



The Mirror Effect Part 1

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Future Sense is a podcast edited from the radio show of the same name, broadcast on BayFM in Byron Bay, Australia, at www.bayfm.org. Hosted by Nyck Jeanes and well-known international futurist, Steve McDonald, Future Sense provides a fresh, deep analysis of global trends and emerging technologies. How can we identify the layers of growth personally, socially and globally? What are the signs missed, the truths being denied? Political science, history, politics, psychology, ancient civilisations, alien contact, the new psychedelic revolution, cryptocurrency and other disruptive and distributed technologies and much more. This is Future Sense.

Nyck: You are now tuned to Future Sense here with myself, Nyck Jeanes and my co-host, Steve McDonald. Good morning, Steve.

Steve: Morning, Nyck.

Nyck: You're playing with your technology over there. I love that.

Steve: Just sorting out my USB sticks.

Nyck: You just had an interesting experience on Facebook there. They stopped you from posting for a minute. That's curious, isn't it?

Steve: Well, I had a VPN operating and I logged out for a minute and went to log back in and they said, 'oh, we're just limiting your access because we want to protect our users from spam'. It was obviously an automatic, unthinking response from their machinery.

Nyck: Yes, so those of you who use VPNs, which are Virtual Personal Networks ...

Steve: Private networks.

Nyck: Yes, perhaps that's an interesting thing that the algorithms on Facebook and other social media are doing at the moment.

Steve: Yes, and if you don't use VPNs, you probably should these days just for privacy, basically.

Nyck: True that.

Today we're going to be talking about, well, an interesting topic today. We're going to go a little psychological today.

Steve: I had a vision, Nyck.

Nyck: You did. Not the first one you've had.

Steve: I had a visionary moment of a cat seeing itself in a mirror for the first time and freaking out.

Nyck: I've seen those videos. They're very funny.

Steve: Very amusing, and then the realisation was around the fact that this is happening to humanity at the moment. We see ourselves in the mirror for the first time and we don't recognise what we're seeing and we're freaking out, and maybe wanting to fight ourselves initially.

Nyck: Or freezing up, in some cases. It's that old psychological response of flight-flight-or-freeze.

Steve: Fight-flight-or-shite, I think.

Nyck: Flight or shite? Here on BayFM, that's what you're going to get: plenty of shite here this morning, but good shite.

I guess what we're talking about there is certainly partly to do with the shadow, the reflection, the other part of ourselves.

Steve: That's right, recognising that part of ourselves that we don't normally see, yes.

Nyck: Carl Jung, of course, a great psychologist, said: "The psychological rule says that when an inner situation is not made conscious, it happens outside, as fate. That is to say, when the individual remains undivided and does not become conscious of his inner opposite, the world must perforce act out the conflict and be torn into opposing halves." I guess that what he's saying is, if we can't recognise the darkness—that shadow within—then what we do is project it outwards and tend to fear it, to flee from it, or to freeze up and not know what to do.

Steve: That's right. This is a perfectly normal aspect of being human and growing, particularly from one perspective to a more expanded perspective, and there's no blame necessarily around this lack of recognition. It's a perfectly normal thing.

When we go through a transformational shift ourselves as a result of changing life conditions, we start to see the world in different ways, and by definition, we see ourself in a different way as well. And often we look back at the way we used to be—and we see this happening at the moment in terms of large scale perspectives—we look back at the old paradigm and we really don't like it. We're rejecting it; not owning it.

Nyck: There was a report, I think, from the ANU just in the last day or so, which said that only 25 per cent of the Australian population trust politics now, which is not surprising, of course, but that is the lowest for 50 years, which is probably since they've been measuring it. So we're in a situation where what we see outside ourselves, in terms of our political, social, cultural structures, is causing us to not just mistrust, but to also fear at times and to be very insecure about where things are going on the planet.

Steve: Absolutely, and just like that cat seeing itself in the mirror for the first time, there's a massive fear response initially, and a lack of recognition and a lack of realisation; a lack of consciousness around actually what we're seeing. And we'll talk about that in a very down-to-earth way, then we will also venture off into a bit of astrology and esoteric perspectives.

Nyck: Yes, we're going to go a little weird today, folks, so hopefully you'll join with us and go with us there.

Steve: We were looking at our statistics recently, and this year we've had around about 20,000 listens to our podcast, which is wonderful. And one of the most listened to shows was also one of the more weird shows.

