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Coming to you from the city of the weird,



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exploring. Topics from the esoteric and unexplored to dimensions unknown,



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shining a light of truth on the darkest corners of our reality.



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Welcome to the curious realm. You



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foreign



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Well, hello everybody, and welcome to the curious realms. Official coverage of SCI games 2025 right here in Charlottesville, Virginia, we are very pleased to welcome our first guest, Ellie Molina. She is the author of children who know how to know, as well as the amazing children's book, Annabelle and the Domino, she is also the founder of psych kids Academy. Welcome to the show. Yeah. Thank you. Thank you. Thank you. Thank you for having me. Let's start at the beginning. Ellie, how did you first come to the world of,



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I guess, psychic, psychic knowledge, psychic teachings, things like that. Well, first it started as a child, and





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I had experiences, and many children have experiences, and it's what happens to children with their families that either allow them to develop or it gets shut down. In my case,



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my mother kind of encouraged it. And then it was kind of us, sort of playing tarot cards at age 12 and playing with them. And my mother handed me an astrology book when I was 12, Linda Goodman, and then I started learning how to cast charts the old fashioned way. Wow. So by the time I got into school and started by the time I graduated college, let's go back for sure, and I landed my first teaching job. I started noticing I was teaching ESL English as a second language, and I started noticing that the children were really very psychic, so I started capitalizing on that a bit their ability. And we started doing psychic games during our English class, and that just continued to go and grow. And I was joking around earlier at the presentation. I said I always wanted to write a book called yes you can, but Louise, Hey, beat me to it. So then I ended up later writing children who know how to know. But in the meantime,



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the work with the children became stronger and stronger, and by 2005



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I was working in inner city school, New York City, and my principal saw what was happening in my classrooms, just by using affirmations and who we are being ontology. So she allowed me to create a program called Power to create. And in that program, for one year, I worked with children to remote view and see without their eyes and start to manifest and learn how to use language as a tool to access the unknown and the create reality. And then from there, that grew even more, and I found a school out in Washington state where I could teach magic. It was called the magic school, okay? And the book Annabelle and the Domino is actually based on a true story of my experiences there. So what we did at the school that school is we did remote viewing, we did telekinesis, we did blindfolded archery, working with random generators, okay,



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telepathy, I think I said that. So basically, and neuroscience, and then we did a regular curriculum as well. So from that, when our school lost funding, I started working privately with parents and their children, which then led to the book, it led to the research, it led to the developing that, and that's where I've been at in the meantime. Now I work with adults, and I teach adults. I'm doing a program now in Irv. I'm doing an online doing a class to teach the parents and educators how to teach this ability to the children. You know, you've brought up a few things that we touch point on regularly, on this show, and especially with this show, this event in particular, it's one of those. The thing that I love most is the next generation concept. One of the things I bring up in my talk is that the idea I'm coming on 50 this year. Whenever I

walk into a Knights of Columbus meeting, people are buying me beer because they're like, look at this young guy. And I'm like, I am 50. I am not the demographic you need to be courting like we need to be looking at people my children's age eight. We need to be looking at 12 year old.



05:00

To get interested in the science end of this, I agree. Because if not, then who's going to be investigating the science part on behalf of us, you know? Because this is one of the only parapsychological disciplines that began in the lab, you know. And it's really interesting to look at it that way, and to see that science has been hand in hand with remote viewing the whole time. And the idea that you brought up as somebody who worked in youth ministry for many years, the idea of the Montessori concept of



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let the kid tell you how to teach them, let the kid tell you what they're into, and nosedive into that, you know, lean into it, because that's how they're going to learn. And yeah, the cultural aspect, especially here in America, of squashing those talents, of saying that's just imagination, let it go, of not giving it Credence. When you start looking especially Latin American cultures, things like that. This is, this is a familial bloodline thing for them. This is something that if, if Nana had the gift, then Mom, more than likely does, and you have connection to it. So especially Eastern Europe, things like that. The whole world over, just about except us, even England, with the the past history of tea leave reading and things like that. These are, these are all concepts that, to an extent, tie into remote viewing and are very much shunned in our society. Yes, and that touches upon the work that I'm doing now also. So what I'm doing now as an extension of the Psy kids work because it goes hand in hand, and I teach this also to the children. I just teach it differently. Is the concept that I coined now Scientology. This is not to be confused with Scientology. Ron Hubbard, this is psi ontology. So who are we being as psychic beings? That is who we are now being. That is what I teach the children first, before we do the phenomena we want to understand. Who are we being? Language are we using that will allow us to create the access absolutely unseen, yeah, well, and that was even a topic that came up a couple years ago at Irva, and came up again last year on the Irva cruise, was the idea of international remote viewing. And much like in science, you know, it's funny, because, of course, here in America, we do not use the metric system unless you're a scientist, because it's an international language. You know, much, much did. Something that I explained to my son all the time is you can read music. You could go to China. And whether or not you speak Chinese, you and that flout flute player both speak music. That's right, you both speak a universal language that every person here understands so the idea of, are we using nomenclature that, let's say, translates properly as a cognate between English, Spanish, Romanian, things like that, you know, is the word that we're using to describe something. Does it describe the same thing in the same way in another language, and especially as an ESL teacher, you know, that's a that's a big part the idea of cognate and how do we shake hands between these languages, and even with remote viewing, how do you get the average person to shake hands with the language? Right? Right, right?



08:36

Are you asking me, yeah, how do you how do you begin to get people prepared to shake hands

with the language and nomenclature of remote viewing, because there is some protocol language inside of there, and some in some techniques, right, right? So that's where my work differs a little bit from your typical remote viewing, the protocols of remote viewing, CR, V, ARV, all of that. So I work differently. It's even from different. It's basically like, very similar to mine site. Okay, so it doesn't mean we don't need to have all those protocols. We don't need to have that language. What we do need to have is understanding the world view that we have been dropped into, which is a worldview historically of there's something wrong and we need to fix it, and that is the world that we've been dropped into. And the world of remote viewing and Mindsight and feeling energy and being super psychic exists in a world where anything is possible. So that is what I start to teach, and how to reframe that mind, that worldview, from the existing one they're dropped into, or all dropped into, into the new world view model that I have been working with, which is called Science, which I call Scientology. Okay, so that is how I begin to that is the way that I begin to do it through language, first through language.



10:00

Language storytelling. Again, whenever I'm doing a class, I always read Annabelle in the Domino, which is based even to adults. It's based on a true story of a little girl who chose to go perform telekinesis and had no boundaries of, oh, I can't this is not possible. This is she was raised in this way that anything is possible. This is what we do in our family. We know how to move energy. We know how to do this, and it's just practice, sweetheart and practice. So I've had three so I've had two of my own students do it, and then again, this was a girl from another class. So in my in my experience with this, I've seen three people, three children, perform telekinesis of this kind, moving dominoes. Wow, yeah, wow. And once again, the idea of dropping the preconceived notion of the box that we live in, the box that we've been dropped in, and using that language to free things, because it is hard. Once again, I have an eight year old, and I, I try to keep everything open concept for him, and especially because he's a very, very high energy individual, not like hyper or anything like that, but he's got a big energy, right? And that can affect a room when you walk in, you know? And kind of making him present, of mind, of



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need to, need to reel the energy in a little bit, bring it in, bring it in closer. Because there, there are some people who will respond lovingly and amazingly to that energy, but there's some people that may shy away from, you know, because it's a little too intense. And if you're trying to make friends and be friends right off, you need to, need to keep that energy close buddy. You know, how do you begin that conversation with a kid of learning to get in touch with that, that energy that is moving through and from them?



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Well, it really depends, again, this is it depends on the class that you're working with. It depends on the children that I'm working with. For the most part, we do a lot of in the beginning, the initial stages is language. Is feeling, what are we feeling? Getting in touch with our emotions, and discerning, again, from stories that we create about I call it what's so. So basically, your son comes into a room and he's very let's use the word active if that's an

appropriate term. And so if he's being if he's being active and interacting with other people, and then what I teach children is not to create a story about what that means. Okay, so he's just interacting with children, and that's all that that is, yeah, and the perception of what other people think about it is not necessarily reality, so it's perception. So then I start working from that, from that point, and we start looking at the individual children, and goes into detail, right? And, sure, sure. And then from there, we start to create a language that we're going to use for our abilities, like, basically, almost like affirmations about what we can do, what is possible. And so that framework is created, that this is possible, this is doable. I'm calm, I'm relaxed, I can do this. And then the children just do it, because they can do it anyway. And they don't have, they don't have the the fears necessarily, it depends on the child, unless they're raised, you know, from that way. And, yeah, yeah, because there,



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there can be a lot of religious hurdles If you're brought up in that way. There can be, there can even just be a lot of, a lot of social hurdles if, if you unfortunately, are a child that is not necessarily encouraged and rooted in encouragement, you know, I mean, sadly, that is the fact of a lot of kids that I'm very fortunate for. The fact that me and my wife own and run our business. So we are. We're there, like, where the I was brought up by a single mom who went to college. She worked two jobs. I was an 80s latchkey kid. I'm lucky to be here,



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but at the same time getting somebody to



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unweave that and getting them because it can be very hard for adults, I think to the way



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I explain it to people with remote viewing is you have to drop the preconceived notions



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of, I can't, or it's not possible.



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Those things that pop in and out of your head while you're driving your car, stuff like that. Like pay attention to it. You'd be surprised, the threads that it's actually pulling, the places that you're going. Because we we are non local consciousness. We are one of the things I talk about

on my show and in my talk regularly, is we go through the majority of our day in a state of rote hypnosis. That's right from the time you've learned to become ambulatory. You no longer think, let me get up and walk to the refrigerator. You.



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Just saying, I'm thirsty, and your body moves and goes, That's right, you know. So we are. We are always getting and receiving these cues and information from the world around us. The difference is whether or not we're actively processing them and paying attention to it, right, exactly. And it takes a lot. It takes education. This is another level of what I do again, you know. And in 30 minutes, 1520



15:23

minutes? Well, it's years of working, years of working with children, undoing and I was, as I was a middle school teacher for over 30 years. Okay, so even in the classroom, this has nothing to do with psychic abilities. Now, this is creating the safe space. So that's right, continue to learn and teaching them consciousness and awareness and becoming present. And I have all of those exercises like, what does it look like to be present, to stop the monkey mind for all of us at each moment? What does that look like? So I had a Spanish teacher in junior high who realized that it wasn't that I didn't know Spanish. I I just got worked up before a test, like, like, worked up, worked up, like, nauseous, sick, go to the nurse, worked up. And she was the one who took me aside and showed me some breathing exercises. I think, like, looking back, it's really one of the first times that I could actively say like I was exhibiting anxiety. And what I now know through years of therapy, like, see it, recognize it, don't fight it, acknowledge it. Keep moving forward. You know, give it its much like any person. Give them their space, give them their respect. Understand that that's a that's an integral part of you. That's an important thing. Yeah, you know, you don't have to be afraid of your anxiety, because your anxiety may actively be leading you down these roads, you know? And it's really interesting when you start breaking that apart, the way that, once again, our preconceived minds, in the way that our culture has put these things on to us, right? And the language that we use, that we've inherited, my story is we've been we speak dead people's language, okay? We speak the same things that Shakespeare said. And even before Shakespeare, we use the same words, the same vocabulary, the same concepts. And so even every time we label something also like, oh, I have anxiety, or I have this, we're creating another construct. Yes, our abilities, yes, who we are. So we really need a complete re education, which is where I'm going with this. So I'm re educating the people that I speak with, yeah, I'm re educating the people that read my newsletters, that read my blog posts.



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I'm re educating the children. I'm actually re educating the children, yeah, all right, from where they come from, into what is now possible, but I have to work with the parents. If you do it, one has to go together. Because I remember a long time ago, one of the kids went home and he said to his mom, Oh, Miss Ellie, this is what little kids Miss Ellie says.



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We don't use should? And she came back to me, she was, What do you mean? I use, sure, all the time. And, you know, is like, oh, let's talk about that.



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Should you be using should? That's right. How'd that feel? That's



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right. You know, that brings up a really huge psychological point, and that is the idea of being blocked, and the idea of



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being told what to do and how to do it, because we once again, have that preconceived notion, and it's really hard to unprogram that. And you know, one of the things as somebody who substitute taught for years, I come from a family of teachers. I did youth ministry for a decade of my life and taught in classrooms, and that's something that I bring up all the time, is that we all learn in different ways,



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and the only difference between a four year old and a 40 year old is technically, by 40 you should know better than to pull people's hair. I



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didn't get out of it because of the kids, everybody. It was the parents, because it does take a training of the parents. And even, even with my kid in his classroom, my rules at home are, can you do that at school? Right, right? Would that be acceptable in Your teacher's classroom? Then we can't do that here, because there, there is no separation of that boundary, really, before the age of 10, you know, it's kind of one of those, like,



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a joke about bodily sounds is funny, but until 10, you don't really know the appropriate time, like, should I tell that at school right now? You know, that's really a 10 year old enough mentality thing to grasp that subtle social barrier as to when to do something. So yeah, the idea of undoing some of that and trying to let kids understand that what you're feeling is okay,



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and even.



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And when it comes to big feelings, it's okay to feel it. It's what you do with it. That's right, that matters, you know, whether it's bullying or what have you. So, you know, I like to use the term like, Who are you being, yeah, all the time. Like, who are you being? So, yeah, I work with that. Also I work with the adults. Obviously, I have to work with the adults and reframing all of this. And then we're working with the children now. So it's morphed into, first, it was all just working with the kids and then, but now it's more working with the the



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adults, absolutely every even people that



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are grandparents. It's just working with people in general. Because once again, if, if what's happening in the classroom is not being exuded at home. If it's not being reinforced at home, it's almost being unwoven at home. And to that, I have to also add that a lot of teachers do need to have this education. Also they need to be absolutely okay, amen, a whole other that's a whole other ball game. You know, that would actually be a really, really beautiful curriculum to write. I remember in junior high. I cannot remember the acronym, but I belong to a



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it was an elite club at school. There were all of 15 or 20 of us, but they basically took people from the various strata and clicks in the seventh grade, and put us into a group together for sixth period, and we would go out and we would do like outreach programs, like going and giving bags of gifts to homeless kids, stuff like that. But it was care. It was care, and it was the whole idea was, how can we change the strata of the school by having these people from these communities be okay with each other and talk with each other and support each other, like the preps, the jocks, the theater kids, stuff like that. How can we bring them all together and make all of them understand that if, if you're good with this person, the eight people behind you were going to be good with this person, you know. And really that understanding of who am i Amongst the rabble, you know. And if you're well self identified, then you don't need to worry about the rabble, right, right? You know, right? And I've always said my job as a parent is to raise the most independent eight year old I can. If I have to watch my eight year old like a hawk, there's a problem, yeah, and that's me, that's the problem. So how do we begin to let schools know that? How do we take that step toward future looking curriculum in that kind of way as a former teacher? Okay, well,



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that's one eight minutes or less. No, I don't know if I can go there,



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because you know that it's hard. Well, it's very political, okay, so our education system is enmeshed with politics, yes, and that is just what, so yeah. And as an educator,



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for me, it's an institution. And if any institution is run as an institution, and institutions freedom has been taken away, and it is a prescribed program, which is the reason, even though I had a small window being able to do what I wanted to do within those parameters, it was the reason that I left public education. And so when I did go to teach at the quote, unquote Magic School, where we had the freedom. We had a curriculum so that the children would learn how to read and write, social studies and all of that, and have activities and gym, all of the prescribed things that one needs to be a healthy social person only, we had room to teach other skills, basically self awareness, meditation, if you want to call it, mindfulness, right? And then all of these processes and also the idea that children, as everybody else we are, we make up stories all the time. Oh, he doesn't like me, especially kids, all right, he doesn't like me, she doesn't like me. And then we start creating stories, etc, yeah. And so I spend time with the kids, teaching them to break down the story and to look at what was the interaction, what really happened? And it takes a little bit longer I talk about it for sure, more detail in my book. But we break down the interaction. And you know, Jenna didn't want to play with you, because he wanted to play by himself. Is that okay? It's okay. And we don't make it mean all this other stuff, but to teach that, because everybody's always creating all of this meaning to oh, he looked at me this way. It means, yeah, okay. And then we create an entire world perspective around that, in our life, around it. And this one's not talking to that one because they sneeze at the wrong time and they made it mean XYZ. All of that needs reframing, restructuring. It needs re education. That is, that is a fully us problem, you know, and it really is one of the because it's a conversation we have regularly on the show. And that is the, that is the idea of the fill.



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Through which you are viewing a situation. My brother and I were both brought up in the same home. You ask us about our experience at Christmas in 1989 we're gonna have two different experiences. We're people brought up by the exact same parents in the exact same home, but we're individuals, and we process that, we look at it through different but we polish different filters Absolutely. You know, when I hear my sons talk, alright, same story, you know, my one son will say that didn't happen like that. Yes, it did. Yeah, it did. You weren't there. You're the stupid with the dead. Remember things, right? Yeah, but I was there



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exactly. And it's fascinating. It really is that experiential filter through which we tie things, you know, and it's funny, because one of the things I say on the show all the time is stop having the conversation on the way to the table.



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Every time you have a conversation on the way that a table, you are just mixing the mortar and building the wall on your way there. Stop rehearsing it. That's right. Let it actively happen. That's right. Let them have their because otherwise you're literally putting words into that person's mouth Absolutely. You are rehearsing your response. You're getting yourself wound up. You're getting yourself over nothing, over something that may be absolutely until you get there you don't know, right? So stop practicing it. Stop you've literally consented into the system of giving your power away at that point, like, and then also, just as you were saying to that, you know, by having that conversation run in your head prior, we're creating that. That is part of the creation and the quantum stress. Okay, so now there we're gonna get, and that's the response is gonna the way you filter it really brilliant. You know,



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with my observation and field book, that's literally one of the things I bring up with paranormal investigation. Have a rote list of equipment that you're not going to forget. And did I print my map to the location done? Don't go watch stories about where you're going to investigate. Don't go read books about it, like blank slate, because A, you're just polishing the filter. B, you may well be manifesting the thing that you're going to look at. That's right, you may be the responsible party there. You may have fully charged that atmosphere for your presence, which you know, if that's the experiment you're doing, cool, but let's scientifically write that down and make it such. If you're going in blank and trying to just get something, you are actively interfering with that field of experience. So that's a huge important part that a lot of people do not get. That I think is really starting to hit the scene right now. I really intend that it does. Because, you know, to Chris, stop creating these stories in everything, because it's, it's, it permeates, permeates everything. Our world is run by this. Absolutely everything that we're experiencing is run by the stories that are created by people in their mind and the interpretations. So we gotta, we gotta start new, and that's what the work that I'm doing, Scientology, I love, all a part of who are we being in the world, of our abilities, our human potential, and creating these events like this today, yeah, having so many people from different realms come together and then recognizing, okay, our human potential, our potential is there. Now let's talk about it in such a way that we are one with it, that we understand it, that we can embrace it, and we no longer think it's strange or don't have it, right? You know, we will stuff like that. Look at people like They're strange because they have the experience that's right. Yeah, precisely. Well, I want to thank you so much for your time today. Ellie, it's been fantastic. Let everybody know, especially parents, especially teachers. If you were a teacher out there, number one, this is a coffee break book. That's how thick it is, all right? Valuable, hugely valuable information. It's packed with information. Yeah, kept it very concise with a lot of information. I skimmed through about 20 or 30 pages of it a while ago while I was sitting here, and it's absolutely awesome. I love it. I love it because it's so necessary to let our kids know that a who you are is okay, what you feel is okay. It doesn't have to be strange, it doesn't have to be paranormal. It just is, you know. So let everybody know where they can go to get their copy of children who know how to know, as well as Annabelle and the domino well, okay, in a nutshell, children who know how to know is available. This is a reprint, new, Second Edition that just came out. So this is on Amazon, okay? And it's only on Amazon, all right. So and children who know how to know is currently only of only available by contacting me. So they'd email me

to the website and then order a copy. Well, great. I am so excited for this. It's great. And I have my online courses if parents want to teach their children, and that is on my website. So you go to my website, you check the resources, and then you.



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Find the online courses for teaching children how to develop their psychic abilities. Great. And what is that website? Where can they go to find all that? Oh, guess where? Ellie, molina.com, that's right.



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L, L, L, Y, M, o, I, I N, a.com everybody. Ellie, thank you so much for your time. It's been a pleasure. It was a pleasure meeting you today. I can't wait for us to talk more over the next few days. Thank you. Well, you are forward same while you are online. Everybody checking out all the great work of Ellie Molina. Stop on by curious realm. [Curious realm.com](http://Curiousrealm.com). Is where you can like, follow, subscribe. [Curious research.org](http://Curiousresearch.org),



30:38

is where you can get your copy of the field observation log, as well as the all new remote viewing session journal. Stay tuned through this quick commercial break. We will be right back with our continuing on site coverage of CY games 2025 right here in Charlottesville, Virginia, right after this. Thank you. Thank you. You



31:17

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 backroom 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



32:00

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32:38

Well, hello everybody, and Welcome back to the curious realms. Continuing coverage of SCI

games 2025 right here in Charlottesville, Virginia, we have the great pleasure of being joined once again by our good friend Carl McClellan from vantage point, remote viewing. How you doing? Chris? Doing great. Welcome back to the show. Welcome back to the shores of the United States. Also. Thank you so much for my vial of dirt from the grave of Vlad Dracula. I cannot thank you enough for that. For my collection. It's been a while since you have been on the show. We had a chance not too long ago to visit with you and go take the Vantage Point remote viewing course in Austin, which was absolutely awesome, I will say myself as a viewer. It definitely transformed the way that I perform a session. It really gave me some really awesome new tools,



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and broke broke through a few barriers that I've had as far as as you know, I studied controlled remote viewing with Lynn Buchanan, and there were some things that I loved about that protocol that were great self checks, things like that. But there were a few things that I kind of found as hurdles as I went along in my remote viewing journey. And you really, I think, opened up a few concepts for me. And really the idea that you have of this, not just being a mental martial art, like Lynn Buchanan says, but more of a mixed martial art, the idea of you, you really need to study numerous disciplines so that you can find what works best for you, and kind of cherry pick that data and build your own system. Tell



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us a little bit about the vantage point system, about how you guys



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take people through the journey of remote viewing. Well, first of all, what we found, and what I found when was teaching,



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is certain people, through no fault of their own, were struggling on maybe a particular thing, ideograms or another form. And whilst I believe it needs to be structured and formatted,



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people learn in different ways, regardless of education intelligence. You know, some people are visual. Some people are sort of tick tock, tick tock mindset, yeah, some people can hear things. Some people like to read it. So I.



35:00

Come up with a way that it introduced all aspects of remote viewing, the main ones, and it was given then the viewers are told to follow it through the training. After that, they can choose to

given then the viewers are told to follow it through the training. After that, they can choose to pick which they want, and what they're doing is selecting a bespoke method from that which works best for them. For instance, as you know, I don't do videograms, and videograms are great. People love them. They don't work for me. And this is what first started. It open with myself, thinking, What can I do? So for me, I close my eyes sometimes keep them open. I use my non dominant and a lot to hover over on, literally touch the paper, maybe a sketch or a word and information will come. So what we do in the training, and obviously, as you say, you've taken it, is we offer videograms And then try the non dominant and keep your eyes open close, and in the end, the students sort of click with what is best for them, because at the end of the day, the goal, as I always say, is as much data and impressions as you can collate, what correlate with the feedback target and within reason, providing it's structured, it doesn't mean, no matter how you do it, the name of the game is to be a great remote viewer. So by applying choices like a buffet, where people can go and say, Well, I don't want steak every day or lobster. I want the salad and some soup and maybe some ice cream, they select what's best for them, and they can change it depending on the mood, either feeling the self, emotionally, the area, or even what type of remote viewing is. It could be an esoteric target. It could be, you know, maybe a child's gone missing. Obviously, it's very serious, and people want to jump on that and find, you know, find the kid. What does it matter which method you use, if you are comfortable, yeah, particular method, and the poor kids found that is the name of, that's the method. That's the method. And, you know, that brings up a really good point with especially modality and the idea of how you get to data, and how you how you pull that data out. Because if, if you are just stuck in one modality, it can be, it can be hard to maybe synesthetically connect with other things you know, or even to receive information as a receipt instead of something that you need to filter out. And I think, I think that's something that a lot of people struggle with at the beginning, I did, and it wasn't until and we've had the conversation on the show before, Carl about the the idea between ecstatic meditation and remote viewing and how sure they're both trying to reach a point of ascension. But it's through two different methodologies, absolutely and that connection when it comes to remote viewing is different than it is with meditation. As opposed to putting blinders on the horse and making them focus ahead, you want to give the horse as much view as you can. And it's interesting, you know, the as opposed to silencing the monkey mind, it's giving the monkey a typewriter and saying, Just give me all the data you care. Well, you know you're spot on, Chris, this is why I come up with the name vantage point. It does was it says on the tin. It gives each individual remote viewer a particular vantage point bespoke to them. It's like I always say, if you drew a circle representing an island and there was a palm tree on one side and a turtle on another, a surfboard on another and a beach ball on the other. Not every remote viewer will see all of that. Yeah, one will get the turtle. One will see after turtle and half the palm tree, and one will get another viewpoint. So by doing it the way vantage point do it, everybody gets and it can interchange. This is the beauty about it, of what they want to do. When I remote view, especially on missing people, right? I will bring in. I'll meditate, fire straight into it, bypass the ideogram, write the target number, what's been assigned, and straight away I'm getting descriptors, just basic descriptors, sketches, and then I unfold it. From there, I'll throw that to a master sketch, a deep dive. And of course, the all, ever important, most underrated summary, yeah, yeah, if it's not for a remote view, will be in layman's terms. And there you go. Also, while I incorporate forensic mediumship. That's where I'll know usually, if the missing person has passed, then I will try to connect with them. And the reason it's called forensic is because what you're asking them is to show you, for instance, where it happened. Was they murdered? Was it an accident?



