

Announcer:

Bulletproof Radio, a state of high performance.

Dave Asprey:

You're listening to Bulletproof Radio with Dave Asprey. This is part two of the episode with Paul Chek from the CHEK Institute. In this episode, a continuation of the previous one, we are going to go really deep on the metaphysical. We're going to talk about the earth, we're going to talk about life, we're going to talk about reincarnation, the nature of humanity and all other things that you probably didn't think you hear about from Paul.

This guy is a master. He is gone all very, very hippie, very deep, very plant medicine, all the way back to, how do I make a gold medalist happen? So exploring this whole conjunction of those two worlds in the same mind, it's fascinating and it's going to blow your mind. Paul, thanks for being here for part two.

Paul Chek:

Hey, it's absolutely a pleasure, Dave, and thank you for having me. I'm excited to share with you.

Dave:

Something that's interesting, I don't know if you or how much you talk about it in the scope of your work, but you're a registered, native American spirit guide and medicine man, and a native American traditional organization, a trained person, on top of all this other stuff. How did you incorporate the spiritual side of what you do and why did you choose a native American path given all the different things you could have done?

Paul:

Well, because that particular license, as a medicine man spirit guide allows me to use any natural substance in a healing ceremony run under the criteria of the native American Council. So that allows me the ability to run a ceremony and use non-synthesized plant medicines to help people or heal.

Dave:

For mostly traumatic healing and spiritual healing and things like that.

Paul:

Yes, I always have had the spiritual elements in all of my teachings and all of my practices. In fact, I spent my 15th summer with the monks learning all sorts of meditation techniques and going deep into a time with them asking them every question I could come up with learning how they did it. They were super holistic.

So many times Dave I've had people so complicated, even with my level of assessment skills, I would be going, "I haven't got a (beep) clue what's going on with this person." So through all my Tai Chi and meditation, I became clairvoyant, clairaudient, and clairsentient, and I'm also a remote viewer. I actually won to remote viewing contest with 750 people taught by the CAS rule viewing instruction [crosstalk 00:02:46]-

Dave:

Oh, you're working with those guys. That stuff is fascinating.

Paul:

I went to a course with them, but they had a contest and I won the contest. So what I would do, which I still do to this very day, is I just empty myself. I become completely empty. I become a sounding board of their consciousness. I let their feel permeate me and I turn my body and in into an instrument of receptivity.

So if all of a sudden I start feeling broken hearted, I know that's not me. If all of a sudden my small intestine starts locking up and tightening up and I feel anxious and nervous, I basically turned myself into a sensory perceptual instrument. Then as I'm doing this, I start by connecting to that person's soul, which in my language, just consciousness within. I dialogue with that person's soul and say, "I'm here to help your body mind heal. What is it that you would like me to know?"

Because a lot of this stuff is so out of the box for people, I would lay them face down on the table and I put my hands on their feet to connect to them. I would just open and go into receptive mode and open my clairvoyance. All of a sudden I might see video images of them being sexually or physically abused or verbally abused as a child. Countless is the number of people I've helped. I've got pin the tail right on the donkey and they turn over in tears, "Why are you asking me that question? How do you know that?"

Numerous times, it's been things like, their dog died and they're heartbroken and they really had a deep relationship with the dog. They don't realize now that their heart problem is because they haven't finished grieving from the loss of the dog. But meanwhile, the doctors want to split them open and put them on statin drugs and all this shit.

So once I teach them how to reconnect with the dog and look at this spiritually and they regain connection to the dog and can make amends with the dog and say goodbye, all of a sudden their problems are gone. Because they're actually alleviated of a spiritual stressor that medicine doesn't have a measuring stick for.

So how I do this is really to interface myself, which is why I have to take care of myself. I have to manage myself because if I'm too caught up in money, stress, or living like an idiot or getting caught in silly political bullshit, I can't free myself enough to empty the bone and become a drum skin that they can play. I've helped a long, long string of people that were at their wit's end and worked for many professional sports teams. When all the doctors and therapists just threw the towel in... I'll give you a perfect example of this.

One of my [inaudible 00:05:37] senior students got hired by the Canadian Olympic Committee because one of their top downhill skiers, this was right before I think, either the '92 Olympics ago. This guy he was having a long problem with chronic back pain and they had done everything they could do with this guy and they could not figure out how to get rid of his back pain. My student, who was a level four CHEK practitioners called me up and said, "Paul, I need your help. I just evaluated this guy," he gave me the whole case history. He said, "I can't find anything wrong with him, but he's got severe sciatic pain and it's really screwing his skiing up in the Olympic Committee is very worried because he's a gold medal hopeful."

So I just went silent and let my soul talk to me and my soul said, "Ask him how often he's pooping." I said, "Shane, ask him how often he's having a bowel movement." "Once every three days," was the answer. I said, the guy's constipated in the colon reflexes through the sciatic distribution. He's probably got fecal material adhering to the wall of the large intestine, which is triggering off the receptors. I said, "The colon has stretch receptors in it that reflexively inhibit the transverse abdominis

and the deep abdominal wall. So when a guy like that's backed up, he can't fire his core because the organ is actually supersede control in the motor system over the motor system itself."

Because if your organs fail, you die. If your back hurts, you're not going to die. So once the colon starts to stretch, it reflexively inhibits the internal anal sphincter. That's why, the old saying, "If you've got a peaker, it means your internal sphincter is open because it's a smooth muscle sphincter." The external is not at straight skeletal muscle.

So the point I was making is this guy's colon is probably stretched out and backed up and is repeatedly shutting his core off and all that hardcore mogul, skiing and training, he's probably got inflammation through his lumbar spine, like crazy because you can't stabilize his joints. I said, "If you want to test this, find a colon hygienist, take him down, stick a hose up his ass, cleaned them out."