Nyck: Yes, you like that, so we're going to go a bit weirder today for sure, because they're tied together: the veils are thin, one could say, between what seems to be practical, rational

and the like, and what seems to be something else—transrational, if you will—that's emerging on the planet and perhaps in your own experience of how you deal with life in a more complex way. Is that true for you? Good question.

You can always text in as you do often. Thank you for listening. If you're listening in Australia you can certainly do that; if you're listening somewhere else out there, or to the podcast: Hello! Thanks for joining us and being one of those people who are listening to these podcasts around the world. I think we're in something like 50 countries or so.

Steve: I think probably more than that because they only go up to 50 countries in the stats.

Nyck: We're going to be talking a little bit 'out there' today about some of the aspects of the shadow, and some aspects of astrology in the sense that if we regard that everything is a reflection of ourselves in some sense or others—and all the great spiritual traditions in one way or the other speak to that, I guess you could argue—astrology is another mirror of that, in my view. It's not that the planets are doing things that actually cause anything—it's not as simple as that—it's not a simple cause-and-effect relationship. It's more a reflection, like a blueprint, you could you could argue, that gives us some clues about some of the themes that might be running personally and societally—and in fact, globally—at any one time.

In this period, there's such a strong series of conjunctions of planets moving as they do with respect to where we are positioned in the cosmos in our solar system. We're not talking about rational science here, but we are talking about geometry. We're talking about energetic forces here. In this time coming up currently, but especially in 2020, which itself is an interesting number: 2020—they always said hindsight is 20/20 vision—kind of interesting, just that, because perhaps we are really now in a place where we can't simply rely on hindsight. We actually have to have some serious foresight moving forward. And there is an opportunity too that is reflected in the status and the positioning of the planets in the next period of time and this current period of time.

I'm referring in particular to Jupiter, Saturn and Pluto, which actually have not met in the same way, in the sign of Capricorn where they are, since 1284. That's a long time ago—nearly 800 years ago. So there's an opportunity here, as is configured by many of the astrologers, for a deeper dive into seeing: seeing our reflections, seeing what we're facing and actually facing it, and beginning to come up with clearing and renewal and a new growth that can take place.

We're seeing the movement through all of our institutions of the forces of Pluto in Capricorn in particular. This is the traditional sort of astrology—Pluto in Capricorn, where it's been since 2008 and will be until 2024—in this period it's been an incredible revelation of what's behind the scenes, what's actually operating here, who's pulling the strings, who's got the power and who is powerless, and where are those things situated? And it's getting pretty clear that we are now seeing quite strongly that perhaps most of us don't seem to have much power anymore in terms of the external world.

Steve: That's true, and in the context of the global transformation that is underway, which is a shift from the old Scientific-Industrial era into something new, this kind of revelation is pretty normal during times of transformation and in fact, is part of the evolutionary tension driving the transformation: the sudden different perspective that reveals truths that previously were shadow aspects; in other words, things that we were immersed in but were not really conscious of.

Nyck: Yes. There's a lot of great themes here.

Pluto, of course, was the Greek god of the underworld, and that pretty well sums it up. We're seeing the underworld, if not the underpants, of many of the world's leaders and many of the world's structures—politically, socially, culturally—that are simply not working anymore in the same way. There's a great possibility with Pluto reflecting this idea of purging, of exorcising, of releasing buried power or core truths. It's the planet also of creative destruction. So it's not all bad, and I think the key that we'll probably come around to is that this is a possibility now of actually really creating something new out of the naturally destructive process that seems to be occurring on the planet; the breakdown of things.

Steve: Absolutely. It's a normal cycle: the cycle of birthing and creativity, and then eventually things going through their life cycle and dying and falling apart. We're in a time at the moment where we've got, simultaneously, a collapse of the old paradigm and the old social structures—the old ways of being human—and the birth of something new happening at the same time, and we're going to see over the next 10 to 20 years, a transition from the dominance of the old paradigm to what's coming next: this new emerging, human-centric, network-centric way of being human; and the mix of collapse versus rebirth is going to be shifting. There'll be a time, and we can expect this, where neither of those paradigms is really dominant and that's perhaps the most challenging period that we're facing in the decade or two ahead.

