenever I approach a topic, there's always the question, you know, like, Whoa, is happiness something that I can go after? Is, is happiness some thing that I can achieve. And very early on, I look discovered that it was something, it can be a goal, you know, it's not that you're just happy, you know, but it's a process and it's something that you cultivate within yourself, you know, by shifting what's going on inside of you. And that kind of like, got me moving forward. It's like, okay, so if I can have this, then what do I need to do to get it? And it actually turned out to be, I joke around a really simple process, as we were talking about of just kind of looking inside. Yeah, you know, it's like, oh, I'm having a negative thought, okay, you know, and just the acknowledgement that you're having a negative thought, stops the momentum, and slows it down, and gives you that pregnant pause, to maybe have a different thought, perhaps, or maybe employ a tool like breathing or tapping or meditating or going for a walk, to shift that energy. So that you move out of that negative thought?



1:06:15

Absolutely. Absolutely. And as as an anxiety sufferer, that's one of the things that I've had to learn how to do in life is learn to realize when an anxiety attack is coming on, when it when it's happening, it's way too late. It's way too late. I'm in. I'm in it now. And, and learning to recognize the symptomology learning to recognize like, oh, wait a minute, I'm starting to get really short. And some of my answers here. Hold on, I really feel like I am backed into a corner for no good reason. And I don't know why. But



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always the best time to sit here and go. Okay. I don't know why. Why? Well, maybe, you know, one of the things that I tell people is part of it is about being curious. Yes. And so if you're going well, I don't know why. Then allowing your curiosity to unravel what's going on, so that you can understand why and then maybe make a different choice. Yeah,



1:07:15

yeah, cuz I know, like, My anxiety is sourced, whenever something in my life that I care about so much, is rocked to a point beyond my control Doctor, where, where doesn't matter what my skill set is, there's nothing I can do to stop this right now. And like my old therapist used to tell me, Okay, so you've recognized the point of anxiety, there's a train in front of you. All you can do is recognize the train and the train's power. That's it. Don't try to go through the train. Don't try to beat the train, don't like, all you can do is recognize it, let it pass, and then move forward. That's it. That's all you can do. You know, and from that point forward, it was a different situation for me, because yeah, I could walk things back. And I could be like, okay, so what has happened in the last little bit? Or what, what news did I get that rocked my internal system so much, that I don't know how to process that everything else was was like a 13 year old shifting gears in a Chevy, you know, you tried to go and



1:08:34

you can process it back. So that, then when the trigger happens, you can be like, Oh, and you don't even have to get on the train, you don't have to near the train row. It's kind of like, Oh, there's the train, I'm just gonna watch it go down the road, and I'm gonna get on



1:08:54

exactly in that that is just it at that point. Now you've seen the train and you can consent to buy a ticket or not exactly no longer just getting smashed by the train every time. Now you have a point of consent into the system, where I have used a turn of phrase with my son who is about to be seven for the longest time. And that is you can't you can't hit if you don't swing. And and you know, baseball reference for effort and life, you're gonna miss. You'll never know if you don't swing. However, it just dawned on me the other day that that utterly has another point of view, which is the point of view of the consent into the system that I talk about it in the show all the time, whether it's the consent into the paranormal, what have you. It's the fact of you are consenting into part of a system you're consenting into the system of anger. You're allowing yourself to be angry, and by allowing your Self to be angry, you've now relinquished your power to that other person or situation. And, and now you're angry that you've really relinquished your power. So, but



1:10:12

only once you're aware. Yeah, you know, I've had days, you know, like, I've been working on this process for about two years. I want to tell people that once I really started working with paying attention to what was going on, yeah, I saw dramatic results in six months. Absolutely. Absolutely. You know, and the rest have just been fine tuning. You know, and I joke around like, you were saying anxiety attack. I just call it bad. Boring. You know? Yeah. Well, I'm having a bad brain day. You know, it's sometimes I sit there and I try to understand why I'm having a bad morning. You know, it's sometimes I just own the fact that I'm having a bad boring day, ya know, and just try to navigate it best I can.