40:00

What is there any blood threat? Yeah, what you're trying to do is get information for law enforcement, for search parties, you know, dead or alive. Let's call it what it is, sure that person needs to be recovered, yeah, if not to just give the family closure, but we're all open. They're alive, of course, sure. And this is what it does in any way you can do this, providing this in a formatted structure, and you have the beauty to interchange and say, for example, hypothetically, I don't want to use a pen today. I'll use a pencil. I'll use a fountain pen. It's good because it's, it's associated to where you feel on that given session. Yeah, and you've got all these tools, and use it. I'll use this one. I'll use this one. If this is not working, I want to try



40:48

that and bum and it unfolds Well, you know, especially when you're talking about using the different forms, it really is something that it activates different parts. It's kind of like being a multi instrumentalist, of course, you know, like, I don't, as somebody who spent years in audio engineering, I don't know a drummer that doesn't play something else, or they can't play something else. So, yeah, it's the idea of, well, that's just because it's got strings, doesn't mean it's not a percussion instrument, you know. So, so seeing that marriage, and seeing that synergy between different techniques, that synergy between like, Well, whenever I use this technique, I tend to get this kind of data more because, like you said, you could, you could target five different people in this room with the exact same target on a desert island. Are they going to pick up the same details? One person may be better at picking up the environment, while another person's better at picking up objects, and you may be better at picking up people you know. So number one, that's why you have teams of remote viewers, absolutely, typically, like Lynn Buchanan says, data, data, data. And when you properly database things, then yeah, you've got a database of viewers that you know can tackle this, can tackle that can have different modalities for different projects. So you can, you can definitely hone a team to a subject or to a target a whole lot easier that way, absolutely. I mean, what we have in place, and it's not uncommon, these other remote viewing teachers use it is, as you know, the physical profile, yeah, now that can be used to



42:27

find certain illnesses or issues around the body, but it's also great for, I don't know, an escaped convict, and he's on the run, and law enforcement need to track him down. Yeah, there's a danger to the public. You know this. This guy needs to be apprehended. And



42:44

what, what would happen there is, they'd look for distinguishing features. Oh, he's got a tattoo of an ear on his neck, or is a digit missing on his left hand. And these are all important details. Also, we go into the conscious exploration, which, again, you've done on the course, yeah, well, you can really dive deep inside and get a lot of information. It's so underrated that the Intel you can extract and start collating and putting together well. And you know, I'd taken part in outbounder exercises before I took your class.



43:10



43:19

And I will say that



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I'm given to emotion, don't get me wrong. But there were parts, especially in the



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in the forensic dives that we did, which was Sharon Tate. The target was Sharon Tate from the Manson murders. And there were parts in that where, like, I was overcome with emotion while I was viewing, I remember, to begin with, it was you had a great connection. It was tough. It was rough. But as somebody who is an empathic person, it really dawned on me that, well, wait a minute, it might be the fact that I'm somebody who can tie into people in that kind of way by a distance, and that's important investigation, like you said, especially the physical medical profile that we did, that is a huge, huge thing for police and investigators, especially if you've got a missing convict or something like that, to to know that you know along the way, during his escape, he's possibly been hobbled on his left leg, things like that. Tracks change the way that, the way that the person's walking gait, all that kind of stuff, can all lead to the identification of a suspect. I mean, those are biometric things that we have cameras looking for, of course. And you mentioned the session you did on what you did, which was amazing. It was a great session. I remember it. You nailed it, and what you'd done is turn your emotion and put it to use. Yeah, right. So you got the emotion. You got the feeling, somewhat upsetting. Obviously, you know, people know.



45:00

About the Manson infamous history, and what you did then you controlled it, turned it and become somewhat calculated as to, I'm going to use this now, this emotion, this empathy, right with my remote viewing experience and training, and collate that data. That's what you did, yeah, pen to paper. And the one that blew my mind after that, Carl was in that viewing I had put down that there was a sharp pain, yeah, neck, that there was pain to the neck. And even though it was post mortem,



45:38

Sharon Tate had been strung up, yes, from the rafter.



45:44

I didn't even remember that until we were at lunch, and I started looking up the Sharon Tate case, and I was like, Oh, my God, she was hung.



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11 45:55

And that, that one really blew my mind, the fact that I had picked something like that up. That was a post mortem injury, yeah.

46:04

And you know what you're doing there, this, this applies, as far as I'm concerned,

46:10

on the overlap into forensic mediumship, because what you're doing, you may not be connecting, you know, like you see on the TV, all Sharon stud there, and he looks great, and all Hollywood, it doesn't work like that. What you're picking up is a pain and injury. Yeah, this is exactly what mediumship part of it is about. And obviously the lady has passed, no longer with us and had an unfortunate episode. But what you're doing is getting that pain in that area, and then you're turning it into actual physical data, pen to paper, and saying, I feel a pain in the neck. I believe this. And you're putting it down. So then your manager, your project manager, whoever's working with you, and go, Wow, Chris. And the fact Wow, it is. Look at that. You picked up on that. So the emotion and empathy there, you just, you absorbed it like a bit overwhelming. I've been there. I'm a tears rolling down my eyes with some literally. And then I've,

47:09

okay, come on, Carl, put your big boy pants on. This isn't gonna well, you get the feeling now turn it, and that's exactly what you did, and nailed it well. And you know, that was, once again, a hard one to go through. And it was, it was, it was hard to power through, yeah, and to get through, but, but that leads to the question, especially when it comes to

47:31

mediumship, because you, you had studied spiritual mediumship before. You studied remote viewing, correct? And most of the people we did that class at Nature's treasures. Shout out to our friend Nance and everybody at Nature's treasures for helping us put on that class. Because

47:47

the one thing that I noticed, especially at Nature's treasures, a lot of the people were mediums correct. They had already been through mediumship. They'd done that kind of stuff, and their approach was a little different. And I bet there were, there were a few things that I had some problems with, with some of the stuff, because

48:06

I thought at the fact of going to definite

I thought at the fact of going to definite



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with the with an answer. And like I said in my talk earlier,



48:16

as a show host, I will always say this is my educated opinion. This is what I think. This is what I believe, given the facts at hand, I will rarely give a hard line like I guarantee you, by next December, we're going to have hard deed disclosure with UFOs folks. I am not going to put that prediction out there. I'm going to take that quantum aspect and I'm going to go, this is what I think will happen? There could be 85 mitigating circumstances between A and Z here, you know. So how do you as somebody, and for any mediums out there that are considering taking on remote viewing as part of their toolkit, how do they begin to draw that separation between what they would normally feel as a medium. And I'm not saying doubt what you feel is a medium. I'm not



49:06

how do you take that to paper and still have the objectivity of remote viewing? So it's all about control, self control and discipline. The discipline applies from taking the formatted course, which is obviously structured. You get all the tools. So it's like a carpenter having an array of hammers and saws and different things. Then when you've learned to apply them and receive the information, bring in, then on one of your targets. As you know, there's quite a few over the course. Then bring it in, especially we say target is a subject.



49:45

It's a great one for anybody who's a medium with months or many years experience to then connect just as you would, as you do in your remote viewing session. Bring it in a.



50:00

And like exactly you're the great example here the neck, the pain you just pinpointed all over the body, one specific area, and you've described. It's a pain. It's a frog. I'm feeling a little bit, literally choked. I



50:18

can't breathe in the chest, this tight. Whatever you know has happened. I've known people who have connected forensically with mediumship with a particular subject, describe something sharp going into them, and it's a shame, but they've been stabbed to death, and they connected with it now things like I've had one where I literally saw a young lady beaten to

death with a revolver, a wheel gun over a red and then shoved in like this much water and drowned. And I remember it was many years ago, as I was viewing this, tears just flowed there, my face



50:59

and I was it was overwhelming. No, I've seen a lot of death and blood. Does it bother me? Yes, it does. Of course, sure. I'm human. However, looking at that, part of it was because it was after the fact, and I couldn't do anything in the real world. If I saw a lady in that happening, a multi man, I would have dove on the boat and



51:23

told her to run and call 911, yeah, right, but you can't, so you feel helpless. But here's the thing, which you've just mentioned, the discipline then of literally wiping the tears away or the emotion and okay,



51:40

come on, compose recent recenter, absolutely and go put this, all these emotions to good use. Use it. Yeah, use that emotion. That is power. What the emotion is, is Intel. It's data. Turn it round. Can lay it a bit more descriptive, sketches, questions, answers, movement commands, and then your summary is going to read a great report, actual and factual every time well. And you know, with that in mind Carl, especially when it comes to that connection, because it's one thing for an outbunder, you are specifically tying into a person



52:26

when, when you're viewing something like this, there is definitely that, that point of consent that you want to ask of the Spirit that that you may be viewing the person whose death you may be viewing things like that. Just the same thing with mediumship. You know the idea of like, do you consent with me to find out your story? Do you consent with me to enter your energetic space spirit, you know? Because, if not, you good luck. Medium, yeah, you know.



52:56

And any medium that tells you that's not the case, you know, you may want to consider that. Because, yeah, there, there is a point of consent all around and we, we have to consent, not only to be a part of that moment,



53:12

but we also have to consent to release that moment. Carl, and that's, that's something that Lynn Buchanan talks about regularly on the show, is, you know, you you think you may want to

use this for helping trafficked people, helping murder victims, like people like Pam Coronado, who regularly works with law enforcement like that's literally what she does with her skill.



53:37

But there's also something there that if you don't know, especially with mediumship things like that, if you don't know how to clear that and regroup. And even with an outbender, the visualization of cutting that cord so that you are no longer connected to that person while you do feedback, correct stuff like that, you know. And then say, and then, of course, even at the end of a summary writing that all important end session, yes, like in session, so that your brain checks out. How do you how do you begin that moment of cut off? How do you teach people, especially when doing forensic work, things like that, how do you teach them to cut off from that experience, because it's visceral. It's visceral, man, very well, like you said at first, the main thing when you start to connect is respect. And you've got it's not only professional, it's ethical. That's right, right? You have respect for the person who's passed the subject, but you also, always you come up with a great one. Have respect for yourself. You ask permission, but you also and another great one is give yourself permission. That's right. Give yourself permission to say, look,



54:51

so you're saying to, I don't know Mr. Smith, who's passed, look, all my intention is to help you. It's positive, and it's with love. That's that's what I say.



55:00

He works for me. Is



55:02

this okay? Do you give me permission? I've never been refused yet, because I don't go in with ulterior motives and I'm upfront. Then I take a moment and I give myself permission to not only receive the feelings like you mentioned, with the lady's neck and the emotions that also it's like having a talk with yourself very quickly, like a brief talk, yeah, to then ask for the emotions to stop, okay. And I do it by thinking, Okay, thank you. I have that. Can you please take it away? Yeah, yeah, okay. And then, otherwise, you get overwhelmed, yep. And then by doing that, and it comes with training and self discipline, then I would sort of sit there, I've got the information. I'm thinking, Oh, my God, this particular subject has been murdered. It's horrific. It's a gunshot, I don't know, a robbery, and I can see things. And then I will keep saying, Come on, come on. And when I've got enough, I will say, thank you so much. Stay there.



56:07

Just let me collate this. And then I saw the left brain, right? I've got that then, yeah, all down. And then if I need to go back, he's back in the zone. I call it my invisible basket. I go in. I'll collate what I can but I don't overload when I've got enough. I come out on leash yet on the

conclude what I can, but I don't overread when I've got enough. I come out on lead, get on the paper, then go back in. And at the end, I always, and again, as you mentioned, it's not a definite for everyone. Sure I love what you said, because I always say, in my opinion, just from me, that's right. And then I will thank the subject and say thank you so much. I hope what I've done is enough, right? Yeah, I'm gonna get this, you know, to the authorities, or whatever I'm working on with this, or whoever's in charge, and hopefully something positive will come of it and give you family closure and so forth. Thank you so much. With love, I'll say with love absolutely right? Because that is the most powerful energy ever, in my opinion, right? Then I'll take a minute, because I may be, you know, eyes watering or overwhelming, like, oh, there's some nasty things you see, yeah, it's not for everyone. Yeah, you know, it isn't. Can you also, then you locate my purse. I left it in a theater or somewhere last week, or a restaurant. Any viewers out there? I am looking for my wedding



57:27

ring,



57:28

and then I compose. And what I'm composing is, and I'm actually wriggling my toes, and I'm sort of feeling the ground again. I'm back. I'm back. You've got to tell yourself that for me. So ring your toes and just, I just touch my knees, little tap, and think, reality, reality. Oh, I'm back here. I'm in an interview with Chris. Oh yeah, I was remote viewing. And then it's memory. So straight away, what did it? Oh, yeah, right, pen and paper. And it's all Yeah. Now, in the last few minutes you you had a chance while you were here to go lab rat.



58:06

And literally, because



58:10

I've had so many questions from so many people for so long, one of the questions that I get asked regularly, regularly, believe it or not, is, why not just put the target in a Faraday cage that'll block him. I'm like, it absolutely does not. That does nothing. One of, one of the great experiments that I bring up all the time, whenever people bring that up, is, of course, the the Uri Geller, where, where he was affecting the gravitometer 60 feet underground, like he's nowhere near that thing,



58:43

nowhere near it,



58:45

and creating a force with his mind that was able to make a gravitometer go off in a secured facility in the basement under the building.



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So no you could put somebody in a Faraday cage. You could put the object in a very day, you could put the Faraday cage. In a Faraday cage, it ain't gonna make a difference because of non local consciousness, you know, like so, how did the experiments go for you? How was the lab work?



59:15

Did they find anything while you were there, while you were plugged up? I gotta know, right? I don't know. So I was put in a Faraday cage. It's a room within a room, sort of like 4d



59:29

and nothing can get in a road, and it's locked like a submarine door with everything linked to the computer. You've got a school cap on these 128 wires. These like suckers, goggles were all over you, and the monitoring everything. And you sort of give a target, and then you have you cool down, and you do the session, and then you see the feedback. Now the data, and I've actually asked for it when.



1:00:00

He gets released, he's months away, because they're gonna have to compile it, and what they're interested in mostly, I was talking to David, a console great guy, French guy, spend a lot of time adult life in the UK, and now, obviously he's in Virginia. He's a professor at the University, sort of heading this trial. And I asked him, I said, Is it important on the rating, say off the tag scale zero to seven? Sure. And he said, No, it's great if you get stuff what we're looking for,



1:00:33

because it's formatted that you have to and these cameras on you. You have to, have to put your hands wherever you like, and then you physically have to pick the pen up so they can see and then watch the data, write down, and then put your pen down and move your hands back wherever you want them, so now they know you're remote viewing. There is a separation between the resting state and the viewing state. Absolutely, brainwave wise, yes, absolutely. And it's quite amazing how it goes and it's picking up all these things. And this was very interesting, once the data is released, which is apparently a few months away, maybe even early next year. But yeah, so that was very interesting. It was five days, oh, one target in the morning, one target an afternoon, straight across the five now. Now let's just go your your first session.



1:01:29

What did you view? What were your at least? What were your results, and what was the target? Right?



1:01:37

Session, I was picking up



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a joint. What I mean by a joint is, at first, my first sketch was a slim, sort of stick, like object,



1:01:51

and on this angle, and then another on that. Okay, so it was like 90 degree, okay, duh.



1:01:58

And the focus was on a pin in the middle. So I knew it opened and closed, okay, and then I was getting power. This is powerful. It will spring open. Whoa. And then I went off a bit and thought, is it something like a bridge stanchion, a support? No, is it like Tower Bridge opening for river traffic boats. Yeah, no, but it's like, it power, like hydraulics. Whoa. I can feel the force. And it turned out it was a greyhound and a focus on the back leg. Oh, wow. And obviously had the main power from a dog got, like a horse, is the angle spring Bush, you know, like the trap.



1:02:40

So, yeah, he's pretty cool. That is wild man. That is wild okay, I cannot wait to see the data from this stuff. And I know before the Irva conference coming up, sadly, I won't be able to be there. But there are days of labs going on before the Irva conference as well, right? And I was like, oh my god, I could be there for and it's the first of its kind. This one, yeah, so that's the end. You know, this event itself is a first of its kind. I am so, so excited to see it because, you know it, it's a different kind of conference. There's conference, there's speakers, there's vendors, all kinds of things. But more importantly, there's the competition competition, there's the friendly competition of, how can we learn from each other? How can, how can we a compete against each other? But also, how can we bring this to the next generation? Yeah, and that's something that I well, I just, I'm all about quickly say you mentioned in your talk I attended earlier this morning, that is the thing. I say, look, it's a conveyor belt. We're all remote viewers, yeah, different age gaps, right across the spectrum. However, as this conveyor belt of life and we end up tipping off, shall we say, yeah, right. Where is the new blood? Yeah. And you mentioned a great thing. We need the kids involved, that's right, right? Just how to approach them, like you say, maybe an app, maybe a prize, right? Because they're a different generation. We are all that, you know, and boring to kids. You want teenagers. You want 20 odd

year olds, even 30 odd who's never experienced it coming in. So it's a continuous conveyor belt. That's right, because finally, the great ones, even us little bit younger, but no spring chickens, we're gonna fall off that conveyor belt, right? And it cannot run dry. Yeah, if it runs dry, it's screwed. Oh, no. Dan, that's just it. You know, it's a one of the, one of the catch phrases of this show is, can we make science sexy again. Can we please? Can we make it sexy again? Because otherwise, how do we get kids excited about science, you know, and this is one of those, as I said in my talk, science is rapidly coming to meet us. This is one of the only parapsychological disciplines out there that was birthed.



1:05:00

Worked in the lab. It was birthed alongside science. It's not like science tried to



1:05:08

prove ghosts the whole time,



1:05:11

or the Loch Ness monster or things like that. Even though they're on the trail, they're doing that stuff. It's fantastic, but it wasn't birthed alongside remote viewing. Is literally something that was birthed in laboratory work. It's also like certain classes in school, which are not for everyone. When they've gone through school as kids and you're bored, you know, maybe you don't like the maths, the English, the science and you Oh God, I wish the Bella ring. Yeah, you've got to make it fun. You've got to make it interesting. So people go, Hey, do you know what I want to go at this? Yeah, I want to have a go. Well, well, and that's the conversation that we were having with Ellie Molina earlier. Is the idea of a in the West, especially, we have a very clipped in view of this. When you start looking at Latin American cultures, Eastern European, Asian, these are things that are not strange to them. You know, like when I, when I interviewed Thiago tie, the sole MUFON investigator in Brazil, one of the, one of the countries with more UFO UAP sightings than anybody else. There's one investigator. And I was like, What about the Amazon?



1:06:24

Tons of tons of oil fields, things like that, out there, tons of forestry. Whenever you go out there to take a



1:06:33

take a witness statement, anything like that. Do you ever talk to the native population? He's like, sure. I was like, You know what? What what did they say? He's like, Well, it's nothing strange for them. It's like, they don't come, hey, it's three days on a boat. One way for them to come make a report to me. So they ain't doing that. But even when I'm there, they look at me, strange, because this has been with them for generations. It's nothing for them to see lights in

the sky of the Amazon. They've, they've talked about it in their stories for the last 100, 200 years. That's like going to London and seeing a Red Bull. Yeah, you know it's so when you're talking about Eastern European other countries, these these things, these abilities, are something that are almost curated within families. You know, much like you, like you said you're you have a history of tea leave reading and things like that in your family. You know, those are things that are frequently passed down, yeah, within family, familial line, you know, because of that, want to keep something in the family alive. It's not necessarily the way here in the States, no, and the same, I think in the UK and a lot of Western Europe, where the South America, Latin America, Eastern Europe, the more cultivate it and bring it through the generations. So there's no surprise, yeah. And the accepted, whether they believe that's a personal thing, but the Accept, oh yes, there's another, and it's no surprise. And they have information without being passed down many times, what the grandfathers think, what the fathers think the mothers. And I think that's great. Don't be shy of it. And Oh, somebody's going to think I'm an idiot. You know, talk about these things, yeah, well, well. And especially, I think sadly there, was a great birth, but also dearth of things that happened at the same time with the whole spiritualist movement back in the late 1800s early 19 times, both in the UK. And here you start looking at people like Sir, Arthur, Conan Doyle, stuff like that. He was, he was considered to be one of the best scientific minds and things like that. But at the same time, it was like, Hey, you just kind of like, jumped whole hog into those fairy pictures, yeah, and they're just real.



1:08:50

And even, even here in America, when you're talking about people like Harry Houdini going up, making it his mission at the end of life to disprove spiritualists who were taking advantage of people because they wanted to contact their dead loved ones and stuff like that, right? So, so I can see how that definitely had an influence, because all of that was happening right along, right alongside Madame Blavatsky and all of that kind of stuff, you know. So it's interesting to see how both of those sides were fully active at the same time. And what I like about it is, obviously, then they were referred to the jokers, the liars, if you like, as charlatans. But the beauty about like anything with the UFOs is data with the remote viewing. It's okay. Here's a target. Do a session like the Psy games with multiple competitions across the spectrum. It's right. Can you do it?



1:09:51

Do it and you're getting hard facts. I know you're very big on data. I love data. It is proof.



1:10:00

It's factual evidence, or you can dismiss certain things, and it's put what I call through a filter, a prospectus plan I like to call when he's absolutely so it's all thrown in. Okay, fine, get that in. And in the end, you filter all the rubbish and mumble jumbo and then desired facts. Those are your nuggets. You go, oh, here we go. And you can say why, and these to go in reports. So, yeah, yeah, absolutely. That's, once again, my favorite thing about this discipline is the fact of it is data based. It's about the data that you call, the data that you get during a session, and how that data can be applied, yeah. And if only the rest of parapsychology could follow suit, I

think we would be in a great place. Because once again, all of this is rapidly, rapidly calling together and coming together, correct? It is starting to gel. One of my favorite parts is the analysis. I love it and just ripping everything apart with respectfulness and getting that gold nugget juicy data well, because you're in it's one of those, sadly,



1:11:09

I'm one of those. Celebrate your misses. I think you should celebrate your misses, because then that's where you learn.



1:11:16

There's not a baseball player out there that learns by hitting a home run every time you made a great example with the basketball court with your son, right? And I just want to say everyone, I've got his autograph today. Okay, there you go, little guy, ahead of the curve, and not ask yourself, Oh, I missed. Why did you miss? That's right, this is the beauty. You're going over your feedback. We're remote viewing. You can usually come to a point go, why didn't I get that? It was a cube right when I was drawing a circle. Just an elaborate example. Yeah. But if you trace back with that feedback, you can sometimes see where you've gone wrong and go, ah, the what was i Oh, I remember I was getting and then next time, and over time, it will become like muscle memory. Yeah, it's like grabbing a cup of coffee and putting it to your mouth. And once again, the misses are how you learn that, hey, maybe you're not an object viewer Exactly, exactly, you know? And I love one of the phrases, and it's an old one, you learn by your mistakes, right? But only we backtrack and again the basketball court, yeah, to our mistakes. Don't be ashamed of them. Be proud of owning them. Exactly. It's your mistake, and you will learn from that. That's right, and hopefully not replicate it in the future. You know, the example I give people all the time professionally is a, announce your mistake. Yes, own it.