Nyck: Indeed. Pluto's energy will not be suppressed. I think this is the key now where as much as we'd like to wish things away perhaps; as much as we'd like to have an idealistic approach to many of the issues on the planet—and I think a lot of us who have perhaps come from somewhat of a hippie New Age world back then—I think this is one of the great shadow aspects to let go of: this sort of idealistic change process that we thought was going to happen, and maybe it still will, but we really have to go into the darkness first, it would seem.

Steve: We do, and that's an aspect of this emerging paradigm: that utopian viewpoint. It's an aspect of postmodernism that's been discussed for a long time, and I guess you could call it a bias: the tendency to expect things to be perfect or at least want things to be perfect.

Nyck: Yes, and this power, of course, when it's uncontained and where it's demonstrated so strongly at the moment, is often feared. I think that's what we're seeing across the planet. Of course, that fear is being utilised by many of our politicians and political parties across the globe to motivate us, and I think we're becoming very suspicious of it, even though we still have the effect of that, we're simply not liking this anymore; we want something else to inspire us. And this is really the key, I think, that we're bringing, certainly in this show.

Steve: That's right.

The inspiration for this discussion was me seeing the cat; the young cat seeing itself in the mirror for the first time, and the typical reaction that you've probably all seen in those funny videos of the cat freaking out and not realising that it's looking at itself. This is happening to humanity at the moment. We're looking back at the old paradigm, we're looking at the results: the net effect that we're seeing in the world right now of the old paradigm, the old way of living, and we're freaking out, basically.

Nyck: Yes, and of course, Pluto, as God of the underworld, governs the secretive and the obscure; and a lot of things like taboos around sexuality are strongly connected to this this reflective power of Pluto as we're seeing it. It also governs instincts and drives of domination and conquest. These words are pretty clearly up in our society, in our discourse now: domination—who's dominating who?; conquest—there seems to be a conquest every day, even in our local politics, of one politician over another, just absolutely saying whatever they need to say to get their point across.

Steve: That's right. Dark sexual scandals like Epstein.

Nyck: Yes, dark sexual scandals. Crime, politics and other hidden activities are also under this rule, so you can pretty much see Pluto in this position at this time and through till 2024, with Saturn and Jupiter also conjuncting Pluto over the next year or so in various ways, beginning on January the 12th next year when Saturn and Pluto are conjunct in Capricorn, and then it moves on from there. We can see that there is really a series of revelations around the dark, the underbelly, the secretive things that have been hidden for a long time, the place where power actually is situated. And then what is our response to that now? I think that's where we're at right now: how do we now newly respond to this, other than that fight-flight-or-freeze response?

Steve: Yes. It's interesting just to look at the old paradigm, which is in a state of collapse at the moment, and its tendency to want to project a false image for its own benefit. Basically the energies that we're facing now with these sorts of astrological transits are making it much more difficult to get away with that kind of behaviour. It's a very dangerous time to be trying to obscure the truth because it's very, very likely to be unsuccessful.

Nyck: The thing is, though, as that truth is attempting to be obscured by the powers that be, they are, as you're saying, failing miserably and then just doing even more ridiculous things to seemingly cover up that space and make another excuse. Angus Taylor at the moment is a good example in Australian politics.

Steve: That's right. And that typically is the problem-solving strategy of the old paradigm: to work harder and faster, but do the same thing, basically. So if it's not working, you just keep trying harder and you keep doing more of it, and that's exactly what we're seeing in the news, isn't it?

Nyck: So I guess on a personal level, what we're talking about today as much as anything, is an overriding theme: to be able to look soberly at the area of life in which *you* feel powerless—and also where you feel powerful—but what is it that is driving you internally? That's the reflection of the cat in the mirror freaking out. Can you manage to stare at yourself, metaphorically, in the mirror and face the parts of you that have contributed to the situation that the planet is now on, in a personal, in a familial, in a cultural, a social, and political way. It's a big question.

Steve: It's a big question and a big task, too. It's a very difficult thing to have to face something unexpected, something surprising and something very personal, and also to try and deal with the natural responses of being afraid, perhaps panicking, not knowing what to do and wondering if you should fight the image in the mirror.

Nyck: As the cat does, scratching the mirror. Very good.

Yes, so your reflections on this, folks. We love to hear from you on our text line. There's many parts to this, of course, but just the notion that we're looking at today of: how are you looking at yourself in the mirror when you see the reflections you don't like? And we're talking about not just your personal stuff here, but the reflections of the planet, the world, the politics, and everything else that's going on. But how do you configure into that equation? How can you take your own power back, you could say?

