

CRep204

Tue, Oct 28, 2025 9:25PM 2:14:57

SUMMARY KEYWORDS

Witchcraft, traditional roots, New Age witchcraft, misconceptions, Halloween, astrology, herbalism, magical arts, spell casting, manifestation, situational awareness, paranormal community, deception, interrogation techniques., Silence, editing, deception, elicitation, curiosity, paranormal, body language, social media, attention span, compliance, fear, narrative, intuition, psychological manipulation.

SPEAKERS

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

Speaker 1 00:00

I coming to you from the city of the weir, exploring topics from the esoteric and unexplored to dimensions unknown, shining a light of truth on the darkest corners of our reality. Welcome to the curious realm. You you

Speaker 2 00:45

well. Hello, everybody and happy Tuesday night. I hope you are all doing well out there. I hope that you are all getting ready for an amazing, amazing salon. Sam Hayne, all, hallows eve, whatever, all the amazing holidays coming up, everybody. We will be talking tonight in our first segment with judica illis. She is the author of The Encyclopedia of witchcraft. We will be talking about traditional witching, the idea of witchcraft, its traditional roots, some of the differences between New Age witchcraft, things like that, because there really is, I wouldn't necessarily say, like a fine line difference. I'd say that there is a pretty, pretty ground in the ground difference. But a lot of people have misconceptions. Judica A lot of people have misplaced ideas of the sources of these things, where they come from. So welcome to the show for the first time. How are you this evening?

Speaker 3 01:52

Oh, I'm great. Thank you for having me. Chris, absolutely. Thank

S**Speaker 2 01:55**

you so much for coming on Halloween. And this time of year is one of my favorite times of year. I mean, a I live in Texas, so it actively means it's not like 98 degrees every single day, at least for like two and a half months of the year. It's nice, but it really does bring about a lot of these traditions, a lot of these connections that, quote, thinning of the veil that so many talk about during this time of year. And it's one of those I'm gonna, I'm gonna show a few things on screen to kind of get us started and get us going from my library here to kind of spur the conversation. This is from the Key of Solomon. We regularly talk about single work, signal magic, things like that, with our friend and guest, Nathaniel Gillis, whenever we get into demonology and that kind of stuff. There are as there's high magic, you know, which is, which is different than witchcraft in and of itself. There's also astrology, which, yes, folks, I have the Idiots Guide to astrology, because that's where I started, because you got to start somewhere. And some of these things, astrology, specifically, is very, very thick, and it depends on which discipline of astrology you're studying, things like that. However, as we get close to the bottom of the stack here herbs and herbalism. Now we're getting a little bit closer to actual and traditional magic and and witchcraft as we know it. So how did you come to the world of witchcraft to begin with? Judica Because it is a path that we all come to differently.

S**Speaker 3 03:41**

Well, you know, everybody asks me that, and I don't have a good answer. I have always, I mean, I say I just sort of arrived. I arrived like this, with this interest. I have always been interested in witchcraft and the magical arts, astrology, tarot, numerology. I mean, I had some exposure to it in different ways. In my childhood, I was there when the wish was first on television, and the Addams Family, and I Dream of Jeannie, you know, I was lucky. I was there it is to watch it, you know, I saw ginger on Gilligan's Island. Is a great episode, which is a crystal ball reader, yeah, you know, yeah, you know, yeah.

**04:28**

And where did the crystal ball come from?

**04:36**

On a boat for three hours.

S

Speaker 3 04:39

And it was intense. So, I mean, that was sort of in the air at that time. But I also had a family. I wouldn't call them practitioners, but they were, they were interested. My mother taught herself English by teaching me to read when I was, like, three. Wow. And my sister is significantly older, and she was bringing home books on astrology and numerology and all of that, and I, basically, I stole them from her, I you know, so I don't know why I had that interest I write, but this is true that we lived in New York City, and we were in an apartment building. And my, how I love Halloween, too, and my, some of my earliest memories are of trick or treating, and we would trick or treat inside the apartment building. I always wanted to dress up as a witch. Always, always, I don't know why, but there you have it. I read fair, you know, my mother would read me fairy tales. I always identified with the witch Hansel and Gretel. That's a scary story. Yes, those kids kill that witch. Yeah, those

P

05:55

rude children who ate her house.

S

Speaker 2 06:00

Well, and you know, it's interesting that you bring that up, because I was one when I definitely got things from my older brother as well. He was somebody who got interested in tarot cards, things like that. There was one book specifically in the junior high library, and I don't know why it was in the junior high library of the junior high school that we went to, but it was amulets and talismans. And probably the only person with more signatures on that checkout card than me was my older brother. And that book just fascinated me. It fascinated me seeing and I mean, it was amulets and talismans that went back to Babylon and things like that. I love them. Those are my favorite. It was interesting to me to see the way that every culture across the globe had this connection to like, Hey, here's a tchotchke that I need to have in my hand to help me out on I collect

S

Speaker 3 07:02

hand amulets and what I'm wearing. Now, this is a Navajo one by Navajo artist, but you can find them, you know, yeah, yeah, all over the world. That everywhere,

S

Speaker 2 07:14

well, and you know, it's, it's interesting, because when you start looking at that specifically, the idea of amulet, talisman, that kind of stuff. Those are, those are the things that you typically went to your local witch for was, was some sort of protectorate device, some sort of something to keep the malaokial away, right,

S

Speaker 3 07:38

even now also, I mean, I encourage people to learn how to do it for themselves. That's I think. I think it's good to empower yourself. Sure can learn how to do it. And you have to make sure you have someone ethical. You know, back in the day, you you know, I just finished watching this Thai television series with a shaman, and he's a village shaman, so everybody knows him, and everybody knows he's an honest guy, sincere guy, but sometimes you can leave yourself vulnerable to people who will exploit your fears and your desires. Absolutely, it is better if you can do it yourself. And I mean, I do, that's my books. I try to teach people to do these

S

Speaker 2 08:32

things. That brings up a very good point, you know, and that that is the idea and something that I have tried to express to people. I'm a former Catholic seminarian like I. I had a great devotion to the mother Mary for a long time in my life, things like that. And the idea of prayer meets manifestation is so fascinating to me now, and to see like 10 years ago. Judica Maybe I don't think that the word manifestation in your life would have been used by pastors, but it was definitely like the concept was definitely being pushed and put out there

S

Speaker 3 09:16

when I wrote my book, encyclopedia, 5000 spells, which is about 20 years ago now, one of the things that shocked me was how much Catholicism was in folk magic. Yes, all this Catholic folk magic, and it's, it's great, and it's very effective, and I have since, you know, learned a lot more. But it was, it was something that was surprising for me at the time.

S

Speaker 2 09:44

Yeah, yeah, absolutely. And, you know, it's really interesting because, yeah, when you start digging into specifically Old Saint stories, things like that there, I mean, no different, no. Different than we have Saint Blaise, the patron saint of sore throat sufferers. There's a patron saint for everything, you know, and it's no different than there were minor deities and things like that. And don't get me wrong people, I know that there's a vast difference between a minor deity and a saint, okay, but when you're talking about the devotion of somebody to something in order to attain that, that is no different than lighting a devotional candle on an altar, be it an altar to the juniper tree outside and that was something that, even whenever I taught CCE this time of year, we would always talk about the very close connection between Día de los Muertos and All Saints Day, All Souls Day, sure, and those, those celebrations and Halloween, but also the idea of the the whole concept of decorating a Christmas tree comes straight out of Wicca, like it is pulled directly out of the the Wiccan tradition of let's, let's give sacrifice of animal parts to mother nature and to Gaia, to the tree that stays green through the winter so that we have a good harvest next year.

