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## SUMMARY KEYWORDS

remote viewing, paranormal psychology, trauma, intelligence gathering, controlled remote viewing, associative remote viewing, quantum physics, manifestation, cognitive dissonance, EMDR, brain function, parapsychology, scientific method, ethical approaches, research protocols, Psychology, manifestation, cortisol, dopamine, trauma, oxytocin, connection, empathy, conspiracy theories, fear, stress, healing, community, research, identity.

## SPEAKERS

Speaker 4, Speaker 1, Speaker 3, Speaker 5, Speaker 2

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00:17

Coming to you from the



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city of the weir. We're



00:21

exploring topics



Speaker 1 00:22

from the esoteric and unexplored to dimensions unknown, shining a light of truth on the darkest corners of our reality.



Speaker 2 00:33

Welcome to the curious realm. You music.



00:48

Well, hello everybody

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Speaker 3 00:49

and welcome this Tuesday night. Hope everybody is doing well. Hope everybody is hunkered down and warm. God bless all the people out there in Tennessee right now, going through the flooding, although, like I texted some friends today, this right behind me are my decanters Buffalo Trace lives in there regularly, not a bad idea to go out and buy some Buffalo Trace stock right now. Folks, you know at least as far as a few bottles of whiskey before the prices go up on the shelves because the Buffalo Trace distillery was part of the major flooding, and they lost a huge section of property in the back, so things will go into low production. Little, little tip for you. There from curious realm, everyone. We have an exciting show tonight. I am very, very excited. Our second guest after the break will be our good friend, Anne Selene. For those of you not familiar with the format, we normally have a live guest in the first segment. That way we can go long if conversation dictates that, and we don't have a guest waiting in the wings. But our second guest, even though they are pre recorded, is always new material. We We have never, either as our previous incarnation or as curious realm done a repeat show, or a greatest hits or run re, re recorded stuff. So yeah, it's always new. We'll be talking with Anne saline tonight, specifically about the psychology of the paranormal, and not only the psychology of belief, and the way that our brains look for patterns in life and look for confirmations of patterns. But, but how these things, and specifically how traumas, because so many times a paranormal experience is somewhat traumatic for somebody. It's a it's a shaking of worlds, you know, one of those things that will really change the paradigms with which you see reality. And when that happens, things change in the brain. You know, we begin looking at things in a different way. So how does that affect us? And with that in mind, Before we introduce our second guest, we had somebody on social media, a group of people on social media today come kind of come out against an event that we have, that we are coming up with. And I'm not going to mention the event in in conjunction with this attitude, but our first topic tonight is remote viewing. And you know, when it comes to psychic abilities, when it comes to these literal natural abilities, it's not like anybody has to go into a trance, or trance like state for remote viewing to happen. However, there were a lot of comments regarding sorcery and dark magic and and things like that. Now I'm here to tell you, folks as a former Catholic seminarian, as somebody who spent a good clip in my life studying theology, studying theologies of the world. This, this is one of those things that, as a commenter mentioned like this, seems like a natural talent, that if you're not using it would be more of a sin. You know which? Which is an interesting concept, and the idea of a natural talent is what I want to springboard off of when it comes to remote viewing. Because, though you can take remote viewing training things like that, it's not like meditation or finding a guru and trying to attain enlightenment. It's almost the opposite of that, and it's really interesting. So our guest in the first segment tonight is our good friend Greg radebaugh. He we have had him on the show. We had him on the show on the Irva cruise this last year. He is one of the new Irva board of directors, Irva, being the international remote viewing Association, I am a lifetime member. I am now, I wouldn't say an adept practitioner Greg, but at least a practitioner of remote viewing. And it is definitely something that over the last 20 something years. Of my life. I've heard it. I've heard it in communities. I've done research on it, things like that, but until I actively experienced it, I don't think my mind was as as attuned to it as it is now, you know, so welcome back to the show. Greg, how have you been doing?




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Great to be back again. Chris, absolutely


 Speaker 3 05:23

man, our conversation on the mariner of the seas during the Irva cruise this last year was very enlightening. And you, you have a very, very amazing and honorable career of working in the world of intelligentsia, Department of Defense, all kinds of things. How did you first come to the world of remote viewing? Greg, how did, how did that was? Was remote viewing there before you were involved in that world? Or did one lead? Did the world of intelligentsia lead you down the path of remote viewing? How did, how did that come about for you?

 Speaker 4 06:03


Well, I've always had a, I guess, a talent for experiencing things that would be considered paranormal. It was easy for me to be comfortable with it, because my mother was extremely exciting, and which meant I couldn't get away with anything. So I mean, it just seemed natural to me, and it's something I've always had an interest in.


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I had a


 Speaker 4 06:35

brush with the remote viewing community when it was still part of the military and kept under wraps because I worked with Dale Graff at DIA for a time, but

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when it first came out

 06:55  
back And

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let me pack them a bit sure

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when

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**Speaker 4 07:03**

this concept of remote viewing first came about, I mean, psychic ability has been studied for years. Dr Dean Radin has several books citing 130 years of studies proving that this capability exists, and it's not a question of, does it exist? The question now is, how do you apply it, and how do you increase your abilities, increase your accuracy? And that's where you'll get several different versions of controlled remote viewing. But it kind of started out in 1921 with Rene war Collier in his book, mind to mind. And that's why the urban has a yearly prize for those doing research in remote viewing, called The War Collier prize. And it really kind of started from a government time back in 1971 when the American cycle, American Society for psychic research, started doing some studies on clairvoyance, claradio, and they decided to call it remote viewing, because when you're doing remote viewing, you're actually combining several of those concepts that have separate definitions about them in standard Parapsychology terms. So when you're doing a remote viewing session, you could be doing clairvoyance, you could be doing clairaudience, you could be smelling things, touching things, and so on. So bringing all that together one concept, they decided to call it remote viewing. And back in 1972 Hal put off was at Stanford Research Institute, and he was introduced to English Swan,



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and together they were studying,