I got a phone call the next day, "It's a fucking miracle. The guy has no back pain. One colonic." He said, "Three years of probing and doctors and therapists and acupuncturists, and everybody looking through every orifice, scared to death. He's scared to death. His back pain won't go away." All it took was a hose up the ass and then the little education on what he was eating and get his bowel rhythms retrained and off to the races he went.

Dave:

You did this just through intuition. You connected, you read it?

Paul:

Well, I do it through intuition, but I also look for the data. My assessment includes a comprehensive assessment of all glands and organ systems. So because I was just dealing with someone over the phone, I had to take the quick route.

Dave:

It's really interesting. When I started this Biohacking movement, I intentionally targeted people who were probably the least spiritually open of the people out there with the language that they used. So I'm a software guy, network engineering, cloud computing, come from a family, going back into two generations of PhD engineers. So very rational Western minded. When I was growing up, if you would go to a chiropractor and acupuncturist, it's because you were crazy and stupid and not just one or the other.

As I realized, there's a lot of this stuff that I would consider way out there in the hippie airy fairy woo land, it has merit. Some people can see and intuit stuff that others can't and that this is the stuff that helped me come back from being really wracked. Then I started learning how to do some of this stuff myself.

I said, "All right, how do I communicate that in a way that's valid?" I said, "All right, guys, we're all going to perform better because we all care about that. We're all going to look at the data." As soon as you start paying attention to the data, just a little bit, you say, "All right. Now let's start turning on some of these things." Eventually it leads into the conversations around spirituality.

But I found that if I came up and I said, "All right. Hey guys, I have a spiritual practice," and I tried this in the early days. You couldn't 15 years ago, go into a board meeting at a venture capitalist on Sandhill road and say, "Guys, this weekend I did this five rhythms drumming ceremony. It was super bad ass," and have all these good ideas because they just think you're nuts and you're out of the club.

At this point, you go to those same meetings and it's like, "Oh, which of you did what plant medicine over the weekend." It's been a major shift in awareness of spirituality and the value of

emotions and the value of meditation. It's gone from 15, 20 years ago, if you meditate, you're pretty much out there to if you don't meditate, you're probably not so good. Even though, I think most of those guys actually don't meditate. They'll just say that they do, like flossing, but at least they do sometimes, right?

Paul:

I have a formula for addressing that very challenge you've just encapsulated. How I teach my students to handle that paradigm, because really though, what you're talking about is a clash of belief systems. I tell my CHEK professionals, "Always tell the client what they want to hear, but give them what they need."

What they want to hear is how it fits their belief system or their paradigm. What they want to hear is it's going to make them drive the golf ball 20 yards further. But if you bring on a blood pressure cuff and you ask them to lay down on the ground and you're doing lower abdominal exercises, when they're used to doing heavy weights and they think if they're not bleeding or sweating their ass off, then it's useless, they're not going to listen to you.

But if you tell them that what you're about to teach them will improve the function of their core and enhance their stability, which will allow their motor units to up regulate so that it can actually generate more force through the muscle joint system, and here's why, and you use diagrams so that their left brain can understand it. I've never had a problem even with meditation or spiritual practices, plant medicines. As long as people can understand it from their own paradigm, and you tell them what they want to hear. What they want to hear is that it works and it works specifically for the objective they've come to you for.

Dave:

Yeah.

Paul:

Then you give them what they need.

Dave:

The universal objective... go ahead.

Paul:

I was just going to say, if they think sitting on a chair meditating is too out of the box, then I say, "Let's try some binaural beats or let's use one of the modern technologies that would fit more on your genre, such as a heart. So a piece of the EM wave technology from HeartMath or any of the gadgets. Many times, I work with doctors, I worked with scientists, I work with fighter jet pilots, race car drivers. I've seen every personality from the hardcore yogi to the person so stuck in their left brain, there's a hole in the right side of their head.

Dave:

The universal thing that everyone wants, that I landed on after years of running an antiaging nonprofit and after being on the super tech teaching at the University of California on the engineering side, and then working on the business side in the venture world, everyone wants to control their own biology. Like, "I'm tired of feeling this way. I don't want this to hurt. I want this to work better. I want my brain to work better. I'm tired of," like you and I have. I'm having a brain fart right now, but no one in the room

can tell. So I've just learned to dance around it. You camouflage those things. Your inside going, "Oh shit, what was I saying?" And no one knows that that's what's going on inside because you learned it.

No one wants that. Everyone has those things. So ultimately it came down to control. That's what allows the yoga mom to say, "What do I have in common with the bodybuilder and a neuroscientist," and all. It's like, "Look, we had different goals for what to do with the control," but it really came down to, "All right, can I breathe right?" Because that gives everyone more control. "Do I have more awareness?" It gives everyone more control, "Do I move right?" The exact principles that you're talking about there.

I searched for years to find, how do you make those people talk to each other? How do you take the hardcore engineers who would never... they're so skeptical, they're so wired in to say, "That doesn't work because it can't," which is anti-science on its face. You say, "Well, how about let's test if it works and then decide if it can't work or if it just doesn't work."

So it was that hook of control or the possibility of control that made them ask the question to say, "Should I do it?" One of the most memorable things that ever happened in my coaching, which is nowhere near the level of coaching that you've done, I had mostly have coached executives and tech people. It was a software developer. These guys are quite often the best ones are a little bit towards the Asperger's spectrum, like I used to be.

I had them do the heart rate variability training, the EM wave stuff from HeartMath, just because he wasn't going to start a meditation practice because he didn't believe it could work. So he did this. After two weeks, we had our coaching session and he said, "Dave, I started doing this and after a week I noticed a difference. And then after two weeks, I did it for an hour straight." He said, "Afterwards, I think I experienced bliss."