S

Speaker 3 11:26

There are different different forms of tree decoration, even now, there are, you know, offerings to fairies, requests for healing that involve tying cloths to trees. And often you'll see this or Wells, and you tie a little cloth with the intention that, as the cloth deteriorates, so will your illness.

S

Speaker 2 11:52

Yeah, yeah, exactly. And I think that. And these

S

Speaker 3 11:56

are ancient, ancient beliefs, yeah, you know Ancient well, we don't even know how old, and

S

Speaker 2 12:03

that's just it that that's one of the misconceptions that I want to get out of people's brains and separate because I mean quite literally, it's what read to the LED to the malleus Maleficarum and the the the hammer of witches and and the Salem Witch Trials was the same fervency that we have in today's society, where people are willing to point the finger at something strange that they do not understand out of a means of fear and akin it to, and attach it to things like Satanism and animal sacrifice and stuff like that. It's like, whoa, whoa, hold on. These are, these are separate things, bloodletting and stuff like that, is not practiced in typical witchcraft in that kind of way. So, yeah, yeah, that that misunderstanding. And one of the things that I wanted to bring up, and once again, like here's here's examples, like runes, tarot cards, that kind of stuff. Yes, used used by other societies and and used by their shamans, that kind of stuff. Even cowry beads, that kind of thing. But going to a diviner, even going to somebody who did, oh, my god, the name just left my head, the evisceration in ancient Rome, where they would read the entry,

S

Speaker 3 13:33

oh yeah, the the augers, yeah, yeah, yeah.

S

Speaker 2 13:38

Even that was, was different than going to your local witch for a healing or for a poultice or something like that.

S

Speaker 3 13:47

Oh, you know, it's like, I don't know if this is a good comparison, but you know, there are medical specialists. Sometimes you need a podiatrist. Sometimes you have an eye, ear and nose issue, yeah. And you may have different kinds of magical issues, where you need a general practitioner, you need a specialist, you you know, and a reputable practitioner will tell you, Oh, in the same way that a podiatrist will tell you, I can't really work on your ear, you know, they may recommend you to somebody else, you know, to give a referral. It is that I always tell people, it is, it's a service. When you go to a card reader or a rune caster or somebody who's doing some sort of a service for you, it is okay to ask for referrals in the same way that, you know, you wouldn't just let a plumber work on your kitchen without getting some sort of a referral or, you know, but witchcraft and magic is such a secret process. Practice, and so many people are embarrassed about it that they don't ask, and that leaves them open to being taken advantage of. I can tell you, inevitably, I have done a lot of teaching all over the US, and there's always someone who gives you a hard time. There's always someone that you know, the the skeptic with the capital S, and they are giving you a hard time with you know what you're and then at some point after the class, you go into the bathroom, and that person follows you in there and says, Well, I didn't want to say anything in front of the other people, but I really need help.

S

Speaker 2 15:42

Yeah, yeah. And you know that that brings up a very interesting point, and that is that is the idea of, do you have to believe now for magic to work?

S

Speaker 3 15:56

No, no. If no, that's like saying you have to believe in an aspirin for it to work. It might not work, but it's got nothing to do with your belief. There are all sorts of reasons why it might not work. Well,

S

Speaker 2 16:10

let's, let's start getting into that real quick. Because, I mean, of course, I think, much like, much like any prayer, things like that, I think a lot of things come down to a an open minded, open hearted interpretation.

S

Speaker 3 16:26

I was taught, do you know what the difference is between a prayer and a spell please? A prayer is a request and a spell is a demand.



16:36

Interesting. Yeah. And

S

Speaker 3 16:38

I, I was taught that long ago, and I find that it is, it is true. A prayer is often Thy will be done. Yeah, and a spell. And a lot of people come to spells because of some sort of a desperate situation where they're they either really want something or they're very afraid of something, they don't want something, and the conventional, the conventional resources, aren't working, and so it's a little bit of a What have I got to lose? Let me try it. Yeah, and it's really my will be done. I can't I can't do this. I can't have this experience. I you know, idiopathic infertility, meaning that people don't know why they're you know, there's no conception, and the doctors can't tell you why, and you can't you. You've hit a point where they tell you they can't do anything for you, but you really want to have a baby. That's often a gateway into magical practice, desperation over money. Sure, I or you know, we need a transplant, some sort of a desperate situation, and nothing else is working, so you have nothing to lose. Let's try it. The worst thing that will happen is you'll be at the same place you were before. And that's often, yeah, the pathway

S

Speaker 2 18:14

now. And that brings up a very interesting point. No one of the one of the things that that through my years of esoteric study things like that, one of the many things that I have read is Kabbalah, and that that really changed a lot of concept for me, and also tied a lot of these things together for me, especially the idea that you're talking about The difference between a request and a demand and for those of you who are out there and saying like it's beyond your means to demand, no, it is not, and I'll tell you why, and it's a Kabbalistic reason, and that is because you, amongst all of creation, according to The Kabbalah, were uniquely breathed life into by the Creator. And because creation was spoken into being, and things were spoken into being, not like cobbled together, he didn't, he didn't make light out of clay. He said, Be Light. And it was so. Because the creator is able to do that. You are able to do that because you share in that creative spirit, which is what separates us from the animals. Beyond having soul or anything like that, or spirit or higher elevation of intelligence, it's the fact of we can speak and bring things into being with our speaking.

S

Speaker 3 19:43

So, yeah, right. And one of the tenets of magic is to be very careful with your words. Yeah, because you can speak things into creation and words, once released, you can't really take them

S

Speaker 2 19:56

back. Yeah, you can unring a bell. You can't,

U

19:59

you can't. Can ring the bell exactly,

S

Speaker 2 20:02

and that that brings us, I think, into some important territory, something that I've always caveated people with, and that's, hey, whether, whether you're, you can, you can read things out of the, you know, greater, lesser Key of Solomon, all kinds of things. Just don't go, don't go scrawling things on the ground with intent. You know, be careful. Be careful what you start doing in that right? Because at that point you are putting full intent into something, and you are doing that magical intent, even the idea of my candles i Burn, typically, a candle a day while I sit here at my desk. That was a request from an old friend, Rocky, who was like, You should light a candle every day for five minutes, just if anything, to bring light into the world, but also to remind you that there is light, no matter what, that there's light. And in the last year, I have taken, and I've I've known of it for years. I've seen kits, all kinds of things, judica but in the last year, I have taken to actually inscribing on my candles as as I put a prayer into that candle, drawing, a drawing, a symbol that means something to me, and am putting that on there and saying, with this candle, I intend this. I put this out into the universe, and I ring this bell with this candle. And I do that every day. Practice. My son does one. It's his wish candle when he goes to bed things like that. But the idea of Yes, putting that intent out there, and that that's different than a prayer, I'm not hoping, right, that this happens. There's, there's a difference there, and there's a very distinct difference there, like this. This is, it's not a, I hope this happens. It's a, it's a cementing of the fact that this is yeah, and I think that there's a lot of people out there who have, who have spiritual problem with that. Let's just say, how do you how do we begin to, I guess, allay fears of people, to let them know that that's not really the evil, the gateway to true evil in that kind of way,

S

Speaker 3 22:34

the magical arts have been victims of bad press for 1000s of years, absolutely, you know, going back to pagan Rome, you know, the historians will tell you that the first witch, witch trial or witch hunt, isn't pagan Rome, as far as being a document, as far as we know.