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**Speaker 4 09:08**

how do you put this into practice? And so along the way, Hal mentioned this to a friend of his at CIA, who said, That's interesting, because we've been having studies done looking at what is going on in the Soviet bloc, because we knew through intelligence that the Eastern Bloc and Russia were particularly interested in psychic ability and how to apply it. And so the thought was, if they think there's something to this, we probably ought to take at least a look at it to see if there's something to it from our perspective, because that could be a potential threat. And so it's from that point that. CIA started funding some research at SRI with AI and Ingo and others at the beginning, like Pat price and hella Hamid and Russell Targ came in a little bit later, and that's when they started developing the concept of controlled remote viewing. And a lot of that has to do with the way Ingo Swann approached it, and being able to set up protocols that, in essence, discipline your mind and thinking and receiving this data without it being contaminated by your imagination, by outside factors and so on. And so the key is to practice it, as others, like Joe McMonagle and Lynn Bucha said, it's kind of like a martial art for the mind. Yeah, in requiring that discipline, and so the controlled remote viewing protocol provides that discipline for you to be able to focus on the data that you're supposed to be getting. And so that's when they decided, in 1977 to set up an actual remote viewing unit under the auspices of the US Army. And it originally started off as gondola wish, and they had several cover name changes, growth, flame and so on. And finally ended up with Stargate, which is what everybody knows. And eventually, by 1995 it had made its way back to CIA as sponsor, and then CIA shut it down. Interesting, yeah, and that's when, just before that, we started seeing some inklings of the program and remote viewing as practice coming out in books like Joe mcmonacles mind track back in, I think it was 1996 and then a year later, Dave Morehouse

wrote his book called psychic warrior. But the one that really made the breakthrough, that caused everybody to kind of sit up and go, Oh, is the book remote viewing by Tim Schnabel, which kind of pulled together the history, and that kind of opened the floodgates and started the declassification of some of this that's going on, and that's where you started having new teachers coming out originally, the members of the military unit such as Paul Smith, Bill Ray, Tom McNEAR, Mel Riley, Joe McMonagle, Lyndon, Bucha and Dave Morehouse and others, started educating people on this concept of controlled remote viewing. And why was the military interested in it? Because it was, in essence, a way of gathering intelligence by means that you didn't have any other way to get it. Yeah, and so, if you're, you know, looking at remote viewing and wondering, you know, what is it? What? When I you go out on the internet and you see things like CRV, you know, control remote viewing, things like ERB extended remote viewing, which is more of a natural way of getting in the data without the strict protocols. Then you've got associative remote viewing, which I'll talk about later. And then you have other people that have started teaching it, and in some cases it's a business sense of, I need to have something to trademark, so, yeah, that I can, you know, make sure that my material is protected. So you have things like technical remote viewing, which was put together by a major at Danes, who was part of the unit scientific remote viewing, which was done by Courtney Brown at the far side Institute. Then you had trans dimensional systems, remote viewing that was put together by prudence Calabrese. And then there was a group in Hawaii, led by Glenn Wheaton that was the Hawaii remote viewing Guild, and they had more of a freestyle. Sometimes you might have seen either Courtney brown or the Hawaiian group use a whiteboard, and they'll just kind of free flow the data and put it down on the board for collecting it. But all of these. Capabilities are kind of come together under the sponsorship of the International mo viewing association. So it was recognized back in 1999 that there needed to be an organization that would help, in essence, pull together all the disparate capabilities out there, all the disparate teachers and methods, and provide them a place that is in essence a clearing house and a place that will try to set standards for, you know, what is remote viewing and so on. In fact, Irva has recently started a professional part of Irva that has standards for people that want to apply to become certified to be professional remote viewers, so that, you know, people make a living at this, yeah, and it's a way of being able to provide credentials to potential clients out there that I've been through it. I've, you know, I've done the training, I've done the practice, I've done the operational targets, yeah, and here's, here's basically my bona fides. So,



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you know, it's worth your money to hire



Speaker 3 16:17

me well, and you know that that's where, for me, it gets fascinating and really interesting. Greg is what because, of course, the the government has sponsored numerous programs, sponsors numerous tech programs, all kinds of, I mean, people forget the fact that Facebook got its initial round of funding from from in Q tel. You know they're, basically the financial arm of the CIA that reaches out to future looking technologies, things like that. And, you know, there are entire branches of the government that are dedicated to things like this, DARPA, all kinds of stuff. And what's always fascinated me is the fact of once a program goes on and shows its efficacy. It's frequently dissolved for the fact of now it will be in the hands of contractors, so

that it's, it's not a defined part of the governmental Protocol, or a defined part of anything that can be used intelligent CEO wise against the government, you know, but, but contractors thereof are still definitely using it, you know, whether or not the army itself is using it. Contractors of the army are using it, contractors of other contractors and and even the the applications that are out there. I remember meeting people at Menlo Park and things like that that were doing, like city planning, that kind of stuff there. There's a company that is actively employing remote viewing to find targets to mine for precious metals in space, on on the moon and asteroids and things like that. So it is, it is fascinating to see the actual, real world applications of remote viewing. Now let, let's step back a second in the conversation and let's, let's, what is the difference between, let's say clairvoyance and and remote viewing?

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Speaker 4 18:20

Oh, I would describe it as clairvoyance, is a description of being able to travel to a site and gather data



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just through site,

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Speaker 4 18:34

and you have Clara audience, where you hear things at the target site. But remote viewing, in essence, combines these capabilities into one discipline. So think of remote viewing as an overall term for being able to go out to a site or a person or a place or an event and bring data back to yourself, and the most important thing is documenting. It doesn't do you any good to go to a target and go, Oh, that's nice without being able to provide a written or verbal description of what you saw. It's kind of like sending a reporter to a news event, and they don't report anything back. They don't do a broadcast or write a story or whatnot. So from that aspect, going into applications that you know, the very first applications by the government was for intelligence purposes, intelligence collection, and the way that they were approaching remote viewing was it was a means by which you could obtain data that you could not obtain from any other source at the time. So couldn't use imagery to take a picture of it. There was no signals in. Intelligence that would be able to listen to the communications. There was no measures in signature intelligence that would be able to tell you anything about the target. So, and especially when you're looking at things that are in a enclosed area, take a picture of a building and like, okay, it's a building. What's going on inside? Yeah, and so one of the early successes in that application was Joe McMahon being able to be able to look inside an assembly building at a Russian ship building facility, and start describing what eventually became the Soviet typhoon submarine. And in the beginning, they disregarded what he was telling him, because he was sailing them things like he was seeing a double Hall. He was seeing, you know, 20 missile launchers in front of the sale, yeah, whereas normally, missile boats all have their tour, you know, their missile twos behind the sale. And his feedback was, eventually, was the typhoon came out of the hall, and lo and behold, it was just like he described it, wow. And so that's one of the key things about remote viewing, is the importance of feedback to be able to, you know, tell your mind that you were there, you were at the target site. You got the date on the target site, you were good, to reinforce that concept of you were there, and that's one of

the key things about doing remote viewing, is that when you do it, and that first time you're successful, that aha moment, it's like it opens up a world for you, because you yourself have done it. You yourself have experienced it, and know it's real and it's not bullshit.

