



The Evolution of Personal Care

Recorded on 18th June, 2020, in Byron Bay, Australia.

Welcome to the Future Sense podcast with Steve McDonald and Nyck Jeanes, broadcast weekly from Our Future Sense pod in the Northern Rivers of New South Wales, Australia, and available on your favourite podcast platforms or directly through www.futuresense.it. You can follow us on Twitter @futuresenseshow, or on our Facebook page. Thanks for joining us today.

Nyck: Today is June the 18th, 2020, where we are recording in the Northern Rivers of New South Wales, and you'll be listening to us sometime ahead of that, or perhaps, before that. You never know. Good morning to you, or good afternoon wherever you are. Steve McDonald, how are you doing today?

Steve: I am very well, thank you.

Nyck: A bit silly, but we do like to jump timelines here quite regularly as a matter of fact. Part of the parameters of the show. It's a necessary parameter that you need to all hold, I think, out there, to be part of this show, to be able to jump timelines.

Steve: Non-linearity.

Nyck: Non-linearity is the word.

Steve: Exactly.

Today we're going to talk about the evolution of personal care. Obviously the whole topic of personal care has been highlighted by the COVID-19 epidemic and the response to that. We've been thrust into this period of having a whole lot of time to think about ourselves and also sense where we're at and how we're changing as a result of the world changing around us.

One of my teachers used to say that 'the change has already happened, we're just growing into it', and that's so true. So we're going to talk specifically about the emerging paradigm Layer 6 in Clare Graves's model and how personal care changes and is changing at the moment across society and at a personal level. Part of the current life conditions is, of course, the astrological scenario there we're sitting under right at the moment with all the

planets in their various alignments, and I believe, Nyck, there's a special focus on self-care indicated there.

Nyck: Somewhat, yes. Mercury today, for June the 18th, has just gone retrograde. Retrograde means from the perspective of the earth, the planet appears to be moving backwards. It's not actually doing so, but in astrology, it represents sort of a hold or a pull back or a tension in the energy of that planet. Mercury, of course, is the messenger of the gods in mythology. It's a planet of expression and relationships in terms of communication. And I note that in Chinese astrology, Mercury represents water, the fourth element, therefore symbolising that communication and intelligence and elegance. When it's retrograde, those aspects of ourself are sort of held back a bit and often people talk about things not working: your email doesn't work or something goes wrong with one of your phones or a piece of technology. These things can also happen. I found this really, really great piece which covers a bigger picture and also does allude to what we're going to be talking about today, about how we approach self-care now. I found this from an astrological program that you can download. It's an app actually. It's called *The Pattern*. It's very good. I haven't told you about this yet, Steve, so this is new for you as well.

Steve: I'm listening.

Nyck: It's actually a very interesting piece and we might come back to it, but I'm going to read a little piece about Mercury retrograde, which was sent this morning, so it's very current. It lasts until the 12th of July, so it's a few weeks. Mercury retrogrades are always fairly short, but they seem to be very potent. People seem to have a respect for them; they seem to have response to them. It seems to have some meaning for people. People seem to have an understanding that there is an influence there and something happens.

So this is what it says about Mercury retrograde at this time up until the 12th of July: "Most people assume that the world works in a logical, linear and somewhat predictable way, but that's not always the case. Expecting that on any given day, everything will go as planned actually helps perpetuate this illusion. During this time frame, these assumptions are severely compromised. The 'regular', logical flow of events will appear to be disrupted." This may be a familiar feeling based on global events and circumstances right now, but you're also asked to notice how closely this actually touches your own energy at this time. That's an element of self-care right there.

"As a result, the world won't operate in the way that you expect at this time. Instead, what seems objective one minute becomes subjective; left-brain becomes right-brain; and connections will be missed—both with people and, interestingly, with technology and machines. These energies may or may not affect everyone at the same time, or in the same way—they probably won't feel as strong as any personal cycles that you're having." This is a general cycle for everybody as a retrograde planet pulls back like this, but it will affect your

individual chart in different ways, and that's for you to look at, perhaps, if you're interested in doing so.

"It might also be easier for you to do that if you already operate outside of the mainstream"—I think the key point here—"like if you work a non-traditional or a creative job. However, if you depend on logic to function, you may feel especially challenged right now. These disruptions and confusions can be annoying. But if you're able to overlook them, this timeframe can offer special possibilities. See this moment as an opportunity to move past linear thinking and that your mind go beyond conventional wisdom and expectations. This can be a great few weeks for inner work, meditation and reflection. Often, artistic endeavours or anything that uses your right brain or intuition can really thrive. Even duties that require reason can succeed with a little patience—and the realization that other people are probably a little unclear and inconsistent as well." That's a good thing to remember when you're feeling a bit out of sorts, maybe everybody's feeling this way to some degree or another.