U

23:01

And to some extent, I think, and this is my theory,

S

Speaker 3 23:07

the authorities, once there is a sort of centralized authority, whether it's a secular or a spiritual or religious, they are not happy with shamans or witches because they're not obedient. And I think that is the key issue. It's not necessarily evil, yeah. I mean, and we can go back, you know? I mean, I use example, the Bible, the Witch of Endor, the medium of Endor, yeah, she's she's not a fraud, she's not someone strange, and she's not evil. She does what she's asked to do, and after she delivers bad news, what does she do? She cooks him a meal. Yeah, she doesn't have to. So I do understand ambivalence. The ambivalence is also that, I mean, if you not looking at witchcraft today, where you can go into a store and almost or go online and you can buy a candle burning kit or a book. But go back 1000s of years, 3000 4000 the people who were spiritual leaders, shamans, witches, what we would call and it goes back to old iron working clans. They knew things. They knew things other people didn't. They knew which plants did what, which plants healed, which plants were poisonous, which plants were the antidotes, which plants were psychotropic. How do you mine safely? I. The spiritual level, because you're going into Earth and you're pulling out things, yeah, and how do you do it safely? And nobody likes people who know more than you do it. I mean, I mean yes, when you need them, but otherwise it can make you nervous, yeah, so I do recognize that ambivalence. But then you have, you know, if you can go through through history, you know early China kills their shamans, they you know kings and emperors, and they tell you to make it rain, and you don't, or they ask you a question and you give an honest answer. I'm a card reader, and I do warn people. I will tell you, I deliver things gently. I've learned I've been doing this for a long time, but I will tell you what's in the cards. I I don't think you can be a card reader and lie, because I think you'll lose your gift. It is, it is a privilege and a blessing to be able to have that psychic connection, and if you misuse it, I think you will lose that ability. So you have to be honest, if you like, to continue to do it. But that means that sometimes you tell people things they don't want to hear. Yep. And, you know, authority doesn't you know they want you to tell they want you to say what they want you to say. Well,

S

Speaker 2 26:34

yeah, yeah. And, and, you know, there were, there were definitely, especially within the Catholic Church, sorry, folks, there were a lot of means of control there. There were a lot of, I mean, even even the fact of you, you come to salvation through that and that alone. Whereas even when you look, even when you look in the Old Testament, things like that, it's you take all the plants, use them. Use the use them for all means, what? What you avoid, necromancy, you know, like, Don't commune with the dead. Sure.

S

Speaker 3 27:13

I mean necromancy. What that means is prophesying with the dead. Yeah, and people tend to think that means digging a bones or desecrating cemeteries. But if you have ever wished to have a dream of grandma, yeah, you know, if you have ever wanted to ask grandma, where did you hide the silverware? That's necromancy,

S

Speaker 2 27:38

well, and, you know that's, it's, Hey, judica, call me crazy whether or not I use a Ouija board. I have a one in my house.



27:52

And I mean, a Ouija board is, ultimately,



27:58

it's a board with it.

S

Speaker 2 27:59

Nothing more, yeah, nothing more. Once again, it's the intent

S

Speaker 3 28:03

not to freak people out. I mean, can it be used as a portal? Sure, absolutely. But so can a mirror,

S

Speaker 2 28:11

that's right. So can a mirror, so can a wreath of holly. If you wanted to, like you could take sticks and make a square and say, Hey, man, this is my portal, if you want to, it is what you're empowering and putting that vibration into,



28:31

right, right? So,

S

Speaker 3 28:34

you know, it could just be a board. There are these beautiful spirit boards that are hand painted. They're beautiful, and people use them as works of art, and they never, they never use them for anything else. It's just a painted board. But there are people who use mirrors, absolutely, glasses of water. Yeah, there's the old you can polish, polish your thumbnail and gaze into it absolutely, you know, so somebody really wants to do it.

P

29:07

It's very hard to it's very difficult to stop someone.

S

Speaker 2 29:11

And you know, it's interesting that you bring that up, because I actually have sitting right here on my desk, my gazing crystal, which I do not use. Just so, you know, folks, I do not use that in any way, shape or form, for, quote, scrying the future. I respond to the future as as a karate expert would, as it comes to me, I have no interest in scrying the future, things like that. What I use it for is a point of meditation and a point of a point of direct focus, no different than carrying my crystal in my pocket on the daily, whenever I go out in the world, it is a point of grounding and connection for me, which is, once again, what the intent is, A. Um, you could put all kinds of intent behind your crystals, or what have you, but it's the intent and that vibration and that that brings us to something like you, which I think is really important, which is one of the main, at least traditional rules of witchcraft, which is that that threefold rule, the idea that you know any energy you put out goes around three times and comes back, kind of in a boomerang fashion.

P

30:28

And I remember the go ahead

P

30:31

I was gonna say that's the variant of what you reap your show. So,

S

Speaker 2 30:34

yeah, oh, absolutely, absolutely. And that's just it, you know. And there was, I remember I told you there would be one political moment here, but it's, it's not a red, blue moment. It's a it's a consequence moment. Because I remember during the first Trump election, there was a coven of witches that was casting a spell again. And then during the second election, they did it again. And it's one of those like, Hey man, you want to, you want to quit casting ill intended spells around it just, it was one of those, like, pretty sure you're supposed to, like, do no harm, kind of in that doctor kind of way. Well,

S

Speaker 3 31:13

that is, that is, there is a difference between witch, witchcraft and Wicca, yes, and the Juno harm. Is that's not necessarily true of everyone, but I will say, as someone who writes about spell casting

P

31:34

teaches methods

P

31:38

it is much more effective.

S

Speaker 3 31:42

I of the the more detailed and personal you can make a spell, the more likely it is to work you should be able to visualize it. Yeah, and that's why it is a lot easier to cast a spell for peace in your home. Yes, that's very horrible. And peace in the whole world, that's, I mean, what is peace in the whole world? Even look like you should be able to to see, you know, you should have a personal goal that you want and that you can really see accurately. And the so, you know, healing somebody, you know, is a lot more so, and so is in the hospital. And I love them, and I want them to get better. Most spells are positive. I and I think it is better to work from if you work from love and respect, yes, will be okay? Yes. Angry people cast angry spells. Angry people do a lot of things. Yeah, yeah. Angry people shouldn't drive cars, either,

P

33:02

not when they're angry.