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Speaker 3 22:05

Yeah, and you couldn't use a better term than most, I think most people would want to ascribe to this Greg, and it was one of those, I was, I was, I'm not gonna say I was reticent, but I was definitely very curious about specifically the provability of such a thing. And once you start really digging into the data, you find out that as far as any parapsychological quote science out there, it's really one of the only ones that is an actual science that has laboratory time put behind it to this extent that has why

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Speaker 4 22:49

it's critical to Dean Radin his works, where he lays out the scientific studies that show yes this is real. Yes this exists. Yes to his statistical significance level. It exists in Israel, yeah, and in some cases, more statistically significant than some of the five holdings that are held in physics and other sciences. But the difficulty you run into, and the difficulty the program ran into the whole time it was within the military and the intelligence community was what they call the woowoo factor, yeah, which is you would go for funding and, you know, you would run into people say, what you want us to spend money on psychics? Yeah, really? Which is why this term remote viewing was so critical, because it took it away from that rule factor and said, No, this is an intelligence discipline that we had provable results that we can show you that it works. A great example was the military unit in 1979 was tasked with looking at the hostages being held in Tehran, and you know, what were their conditions and how were they feeling? And they were able to go in, especially on the hostages that they were thinking of releasing, and going, Okay, this particular individual they're going to release because he has a medical condition and they don't want to take a chance on him dying in custody. And sure enough, that individual was released, and he confirmed everything that they're able to find out about him. So that's one of the strengths of doing remote viewing, is it gives you an opportunity to be able to look at the human target and understand, what are the motivations, what are the plans. That's why, from an intelligence perspective and human intelligence, one of the keys that you get from human intelligence is intent. And planning and future operations that you may not get from your other intelligence sources like imagery and SIGINT and so on. So that's why remote viewing at that time was considered a human intelligence operation. But it was also because it was, you know, something new, that they also had to undergo medical supervision, because, in essence, they looked at it as human experimentation. And so that was also part of the discipline of developing remote viewing for intelligence, was, what was the impact on people, what was the impact on the viewers? And



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so lot of great data out of that,

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Speaker 3 25:49

with that in mind, specifically, because they're there once again, you don't necessarily have to go into a trance, so to speak. But you do, you do have to kind of let things flow in an uninhibited way. And at least as somebody who practiced static prayer at one point in life, meditation, things like that, I find it very antithetical to those disciplines, you know, where once again, if you're trying to go through Buddhist meditation, you're not, you're not trying to account for the stray cats in your head. You're trying not to feed them. You know, you're trying to ignore them. Where is it? The example that I give with remote viewing is almost like you want to give the monkeys bouncing in the trees a typewriter and just let them go, you know, because

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Speaker 4 26:46

that is the part of the discipline of control. Remote viewing is when you get those stray cats, as Lynn Buchanan has called them, yeah, or, as others call it, analytic overlay. You acknowledge it, you just write it out, get it out your system, take a little break, and then go back to the signal line, yeah. And so that's part of that discipline of control, remote viewing, and going through the six stages that opens the aperture for the information wider and wider and so that you're able to get more and more data out

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Speaker 3 27:20

of it. Yeah, and literally, this is, this is where I think many other para sciences out there, Greg Can, can really take a leg up from the hard work done in 50 years of laboratory, remote viewing and research into this topic. Because, as you heard me say at the remote viewing cruise, like paranormal is science. There's, there's no difference. That's quite literally, half of science is trying to figure out what that thing outside of the norm was that just happened in an experiment. You know? So, so the idea of those things being strangers is odd. But when you, when you start tracking down the idea that the the odd part is, is the not tracking it. And the My favorite thing about remote viewing is, is that process of check in at the beginning, and I think that that is a huge part where other para sciences, other disciplines, a paranormal study, could really begin their work in that kind of way, that personal check in where it's like, what has been distracting me over the week? Basically, it's, it's a filter check with remote viewing. It's, it's the idea of what filters might I be processing this data through as it comes through to me, you know, like me and my wife got in a fight and we didn't make up. You know, my dog ran away just

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Speaker 4 28:49

like that. When you start a session, you know, you're laying out, you know, what are your personal inclemencies? Yeah, what are the things that are bothering you? What, you know, I don't feel really well today, or when you said I had a fight with my spouse or significant other, and you note that, and just let it go. And in essence, you're clearing the buffers of your mind of this extraneous data that can impact the signal that you're trying to pull in. And so

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again, the other

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Speaker 4 29:28

disciplines of remote viewing that I mentioned earlier, each has a different way of clearing those buffers. Yeah, but the point is, it's a focused way of acquiring data and recording data that can be used for a purpose, which is why we've gone past the research stage into the application stage of remote viewing. And there's some great books out there, especially by Russell Targ. And how put off that talks about the the scientific analysis and studies that went into remote viewing. Again, Dean, great, tremendous source on scientific studies of paranormal in general. Yeah, so the remote viewing community as a whole has, in essence, said enough we don't have to prove it's real anymore. The skeptics are going to remain skeptical. Nothing we can do is going to convince them. So we're not going to bother trying anymore, other than doing studies to find out. How do I make it better? How do I make it more accurate? How do I make it broader? How do I get more data back? Ways of trying to record the data. One of the areas that Irva is looking at now, especially the president and cats, is, how do I use artificial intelligence Yeah, as a monitor for helping me do a remote viewing session

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Speaker 3 31:05

and and that was, that was a fascinating presentation that Patty Gallagher and her gave and at the cruise, and the idea of training an AI to be a remote viewing monitor. Because honestly, to me, anyway, monitoring is one of the most important parts of the process. I understand that numerous people out there remote view on their own, don't use a monitor, don't use a check system, things like that. I get that. I understand that. For me, the science part of it is where you where you need a monitor, you know, because that that monitor is who's going to keep you in check. That monitor is who's going to keep you on task during a session. They're the ones who are going to be like, seems like you're, you're roaming into stray cat Ville right now. You were talking about warm salt there. Let's go back to that, you know, and they, they really kind of keep you in check without, without, once again, leading you down a path or without.

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Speaker 4 32:12

Because key aspects of being a monitor is



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the viewer is always in charge of the session

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Speaker 4 32:20

period. What a monitor can do is notice the micro movements that happen during a session, like you're entering the target, and also you just kind of back away, and you don't consciously realize that, yeah, but the monitor can see that and go, Okay, you know, what are you feeling? What's, what's the esthetic impact you're going through right now? And open it up to, okay, I

feel like I'm high over open area. It's just seems very wide, and I'm very, you know, very scary heights, and so they can notice things that happen to you physically while you're doing a session that you don't notice yourself. And that's why a monitor, especially when you're training, when you're starting out, you really need that monitor for that experience of guiding you through and helping you through the stages so that you're on track and you're getting the data back, and helping you identify what is an nao or analytic go to overlay or a stray cat and so on. But for a lot of us, because we live so far from so many other viewers, a lot of times you end up having to go on your own, yeah, and or, you know, if you're lucky, you can get someone to be able to Skype or zoom with you and watch you do your session. You know, remotely. But in my mind, having the remote, the view the monitor right there, who notices those micro movements and those reactions that are coming through to you, that are being expressed through your bodily motions or your facial expressions you normally wouldn't pick up over a camera that is like the gold standard of a session. But reality is, you don't always have that. And so you learn to do your sessions. You learn to kind of monitor yourself, and then you see, you know, what's the feedback?