"It's not necessarily a time to 'do' anything, but it's important to notice your inner experience. Your thoughts and words could take on a more sensitive quality, and feel more open and vulnerable than usual."

And lastly: "Try to pay attention to those feelings and be aware of what's happening around you—and with others. But remember, there is nothing to fix or change right now. You don't need to become overly concerned with others; it's also important to assess your own need for being appreciated and treated with sensitivity." And as I said: "This timeframe lasts until July 12th." There are some interesting bits and pieces in there, isn't there?

Steve: Real interesting, Nyck, and it's interesting to look at how those themes fit so well with the transition that we're going through at a global scale. We really have been through a perfect storm with this global disruption from COVID-19 that's setting the scene to support this transition beyond Layer 5, which is the old Scientific-Industrial paradigm, and into the emerging Layer 6, which is going to be fairly short-lived. One of its key roles is to make a solid foundation for this huge transition into Second Tier consciousness, which begins with Layer 7, so a lot of that description is very, very supportive of that process. If you think about the fact that the fifth layer, the Scientific-Industrial era, has really been like the peak of rationalism and logical thinking.

Nyck: Would have been a Mercury time, you could argue.

Steve: Absolutely, and moving into Layer 6, we are drawn back to the communal way of interpreting life and living, which is a feminine aspect. So it's all about reconnecting with things that we disconnected ourselves from during that fifth layer, one of them being non-rational things and pre-rational things like our emotions and our physical body, and anything immaterial, I guess. So it's a time to be reawakening to those things and starting to slowly integrate the left and right side of the brain.

Of course, that integration crystallises with the transition to Layer 7 in Second Tier. So it really is, as I said, the perfect storm. Very supportive of what humanity is going through at the moment. This is not just a shift in human consciousness. This is a whole-of-system change for our entire solar system, actually, on the on a larger scale that we're seeing.

We're really well informed about the transit of our solar system out of what's called the 'local cloud' and across a null zone to what's called the 'G cloud', a different part of our galaxy, and that's exposing us to all sorts of different radiation from outer space—cosmic radiation—and changing the life conditions throughout our solar system and on our planet. A couple of the examples of that are the climate change that we're seeing and also things like the mass extinction which is underway and which will also lead to a mass replenishment, and that is the way that these things work. When we look back throughout history, you can see whenever there's been a mass extinction, there's been an explosion of life after that.

Nyck: And in fact, in our pure, human spheres, when there are crises like wars or natural disaster, humans themselves come together in different ways. We create more, we become more abundant in the way that we express ourselves, and new connections and made; new hybridisation of ideas and philosophies. Certainly science accrues. So, we're in that period now, aren't we, where there's an acceleration of the possibilities of new evolutions of everything, really?

Steve: That's right, and the COVID-19 response has played a key role in that, because by forcing us into isolation—in other words, extreme individualism—it's basically pulled the elastic band back to fling us into communal ways of thinking and being.

Nyck: And part of that, of course, is the recognition of the of the environmental stress that the whole planet and our bodies, our internal systems, are going through, and we're going to be talking a fair bit about the gut biome and those very new concepts that most of you are probably familiar with now. As one commentator, Zach Bush, M.D., who I do like a lot—a fairly young American doctor who I think is fantastic—says that the coronavirus, for example, "is unmasking the toxicity of our environment." I think it's a wonderful way to look at an aspect of what COVID-19 has been doing. Even though climate change has been shoved slightly to the side at this time, off the front page of everywhere, what has come is a recognition that our environment is under stress. We've seen, on one hand, blue skies appearing over Wuhan after the lockdown there, and many other cases such as that; and a cleaning of the air, and a cleaning perhaps also of water, at least temporarily. And that is somehow showing us all that, 'well, actually, it is the damage to the environment that is reflected in the damage to our bodies and our responses to everything at this time.'

Steve: Exactly, and there's that harmonic between the personal scale and the collective scale there. This increased awareness of the earth and the environment is a key aspect of the transition from Layer 5 to Layer 6 and, being part of the First Tier of consciousness, when we

go through one of these value system transitions between layers, there's an automatic rejection of what came before. We're seeing that in society now where people are looking back at the old paradigm and saying the industrialisation was bad, look at all the damage we did to the planet.