S

Speaker 2 33:04

Truth, absolutely, yeah, absolutely. And that

S

Speaker 3 33:08

is a surgeon operating on me if he was in a really, really, really bad mood, yeah. So it is, you know, the thing with spell casting and magic and witchcraft is it is real life, and for a lot of people, it's a fantasy, or it's like one night a year Halloween, yeah, but this is some of our oldest human behavior. We see archeologists and anthropologists. They look at Neanderthal burials. They had rituals absolutely, you know. So this is something we're very hard wired to, and depending on the culture, this might be part of your everyday life, or it might be something you want to avoid, but it is very much human behavior, and it is better if you are doing it, if you're going to do it, you should do it in a constructive, and I would say loving way,

S

Speaker 2 34:12

absolutely, absolutely, you know, you, you bring up a really good point, and That is, that is the craft, end of witchcraft, because things that, especially in traditional witchcraft, were never attained easily. They were never it was nothing was ever rushed, even in even if you look at the fact of a candle, this is a little bit different, like these are Shabbat candles, straight, bees, wax, things like that, you know. But I buy these off Amazon. Now, if you were doing this in a traditional way, and I was coming to see you, judica and you would be, you know, making a candle for my hand, fasting with my bride to be, you would. Literally be putting that magical, beautiful intent into every single dip

U

35:08

I would make a candle from scratch. And

S

Speaker 2 35:11

that's just it. The idea of like that, that spell is woven and that intent is put into every single time you dip the wax. It's another layer of that and and it builds on it like rings on a tree. The power of that spell builds in that kind

S

Speaker 3 35:29

of way. You know, even the candle that you have, these things have become very accessible to us. 300 years ago, a wax candle was very expensive, absolutely, you know, people who use tallow, or, yep, oil, they would put a wick in oil to have a candle that that was prohibitively expensive to burn a candle. Yeah, every day and things like, you know, salt is such a magically powerful item, yeah? And now you go to a fast food, you know, you drive, go through the drive through at any fast food place, and they are throwing packets of salt and pepper by in your bag like it's nothing by

S

Speaker 2 36:14

kosher pound by the hat or kosher salt by the half pound for five bucks. You know, things like that, right,

S

Speaker 3 36:21

right? Yeah, right, but it wasn't. And the reason people like to use kosher salt for spells is because it's blessed, yeah, you know, so

S

Speaker 2 36:32

well. It's prepared in a very traditional way as well. You know, it's the fact of like you were still hard evaporating that salt water to make it happen the same way they did in the desert. It is

S

Speaker 3 36:43

prepared in a mindful way. Yeah, yeah, a lot of things that. And of course, salt is, you know, the word salary derives from salt the same word, you know, people worth their salt. It was, it was expensive, yeah, and precious. And now these things are, we don't really necessarily respect it as much as we should, or value it as much as we should. The ability to sort of see the magic and what have become common everyday things that's very valuable well, and

S

Speaker 2 37:18

you know, especially when you're looking at even, even the idea of Black Candle versus white candle, things like that. Why? Why different colors for different spells, judica for different intent, things like that. This is no dark intent. Everybody, just so, yeah, because it's black,

S

Speaker 3 37:40

I always caution people to not to put values on colors. The sort of core belief of magical philosophy is that everything radiates some kind of a power, whether it's a color a number, the ancient Greeks thought vowels had more power than consonants, and they radiate this power. And so you you kind of want to organize this stuff so that it is doing what you want it to do. And the example I usually give is we have all walked into a room and felt happy something. It could be the perfume, it could be the color of the walls. We felt happy in that room. And we've all walked into a room and it's often a doctor's office, their waiting room and have felt uncomfortable, yeah, and sometimes what we need to do is just rearrange things, move the chairs around, you know, do something, and you will, you will feel better. But that's a magical act. And so the different colors radiate different powers, and they're often not what people expect. Black is actually traditionally a color of protection, yep. In ancient Egypt, what we what we would call black magic, they called it red magic. Versus in other cultures, red is, is an extremely positive color, but for the Egyptians, it was an ambivalent color. So you can't necessarily assume that this, this is a bad color and this is a good color. They're they're all beautiful colors. The world is full of colors, yeah, and they just all kind of radiate a different force,

S

Speaker 2 39:44

Indeed, indeed, and even even the idea of once again, going back to herbology, and even even the idea of astrology and its connection with that, it was, it was very common to know. Which, which herbs and things were blooming or even had their best medicinal value different during different cycles of the nighttime sky, things like that. So sure,

P

40:13

yeah. Well, you know, you mentioned before

S

Speaker 3 40:17

the the veil being sheer, being thin at this time of year. But if you follow astrological sites, all, a significant number of planets are now in astrological water signs, which intensifies the sheerness of the veil. And when we say the veil, for people who are not familiar, you know, there this sort of belief that there, there, there are many realms. You know, the human beings live in a realm we have, the mortal realm, but spirits maybe live in a different realm. And there are different realms of the dead, like where, you know, you know, different people might go to different afterlife realms. And I'm not just a heaven and a hell, but a positive like, you know, Italian afterlife versus Chinese afterlife versus Jewish afterlife versus, you know, you can and what separates them? It's like a curtain. It's like, it's like a big catering hall where they might be having different functions going on at the same time, and they're but there are dividers, walls between them, or curtains between them, and at some times of the year that they'll kind of gets very sheer, which means you can crash another party, or they could come to visit you. And so you may find at those times of the year, you find yourself thinking of your loved ones who are no longer here more than you do at other times. And maybe you miss your mom, and then you kind of think you saw a glimpse of her, you know, maybe in the kitchen, where she you used to see her. And you come downstairs and it's like, oh, look, there's mom at the stove again. And then you realize she's not. It's, you know, is it just a trick of the mind, or is it that sheerness of the veil? And if you, if you do want to speak to loved ones, or dream of loved ones who are no longer with us, it's a it's an easier time to do it than at other times

S

Speaker 2 42:33

interesting. Now let's explore that for a minute, because, once again, that idea of being able to connect that idea of, how do we connect? How do we begin that connection, even even with ourselves, which we'll be getting into in the next I've I wanted to pair this with Keith click, our next guest, because a lot of his work with eight mindset is teaching people that situational awareness in the real world, and that's something that I used to try to teach my CCE kids all the time was the the example I gave was a kite string, and the fact of one day, you will walk into a room with your friends and you will feel that kite string Pull. And it may be good, it may be bad, but when you turn around and tell your friends, that will be the immediate measure of their friendship, because if they don't listen to you, or your need to leave the room, or whatever, you need to hard consider that friendship right now, because they may not have your best interest at heart, and that tuning into that, that being aware of that, that literal, synchronous, very small, tiny moment, but being open to that, being open to that moment of when to do things and and, you know, It's interesting, because, yes, when you start getting into high magic, when you start getting into things like solemn magic and that kind of stuff, it is very specific as to when these things are done, like down, down to the astrological minute, like it must be during this Day of a full moon during the time of mercury and things like that. So it's it's fascinating to see those alignments between things. How do people begin to tune themselves in to that moment?

S**Speaker 3 44:36**

Well, I think people have callings, and you have to sort of listen to yourself. You find that you have proclivities. Some people, I mean, my sister brought home a deck of tarot cards when I was six, and I fell in love with them. But other people might fall in love with something else. Yes. And some people fall in love with that high magic, that ceremonial magic, yeah, and other people fall in love with kitchen witchcraft, you know, casting your spell with what's in your kitchen. So a lot of it is a reflection of yourself. For people who are interested in that high ritual magic, ceremonial magic that is very literate magic. It is the magic of educated people. And so there are resources. There are almanacs and books called ephemerides, which are tables and tables of astrological, you know, occurrences you could look up.