Now, if you came up in your career and your life with software developer guys, there is no way on earth that any of them would ever admit to a feeling bliss, because it's not something you do. If you are a developer and a programmer like that, at least it wasn't. I think the world has shifted a little bit. But to be able to take someone in two weeks from, "I am a robot," truth table person into, "I can identify and experience bliss," it's like, "All right, we've got the hook there." Of course, that's a life transforming experience, you know that because now all of a sudden you're connected to your feelings. That's what opens to the grounding and the earthing and the whole importance of nature and all of that.

But if you're cut off from it, I just found for me, the tech allowed me to more quickly develop my senses. Then I went to Mandy's... actually, even before some of that, I went to the Andes and I did plant medicine in Peru. I went to Tobed in the MLS. So I don't want people to think Biohacking is, you just have to use a device. It's like, by all means necessary, is that you're going to develop physiological control, which requires awareness. The tech is just a hack to give you awareness faster, is a perspective.

Paul:

Yeah. It's interesting that you mentioned bliss because, in one of his lectures, Joseph Campbell points out that in Sanskrit, the etymology of the word bliss comes from the word pain. We can't really get to bliss without going through the pain because we wouldn't know what bliss was until we've known what it isn't. So this is where I developed the concept of the pain teacher. I tell people, "Your pains are actually guides here to teach you how to live, how to love, and how to manage yourself better so you can become more whole and be more creative and more productive in the world, and fulfill your own dreams and your own goals and objectives."

But I only bring that up because you'll see that most people need enough pain to question their own belief system before they will upgrade their belief system. It doesn't matter. There's all hippie types

that resist scientific advancement and there's all sorts of scientific people that resist the wisdom of a hippie, which is why people like Ram Dass were so confusing because it was a Harvard professor that looked to be a hippie. But ultimately, at the end of the day, turned out to be a modern wise man.

Dave:

It's a really fascinating perspective. We have all this personal development, spiritual development. You've said some other things in other interviews and you actually said, "The earth is at its edge." I am in alignment with you there. So I care about things like air quality, water quality, soil quality, my firm actively build soil. I believe we have to have grass fed animals, not to build soil, which is why I do it here. I'd like to get your perspective on how the earth's unhealthiness is contributing to people's either spiritual, physical, mental, or happiness. Any of those levels and what we could do about it.

Paul:

Well, if you look at the structure stages of consciousness, which has been researched by people like Brown, Ken Wilber, and Arthur M. Young, who was the inventor of the Bell Helicopter, but took us as money and invested into creating an institute for consciousness studies, Edgar Mitchell, and many, many others, Dustin DiPerna's great, amazing book, which you'd probably find fascinating, Streams of Wisdom by Dustin DiPerna, basically gives you the historical record of the structure, stages of consciousness and how they emerge from each other.

Basically, the first level of consciousness is the archaic level and the archaic level is really linked to the minerals and to the soil. If you look at it from a cosmic perspective, I can't remember the exact percentage, but a huge percentage of the mass of the earth has actually crystals. I don't remember. I looked it up a couple of years ago, but it was shockingly high.

So think of what crystals do in radios. Crystals basically are conductors of extremely wide ranges of frequency depending on the structure of the crystal. But we have a wide variety of crystals in the earth and the earth is flying through a substance that would scientifically be called the ether, but we're in a sea of vibrations, all of what you're necessary to inform the earth. Everything here is being informed by things not here. The sun's not here, but it informs us clearly. So there's a simple example. The moon's not here, but we couldn't live without it. It informs the planet

So the archaic level of consciousness is basically saying that the minerals in our bones and the water in our bodies and the fluids in our blood and the proteins are all essentially products that are not only of the earth, but are the products of a cosmic interaction.

The archaic level grows into the magic level of consciousness and that's when we were fused biologically with the animal kingdom and we knew exactly what the sound of a cat meant, whether it was a sound to be warned or a sound to be playful. We knew when birds made certain sounds, our very survival meant that we had to actually have a deep enough fusion with the plants and the animals. Think of all the plants that can kill you if you eat them.

So we had to have a much more intimate relationship. So at that level, we had the wisdom that comes through us in the unconscious, through the archaic level and our connection to the earth because we're wrapped in the biology of the earth. Then as we became more conscious, we became more aware of the language of all the different plants and animals in nature.

Interestingly, if you look at the art from that period of time, from cave paintings, they painted people with no mouths. Why? Because talking wasn't that necessary for survival, but listening was really important. So at that level of consciousness, we were very tuned to sound and listening. When you ask

Shaman, "Where did you get the formula for Ayahuasca? Where did you get the formula of this?" They always say, "The plants taught me," that's the magic level of conscience.

So as we merge forward in time, we evolved into the mythical level of consciousness is when we started seeing mounts appear and mythology really is basically a system of education in which the elders and the shaman and the medicine men and women taught us stories to help us understand things that were hard to comprehend, like what is lightening? So they gave it names and they told us stories about it, but they described it as a God, because it had the power to kill you or the power to transform things very quickly.

We needed to know who to engage as an enemy or who not to engage. We had to have proprietaries and in proprietaries to function in a tribal society. We had to understand the passages of life from birth, through childhood, to adulthood, to old age, and death.

So the mythological story had to basically encapsulate, "What does it mean to be alive? What does it mean to be in a cosmos that's so vast, it's hard to understand what are these strange forces that can kill you and are very powerful. How do you engage the creatures and the people that want to kill you so you enhance your survival and how do you function within a tribe?"

So at that level of consciousness, we had to still maintain our connection to the earth. We had to still maintain our connection to biology, but we had to have stories, or we couldn't make meaning out of what was happening. The next level of evolution of consciousness is the mental level where we begin to work with concepts and symbols.

So for example, how many people wear a cross on their neck but don't even know what it means? Most people don't really know what it means. Most people think the cross is emerging Christianity. But long before that it was a nautical symbol and Steiner describes that the cross is actually a symbol of our evolution through nature.