We're really starting to reconnect with and care for the planet at a global scale, and that same pattern is happening at a personal scale where we're noticing the damage that the old paradigm way of living has done to our bodies—the working in the rat race, the medical system and its particular way of operating, the processed food that we've been eating, and all these sorts of things and how they've impacted our bodies. So we've got this thing, this harmonic happening both at a personal level and a global level where we're saying, 'oh, my gosh, this is not good. We need to change that. We need to stop doing a whole bunch of things that we were doing before, and we need to find new ways.'

Nyck: That's right. There are some statistics—and there's, of course, many variables in this—but I note that in 1960, for example, chronic diseases in children in the US—and I expect there are probably roughly the same sort of figures here—were 1.8%. Just 1.8% of children at that time, in 1960. Now, in 2020—what's that, 60 years later?—that number is 52%. Over half of our children in our Western societies—in our largely Layer 5 societies, I guess you could say—have chronic diseases. That's a pretty telling statistic indeed.

Steve: It is indeed, and you can think about that in terms of the timescale of that situation emerging. As industrialisation and different ways of running our agricultural industry and those sorts of things have changed, then the stress from all of these particular inputs has slowly added up over time. Part of reinventing how we care for ourselves is also taking more notice of the impact of these things on us. When you stop and think about these things, as we've had time to do recently, you start to realise that, 'okay, we've actually been under continual stress in so many different areas of our lives, just never ending.' It's got to pop sooner or later, and that is, again, a key aspect of this transition from Layer 5 to Layer 6. There's normally some kind of a burnout or breakdown. That's normally what happens for most people.

Nyck: And on that, too, I mentioned 1960 there. We've talked about this quite a lot on *Future Sense* in the past, about the resonance of the 60s with this era, and it's interesting that Rachel Carson's famous book, *Silent Spring*, published in 1962, still remains the most important and relatable environmental science books of all time. It still influences this awakening of consciousness around environment, body, all things above and below. We've had this message since the 60s—for 60 years at least—and it seems that we're maturing into a much bigger appreciation and understanding of what that actually means and what we can actually do about that.

Steve: Absolutely. So, again, that's part and parcel of the emerging value system. Every time we see a wave of that arise in society, then we're going to have that knocking on our door.

Steve: One of the things I was going to mention was a little tick-and-flick questionnaire called *The Perceived Stress Scale*. It's very, very common. Many people would have seen it before. It's just a bunch of questions—only 10 questions, actually—which ask things like "In the last month, how often have you been upset because of something that happened unexpectedly?; In the last month, how often have you found that you could not cope with all the things that you had to do?", those sorts of things. You rate these on a scale of 0 to 4 from 'Never' to 'Very Often', and then you end up a little numerical score.

Nyck: What did you get?

Steve: I actually haven't got my numbers in front of me here, but I've got to tell you, I was definitely under stress when I did it.

Nyck: Maybe you should do the test when you're not under stress, or maybe when you're under stress. Get two readings and you say, 'well, I'm pretty bad when I'm bad, I'm not too bad when I'm okay. Where's the middle ground?'

Steve: Yes. I'll post a link on our social media to this PDF version of the test that I've got here (<http://www.mindgarden.com/documents/PerceivedStressScale.pdf>). It has an average or a mean for male and female and also across different age groups, so it's quite useful just to do that and get a sense of where you're at, because so often, particularly during the last paradigm, we've been operating under stress and just feeling like it's normal when actually it's not. Now, at this time, we have an opportunity to reimagine the way that we're living life, and it's good to take this into account and try and reinvent life in a way that is less stressful for sure.

Nyck: As you saying that, I'm feeling, in this region of Australia where we live is a bit of a bubble and we are in a unique place, but certainly what I'm hearing in our world here, as we're coming slowly out of lockdown, is the many ideas that many people are having about change; about how they can find ways to contribute. They've had some new ideas, they're doing something different. Everything's been shaken up to such a degree. And just that, I think, is an aspect of self-care—to be able to shake yourself up, in a way, when you necessarily have to do so, but with a consciousness that says: 'I need to—actually I want to—contribute something different here. I have an idea to bring something new forward that can help.' I think it's really interesting that our psyches are actually stimulated to change at the moment.