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When you go to the person who's in charge of the mistake, don't just tell them that you made them as a, own up to the mistake. B, have us now. You have a solution for the mistake. This happened. I see why it happened. Next time we're gonna do this, yeah, so that that is mitigating exactly we're gonna, you know, buy something different. Hopefully that's right, yeah, to circumvent the mistake entirely. And this is how things happen in life, inventions of flight, right? And rubbers and everything else, because they make mistakes, and then they learn from them. And even in viewing, sometimes it's because you're rushing to get to the session before you're done with the pre session protocol, yep, if you took more time on your self check, and you took more time to get rid of stray cats in your head situations that have happened that week and deep dive into that before you ever deep dive into your session. Yeah, you you might get totally different data fine tuning. Yeah, absolutely. So I want to thank you for your time. I want to thank you for the great wealth of knowledge that you poured on me in your class, because it really was



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object wise

object wise,



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a whole new lesson in how to view things, how to look at things. So I want to thank you for that. Let everybody know where they can go to find out more about vantage point remote viewing, where they can go to take your classes so in person, in online training, vantagepoint rv.com and vantagepoint rv@gmail.com



1:14:14

Fantastic. Thank you so much for your time. As always, while you are online, checking out everything from Carl McClellan and vantage point remote viewing. Everybody, make sure to stop on by curious realm. curious realm.com is where you can like, follow, subscribe. That is where you can find all the episodes. That is where you can also find your copy of the field observation and encounter log, as well as the all new remote viewing session journal. When we come back from the quick break, we will continue with our live on site coverage of CY games, 2025 right here in Charlottesville, Virginia, right after this.



1:14:59

You.



1:15:07

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



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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 curious realm.com, forward, slash, store.



1:16:22

You



1:16:28

Well, hello everybody, and welcome back to the curious rooms, continuing coverage of SCI games 2025 right here in Charlottesville, Virginia, we have the great pleasure of being joined by Suzanne Ross she is one of the people behind the amazing San Diego transcendence retreat. She is also here presenting on the soul behind the simulation. I am so entirely happy to see this topic being presented here because the the idea of simulation theory, and the idea that it's something that I spoke about this morning,



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the concept that my whole presentation is how science is rapidly meeting the paranormal and and how this is nothing new. It's nothing new remote viewing is this kind of stuff that was birthed in the lab, you know? So the idea that we are all connected, the idea that



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we're all 90% empty space held together by a quantum field, and that I am right now sharing non local consciousness with my brother in Texas and sharing an electron field with him, like we're still commingling despite distance. So it's fascinating when you start getting into that, when you start looking at the fact that, like, are we here in an agreed upon way? Did we decide to stop here on the way to somewhere else? You know the like you're saying, the soul behind the simulation? What is the soul behind the simulation? Well, just like you're saying, everything is consciousness, right? Here we are in this infinite field of beginningless, endless consciousness. And that sort of aligns with Buddhism infinity, right? Everything emerges from this infinite field of consciousness, right? And that kind of aligns with emergence theory, and physicists, more and more, are agreeing that consciousness is fundamental. That's right. Yeah. Now, in my friend Rizwan works book, the simulation hypothesis, he talks about how everything is information right, and light carries information right. And interestingly enough, in his book, one of the things he talks about is that an ancestor civilization could be running a simulation with us, and here we are as avatars in it. Now I believe that there is a source universe, and he implies that, in his book as well, that there's some kind of source, sure for these multiple parallel realities, mover, what have you exactly. And here we are at the center of creation on this source universe as our source selves. Yeah, and it's really our Source self who is projecting all of these multiple aspects of itself into different timelines, into different parallel realities in this thing called space time now. Why was space time created by these existential beings on this universe settled in the eternal Now, moment beyond time timeless really is because in this existential universe, you're really just existing you are, yeah, okay, so this space time game gives us the opportunity to experience in linear time, right?



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Experiences be experiential, instead of just existential, absolutely, it's a different way to know thyself, yeah, and to experience love of self and other. And through these experiences, then in space time, right? Here we are as avatars, yep, a projection, reflection of our Source Self, an aspect of our Source Self, right? And so I do believe in that sense, our Source Self is playing a sort of virtual reality game, sure, with its avatars in space time. Yeah, yeah. And once again, a lot of what I talk about, I do a lot of binaural beat therapy. I write a lot of binaural beat music. I

am an audio engineer by trade. So for me, like, yeah, everything is vibration. Even on the job site, I try to tell the lighting crew, like lighting sound. Why are you arguing you're both frequency? Man, like,



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sound is light, light is sound. There's no difference between the two departments. Let's all get together.



1:21:00

Can we cohesively get along like good good light and become a laser instead of scattered white light? Can we do that? And that's a topic that I bring up in my talk, is the idea that even remote viewing itself, its roots. Started with a paper by Hal put off about our scientists adversely affecting their experiment when they go home. And think about it, the idea of, Did you burn your house down because you were thinking, Did I leave my iron on while you were sitting in traffic? Right? Thought is so now, because your thought is that powerful, and frequency is not just light, it's not just sound, it's also our frequency and speed of thought. It's also, how often are you thinking something? Are you willing to break the pattern of that thought, to change your life or change your now, you know, right? That's how creative thought is. And everything began with a thought, yeah, the first thought became the universe, which became beings and things, right? And so yes, realizing how creative our thoughts are, and then how our thoughts are spread across all of these other aspects of who we are being, right? And so how much are we tuning into the thoughts of our other selves and other realms, and, of course, into the thoughts of one another, because we're in one field of consciousness. It's a shared field, and then here we are in this consensus reality, well, and not just a shared field, but it's a shared experiential field. Susan, because it really is. The idea of



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the example I give is my brother and I were brought up in the same house. You ask us, what Christmas of 89 was like? We'd have two different experiences, yes, both locally in the same place at the exact same time, two totally different versions of what that experience is, because of who we are and how we define ourselves and how we define our place and everything. So you know that idea of soul, once again, being such an integral part



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as somebody who studied philosophy for a long time, I always go back to the Aristotelian prime mover, that and just the concept of the Aristotelian imperfect,



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the idea that we will never be able to attain the perfect chair in this dimension, it won't happen. It will always be imperfect, because we'll never be able to make the essay, essay of what a chair is here. It's not going to happen. This is a physical place. It's going to break. It's gonna

chair is here. It's not going to happen. This is a physical place. It's going to break, it's gonna wobble. There's something that can always go wrong, but somewhere there is that Aristotelian perfect chair that exists. That is what we draw communally, the idea of chair from, and we're always just trying to attain



1:23:58

it. Can we? Is the question,



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can we be perfect? Can we attain that perfection? Right? And that goes to this reality being a distortion, if you will, because it's a replica, replica, replica, replica, replica, replica, replica, and you keep copying something on a photocopier, finally, the resolution is going to be blurry.



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So that's a great example. Well, even, you know, there's, there's a lot going on right now in Hollywood, especially about clones, things like that and that that's always been kind of the kind of, the get line of cloning is, as you get down the line, like, good luck with them being the perfect copy. You know, they're they're the problems are going to become bigger problems become bigger problems. They compound on top of each other, and eventually you end up with a clone that can't do anything.



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And even with that in tighter remote viewing, I just had Lynn Buchanan on the show. You.



1:25:00

And a few years ago, I love Lynn. I took remote viewing classes from him. He's an amazing individual. When I asked him, probably about three years ago at the Irvin conference, had he ever remote viewed alien civilizations? Like, yes, I have. And he was like, one of the reasons specifically the Grays



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bring things here is because they they sacrificed a part of themselves to become a hive mind



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so they no longer have the individuality that we have so amazing technology. But because they have no individuality, they have no inventiveness, and they don't know how to apply that technology to new things. So they use us to help apply their technology in new ways. Because

technology to new things. So they use us to help apply their technology in new ways. Because we're individuals still, and we know what individuality and inventiveness is like. You know. We know. We know how to apply things to another use, whereas a hive mind, collective like that wouldn't, how would you even see the need? Because the need of that one individual may not be the need of the whole group, you know, so it's, it's fascinating to think about that,



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even the idea of once again, are we in that shared universe? Are we in that shared collective consciousness? How does that affect us? How does that affect our everyday reality? You know, how does that affect the way that we interact with the world around us and move into the future? Well, so one thing that Riz brings up in his book, The simulation hypothesis, that sort of helped to answer that for me, is this idea that



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the only reality that we're rendering is what we need to render for our particular experience in space time. So for you and I, maybe it's as far as we can see on either side, right all around us, 360 degrees. What can you see right now? That's all that's being rendered, yeah? Because that's all you need to see right now for your experience. Yeah, right. And so if two people go on vacation, or you said two people have the same Christmas, right? It's a totally different explanation of what happened and how it was and what it was like, because each person has their own unique perspective based on the experience that they're rendering at any given moment in time. And then, of course, you know what the meaning and purpose of it is for them individually, but you know that that directly brings us into the conversation of the simulation theory and even a video gaming because when you when you think about just the way a video game renders a game, it's not rendering 10 levels from now. It's not rendering 10 screens from now. It's rendering right now. And if you as another player join the game, that changes the render immediately changes the way it renders that wall over there, because now you're casting a shadow on the wall and you're in front of the wall. So yeah, like every person that walks into this frame, renders the reality in a different way,



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so that that's, that's Wow. That is a noodle cooker right there. Susan, just the idea of window, when do we hit the buffering wheel? When



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do we eventually hit so much render that like, you know, the lollipop of death pops up, like on a Mac and it just keeps turning right. When does the waiting Hour Glass pop up? So, yeah, at what point, especially within the intelligent universe, because this, this



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really brings about the concept of the observed atom, and the fact that the atom has to know

that it's being observed in order to be photographed. Yes, you know so



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are we the conscious atom, or is the atom responding to us in that way



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when Yes, yes and both one in the same, yeah, right. The atoms conscious, we're conscious, and we're both talking back and forth. But since reality only exists if it's being observed,



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right? What if when it's not being observed, it is not because it doesn't have it doesn't have to be. And we might know that there's billions of galaxies and trillions of star systems, but we don't need to see it right here and now, because it would be way too much to render a B, we don't need it for our current experience. I've always been fascinated by the shared reality, yeah, right. What's the consensus reality? Have we all agreed to have this particular Exactly? You know, we agree this is a table. We agree that's a chair precisely, right? So it is. You kind of have to, you would have to, have to, to have.

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Foreign



00:02

Well, hello everybody, and welcome back to the curious realms. Continuing coverage of SCI games 2025 right here in Charlottesville,



00:11

Virginia. Welcome to the show. Jason King from the Monroe Institute. How are you doing today? I am wonderful. How are you doing great. First off, I want to thank the Monroe Institute for everything that they have done over the last many, many decades when it comes to the work of binaural beats, when it comes to the work of brainwave Brainwave Entrainment, that is something that truly peaked and changed my life many, many years ago, and to the point where now, even as a musician, I make binaural beat therapy music for experiencers of alien contact, things like that, to help release PTSD. It really is a life changing thing. How did you come to work at the Monroe Institute to begin with, Jason, it's a funny story. For me. It's a funny story.



00:53

We are here in Charlottesville, Virginia. We're on the downtown mall of Charlottesville, Virginia. Many, many years ago, I was the house manager for a venue here in town called the Paramount Theater. Oh, okay, about halfway down the mall, you'll see. So for two and a half, three years, I was house manager there, and we had big shows, we would hire a second stage, monitor, second sound.



01:15

Well, that gentleman worked at Monroe, and he still, he still works at Hemi sync today. His name's Kevin County. He's a beautiful music producer



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and an engineer, and he's just one of the greatest pair of ears I've ever heard.



01:31

And after we would load out bands, you know,



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we would have these really beautiful, heavy conversations, yeah, very deep conversations. And Kevin would blow my mind, you know, and I think he liked that I would follow along or ask thoughtful questions or or knew what he was talking about, sure, sure. And



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so he's like, Jason, come down to Monroe, you'd really love it's right up your alley. It's perfect for you. Blah, blah, blah. And this was probably 15 years ago or so, wow. And, you know, I remember this so clear. I pull up my phone, I pulled the Monroe Institute, and I was like, Man, that's like, 45 minutes away from here. I was like, I don't, I don't think I'm going down there, you know,



02:12

right? Yeah, you know, I was Charlottesville forever, you know, and didn't really feel like I needed to leave Charlottesville for anything. And so naive, right?



02:23

But it piqued my interest, you know, sure. And I started to follow Monroe on all the socials and kind of keep, you know, up to date on what was going on and what they do. And I loved it. And then, you know, years later,



02:38

when you know the whole blessing and curse of covid happened, right? The blessing being that we all had time to kind of rethink our lives, and I did, and I did what everybody else I rethought my life at that time, I was working in a different section of the music industry, and I was on the road a lot, I was traveling a lot, and I was tired of it, and I wanted to change. And I knew I wanted a change that was going to benefit me in ways beyond a paycheck. I wanted to learn something every quality of life, community, something that was self serving for myself, plus a paycheck, you know. And so I decided that



03:20

pulled up indeed, you know, and, like, five minutes before I did, Monroe posted a job, and so I

actually wrote a cover letter. I didn't just fire one off, yeah, wrote one for it. And then after five minutes after they received it, they wrote me back and wanted to meet me, you know, Zoom call, Zoom call, whatever. And I think the fact that I was willing to drive down there and meet them in person, you were willing to leave, you know what I mean? So, I mean the world was scared, right? And I was kind of over hibernating inside, you know? And I wanted human contact again. And so I think that might, it may have played to my advantage a little bit, pushed you to beyond your boundary of your localized area, right? And, and I was craving it human, human contact again, yep. And, you know, I'm sure that they didn't put some like barometer on me, like, you know, well, here's the test, if he comes down, you know, I'm sure they didn't do that, yeah, but I'm sure that they were happy that I did, you know, and I did. And, you know, fell in love with Cheryl right away. I met with Alan Evans right away.



04:29

I guess they liked me enough to give me the offer, yeah, and I got hired on as a program manager, but quickly morphed into so many more things, yeah, you know. And now, like you said, I'm a jack of all trades there today, yeah, yeah. And they, you know, you bring up an important point that we talk about on this show all the time outside of the paranormal, and that is holistic living. The idea of you can be happy and have a job. Yeah, it can exist. Yeah, it can work, yes. And if it's not working for you, give a stab at something else.



05:00

Right? You know, because you'd be, you'd be amazed and well, to take that one step further, you know, this work that we do, especially at Monroe, but the work that everybody in this room is doing that's right, that self sort of, you know, preservation work, that self improvement work, trying to be better than you were, better today, than you were yesterday. You know, along that way, you know, you go through things, you bring up old traumas. Absolutely, life is heavy, and people tend to live in that heavy space they do, right? But the purpose of this earth life is to have fun, right to be a human right to have the human experience, right? Yeah. And so I think that gets overlooked a lot, right? So we concentrate so much on that heavy self improvement, which is, of course, important. You don't have to do it, but people live there, yeah, you know. And you have to remember to have fun, yeah, let loose dance, you know, enjoy a concert. You know, have a fun night out of doing nothing but just being a human Yeah? And, you know, it's interesting that you bring up the concert. I am a audio visual engineer. I do road work and things like that. And covid was actually a point where I provide labor



06:09

locally of people like me, and it became the fact of I would rather do that and be with my family and do the projects like making binaural beat music, things like that, to help people, than to actively be on the road pushing a case anymore. I know, you know, and it's really funny, because, well, that's something that for half my life I have defined myself as. It's great when you're young. Oh yeah, yeah, as I got older, I ain't gonna be able to it wasn't for me. I tell people all the time, I am the best pointer you will find on site, that's right, I'm not the dude you want your case anymore. Goes there. I'm not the dude you want in your truck anymore, because I cannot hop up and down those three layers of stuff the way I used to, with that kind

of nimble attitude. This is the same realization I had, but my brain is nimble, right? And you know that? That brings us really, to the work of the Monroe Institute, the idea of because I say it all the time, number one, on site, audio, lighting, you're both frequencies. Why are you? Why are you fighting? Right? Absolutely, the tone you're making is the color he's making. Let's get together and make a show.



07:17

And the idea of



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being able to change the frequency, not just of light or sound, but being able to change the frequency of your thought, being able to change the way your brain processes data, and even the way that you initially begin to take in data, begins with your brain waves. It begins with how you build that filter to begin with, and if you even have a filter sure you know. So when it comes to binaural beats, that's that really is a great way to begin to unlock some of these things, to start processing traumas



07:52

without having to psychologically revisit that moment, things like that, absolutely, absolutely. And then when you get into that, when you're trying to get something into changing trauma.



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Sorry. Raphael was making Facebook absolutely



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everybody does it once. That's great, but to your point, right? Yeah,



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and what we kind of learn a little bit at Monroe is this idea of reframing trauma, yeah, which is what you just mentioned. And so this is an exact I'll give you a quick it's not just a prim. It's not the greatest analogy in the world, but it's one I use, and it's one people can kind of kind of understand, right? So when you talk about the main, you know, frequency bands that we taught, delta, theta, alpha, beta, gamma, I think



08:39

of it like this. Like, this, like, where does that live in the body, right? This isn't exactly true, sure,

but again, close enough. So, so delta, right? It's right here. That's your gut, that's the automatic stuff, that's your instinct. It's all the autumn. Your breathing is in Delta, your your flickering of your eyes is in Delta. When you move up into theta, you're really kind of moving into your heart space, right? So you're getting into emotional content,



09:02

feeling through emotions. And so when you move into alpha, you start moving into your actual five physical senses, your eyesight, your ears, your mouth, your taste, your voice. But it's also kind of like your real voice, who you really are. It's kind of in the Alpha, right? Your logical thinking is your beta. Gamma is the outside, you know, the field, and you're connecting to it in that way. Yep, gamma. Now, when it comes to trauma, right?



09:28

How I think about this is first thing, you have to get down low, yeah, you get down into that delta. That's where it's living, yeah, you know, it's in that deep unconscious, right? Yeah, you have to kind of bring it up and you feel it. You have to, because you got to get feel, to heal, right? Yeah, you feel, you know what it is.



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You bring it into your your your sensory awareness, you know, and you feel in that way, right? By then, your logical brain can, kind of, you know, process it, start to make sense of correct, and perhaps reframe it in a way without that.



10:00

Ocean, yeah, you just process that, right, yeah. And then, you know, when you kind of connect to the field and gamma kind of come and just sort of washes things away. You just sort of wash that stuff away. You're not really getting rid of it, yeah, right, yeah. But what you're doing is you're reframing it, right, so that that trauma, that that produced emotional, you know, emotional result,



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you can still have it within you without that emotion, without the sadness, without the hurt, and so on. And there are, you know, many people you know, who are into healing, or looking to heal.



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Look in lots of different directions to do that. You know, the plant medicine thing is one, right? Yeah, and it's very powerful. It is, and it is. I've been there, and I'm not anti anything. I'm very

pro everything, yeah. And I think the plant medicine in my experience, and I only talk in my experience, absolutely.



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I think it does a great job of highlighting where the trauma lives, what the trauma is. It gives you a beautiful window to see what life looks like. Without carrying that trauma, you can experience life in those that those several hours. Yeah, of not feeling all that,



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I'm not sure it heals much beyond that, the only thing that I'm in my experience, and again, just me, is



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in meditation. Sure, it's going, it's going in and getting quiet and processing in that way, yeah, you know, again, you know, the the plant medicine stuff, fantastic. Yes, beautiful. It's wonderful. It's helped so many people, yep, but without that extra work. Oh, yeah, I don't know if you're doing much well. And you know, you bring up a great point there, like I've been through the medicine, yeah, and I call him my shaman because he he sat with me on phone calls for a month and a half. Good. Two months good before we did. I was on SSRIs. I was on daily medication for my anxiety, things like that. And he was like, Hey, we're, we're going to need to take you off that for this to happen. Okay, good. Well, it sounds like he had some Oh, yeah, yeah. He was responsible medical basis. No, they are not a good No, they are not everybody. And I look right at the camera when I say that they are not a lot of snake oil salesmen out there with this stuff, even when it comes to binaural beats correct, you know, and I had a guy like whenever I released, it was actually my therapy album for



12:35

abductees that I released last year. I put it up, made a social media ad, and somebody attacked the ad immediately. They were like, This is a hustle to get people. And there were like, four different people from the targeted individual community. Yeah, they came on and were like, Chris's work is not that. I have Chris's CD for targeted individuals. Good. I can't tell you how much he has helped me. And it was one of those, like, Oh, wow. What a beautiful moment for the community to step up in my defense on social media, because, yeah, like, even with my music, somebody was calling me a snake oil sales Yeah, and I'm like, Hey, I'm just telling you that this may work. It may not work for you, I don't know, but this is what I like to put this out there, because I've definitely done binaural beat sessions that worked for me and the dude right behind me it did nothing for that's true that, you know, that's even that happens at Monroe, actually, as well. And there's a



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there's one phenomena that I talk about with it because I've got a very good friend of mine

there's one phenomena that I talk about with it, because I've got a very good friend of mine who I gave a copy to for his wife, not that one, but a different album. And he was like, she can't listen to it. She can't listen to it. She describes it like getting a wet willy in her brain. Really, okay? Because there is that cadre of people that the dual signals left and right



13:54

affects the brain in a different way. You know, it can make you kind of uncomfortable, sure whether you're hearing it or not sure. So it was interesting to actively run across one of those people that was that five to 8% anomaly where it's like, it kind of bugs them when they listen to it. And that's really and it's interesting to even see that the greatest thing about Monroe, honestly, is go find out for yourself, right? Yeah. And so, you know, Bob and Ro And still today, you know, we don't have any sort of dogma whatsoever. No, you know, we have tools and tricks that you know seem to be pretty effective for most people. Yeah,



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you know. But that's a good thing to talk about too, because what was developed



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was developed on Bob's experiences, right? Yeah, and what he found out for himself, yep, and you might find out something different for yourself, yes, no different than the plant medicine, exactly. I did not see clockwork elves, not at all. Mine was an experience of every time, because it was just me and.



15:00

A shaman, it ended up being and he played the songs all night, things like that. Every time I would want to get up and tell him how the song transformed me, it was like a hand grabbed my chest and pushed me down. And I heard



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every time it was so wild, because it was like it was not it was, be here, be present. Yeah, we're supposed to be losing ego. So is he, yeah, be here, be present.



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But even the idea that, because I was just having the conversation with Jimmy church a while ago about the fact that he had an experience with somebody who does sound healing things like that, with pyramids, and I got into her pyramid, and she started pumping these frequencies, and I went somewhere, man, like I was, I was in another place. So it's like you can get the full DMT experience from binaural beats. You can get every bit of every one of those

experiences, literally just with brain waves. You don't. You need no chemical alteration. You need no additional probiotic in your body to absorb the DMT or anything like that your brain creates DMT. You just need to allow, yeah, you need, you need to allow that consent there and that space for it to happen and surrender into it, yeah, yeah, the surrender, I think, is an important part, because that is



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the word consent. Is what we use regularly on this show, whether it's paranormal, what have even, even with things like Bledsoe tonight, yeah, you are consenting into an experience, you know. And if you don't consent, that can



16:42

not jive with other people's consent, and it may interrupt the experience, right, utterly and entirely and at the same token. The example I give is paranormal investigators. If you are consenting into a system of Let Me obsess over this investigation before I go. Let me not just have a rote checklist of gear. Yep, I got my camera, got my recorder, got my car, all that stuff, and then leaving it if you're deep, diving into what those experiences are, reading books about it before you go watching videos, watching movies, you are actively charging that atmosphere before you ever step foot into it, absolutely you're changing not only that, but your entire frequency of thought about what you're about to go investigate. So yeah, like, you may well be a manipulating that space and manifesting that, or you may just be polishing the filter through which you're going to look at all your data from your experiment. Absolutely, you know. So either way, are you, are you really approaching that from the point of science, and are you allowing for that experience to just happen, and for you to be there, and for you to just be a carrier wave, nothing more, like you're the 20 hertz wave here, you aren't theta, yeah, you're just the carrier with, you know,



18:01

the idea of the filter? Yeah, it's a very interesting one. It is, and it's one that I talk about a lot at Monroe and the idea of binaural beats, or the modern day therapy, yeah, we got, we got singing bowls over there, absolutely, which are kind of binaural, yeah, right. They do. They have two tones. I explained that the difference of that of one is like going to the spa, yeah, the other is like taking your brain to the gym. Yeah, they're both, they're both going to have the same thing. They're going to have the same ultimate effect. But this is teaching your brain to get the frequencies when it needs it, not just respond when heard, but I say the filter in the brain, yeah, the mind and what's working and how it works



18:44

is interesting, yeah. And I'm not sure if anybody really has a true understanding of how it works. I have a theory for myself. Sure.



18:54

My theory is, you know, so



18:57

it's easy to think about top down, yeah, you know, change your brain waves, change everything else. You know. Listen to this. You know, your brain will entrain to that and change the relationship of your frequencies, changing everything else within your body.