He says, "From the ground up represents the plant kingdom. What is planted in the cross is planted and would be archaic consciousness. The horizontal beam of the cross represents the animal kingdom because their spines are parallel to the earth. The top sticking up above the horizontal beam represents the human head, which is capable of tapping into the entire cosmos, but has to integrate itself with the lower levels of consciousness." So the cross is actually a symbol of the sacrifices that man has had to made to stay alive and grow its consciousness, to figure out who and what it is.

So the point there is that we're at the mental level of consciousness. So what happens is, if we're healthy, all the good researchers say the same thing from Carl Jung to Stanislav Grof, to all of them that I've mentioned that to be healthy, you transcend, but you must include. So if you transcend our care consciousness, but you don't include it, you will get in trouble. If you have archaic and magic, but you get caught in a mythology, you can become a Christian who destroys the earth, fighting for what you think God wants, not realizing all your bombs and all your weapons are destroying the very source of life that gives you the opportunity to live, love, breathe, and play.

If you get to the mental level, but you don't understand the importance of the soil and the function of the minerals in the soil, and you don't understand how to communicate to the plant kingdom and how to determine what's safe to eat and how to engage animals and how to have a symbiotic relationship, you're in trouble. If you get to the mental level and you don't know what the function of a myth is and how to determine a myth that's working versus one that's outdated and can kill you, you're in trouble.

So what's happened is we've got so caught into the mental realm and into worshiping symbols and ideas and concepts that we don't realize we're destroying the planet, we're destroying the biosphere, and we have an outdated myth called consumerism and scientific materialism. So in order for

us to survive, the earth will do fine without us. There's no problem there. We've got to actually pay close attention to the fact that if we look at the science available to us, it tells us everything we need to know about those crystals in this planet.

There's no lack of information out there. There's just a problem with belief systems being so closed. Guys like me are considered idiots or hippies because I'm speaking about things that don't fit a belief system, but a belief system can be as dangerous as it is helpful. It's like a double edged sword. You can protect yourself with it, you can hunt with it, but you can also destroy yourself with it.

So we're at a point right now where we have to realize that having a mind is powerful because the mind we've created is like a kite that's very big with no tail on it. It's impossible to control it. We've lost the real meaning of mythology. So we don't realize we're in a counter myth transition. Whenever a culture loses its myth, it's a very dangerous time because isms pop up. Whenever there's an ism, you get things like Nazi-ism and all the isms. Those are actually stress reactions that result in people that haven't reached an adult level of consciousness, needing some deity or some leader figure to tell them what to do.

This is why I talk about veganism, vegetarianism, Rastafarianism any ism is basically forgoing your own rational capacity to think and act for yourself because you're committing yourself to a code of conduct based on somebody else's value system. I have seen many, many patients that healed themselves from cancer by becoming a vegan or vegetarian, but came to me with cancer. And I said, "Guess what? You're extremely protein deficient. Your genes are English and French and the ground freezes in the winter there and plants don't grow in ice. So you had to eat animals. So we have to transition you back into some meat."

And I have to go through all the Follies and all the, "Oh my God, it was a sin." And I say, "Well, look, you're talking about animal abuse. Guess what? You've got one of the most advanced animals wrapped around your soul and you're abusing it by not paying attention to the fact that it's touching to you. So you're happy to listen to people on television, but you're not listening to your own heart, your own hormonal system, your own digestive system, your own skin, your own muscles and your own joints. So you can either die the death of an ism, or you can upgrade."

So when I'm planning, that's a counter myth. The pain and the symptoms is a counter myth. Whenever a counter myth emerges there's a transitional period where there's a lot of chaos and we're in one right now. We're in a counter myth that scientific materialistic beliefs and a Christian mythology that says, "We're here because Adam and Eve screwed up and we have to go down here and the rocks and the thorns and till the soil, until we behave like good boys and good girls long enough to get invited back to heaven." So who the (beep) cares about the earth? We're going to heaven anyhow, all we got to do is be good little children and God will take care of us.

That is an outdated myth that does not fit with modern science, it doesn't even work mythologically. It's a 2020 year old story which should be like, trading your car in for a horse wagon and trying to drive it down the interstate and wondering why you're late to all your appointments and getting arrested because your horse is shitting everywhere.

So what I'm saying, as simply as I can, we have transcended without including because our educational systems dropped the awareness of what the earth is, what biology really is, and what our relationship to it is and what a myth's function is and how to determine when a myth is actually working in your life and how to determine when a cultural myth is congruent with the demands of the archaic, the biological magic dimension, and whether or not the stories we're telling ourselves are actually congruent with what it takes to stay alive and keep the entire ecosystem functioning.

So my answer in a nutshell is, we're in trouble because we're not using the science available to us because the science that we need right now is outside the scientific materialist paradigm and it's more in the camp of quantum biology because it explains not only what we're missing, but it tells us we have access to free energy and the plants and the cells and the mitochondria in our body are teaching us. The truth is right in front of us. But you got to actually look deep enough into yourself, which you can't do if you're caught in a belief system, because they all come with blinders.

Dave:

So the belief system is driving science right now are on one hand, very powerful and they've led to so many breakthroughs, but there's also some really big blind spots there. People who hit rock bottom, whether it's because they're sick and toxic, the way I was, or frankly, I got some major improvements when I was a raw vegan for a while, till it made me really sick. A lot of people-

Paul:

What you're doing is actually metabolic typing the slow way. I tell people, "Your body can change from a vegetarian to a carnivore in one day." When I don't lift weights, I can eat as a vegetarian and feel great. But if I go do a heavy deadlift session for 48 hours, I want to eat any animal that walks by. If I'm under a lot of emotional stress, I find that I got to go off a lot of meat. It actually bogs me down. It makes it harder for me to process my inner reality. Each of us has unique genes, unique biochemistry, and unique personal, environmental, and relational circumstances.