P

45:49

I want to get married in June of 2027,

S**Speaker 3 45:53**

and you can go on the, you know, and find, find an appropriate aspect. So you can learn that you there are resources for that. That is, I don't want to say it's not instinctive or intuitive, because there is an element of instinct and intuition in it, but it's also educated. I do. I mean, you said something very interesting before, Chris about not, you know, not drawing like symbols or words in the earth, yeah, yeah. I always caution people. And I, you know, this is important. Don't say anything you don't understand. Yes, be careful for words and languages you don't understand. Be careful, you know, abracadabra actually means something. I mean it is in my book of 5000 spells, or Hocus Pocus, or all these words, they come from someplace. But sometimes people will give you words Alakazam, whatever it is, and you just say it because somebody else said it. Don't do that. You should know what you're saying, and if you you know, say in plain English, say what you want, and think about your words. If you have a goal, make sure that as you are expressing it, you're not being ambiguous, or you're not make sure you are your intent is what you really want. Yeah, you know your heart may want. You might be saying something because you think it's what you should want, but your heart wants something else, and so you need to, you need to explore those the right it is a diminishing spell to diminish illness.

S

Speaker 2 47:39

Yeah, yeah. Yeah. And, you know, like you said, understanding that, grasping that, and even it's something that I bring up regularly, being Roman Catholic, and coming from that, or sitting right over here on my shelf, is the rite of exorcism in Latin and things like that. It is rooted in high magic. It is, it is even, even the the regular psalmody that we read in the seminary of being a priest in the order of Melchizedek. Of old. Melchizedek was like the high priest of high priests. He was the one that taught the magical ways to the high priest of this is how you treat the Ark of the Covenant so that you can safely touch it. This is, this is the breastplate that you wear with the protective rocks of minerals on it that that create the chest plate of the high priests, things like that.

S

Speaker 3 48:37

Some people don't like the semantics. You know, we might call it something else, yeah, but songs have been used in magical practice. Absolutely existed, and there are tables, you know, this spell, this psalm, you know, recite this psalm this many times for protection, yeah, recite the psalm this many times for prosperity or healing, or, you know, so it is, it is, it is a significant magical the line between religion and the magical arts is very thin, sometimes Absolutely,

S

Speaker 2 49:17

absolutely, and that is, that is a Very, very beautiful way to put that, because they truly are one in the same, even, even in the fact of you have entrusted your path to the priest to to instruct you how to get there. That's That's no different than asking Merlin for direction along your way. You know, when you when you get down and boil it like you said, boil it down to semantics. That's exactly what it is. It is, it is the same thing. And yeah, even the idea of watching what you say, that rings right back to what we were saying before. About be being careful with your words, because your words vibrate. They move into the universe, and they move the universe. That's a I have, even in the last two years, judica taken a hard line on on the commandment of taking the Lord's name in vain. And my line is this, it's it's not using curse words or saying God in that kind of way. What it is is the fact of you were given this. You were bestowed that above all creation,

P

50:42

the angels can't make things.

S

Speaker 2 50:45

They can't do that. We can command them the same way, same way Solomon did. We are given the power over them. So the fact that we are given that power of creation in the universe means probably 90% of the time that we are pleading to God to help us, we should actively be helping ourselves, and that is taking the Lord's name in vain, the fact that, like no, no, you should be able to handle this on your own. I've given you the tool to do it. When you're not able to manifest it. That's when you come to me. But I've given you the tools of manifestation. I've given you this means by which to vibrate the universe and change it around. You go, do it, Be fruitful, multiply. You know, in that kind of way, and that that is now my interpretation of of that is the fact of we are supposed to be doing that ourselves, all of us. Well, you

S

Speaker 3 51:52

know, there is a parallel without the spell casting, it's not enough to sit in your room. And you know, by tools and herbs and crystals and cast spells, let's say you are seeking employment. The spell itself is not enough. You also have to look for that job. You still got to look, right? You have to put yourself out there and go, That's right. You can, yeah, you know, you can pray to win the lottery. You can cast spells to win the lottery. Still gotta buy you have to buy a ticket.

S

Speaker 2 52:29

Buy a ticket. Yeah, and I used to tell that to my CCE kids all the time. You could pray, believe me, I tried. I prayed hard, and I put a lot of I put a lot of credits into the universe, space credits, as I call them, serving my God and serving my church. None of that made me learn geometry. I couldn't pass geometry by praying. I had to actively and God, oddly wanted me to study geometry. He'd love to know the means by which he'd like me to know about the means by which he created the universe. So please learn your geometry. Kids.

S

Speaker 3 53:06

These are complimentary. They are complimentary.

S

Speaker 2 53:10

They are you have to study. It's that, like you said, it is that high magic moment. And the idea of No, no, you're expected to excel now. You're now expected to be part of the advanced class in school, which means there's going to be a little bit more homework for you.

S

Speaker 3 53:26

There's going to be that geometry, yeah, you know, so computers do it now, but back in the day, you couldn't study astrology without knowing geometry. That's right, it's an integral part.

S

Speaker 2 53:43

Yeah, yeah, exactly. And, and, you know, it's funny, because when you start looking into those esoteric traditions that reach back, when you start looking into Masonic traditions, stuff like that, they really do ring a lot of these capital T truths that are universal, truths that are there across teachings. Jason quit is a good friend of this show, and his work is amazing, amazing about the relation of geometry and sacred geometry within the symbology of ancient Egypt and the astrological alignments, things like that, that are there because, yeah, you, you have to understand that it is the recurring cycle in the sky. And if, if you don't understand that you your society lives or dies by that, that's when you plant that's once again, when, even whenever we have Graham Phillips on, that's one of the things he talks about with like Stonehenge, things like that is, oh no, it was. It was a calendar that was made to be there to mark things like when, when mistletoe berries were actually useful and not just poisonous. Like, there's a very small. Window of time where they are medically useful. The rest of the time, they will kill you, but it's during a very specific phase of the moon, during a very specific time of year. And if you are not aware of that alignment, and if you are watching it in some kind of clock kind of way, you're going to miss it, and you may kill somebody, you know,

P

55:21

things like that. So

S

Speaker 3 55:22

it's that, is that, is that secret knowledge? Yeah, yeah. Some people knew what people had, you know, you have to have the trained eye to see it, yeah. And then other people attempt to mimic that. Or I don't have to pay the specialist. I'm going to do it myself. And, you know, and somebody dies, yeah. So it is a stressful

S

Speaker 2 55:48

and once again, I think it's, I think it's stressful for people to get things highly mixed up to and don't get me wrong, the teachings of Anton Levay are very interesting. The teachings of Aleister Crowley, things like that, absolutely fascinating. Feel free to read them, folks, but remember that what they were doing was different than traditional witchcraft. They were they were doing things in a very high magic, ceremonial kind of way, not in the traditional witching kind of way. And like you said earlier, as we've said with our friend Anne Selene, whenever we've had her on talking about things like this, you're talking about much more hearth magic, things like that, hearth and home, where you're talking about safety of family, keeping evil spirits away, that kind of thing, much more warding things off and welcoming good spirits.

S

Speaker 3 56:49

Yes, practical every day, yeah, practices that once upon a time. It is not like having to figure out that narrow window, yeah, when a mistletoe Berry is safe, it is things that maybe would have been done in every household as part of keeping a family safe and nourished and protected.