19:12

Maybe that's exactly how it works, or perhaps it's the other way around. You know, maybe consciousness really lives here.



19:21

Maybe we process it and filter it here. But to change this, you change this, right? So expanding from here, you know, from your heart space, or what Rob Monroe would call his energy body, your energy body, your emotional body, getting into your emotional spaces, I think, will change your brain waves, changing the filter, and so on.



19:46

But we concentrate so much on the brain, right? I think it's because we can measure that. We can actually take measurements of that. See changes, see improvements,



19:56

see the relationships change.



19:59

But.



20:00

Is it in the brain, or is it someplace else? Is it the cause here and the effect there? The other way? The prime example would be me having to get off my SSRIs to go to ayahuasca, because the serotonin isn't made in my brain. It's made in my gut. Yeah, serotonin is produced in your gut. So if you're eating things that destroy serotonin, you're not going to be a happy dude to begin with. And we are this holistic system. We are, and that gets easily forgotten about, yeah, because we concentrate on one element and not the whole Yeah. And so at Monroe, I think

about this a lot of Monroe, we have this beautiful landscape outside. We're outside all the time. We have this beautiful crystal that's out in the field. I know we sit by it all the time. It's great. It's so good. But if you and I were out there right now and we were sitting at the or just outside here, and a brown blob goes across the sky, you might say, oh, did you see that bird? Well, no, I didn't, and neither did you. You saw a brown blob? Your brain filled in the gaps Exactly. Yes. Filter filtered your reality? Yep, right, saying that, Oh, that must be a bird. And it probably is. Chances are it was sure, but you didn't really see that well, well, we're not processing reality fast enough. That's it. So you fill in all these gaps, and you're doing that constantly. We we talk about that regularly on the show in relation to the phenomenon of pareidolia, yeah, the idea that, you know, I saw this thing, it's, it's out beyond the trees and stuff like that. What was it beyond the trees? Or did your brain give you a pattern of recognition? Yes, that you would be comfortable, you know, the same way that we see grandpa's face in the cloud or something like that. You know, our our brains are pattern machines. They crave those patterns. They look for those patterns. That is where we rest. One of the things I talked about this morning, and even on the show regularly, is the fact that we go through almost three quarters of our day in a state of rote hypnosis. We react. We react to things. Aside from that, like by the time you've learned to walk, you no longer think, let me get up and be ambulatory and go get a coke from the fridge. You just think I'm thirsty. And your body moves. Your body goes. Your body doesn't think about breathing. If you drive in traffic every day, you're rarely thinking about, how many exits am I away from work well, and frequently, you'll wake up and be like, Oh crap, there's my ex right there. To that point, I think in this is, this is another beautiful thing of Monroe. I think you know, what's the purpose of all this? Yeah,



22:29

the purpose of all this is to get present, to be present, to live in the present moment. Yeah, you know most of the time. Most you know, beta driven humans, you know, are



22:41

taking every experience of their past, and they're trying to predict the next few moments of their future. Yes. And they're not really here, not really now, beautiful, right? Beautiful. But if you think about the best memories of your life, right? Your first kiss, your child being born, the best kind of nowhere, but they're correct. You were nowhere, but you were living, right? Then that's your favorite memory, yep. And so at Monroe. I mean, that's really or not just Monroe, but yet, the idea of meditation is to kind of live in that place, to live in a present sort of space, to reduce the filter, yeah, perhaps changing your your spectrum of reality away from the brain, getting it into your emotions, because radiating from there, and if you radiate from here, perhaps you're living in a truer sense of reality, sure, right, sure, yeah, we got this. We have this post written row



23:27

that was every frequency known to man at the time the poster was printed. It was in the 60s or Sure, sure, it's very old. But this wide range of, you know, the ultraviolet stuff and the gamma stuff and the three nanometers that we see in here, the visible light is right there. So we know all of this exists, yeah? And we are living in reality. That's this. Yeah, right, yeah. So that's what

I'm saying. So the filter keeps you here, yeah, but if you radiate someplace else, you're open to all that is well and we already are. Is the thing. Like we're we're our brain is a transceiver living inside of a resonant chamber. Hands down, we are sending and receiving all the time. The question is whether or not you're consciously processing that data, right? That's the only difference. And can you process it fast enough for true reality? Well, you can't. That's why we dream. Yeah. We dream because, well, we've got to be able to process that moment somehow. But we were just reacting and trying to stay upright, right, you know, right? So we're going to process that emotion later, when we can really focus on that right now, we're moving forward eight hours from now, we're going to get into that in a dream, right? And we're going to process it. It's going to get weird, it's going to get



24:41

weird, but you have to let it get weird, is the thing, and that's kind of something that I tell everybody about remote viewing, is that, as opposed to anything else that I investigate, anything else that I talk about on my shows,



24:53

it is the one parapsychological science that began in the lab. Began in the lab like, I don't care what.



25:00

Anybody say it began in a lab, from actual lab scientists, from a scientist saying, what happens when we go home and think about our experiment? Right? That's a noodle scratcher to begin with, right? You know, just the idea of sitting in traffic, if you think that I leave my iron on long enough, you may burn your apartment down because you turned the iron on, because you're thinking about it so long, that's right, and that's a fascinating concept to think about, even the even the idea that now, like right now, as we speak, Rizwan virek is in there talking about the holographic universe and about the fact that we are an agreed upon illusion, right?



25:39

The term of phrase I use is we are conscious frequency. I like that. We are conscious frequency. Every one of us is a note that makes a chord in the universe. That's right, because all that happened. We're 90% empty space by science held together by a quantum field. Yeah, I am sharing an electron shell with my brother in Texas right now by all ninth grade science that I made an A in. So that means I'm not even here. Man, we have, like, agreed to be here at this moment, right in this time. Time doesn't even exist any physicist. It's all like that is an equation. You take time to Mars in a totally different, correct, totally man made. So, yeah, this, this whole thing is kind of funky to even think about the fact that, are we even here? And if that's a fact, that means we could change all of this around us at any time, as soon as we decide to have the consent to do it. That's right, you know? And then that's a beautiful and amazing thing. And once again, the idea that the Monroe Institute has been working on this stuff, working on literally, how can we change and recognize consciousness itself? How can we

change the way we relate to it, and how can we change just the global understanding of consciousness and the shift it's literally happening right now, wanting to find out who we really are? Yeah, yeah, yeah, yeah. And the point I bring up in my presentation that I did today was quantum entanglement, like it changed everything, not just the idea, because that's been there since Einstein, spooky action at a distance,



27:14

but when that image came out a few years ago, that is a literal yin yang



27:19

of two entangled atoms. Okay,



27:22

familiar, but I'll show it to you in a minute, and it'll blow your mind. I can visualize the actual image of two entangled atoms. Is a yin yang? Yeah? It's a yin yang, yeah. And it's a frequency concept that we've been talking about for 1000s of years on this planet that's been put into metaphysical, put into all kinds of things, and it's like there's physics right there in action. Isn't it amazing, like things like that, right? The two atoms forming together is a yin yang. But at some point in human development, somebody identified the Yin Yang as a symbol that's very important and an important philosophic concept, yes, that inside of each one of us, whether you're white or black, is a piece of white or black is a part of the other side cannot exist without it. Yes, because they're really one. Yeah, the two is the one. Well, because it's all one, it's all one, it's all one. You know, the question is whether or not you're vibrating in syncopation or an entropy. Which way are you vibrating, you know, so it does fascinate me in a big way, how in human development,



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we have an exercise that we use, okay? And it was, it was we took, well,



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we took the first 50,000 strands of shared DNA, and you can translate that into frequency sounds, right? Yeah. And so we took these things, ran it through a processor, and it came out with these, these interesting sounds, this beautiful sort of



28:54

symphony that sounds very strange but also very pleasing at the same time. It sounds strange because when you break it down, it's a 22 note scale, and not the 12 note scale that we're used to in the Western world, right, but a 22 note scale. Well, you know classic Indian music is a 22

note scale. Yes. This cannot be an accident. Yeah. This is what fascinates me, that somehow, without modern scientific studying technology or the modern conveniences that we have, they were able to determine that, yeah, and it's within their own, knowing it's their own, searching, their own, getting quiet, their own experimenting, but finding the correct answers. Yeah, that is so beautiful to me. You know, one of the examples I give on my show regularly is the Rosslyn motet, okay, from Rosslyn Chapel, yeah. It's a piece of music that was written all over Rosslyn Chapel. If you look on the top of the columns, there are cymatic patterns, okay, there's, there's different rose patterns that are literally cymatic tones, yeah, this gentleman took that and wrote a piece called the Rosslyn motet, huge that is a piece of music written for.



30:00

From the scale based on present cymatic patterns, based on the scale of the cymatic patterns in there. Now, this was medieval times. My man, yeah. How do they have a cymatic machine? How do they measuring these patterns? How do they know about Cymatics? How do they know what this and what frequency, and how to make a song out of it, or have what they look what they look like, to even encode that into a building that's again with to even have musical notes represented by a physical image, yeah, is remarkable. And it's encoding to begin with. And the fact that the correct yeah is even more remarkable. Exactly, I could make up a nice design exactly doesn't mean it's correct. Yeah, yeah. So it's interesting to see that, and interesting to see that. Like, I've said it on my show regularly, I don't think we needed aliens to build the pyramids. We had Archimedes. We had, okay, like, throughout the history of mankind, there has been the professor, the dude that you stuck him on an island with a coconut, yeah, he will make a machine. I love that coconut. I feel like that's a I feel like that's we get so caught up sometimes and giving credit to we that we are the penultimate but we're pretty cool. Humans are pretty cool. You could build some cool stuff. We're smart and they Well, and we've forgotten ourselves numerous times, numerous times over. I'm Cajun. My language is almost dead, yeah, like, my people's language is almost gone. One generation, yeah, that's all it takes to forget it, yeah. So it's not like it takes 10s of 1000s of years for a language to be forgotten, yeah, just a few generations. One generation, like, 1820, years. That's it. That's all it takes. So just imagine what we've lost. Yeah, through generations and times and times over. This, this concept of once again, musicality and frequencies and I mean, you start looking at places like Great Pyramid of Giza, you start looking at places



31:54

like Malta, the islands of Malta, where chamber, the serapium is, and stuff where it's like this chamber resonates at a specific frequency when you sing in it, yes, you know, to to literally bring you to a point, much like the the Monroe Institute work, where it's like, no, we can give you the DMT experience, sands, the the Ayahuasca, yeah, you know, we can hit those points. You can, you can do all those things with your mind, with literally sound and frequencies and intention, yeah, and intention, because my, I, I still think that very much like any hypnosis, there is that front end. There is that point of consent, like you have to be okay with experiencing it. And perhaps, on a level, engage with it. Yeah, that's the other thing, yes. Sometimes people think you just put headphones on, no, no, and the frequencies take you away. Do what they're gonna do, yeah?





32:52

I wish it was that simple. Yeah, I do. But okay, so I think put headphones on step one. Relax the body. That's a very important detail. You have to be relaxed, but then you kind of engage with a little bit. You have an intention for something to happen, yeah right? You seek for that, you want, for that to happen, and then eventually something does, yeah, right, getting quiet, all that. So I think when it comes to binaural beats, or Monroe sound science, which is different than binaural beats, yes, it is, and we can talk about that, if you'd like. But I think, how does it work, right?



33:25

I think it works in the same way that, like, you know, breath work, counting mala beads, chanting mantras, rosary, right? Yeah, you're taking your brain, and you're just sort of occupying it with something mindlessness, right? And by doing that, you're allowing something to happen. And when you allow something to happen, it might just happen. Well, yeah, I mean, you're definitely putting a point of release on yourself at that point, you know, the idea of, I am, I am surrendering to this moment in this and this is what I'm trying to attain, you know? And you just said the magic word surrender, yeah, it's another big part of it. It's surrender to the experience, yeah, yeah, you and even when it, when it comes to the Ayahuasca, that is something that, like you, you cannot fight, that that's a force, yeah, well, and literally, that's what the shamans call it. Is the force that, like the vomiting and the purging that, that is the name that they give it, because it's a force that's trying to make you better. It's getting rid of this stuff because you don't need it in your body anymore. Let that happen. Yes, surrender. Get rid of your ego and be okay with puking in front of people. Yes, you know, because there is that release, there is that moment where you have to be there, you have to be present, just just like any rock concert that we both worked at that I think was one of my one of the most beautiful things about Prince was he was one of the first people to say, let's put that phone away. And here tonight, I know



34:57

I literally just genius. I literally just.



35:00

In November, traveled to Madison Square Garden to see David Gilmore. Okay, whoa. Nice. One of my one of my heroes. I love him, one of the greatest guitar players ever. Absolutely, he's never on the top 10 list, but he should be, and I will, I will always say that Pink Floyd, the Division Bell, the one night I spent in Dallas, is to this moment, career wise, that is what I'm chasing when it comes to a musical experience. Yeah? And just to this point in life, have I gotten to the point where it's like, Chris wants to go out again? Yeah? Chris wants to go to shows, yeah? Like, I want to go out and I will buy a friend to take. I bought a friend to ticket to David Gilmore. Nice was like, you buy me some drinks. I'll buy your ticket. How about that? I just don't want to experience this by myself. Yeah, you enjoy them as much as I do. But the beautiful thing was, when the basis came out, Guy Pratt, about five minutes before they started, was like, Hey everybody,



35:56

special night of music is the last night of tour. Wasn't even supposed to happen. We added tonight on, let's all put those phones away. Yeah, let's be here tonight. Let's be together. This may never happen again, right? Ever. And I mean, people maybe shot a 22nd video, and they put it wasn't like when I went and saw Tears for Fears and I was literally on somebody's Insta feed for two and a half hours, yeah, yeah, while they were doing that. So once again, that idea of brainwave frequency and where are you at? Are you having the frequency of thought of presence of mind? Are you having the frequency of thought of, how are people going to cajole me on social media for being here, right? Well, you know, when you shift downward into the Alpha. You don't care about that, yeah, yeah, that's the best part. You don't care what people think, because you're present here right now in life is good. I like the idea that you're bringing up a while ago about working the opposite way. So many, so many times we think about things from the top down, yeah, instead of from the gut up.



37:01

The example I give is I had somebody who, after a show I was on, went on to my website, watched my chakra videos, loved them. She was a yogi, taught yoga all kinds of things,



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and I found it hilarious when she commented like, these are amazing. They're awesome. But I have a question. When I did the Root Chakra? Like, I got all these hard emotions, like I started crying, yeah, I don't know where this came from. And I'm like, well, kind of sounds like, maybe you just killed over something in your garden, yeah, when you were pulling weeds. It happens, you know, I'm not saying that you aren't grounded, but there may be something that kind of dealing with in the background that you may not want to open the world, yes, you know. So I'm glad it rang your bell, yeah. And I hope you find some help and get to that point, you know. But even to hear somebody who teaches those principles on a regular basis be like, I don't know why my root chakra



37:59

was getting at me. Was like, wow, look at that. Like there's somebody who teaches this principle and has lost track of the root choice. He expected a different she expected a different result, and when that didn't happen, I don't know why this is wrong or whatever. Oh, no, no. What was great was that the experience that happened was something that totally looped her, that made her reconsider everything. Yeah, she's like, I thought I was like, Yeah, founded and ready to go. Here I am, like, crying 10 minutes into this root chakra thing. It's good to get humbled some, you know, so, so it's interesting to see that, that if you let that moment happen, if you consent into it, because there's somebody who's I would say at that point, your walls are definitely built, your your opinions are formed about things. But she was open to an experience in a different way, and it led her to a different place that she hadn't experienced, and who knows how long, and surrendered to it, yeah, and allowed the experience to happen exactly.

Now she's got a lesson that she may not understand right now, yet she will, yeah, right, it'll download, and then she's got information to take over the rest of her life well, and that's exactly what we say on this show regularly about all paranormal period, is that



39:12

it is science. It is because science right there on my book, on the cover, for a reason, to remind everybody investigating paranormal that it is science. From the get go, you have observed something, and you have a question. That's step one and two. Man, yeah, the only question now is, if you bought a ticket to the train or if you're eating a Twix, yeah, that's it. Like the train left the station. Did you hop on board? Because science began, whether you liked it or not. That's right, you know. So we have to be open to the experience, and we also have to be open to the experience of being scientific, right? Well, right? You know, both sides, the science has to be open, right? And the paranormal experienter has to be open. And keeping in mind the idea of, you know, the science of the soul, yep, which is what we're talking about. Yeah.



40:00

Yeah, but the soul of science, we just talked about the science of the soul a second ago in our last interview. But the soul of science is the question. That's it, that's the soul. That's it. And always asking the next question, yeah, right, that's that's really it so well, and especially be being willing to ask the next question, because I see it from both sides of the aisle, both people who are gathering things in the field as paranormal investigators, they don't trust science for a lick. Yeah? And it's like, but, but you're asking scientific questions about the picture, yeah? So how can I can't give you a scientific explanation, because you won't accept science when it's given to you, yeah? And at the same time, science is like, but that's paranormal. It doesn't fit in our box of science. And it's like, but now you have a box of science, and that's a problem. Yeah, people are afraid that science might disprove what they think is in the picture, or whatever. But in that, something that I bring up regularly is a as an investigator, I want more red circles correct, more correct, because that's how we do science, yeah, even if it doesn't give you the result that's wanted to give it, you publish it well, well, and it's the fact of even as the experienter, even if someone like us comes and you have years of audio engineering and experience same as me,



41:15

it's very easy for me to hear a recording and hear what went wrong with that recording, yeah, or What circumstance may have caused it. That's just 30 years of mixing audio and having the ears I have and recording things in the field



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that does not subtract your experience. It doesn't subtract the experience that you had the observation on that made you ask the question and the question that literally shoved a crowbar into your keyhole and widened it to the size of a beer can. You know? Because that's what happens. And scientists have to be ready to question themselves. They have to be willing to

look at things outside of a box. Yeah, that's one of the reasons I'm a big, big proponent of the change to UAP, yeah, from UFO, UFO, yeah. It brings science kicking and screaming. Because, well, if you're a chemist and you give me an equation with 5% of solution remaining, it's somewhere did it off gas? You got to go to sediment. You got to show me where this anomaly is, yeah, or just to say, Well, that's an anomaly, and I got no idea, yeah, can you produce the same anomaly? Yeah, you know, like, that's literally the realm of science. So the fact that it's been brought in is great, but we need to be ready to meet that. We need to be ready to meet it in the middle, and science has to be ready to meet us. And it's really interesting to see now,



42:40

even the work of Monroe and stuff like that being looked at in a different way by science and consciousness researchers and everything else, like the whole carrier wave of reality concept has really stepped forward, and it's really interesting to see where it's going. What's some of the future things that Monroe is looking at? What's What are some of the things that you're looking with burgeoning technology, things like that. Before we let you go, Well, I'll tell you, it's an interesting battle. Sometimes that battle is not the right word, but it's an interesting discussion that we have in row. Sometimes



43:14

there's new products that come out, new software, there's new all kinds of new things that happen all of the time.



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Sometimes they're very flashy. Sometimes they're very like, they look really good on the screen, whatever. It doesn't mean that they're good, you know. So we're always open to everything. We're willing to do anything, but



43:34

we do want to do measurements on things. Yeah, we do want to experience them as well, right? And so if we're having a lovely experience, and, you know, whatever. But I say that because, you know, I make frequencies now and a very out of date program that you can't even get anymore, yeah, because of the best, it's the best way to make them. And in my experience, yeah, my experience, they might be better, but what I use is a soft piece of software that's not even on the market any longer, right?



44:06

Because it does do, it's not, I'm not doing binaural beats. I'm doing Monroe sound science, yeah, which is really a phase modulation sort of process. But you bring, you know, they bring the wave over, and you got to bring it back, you know? And so a lot of programs bring it over, but the bringing it back is the hard part. So this



44:29

is a funny analogy,



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and I mean this, and I say this all the time, and I think it was like, Coco Chanel was right. Like the woman who, like, she would get dressed in the morning and she'd turn around in the mirror, and the first thing that you notice take off, because it's distracting. Yeah, yeah. Same thing with audio exercise. Make it the way you want to make it, I know, put it on, listen to it. The first thing you notice, trick it, take it out, right? Yeah, because it's going to distract somebody else from the experience. And, you know, keeping it simple is not a bad thing, either.



45:00

Right? Like, bells and whistles are great. They're super cool. There's a place, time and place for all of it,



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but, yeah, not all the time. Yeah, right. So keeping things nice and simple, but also understanding, you know, the relationship between brain waves, you know, and that's, and that's very important, right? Yeah. And



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so what we're working on now is, is just strengthening that, right? We're getting into, you know, we years ago, you know, we started to kind of crack the code on gamma, you know, and how to induce gamma in the body, how to give people gamma infused experiences, yeah, you know, connecting them to all that is.



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And original days with Bob Monroe, it was all Delta. He was a Delta guy, you know, it's interesting. They're right next to each other. They're very close. They're very similar. It's, you know, people think of it like a, like a timeline, you know, delta is here, gamma there. It's a color wheel, yeah? I mean, it is, you know. So it is, when the red and the blue get together, it forms purple, yeah, right. So, absolutely, that's what it is. And so



46:04

now we're really playing with that, you know, the Delta Gamma synchrony, right? Which interesting? Which is interesting, yeah, yeah, very interesting. Well, and this had, as I was

interesting? which is interesting, yeah, yeah, very interesting. Well, and I've had, as I was telling you earlier, I've had Dr Scott Taylor on my show numerous, numerous times, and I love his work. And we've even had the private conversation of as a musician, when you're making these frequencies, do you ever find frequencies that compete with the music that's going over them? I'm like, yes, yes. How do you deal with that? I'm like, I just roll. Man, yeah, I just roll. That's a good point. I'll say something real quick about that, because you're right, binaural beats, Hemi sync, yeah, you know, let's just say Hemi sync, yeah, yeah. Hemi sync is a trademark. Dyna, it is. It's a recipe, right? So, for example, the focus 10, it's like three signals here, three signals there, right?



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Forming binaural beats in between them, yep. Well, those are never going to change. They are what they are. Music changes, yeah, and so to fit that into the piece of music and to please the musician you know, who has a big say on whether this interesting goes on their track or not, they probably aren't going to like it because it takes away. You kind of have to bury it. You bury it pretty that's what exactly. What I told him is, like, my binaural beats are normally buried at about an 8% level under the music, so you are going to hear the dissonance. They're effective, like you're not actually tuning into those we use a lot of pink noise at Monroe, so we can actually bring them up a little bit and hide them in that. But with music, you can't alter the music. No one will ever give you permission to use their piece of music if you're going to, you know, adulterate it like that, right? Yeah, the phase modulation that we do now opens us up to a whole new way, yeah. So we can take a single tone, and, you know, musical notes are frequencies, right? So we can take a single tone, single frequency, right? We can add movement to it, and it's a it's in a faux way, but we can add movement as if it's a speaker that is in equal distance, right, but not panning through you, panning around equal distance on the same plane as your ears, right? And how you are meant to receive. That puts you into space at that point, which is how you naturally hear, yeah. I mean, we actually use our hearing to, like, put us to identify, like, if you were to walk over there and I my eyes closed, I could point to you just on how I heard you. Oh, I can pinpoint sounds at a distance, far before I see anything. And so, yeah, now that opens us up. So now that tone can be anything I want it to be. It can be a C note, yeah, you know, I can make an E note, a G note. Now, I got a chord, C, E, G, right? And I can move those, you know, three times a second, yeah, three. Hertz, six times a second, six or not. So I have a, you know, the C's at three. You know, the ease at moving at six, Hertz, G's moving at nine. I got a 369, right, yeah, and it's a chord in the music, and you don't notice it, yeah, all right. So we talked about, how does this work, right?



49:06

If you are a person like I am, who thinks that I so it's frequency, right, but is it frequency, or is it vibration, right, exactly. And so if it's vibration, because if it's frequency, then technically, you would be hearing it, correct? You would be hearing it. And that's the example I give because somebody was asking me about Schumann Resonance earlier, and I was like, here's my example of Schumann resonance. There's a frequency of a cat's purr you can hear, yeah, and one you feel that's right, when you don't hear them purring, but they're laying on you and they're purring, yeah, that's 7.8 Yeah, that's eight Hertz. You hear that, you feel that, feel that, and you feel it here, taking it into you, if you put that cat up here, you're not going to feel it. It's

funny, right? Because you were talking about this just a minute ago, the idea of there's things, there's things that happen here, that don't happen here, absolutely and so if it is vibration, and I'm in that camp center, percent same, because it makes sense to me.