Our biochemistry is changing constantly to enhance our ability to survive and no belief system is nearly as dynamic as the truth of our own bodies. So ultimately, I believe everybody has a piece of the truth, but each of us as individuals has to determine how to pull the tool out of the toolbox and know what job it's for or we get caught trying to do everything with a Crescent wrench and that just ruins a lot of cars.

Dave:

So let's say that we get through some of our isms and let's say that we don't destroy ourselves as a species. Also, Rudolph Steiner had some knowledge there. My kids have gone to a Waldorf school for a while. My wife is Swedish and Steiner's Swedish guy.

Paul:

Awesome. Yeah, I love Steiner.

Dave:

You've referenced him several times. So this is a guide for people listening, who haven't heard of Rudolf Steiner. He never really told anyone, till he was about 40, that like, "Oh, by the way, I've sensed all this energy in the world, and I can see how plants grow and how kids grow and Waldorf schools and biodynamics farming," where his creations based on watching things for 40 years and never telling anyone that he had all these Woo hoo abilities until he said, "I'm old enough that I don't care if you make fun of me."

Looking all that though, are you hopeful? How are we going to fix the soil? Are we going to fix the planet or are you like, "We're screwed?"

Paul:

Well, bless comes from pain.

Dave:

Okay, great quote.

Paul:

I think we're at a point now where we've got to get rid of nationalism. We've got to get racial and rigidly religious differences behind us because they're very secondary to the issues at hand. I feel we're in a transition as a species from puberty into adulthood, and we've got to stop being raging teenagers, drinking, alcohol, driving too fast in mom's car, with a hard-on and stop acting like Donald Trump, for example, and start really realizing each of us has a piece of the truth.

Every human being has genius within it. We can use the same technology and the same level of brain power that got us in trouble to reverse it. I think we've got to go to the most modern science and I think we have to realize that we need to share resources. It drives me nuts, there's almost 2 billion people on the planet that don't have food or water or a place to call home. But we have enough wealth and we have enough technology and we have the ability to share resources.

We have a global problem. We have to work on healing the oceans, we have to work on healing, the top soil and going to regenerative farming strategies. We've got to police the media systems so that they're more ethical and moral and not just filling people's heads full of bullshit. We have to rehabilitate the education system to bring it up with modern science. But ultimately, what we've got to do is realize we're all in this together. We can't argue and fight. We just have to say, "Okay, let's put what works on the table and let's look squarely at what's wrong."

We have to handle the situation in the world the same way I handle a patient. We've got a lot of things going on. We've got to classify, what's got to be addressed first. Who's got the best technology to do it, and who's willing to step forward. We have to tell everybody what they want to hear and give them what they need.

Dave:

It seems like he used to be able to go to a dinner party and disagree with someone there. It was okay. You would just talk about it and it was just okay to disagree.

Paul:

Yeah, it's healthy actually.

Dave:

In fact, it was intellectually stimulating. There's someone has a difference of perspective and yeah, people always know if you talk about religion or politics, things can get ugly, but things are 10,000 times uglier now than they were 20 years ago. If you talk about something like that, there's always the overblown person who can't look at things from two perspectives or whatever. Do you think that we're at the late stages of that? Are we done with this or we're going to be able to have civil discourse of what we disagree about or is it going to just be always show up for a debate with an actual handgun? I live in Canada, by the way. So my handguns are in the US, in case anyone's asking.

Paul:

Cool. Well, actually, Dave, if you want to hear my opinion on that, which I imagine you do since you asked me.

Dave:

Yeah.

Paul:

If you look at the research on consciousness and you pay attention to things like Maslow's Hierarchy of Needs or any legitimate structure of values, such as Clare Graves' values tree or spiral dynamics. The more stress people are under, the lower they go in the structures of consciousness, and the more reactive they become and the more they rely on prior programming, why, when you're running from a lion, it's never a good idea to throw in a Cartwheel because to the degree you feel threatened, you have to act automatically because we were built that way through our experiences in nature.

The problem is that we're now reacting to our stress by falling back into the very deeper into the paradigm that got us in trouble, which is the industrial revolution. It's the scientific materialist paradigm because that's at the base. Most of us were born and raised into that. I came from parents that were much more holistic. So if I get stressed, I think, "(beep), I got to go lay down and have some chicken soup." But most people think, "I got to go to the doctor". And he says, "I got to get this organ cut out or I'm not going to be better." And I say, "You better look at how the organ got sick first, because if you just let them cut the organ, the next one will come along in the next year. Pretty soon, you're going to have nothing left to cut out."

So what's happening in my observation is that the world populace due to the destruction of the environment, due to the chemicals in the environment, due to the electromagnetic pollution, due to overstimulation, due to the lack of sleep, due to the manipulation of people's biochemistry by medical drug use and all the things you and I both know about, we're going lower and lower into our levels of consciousness, which is putting us more and more in a fight or flight state, which is making us more and more reactive.

Therefore, re we're not able to transcend to the higher levels of consciousness that are needed. As Einstein said, "You cannot solve a problem with the same thinking that created it." But while you and I are talking about these very evolved ideas, most people are falling back into pure survival mode and using the very problems that we're talking about as their survival strategy, because they don't know any better.

So somehow, we've got to actually get the honest data on the table, look at what is really going on and then say, "Here's a pathway that is free of the hierarchy gaining all the benefit." See Bill Gates wants to gain all the benefit. The really rich people want to harvest the profitability of all these things they always have.

But what we've got to do is we've got to somehow lay it out so that everybody can say, "Okay, we all agree. We need water to drink. We all agree, we got to get the oceans healthy. We all agree, we got to stop cutting the rainforest down and killing the lungs of the planet. We all agree that we have to update our education so that we're current with what we really know and aren't 95% of us acting like we're still chopping wood and carrying water," to use your analogy.

But the point is, is that when everybody realizes what the problem is, honestly, without a bunch of paid idiots to give us bogus media, to say, "There's no greenhouse effect," and all this shit. When the chips are all on the table, we can see everyone in the world cannot escape what's happening right now. Everyone on the world has a chance to participate and we have to do it.