S

Speaker 2 57:16

Well, let's, let's chat about that in the last few minutes. How can people in in a non confrontational way, in that kind of thing, in a modern day and age? How can people apply these concepts to their household? How can they

U

57:36

affect their happy home in that

S

Speaker 3 57:39

I will leave you with a very simple one. It is actually a form of Russian spell casting that is known as very traditional old known as whispering. And it is while you're cooking to whisper blessings or desires. You know you serve someone a drink, and you know you whisper the words and you you know, and they don't have to be fancy words, and they don't, don't make them complicated, don't make them so long. Be healthy. Be well. Be happy. I hope you pass your pass your test today. You know, for a child, may the other children be nice to you. You know, even these little things that you do that consciousness, it will say that with the magical arts, even if not even if you do nothing else, it will sharpen your eyes and your ears, and maybe you will see when your child comes home and is troubled from school a little easier. And then you can take whatever kind of an action you feel is best, whether it is a practical, mundane action or a magical action. And a magical action could be some sort of a little amulet that you you know, that you encourage someone to wear, and I would tell you that it will have a magical impact, but if you don't believe that, it could also just give you more confidence, absolutely, the sense that you're protected and that you're loved, yeah, and that that's a very important thing.

S

Speaker 2 59:22

It's a hugely important thing. And something that we bring up regularly on the show, especially as a binaural beat musician, things like that, it's something I bring up regularly, is frequency is not just a sound or a color. It is your thought form. It is. How frequently are you thinking something good or bad? Good or bad? Because once again, every time you think it, you're ringing the bell, you know, and you can't take that back. You can't take the ring, the bringing of the bell back. It's out there in the universe. Now. It's vibrating. Did you? Did you think positively or negatively?

S

Speaker 3 1:00:05

You know, taking control, yeah, taking control of yourself. Absolutely, you're cooking and you're angry and you're stirring and your your emotions are going to the food. You can stop. And I am going, I am meeting people I love, even if they aggravate me, I want them to be well, I'm going to focus on, on that, yep, and it goes into the food, and they eat it, and it's just, it's just a process and a frequency.

S

Speaker 2 1:00:32

Yeah, yeah, absolutely. And, you know, I will say one of the, one of the ways I start my day every day, and I thank my brother for this. Oh, no, you can't really see it on the phone. It's called Galaxy Tarot. Maybe that'll be better. There you go. But I do not do spreads and things like that. Once again, I don't use Tarot for divination. I use it for meditation. And it's literally i i draw a single card, and I look at it, and I look for ways in which that message is echoed throughout my day, things like that. So whatever it takes for you to have that moment of presence of mind before you begin your day even, is very important. Judica We have to remember that we ground ourselves. So yeah, yeah. Thank you so much for your time tonight. It's been a great conversation. I greatly appreciate it absolutely. I look forward to having you back on again and again. These conversations, especially when it comes to manifestation in life, and bringing things to life in your life, I think, is one of the most important conversations out there, because it really is where, where we get to put ourselves into the universe, you know, and where, where we get to fold reality in the way that we need it to be folded, right? And we can do it. It's, it's absolutely amazing. So thank you so much for your time before we let you go. Let everybody know where they can go to contact you for services where they can come to contact you for lessons, where they can go to get books, everything else. Judica, well,

S

Speaker 3 1:02:23

my books are available, really, wherever, wherever fine books are sold. I am lucky. I have publishers with great distribution, and I am I'm online, I'm on Facebook, I'm on Twitter, I'm on Instagram. I have a website that needs a little bit of work, but I'm told it's, you know, semi functional, and I don't think I am teaching for the rest of the year, that I will probably be teaching some classes in 2026

S

Speaker 2 1:02:52

Fantastic, fantastic. Well, once again, I want to thank you for your time tonight. It's been great. We'll be in touch with links for the show, everything else you take care, and we look forward to having you on again.

S

Speaker 3 1:03:05

Thank you so much. Thank you, Chris, absolutely take care.

S**Speaker 2 1:03:08**

Judica man, incredible conversation. Everybody. Make sure to stop on by. Judica ilis.com is where you can find judica That is where you can find her Encyclopedia of 5000 spells, as well as the Encyclopedia of witchcraft and so much more. When we come back from this quick commercial break, everybody, we will be joined by Keith click of ape mindset.com we will be talking about situational awareness, not only situational awareness in the world around us and how to tell good from bad, that kind of stuff, but also situational awareness within the paranormal community, how you can begin to separate wheat from chaff with the stories out there, especially things Like three i Atlas and all that kind of stuff. We will be right back after this quick break with Keith click from ape mindset.com right after this,

S**Speaker 2 1:04:16**

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, squashing in a back room gathering EVPs or using high tech gear to track UFO, UAP activity this easy to carry pocket size, 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,

S**Speaker 4 1:05:22**

you Well,

S

Speaker 2 1:05:37

hello everybody, and welcome back from that quick commercial Break. Thank you so much for staying tuned. And also, thank you so much to our sponsors, especially true hemp science. If you are a user of CBD products like I am, stop on by true him science today, they are your source for amazing CBD products. I have traveled the country, going to various dispensaries during my time on the road over the last decade, and true him, science has some of the most amazing products that I have found. Christopher Lynch and true him, science use a spideric process where every part of the plant is used and reused, everything from the buds and leaves to the stems to the seeds to the roots, every part used combusted, reused and combusted and reused again to provide an amazing spideric product full of terpene profiles, great benefits. Stop on by check them out. True hemp science.com. Is the website that you want to go to to save 7% off your entire car to \$50 or more with the code curious seven and get two. Count them, two free edibles on your way out the door. Our guest in this segment is the amazing Keith click. He is the founder of ape mindset.com we met Keith at the Psy games this last year, and I thought it was amazing that he is actively out there with ape mindset, teaching people in the everyday world, not only situational awareness, but the idea of intuition as part of that situational awareness, the idea of being connected to not only yourself, but the way you're connected to the world around you, which is one of the most important things that we talk about on this show. Welcome back, Keith, how are you doing? My friend, good. Christopher, thank you for having me back. I am excited to have you back. This, this, I think, is some of the most important stuff in the world. I mean a self realization and actualization, especially as a male in America, is hard enough to begin with, but it really is the root of so many solutions to things like we talked about last time we had you on personal anxiety, things like that. It is that situational awareness of knowing yourself your body, and knowing the physiological response of your body to the space around

P

1:08:08

you. Yeah.

S

Speaker 2 1:08:11

So how did you first come because we're going to talk a little bit tonight, folks, not only about that situational awareness in in situations, public situations, but also situational awareness when it comes to paranormal communities, when it comes to feeling things out in communities, when it comes to separating wheat from chaff, truth, fact from fiction. There has been so much like we've been talking a lot lately, Keith, as you've probably seen in our groups, about three i Atlas, things like that. And there, there is such an easy a point of division that happens with these topics. But also B, the want of tunneling of the brain, the way that it feeds into the brain, and the way that that a creates a click monster, but B also creates almost a Frankenstein's monster, a golem of manifesting negative things and bringing about negative things. And it's strange to see. How did you how did you first come to the world of situational awareness? How did you come to the world of statement, analysis, things like that?