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Speaker 3 34:39

I will definitely say that. Of course, platforms like what we're on tonight with Skype, I get no money from Skype, folks. I also get no money from zoom. Platforms like zoom, things like that, have really, really changed the game as far as the means by which you can get training and. Have a monitor. You know, for instance, hi Tomi. My monitor lives in Hawaii. You know, I met her at Menlo Park. We became friends and and I will always say one of my favorite things about our sessions is the way that she can read me Greg, because she's been a listener for like, the last two years. So she watches me on camera. She sees me when I'm in a moment of, you know, like I was a minute ago, where I'm trying to find my place, I'm trying to find my words. So she she recognizes those moments where there's something inside of me that I'm trying to get out, and I can't get it out, or that I'm starting to get distracted and go down another path. So it's really interesting, because, yes, it is a situation that, at least I believe, so that the better a monitor knows a person, I think, the better the session is.

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Speaker 4 36:00

Well, and the other thing that you have to take into consideration is that there are times a telepathic link between the monitor and the viewer, so that a monitor can sense what you're seeing, what's going on, and be able to draw that out more easily. No,

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Speaker 3 36:20

let's explore that for a second, because, of course, one of the things with remote viewing is, is that, of course, a monitor doesn't lead a session, and they don't lead the viewer by the questions that they pose. You know that you're it's basically like a conscious a conscious hypnosis session. You know, where you're you're trying to get information out without putting information into the system. So to say you're

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trying not to follow the viewer. Yeah, yeah.

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Speaker 3 36:52

So, so, especially because that was one of the things, I was very sad that me and my monitor did not get to hook up because I brought I have a brain wave headset, and I brought her the original version, so that while we did our sessions, that we could record our brain waves and see if our brain waves actively synced up at a distance in that kind of way. You know, because, is it possible for, I guess, because a monitor does know something about the target.

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Speaker 4 37:28

Well, it depends on the session and what you're doing. Let's get into that. If it's a training session or a standard operating session where time is not a factor. You want the monitor to be blind to the target, the same as the viewer, okay? And that's what the skeptics don't understand, is that when you're doing a session, the only thing that you have to go on is a arbitrary, an arbitrary identifier that says the target is Q 47 you know, modulator, but you know, you have a string of numbers and letters that signify a target, and that's it. And you go into the session, and you start getting the signal, and you start, you know, putting down what you're seeing, what you're hearing, what you're smelling, what you're tasting, and that becomes data to build a session to where at the end, you know, you can have A summary that describes the target and a monitor, ideally is blind to the target as well, so all they're doing is watching the micro reactions and where you seem to be starting to bring some information, but then dropped it, they can refer you back to that and say, okay, like you said you were talking about smelling salt water, yeah. Can you tell me more about that? And that way, you're helping the viewer refocus on the session without prompting the viewer or pushing the viewer in a specific direction. What the monitor is doing is helping you extract data from the session on the target. Yeah. Now, in some operational situations, you you will need some front loading, just because you got to make it quick. So say, for example, a missing person, and front loading is the target is a person. Describe the location, so you don't have to go hunting around and going, okay, you know, am I saying biologics at the site? You still haven't been told. You know who the target is. Yeah, it just knows. It's a person. Yeah, where is it located? And then you start describing the location. And you know, time is of the essence. That's one of the applications of remote viewing is in missing persons, yes, you know, in 2019 Angela Thompson Smith, who? Dr Smith runs the Nevada remote viewing group, yep, which I'm a member of. She does a lot of pro bono targets, yeah. So we had a target of a hiker that was missing in Germany and Bavaria. Oh, wow, you know where's the hiker and so myself and Angela and a couple other viewers were able to focus on location, and we were able to look on a map and be able to pinpoint where the hiker was. And unfortunately, the hiker had died. Oh, man. So we were able to ascertain that that, you know, the hiker was deceased. Here's the location remains and the search party, which had been searching for a week while for him, was able to go to him in a matter of hours.

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Speaker 3 41:24

Wow, wow. And you know that is something that Angela Thompson Smith is a great friend of the show. She's been on numerous times. I thoroughly enjoyed my time with her on the cruise ~~as she was my monitor during the session that was that was an incredible experience. And~~

as she was my monitor during the exercises that was, that was an incredible experience. And even, and I think a prime example of the fact of a good monitor can monitor anybody you know. You don't necessarily have to know them, but it can definitely help and, and just the idea, once again, as Lynn Buchanan said numerous times on the show, like you may think that you want to find missing children, those things can kind of live in your head for a while, you know? And that is something that specifically, when you're talking about something like an outbound a very specific type of remote viewing session where you are tying into somebody that has that is at a remote location there, there's a specific way to tie into them, and also a specific way to kind of cut those connections as you come back. You know, in some cases,

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Speaker 4 42:39

you have to detox, after a session, because you know, what you've seen and experienced is not pleasant. The most recent case of that for a missing person was we were tasked by some folks in Argentina to locate a missing young person had been kidnapped and was potentially being human trafficked. Wow. And so we were able to get a general location and describe the activities and describe the perpetrators, and that data was given to the police, and we were later told to kind of cease and desist, because the cartel running it was looking for the people that were helping the police and remote viewers. So there is, there is some, you know, downsides to doing missing persons, but that's also part of the application of remote viewing to things like criminal justice. Pam



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Coronado, known as the psychic detective,

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Speaker 4 43:51

has worked hundreds of cases missing people and murders and so on, and she does wonderful instruction and reviewing and being a psychic detective and being a medium. So you can go to her website and take courses and how to be a psychic detective, and some of her famous cases was she was brought in by the authorities to help provide information on the DC beltway sniper back in 2002 Yep. And people need to understand that as a remote viewer, you are not solving the case. You know that's the police or the FBI or the US Marshal, whoever they're, the ones that solved the case. You are just providing data that's right to help them narrow down leads, to narrow down suspects. At one point, Lynn Bucha and had a program called an assigned witness, one of the interesting. Aspects of remote viewing is time is very valuable, and you are not bound by time in a straight line, so you can go back in the past, or you can go forward in the future. Yeah, that's one of the applications of associated remote viewing that I'll talk about a little bit. But Lynn had set up this program where the police would say, Well, we, you know, we know we had this murder, but we don't know how it happened. And he would, quote, assign a witness, a remote viewer, viewing team, to go to the incident at the time it happened, and remote view it and describe, you know, the perpetrator, or perpetrators the victim, what happened? Any data on what did perpetrators look like, you know, clothing, general appearance, what car were they driving, if anything, and that's just data that allows the police to be able to go through the mountain of data that they have and help narrow it down. Yeah, and I was involved in a case again with Angela. This was my thing back in 2006 one of our friends, and great friend of Irva, is Robert Knight, and I don't know if you know of him, but he's

known as the photographer to the stars. Yeah, he's done photography of all the great rock stars, and you can see his work online and on Facebook and whatnot. He had a friend, a DJ from Denver called Steve Williams, that had gone missing, and he had asked Angela, you know, can you help me find him? And so Angela pulled together a team, and we did sessions and what we could observe was that we initially picked up on a deceased body,