I say we got to repurpose all of our militaries and use military technology to start regenerative farming, rehabilitate the top soils, clean the oceans, decrease the chemical toxic the environment, and police any corporation that's a threat to the system and set unified sustainable laws that you can't have a corporation that does these things to the environment.

We have to stop predatory lending, we have to stop lying to people and manipulating their minds with advanced technologies like iPhones or we're going to die of a disease called mind with no biology to support it because our ideas killed us.

Dave:

Do you think there's some big, bad organized entity, intelligence, cabal, human or intelligence, whatever you want to call it, guiding people into this high stress, high anxiety thing. Or is this just a systemic wave of things? I'm just asking because you're a highly intuitive guy. I don't particularly have an answer for that. I'm just curious what you think about it.

Paul:

Well, if you look at what consciousness is, one of my favorite definitions of consciousness comes from Edward Edinger, who is a psychiatrist and a union analyst and a very smart guy. Now, I could give you several different definitions of consciousness, but this one will bring home the point.

Consciousness is a psychic substance produced not blindly, but in living awareness of opposites. You cannot be conscious without opposites. Therefore you can't have north without south, yin without yang, up without, in without out, female without male, female without male means nothing. North without south means nothing. You can't have good without bad or evil. Jung says, "For a tree to go to grow to heaven, it's roots must reach to hell," there's the polarity.

Consciousness demands polarity. Whatever source is, some call it God, some call it Allah, some call it pure potential. I call it zero. You could call it the zero point field. It cannot know itself without polarity. The fact that you and I are here and we have billions of animals and insects that are sent in and have their own level of intelligence, the fact that we're looking at the universe and looking at each other, it means whatever created us is interested in that.

Dave:

Interesting.

Paul:

You can't have a distinction that you can be aware of without polarity. So the people that we call evil are actually people that just have a different polarity than us and to the degree that they're successful, it inspires us to become more aware of how we can meet our needs. But if we actually become evil, trying to meet our needs, then we collapse the polarity. We become just like them when we all die together.

So the point that I'm making is yes, those people do exist, but they have an important function because they uphold the other polarity without which we couldn't be conscious of free will. Because if you did not have the free will to be negative and destructive and immoral, to be moral and loving and think symbiotically or holistically would have no function. If we didn't have isolation as science, then integrative science wouldn't mean anything.

If you look at the matriarchal patriarchal shifts, every 4,000 years, history shows we go from a matriarchal to a patriarchal to it. We're switching into a matriarchal culture now, because if we don't, we're going to die. Too much testosterone, too much dick swinging, too much, "Look how tall my

building is. Look how (beep) far my rocket can go." I say, "You better stop building (beep) rockets and take care of the planet dumb (beep)," because only about 50 you are going to get out of here and there's 7 billion of us that are going to be screwed.

So I'm not anti-technology, I'm just saying it's a repurposing of resources, which is more of a feminine approach. So in a nutshell, my answer to your question is, "Yes, those people are there, but on the other side, you have the saints." So if you've got cabal, people that are very oriented toward themselves, want to control everything. You also have Paramhansa Yogananda, Jesus Christ, Buddha, Eckhart Tolle, Deepak Chopra, whoever you want to put in that category upholding the other polarity.

But each of us comes to a point in our life where we have to realize that the balance hangs in the middle. That's what spiritual development really is, to be a good deity's, you just follow this principle. Not too much, not too little. Not too much sex, not too much little. Not too much-

Dave:

If you no polarity, you have no life. That's flat and dead, right?

Paul:

Only when you get to very high levels of consciousness, because then you enter... and I'd been into these states many times. So I'm speaking, not intellectually, but directly. I've been in states of Tai Chi and on psychedelic. So deep, there was no pulse check left.

Dave:

Yeah, I understand that state.

Paul:

It was just a pure state of awareness in which there was no duality. You're in a non-dual state. There is no wise owl relationship anymore. The other thing to remember is that you can't have love without those polarities. Love requires a duality. I can't say I love you, Dave, unless you're the object of my devotion and I'm the subject, but I can't even weigh and measure the subject. How do you define what Dave Asprey is objectively?

Dave:

That's very, very difficult to do for any human being, right?

Paul:

Exactly. So you see what I'm saying is, love requires a subject-object duality, but once you transcend the duality, you become into a state of unity. You could call it pure potential. Some call it Nirvana, some call it Prajna. There's many, many names for that non-dual state. But it's the funny thing is, is there's nothing happening there, but everything and it's happening at the same time. In Chinese, that's called [Chinese 00:46:48], action without action.

But you can't actually have a love affair there. You can't have children there. So within the non-dual reality is only two qualities. That's absolutely empty of everything, which by definition means it's full of everything. Because there's no subject-object duality there, paradoxically, there's no questions to ask because if you're one with everything and you are everything, you already know the answer to all your questions.

Dave:

That is very difficult to put pictures around that because there's a lot of inherent every time you get non dual. There's a lot of inherent contradictions. If you're just only going to think about it yet, if you're not practicing non-duality, you're probably not doing life very well.

Paul:

That's why OSHA said, "God is a paradox. If you can't handle paradoxes, you'll never understand God." The point that's deeper though, that I'm driving at is, this is all here. We're all here because you can't know anything and experience it without a duality. You can't really know who you are until you know what you're not. Humanity is in the process of figuring out what it's not.

Dave:

Interesting.

Paul:

But what it is is love. What it is, is love. Evil is there to allow us to be aware of what love is. Bondage is there to make us aware of freedom. As we grow in higher structure stages of consciousness, we need less polarity to come to the realization that we all need each other, we all are each other, and we're all star people having an earthly experience or spiritual beings having a physical experience.