Steve: It's also a massive opportunity for change as well. I mean, having visibility of something that was hidden previously, an opportunity to see and decide whether you are happy with what you see and then take steps towards change.

Nyck: We're talking this morning about reflections and how we are facing ourselves in the mirror, so to speak.

We're talking a little bit about astrology. Just a little bit more on that. As I said, Jupiter, Saturn and Pluto in this time, and through 2020, conjoin in various ways in Capricorn. For those who know about astrology, you understand some of what that means. For those who don't, bear with us, please.

From my mind, these kind of approaches towards world issues, looking at things like astrology, which for many people are just sort of wacko and non-rational, is actually part of expanding the basis of how we can look at issues and problems that exist on the planet; the ways we can we can face things and find certain clues and pieces of information that may help us or may not. So that's why we look at astrology as a reflection.

In this time, as I said, moving through Capricorn, they meet—Jupiter and Saturn in particular—on December the 21st, 2020; at the end of next year after a very strong conjunction, interestingly during the US elections, next year in November. That's going to be very potent. It's amazing that it's in the actual week of the US elections right there, and then culminating at the end on the summer solstice on December 21st, 2020. These extraordinary celestial developments indicate nothing less than "the ending of an entire era that precedes a new beginning. 2020 will be the tipping point of immense global change." I'm quoting here from a woman called Tina Mews who's an astrologer, and I'm quoting here from the *Healing Times*, a little local magazine (<https://cosmicintelligenceagency.com/great-planetary-cycles-of-2020-and-well-being/>). It's actually a very good article on page 30 of that magazine that you might want to check out about these conjunctions. It goes on a little bit here to say that: "2020 is a year where we must take individual responsibility and confront shadow areas that need clearing so that renewal and new growth can take place." I said something like that before. "Saturn and Pluto are both related to depression, and Jupiter and Capricorn can enhance this state of mind", and this is something we're observing: that there's clearly a lot of more mental health issues running on the planet perhaps than ever before right now, certainly that we're aware of. "We might have to withdraw for a while and reconnect with our own soul; to reflect, to purge and to simplify our lives by strengthening our core with a focus on what really matters and what is worth fighting for. This, again, involves courage and discernment. The Saturn-Pluto journey is not for the faint-hearted and Jupiter is part of the celestial team that can act as our protector and guardian angel, helping us not to lose sight of our true purpose." Jupiter being a very benevolent and beneficent planet offers that possibility of being a guardian angel to things, however Jupiter can also be rather extravagant and indulgent, so you have to be careful of that one too.

Steve: In a material practical sense, it is a guardian angel really: as a gas giant and because of its massive size, it tends to attract any stray rocks flying around the neighbourhood and take care of them before they hit us here.

Nyck: I like that.

Steve: There are many different perspectives that we can take and these perspectives are reflected in the layers of consciousness documented in Clare Graves's research. When we're

operating through any one of those layers, we're taking a particular perspective on reality, on the world, on ourselves, and each one comes with its own tendencies and biases. The reason that Nyck sounds so apologetic when he's talking about astrology is because the paradigm that we're moving out of at the moment has been extremely materialistic and it has chosen not to see anything that can't be measured with a scientific instrument. So these things that are more esoteric, that can't be weighed on a scale or looked at under a microscope; have often been disregarded by the scientific perspective.

Nyck: It's a great loss of magic and wonder to my mind that these aspects of ourselves have been pushed down and hidden in these last few hundred years to one degree or another; dominated, as you said, by science, by the reductionist viewpoint, and also by the churches, by the great religions, as hung over from the previous value system that was in operation and in domination for that period of time before the current one.

Steve: That's right. They have a bad history when it comes to science, don't they, really? Galileo, we could reference here.

Nyck: Don't like science, don't like pseudo-science either. There's just one truth that came down a few thousand years ago on a bit of a stone or something like that. It's very hard to understand.

Steve: Very interesting.

If we look back at how our life conditions have changed in the last decades—100 years; a couple of hundred years, really—as we've lived through the Scientific-Industrial era, there have been lots of things changing: new inventions; devices appearing that have made it easier for us to see ourselves, like televisions, for example. We couldn't do that a few hundred years ago, but now we could sit down in our lounge room and look at humans on a TV and watch what they do.