47:15

partially in the water

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Speaker 4 47:18

near Catalina Island. Wow and we told Robert this, and we described what we saw. And shortly thereafter, the police found the body, and they brought it in and described the body, you know, so if anybody knew him and Robert immediately identified him as Steve, and went down and told him all the body is This has these features and is missing a finger, and the police immediately saw him as a suspect, yeah, and he says, no, no, no, I have friends that are able to see things and showed them the data in the report that Andrew put together, and they were just kind of like, wow. And so we requested by Robert to press on, can we describe who the perpetrator was and what happened? And so we were able to describe the incident, how it occurred, what the perpetrator looked like, and where did we think the perpetrator is located now? And they were eventually able to locate the perpetrator in the general area that we saw him in another state, and he confessed to the murder. Wow. So Wow. That is a practical application of remote viewing that we're able to help crime victims and just just by opening ourselves up to the data that's out

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Speaker 3 48:54

there. And that's just it, being able to call through that data, being able to add to the data set and and go through that in a scientific way is, is what this sets up for. And it's, it's absolutely awesome when you see it leveraged and used in that kind of way. We've got you for about another 1015, minutes or so, Greg, let's, let's hit on the topic of associative remote viewing real quick, because I think that's where a lot of people unfortunately get lost, whereas, whereas, you know, we because that's where a lot of, I guess, prognostication things like that can come in. This is, this is where a lot of the things like the the headline that I quoted in my talk, like, you know, do most people just know us from the silver market headline where, like, they were predicting silver markets for about a year with great, great result, things like that, you know, like, Why? Why isn't everybody just winning at horse racing, you know? Why? Why don't we see multi million dollar remote. Viewers out there that are just like winning tickets in hand from the lottery. And I think that's a question that begs to bear on a lot of people's minds. Greg, okay,

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Speaker 4 50:10

the difference between associative remote viewing and just control remote viewing is that in control remote viewing, you're actually going to a target site, and describing the target and associative remote viewing, you are describing your feedback. And what I mean by that is you

are given a binary choice of who's going to win this football game as a team a or Team B, and then you do a session of, what do you think the photograph that is associated with the winning team looks like? And so the feedback is, the team wins. You're showing the photograph, and you go, Oh, okay, I got it, and we're no eyes completely off. But what you're trying to do is reinforce to yourself you're picking up on a future event. You are, in essence, doing pre cognition through a discipline manner of describe what you're going to see at your feedback, and there are other ways that you can help make that better. Like, okay, you see the photograph for the correct target. Eat a chocolate chip cookie. So when it comes time to do the viewing, you're getting that sensation of, I'm describing the target, and I'm getting the sensation of a chocolate chip cookie in my mouth, so I know I'm on the right track. That's also a way that some students are able to do much better in tests, because they're sending data back to their past cells. So you go into a test, you take the test, and you know, okay, I didn't do too well on these areas. And you after the test, you study those areas, and then you've tried to send that information back to your past self for the tests, and you do better on the tests. Interesting, you know, that's part of, you know, doing pre cognition of you know, election results, fear is going to win the election, and business applications and financials like you describe the silver markets, there are businesses that contract with remote viewers to tell them, you know, how's the market going to do over a quarter, how is it going to do next year? We're thinking of maybe extending into another area. What areas would be successful for

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Speaker 3 53:05

us? Should we go along on April wheat, things like that, and and

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Speaker 4 53:11

to those that say, No, you can't do that. You know, the checks keep coming, and it's like Joe McMonagle has made a good living ad looking for oil and gas and general deposits, yeah. And people have said, Well, are you doing? Are you successful? He goes, Well, they keep sending me checks, yeah, yeah. So I keep

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Speaker 3 53:33

getting phone calls. Yep, you know, and, and that's just it. When you start, because, of course, they're there. I mean, take any statistics class, you know, and, and you'll, you'll find out real quick, the odds of, you know, catching a, catching a heads or a tails properly on, on a coin flip, you know. And it's not actually 5050, but, but once you, once you start adding things in, I think this is where a lot of people get lost. Is, is that quantum aspect of time in the universe? Greg and you know, the the playful joke I made last time you were on the air, of course, we were, we were chasing the tail end of a hurricane on a cruise ship, and it was like none of the remote viewers saw the hurricane,

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Speaker 4 54:21

you know, if they if they did, they knew it wasn't going to be a problem. And

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Speaker 3 54:26

that's just it. There's that. And there's also the fact, much like you said in that interview, there is the quantum aspect of time where there's a there, especially when it comes to a futures market, whenever it comes to a game decision, something like that, a political decision. There are a lot of quantum aspects that go into whether or not that event comes out to play the same way that a viewer sees it. Yeah,

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Speaker 4 54:55

well, an interesting group run by Taz. Smith in the UK, is called Future forecasters.com Okay? And he has a team one member who is Dick all bear, excellent viewer. He has some great viewers on his team. Task themselves with, Okay, what's going to happen in the next month? What event is going to happen, and the most recent event that Dick had foreseen, the American Airlines crash at Ashland airport. Wow. So this is a group that is doing this for real and doing it for money. So if you want a future forecast done, you go to Das is future forecasting site, and you can lay your money down, and they'll do future forecasts for you, and you can look at their track record of what they've done in the past. You can go on YouTube and see lots of sessions with Daz and Dick and other members of the team, where they are going through and doing their session live on a whiteboard, and you can see things down the road, and it's A headline. It's

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Speaker 3 56:19

pretty fascinating, because there's, there's been the the idea of the eggs that were out for a while, like the random number generators that were, we're looking at world events and basically doing predictive algorithm. And it was pretty fascinating, like, Well, that was one of the big things that happened up around 911 was that all of these random number generators all spiked at the same time with

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Speaker 4 56:47

the random event generator network, is that it'll tell you an event is going to happen. Doesn't tell you what? Yeah, it just says we're noticing a change in random event generators around the world, and it's okay, something's going to happen, but you have no idea what it is. Yeah, and that's another aspect of these ability is this remote influencing.

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Speaker 3 57:14

Let's get into that in the last few minutes, because I think that's, that's probably the juicy nugget. I go to Vegas five times a year for work. Man, how do I make the dice turn? You know? How do you, how do you make it land on double zero on the Roulette Wheel? You know?