I believe the earth is a school for souls where we come to learn to work with polarity. The reason it's so heavily trapped in mass is because it's very hard to destroy too much too quickly when you're this heavily trapped in matter. But think how quickly you can be destructive to yourself with your own mind. Steiner says that, "When you die, you find yourself flying around the universe at the speed of thought until you realize it's you doing it?"

Metaphysically speaking, you can create acts of evil so quickly and so effectively in the astral or the mental plane that you can be very disruptive to other souls. So immature souls are brought to earth to be wrapped up in matter where everything's heavy and slow and it gives everybody else a chance to respond. Imagine if Adolf Hitler would have been turned loose on the mental plane, he would have wiped everybody out before they had a chance. But here he had to amass an army of about a million, spend a lot of money and it gave us a chance to respond and even the playing field.

So really I think that we're going through a cycle of heavy polarity right now because we're coming to the end of patriarchy, at the end of scientific materialism, and our myth of consumerism is breaking down. So we're going into a transition where we have a choice, either destroy the planet and each other, or become more conscious about the common needs we all have and use that as a basis of unification. From there, we will reach a higher level of conscience.

Dave:

Having been to those very odd and unusual non-dual states you're talking about. We are all one role life. We're all part of the system of the earth. One of the things that actually brought me huge amounts of peace was a study that came out a couple of years ago. They went two miles below the earth's crust and found, "Wow, it's teeming with bacteria down here," way more than we ever thought. Things that have metabolisms, we never even dreamed of. People say, "What if we destroy,"-

Paul:

Yes, even in extreme temperatures.

Dave:

Yeah, but it's about his life. It's in the same system that we are and on some level, we're one with that. Our little mitochondria probably have dreams and talk about, God knows what, there's stuff going on there. So my long-term take on all this stuff is, we probably don't really have the power to destroy all life on earth. We certainly can destroy humans and most animals, even when people say-

Paul:

So we can destroyed ourselves-

Dave:

... "What about the 5G satellites?" No, they'll be out of orbit in a thousand years. We might all be dead from whatever, lack of topsoil and all, but I promise you that until the sun goes supernova and destroys the physical structure of the planet or something, there'll be life here. It just might take another few million years to creep out from some mine So you don't have to worry. We're not going to just story the earth. We just might not recognize it if we don't fix things and we won't be here to enjoy it. So I get peace from that. Like, "Life will continue." I'd rather it look like us, but it's up to us, right?

Paul:

On a cosmic scale, mathematical calculations by astrophysicists and astronomers that are looking into this say there has to be at least, at minimum 3 billion solar systems like ours that would have planets very similar to earth it's just we can't see them. So not to get into other deep stuff, I'm a remote viewer. I can go anywhere that I can focus my mind on. I can get to the sun as quick as I can just focus myself on it and be there. I've proven my skills. I don't have to prove this to anybody. I know, for sure, because I do this and I don't make a living bullshitting people. I would have gone out of business doing that a long time ago.

The point I'm making is, in a physical reality, we tend to think of distance from how long does it take to get my car from point A to point B. But your soul is receptive principle that which feels and experiences, but spirit is the flow of energy and information. We can't separate ourselves from anything in the universe. Be it the ether, be it the dark matter, be it light.

So ultimately when you lose your body, consciousness is all of that. The point I'm making is, those of us that have achieved a conscious awareness of harmony will naturally be attracted to other places in the universe that harmonize with us. Those of us that like to fight will naturally attracted to other planets where people like to fight. So I really think that the earth is like a school yard where we come to learn to deal with polarity. But when we graduate from the earth, we become a citizen of the universe.

So this is what Steiner said. Steiner said, "All spiritual teachings are teaching you to stay awake when you die. Otherwise, you become unconscious and you just wake up in the domain that harmonizes with your spiritual development." Since all of it is consciousness itself, or God, if you want to use that word, none of it matters because God's forever going through these cycles of experiencing itself because it has nothing else to do. The only thing God has to experience is what's implicate within itself and we are the explication of a myriad of those thoughts, feelings, and emotions that you could call the flow of energy and information with self-reference. Consciousness itself is self-referential.

Dave:

That's one of the reasons that many traditions are the ones who teach those things. I agree, all of my study of all the different religions and traditional spiritual practices, they all are doing exactly what you said. They also focus very heavily on the quality of the way you enter the world and the way you leave the world, so birth and death. That seemed to be two very pivotal times for and do you live in terror or suffering or do you live in peace.

It's really like, if you can have a good death, the way a clean one probably would or anyone else who focuses on that or a Samurai, there's some value to that. I think as I get to spend more time with people with more experience and more wisdom than I have, that pops out very, very consistently is, what are you doing when you're this time around?

But when you look at some of the religions like Christianity, the Gnostic Christianity it's one of the very old things from the cult of Mithras, there was more of a cyclical reincarnation-ish thing, but it got really stamped out. Now, it's like, "You got a hell and you stay there, you go to heaven and you stay there." Why is that such an outlier from most of the teachings that are out there? Why do you think anyway? You may not know.

Paul:

You mean, why is it so polarized to them?

Dave:

Yeah, why is it so polarized to them? We talk about the cyclical nature of things, you look at Taoism, you look at Hinduism, look at Buddhism, you look at almost every ancient way of looking at this, you could go to Haiti or you could get out of Haiti's. There were ways you could do that.

But then you get into some of the more dominant belief systems in the West. It's like, "Nope, you're here once and you're gone." If you believe that ism, it changes the whole way you treat the planet, the way you treat other people, it changes everything for the negative. What do you think they're so strong?

Paul:

Why that varies?

Dave:

Yeah.

Paul:

Because they have to uphold the polarity.

Dave:

It is there just to have something to push against. All right, I'll buy that.

Paul:

Well, think about it. If everybody had the same belief, we would never grow.

Dave:

That's a good point. So there has to be a douche bags who are wrong is what saying?