 1:10:57

Yeah, it's okay. Because you're human. And that's gonna happen. We aren't all superhuman, and believe me, like, my addiction. Doctor can't come from the fact this took me years to break down. But I remember in college, I had a, I had a Spanish teacher in college. Amazing teacher Dr. Rosenstiel, if you're out there listening. Hello, what else? What else? No chess. I could tutor people in Spanish and bring them from a D to A B. heart in a heartbeat. My problem was, I could not get myself to class. Didn't matter that I did my assignments didn't matter that I could pass a test. In Spanish with my eyes closed hands tongue tied behind my back I could drill in are, you know, what mattered was the fact that I was starting at a b c plus by not showing up to class. And when my teacher took me aside and asked me, I was like, you know, some days I wake up, and the thought of everything before me. And the thought of everything that's just happened in the last day or so is so big. It's so big, that I don't know what to do with it. And when I start trying to chase it down, it's like a whirlpool starts. And I can't get away from it. And I can't stop thinking. And I can't I can't stop going through the permutations of what that different decision may have may have routed to right, you know. And I get to a point, yeah, yeah, I get to a point of literal mental standstill where it's like, the brakes have ground to a halt. It's that it's that moment in the movie, The Flash, where you're going so fast that everything around you freezes. And that's what would happen, I would come out of it and look in and be like, holy crap. It's 330. Like, I totally missed school today, you know, just

 1:13:11

because at least it was only one day. I mean, I call that jab, but it

 1:13:16

happened over and over, when it turns into half a semester.

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Well, that's what I was gonna call it the rabbit hole. And, like, you know, it would last a day, a week, a couple weeks. Yeah. You know, and to me, it's like when I came up out of the hole, it was like, oh, nice sunshine. Yeah. Oh, there's people. Yeah. Yeah. Whole new revelations novel experience? Well, yeah, but

 1:13:46

it's the fact of knowing that recognizing that endpoint, and consenting not to be part of the system, alright, consenting, that I only need this much, and I need to get out of that situation, I only need this much information to carry forth my task, anything else would be overwhelming to the system.

 1:14:10

You know, and I made the decision to myself that my happiness was the most important thing to me. And so something is happening, and it's messing with my energy. If it's making me have lower energy, and more negative energy, then I need to stop and look around and go, what's going on? Because obviously, this is affecting me in a negative way, and it's affecting my happiness. And so, absolutely, you know, then I need to just, you know, get out of it, walk away from it, make a different decision, you know, whatever it seems, that I need to do and sometimes, you know, we need to just ask ourselves, ask our higher selves, ask God, the universe, whatever. What do I need to do now? Or what do I need to know? now so that I can get out of this. Yeah, yeah. And listen, that's half of it. And then listen. Yes,



1:15:08

no. And that is that is honestly where my seminary training came in more handy than ever with this, with this Gestalt therapy, so to speak, was was the fact of being still and listening after, you know, because you have to be still in listen, if you're not going to be still in listen, then you will re-consent into the system, like it will happen. Because you're you're not letting that moment take root. You know, and how do people because this is this a lot of information and it's beautiful information. Dr. I, when I when I went through and read read the PDF that you sent of the book, absolutely phenomenal and so many things that the spiritual direction wise, things like that, that spiritual directors when I was in the seminary formation directors tried to tell me and I was so young and impetuous that I was not willing to listen. And head I just shut up man.