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Know, the liquid filled, you know, cavern of your skull, that's just physics. It's physics, just physics, physics. So if it is vibration,



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then I think volume would play a role, right? Sure, the louder you can make it, perhaps the more vibration. Perhaps it's more effective, right? Okay, so with the new way we do things, I mean, I can crank those up and crank those signals up, and you don't notice it in the mix, because it blends with the music, right? Yeah. And so now we can like, and if the music changes keys, well, we can change keys, yeah. We can do all that, yeah. We can follow it, especially with the phase modulation, exactly, follow it anywhere. And now that musician doesn't care what we do, right? Because it they don't notice it either, right? Yeah, and it is enhancing. I have to be very careful with people whenever I talk with them about my music, things like that, because they ask me if I use Monroe like I do not, yeah, I don't, yeah, I use pure tone therapy. So like any of my chakra stuff, you're gonna get the pure tone of the chakra and the binaural beat of that tone, yeah? So it's a combination of those two that I'm using. And I'll say this real quick about Hemi sync, which I'm a huge fan of. I love Hemi sync focused is my favorite thing. But



51:09

what I understand the nuance difference between what you would call binaural beats. And I mean, Hemi sync is binaural beats, it is, but it's on steroids, and it's its own system of how those threads are moving, absolutely. And it's very thoughtful, yes, very curious, yeah. And when we talk about these tones and frequencies, you know, we're talking about two things, you know, it's kind of like outer note, inner note, yeah, what you're actually hearing in the headphones, you know, we always use the example of one 100 hertz, 104 hertz, four Hertz in the middle. So outer note, inner note, yeah,



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it's never those. But as a great example, 100 hertz, 104



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but my understanding with Hemi sync versus binaural beats sure is, is there was as much thought put into the outer notes as the inner notes. Yeah. So those isochronic tones that you're listening to in either side are just as important as what they're trying to modulate inside of you.

Yeah? So 100 builds on the either right, yeah. And they get very into, you know, decimal points, sort of frequency. So it's not just even number thing, yes, right, exactly. And that's what I try to explain to people, like, I like, I was saying, I give the example of a sound bath or



52:28

singing bowl. Like, what we have in the room over there is, like, going to the spa, like getting a massage. It's great for your muscles. It's amazing. You know what any massage therapist would tell you, you need to go to the gym and hit some core muscles. That's right. That's right. Need to go work on your lower back a little bit. Walk in the pool, you know? And that's what the binaural beats or Hemi Sync does, is it's like training your brain instead of respond when here, when heard, make it when needed. That's right? And, and when you marry those two, you hit something a little bit different, right? You know? Because now, much like any good teacher is going to incorporate auditory learning and manual learning and the same lesson. Yeah, to hit everybody like because they understand that their students are learning in different ways. There's some people that are going to respond better to a pure tone therapy than to a binaural beat therapy, right? There's some people that will respond better to the binaural beat than the pure tone so I'm using both of them simultaneous. Absolutely. You guys are using both of them simultaneously in a Uber way, right? Like and then, of course, the term Monroe sound science is a blanket umbrella term to include whatever we wanted to include, right? Sure, binaural beats are still in there, the phase modulation is still in there. Isochronics are still in there absolutely. So we use all sorts of different techniques. You know, there's some guys that get really into the Dolby atma stuff, the vecial stuff. They find a lot of value in that. So we're really doing a lot of that. Yeah, I can get that much like the conference that we are physically sitting at right now. There are no less than two handfals of modality of remote viewing. Yeah, the really good remote viewers use a toolbox. Yeah, they're they, you know. And it's one of those, if, if your only tool is a hammer, everything's gonna look like a nail, yeah? But don't forget, a finishing carpenter does not use a framing hammer to do his job. That's right. It's a totally different tool. That's right. It's worked the same way, you know. So there are different tools, there are different ways to hit these things Absolutely. There are beautiful, amazing modalities, with the with the Monroe Institute, and the work that you guys do that are, I will always say, forever and always worlds beyond what I do and provide worlds beyond. Well, thank you for saying that. But all right, so I think I say this in Monroe all the time, right? So



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I'm the king of bad analogies, right? So I'm going to give you a really bad right now,



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consciousness as a bicycle tire, right? So the tires out here, right? This is the All Knowing. This is the answer we all want to get to there, right? But we're here in the center, right? We're at the axle and all these spokes. Get you out.



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There, right? There's all these spokes that lead out to the answer. Monroe is just one of them

there, right? There's all these spokes that lead out to the answer. Monroe is just one of them. Yeah, that's it. Yeah. There are many. The plant medicine we talked about actually get you out there. You know, silence can get you out there. A forest walk can get you out there, commuting with nature, yeah, yeah. There are many things that are out there. So, you know, I say that a lot because if anybody up in row, or if anybody in general, you know this is the only answer, run. Yes, yes, exactly like we said that snake oil, go find out for yourself. Exactly, exactly I want to thank you so much for your time today, for your open, open. Thank you, man, mind on these questions, because I



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hijack some people. Sometimes



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I'm not a prepared question person. I like an organic conversation. And this has really gone to places, and I think really explain to a lot of people out there that may be familiar with the concept of binaural beats. Really where, where the OGS came from, and where it all came from, and where it all sourced from, is Monroe. So let everybody out there know where they can go to find out more about Monroe Institute, where they can go to get involved, where they can go to find therapies and other modalities that you guys provide. Yeah, absolutely. So Monroe institute.org, is our website. From there you can find our app, the Expand app. It's very useful. Yeah, there's a lot of free meditations on the expand app. We have a really nice YouTube channel as well with lots of free meditations on there. Of course, the Instagram social media stuff. I mean, we're always posting things there as well. But we do offer, you know, coursework at Monroe residential, we do coursework online, you know, so some of its virtual an actual trainer online at the comfort of your own home. Or there could be, you know, like online programs at your own pace. So we, we do that, you know, for people's busy schedules or their different financial needs or whatever it is. Absolutely, we do have scholarships at Monroe as well. So if people are interested in taking a gateway program, but can't afford it, they're there. They're, of course, you know, happy to, you know, fill out an application for a scholarship. We have a committee that reviews that, and we approve a lot of them. So we love doing it. In fact, we do things like,



57:17

you know, a gateway experience, which is our entry level program exclusively for like, vets and first responders, who really, you know, beautiful aren't comfortable, yeah, opening up around regular civilians, yeah? Or they won't think that regular civilians will understand, you know, the trauma, the turmoil, the stress that they have, yeah, but together, it's a very safe space, absolutely. So we do that two or three times a year. Beautiful. Well, once again, thank you for everything that you do. Thank you for everything Monroe does one last time. Let everybody know where they can go to find courses, everything else. The best place is online at our website, [www, dot Monroe institute.org](http://www.monroeinstitute.org), O, R, G, fantastic, Jason. Thank you very much for your time. Great sharing space with you while you are online, checking out everything from Jason and the Monroe Institute folks, stop on by curious realm. [Curious realm.com](http://Curiousrealm.com). Is where you can like, follow, subscribe. That is where you can find the YouTube channels of all of our guests. We will make sure to add the Monroe Institute channel on there so all of our subscribers can find it

in an easy fashion. Thank you so much Absolutely. Please stay tuned through this quick commercial break. We will be right back with our continuing coverage of CY games, 2025 right here in Charlottesville.



58:37

We'll be back right after this. You



58:57

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 backroom 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



59:41

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Well, hello everybody, and welcome back to the curious ones, continuing coverage of the SCI games 2025



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right here in Charlottesville, Virginia, we have the great pleasure of being joined by Terry Castro. He is with the American Indian Yoga Institute. Welcome to the show today. How are you? I'm well. Thank you. It's an honor to be here. You are the author of yoga for transformation, as well as numerous other folks who were here speaking about yoga and transformative practices. How did you first come to the world of yoga and meditation? Oh, my. Well, I was a young



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college student, and I had an opportunity to go to India with a study group,



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but I and I went and met Krishnamacharya and his son, desmacharya, famous, yeah, back in the early 1970s



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and I came home and graduated from college and went back and lived there for two years. Then came back to the United States and went to graduate school, studied Sanskrit and got deeply into it. Then I went back to India. So I lived on and off in it was Madras then. Now it's Chennai, and I lived on and off there for over four years. And that's been my life work since 1974



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when I met them. So here we are, 51 or two years later. Interesting, interesting. And, you know, I've known yoga practitioners for years, things like that, but most of them are casual practitioners. A lot of them don't understand exactly the the way of life that yoga actually is, and the the shift of mentality in that kind of way. It's more like, kind of like, kind of like them going to the gym basically, is how they practice yoga, which is perfectly fine. It's great for you. Does all kinds of things, but there's, there's a difference when you start living Ayurvedic Lee and and start using the actual practices of yoga tradition, things like that, let's start cracking that nut a little bit and get into some of that. So first of all, you know, yoga is fundamentally about the transformation of the mind, but the ancients recognize that the human system is multi dimensional, so we have our functional anatomy, and the asana practice, the exercise aspect of yoga, is really designed to help us create a conscious relationship with our functional anatomy, so that we can influence the direction of change as we move through time. And then we have our physiology. And our physiology, you know, it's a complex system, but the autonomic nervous system and the endocrine system together regulate all the other bodily functions, and through our work, they develop breath centric asana practice and pranayama, breath techniques to give us a conscious relationship with our autonomic nervous system, and through that, an ability to influence all of our physiology, but most importantly, it's, of course, about the mind, which includes our feelings and emotions and feelings, and then our cognitive processes and our self image and our identity. And so the whole art and science and it's a little bit more complicated, but simply, chanting and meditation are designed to give us control and over time with practice mastery over our minds. So it's a multi dimensional science which has been kind of reduced to just one dimension in the vast majority of



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the public's understanding of what yoga is, yeah, yeah, the public practicing of yoga, yeah, as you said, it's a good thing. It's a good system of exercise. It's much more than that, of course, yeah, but that's where the general public thinks, or how the general public thinks about yoga, yeah, yeah. A lot of, a lot of this show



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is is literally demystification of things and getting to the deeper meaning getting to getting rid

is, is literally demystification of things and getting to the deeper meaning, getting to getting rid of the misunderstandings and the preconceived notions and a lot of people may have about topics, and especially about things like yoga, because it really is,



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it's, it's, once again, a lifestyle and a complete philosophy set that you begin practicing once you get to the point that you're At. So



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how do you begin that journey with somebody when somebody first comes to you, yeah, to begin practicing yoga in that kind of way beyond the mat. Yeah? Well, very, you know, it's interesting to see who comes to see me and what they're coming for and what their pre concept of yoga is. But if somebody, and actually, interestingly, the strongest motivator when people come to seek out deeper yoga is pain and suffering, you know, and then they're looking for some kind of help, you know, if it could be something as simple as structural pain or some physiological condition or disease process or psycho emotional but and often.



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And that is a motivator for practice, because what otherwise, you know, they go because they want to meet a mate. You know, they go to the yoga class to meet



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the right woman or the right man. I mean, there's all kinds of more superficial reasons why people come, but if they're looking for deeper teachings, then it's a matter of listening to them and taking a kind of a multi dimensional intake understanding what's going on in their structure, their physiology, their emotions, their orientation to their own future, what their values are, and then as we understand who they are, we begin to craft an individualized practice that's calibrated to meet their needs and interests and to provide them a path of practice that they can engage in to influence the direction of their own future, you know, their own lives. Yeah, yeah. And it really is that, that point of manifestation, and the fact of, you know, as we've been talking about, not only on the show, but here at the conference, the fact that everything is entangled. We're, we're an integral part of the universe, and it's an integral part of us when, when we move, it responds. It move. It moves around us once you once you get to understand that it's a it's a completely different world of understanding. You know, it's interesting. Here they're using the word entanglement a lot, yes, yes. And we use the ancients, you know, I'm a scholar as well of Sanskrit and ancient texts. And we use the word Nama, Rupa, prapancha, which basically means the world of name and form, which means all things, all of materiality. And the Vedic idea, the yogic teaching, is that we're entangled in the world of name and form, and then we're caught in the wheel of cause and effect. That causes you know, and that that leads to you know, not only the repetition of



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consequences of our action, yeah, in our day to day life, passion, but then reincarnation, exactly everything. So we are entangled in the world and informing the goal of yoga is to recognize who we truly are is consciousness itself. That's actually distinct from materiality, but when we understand that, we can begin to master or influence the direction of change and gain mastery over this world of name and form and ultimately become disentangled and free, that's kind of the ultimate goal. You know, it's interesting. You bring that up because I'm a binaural beat musician. I'm an audio engineer. My world is frequencies. And the idea I have always said on my show that we we are basically conscious frequency. You look at any I made A's in ninth grade science, I remember we are 90% empty space. Only thing making us solid is a quantum field. That's it like what we feel is an electronic repulsion of of atoms and electrons. So the idea that we are a conscious vibration, and come the day that we because you a you can't unring a bell, gonna, gonna reverberate into time, into eternity every time you ring a bell. So butterfly wings, tornado. So what happens is we basically learn to vibrate an octave higher, and we just move through the meniscus to the next dimension. We shed this literal material coil and and move on as the conscious vibration that we are. And once you understand that you are a conscious vibration, yeah? And that the world sings in accord with you, and that you're a part of that chord, yeah? I mean, the key, the yoga teaching about that is that



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our job is to clarify our minds so that we can really see the way things are and then align our lives with the way things are. That's called Dharma, you know, the way things are. And then our svadharma is how we manifest in our own personal lives, that alignment with the way things are. And as we empty ourselves of our like dramas and, you know, ideations and attachments and fears and aversions, and we come more clearly in the present, then we can start to harmonize and that with that level of harmony, that is the strategy of what the Sanskrit word translates as, auspiciousness. How to create auspiciousness in life is to align with the way things are, you know, and harmonize your life with the nature of reality, true nature of reality. Yeah. And you know, one of the big points we talk about regularly on this show is consent. Consent into a system, whether it's like, Hey, you want to keep being angry, keep consenting into that and see how much power you literally give the other person. Yeah, you know that idea of we consent into doing that, and we constantly consent into that. And once you realize that you can consent not to, like, it's, it's a pretty mind expanding concept, when you actually realize, like, I don't actively have to worry about that. I don't have to, I choose that, we would say that just further entangles you. Yeah, yeah, in conflict. And.



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And like I am an anxiety sufferer. I got off my meds like a year ago. It's been amazing. It's been great, but I went through a lot of preparation for that, and a lot of understanding myself, understanding my physical cues, and understanding that a I can't like aversion therapy does no good for you. You can't you can't escape. You're not going to always be able to escape the anxiety situation. You have to be able to focus, respect the anxiety, respect what your body is telling you, acknowledge it, and know that it's still all gonna be okay, yes. But then there's also these techniques of breathing that Because anxiety is a psycho emotional, but psycho physiological phenomenon. It is the breath control. You can create sympathetic, parasympathetic balance. Yeah, right, and then you can do the work to transform your thought

process well. And you know, it's interesting, because for for about six, seven months, I actively went to a panic therapist for a while, and that was one of the things he taught me was, have you noticed, whenever you have your anxiety attacks that you are gasping for breath? He's like, number one,



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anxiety attacks will never give you a heart attack. Chris, they won't. They will not bring about a zipper scar for you. No, that's something totally different. It's okay. Your loss of breath is, oh, he's like, when you notice that you're out of breath, realize how you're breathing. Notice that you're gasping for breath through your mouth. That's not how oxygen gets to your lungs. It gets to your lungs cursorily through there, but it's supposed to go through your nose, like breathe through your nose, out through your mouth, slowly, square wave like start focusing on your breathing and just where you are and watch it dissipate. And in fact, you know, you asked me earlier, where do you start with? Something? I said, it depends. But actually, almost everyone where we begin is helping them to become conscious of their own respiratory process and teach them how to progressively deepen their inhalation and their exhalation. And then it gets more complicated. If you're having depression, it's different than if you have anxiety, although they're related. So we adjust the breathing, but ultimately we give people the power to influence their own autonomic nervous system. Yeah, yeah, precisely because at that point you're, I mean, believe it or not, folks, but once you start regulating your breathing, you're changing the pH in your blood like it's, it's literally a chain reaction. It's like having bad shoes, you're eventually going to have bad ankles, bad knees and bad hips and a bad back, and directly connected. You know that? And this is a more technical thing about the limbic brain and the amygdala in the hippocampus, but your autonomic nervous system and your emotions and then your cognitive processes are intimately related, and it's much easier to influence your breath than it is to change your thought or your emotions. Yeah, yeah. So that's a good doorway well, and let's, let's drill down on that real quick, just as just a point, because one of the things we bring up regularly is a study that was released by the National Institute of Health right on the cusp of covid right as things were ending, talking about damage to the hippocampus due to negative news cycles, not even joking. It's a major study, and it's out there, and it's one of those, like we were all locked away with that slamming into our face, on timelines, on the nuke, you could not change the channel for two years. All you could do is turn it off. All you could do was turn it off, which is a smart thing today. It is, it is, but that addictive nature of our brain, that that want of the release of even cortisol, yeah, you know, is hard. It's a hard, hard drive, and it's hard to put that down. And it's a funny thing to think that the response your brain gets of the joy of scrolling while at the same time bruising your hippocampus due to a constant negative news cycle, like and it's a loop, and it's a it's an addictive, yeah, and so, you know, when it's strong like that, there's another tool that we use. People misunderstand it, and they think it has to do with religion, and it doesn't, although utilized by all world religions, is the power of the voice and of chanting, yes. So sometimes, when somebody's really locked in, we'll give them some particular chant, a mantra specific for them that can help shift their whole cognitive process and disconnect their senses from the world around them, and that will give them space then to be able to do deeper meditation and become freed from the hook of that media cycle, which is group think, which is, yeah, yeah. Well, toxic. Actually, I didn't want to say it, but there it is, it is, it is. And it's funny, because we're here at a remote viewing conference, and that's one of the things I talked about, is just the fact of our brain is literally a transducer that lives in a resonant Chamber of water, you know, like we are constantly sending and receiving. The only question is whether or not you're conscious.



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Processing that data, and that data is people's vibrations. It's something I teach my kid, who's eight. You may have seen him kick him around. He kind of looks like me, but this big,



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same, big personality, but he has a big energy, sure. Big Love energy, big. But not everybody responds to that, you know? And I tell him, like, when you walk into a room, you gotta, you gotta reel that in. You gotta pull that in your right learn to be invisible, yeah? Exactly, exactly, because you know, whatever energy you bring into a room that's you, that's on you, like, if you come into a love, energy is always good for everybody you cause attention to, but may not be appropriate, yeah, yeah. And not just that, it's also the fact of it's an intense love energy. So even even amongst kids and stuff, it can be like, Hey, man, like, back off. Yeah, yeah. You know where it's like, no, no, seriously, a little bit of personal space. And there's nothing wrong with it. It's beautiful. But to make him conscious of that, and even at that age, like you can start that young, yeah, of the awareness of who you are, how you are, and how you affect, and ripply affect the world around you know, there's a there's a source text of Ayurveda that realizes the Vedic medical called Charcot Samantha.



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And I could get off on a tangent. The charkha Samhita is attributed to Patanjali wrote yoga sutras so yoga, and Patanjali said to have brought forward both Yoga and Ayurveda. But one of the things we teach them when we're training teachers and therapists in particular is a quote from the charkha Samhita, which says the physician should wear neutral clothing. And if you think about what your son's saying, it's, yeah, it's not exactly being invisible, but it's not about you. It's about the people around you. So you want to just be present, but sort of in neutral, not so you're not calling attention to yourself. Yeah, yeah. Well, that's part of the drop of ego of yoga, exactly. And also, once again, the fact of realizing that, hey, if you're wearing hard, distractive clothing, something like that, like that may harsh somebody's vibe as you come in absolutely and of course, it's a metaphor, not only for the clothing, but how you talk, how you present yourself, exactly, exactly. And you know,



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how do you begin to especially in this modern day and age? Let's talk about that, um, that unplugging algorithm that you're talking about, that mantra concept. Because I think, I think that's something that a lot of people hear about, but don't necessarily understand to the full extent of what I mean, we all know, oh man, a pop, my own things like that. But, um, the idea of a personalized mantra, something that actively, once again, plucks the string of your chord. Specifically, it can be there's a couple of things about that, because sometimes we're suffering from something in particular, like we lack self confidence, or we lack the courage to face what we have to deal with, or the clarity to know what the right choices are. So the different mantras relate to when you need more clarity, when you need more courage, or when you just need

support. And then there's others, which are more about qualities that you want to cultivate, like strength or courage and so forth. So it's an individualized process of connecting to what a person really needs, but also what symbols speak to their heart, what symbols are resonant for them? So for somebody it might be a Vedic mantra. For somebody else, you said Om Mani, Padme, hummus is Tibetan. For somebody else, it can be a Christian or a Catholic mantra, sure, or a non sectarian one, like words like infinity or gratitude or harmony. Yeah? So you find what's going to help them either face what they need to face, or cultivate a quality they want to quality, yeah, that they want to cultivate, and they have to be open to it, yeah. But then when they use that, then they start to embody that quality. Interesting, if they're consistent with the practice, yeah, yeah. And, you know, it's funny that you bring up like a former Roman Catholic seminarian. I had a I had a large devotion to the rosary into the Blessed Mother, and it was a powerful mantra, it is it is just it. And that's something that I tried to explain to people for decades. Decades Gary was the idea that there is no difference between the mala beads I'm wearing and somebody in Tibet using them. It's the same, or us praying the Hail Mary. All of the traditions of the world have philosophical language and symbolic language. You know, philosophical languages answers questions like, why are we here? Who are we? What's the meaning and purpose of life? But symbolic language helps us participate in the mystery and in those sources that are contained and revealed by the symbolism. Mother Mary, for example, is a powerful symbol. Lakshmi is an example of a powerful Vedic symbol. They're like, I wouldn't say they're the same exactly, but they serve that same pitch.



1:20:00

Potential purpose for a human being, yeah, needs that support? Who needs grace? Who needs Yeah, they serve the blessings of the Divine in the same example of who to be and how to be, you know? And it's interesting to see those things like you're saying and like we say all the show all the time. These are echoed in different religions, different fades, different philosopher traditions, absolutes, definitely human, absolutely. And once you learn to understand that, once again, like you're saying, there's a there's a beautiful point of loss of ego and gain of self respect,



1:20:33

you know it's a paradox, right? Because, yeah, you know, first you have to have that self respect before you can empty yourself and realize you're nobody Well, you know, to empty yourself of your self importance. After the seminary, this is my example that I give people after the seminary. I spent 10 years as a youth minister.



1:20:51

Ce taught confirmation, taught adult education, all kinds of things,



1:20:58

substitute teacher, all kinds of stuff. Then I moved to Maine and I worked on me,



1:21:05

because for 10 years, I totally ignored me. I spent every day worrying about other people, other people's kids, everything else I was not bad. That's why I ended up in addiction. That's why all kinds of things happen to me, because I the rosary would have been a better addiction. It would have been. It's still an addiction. This says, well, and you know, it's one of those, like, it was a big awakening in my life. Because, yes, that was something that I taught people not to do, you know, yeah. But at the same token, it was one of those, I was not working on me, and if I was working on me, that would have never happened. It will in the church and in the Western tradition, we called spiritual praxis. Pra x is, as you know, and that's what sadhana is, yoga. Sadhana is an actual practice. It's not just learning in theory. It's an actual practice that we apply, that we used to transform our dysfunction, to transform our dysfunctional nature and actualize our higher potential. Let's get into that real quick. We have about 10 minutes left for the last for the next five minutes. Let's talk about that, how people in everyday life, because I think that is something that just about everybody walking around needs some help with just about everybody, you know, because we're acting continuously, and our action creates consequences. That's right. So our practice is an action that creates new patterns. What we say in yoga is that we have these deep patterns that drive our desires, then our feelings and our thoughts and our behavior. And that, that what I was taught in yoga, you know, when I was a kid, is, is not about your hamstrings, it's about your desires, feelings, thoughts and behavior. The deal the deep work is to transform that, and that's what sadhana is about. So you gain mastery, you transform your elevate your desires, and then transform them, and then gain mastery over your feelings and your thoughts and that will influence your behavior, and then you create. That's the strategy for creating auspiciousness in your life. Yeah, yeah. And once again, once I made that contract, once I consented to help me over other people. Because, hey, I'm sorry, folks. And I tell people all the time. If you want to call it selfish, great. The most selfish and awesome thing I ever did. My cup is constantly full. Yeah, it constantly runneth over. And I can help tons of people until you're stable and clear and freed from your own drama you can't really help. It's like trying to say, like, I keep dating and I can't find the right person. Are you happy with you? Yeah, if you aren't happy with you and like you aren't a whole person, the whole idea of like You complete me needs a heavy burden. We agree like, that's me and that's you, and we're in conflict. Let's look together there and walk together on the path together, and that's just it, you know, understanding the fact that, like you, you are the linchpin. The example I used to give the kids I taught was I gave them all a slinky. The first night, it was like, don't touch the slinky.