Paul:

Well, yeah, you could use those words, but the reality of it is that, there's a little truth in everything and there's nothing more powerful than a belief system and all belief systems start causing pain when they're not working for you. So we all have the opportunity to graduate to a more expensive belief system, which is why I say spirituality is the process of connecting to a greater whole. You've just described an isolated belief system, which will lead to pain.

Someone like that, I say, "Okay, you call yourself a Christian. Then I got a little tip for you. Go read Eckhart. Go read Matthew Fox. I give them a list of Christian mystics that blow that paradigm right out of the box, but came from their own tradition who went so deep into themselves they realize that dogma was extremely limiting.

This is why Rumi himself said, "No man can get to God until he becomes a heretic." What was he saying? You're never going to find God in books. You just going to find words written by other people on paper and you're going to believe him. You can't experience God until it's your own experience and to have that experience, you're going to find that almost everything that you've been taught is wrong. If you talk about your experience, you will be a heretic. So if you really want to know the truth of God, you got to get ready to get killed by your own people.

Dave:

Or you just have to not talk about it. One of the two.

Paul:

Or not talk about it, yes. But the problem is then you have the weight of knowledge. When you realize that the truth you've experienced can liberate people, then you feel weight of knowledge-

Dave:

Yeah, it's a moral obligation. You actually have to share it if you know it. It was Cassandra, one of the Greek people who was cursed with being able to see the future, but, but also curse that no one will ever believe them. It's not quite as bad as Prometheus who was somebody eating a liver every day, but pretty much like that. So people who know how to see the future and don't create it, they suffer greatly, no doubt about it. I'm a guy who has a good track record of seeing the future and helping it come. If I didn't do what I do, I'd be miserable. So I got to do it.

Paul:

Me too. Here's an example. Steiner built an institute to teach people to help them and the Germans burnt it down-

Dave:

Of course, they did.

Paul:

It was the German government that had to come to Steiner begging him to help them with their agricultural problems. He developed biodynamics agriculture to help the very people that despised him. Jesus was killed by his own people, and the list goes on and on. But when you get that deep, you realize death is not nearly what people think it is. Yogananda says, "Death is like having a thousand orgasms at once."

I've been far enough down that through concussions and through a deep, deep psychedelic ceremonies like DMT ceremonies, I've been so far gone and there was no me and there was no memory of me. I don't even know how I got back here, except that I had to have this great interview with you today.

Dave:

I'm with you there on that. Just that whole perspective is so odd. It's very difficult to talk about it in words that people can understand. That mindset is absolutely real. When I was beginning on the personal development path of not being just a left brain engineer, I thought about it. I said, "All right, any practice they'll teach you fear of death is a major important thing. And it's probably driving almost all of your unconscious behaviors because the number one rule of the cells and your bodies don't die. Because well, then you're dead.

So if you realize and just accept that, I thought about it and I said, "All right, I have no physical evidence that reincarnation is real." Of course, I've had lots of experiences, neurofeedback, caves, Shamans fasting, the whole gamut of them as you're describing, plant medicines and everything else.

I'm pretty darn convinced that that's likely, but before I'd even gotten to that way, I just did the logic of it. I said, "Okay, here's the deal. If I tell myself that reincarnation is real," and I can make myself believe it well enough, what happens using just logic? Well, that means I can lose a lot of the fear of death because it's just like starting a video game over again.

So from that perspective, you're already free. Now, if I'm correct, great. And if I'm wrong, I'm going to be dead anyway. So I won't care. So there is zero downside to assuming reincarnation is real because you will perform better in this life, if that's all you have. If you're right, then you'll perform better in your next life. Of course, that's heretical. If you believe that you have to go to heaven or hell and all that stuff.

But I just decided I'm going to take that assumption because it's better and because it leads to better outcomes in all scenarios, I can imagine, other than I might be wrong, but then I'll die and I will know it. So that was for me very liberating. Then having had enough experiences and seen enough of that stuff. I don't really worry about it too much. I see what I see, I believe what I believe, and that's all. That's all good, but I don't have to be able to prove it because it doesn't matter.

Paul:

No. For people that propose, get on me and say, "All this reincarnation stuff is a bunch of bullshit." I said, "Well, do you believe in physics?" Most of them say, "Yes." I say, "Well, look at the laws of thermodynamics. Energy produced cannot be destroyed. And your own science shows that everything that's here can be boiled down to energy and information. So when you look in the mirror, you're actually seeing flows of energy and information. When your body dies, whatever was directing the energy and information just transforms. You can't destroy energy, but you can transform it."

Einstein himself said, "The field is the sole governing agency of the particle." So when you die, you become one with the field and you give up your particles until you dream again.

Dave:

Wow. Well, Paul, this has been fascinating. I'm so happy that we got a chance to go really deep, both on the philosophical earth shaking side of things, as well as to go deep on the self and the body and the meat and the heart of being human. It's been really fascinating. Thank you. Thanks for your work. Your blog, chekinstitute.com, C-H-E-K not C-H-E-C-K. So chekinstitute.com is where you teach people, where

your writing is. You've done amazing work in the world on multiple levels. I very much appreciate you and thanks for taking so much time on the show.

Paul:

I appreciate you too Dave. Thank you for inviting me and sharing your platform with me and you interested in my work. Thanks for sharing all the love you do with the world and thank you for being brave enough to heal yourself because you became a gift to the rest of us by doing it. You met the pain teacher and you took your lessons and let's keep doing it together.

Dave:

We will.

Paul:

Aho great spirit.

Dave:

Aho. If you guys liked today's episode, you know what to do. Head on over and check out Paul's work. He's written several books. You might want to look at, *The Last 4 Doctors You'll Ever Need* or *How to Eat, Move, and be Healthy*. He's worthy of your time and attention. No one ever comes on the show who isn't and some people have a greater level of attainment than others. And if you haven't figured out by now in this last couple of episodes, Paul is up there and really knows what he's doing. Thank you for listening.