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Speaker 4 57:29

You talk to Glenn Wheaton and the Hawaii remote viewing guild, ready? And, yeah, the the casinos are not happy when Irva has its annual conference in Vegas, because one of the the fun things you do is go down to the roulette wheel and you bet red or black, and sometimes you can influence The ball to hit what color you want. Wow. And sometimes you can influence dice too. And there have been a couple times in the past where folks have been asked to please move on to another Casino. Sure. So if you're so you you try not to be obvious about it, but

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Speaker 3 58:21

kind of like counting, not necessarily illegal,



58:26

influencing the dice. Yeah. I

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Speaker 4 58:29

mean, there's been a history of this. That's one of the things that got Ingo and how put off started on trying to figure out in remote viewing was, you know, back in 1972 Inga was visiting Hal, and Hal took him to a another laboratory with an Sri that was studying quarks, and they had a magnetometer that was buried deep in the ground that was shielded, looking for quarks to come through. And Hal asked Ingo, can you take a look at that? And Ingo, remote muted, and the magnetometer started going crazy, yeah. And he stopped, and the magnetometer went back to normal. Interesting. How, said, Can you do that again? And Ingo said, Sure. And he wrote, viewed the magnetometer, and it started going crazy and

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Speaker 3 59:29

got thrown out of the lab. Yeah, well, and, you know, once again, when it comes to that idea of remote influencing Greg, yeah, I remember specifically when, when we've had Lynn Buchanan on, he was like, we had protocols not to remote influence within our program, like it was, it was not allowed, you know. And he was like, it wasn't for a want or a want, of not wanting to take down an enemy or something, but just a fact. Act of, like, the pure ethics involved with it. And the idea of, yeah, you you could kind of, I guess, like Stephen King and fire starter with the shop, like, push somebody to do something, you know. And for some people of some Psy influence out there, it would not be a hard thing for them to do, you know? I mean, I'm sure if Lim Buchanan can can influence and break a military computer via distance, I'm sure he could make you want to eat a bowl of fruit loops too, you know, like, but that's the decision, that's that, that's where it comes in. Because once again, you know, sure, I guess every associate of remote viewer out there could go out and just, you know, make millions. But what is the, what is the ethical propensity behind that, you know, and and are you? Are you now using these gifts in an ethical way?

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Speaker 4 1:01:04



Well, I would say yes, because anybody can learn to do associated remote healing. Again, it goes back to not, you know, everybody can learn to play golf. Not everybody's going to be Tiger Woods. That's right, you know, yeah, people can learn to remote view, but they're not going to be Joe McMonagle. That's right. That's

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Speaker 3 1:01:22

right. You You probably won't be shaking magnetometers underneath a lab in your first few years of doing something

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Speaker 4 1:01:34

Joe McMonagle or, you know, a Lynn Buchanan or a Paul Smith, or an Angela Thompson Smith, yeah, so. But, you know, think of another aspect of remote influencing. What is prayer? We have prayer circles for people having medical problems and those, those problems are resolved even,

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Speaker 3 1:01:56

even the idea, which, which we bring up in the next segment with our next guest, the idea of psychosomatic illness. Greg, the idea of lifting boils on your skin because you're so hypochondriac, so hypochondrial about things, and

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Speaker 4 1:02:13

that's another application of remote viewing that you do is medical assessment. Gail Cusick of the histo group did a study on a family with autism and trying to understand, you know, what caused the autism, how is the autistic child doing? Can you establish communications with a child with autism? Yes, they were able to do that then, then you look at Lynn Bucha and his methodology for assessing a human body for any medical issues within the body, that's able to guide, you know, medical personnel trained in the standard you know, MD, OD, those kinds of folks into, okay, we, we perceive the problem to be here, and that gives them a focal point to do testing and be able to see, yes, there's a problem. You


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Speaker 3 1:03:16


know, the my brain just started cooking real fast man on the idea of the the communicating with the non communicative, especially just coming from a family who's whose mom worked with special ed and autistic kids and things like that. But even, even whenever you're talking about stroke victims, things like that, you know the idea of and even people in a coma, the idea of being able to connect with them via distance in a different way, and to be able to interpret the world through the way that they see it and give another unique perspective to a doctor or therapist

 Speaker 4 1:03:59


is Talking about using neurolink, yeah, as a means for people that have had strokes or in a coma to be able to continue to communicate. Absolutely,

 Speaker 3 1:04:09


absolutely. Greg, thank you so much for your time tonight. Man, this was an amazing peeling back of the curtain on the topic of remote viewing. I've got to have you back on again and again, of course, to to really get into this nail. Nails deep on the different topics and different forms of remote viewing. If you folks have enjoyed this, feel free to come on out to the upcoming Symposium of the strange in San Antonio. Greg will be our speaker, and he'll be going much more into depth about the government remote viewing program, the world of intelligentsia and remote viewing and a lot of these other applications. Greg, thank you so much for your time tonight. I greatly appreciate

 Speaker 4 1:04:51

my pleasure. Always great to talk to you. Chris, thanks very much for having me on absolutely

 Speaker 3 1:04:56

anytime and always before we let you go. Let everybody know where they can go to follow work, where they can go, to keep up, where they can go to find out more about the world of remote viewing. Greg

 Speaker 4 1:05:08


Oh, highly recommend going to the international remote viewing Association, irva.org, you can contact me through Irva. I have a email address there and Irva, the website is just awash with you know, resources and capabilities for you to learn about remote viewing and understand remote viewing. The education program

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I've taken part in some of those where we talk about

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the different aspects of remote viewing.

 Speaker 4 1:05:53

Thanks 2025 will be going to be in Albuquerque, New Mexico. That's starting around for June

Here's 2025 we're going to be in Alamogordo, New Mexico. That's stomping grounds for Lynn Bucha and I would recommend coming to the conference and meeting a lot of fascinating individuals. It is.

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Speaker 3 1:06:11

It is honestly one of the greatest communities that I get to be a part of across the country. Greg, when it comes to events, it really is a group of people who are in this for the same purpose, and in this for the sake of science and the scientific endeavor of it. It's, it's absolutely fantastic. So and understand,

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Speaker 4 1:06:35

it is international. That's right, we have groups in Europe and South America and Asia that are all working on as part of Irva, yeah, and contributing to the knowledge there. So definitely check it out. I think you'll, you'll be impressed.

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Speaker 3 1:06:56

It is, it is nothing but awesome. And once again, I'm, I am a proud lifetime member of Irv. I firmly support everything that they do toward the scientific endeavor of this topic, and I am here to help further that as much as possible. Greg, thank you so much once again for your time. I greatly appreciate it. Thank you, Chris. Appreciate it absolutely. I'll be in touch with links, all that kind of good stuff in very short order. So you have a great evening tonight, my friend. You too, take care. All right. Take care while you are online, checking out everything from the International remote viewing association@irva.org as well as getting your tickets to the upcoming conference in Alamo Gordo, make sure to stop on by curious realm. Curious realm is where you can, like, follow, subscribe, that is where you can find all of the episodes, as well as the store. If you are a researcher out there in the world of paranormal, in the world of you know, cryptids, UFOs, UAPs, stop on by the curious realm, store and get your copy of the official Curious Research field observation and encounter log. It is your way to have a pocket data log while you are out doing investigations, to write your data down in real time, to prepare it, to shake hands with science come that day when we come back from our quick commercial break, folks, we will be joined by our good friend and Celine. We will be discussing the world of psychology in the paranormal, where these two things meet, how our brains actively search for patterns, how, how the world of belief and and the the parapsychological belief comes to be so we'll be getting into that and more with aneline Right after this, folks, the key to good science is good research. At the heart of good research is a good data set with the field observation and encounter log from Curious Research, you can easily keep track of your investigative information all in one place, making it easier to review cases and readily see comparisons and contrasts between them, whether out in the woods, watching in a back room, gathering EVPs, or using high tech gear to track UFO, UAP activity. This easy to carry, pocket sized scientific data log is the perfect companion for any field researcher. You can find your copy of the Curious Research field observation and encounter log@amazon.com or visit the official curious realm store at curious realm.com forward slash store to reserve your copy for yourself, your family or a mind that you want to open that website again is. Serious realm.com, forward, slash, store, you. It. Well, hello everybody, and welcome back from that quick commercial break. Thank you so much to Greg redder ball from bear consulting, it's always fascinating