Keith, yeah, I mean, I think you touched on it a little bit just now. We talked a lot when we were together here a few months ago. But really it was, it was understanding myself and understanding how I navigated the world. I had horrible anxiety, whether it was situational general, it was just anxiety in my mind, and it was it was holding me back, and I didn't really understand it. I didn't know why or what was causing it. So I'm somebody who is I'm driven, I am motivated. Needed. I'm resourceful. So I just went, you know, as we all say, I deep, dived right into it. So the original the start, was to understand myself better. But as I started understanding why I felt the way I did, why my body was doing what it was doing, why I felt certain ways. When I was out in public, around certain people in certain situations, it started to somewhat make sense to me. And I said, Wow, if I feel this way, and if other people have to feel this way, and if I can see this in another person, then I'm going to be able to recognize that. And if I can recognize that, I'll understand, oh, that person's feeling the same way I'm feeling. That's someone I can gravitate towards. So it's kind of building that tribe, that connection, which is important to us and that's important to our safety. So again, you know that that hyper vigilance allowed me to seek out other people that looked stressed, anxious, and that's who I would gravitate towards. And then, you know, I got good at that. Well, I said, Well, what is every because I was only locked in on that, because my brain was focused in on I needed, what was familiar, what was safe for me. But as I got more comfortable in my own skin and comfortable around other people, I started thinking, well, what are the other people doing? Are the other people watching me? Are they looking at me? Do they know I'm only seeking out folks that are stressed and anxious like I am? And I started looking at everybody, and the one big takeaway was, no one's paying attention to you whatsoever. Yeah, they're not. They're in their own worlds. They're thinking about their day to day life. They're running on autopilot. It took me a little while to understand that, but as I was watching other folks, I watched their interactions with each other, and I didn't know it at the time, until I started training with folks that have a whole lot more knowledge than I do, but I didn't know it at the time, but I was actually weaponizing my hyper vigilance. I was weaponizing my anxiety, and I was getting really good at it, and this is something that we can touch on later. I can go a little deeper into right now. What I was doing was actually conditioning myself to operate under stress, to operate within that anxiety and still look like I was okay, I was normal. I'm not saying that's healthy whatsoever, yeah, but, but it's the same thing that we do with military and all that we You're conditioned. That's right, yeah, under under that, under that stress. Again, at the time, I didn't know that. As I started training and learning from the real, you know, the folks that teach this, I was I was ready, and I was really good at it. And that was the moment that it got real for me. I was like, Wow, I'm no longer just an anxious child, teenager, adult. I'm somebody now that through my own, whatever it is, my own necessity to just stay alive in this world, conditioned myself to operate at the highest level under stress and anxiety. And that's exactly what, you know, folks are looking for when they want to send somebody in to do something that's would normally stress out somebody, or they would cave, you know, I could, yeah, I could go in and I could turn things on and off. I could become different, you know, because I was okay with it, because I'd learned to operate. My heart rate wouldn't go up, I wouldn't sweat, I wouldn't get nervous. I would I could have a normal conversation, and, you know, have whatever I needed to tell that person. I could tell them, and it was, it would just roll right off, because, well, I was used to being stressed, and I was used to operating in that level. Now it was it was okay. I understood it as now it almost became a game for me. It became a way that I was winning. You know, I had somewhat beat it, without pharmaceuticals, without anything yet. Well, one because I was stubborn, but the other reason was I just truly wanted to to navigate the world without that feeling and learning, learning how to do it. You know, purposefully, man made made the way it changed everything well.

S

Speaker 2 1:14:34

And you know, we had a lot of discussion during our during your last appearance, about consent, and the idea of consenting your thought form, and especially the frequency of thought form, into that, whether it's good or negative, you know, and yes, I would say it is. It is a huge part, especially of military conditioning field. Military conditioning, the. Idea of being able to still operate under stress, being able to still perform under stress, and it's not an easy thing to do. A lot of people think it's an easy thing to do. It really isn't, and that's where a lot of behaviors, a lot of things really come bubbling up to the surface is when those moments of stress not only hit, but when those moments of stress are also questioned. You know, which is, which is where you can start getting into that statement analysis, part of things, that idea of and there, there are two different concepts when you're when you're taking a statement. We, we talked a little bit about this with Joe Franks from while we were at the remote viewing Association this year. There is a, there's, of course, good cop, bad cop. You know that idea of coming in and just understanding and being empathetic and things like that. But there are some people who that is a disingenuous vibration coming off of them. And then there are other people who are amazing bad cops. And then there are people like me who, you know, when I play bad cop, it kind of shows that I'm playing bad cop, you know? And it's funny, because, yeah, you you can flip that on and off, but at the same time, there is it still an initial emotion inside of there that you can kind of Intuit and get into and, and that's kind of what I want to talk about, especially when it comes to the paranormal, you know, because there is that not asking confrontational questions, like I've come up with the the protocol For the first group therapy, kind of AA style. And the idea is not asking questions, letting people talk, letting people be forthcoming, not not being confrontational with them, things like that. But there also comes a time, especially when you're taking a statement, when you're talking to a witness in a statement kind of way, in an investigative kind of way, where you may have to confront their belief system, you may have to confront their experience with a hard and honest question that you need answered. You know, so how do you begin to a onboard that person to that concept? Because you really do have to, kind of, each person is a different critter that you have to lure onto the ramp of that point of the conversation. But how do you begin to, I guess, spot that deception whenever you see it.

S

Speaker 5 1:17:56

Keith, yeah, so before you even get into spotting deception, because, you know, there's no absolute when it comes to spotting deception. So really, what you're looking for is change and behavior clusters. Culture plays a big background in this, but it's really that change. So first things, first, when you when you meet someone, or when you're inviting them in for an interview, or you have to walk into a room where they already are. There are some standard, some protocol that you will see, whether it's a interview or an interrogation, a full on interrogation, but ideally, as the as the the person doing the questioning you want to all you want to establish authority and compliance. Right off the bat, the human brain is designed to follow authority. Humans are the only species that will follow an unstable leader. That's how conditioned we are to follow authority. And so the moment you have, you know you're talking to, let's say, a bad guy, and you're you're in a suit, you have a badge, you're in a police station. You know, you brought them down in a cop car. You've already, you've managed to establish authority, right? So now you need compliance, and the good cop, bad cop. It works on TV. And I think, you know, in some cases it works. And, you know, I think we, I think our government got in trouble a little while ago trying to do the good cop, bad cop thing.



1:19:32

Yeah, to the extreme, yeah.