1:24:13

Enjoy the slinky. Look at the slinky. Appreciate the slinky, as we talk about everything tonight. And then at the end of the night, it was now, hold your slinky. Does it slink.



1:24:24

All that pent up potential energy of a spring does nothing until you push it. Yeah? That's the universe. Kids, yeah, it'll go downstairs. Repairs, do all those things, but you have to be the one to push. You have to drive. You know that there's a beautiful you talk about sad, and this could

be a beautiful story to end this, please. It's from the cut to Upanishad, okay, one of the source texts of, you know, Vedic revelation. And it's the parable of the chariot. The Parable of the chariot. So the chariots, the body



1:24:58

and the horses. You.



1:25:00

Are the senses. The reins are the mind. The driver is the intellect, and the passenger, the owner of the chariot is our true being, and for most of us, the horses are out of control, running, you know, running after the objects that we see in the world of name and form. And our job is to drive the chariot. That is the mind should control the senses, the driver, the intellectual, control the mind. And the job of the intellect is to drive the chariot wherever the owner, the passenger, the driver, the passenger, who's the owner wants to go. So it's like, Take charge of your own life. Yeah, become the master of the chariot, that of your own life. Otherwise you're just running your patterns Absolutely, absolutely. And those may not be good patterns, like we say all the time, there is, there's frequency of sound, frequency of light, and frequency of thought, and that frequency of thought is both good and bad, and frequent or non frequent, you know, like and you have to balance that. You have to balance how and really turn things and learn to see that like, even if you fail, there's a way to learn how you failed, and that's a good thing, and then stop the pattern now and then, exactly in relation to that, we say. And then Examine your values and priorities. What's really important for you, because you're moving down this river that's going to merge with the Ocean at the End of Life. There's no stopping that. So what are your values and priorities and then align your actions, thoughts and feelings with those values and priorities, absolutely, and that's the purpose of practice to facilitate that journey. Gary, I am so glad we had this conversation like honestly, I've got goosebumps. I'm all warm inside. It's beautiful. Let everybody know where they can go to find out about the American Vinny Yoga Institute, where they can go. You have classes, you have all kinds of things you said. You even do stuff in my hometown, yes, in Austin. Let everybody know where they can go to find out more. Thank you, sir. So www, dot you know, and it's viniyoga.com v i, n, i, y, O, G, A, viniyoga.com



1:27:07

and there's a whole database of classes that are online different topics, how to work with the symbolism of the gods and goddesses, how to work with the breath, how to fix your back if you have back pain or your neck problems. And then we have training programs in Austin, Texas at the ancient Yoga Center, which is a little south of the airport in Austin. And then this December, we're doing, we do live in annual live in retreat. I call it the heart mind retreat. It's an inner practice.



1:27:34

And this one is coming up as the six spoked wheel of cause and effect, which perpetuates our entanglement

engagement.



1:27:42

And so those are five day of live in events, four nights in in Austin, and this one will be in December. It's all on videoga, calm, Wow, amazing. Well, I definitely need to check that out, and I have tons of people to tell about that. I'm honored. Sir Gary, thank you pleasure for your time. It was more than a pleasure. All the best, absolutely. Thank you for having me, giving me the opportunity to share with your community anytime I want to have you on again and again and again. These are the kind of messages that I love to be able to give to my audience, because it's something that can help anybody every day. Yeah, and it's literally a shift of mindset and attitude, and once you do that, the world is 180 degrees different. Life changed. Yeah, it is so thank you, Gary. While you are online, checking out everything from Gary and the American Vinny Yoga Institute, make sure to stop on by curious realm. Curious realm.com is where you can like, follow, subscribe, three can find all of our episodes. That's where you can find all of our live coverage. On our events page from awesome events like the Cy games right here. Stay tuned through these quick commercial breaks. We'll be right back with our continuing live coverage of CY games 2025 right here in Charlottesville, Virginia, right after this, you



1:29:15

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remote viewing, holographic vision, mental health crisis, Institute of Noetic Sciences, brain states, trauma, quantum entanglement, UAP, ESP, skepticism, training, methodology, parapsychology, UFO, synchronicity, remote viewing, manifestation, psychic abilities, Monroe Institute, field observation, encounter log, UFO activity, EVPs, mind sight, blindfold experiment, premonition, financial fraud, CIA project, psychic skills, law enforcement., psychic abilities, remote viewing, children's education, psi ontology, telekinesis, mindfulness, self-awareness, storytelling, human potential, remote viewing protocols, educational system, parental involvement, psychic development, scientific language, cultural barriers

SPEAKERS

Speaker 2, Speaker 4, Speaker 3, Speaker 1

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Speaker 1 00:11

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Speaker 1 01:31

Well, hello everybody, and welcome back to the curious realms. Continuing coverage of SCI games 2025 right here in Charlottesville, Virginia, we have the great pleasure of being joined by holographic readers. Tom Welcome to the show. How are you today? I'm

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Speaker 2 01:46

good, and it's actually Matt. Oh, Matt, I'm sorry. No, no worries. Now. I'm glad to be here. Thanks for having me on Yeah, I am a holographic reader. Actually, a lot of people are going to say, what does that mean? Exactly. So I developed an ability about 12 years ago, coming out of

a mental health crisis, I was able to see holographic images that are everywhere around me, around us. I call this ability upside vision, which is the ability to see and interact with these holographic images. Okay, now, when this happened, as I'm sure anybody would this happen to anybody, they would think, okay, something's wrong with the brain. You know, I need to get it, I need to get it checked out to make sure. Make sure there's nothing wrong with the brain. So I got two MRIs. Nothing is wrong. There's no damage, no stroke, no stroke. And I say mental health crisis that was brought on by heavy addiction and drug use, sure. So I've been clean and sober for 12 years. Good for you, yeah. And this and this ability stayed with me, and I have developed it. It's evolved. I've gotten better at understanding it. I've done a lot of research at it. In fact, I was flown out to the Institute of Noetic Sciences. Oh, wow, yeah, Dean Radin, I got in contact with him and his team set me up out there, and they did some randomized testings for EEG testings to see what my brain state looks like, Sure, while I'm using up sight, vision is what I call it, as opposed to memory recall, or your mind's eye, sure. So when I hear, when I say this, it was like, Oh, that's a vivid mind's eye, good memory, recall that is incorrect. I have a vivid mind's eye, and I have, I owned an advertising agency for 20 years. This is something different. This is external. In fact, my eyes, my pupils, dilate when something is arousing or exciting, wow. My eyes get tired, like watching a movie. Yeah, there's something called Smooth pursuit eye movement, where if something is tracking across the wall, you follow it. You can't fake that. In other words, it's external, yeah, and, and there's other way. Those are the ways, the external ways, and the biggest way, of course, from a scientific and measurable standpoint, for what they did at ions, they measured my brain states, sure, for beta, theta, 200 randomized test of an image that I would recall like so in other words, they would bring up, let's say, a picture of the Eiffel Tower. Okay, I would think about that, what it looks like in my mind's eye. Then I would see it in front of me with upside vision. Now, the brain waves changed across all those different states, the two biggest ones, and if anybody knows anything about mediumship, the theta state, there's definitely a big change, a big activity in the theta state, when people are mediumship, lucid dreaming. So they kind of anticipated there would be some activity there. The thing that surprised me the most in the Alpha state, which is traditionally a relaxed state my brain, was though there was what I don't know the scientific term, the left frontal lobe area was repressing something, or suppressing it, maybe. And there was a ton of activity. Yeah, there was a way more activity than normal. In the alpha brain state.

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Speaker 1 05:01

Well, especially because the the frontal lobe is, is where we have so much control, that's where impulse control, things like that come from. So the fact that that was happening is, is fascinating, I

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Speaker 2 05:13

agree. And what's really fascinating is, when I was going through my mental health crisis, I literally had no control to my frontal lobe area, my Executive area, forget it. So in other words, it was so bad. I emptied out my bank account, I flew around the world, spent money, all my money. Yeah, could not plan ahead.

S

Speaker 1 05:30

And you know it's very interesting. One of the things that we talk about on the show is

And, you know, it's very interesting. One of the things that we talk about on the show is frequencies, brainwave frequencies, things like that. And the the idea that we talk to, a lot of researchers in paranormal, a lot of researchers in UFO UAP. Kathleen Martin comes to mind, who has done a lot of research recently. Her research especially with experiences UFO UAP phenomena, and the spiritual change that happens with them and and the actual like physical changes, sometimes healing, sometimes the ability to heal. And things like what you're talking about, where suddenly, and it's interesting, when you start looking at brain trauma, when you start looking at things even even high addiction, and things like that, and the way that the cells not necessarily die, but are injured and repair themselves, it's almost like an amp mound concept where, like, it builds back bigger and stronger than what it was.

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Speaker 2 06:33

That's a great analogy. I like to say I got a new upgrade to my software, sure. Great way to say it, everything collapsed. I was almost, I won't say comatose. I was catatonic for like, a year. I was just rebuilding myself. But as I got better, I actually got better at math. I understand physics more. I am a visual, spatial super ninja. There's no topological space or manifold that I cannot deconstruct in this space. I became obsessed with math for the longest time, and be keeping in mind, I'm not a mathematician. I am not a mathematician, but I understand it, and I read a lot about it, and I, again, I can talk intelligently about a lot of mathematical objects and, you know, equations and stuff like that. So that happens while this other thing over here happened, and, um, what's what's wild is that in the beginning. So let's say you, you and I are talking now. Let's say we were talking about how to cook a pizza. Yeah, if I were to do that, I won't do it now, because it takes a minute. But if I were to look over there, there may be a pizza cooking in an oven, which would make sense based on this conversation. Right? What this is, however, it could just as easily be a vampire bat flying across the sky. Now the question is, if it's not coming from us, because it's a pizza, where is that holographic image coming from? And I've learned in the last only, honestly, the last six months, that I've started to read people's holographic fields. I've learned that I can dial in and have a unconscious or a one way conversation if given permission, you know, if they trust me, they're like, sure, sure. Can look at that well.

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Speaker 1 08:07

And it's interesting, because we've had a medium, a couple mediums, on here, since we've been here, and we regularly discuss the concept of consent. Oh, when it comes and tomorrow, there's a whole ethics panel. We were talking about that earlier, and the idea of consent when it comes to these things, even when it comes to hypnotic regression, anything like that, it's it's fascinating that even the point of self doubt, or the point of doubt in something working can fully affect that, that reciprocal system of Reading in that kind of way, agreed,

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Speaker 2 08:42

agreed. And it's important too, because if you're giving permission, I say, Listen, are you okay with me? Are you inviting me and letting me see what's there, understanding that I'm going to see this field radiating from you and describe it as I see it. And it's a dream, and it can be little embarrassing, a little weird, a little weird, a little unsettling, but just like a dream, it doesn't mean it's true, but I say and they say yes, and when that happens something, there's a

connection. Once they get permission, and I don't record the meetings if the client wants to, or whatever person wants to, they can a lot of people, and I find this is interesting. They take the information and they put it in AI and get AI's feedback on the symbolism, and especially people that have sure Jungian symbolism, things like that. I like to say, I'm like the Ikea furniture of this space. I give you the tools, but you got to do the



09:32

work. You got you got to follow the eight page



Speaker 2 09:35

direction. Do well, talk to a mentor, trust your eyes, or somebody, even a therapist, if you have



Speaker 1 09:40

one, and you know, that's interesting to bring up, because that is something that when it comes to remote viewing, when it comes to, when it comes to any research, I am somebody who said it cannot happen in a vacuum. It's impossible to happen in a vacuum. So, yeah, even, even somebody getting results from something you. Needs to be able to bounce those results off somebody



Speaker 2 10:02

else, absolutely and and somebody they trust and feel good. Yeah, exactly. Now, you know, we talk about synchronicities and a lot of the it's so the images again, I'll say it again and again. These images are literally clear and in focus. In fact, if you've seen the movie The Queen's gambit on Netflix, okay, remember when the protagonist is lying on the bed, and she's the chess master, and she can move the pieces she's looking at the ceiling, that is how clear these things are. And that's a great way what they look like, Sure. So that's when I'm engaged with mine. I and I can move them. When I'm looking at yours, I can't move yours. That's your side. I can just watch yours. In fact, if I start thinking too much, I push mine into yours. And so I know they're different. It's like a voice camber your your our voices are different. And that's what took me so long to realize I can help people. I'm like, wait a minute, just watch and read and see what's there well,



Speaker 1 10:55

and it's interesting. You bring that up, because one of the things I was bringing up while I was commentating on the dowsing competition. In there was the idea of a remote viewer, or even a dowser picking up on somebody else, a remote viewer reading, actively, reading their monitor, instead of the target accidentally, things like that. So the idea that and being in tune enough as a remote viewer to go, hold on. I need to back away from Target. I'm reading you right now.

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Speaker 2 11:25

Yeah, that's a great that's a great comment. And you were in the remote viewing session earlier today, yes. So I absolutely think, and one of the one of the commentators on, commenters on that said, maybe everyone is picking up someone's when I say everyone, the people in the audience saw the same thing, and I actually thought the same thing. I didn't get that, but I

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Speaker 1 11:44

actually even earlier the second dowsing competition was dowsing digital. So it was actively trying to douse the object off of a thumb drive blind, like which, which thumb drive has an image of gold on it? Things like that. And I brought up the idea, because nobody hit that one. Nobody hit it. I hit I you can see my numbers. I hit both objects, but I had them backward as to which drive they were on. And I was like, I'm curious if, by chance, you would be able to use a pendulum or dowsing method to actively tie into the person who put the file on the drive. Yeah, I agree, you know, to read the person who did the data

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Speaker 2 12:26

and know it. Yes, see, that's the key, yes. So let's say you pick that up and you're like, why am I getting that? Because you might, you need to know it. So, yeah, there's so many levels to this that if somebody could do that, it's just game changing. Yeah. And you know what, I think, too. If somebody else has upisight vision to the degree I do, I think we could communicate this way. Sure, let me bring this up, because really important point. I've talked about this on a number of podcasts, every time I do and I say, I think it's mutation happening in us with our environment, polar shift, micro chemicals, all these things, climate change, whatever, something's changing within us. That's what I believe, for survival, for communication. Every time I talk about some podcast, somebody says I have this to one degree or another, I wrote a free PDF you can get at my website. Download it free. It's called the eight stages of upside vision, because I had to go through these stages to get where I am. Yeah, and many people that say they have it have it to a certain degree, sure, maybe not to the level that I do, but I and I think there's this has been happening forever, to some degree, but moms and dads are like, no, no, there's an anecdote. Can I tell an anecdote? Okay, so I have a Facebook page, which I never could go to, but a woman posted on it last year, she told and this was a Reddit article that she wrote eight years ago, okay, about when she was a girl, about 10, she had a sleepover, and she could see these holograms. She didn't tell anyone about it, and she had sleepover with her best friend. They were 10 years old, and they were on the bed, and they were like, Hey, do you ever see things other people can't see? And her friend said, You mean, like the two fish that are floating in front of us? So the girls, like, she's, you see that? So they had this moment, people seeing this thing. Okay? This is going 3028, years ago, something. So they had this moment. Her friend moved away. The other girl got older, went through puberty, the ability stopped, but she reached they connected later on Facebook, and the girl remembered it. That's just a long way of saying we have this thing. It's not nurtured. We don't understand it. Our moms and I help people even tell me this. I used to tell my mom this. She said, don't tell anyone that'll keep your crazy. They'll think you're crazy. Yeah, yeah, you know, yeah. Or it's just your imagination. 100% very, very well, said, Chris. The other thing I thought the thread was going to be addiction, or drugs, something rewired the brain with the people that came forward the trial. That's incorrect. It's incorrect. It was, in fact, trauma. So there's people. Their cleanest, sober their whole lives. A six

year old woman, she's like, I've been doing this since I was a kid. I had a really hard life. Yeah, I had a lot of struggles as a child, and that's why she doesn't do drugs. So trauma is the thread that opens this thing.

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Speaker 1 15:14

And that's just it. It's one of those because, and this is just where I come from with it, and a lot of it has to do with my background, things like that. But I think it's because when you go through a trauma, you have to find something, anything to be able to hold on to and make yourself feel whole that, and if that's it, and the only person you can identify with is you. You get in touch with yourself in a different way at that point, I know, yeah.

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Speaker 2 15:48

And the spirit comes through. Whatever this universal guide is that's cares about us, seems to come through, and if you resonate with it, yep, it's magic, yeah. So I'm curious about what your thoughts are about that this event is even taking place. You know that, that this event is even I want to know what your thoughts are on this because I'll tell you what

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Speaker 1 16:09

my thoughts I am in love with it. Yeah, I am in love with it because I do conference AV for a living. Number one, the tech they're using, the things like that, absolutely awesome. But in addition to that, when you look at the thing about events like this, is the community. And once again, research does not happen in a vacuum. This is one of those, especially with remote viewing things like that, there are numerous modalities, and it really is one of those situations of there's 18 different kinds of hammers, and they all have an exacting purpose. Yeah, you know, you do not use a framing hammer to do finishing work. You don't use a finishing hammer to do framing work, but a good carpenter has them both in his toolbox to be able to use whichever one he needs to use when he needs to use

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Speaker 2 16:58

it. I agreed, and I That's great. So if I can jump on that, so we've got five psychic abilities here. Now, upside vision, the thing that I have, I looked everywhere, right? I'm like, there's an and there was nothing. It's a different concept, definitely a different concept. And I wrote a blog for ions, is upside vision, the psychic ability, yeah? And I talked how it's a, you know, it's a, it's, I think it will be, or maybe a human ability, but I related it to remote viewing, which it's not because things are,

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Speaker 1 17:26

but is it but? But it's, but it's a relatable concept to remote

S**Speaker 2 17:31**

viewing to an extent. Well here, yeah, and I even said I can't remote view, like people who are trained in it, I'm gonna, if they want to find the house on Maple Street. I typically find the house on Elm Street,

S**Speaker 1 17:43**

sure, but the important thing is, you still found a house. And like I say on the show and even in my talk, we have to remember that our misses are where we learn the most, being right and where you learn. You know, it's it's learning. How did I miss? Why did I miss? Was I close? You know, what was I picking up on something else in the image or at the target? Was I picking up on something from my monitor? Was my monitor thinking about that? Yeah, you know, those kind of things. And one of the questions I was going to ask you, because it's an amazing ability, amazing talent, amazing skill, what purposes are you using this for? What in what ways are you utilizing this gift so and are you able to help train other people in

S**Speaker 2 18:29**

it? Okay? So I have not done any training because I don't feel like I'm a master at it, and I don't want to teach somebody something that I have not completely messed Okay, that's why I have FAQ section on my website. The last one is, everyone says, Can you teach me? I say, not yet. Not yet, eventually, soon, soon, exactly, right. Now. The Well, let me take step back. The first thing is, I was like, I want to research it. I want to find out what these waves are, right? Are your quantum waves? I don't think they're electromagnetic waves. Let me tell you why, please. Um, I, when I was in my second MRI to see if there was something wrong with my brain. I said to myself, Wow, I'm gonna do I'm gonna do this in here, and I'm gonna, I thought the giant magnets would influence my I thought it was an electromagnetic wave, sure, sure. And I was like, the giant magnets are gonna make me not do it. I literally, that was my hypothesis going in, my thesis going in. So I'm in there, and I'm doing it, and it's and I'm like, it was business as usual. So then I'm like, and I'm like, Wow, this the magnets have no effect, yeah? So now I'm like, It's quantum gravity, or gravity, something that's not affected, or dark matter, something

P**19:34**

else, yeah? Quantum entanglement, right? What have you.

S**Speaker 2 19:37**

And I had that thought for the longest time, for the last four or five, six years. But somebody said to me, he's like, Well, you know, the light is also electromagnetic waves. You can get light inside of

S**Speaker 1 19:48**

your brain actively makes light with every thought process

your brain activity makes light with every thought process,

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Speaker 2 19:53

right? So maybe it is a part of it could be, to your point, I'm at a conference with a. I His name is huffman, or hammer off about the orchestrated theory of HR. Him and Penrose have a theory. These microtubules in her brain are part reason we're conscious. Those microtubules. I was sitting next to him. I'm like, well, it's not I don't know if I'm really seeing holograms, because I don't know if the brain can produce it. I'm just sure it may be throw away things. He says to me, actually, the light does emit tiny, tiny photons of light in the microtubules. I'm like, right? Yeah, I just literally said this last year. I'm like, that would have been good to know earlier, yeah, whatever your

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Speaker 1 20:34

thought is light. Quite literally, quite literally, your frequency of thought is light. So now,

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Speaker 2 20:39

that takes us down the simulation hypothesis. Right now, we're really dense holograms. That's arguably, some people think this is a real typically, how we think of traditional holograms. Maybe that's happening

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Speaker 1 20:53

well, and the idea, one of the things I speak about regularly on the show, is the idea that May Day is in ninth grade science, we're all 90% empty space. What we feel when we touch a table is a repulsion of electrons. So the idea that you're tapping into something else, even the idea that remote viewing is not bound by time or space, because, well, time's the only thing made up in physics, right, right? So, yeah, the idea that you are seeing something with the mind's eye in a different way, in a different synesthetic way, in that kind of means,

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Speaker 2 21:30

well, you know, it's funny, and so I used to say the word synesthetic. And AI said, That's not synesthesia, because that is uncontrolled. And I was like, All right, you know what? Fine. Yeah, it's so funny because I stopped saying that

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Speaker 1 21:43

is this, is this fully controlled by, yeah, or, or, are there times where things happen within, because, much like a medium, like, sure, you have control over it, but there are times where you walk in and, hey, something just smacks you in the face, and now you got to put your defense us. So

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Speaker 2 22:00

when my attention is on it, again, control. It's a fun, sure, once I engage with it, I can, we can have a conference. I have, okay, it's a back and forth, but, yeah, but where is it coming from? That's, that's Mike. I mean, that's the, yeah, the

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Speaker 1 22:14

collective unconscious, the Akashic Record. And why

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Speaker 2 22:18

does it care? Why does it why does it care that it wants to educate me, right? That's maybe it cares because you care to know. Agreed, I don't know. Listen, man, this is way of there's something

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22:32

special about being curious, you know what?

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Speaker 2 22:36

In fact, the curious slash persistent, sure is the reason that this, 12 years later, I'm here because I wouldn't. I emailed over 100 academics, wow. They're like, You know what? We're not interested. Finally, Dean Radin. Finally, Dean Radin and his team. They're the ones that said, Yeah, let's do it, you know? And again, even talking to that science team, because I was like, I can do this, we still, they still needed to guide what we were gonna do. Yeah, right. And it was the end of the I love that they were so smart to figure out, okay, let's do just a baseline study. What are you looking at? Again? Yeah, memory, recall. It's so simple, and

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Speaker 1 23:15

it's kind of like I was when we were talking yesterday about doing this show. I was telling you about an experiment that I'm getting ready to do about perception in the mind. And it's not even the fact of, it's, how does the mind begin a remembered image? Not like, Hey, look at this circle. Now. Draw it. It's the fact of, you know what a circle is. Draw it. Do you begin see perceiving a circle from the top to the bottom, from the top left, around bottom right, around how there's so many ways to begin the process of perception, yeah, how do, how do we begin that process? You know? And even that's fascinating, it is. And

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Speaker 2 23:59

that makes me think of sometimes when I do this in the redwoods, California. So I've been in

the redwoods, which is a completely peaceful ancient, ancient place. Yeah, it feels different when I do upside vision, when I do York City, it feels like it's compressed the brains. Yeah, like I literally feel like I'm in a vice New York City. Wow. And here, after two days pressure without a doubt, yeah, so, and the shore is different than like the Florida coast,

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Speaker 1 24:28

and it's why, and you know that that goes a lot to a presence of mind, B just vibrational connection. One of the conferences that I sponsored when I first rebranded the curious realm was the International Association of near death studies. And I'm a big fan of Ian's. I love their work. I am we need to do an episode again soon. But that was and once again, I attend conferences, conferences with 10 30,000 people, psychic conferences, paranormal conference. Conferences, all kinds of things. Conferences with demonologist man, never once have I stepped into a room like that and been kicked in the gut with energy, like which, like beautiful, good energy, don't get me wrong, but it was thick. Which one was in ions, the International Association of near death studies. Now this is a room of people who have again been through a major traumatic experience in their life, of a near death experience. Now, granted, they probably come to a peace with that. Come to a beautiful peace with that magnanimously changed their life. However, when you consider the fact of these people have been frequency shifted. The example I give is a magnet and a needle. You leave a magnet next to a needle long enough that and that needle is a magnet. Now absolutely you know. And when you've had that kind of trauma, if you have been taken aboard an alien spacecraft and brought back, your vibration rate will be forever changed. If you come back from the void, or from even a void near death experience or a light tunnel near death experience, your vibration is forever changed. There's something about you that yeah is shifted in a different way. Now yeah

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Speaker 2 26:19

for sure, and you can see, did you find those people saw non human intelligence and angels and stuff like that?