talking with him about the world of remote viewing and how that, how that relates to the world around us, not just technologically, but in in the world of intelligentsia, and then in the world of politics, everything else so interesting stuff. Thank you so much to Greg red ball for that also. Thank you so much to true him science, our sponsor, stop on by truhim science today, folks, truhis.com is the website that you want to visit. Curious seven is the code that you want to use to save 7% off your entire cart of \$50 or more. True. M science makes amazing CBD products using a spideric process using every part of the plant, stem, seeds, buds, every part is used, reused, combusted and used again until nothing remains, providing amazing full spectrum CBD product once again, stop on by check them out. Truhim science.com is the website that you want to go to. Curious seven is the code that you want to use to save 7% off your entire card of \$50 or more and get two. Count them, two edibles for free as well. Our guest in this segment is the amazing Anne Selene. We will be talking about paranormal, and not just not just paranormal, but how paranormal relates to psychology, which is, as many of you know, one of my favorite topics, the idea of abnormal psychology, the idea of how our brain works and and how that relates to the world of the paranormal as we know it, and to ongoing and future paranormal research. So welcome back to the show and Celine, how are you? Oh,

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Speaker 5 1:12:23

thank you so much for having me. I love being here with you. I'm doing well. How about yourself? Doing

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Speaker 3 1:12:28

okay? Doing okay. You know, been been in Hawaii and all kinds of stuff, traveling around. So it's nice to be back here in the studio and actively live and doing all that kind of fun stuff. But you have made a large pivot recently in a lot of your work, you know, and I'm loving it. I'm loving it because we've talked numerous times. We've had you on talking about the world of manifestation, how to manifest things in life. And I am a big believer in not only manifestation, but in the way that our brain works when we are manifesting. And one of the things that I have posited and posed, not only on the show, but live whenever I speak, is is the idea that is behind what we were just talking about, remote viewing, that concept that Hal put off a laser scientist put out so many years ago, that could we be affecting our experiment when we go home and think about it, you know, the idea that our thoughts actively affect the world around us, the idea, if you're driving to work and you go, man, Did I leave the iron on. And you think it long enough and hard enough that your iron turns on and burns the apartment down, you know, but, but, and it sounds like a Time Life series, you know, it's, it sounds like, you know, a woman in Poughkeepsie had a dream about her twin sister that day, her sister was hit by a bus, you know, but it's fascinating. And even whenever you get into the world of synchronicities, right, and learning to recognize those and see those, that is, once again, another deep psychological concept once you start digging into Carl Jung and his work. So as contrary as it may seem, the world of paranormal in psychology, or hand in hand,

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Speaker 5 1:14:24

exactly well, and based off of what you said, too, I can't remember if this is, this is proper. I'm sure you will have the the knowledge. But wasn't it called the double split experiment, where they observed the particles and it changed the behavior because it was observed. Yeah? So we

have, we have things in science that prove that observation or paying attention to something can change an outcome, yeah. So I do believe that when we. We



1:15:02

think about something,

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Speaker 5 1:15:05

it definitely changes it depending on how we're thinking about it. And it's something that I've seen countless times in my own life, and we can talk about even, you know, in regards to if we're, you know, feeling really negative that day and how that radiates out, you know, you all of a sudden, you're going to be hitting a bunch of red lights on your way to work. I mean, there's, there's a lot of tangible, real world results that happen from from negative thinking and from positive thinking as well. So I really do believe that our mind, somehow, scientifically, is tapped into the world around us, and I don't think that, because a lot of people want to put the word magic on manifestation, yes, yes, but it's not, it's, it's a science that we haven't discovered yet. Yeah, yeah.

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Speaker 3 1:16:03

And really, it's a it's a true connection to the world around us, and I think, a very large expression of quantum physics. You know, the idea of you and I, despite the fact that you're in San Antonio right now and I'm in Austin, we're sharing an electron shell, we're still sharing similar space despite our distance. According to all quantum theory, according to all all ninth grade science, where you learn like you're 90% empty space. An atom is 90% empty space between the electron and the nucleus, you know. So if that's the case, then how solid are we in all actuality, you know? So, so it's not necessarily that we're weaving magic, but yeah, more that we're aligning with the vibration that's already there,

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Speaker 5 1:16:54

right? No, I agree with that, and it, you know when you when you take that and then you start to really think about the human mind and how the mind works. Number one, it's so fallible, and it's desperate to put together a story. And we are so influenced by the things that we read, by the TV shows that we watch. And I think depending on how we go about it, if we could learn where our mind is creating the paranormal. And I want to be careful how I phrase this, because absolutely I think that, I think that we are part of the paranormal. We create it, but it also exists outside of us. And trying to figure out where it is that we created it versus where it was that we didn't create it is where you can really find the true paranormal experience, if you will. And maybe I'm not making sense, but I'll use an example. You have a childhood memory where you believe that you encountered an ET of some sort, you, and this is an abduction experience, let's say, but you don't really have a lot of the details. And so you go in and you have a hypnotic regression. And sometimes the questions that are asked are a bit leading, and the mind is really wanting to put together that picture. So then the mind is actively creating things, but it's creating things that has been pulled from, you know, your subconscious, different things that

you've seen, maybe the the collective unconscious, and it's, and it's, you know, creating the story well. And that's, this is not to invalidate anybody that has had an abduction experience as a child. But there are times when we look at Trauma psychology that the mind will want to create a totally different scenario, one that might even be more fantastical and out there, because the real truth is a lot worse. I mean, I know that. Wouldn't you rather think that an alien brought you on its spaceship instead of thinking that you were abused by a beloved family member? Yeah, sure. So if we can understand that the human mind is capable of this, and then we try to dive into what else the human mind is capable of. We can use that when we're looking into different paranormal experiences, and differentiate where it might have been the mind, you know, the mind's creation, versus something that was actually. Paranormal