1:16:17

But you know, there's listening to other people, which, you know, can be hard depending on who they are. Yes. But then there's listening to ourselves. Yes. You know, I was You mentioned counseling. So I was in counseling. The therapist was like, well, you need to find fun things to do. Because he, you know, he thinks I'm a workaholic. Yes. And so I try crocheting, and I tried to do gardening, and I'm like, boring, boring, boring, boring. You know, I like writing. You know, I like doing stuff that other people seem like work, but it's on passionate about it. Yeah, I'm excited about it. Yeah. And so why should it be considered work? So I decided I wasn't going to listen to him about and I was just going to listen to what what floats my boat? What makes me happy? Yeah, and doing stuff that appears like work to other people makes me happy. Because, you know, I just feel like, I pretty much live my life based on, hey, really, you need to do this, you know, like that inside voice? And it's kind of like, after I argue, yeah, okay. And I just surrender to whatever that is, you know, and with some people, you know, and one of the things I kind of talked about is relationships, you know, because we can be pretty Zen when we're all by ourselves, it's when we are interacting with other people that, you know, the training wheels fall off, you know, which includes, you know, our personal relationships, professional relationships, and, you know, learning to be able to navigate those is just so important. But again, it's making yourself the priority, you know, we're not taught to love ourselves, we're not taught to make ourselves a priority. We're, when it comes to our inner world, we're not really taught anything, and with how things are these days, you know, they don't even have homework anymore, where they teach you how to, like, you know, iron or balance a checkbook or whatever, you know. And so, I don't know, what were those skill sets are being applied. I mean, you know, people have skill sets, you know, and people can do stuff. And school did teach you how to do stuff. But I don't know what they teach and more. Well,



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and, you know, my years of psychology, abnormal psychology, teaching children, young children, and especially teenagers have really helped me process adults. And the one thing I've learned over the many years is age four to 40. The only differences by age 40, you should know better than to pull people's hair. a four year old is Jan, less invited to do so. Four year old is just as deep as a 40 year old and every 40 year old is just as childish as a four year old. You know, I have been asked the most confounding questions by a four year old where it's like wow, man, like, that's existential in a different way. And that's deep.



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No, but if you think about it, a lot of our, our world habits I'm going to use your word you know, those little viruses, programs and scripts that we have inside of us. They all form before the age of seven. That's right. You know, so and so I think that's why a lot of people, myself included, just make the assumption. This is who I am. And this is how I'm going to act in this situation over and over and over again. And they don't realize that you can change.



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You can, you can, and the old dogs can learn new tricks, it may take a little while longer, but they can learn, we can learn these things. And once again, the first thing it takes much like your subtraction of consent into the system, is your consent into the system much much like any addict, you could, you could have 85 interventions, until that person decides, Okay, that's enough. Exactly, you may not be successful with any intervention, because they have not decided that they are ready to change, they are ready to do something. And it's much like the much like the false bill of goods that we are sold with that beautiful four letter word, the only four letter word out there love in this culture, and yes, it comes down to do we love ourselves. And we have to remember that love is not an accident, we are taught that we fall in love. Love is a verb, man, that is an action word. You have to love yourself, then to tell somebody you complete me is one of the most heavy burdens you could put on somebody because that means that you are not a complete person. And do you really want to be in a relationship with a non complete person? You know,



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I used to be good with it.



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I used to be good with it, too. And then I wondered why we had problems in our relationship. I wondered why we couldn't openly talk and communicate, you know, and be open and be like, hey, like my wife, just the other day doctor was like, you know, I realized the other day that whenever I get frustrated with you, it's because we process information in a different way. And I've got to keep bouncing it against the wall. And after about three or four bounces in the

game, you're finished, and you already know what the end result for your end is going to be. So you just want to go forth and finish what you need to do and not keep bouncing the ball. But I need to keep bouncing the ball. Because that's how I think, you know, and even that open communication opens up so much for non miscommunication later.

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You know, but also makes it today. It's kind of like, you can interact better. Yeah. Because you know that this is how they process and this is how they do things. And I shouldn't get upset about it, because that's just them. And

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I'm pretty sure that's who I love. Yeah, that's who that person is, you know, and that's just it like to expect somebody to change for you. No, no, no, you want them to change for them. So that they can be whole and happy. Because if you're crawling through a desert and somebody crawls up next to you and says you got some water, you know, you may not have any despair. In that that's pretty much emotionally where I think especially here in the West, especially here in America, Dr. Where where most of us are sitting emotionally we are we're sitting in a literal salt flat of emotional ocean. You know, like there's there's zero drinkable water there for most of us emotionally. There we are taught to not have contact, we're taught to not hug each other to it's strange to me. It's strange to me, as as

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one of the practices that I've incorporated in the last year or so, is suggest you know, if I'm talking to somebody, you know, that is close to me. Just say at the end of a conversation, I love you. That's right, you know, and it's just, you know, it's not like I'm romantic. No kidding you but no, you know that I love you and I cherish you.