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Speaker 1 26:27

Or was that there were there were a few. There were a few there in once again, the ones that fascinate me are people like my friend, Mindy top fest like that. Who who went and saw nothing. They saw nothing. They had people though they saw nothing. They heard nothing. There was no like, hey, Jude, this to change your life. Go forth. Oh, my God, my old dog on the way out. Like none of that interesting, utter darkness, utter

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Speaker 2 26:53

scary, though was a peaceful darkness, peaceful darkness,

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Speaker 1 26:57

I mean, and coming to a point of understanding darkness, but, but still the idea that there was nothing there, yeah, but they're still changed in that way, yeah, for sure. You know, yes,

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Speaker 2 27:08

I do so, so, so here's something that I also get this when I talk on these podcasts, sometimes I see non human intelligence is right, okay, in these holograms, sure. And everyone says their demons are not everyone, many people. Now, here's the thing. And, okay, this is, I don't feel have time for this, but so I say all the time, you need a hidden biosphere. Yep, right. That is part of us. So that's the biosphere that we can't see. Just like, um, like a dog hears a whistle that, you know, they hear something down the way. There's something here humans can't see, but it's here. It's not an extra it's not an extra dimension. It's part of us. Those things show up and they're like the moth that has a snake's head on its back, the ones that look like demons, because if you stare at them long enough, I learned, at least in this space, they crumble, they evaporate, or they turn around. So I think they don't like us poking around there, and I find that really interesting. You

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Speaker 1 28:05

know, I have a rope phrase that I say on this show and others whenever I'm guesting on them, and that is, I believe that there is a large hominid creature roaming the woods of North America and beyond. But I think that there is also something else that is willing to use the trope of our mind as a point of entry from our consent. Yeah. So the idea that, just like what you're talking about, that there is a biosphere that is by locating with us right now, where they can see us, we can't see them,

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Speaker 2 28:39

but when they do make icon together. You heard familiar with the hitchhiker effect? Oh yeah, yeah, yeah, absolutely. People go to Skinwalker Ranch, yes. Suppose he comes back. That resonates with me, because what I went through, I went through a boot camp because my year of psychosis, and I'm like, now I've been beat up so much. They know. They know that it doesn't work, yeah, but if I was in, well, I don't make no mistake though they did, if these things were part of their don't get me wrong. Was addiction. Here, same here, some other say, something else was there. It wasn't just that. There was something else for that they were using that's open up and and it made me stronger. Yes, like a boot camp it well,

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Speaker 1 29:16

once again, it's like knocking an ant hill down. Yeah, feel free. They only build back bigger.

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Speaker 2 29:21

Yeah. So these things will maybe mess with certain people, and I don't know why they do it. That's what. Yes, me, I don't know why. It's almost like a kid that goes, it catches something in the woods and brings it back home, right? Like a 10 year old kid goes, gets lizards and snakes

the woods and brings it back home, right? Like a 10 year old kid goes, gets hazards and snakes in the woods and brings it back home. Yeah, it's the opposite. If you're if you're in the space and they see you, they don't bring you back home. They go back to your home. Yeah, yeah. So

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Speaker 1 29:45

well. And once again, that idea of something hitchhiking onto your frequency because they know you enter in, because they know you see them, yeah, and, and you know that that gets into topics of non localized CONSCIOUSNESS. YOU. Topics of interdimensionality, consciousness, all the ethics of it, and the ethics of it, absolutely. Because even in remote viewing, even the Stargate remote viewing program there were, that was the military, yeah, yeah. And they had the protocol of no interference, yeah, no, no remote influencing. What is it? What do you mean when you say that? I don't know this. I'm not sure about this remote influencing is the idea of, okay, so you're observing the person putting the files into the into the safe. No, no, no, you now influence him to put those files into his briefcase.

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Speaker 2 30:34

So these, oh, okay. Well, that makes which is fully possible, yeah, for sure, possible,

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Speaker 1 30:38

sure. But even to think that the military, yeah, had the ethical protocol, okay? Understood straight up, yeah, it was like Star Trek, no interference. Yeah, no one. You observe, you record, you do not interfere.

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Speaker 2 30:55

That's good. That's good. Oh, so this, well, let's finish up on the future of the size the kids are here. And I love the fact that this is out in the open. You know, this is yeah, Monroe Institute, UVA, both military adjacent or intelligent community adjacent organizations, the fact that they know that there it's going to be a public part of the public conversation. And they can't stop that, even if they wanted, yeah, yeah. I think that's great. I think they're wise. Yeah, there was,

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Speaker 1 31:28

did work into astral projection, all kinds of things. There are papers on all the you want to look all this up, folks, curious realm.com, or curious research.com go to the Knowledge vault. You'll find all of these deep, declassified government programs, all the documents for them. So yeah, it's it's fascinating. And once again, the fact that you're doing this, are you able to, as we close things out here, Tom, are you able to help people process through their trauma, through exposing them, through what kind of, in a medium type, way what you're seeing around

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Speaker 2 32:02

them, the images you're getting. So I'm not a psychoanalyst, but we do when, when I do the readings afterwards, with the symbolism that goes up, we talk about it. So yeah, there's no doubt, because I've seen these things a long time, and I've done 150 a lot of them in the last few months. Wow. They just people are going to the website, signing up and and I've already done dozens coming back to do them again and again. So the answer is yes, I see things that are blocked. I'll do a reading, and I'll see a woman stuck in Tara running in circles. I'm like, she's like, Oh, that makes sense to me. Yeah. I'm like, Well, yeah, I feel

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Speaker 1 32:32

Myer. Yeah, exactly now. So another question before we close out, because I'm sure my audience is burning in the pants right now.



32:42

Do you see anything right now? Tom I?

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Speaker 2 32:48

I see her. Wait. Let me look at let me look at the hologram. Let me say hello. Well, we'll cut this out. If it takes too long, that's okay. Take your time. Take your time. Actually, I see a pair of lungs. I see it literally, a pair of lungs like and now I see a rib cage. So I see, literally somebody breathing a pair of lungs in a rib cage, whole circulatory system. The funny thing about this is, last year on another podcast, I saw a very similar thing, but this is more the chest skeletal area. That's what I see, somebody breathing, a very healthy person too, by the way. Okay, yeah, that's what I'm saying. Okay,

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Speaker 1 33:19

and what is what? What does that impression give you? What do you get from that? I'm



33:24

sorry, this is where. Okay, so

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Speaker 2 33:27

I'll tell you, this is a healthy environment. Okay, that's the because I also sometimes I get a feeling around, sure, so that is, I get a healthy feeling, a good flow. That's literally what I get, a healthy body. And we can consider this place about the answer to that, absolutely no, that's the answer. So I like, when there's good things, like, yeah, yeah. I didn't expect I didn't expect anything. I never know what to

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Speaker 1 33:48

expect. But just the idea of the big, deep breath, yeah, this show is where it's like, it's great to see this kind of stuff getting out in the public. People here doing healthy competition. Because, like, I was telling you before the show, that's where science is. That's why science has robotics competition. Yeah, it's like, Let's compete to see who can make the next lunar rover. You know, because that drives innovation, that drives that drives different modalities, different concepts. So even the idea of these games could bring about new modalities and new new concepts of how we use these skills and gifts, right?

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Speaker 2 34:26

And there might be a new idea here, so nobody would have had an isolation, yeah, and exactly it's talked to. I love the idea of the kids talking about it at school and not being teased. That's right for a while, but eventually, no, you know, it's like the nerds took over the

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Speaker 1 34:41

world. Tell what they say is going to happen. Happens to their friend. Good. Go Tom. I want to thank you so much for your time today. I want to thank you for the just the casual conversation we've had over the past couple days. Do this again. Let everybody know where they can go to find out more about Tom, Matt and everything

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34:58

else. Yeah. Go to [www. Com](http://www.com), dash, matt.com,

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35:02

the FAQ section about

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Speaker 2 35:06

everybody.com. Thank you, or just Google upside vision. Tom, Matt, my website up, or you can watch me on other podcasts, but this is the best one I've done. Well.

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Speaker 1 35:13

I appreciate that. Thank you so much. Thank you so much for your time during this very, very

busy first inaugural pleasure of God, we did this same here while you are online, checking out everything from Tom Matt and the holographic universe. Everybody stop on by check out curious realm.com, curious research.org, both of those is where you can find the knowledge vault full of declassified government programs and documents and also all new on curious research.org we have a Tools section, so feel free to visit that. If you're an investigator in the paranormal. We're going to be adding some things that were talked about here at SCI games this week. These are all tools that you can use to analyze data, to gather data, all kinds of stuff like that, free tools that you can use for your research. So go on by check that out. Curious research.org. When we come back from this quick commercial break, we'll be continuing our live on site coverage of CY games 2025 right here in Charlottesville, right after this

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Speaker 1 36:29

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 backroom, 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 curious realm.com. Forward, slash, store, you

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Speaker 1 37:48

Well, hello everybody, and welcome back to the curious rooms, continuing coverage of CY games 2025 right here in Charlottesville, Virginia, we have the great pleasure of being joined by legendary remote viewer, Paul H Smith from our viewer.com How are you today?

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Speaker 3 38:03

Well, I'm worn out. I can

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Speaker 1 38:07

appreciate this has been a thronged and busy inaugural year of a conference. It is great. I think it's great to see this kind of event happen. I was having a conversation with somebody last night over a drink that competition is how science excels. You know, like, that's how we ended up with robots on Mars, was competitions. That's how we ended up with the have blue program and stealth technology was scientific competition. So the idea that this is here, now that there's public competition in this kind of way, I think will really help, because remote viewing was birthed in a lab to begin with. So the idea that this is blowing up in this kind of way, I think, is really, really beautiful.



38:50

Yeah, I agree with that.



Speaker 3 38:54

When I first was telling people about this event, I got a lot of pushback, you know, and I wasn't even a promoter. I was just, yeah, along for the ride, right? I'd say, Well, it's a competition for people, you know, in remote viewing, dowsing, whatever. And competition, competition is bad, you know, that's bad. They misunderstand. That's right, because there's different kinds of competition. There's a kind of competition, whereas head butting and contention and all that. And this is not this, that kind of competition. This is each person trying to do their best, and in that striving, it encourages other people to do their best. Yeah, and you end up with an, ultimately, a synchronistic effect, indeed, exactly synergistic effect. Ultimately, progress is made by everyone. That's



Speaker 1 39:47

right, that's right. And it's, it's the fact of even yesterday, during the dowsing competition that you were judging, I was commenting on, there was a point where it came to the judging where it was like, you know, here's something we hadn't thought about. Yeah, nobody got the target, but who was closer to the target? Ultimately, we had, and we had to adjust things. But even that, the idea of, and I thought about it at dinner last night, like, hey, wait a minute, there's gold in the circuit of those USB drives.



40:19

Yes, things like that. Yes,



Speaker 1 40:21

you know. So even looking at that in a scientific way, and the good the competition in a scientific way, how can we grow the metrics? How can we change that? How can we be more accurate with these kind of things as we're measuring them and as we're taking statistics? It's



Speaker 3 40:35

a learning effect. And in fact, that's what parapsychology, particularly is has experienced all along. There are, of course, skeptics in the Parapsychology world who are dubious about the whole process and are often pointing out mistakes and flaws in the experimental process. And a lot of folks want to just say, yeah, get rid of the skeptics. But no, they serve a very useful function, which is to help you improve your methodology. Yeah, that may not be their ultimate goal, but that's the effect. That's

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Speaker 1 41:05

my ultimate goal. I tell people on the show all the time, I wear my skeptic ass, like Superman, like, with pride, because my job and I am a believer and all, I'm a remote viewer, like, but my realm of proof has to be bigger, yeah, because I'm a believer and because I'm in it, you know, so we have to be ready for that

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Speaker 3 41:27

exercise, yeah? Exercise, critical thinking, anything you do, exactly I talk about, there are two enemies of remote viewing and, ESP, psi in general. Those are the really die hard skeptics who won't believe anything, yes, and then the true believers who will believe everything, the

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Speaker 1 41:47

want of confirmation married with confirmation bias. Well,

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Speaker 3 41:52

yes, but the fact is, you need to be somewhere in between. Yeah, exactly, if you're if you'll believe everything, then, then there's lots of false positives out there that you're accepting. That's right. If you won't believe anything, then you reject stuff for which there is actually good evidence. Yeah, so you need me in the middle, yeah? I

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Speaker 1 42:10

tell people I am passionately lukewarm, passionately lukewarm because, and you have to be, you have to be because, yeah, otherwise, if you'll fall for anything you know, or you'll believe nothing, one of the two, and either side of that, the polarization of light leads to infrared and ultraviolet. There's no white at that point. There's no cooperation between the frequencies you know. And for those out there who may not be as familiar with you as I am, some listeners, how did you come to the world of size studies to begin with?

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Speaker 3 42:43

Paul, well, I started off as a child, yeah. Okay, sorry, that's, I think, a Bill Cosby joke. I don't know Anyway, in a way, it is true, I was fascinated by science fiction that involved ESP kinds of things Xena Henderson or pilgrimage books and and Andre Norton with her telepathy cats and all that kind of I thought was fascinating. Yeah, yeah. I was involved in science fair project in in height, in sorry, junior high. It totally failed. And so I became a bit of a skeptic, but and I joined the Army, and I served a couple of tours and one in Europe, and then I got assigned to Fort Meade, Maryland, and unbeknownst to me, I moved in next door to the operation and training officer for the Stargate program, and across the street from one of their new recruits, who was in the process of being trained to be a remote viewer. Had no idea what they did. One day they approached me and said, we think you might be good at what we do. I said, Well, what's that?

And they said, We can't tell you. How do I know a lot of nothing. Yeah. So there's a lot more to that story than I'm going to take time right now. But I got recruited in the program, and I never put the words remote and viewing together ever in my life. And it was, of course, the start of an amazing journey that I went on which convinced me that my skepticism was ill founded, yeah, and that there really is something to all this, both from my own personal experience and observing well controlled experiences of others. In other words, you're talking about according to a protocol, double blind, nothing known about target, and yet, they produced data that was incontrovertibly Yeah, actual about it. So yeah, and

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Speaker 1 44:35

I much like high school and college Paul, I am, I am a straight C student when it comes to remote viewing, all right, I would have guessed that I am straight average. But even then, the hits that I get, the things that I have seen, the it's one of those, when it happens to you and when you start seeing it, it does become very undeniable. I was, I wouldn't say. I was ever, like, doubtful about it or anything like that. I was always very interested in it. I ordered the side tape or the the, yeah, the tape that they used to sell on Art Bell. We're like, Yeah, send in shipping and get the SRI video. Yeah, that's what was in my head, and I've been fascinated with it since. And it was the Irva conference the first year that I sponsored in Menlo, when I did my first session, and it was like, Oh, wow, oh, so

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Speaker 3 45:31

was that the outbounder We did? Yeah, the Stanford dish, yeah, yeah, yeah. And

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Speaker 1 45:36

then I was there for the spoon bending, and that one blew, I bent my first spoon with Angela Thompson Smith last year on the on the cruise. That was like, Whoa. That would really trip me out like it sits on my shelf of tchotchkes behind me on my show. Because, yeah, like, I bent the spoon with my mind, did I've seen people like curl the cup of the spoon like it's wild, and it really is one of those. When you see it, you will believe it's and it's interesting to see. One of the things I talk about in my presentation is quantum entanglement winning the Nobel Peace Prize, and the fact of since then, science is rapidly running to the world of paranormal, you know. And it's really getting more comfortable with the topic at least, you know. And it's really interesting to see that, and interesting to see the research that's going on with the quantum connection of all these paranormal topics, all these parapsychological everything from ESP to possibly Bigfoot, possibly, you know, other paranormal activity.

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Speaker 3 46:52

You mentioned this, interesting. You mentioned this. And I have said several times during this get together that something like side games would have never worked five years ago. Nope, there's been a sea change in between. And I'll tell you, I think it's the UAP story, yeah, because we now have just some incredibly strong evidence that's right, they're real, and that gave us permission to believe that some of this other stuff might be real as well.

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Speaker 1 47:18

You know, I have a lot of people are angry about the change from UFO to UAP. I am a fan because it brought science in kicking and screaming. You have to eliminate anomaly from your data set.

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Speaker 3 47:30

Well, they didn't, though, okay, no, no, but there is a reason for this. I don't know if you want me to go. So I've got a PhD in philosophy. Absolutely. There's this term in philosophy called theory laden. What that means is, you have a term or a concept that seems innocent or seems neutral on the surface, but if you actually dig into it, you realize it's based on these preconceived ideas about what's going on. Absolutely, UFO is a very theory laden term. Now there's no debate about unidentified that's pretty straightforward. But flying, yeah? Well, we don't know if it's really flying. It's propagating through space in some way, yeah, but maybe not in the way we ever think of as flying, right? And then object, there's a reason to believe at least some of the things aren't objects, in a sense that we really understand the term object, yeah. And so the idea of UAP was to try and avoid that theory ladenness, yeah. I don't think the UAP term is perfect. I'm trying to think of a better term, but I it was an identified area object. Then they realized, Oh, there's more than just the air. These things are associated more than Yeah. So unidentified anomalous phenomenon, you avoid this, this object limiting, limiting term object, and you allow it to open up the field that to entertain other ideas of what these things might be. Yeah,

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Speaker 1 48:54

Precisely, precisely because, and this is something I say all the time with curious research, is the fact that a as experiencers and researchers of the paranormal, we need to be ready to meet science on their terms where they're at. They need to be ready to open their box of science like we for a long time, UFO, UAP, all of this stuff was just thrown into the catch all bin of paranormal science doesn't like a catch all bin. There's a everybody calls this a Kleenex. They don't like that. There's 1000 products called facial tissue that are made different ways. Let's talk about the categorization of them. This is science.

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Speaker 3 49:32

This is a good point. It doesn't bring to mind a critic that I quoted in my dissertation years ago. It was one of the rare philosophy dissertation involved empirical data. Wow. I used, actually the well attested and there is well attested evidence for various ESP paradigms, sure in it. And one of the critics I quoted, and I. Can't remember who it was right now, but he said, I could more easily believe in UFOs than I could believe in ESP, because at least UFOs are some kind of physical manifestation of something, right? And it's interesting, yet they lump it all together, yeah, and they'll even do that with ESP. Kind of like astrology gets slumped in there. It's not really ESP right? Not at all. Astrology gets slumped in in with remote viewing, with scrying, with with channeling,

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Speaker 1 50:33

tarot, get Yeah, it's like there's no really the same thing. And

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Speaker 3 50:37

I'm not taking a position on which of these are right and which ones are wrong, but there are different, different things, yeah, yeah. Sometimes dramatically different things, absolutely. And yet the mainstream wants to lump them all into the same category, along with UFOs, yeah, and they're all ontologically, to use a fancy word, ontologically. Some are similar, but many of them are ontologically different from the others, absolutely, and that's what we call a category error, yeah, to include them all in the same category

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Speaker 1 51:05

Exactly. And the example I give because I took classes with Lynn Buchanan. I've done many exercises. I took some classes with Carl McClellan and Michelle freed whenever they came to Austin, and it was a great class. Most of the people there were mediums now, it was very interesting to see the way that they treated a reading and the way that they treated the data that came out in a little bit less of an objective way. You know, it was very because when you're a mediumship, there's, there's a lot of certainties, you know, like experiencing that certain Exactly, exactly, and they tend to express it, many of them as certainty. And it was one of those. I found it very interesting to hear that, especially with, like, the health reading that we did on target, that kind of stuff, where it was like, This is what it is, as opposed to the open aspect that's taught in most remote viewing, where it's like you're you aren't giving a concrete. You don't want to give a concrete. You want to give impressions and things like that. So what, how do you go about kind of in your trainings that you do with our viewer.com. How do you go about teaching that modality and kind of back walking people from that mindset? Well,

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Speaker 3 52:30

first of all, you make very clear that remote viewing isn't 100% absolutely and then these other modalities are, you know, they are not, but they often treat themselves as 100 Exactly. We try and be as pragmatic and down to earth as we can recognize the shortcomings and the failings and the faults, while at the same time trying to maximize the strengths and the positive aspects of it. When people say, Well, what do you teach? When you teach remote viewing, I say, Well, that's easy. It's easy to say that is, they teach them three things, how to recognize the very subtle signal that's coming in. It is very subtle. It takes some experience to recognize it, how to recognize the mental noise. So all the rackets always going on our minds are our lip rings, trying to guess what the target is, that kind of thing. That's right, noise, yeah. And how what to do about it, those three things right, or how to tell a difference in what to do about it. And you develop some real humility in the process. When you start you go for target, you get some stuff right, and you get some stuff embarrassingly wrong. And if you do that over and over again, you get the point where you start not be so full of yourself, yeah? And that's very helpful, because the more humble you are, the more likely you are to start having success. I tell people, remote viewing is really kind of a Zen practice, yeah, yeah, the loss of ego, yeah. Zen

the ideas. Don't focus on the outcome. Focus on the process. Yeah? Focus on the now, yes, what you're doing right? As soon as you start worrying about getting it right or getting it wrong, you're that's where the ego is involved. Wrong, you are almost certainly going to get it wrong. Yeah. And,

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Speaker 1 54:12

you know, one of the things that I say all the time to people who are beginning is, your misses are good. Your misses are great. You know, much like you miss a shot in basketball, it's not that you failed, it's that you now have a chance to learn how not to miss that shot again.

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Speaker 3 54:31

Talk about failure a lot. Yeah, failure is a better opportunity for earning and success Exactly,

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Speaker 1 54:35

exactly, and that, once again, is that loss of ego in that kind of way. So when, when you're training people, and when you're getting people ready to go out, once they're through training, they're ready to go out and meet clientele, they're ready to go out and do things, how do you prepare them for that part of the remote viewing world? Being able to you? To give a client

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55:03

a proper summary well,

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Speaker 3 55:07

so that's a piece of it that I don't really do a lot with. Okay, I'm not a job placement. Oh, sure. And frankly, there's not many jobs out there yet. We're Frontier Field, pioneering field here, but a number of my students, which I do encourage and mentor as much as possible, are starting to set those kind of opportunities up for others. And so I have my full plate just teaching people how to do it. But I'm happy to see other folks out there that are, you know, my folks who are opening up the field more for to give people a practical way to apply it, yeah, yeah. And so, you know, we're moving that direction. It's still, relatively speaking, a very young field. Yeah? I think so remotely few remote viewing first became public in late 95 early 1996 Yep, and that's not between now and then. Isn't a lot of time for it to develop maturity, especially the problems that suffered during that time, which is people wanting to turn into more than it is, people wanting to sensationalize it, people wanting to connect it up with other paranormal phenomena, prematurely and probably inappropriately. All those things is, I think, to some degree, held back the progress of remote viewing, absolutely.

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Speaker 1 56:39

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Yeah, yeah. And that's one of the things I bring up in my presentation, is actually the fact that the silver headlines, you know, like, this is how people say they see Stargate and they see silver headlines. That's how most people know remote viewing, yeah? And it's like, we or the end of the world, or the end of the world, yeah, you know, or, like, we viewed this Bigfoot attack, yeah, things like that. And even that's a very front loaded situation, if you're talking about somebody's actual story, you got a lot of detail there for a remote

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Speaker 3 57:13

viewing. Too many people out there who are approaching remote viewing from a, I'm going to say incoherent perspective, and it doesn't do the field any favors.

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Speaker 1 57:24

No, no. It doesn't. It doesn't. And like you said, very, very young, in terms of public study, things like that. I mean, it started in a lab, sure, but at the same time, as far as public access to all of it, public lab work, things like that, there are great people like Monroe who've done work for years, and others pair all kinds of things. But when it comes to that, when it comes, once again, to the marrying of remote viewing with the other paranormal, what do you think that, of course, other than scientifically, what do you think the caveats of that are? What do you think the actual dangers of that for the remote viewing community are? Of which, well, tying it to other paranormal well, that kind of stuff,

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Speaker 3 58:11

first of all, dilutes the the attention to the to the the phenomenon, right to the skill is really what it is. It raises people's expectations in ways that aren't realizable. You know, they get develop these expectations about it based on tall tales they hear. And when they find out, no, it doesn't actually do what so and so claims it does, then they get disappointed, yeah, unnecessarily, because it's still magical, and my old army buddy, who commanded the unit for about 18 months, he he said, people say, Well, how's it working? Just this is magic. It's magic. Yeah. Now he's, that's tongue in cheek, because obviously there's something little more than magic at work here, right? Yeah. But, but nonetheless, even if it isn't magic, it is magical. You know, when it when it works under conditions where you shouldn't ought to be getting anything, according to science, yeah, at least according to science as we know it today, it's, it's mind blowing. It really, it

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Speaker 1 59:17

is, it is, and it's life changing, quite literally, like my remote remote viewing journey thus far has utterly changed my life, changed my perspective on numerous things. How do you once somebody is interested, how do you onboard them into the process of learning? And how do you go about teaching the process of viewing to somebody, yeah?