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### Speaker 3 1:20:00

well, and you know, it's, it's interesting that you bring that up. We recently, just last week, had Billy Joe Cain from radical empathy Education Foundation on talking about the world of building empathy with victims through virtual reality, and the idea of trying to get somebody to understand what it's like to be in a victim's shoes, right? So that, so that you can better understand and identify victims without, once again, as you were saying, having the confrontational questions. You know, because there, there is a way by which you can, you can talk to victims that you can without, without having confrontational or judgmental phrasing. You know, and police are very, very well trained in that. Detectives specifically are very well trained in non confrontational question asking, because it doesn't pigeon hole somebody. It doesn't make them feel as though they're being attacked as they're as they're asking the question, things like that. And it's it's hugely used, especially in MUFON ERT, the experience or resource team, things like that, uses a lot of those so the idea of being able to understand that, yes, somebody has been through a traumatic situation, and unfortunately, yeah, their mind may have guised their traumatic situation that happened with them, that something that they that they believe would be acceptable. You know, even though it may still be a violation, it's not as much as a life breaking violation in that kind of way, you know,

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### Speaker 5 1:21:46

right? Well, and this is where I get pretty passionate, because I I was trying to write out a paper, and I'm still in the midst of it, but it's about the ethical approaches. That we should be taking as paranormal researchers. And you know, we're not psychologists. I understand that we have not been trained in that however we are taking on that role when experiencers come to us and say, you know, I've had this traumatic experience, and we the way that we respond on that is so important, because we have the ability to either soothe them or cause really bad cognitive dissonance, which is, you know, conflicting thoughts and feelings within which can make you feel like you're just full of so much turmoil. There's the ambiguity and tolerance, because we don't have the answers. We don't and you have to deliver this in a way that it's okay if you don't have all the answers, and you're not going to go into the spiral. And, you know, if you can't find the, you know, the absolute, yeah, and I don't think enough people take any of that into consideration when they're doing interviews, when they have people come up to their table. I mean, you can, for, instance, you can have somebody come up to you and say, Oh, I've had multiple experiences. And I've had an experience with a Windigo and a dog man and a Kentucky goblin or whatever. And if you ask something in return, say, Well, why do you think that you've had multiple experiences, yeah. Now I understand that you may be curious of

why this person thinks that I get it, but the response to that can be this, this person now is feeling completely criticized, yeah. Now they're questioning, you know, like, did you just question my belief? Did you question who I am as a person? And I mean, no, we shouldn't have to walk on eggshells, but we should all at least have some kind of a basic education that teaches us at least a certain amount of protocol so that way we know how to handle when there are the extreme cases and people that are coming up to you crying or saying that they've multiple experiences

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### Speaker 3 1:24:26

well. And you know, of course, researcher, no researcher, that's a tough situation to handle, period and for years. And I guess it's one of the reasons why they were they were kind of considering me in the world of confessor whenever, whenever I was going for a collar because people randomly come up to me and just tell me everything, like, yeah, strangers, you have that energy and. It's fascinating, but not everybody can handle that. Not everybody's prepared for that, you know? And yeah, whenever you're sitting at a table or working a conference, there's a lot of that that goes on, and that can be that can be hard to veil, so to speak, as far as, like, controlling your energy as you respond to that. You know that can take a lot of practice to to keep yourself reined in and to understand that, once again, the the experience is where science starts, right? You know, the the only question is, did you, did you hop on the train of science. Or did you stay at the station of experience? You know, and you can, you can stay at the station of experience. And like, eat Twix from the from the vending machine, have some Chick fil A whatever. But the science train just left, and your experience, like, put the coal in the fire to move that train. So, so, yeah, the question does come to bear? It did? Did you, after your experience, start putting science to it? Did you? Did you start going through and even, even just following the scientific method, the idea of experience, gathering more data on the topic you know and and critically looking at that data, not cherry picking data, not just choosing data that fits your paradigm or that fits your answer or that fits your hypothesis, but having someone that you know, and you and I have talked privately numerous times about things like this, where it's like, I consider you somebody that I could definitely take data to, and if you had question about it, I would seriously consider those questions, you know, and we have to be willing to do that. We have to be willing to do that even, even with private experience, you know, horribly and and awfully enough, like even, even when abuses happen in a home, and the experience of two siblings can be vastly different, even with the even within that cycle of abuse, you know, in the way that they view things can be entirely different the way that they identify with that And like we got into with Billy Joe Cain last week. Um, you know, people ask, like, Why do, why do you say there? There's, there's something that happens, um, even whenever you're an experiencer, that changes you in a different way, and it charges you in a different way. And I'm about to pop an article up from the National Institute of Health this, this literally came out shortly after COVID, talking about protecting the brain against bad news, and the idea that while we were all locked away during COVID, we were exposed to a news cycle daily, daily, whether you were on social media or not, you were exposed to a daily barrage of news and news that was not happy, news of 1000s of people dying, Things like that. Now bear with me, folks, because what that does is it actively damages the hippocampus of your brain. Yes, it bruises the hippocampus of your brain, which is the soft, velvety glove that surrounds the amygdala, which is the fight or flight center of your brain. So this is basically the filter through which we rationally judge the way things happen to us and whether or not we react to them like a reptile and snap, yep, like an alligator, or whether we're calm and relaxed and view it through a rational lens. So the fact that we were all exposed to this and the fact that once again, it's impulse to consume negative news can be difficult to resist, is literally one of the

things that they say, right? So here's a study telling you that your your want in your brain is to go to that negative place, right? Is to go to that and the and horribly, when you go there, you bruise your brain enough that it's easier to go there, see and that you want to go there more than than to be happy, yeah, oh, yeah.

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Speaker 5 1:29:44

Well, you know, so I've been learning a lot about those areas of the brain through EMDR, and when we're talking to people, I think that it'd be really interesting doing a history intake of some. Who has had an experience if they've had childhood trauma, because it when you have childhood trauma before the age of eight, while this area of the brain is still developing. I mean, it changes, it changes things, yeah, and it affects you for the rest of your life. But through EMDR, you can start to regrow and fix that, which EMDR is the eye movement, desensitization, reprocessing. It's a type of therapy that you know you'll you'll be doing something like, Let's see your eyes are closed, and you're thinking of a traumatic memory, and you're tapping your hands back and forth, and it basically helps kind of rewire things in the brain and reprocess memories where they have been kind of lost and fragmented and buried. But and before I forget too, because there was another comment that popped in my head as you were talking, in regards to our getting angry, the feelings of upset. I think that it would be a really interesting thing. I'd love to challenge researchers to do this. When you have someone at your table, and they come up to you and they're telling you a story, and let's say you immediately scoff it off, or they annoy you, or they trigger something in you that you're just like that person's, you know, whatever, because we're human, yeah? And that does happen. It does, and I've seen it happen, yeah. My challenge is self reflect on why that hit you the way it did. Yeah, because, you know what, if you face that, and you think about that, it's gonna change you as a researcher,