Steve: Absolutely. I think it might be useful for us to talk about how the emerging paradigm—the emerging world view associated with Layer 6—is changing the way we think about looking after ourselves. I guess one key way to describe it is that Layer 6 is all about connecting the dots. It's a very network-centric way of thinking, so it likes to look at all of the different factors and options and things around, and figure out how they're connected; how do they relate to each other? It's very much about relationship as a communal system, and some of the things that are emerging in the new mainstream, I guess you could call it, are understandings of how our body operates in a more connected way. I must say, this is something that's been pretty well preserved in the East and Eastern medicine, such as Traditional Chinese Medicine, but somewhat lost in Western medicine, where we've specialised so much that we've lost the impact of the connections between systems within the body.

Nyck: You're a qigong practitioner of 20 years or so, so you know this structure of how that actually occurs, and that awareness is really growing, isn't it, in so many different ways: yoga, tai chi, qigong, many body-mind-spirit practices that exist and are expanding; and they have some solid scientific backing behind them, particularly Chinese expressions of these kind of activities.

Steve: That's correct, and that's one of the aspects of the values shift over the last few decades, has been the spread of these things from the East into the West.

Let's just talk about the gut biome for a moment. Have you got something on that there?

Nyck: Yes. The gut biome, as I referred to before, is an ecosystem—I guess that is the best way to describe it—and is the real core of our health, as I now understand it; and I think that's becoming relatively solid, even allopathic, knowledge at the cutting edge of allopathic medicine, where some perhaps more enlightened medicos are seeing a bigger picture. Certainly there is science to back the power of the microbiome to generate life—the life force, and particularly, I think it's called ATP, isn't it? Adenosine triphosphate. This is what is missing now. An unbalanced microbiome has really now been shown to be the beginning of endemic health problems across the board, particularly, as I mentioned, those statistics with children. Clearly, with children who've got compromised my microbiomes—either from the stress of the environment or the type of food that they're eating or the psychological stress they might be living under, or a combination of these factors—many, many people, many young people and people generally, have a compromised microbiome now, an unbalanced microbiome, where the diversity of the flora that exists in there is minimised. And there's a lot of, so to speak, 'bad bugs', 'bad viruses', or things that don't help to support our health. We're starting to look at that and see that the food we eat, the stress that we do or don't carry with us, and the nature of our relationships, the environment we live in, the air, the water, the earth, what's in our food, the soil quality, all these factors are impacting on the microbiome, and we're now seeing the results in our societies of a compromised microbiome as an endemic problem in most of our Western countries, I think.

Steve: Yes, and isn't it interesting? When you think about how our worldview is changing as we move from the Scientific-Industrial into this emerging post-modern paradigm, which is very network-centric and humanistic and communal in its theme, we start to see the world as connected communities, and we're starting to see our body as a connected community of our own selves, and also this community of microbiome which is spread right throughout the body, as I understand it. It's very interesting indeed.

I've got a scientific paper here by two, quite possibly Chinese authors, both by the name of Wu. I'll just read a little from the abstract. It's saying that: "Keeping a delicate balance in the immune system by eliminating invading pathogens, while still maintaining self-tolerance to avoid auto-immunity, is critical for the body's health"

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3337124/>). So what they're saying is that the microbiota, as they call it—all of these microorganisms that we have living in our bodies—are playing a critical role in our immune system, and it's important to have a balance—a homeostasis—within that microbiome in order for our immune system to operate at an optimal level. I think this is certainly a part of future mainstream medicine, is understanding how we can boost and support our own immune systems so that, rather than having to put pharmaceutical drugs and things in our body to try and resolve the issues within our body, our own immune systems can actually do that if they're healthy and well supported.

Nyck: That gut-brain connection is the important thing here. I noted some interesting statistics on a video I watched the other day, again from Zach Bush, where he talks about the vagus nerve and the role of the vagus nerve in that gut-brain connection. When that nerve is compromised, then we've got problems right there. Inflammation occurs, leaky gut occurs, all these sort of fairly modern recent illnesses or conditions that have been visited upon us. Then there are the many ways, with foods and other things, that you can start to rebuild, because if you've got a compromised immune system, you've got to rebuild that system. So how can we rebuild the system? You've got some things there.

Steve: Well, from a Layer 6 point of view, we are going through this process during Layer 6 of reconnecting with—maybe that's not the right term—becoming more aware of our body. So, we're getting up close and personal with what's going on in our body and starting to think of our body as a community, and some people are actually talking to their organs and talking to the different parts of their bodies, and sometimes they'll get answers. They tell them what's going on or what they need and those sorts of things. This is a transition phase that's taking us into Second Tier where we have this great leap in capacity right across our whole being, and part of that is really having a very, very good connection with the body and being able to communicate with, and become aware of, and also moderate our body's responses to things in a very, very direct way.