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59:45

I mean, I don't want you give it all away. That's okay. The

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Speaker 3 59:50

problem is just condensing it down, yeah? So, well, the simplistic answer would be, you just put them in. You teach. Teach them the basics. You put them in environment where they either remove you or they don't get anything, and then you turn them loose. It is way more complicated than that. Obviously. My Courses are a mixture of lecture essay writing. Yes, you have to write essays. It's a way of internalizing Absolutely, exercises and drills, various features of it to get you familiar with the process, and then hands on remote viewing sessions. And my class, you they're one on ones, so you have a monitor and you have the viewer. You don't have a whole classroom full of people working the same target, with some person up in the front, giving you the testing number, right? Yeah, and so. And you do a bunch

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Speaker 1 1:00:46

of them, yeah, so. And that's an interesting concept, because number one, I love one on one. It's beautiful. It's amazing. But you also eliminate an anomalous part there, because even even the fact of monitor you have to be very careful during a session that you aren't reading your monitor. You know that you aren't reading the person who maybe put the target together, things like that, so the fact that it's just the two of you narrows down the possibility that you're reading the person next to you, or that they're muddling your signal. Yeah, and when

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Speaker 3 1:01:19

you say reading, there's, of course, a couple of sources error from that. One is, one is that non verbally, they, if they know what the target is, they communicate some information inadvertently to you. Yeah, I think that's less of a problem that a lot of scientists make it out to be, but, but whatever we yeah, there's possibility. The other is that you'll non verbally read the actions of the monitor in a way that mislead you to the target. And I've said, Yeah, I've seen that happen so many times that, in fact, it's happened to me. I'll be working in the monitors there, and I don't know if the monitor knows what target is or not, but they'll get they'll act enthusiastic about something, not about something else. And I will. It's inevitable, because of human psychology, I'll start reading that as endorsement, or whatever something I've said turns out totally wrong, totally wrong. The monitor totally what it was, yeah, I was misinterpreting what's going on. Screwed up the session, totally right. Yeah, as a viewer, you have to learn how to ignore all of that stuff. Yes. As a monitor, you asked to learn how to suppress that stuff. Yeah,

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Speaker 1 1:02:20

yeah. And how important? Because there are people who remote view with the monitor. There's numerous modalities, ar, er, all kinds of

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things, e, i, e, i, o,

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Speaker 1 1:02:30

yeah, yeah, absolutely. How important is a monitor to the process of remote viewing to you?

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Speaker 3 1:02:38

So probably most remote viewing done today is done solo, that is just the viewer sitting in a room doing his or her thing. But the research at SRI showed that monitors can enhance the process even when they don't know what the target is, especially when they're double blind, and for a couple reasons. First of all, they can pay attention to make sure you're doing things properly. And the second thing is, they can encourage you. If viewers are lazy, they get certain points, and I'm done, and there's still yet more that could be found out. And if you have a monitor there, you're less likely to do that. And the monitor can encourage you. They'll say, Well, you really haven't produced very much data in this particular respect. I don't know what the target is, but it seems to me there ought to be at least more data, yeah. And so can you try a little bit harder, do a little bit more work and encourage them to keep going until they really are tired at that point you do want to stop? Yeah?

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Speaker 1 1:03:32

Yeah, yeah. And you know the example I give my monitor Tomi, Hey, Tommy. Live lives in Hawaii, and she watched my show before she became my monitor. So she's used to seeing me on camera. She's used to me thinking about something while a guest is talking, seeing me have an idea while the guest is talking. So she's used to facial tics of mine. She's used to seeing my face when I have an idea and she'll be like, no, no, you caught on to something while you were saying that, let's go back and revisit that. You know? So that idea of that good, close relationship is very important, and not only that, but the fact that science does not happen in a bell jar, doesn't happen in a vacuum. You've got to have somebody that you can trust to be able to give your data to and trust their feedback on your feedback, you know,

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Speaker 3 1:04:27

that's absolutely right. Of course, then they have to earn that trust Absolutely because there are people you trust that may not be so reliable, you know, and I'm not saying they're trying to be deceptive or anything, but there are people who are doing their best to be trustworthy but aren't. Yeah, you know, and that's something very important

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Speaker 1 1:04:45

to bring up. It doesn't matter what side of parapsychology or ufology it is. There are snake oil salesmen out there. There are people that will take your money for classes. Take it. Advantage of you. Teach you things that may believe it or not, psychologically bring harm or psychically

bring harm because you are protecting yourself properly or asking consent of a target before you do things or even the most important thing of all, closed session like end the session, write it down in session. You know that that cut off point. So in the last couple minutes, let's, let's get into your classes. What kind of things people can learn, what kind of classes you have@crviewer.com

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Speaker 3 1:05:37

Well, that's our viewer.com. I'm sorry. That's all right. That's all right. There's a lot of these websites out there, yeah. So of course, my methodology, I teach the original methodology that I learned from Ingo Swann and how put off the people who originated in the first place. And not all kinds of controlled, remote view are created equal. There's the various flavors out there, people who call CRV, but they've changed things up a bit. Yeah, I try and keep it as close to pure as possible. And I teach so CRV, I teach basic, come in and learn the fundamentals, intermediate and then advanced. Okay, and so my classes are essentially almost six days long a whole week. Wow. You come you're in class for, I would say, on average, 10 hours. Sometimes it can be 12 or I've even had 14 hour class, wow. Partly it depends on how well the students master material, right? Then they have homework. After you're done, you go home, you have homework, come back, we do it all again. We do field trips. When I'm in Utah, we I leverage the real estate, which in Utah is really quite stupendous, yeah, and use it for actual training purposes. You can learn principles by going out and experiencing things interesting, yeah. And you do well a minimum of 12 remote reading sessions in my course, one on one with a monitor. And then you have homework. When you get home, before you complete the course, you have 10 sessions. You have to work, wow. And each one you work it, you send it off. It gets scored, sent back to you. The next one. Do this 10 times, and then you get your diploma right, as long as you've shown mastery of the process. Yeah. But I also also offer what I call specialty courses. One is associate of remote viewing. How you learn to predict the future, yeah, in a certain, certain kind of a set, sure. Another one, which I haven't done a long time, but I'm going to schedule one soon. It's dowsing about a two day course, nice. And I have some other smaller ones that I usually do in conjunction with some other com conference, like sketching for remote viewers, yeah, and target selection for remote viewers and for ARV and such like that, yeah. So Oh, and we also now do ERV as extended, remote. Oh, fantastic. Yeah, we did one. You're probably familiar with Pam. Coronado, absolutely. Pam. I helped her out with a with an ERV class because she was working with Bill Ray, who's also an ERV guy. I mentioned bill earlier, and he had a heart attack, and so she didn't have anybody helpful with the class, so she kind of desperately called me up and said, Help. Help. And I said, Okay, you know I did, and it was great experience. And I had played with the idea of doing an ERV course, and that was such a great experience, I've decided to go ahead. You know, I haven't talked to Pam, maybe in partnership with her, likely, sure, but, but, you know, that's another thing we're going to offer

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Speaker 1 1:08:51

Absolutely. And you know, I advise anybody who wants to get into this study with as many instructors as you can, study as many modalities as you can. It's, I give it the equivalent of a carpenter. A good carpenter has many different types of hammers, and they're all used for it. Like you do not use a finishing hammer for framing, and you do not use a framing hammer for finishing. All these can but you'll be sorry, yeah, the work's gonna be real hard, or you're gonna destroy it one the two. So there are different tools and different modalities for different results.

And Hey, folks, you know, much like you may be a better outfielder than a catcher, you might be better at ARV than ERV. You might be better at CRV than ARV. You know, you might be better at finding objects and colors than people and places.



1:09:44

So that would be the dowsing class



Speaker 1 1:09:47

in our last minute. Here, Paul, what is your advice to anybody that wants to consider learning remote viewing? What's the one thing you would tell Well, first



Speaker 3 1:09:58

thing is, do your research. Go out and. Look and examine a lot of possibilities before you decide on one. Have an open mind, but not too open, assess and evaluate claims here. Don't, don't actually believe anything, until you have substance. You have a reason, more of a confirmation that it's worth believing. And that even goes for me. I mean, I tell stories, I make claims as such, and I encourage people to check up. I try and document everything that there is documentation for. And although it may not be obvious when you hear the story, talk to me, I'll tell you how you find out whether it's true or not, right? Yeah, there are a lot of folks out there who tell stories that they don't, that don't have any foundation, and that's the reason you have to be careful. Yeah, absolutely. I'd say that's probably the starting point for those two things. Do your research and don't believe everything here, but don't disbelieve everything here either. That's right.



Speaker 1 1:10:57

That's right. Well, Paul, I want to thank you so much for your time on this very, very busy inaugural Psy games. Great to finally get you in the chair and be able to chat with you at one of these events. Are always so entirely thronged and busy questions and students asking you things from class. So it's always awesome to see you operate and to talk to people and be so open with sharing this discipline.



Speaker 3 1:11:18

Well, I appreciate the opportunity. You know, this is a topic I obviously love, so yeah, I'm happy to talk about it. You gave me the opportunity. So thank you



Speaker 1 1:11:25

absolutely. Before we go, let everybody out there know where they can go for classes, everything. Paul, okay,

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Speaker 3 1:11:33

well, the best one stop shop would be my website, which is, you know, with all the HTTPS, all that stuff, our viewer, that's the letter R and the Word Viewer likes the remote viewer without the emote, right? So our viewer.com and from there, you can get pretty much anywhere you need to in my particular

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Speaker 1 1:11:52

part of the universe. Fantastic. Well, thank you once again. I thank you appreciate it absolutely. While you are online, everybody checking out everything from Paul H Smith and our viewer.com, make sure to stop on by curious realm.com. And curious research.org that is where you can not only find all of our episodes, but that's also where you can find all of our knowledge vault documents. That's where you can find our copy of the field observation and encounter log, as well as the all new remote viewing session journey. Stop on by and check that out. When we come back from this quick commercial break, we will be talking with more people right here at Cy games 2025 in Charlottesville, Virginia, right after this, you

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Speaker 1 1:12:50

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 curious realm.com. Forward, slash, store you

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Speaker 1 1:14:10

Well, hello everybody, and welcome back to the curious realms. Continuing coverage of SCI games 2025 right here in Charlottesville, Virginia, we are so pleased to be joined by Amy Westmoreland. She is from illuminating joy, a company that is all about manifestation. How did you let it's a topic that we talk about regularly on the show. How did you come to the world of manifestation and teaching manifestation?

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Speaker 4 1:14:37

Well, I really lucked out. My parents kind of knew about it. In the 80s, when I was a kid, they were into manifesting for business and money only. It seems like they had books laying around the house. And as a teenager, in the early 90s, I was like, wait a minute, why can we only apply

this to money? I want to apply it to other stuff. So I started experimenting when. Fit from high school through college, just to see what was possible. And it became obviously part of my journey in life. Here, now

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Speaker 1 1:15:08

when you say you started manifesting in junior high, high school, things like that. What kind of things were you manifesting?

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Speaker 4 1:15:14

Well, like any teenager, the first thing I manifested was to get my high school sweetheart back after we

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Speaker 1 1:15:21

broke up. All right. All right. How'd that work out for you? It

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Speaker 4 1:15:25

worked out great. We got back together. It was a great relationship, and when it finally ended, it ended naturally, and we are still friends.

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Speaker 1 1:15:32

All right, yeah, yeah. Now let's, let's get into a few things, like, let's begin for those out there that may not be familiar or may have muddled waters with this, because we like to demystify things. What is manifestation?

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Speaker 4 1:15:46

So the simplest answer I've come up with is being able to put your attention and your focus on the thing that you want, the target, the desired result that you want, in a way that is effective to produce it in your physical 3d reality, because you can think about the thing that you want in ways that don't produce the physical manifestation. So it's about figuring out. And there's tons of methodologies out there, and sure, so many of them work to be able to identify what it is you want, put your attention on it as though it's already happened, and then it you line up with it. And as you move through your physical reality, you encounter it somehow.

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Speaker 1 1:16:25

Now you bring up a very important point, and that is, that is the idea of as though it's already happened. Yes, um, break that down for us real quick.

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Speaker 4 1:16:37

Yeah. And I do want to say you can absolutely manifest without doing this piece of it. People naturally manifest all the time without doing this. But if you really stop and think about it, a lot of the things that we've naturally manifested, we start imagining being in that scenario, right? We're like rehearsing it in our mind. So when we do it deliberately, I have found the most effective way is to either visualize in your mind, write it out, speak it out, think it it doesn't matter how you do it, and you identify what you want. And then you're like, Well, what would that look like in my physical reality if it were happening? Okay? And then you can, like, journal entry from it, like, Oh, my God, this happened today. I got the money, I got the job, you know, whatever, stuff like that. But what happens is, I believe it takes a it's like a little blueprint that aligns your consciousness to, like, I want to go into that space. And then it's like a little GPS routing that takes you there.

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Speaker 1 1:17:31

Yeah, okay. Now, when it comes to these things, of course, a lot of people are going to bring up karma, all kinds of stuff. We were having a conversation yesterday, before the dowsing competition, about how these topics are like a I think since the secret it's, it's been very interesting to see the curve of this change. It's, I mean, of course, people like Joel Osteen and the osteens have talked about this kind of stuff for years, but it's interesting to see more pastors talking about it, more people in general, talking about it. The conversation about it has become much, much larger over the last decade.

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1:18:10

Yeah, well, so

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Speaker 4 1:18:13

a lot of the Bible has manifesting stuff in it, sure. And what I tell my clients, because I'm a coach, is all things are possible with God, and that's a Christian thing, right? All things are not possible with man. So I think there's like two different ways to do this. You can identify as one with God, Your God consciousness in human form, sure. Or you can identify as, like a lot of the Christian faith does, I am a child of God, but as long as you have God in the mix, God who can do anything, created the heavens and stars, all that, yeah, then you have that oomph to get over it. So sometimes when people are manifesting and they're like, but I want this, and I can't quite get it, I'm like, step back into like, Do you have a higher power in the mix? And it doesn't. It's not even a religious based thing.

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Speaker 1 1:19:01

No, no, absolutely not. It could be the dog next door. Yeah. Doesn't matter.

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Speaker 4 1:19:06

And so if you're ever feeling stuck with something, you're manifesting, just be like, do I have this, the thing that made the heavens and the stars and all this? Do I have that in the mix? Yeah, and you don't have to identify with it. You can see it outside of yourself. It doesn't it doesn't actually matter. And I think, like people like Joel Olsteen and stuff, they are tapping into it in that direction, like, you know, the religious God,

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Speaker 1 1:19:27

sure, sure. Yeah. And hey, once again, if that's the God that you identify with, then let's use that one. If it's Hunter, capital U universe, then let's use capital U universe. Whatever's gonna work for the modality. Yeah. Let's make it happen. Yeah, and, you know, this brings up an important topic that I think bears to be brought up, and that's negative manifestation. And much like negative thoughts are much easier to dwell on, you know, it's the fact that we learn from negative reinforcement. You will learn. Faster The fire burns you by touching fire than you will by learning that fire will cook you an egg and save you. Yes. So how important is it when it comes to those things in your life, for manifestation to begin, literally changing that point of consent of where you send your energy and what you give your energy to?

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Speaker 4 1:20:21

Yeah, that is a journey for a lot of people, yeah. Some people naturally can just be like, Oh, I can stop negative thoughts. And I'm like, oh, hello unicorn. But for the rest of us, what I do is I loop hole it, because I have found sometimes it's more difficult to try and get rid of a negative thought or to overcome it when you could just be like, Wait a minute. What if I can have this negative thought and still get my manifestation and still be positive? So I call it loopholing, sure. But so that's if you're doing, like, the modality type of part of it. But in general, identifying what you don't want to switching to what you do want is a really great practice. I didn't come up with it. It's been around the manifesto community for a long, long time, but so get a piece of paper, write out, you know, all the things you don't want, and then you'll realize, Oh, I've been focusing on what I don't want, switch it immediately to what you do want. Like, I don't want to be broke, I want to be rich, I don't want to be unemployed, I want to be employed. And what happens is, the more you learn little tricks like this, then as you're moving about your day, you can, you become more aware of your negative thoughts. You're not so merged with them. You can see them and just gently, kind of like, let them go. But there's a lot of ways to let go of negative thinking. But the idea is, learn how to be target based, right? Because, like, if you're putting a GPS destination in, yeah, yeah. We all, we all do this, like, Here's the address. This is where I'm going. It routes you. Just, like, manifestation, does it routes you. But then a lot of people start talking about where they are, well, I'm at home, I'm at work. I don't like it here. And now you're not in the car moving towards the destination.

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Speaker 1 1:21:58

That's right, you've, you've lost the point of action, and now you're at stagnancy, yeah. And we were talking about that yesterday, the whole idea of moving through the universe, doing that kind of stuff, the idea of, you know, being able to let go of these things and and, once again,

the point of consent. What are you consenting to get? If, if you'd like to keep fighting with the person, does it matter what you're fighting about? Is it important to be right? No, not at all. Once you learn that and you're okay with it, and you release that consent of I don't have to argue at all. I don't care if anybody believes. My experience, yeah, my experience, my own personal experience. I shared it. You don't like it. Well, sorry to hear that. You know, I'd love to hear your experience, but yeah, yeah, yeah, the idea of what are we giving over to, and how much power are we losing by doing so

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Speaker 4 1:22:55

yeah, and there's so many different ways I've been coaching for about 24 years now, and I've talked to so many people, of you know, men, women, business people, homemakers. It doesn't matter. It doesn't matter. Talk to so many different people. And what I recommend is finding, you know, the internet is a huge resource. Go on there. It doesn't even have to be under manifesting. It just be like, How can I think better? How can I changed my thoughts about it. There's so many cool things. Find something that resonates with you, but I don't see I have not heard the word consent before in this context, so like, hearing it from you, I'm like, Oh, it's another tool in the toolbox to help people. Yeah. So if that word doesn't resonate with someone, maybe listening, it's like, just realize what we're talking about is this idea that you are not your negative thoughts.

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Speaker 1 1:23:41

That's right. That's right. You can and as an anxiety sufferer, panic sufferer, it's one of those things that you have to identify them. You have to give them their Credence. They're part of you. Yes, don't deny the negative thoughts. But it's also a passing train. Feel free to let the train pass. You can't go through the train. Yeah, you're not going to speed through the train because you're wanting to get there. You got to let it pass and be okay with it, you know, and and not dwell on it, and instead turn it around and go, Okay, this negative thing happened, much like in remote viewing. A miss isn't a failure. A misses your chance to learn. Yes, a misses your chance to get better, yeah, you know, and learn why you missed and how you can get closer to the hit next time.

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Speaker 4 1:24:27

Yeah. It's about reframing what negative thoughts are, yeah. So for instance, in one of my coaching modalities that I learned is welcoming the negative thinking, welcoming the negative thoughts, not necessarily the negative experience, but like, the internal part of it. That's right. Part of it. That's right, because you drop resistance when you do that, yeah, and it's part of you, but it's not all of

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Speaker 1 1:24:47

you. Well, and you have to acknowledge it. You have to be okay. It's much like with anxiety aversion therapy. Does you zero good? Like leaving the anxious situation ain't gonna help? You learn to get through the anxious situation? Yeah, you've got to be able to get through it. So

you've got to acknowledge the negative thought and give it its space and give it its credence, and know it's part of you and it's okay, but it doesn't mean that it has to define you, yes, in that kind of way,

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Speaker 4 1:25:17

yeah. And I have a signature four step process. It's available widely on the internet, for free, if you want to check it out, awesome on my YouTube channel. So my first step is, get clear about what it is you want and focus on it. So that's your destination. That's the manifestation. The second step I just is real quick, is you tell yourself, of course, that can happen. For me, that's the belief in the possibility, not the belief that it will happen. That's hard for a lot of people to

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Speaker 1 1:25:43

hold, even the fact that you deserve it, yeah, that you're worthy of it, yeah.

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Speaker 4 1:25:47

So you just say, of course, that can happen for me, and you're that leaves room for I don't have to believe that it's going to happen. That's right. My step three is releasing resistance, and the superpower for that is acceptance. So I'm like, accept the resistance. Oh, I have doubt. Okay, I accept that I have doubt, right? You've just related to it differently, rather than Oh, doubt is going to block me. No doubts allowed to be here. And also the loopholing, I can have doubt and my manifestation. And then the last step I have is detaching. But detaching is interesting, because I go from the feeling of need, to desire, to want. So you do these together. So it'd be like, I want to manifest \$100,000 so I'd be step one. Then you would imagine having it somehow, right? Then, of course, that can happen for me. Of course I can have \$100,000 Oh, my God, that's never gonna happen for me. I don't believe that. Oh, that doesn't work for me. That hasn't happened to anyone. I know. You know, I can have all of those thoughts.

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1:26:42

Nobody in my family's ever had \$100,000

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Speaker 4 1:26:45

I won't, yeah, yeah. Like in whatever comes up, and then you just let it be there, you accept it. Like, I can have all of that negative thinking and still get it. And then the last step is, I really want \$100,000 but I don't technically need it, yeah. And if you get to keep the desire and in just using that vocabulary helps. So my three, the last three steps of my four steps, are about dealing with negative thinking because, and there's only one step for the positive that's right,

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Speaker 1 1:27:12

notice it, yeah. Well, and especially that last step, the idea of flipping, that idea of loss, the idea of, well, if I don't get it, like I didn't need it to begin with, yeah, if I get it, bonus, if I don't it, I'm always reminded of my Dominican spiritual director in the seminary who, who would ask me regularly. So had that expectation work out for you?



1:27:39

Yes, yes.



Speaker 1 1:27:42

So we took still looking at that expectation this month. Chris, how's that going? Yeah, you know, because if you set the expectation, then you've set yourself up possibly for the disappointment, whereas if you said, it's the same thing with prayer, where it's like, my prayers don't get answered. Well, were you looking for the specific definition of your prayer, or did you leave things open ended and see the fact that maybe your prayer was answered because that isn't what you actively needed?



Speaker 4 1:28:10

Yes, yeah. And there's all these. It's so cool that more people I encounter who understand manifesting to the core level, which clearly you do, and try, yeah. And people describe it so different.



Speaker 1 1:28:23

Took me years to understand it, why I wasn't moving forward in life. I could help people for decades and go nowhere myself.



Speaker 4 1:28:32

Yeah, and it's, it's fascinating to see, and that's, that's a really good point. Sometimes even the best manifestors, it's you. You want to have someone that can reflect back to you kind of what you're saying or what you're doing, because we tend to overlook things when we're manifesting. And I don't say that to discourage anyone. No, you can totally figure this out yourself, but don't be shy about talking to someone who knows about it, because they may be able to pinpoint exactly what's going on. Yeah,



Speaker 1 1:28:57

yeah, precisely. And even flip that box for you and go, Well, look at this side of the cube. Yeah, you know where, where it did happen in this kind of way. Once again, it may be the fact of what you were trying to do, wave may have ultimately ended up in something that isn't healthy for you, or may have caused harm or discord for somebody in your family, or something like that.

So in the larger picture sense, not the healthiest outcome for you, yeah. And even when you get into that, that conversation we were having yesterday, the whole Gen concept of be very, be very, very specific. Yes, don't be specific in what you're looking for. Be very specific in what you ask for yes, because yeah, you ask for 1000 pounds of gold. It may fall out of a plane on top of your car.

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Speaker 4 1:29:46

Yeah, the tricky Genie is what I call it from Yeah, Genie stories, absolutely. So a lot of people I encounter, you know, they want to go super general with their manifesting. I lean more specific, absolutely. There's nothing wrong with general manifesting. If you're totally okay with how 1000 pounds of gold falling out of a plane, sure. But what I have found is, the more precise I am, the more likely I am to get that exact thing. It's a more precise. Like, do I want to go to Charlottesville, Virginia, or do I want to go to the Omni Omni at Charlottesville, Virginia? Yeah. Like, you can they're they're the same, but different.