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That's right. It's the fact of the world would be a different place. Without you. My world would be a different I don't think that there's a time in the last 20 years of my life doctor that I have either left the presence of a friend or hung up the phone with a friend without saying I love you. There there are male friends of mine that I full on kiss on the mouth almost when I see him. That's how close we are and how intimate our actual love our brotherly agape love is for each other and that's just it like we have we have once again been sold this horrible bill of goods and been told that well, a love has been sexualized, which means you shouldn't be having it when you're younger. You know, you shouldn't be you shouldn't be experiencing that deep love when you're younger. Like I tell my son five times a day, that I love him, that I'm proud of him. You know, these these things that I know, psychologically, men are not told, we are told to share these things we are told to tell other people I love you out loud in public. Right? We aren't taught that. And it's one of the most healthy things in the most one of the most healthy, beautiful things in the world. And we're told to ignore it. Literally, as as the, the alpha male, in a society, but women

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are taught to people please take care of everybody else. And then they wonder why they are codependent or why they don't love themselves. Because no one said, hey, you need to take care of you. You need to be part of the equation. Oh, my God. I just mean you're not supposed to give it all up. Yep. Yeah,

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even even even the false bill of goods of, you know, the one I bring up regularly is Prince Charming. Wait a minute. Did that guy come kiss her in her sleep? That thing you should be looking for, you know, the guy that stalked you down? Because you lost a shoe. That's who you should be looking for? You know, like, when you start looking at these things in a modern I like some of the many things that girls have been programmed to in a very soft way over the last many decades are like, wow, wow, what a rotation taught

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to like, put up with a lot of crap. That in my marriages, I've been married multiple times, that, you know, now you're married, and you're supposed to do it for better or worse, and they wouldn't be worse. And it leaves you in this place where you just tolerate a lot of crap. Yeah. You know, now I'm like, Yeah, I'm not really interested in tolerating crap.

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Yeah, well, I well. And once again, you know, because we have, we have this entrenched idea, we have this almost hypnotic idea of what we're supposed to be.

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And when it's part of that program, that script absolute that is put in there, you know, and then when we don't get it, you know, when we don't lose weight and get really skinny, when we don't get married and have children when we don't do these things that society says is regular and normal. That's right, then we just beat ourselves up about it. And or we won't move forward in x until we complete why. Yeah, yeah. And put our lives on hold, because we're a failure over here. And so until I achieve this, I can achieve any of the other things that I want my life.

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Yeah, yeah, absolutely, absolutely. And that's just it Dr. The fact that, you know, we, we do not understand that, we once again, have the choice, we have the choice from the get go. And that's something that I try to tell my son all the time, all the time is that you you have the

choice son, you know,



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there are so many people that can't make the hard choice. And so I'm going to give an example. So I have a friend who has this job, the boss is toxic, it's been toxic, she hates the job, but she makes a lot of money, you know, and complain about it and complain about it. And she's like, but I don't know what to do. I don't know what to do. And it's like, well, maybe you should go look for a different job. You know, and she's like, No, I can't do that. You know, and so she cuts that choice off. And even though there have been other opportunities that have presented themselves to her for other employment that was going to pay her good. She has turned it down, because she has this feeling of security, and won't make the choice and won't step out on the limb. Yeah, to do something different. Well,



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and that's what I was just about to say can't or won't. Right, can't or won't. And a lot of this truly comes down to that that real understanding and that real stoic understanding of the difference between want and need in your life. There are very few things that you need. You need You need the things on like the empirical chart of needs, like, you need security, you need shelter, you need food, you need water. You need love, and attention from another human being like these, these are