So Layer 6 is really the bridge to that, and the Layer 6 way is to connect the dots, as I was saying. So, we typically look across different systems and try and understand how those

systems are connected. In a medical and our well-being sense, we're likely to be looking at different alternative ways of healing and also trying to see the relative worth and the relative impact between different alternative medicines. We see this in a whole explosion in the alternative medicine scene that's been going on for a few decades now.

Nyck: And it can be quite simple. I think a lot of this is actually very simple practices to set the ground for what you may want to do with foods—particularly superfoods or adaptogens and various substances like these—and you might want to create a programme for yourself under the right guidance. But I think some of the things that are the foundation of this are quite simple. For example, just grounding; being barefoot on the soil, on the earth, and connecting with the magnetic field of the planet itself. Also, releasing the charge we've built up, especially if you're working with technology all the time and you sit in front of your computer or on your phone. I've been doing this a lot recently—I've always been someone who doesn't like shoes that much, but I like to take off my shoes. Several times, I'll be working on my computer and I will just go outside and I will walk, or stand, maybe just do a bit of simple qigong—just bend the knees and just ground and allow that charge to actually go into the earth and to let go. It's amazing how simple that is, but actually those simple practices are really the foundation to create a more sophisticated response to the issues that we've now got on the planet, that we're talking about here, following things like mindfulness and meditation, which add to those practices, before you even get physical about what you're doing.

Steve: Absolutely, and as we often say on this show, having some kind of a regular practice is a very supportive thing at this time in history. I'd probably go so far as to say it's essential. If it's not essential for you yet, it probably will get to that point where you'll need to have some sort of regular, ideally a mind-body-spirit, integrative practice that you do on a regular basis. How often, that is really up to what you need and how you feel, but part of this process of reconnecting to the earth, as you just said, Nyck, and earthing ourselves, is very important. One reason for that is because of this transit of our solar system.

As I was saying before, on the very largest scale, the frequencies of the earth are changing, and we see that recorded scientifically in what they call the Schumann Resonance, which in the past has sat around 7.83Hz, and in the last 12 months, has been peaking at times up to 99Hz, and often sitting around 20 or 30Hz on a regular basis. So that's like the earth's background heartbeat as far as our body is concerned. It definitely has an impact on our wellness. We know from the science of sending astronauts into space that when they are disconnected from that background frequency of the Earth, they become unwell, and so with that background frequency changing so much at the moment, and fluctuating, we really need to be regularly tuning ourselves in to that frequency of the earth. As you just said, the best way to do that is to earth ourselves and ideally, practice some kind of mind-body-spirit, integrated practice where you're moving your body, you're in a meditative state, and you're connecting with the earth at the same time, and allowing your body to reach, in itself, to whatever the earth's frequency is on each particular day.

Nyck: Yes, it's interesting. I didn't know—you probably do as a qigong practitioner of that length of time—that simple things like the horse pose or any strengthening postures—this applies to yoga, too, and other things like that—actually create more ATP. I mentioned before the adenosine triphosphate in the mitochondria. Apparently we produce our own body weight of ATP a day.

Steve: Wow. Our own body weight? That can't be right.

Nyck: Well ... there you go. So, listeners, this is for you to go and check, and please comment.

Steve: If that's true, then we must destroy our own body weight in the same period of time as well.

Nyck: Well, yeah we do. ATP is what actually drives everything. It's the energy driver of the whole system, but literally, simply just standing with legs in that posture for a while, or any of those sort of leg-strengthening postures, increases that production of ATP in the mitochondria.

Steve: It's long been known in qigong communities that regular practice has an enhancing effect on the immune system. It seems to slow down the aging process, and energise you and balance you, and all that sort of thing. If you're interested in exploring that, then I really recommend you find yourself a good teacher nearby that you can go and learn from. Ideally, these things are best learned in company with a good teacher so you can have firsthand body corrections, in terms of postures and those sorts of things, by a good teacher.