S

Speaker 5 1:19:36

But, you know, to, just, to just give a little history on some of this questioning an interrogation. We learned all of our interrogation techniques from a Nazi officer that came over that we invited over, and he taught us how to do this because they were interrogating our soldiers, and he was getting all this information by simply just talking, by walking around the courtyard with these injured who. War fighters and just getting information, offering them cigarettes or juice, and getting tons of information, so again, but what he was doing, that we know now was he was building rapport, and he was building compliance. The moment I offer you something and you take it now, your brain is stuck in limbo, and it has this weird gap that it needs to feel, it needs to give something back to you, and it's that reciprocity. So I'm giving you juice. They ask you, would you like a water? You take it. I'm building compliance. So you're really being nice. You're building compliance and the authority. Now, after you you've settled in, you ask questions that you know there's absolutely no reason for this person to lie to you about, oh, okay, give me your birthday, your your name, date of birth, simple questions. They're going to give you the answers, and what you're doing is you're baselining. You know, you're going to hear all over the internet. You got to watch for the eyes. That's not again, that's that's not fully true. It's change. You're going to sometimes we go in this certain directions when we're looking for information, but it's not always 100% accurate. You have to get really good at baselining and identifying that for yourself, so you've established a baseline. Now you're going to get into some simple questions. You know, let's say you have a you want to give me a scenario, and I'll kind of go into like, how the how the questions would go, because you have a scenario in mind, and we can kind of work through that. So we can show the folks that even on the fly, you know, we can, I can do this, and it's

S

Speaker 2 1:21:47

absolutely, I would say you've actually posted a couple videos. Let's bring one of those up. Yeah, yeah. And this is, this is the first one of a lady who's been questioned.

U

1:22:00

Yeah. See here,

S

Speaker 5 1:22:02

the problem is, is your DNA is in his back wallet pocket. Oh yeah, inside his back wallet pocket. DNA doesn't lie. People do just tell the truth. Okay.

S

Speaker 5 1:22:29

Yeah, so that actually what you're seeing there, it's a quick 20, I think it's 27 seconds or 20 seconds. And it was a good clip, because it shows you what a person's doing. They've turned up the stress a little bit. They have the they have the answers, right? Yeah, so that's why they're asking these questions, and they present to her while your DNA was in his pocket. Now, an innocent person would say, No, it wasn't because it wasn't simple answer, no, it wasn't. She doesn't deny. She can't deny it because she doesn't know how much information they have, so now she's as a non answer. It's a non denial that's high that chart that I showed you earlier, yep, that's really high on the score of deception there. And if you start to cluster it together, yeah, that's Chase. Used the behavior table of elements you can download that that is awesome. Chase is an amazing dude, but it's very high on that. You have to score at least 11 or above to really start getting into deception. But all the way at the bottom, you'll see where it says na non answer, and it's a four. So we're already up there and we're not even done with the clip. Yeah. And then he, you know, he tells her, Listen, you really need to tell the truth here. She again, non answer, no denial. And she says something I think she says, like, well, I don't know how, or No, I didn't flip him over. That wasn't even relevant. Yeah, again, she can't she can't deny it, and she's given non answers. But the other cool thing there is the blink rate, and I added that in there. So your average human blink rate on a normal day, no stress, low stakes environment, is like 14 to 17 blinks per minute. When I was watching that, I think I counted 22 so a few times that, and then that small 20 seconds. So, you know, that's up in the 60s. That's when someone is extremely stressed out, when that blink rate is gone. And then,



1:24:33

yeah, there, there's a lot of blinking going on there.

S

Speaker 5 1:24:36

So, and then we have shutter speed. So shutter speed is the rate at which you close your eyes. And the reason why we do that your brain is unconsciously blocking things out, yeah, so we blink to, kind of like hide it and say, I can't believe I'm saying that, or that happened to me. Yeah. It's almost like a reset. It's, yeah, it's called an eye and my world is called an eye block, okay? And you'll you. Also see that too, when, let's say you were talking to somebody who, since October, it was domestic violence month. But if you were talking to somebody who's experienced some domestic violence when they're when they're being questioned about maybe the person that was abusing them, you know, they they might say something like, Well, you know it was, it was okay, nothing, it wasn't anything bad. But when they say that, and if they close their eyes and they do an eye block, I would note, okay, I'm going to let them finish, and then I'm going to go in and say, oh, you know it wasn't that bad, like, just, I'm going to listen information, because I know that's a red flag. I know it's an eye block. I know they're blocking something out, something happened, and again, I'm just going to simply, I would simply say, not that bad, that's it. And I would shut up. And they're going to fill that space, because silence, saying less is the key to getting more information.

S

Speaker 2 1:25:59

Explain that real quick, because I think that's very counterintuitive for a lot of people, silence is the way to get more.

S

Speaker 5 1:26:07

Yeah, explanation. So, so again, I said earlier, you're looking for change clusters and culture. So culturally, we all have a limited amount that we're willing to stay silent. And I think Americans actually have the least amount of patience, I believe, and we can fact check me, but I believe Japan or China, they may have the highest tolerance for to for for silence in between. But what's happening there is when two people are talking, you have that awkward moment, we call it, or that awkward silence. You feel. It's cognitive dissonance. You feel so uncomfortable inside that the only way to ease that is to say something, and then you speak. And it may it makes you feel better. I think you know they talk about it in sales. You know the person who speaks first loses right during the deal and stuff like that, but it truly just comes down to that uncomfortable feeling that you have inside. Because, again, it all comes down to safety and survival. When there's that awkward gap there, we feel like we're being judged, socially judged, you know, and we want to, we want to make up for that. We want to, we want to ease that tension.

S

Speaker 2 1:27:31

Wow, wow. According to this, Canadians and Americans are generally uncomfortable with more than a second, yeah, and I can tell you that is so much so I used to do a lot of recovery editing for podcasts, and that's what people would want to get rid of, more than anything, more than ums, uh, scammers, things like that, with silence, and it's like somebody is being contemplative at That moment. It's rarely the fact that, like, there's just a a dead lull in the conversation. Normally, somebody is, like, organically thinking about something. So even the idea of rushing that form of conversation, and even the idea, again, because I say it all the time, when people ask me, like, oh, you know, how long does it take you to edit an episode, I'm like, I don't edit. I volume match. I do things like that to curate the sound. But aside from that way, hey, if I went through and started really editing, man, I can make you say whatever the heck I wanted, Keith, you want to talk about, like, twisting words and stuff, like a good editor can, can do amazing things, and you will never, ever notice. And that becomes a dangerous thing in and of itself.

S

Speaker 5 1:28:47

Yeah, yeah, for sure, you know. So

S

Speaker 2 1:28:51

even that idea, once again, though of of the silence, even, even as somebody, and I'll use the term interrogation, but even as somebody interrogating, somebody asking questions in an experiential way, for for records or for getting an experience log from Somebody or or an experience report, you you have to wonder about that moment of silence. You know, about why that moment of silence is there, and once again, if you let that silence exist, how are they going to fill the space?

S

Speaker 5 1:29:36

Yeah, so silence. Can you know, actually, in a lot of these, I like a lot of these influencers that have courses where they're teaching people how to be more confident, or whatever, whatever they're calling it. They they sometimes try to teach people to use silence as a you. Technique, and it doesn't seem genuine. It can, it can, it can. It can get awkward. And if you apply that to interrogations or questioning someone, silence on the other end, could also mean that they're trying to put together a story, and you have to be able to again, pick that up through change and things that you know. So if I ask someone a question and they hesitate a little bit, well, hesitation again is a high sign of deception, because your brain is trying to put together the most attractive thing to say, to make you look the best, to make you look innocent, to make you look just the best, it's literally trying to put together the most attractive thing it possibly can. Yeah, and you said earlier, editing out those ums and that those are fillers. Again, that's buying your brain time. We all do it. You can, you can train that out of your your language too, yep. And that's that's powerful, because now you're a better communicator. You're when you're speaking to an audience, it's clear, again, saying less, getting more,