Nyck: We've been touching on a lot of things here, and there are many things that you probably know intuitively for yourself. We certainly encourage you to consider this as we're talking today, particularly about moving between the layers of 6 and 7 in Clare W. Graves's conception, which is across the great divide, the Momentous Leap. In that change, it's also really about, as Steve has already alluded to a couple of times, that tuning into and being intuitive about what is right for you. You can learn all these practices, you can know stuff, you can go and do classes, but actually, what works for you? That talking to the body that you mentioned before, that intuitive understanding of 'oh, yes, this is what I need now.' I think a lot of the time that we've been locked down around the world, perhaps—and it would be interesting to know your own feedback, folks, out there who are listening to us—how much have you been able to re-negotiate your relationship with your body, for example? To be able to listen to it better to be able to know, 'I shouldn't eat that extra piece of cake now; I should have that little bit of adaptogen mushroom juice over there, that Lions Mane I've got over in that little bottle'. I'm talking from my own experience. That's certainly

happening for me in this time, where I'm spending a lot more time by myself, and quiet, is that something in me kind of knows, 'this now, not that now.' It's exciting, and I'm just wondering how many other people are experiencing that, because I think it's probably something that's growing in us. Well, you'd think it would be as we are evolving.

Steve: It is for sure, and as I was saying before, this is really part of the journey as we transition through Layer 6 to Layer 7 in Second Tier. In the individual systems, we tend to want to change the outside world to suit ourselves, so we have a very individual focus and perspective on the world. We're coming out of an individual system at Layer 5, but we're also moving into an individual system in Layer 7 as we shift into Second Tier. In between, we have this communal system where we tend to want to sacrifice our own needs, in some sense, in order to fit with the world around us, and really, in Layer 6, it's about 'how do I change myself internally to fit with what the world needs of me right now?' Hence we have this internal focus and it's a perfect time for you to rethink what you're doing with your life, your life path, how you work and how you live, where you're eating, what you're putting into your body, who you're hanging out with, who is your local community of trusted friends and how do they impact your well-being, and everything else that that goes into being well?

Nyck: The notion of time itself—how we use time; our relationship to time itself—seems to be changing, and even the sense of timelessness. I'm getting feedback from people out there in the world and our community here, this sense that people don't know what day it is anymore. There's a breaking up of that, and that's actually a relaxation that's available there because people are starting to feel like, 'oh, there's actually more time than I think, and I can actually look after myself better than I think.' I've seen this happen.

Steve: Absolutely. A part of what changes when we move between these layers is our underlying framework for making sense of reality. So, in other words, everything changes, and part of that is our conceptualisation of space and time. We spoke about this on a previous episode, quite a while ago now—I think it was probably last year. We're in a relatively linear place in Layer 5, with a fairly short-term outlook, and moving into a communal system, the communal systems tend to be more circular in their way of thinking.

In particular, Layer 6 has a great desire and a tendency to collapse hierarchies. It wants to flatten everything out. The space-time conceptualisation that we get in Layer 6 is of a flat surface with circular patterns on it, and part of that is starting to think that all time is present there on that flat plain. I can remember, myself, going through this and thinking about it years ago, and I started thinking about a CD or a DVD, from the old days when we used to have these discs that you would stick in a computer. If you think about a gaming CD or DVD, the whole game is right there on the flat surface of that circular piece of plastic, so from a game player's point of view, the past, the present and the future of the game are all there, present right now, and it really just depends when you put it into your computer, where you start and finish in a linear sense when you're actually playing it. But actually, it's all right there. So that's a classic Layer 6 conceptualisation. And so, as we're moving into Layer 6 for

many of us—or through Layer 6—we are thinking in that circular way of everything being here, now, and consequently, our thoughts go to things like past lives and future lives and the possibility that all those things are happening at the same time, et cetera.

Nyck: I think that's great. We've seen that a lot of people are entertaining these broader conceptions and perceptions of reality in various ways at this time for sure.

That's about it for this first part for this week. We're going to be doing a second part, so stay tuned.

Steve: Yes. Next up, on our next episode, we're going to go into Layer 7—the first step into Second Tier—and look at how this process of body awareness and wellness, and our particular worldview and perspective, changes as we make this enormous leap into Second Tier, which is just a massive quantum-scale change in who we are and what we're able to do. So tune in for that.

Nyck: Thank you for joining us here.

Steve: Cheers.

You've been listening to the Future Sense podcast with Nyck Jeanes and Futurist, Steve McDonald, broadcast weekly. We're also happy to be liked - or loved - on the platform that you're listening to right now. And we welcome feedback, comments and input. Thanks for joining us, and remember that: The future is here now, it's just not evenly distributed.