Nyck: Or ourselves that we've photographed or we've filmed; we've filmed some sort of antics of our own and we've put them on YouTube and we've got a few hundred thousand hits. It's a whole different world, isn't it?

Steve: That's right. There's been an incredible trend, really. It's like our head has been turned to look back at ourselves, particularly through the latter stage of the Scientific-Industrial era, and all of the surveillance that has appeared in more recent times—the government surveillance from an intelligence point of view, but also surveillance capitalism where we as humans want to know everything that we're doing to the point where we seem to be losing all of our privacy.

Nyck: Yes, as long as we can sell more stuff to each other, then that's okay. We can get to know all the dark, deep secrets of each other and tailor the algorithms to target people with what we think that they want; what they think that they want.

Steve: So it's been a time of revelation in many ways, and of course, this whole theme is also aligned with the astrological conjunctions that have been going on, and those Pluto conjunctions have been happening periodically for the last couple of decades, haven't they?

Nyck: Well, when Pluto was in Sagittarius before 2008, for example, a decade plus ago, we saw the rise in Sagittarius of a lot of light bringers. And I'm thinking immediately of someone like Julian Assange, for example: people who actually reveal stuff. That's an expression of Pluto in Sagittarius, before Capricorn. We actually start to see the dirt behind the scenes, really start to see, and have to wash out what comes with that. Thinking of Assange, just because he revealed it doesn't mean that we saw it or that he's treated fairly. In fact, absolutely not.

Steve: We should mention that Phillip Adams has started a petition on www.change.org for justice for Julian and particularly to try and stop him being extradited to the USA where he's facing 175 years in jail or something like that. We've tweeted a link to that; we've also posted that link on our Facebook page. We have signed it and we'd love you to sign it as well. It has, last time I looked a few minutes ago, over two hundred and twenty five thousand signatures, which was reported in the news as being one of the biggest petitions.

Nyck: The fourth biggest petition ever presented to the Australian parliament.

Steve: Yes, and let's make it bigger. So please jump on there. Follow the link if you can go to our Twitter or Facebook account. Otherwise, just Google: Phillip Adams Assange change.org, and it should come up and you can put your name down there as well. Let's make it as big as we can. This is just another story from current affairs about people holding up the mirror and showing us what we're doing.

Nyck: And most of us do not like to look at the reflection. We'd rather turn the TV back on or the social media, which is another reflection anyway.

Steve: Think of that image of the young cat seeing itself in the mirror for the first time. It's such a useful tool, and it will continue to be useful into the future if you keep it in your mind.

Nyck: It's interesting, because the way we're talking of the complexity of life on Earth, it's almost like that cat is in a hall of mirrors. It's not just one mirror; it's in a hall of mirrors. Everywhere you look, there's a reflection which can be very difficult to accommodate; and then the reflection of the reflection, actually.

Steve: Exactly. Like Bruce Lee in *Enter the Dragon*. He goes into the Hall of Mirrors trying to see his opponent, Han, but his opponent is reflected in all the mirrors, and so is Bruce. He ends up going around smashing the mirrors, actually.

Nyck: You love that stuff.

We can't have this part of the discussion without mentioning Narcissus who was, of course, a hunter in Greek mythology. This is almost like exactly what's going on. We are an extremely narcissistic society now, that's clear. Just look at the influencers on Instagram, which are now more powerful than actual people, for example, in fashion. An influencer on Instagram who has no particular fashion abilities is actually more dominant and more important than the fashion houses, which is extraordinary.

Steve: That's right, so it's fashionable.

Nyck: It's fashionable. But Narcissus, of course, fell in love with his own reflection. He was drawn that way by Nemesis—there you go, Nemesis, the goddess of retribution and revenge—and Narcissus saw his reflection in the water and fell in love with it. Although he did not realise in the beginning that it was just a reflection, when he came to understand that, he fell into despair that his love could not materialise and committed suicide. And, you know, this is relevant in this time.

Steve: It is. And like the cat in the mirror, on seeing the reflection, there's no immediate recognition of what you're actually seeing; and typically there's confusion, and, in the case of the cat, rejection.

Nyck: Yeah, incredible.

Just lastly on astrology, I wanted to bring to attention an article which I just came across from about a year and a half ago now; it's a little old. It is an article called *The New Age of Astrology*: "In a stressful, data-driven era, many young people find comfort and insight in the Zodiac, even if they don't exactly believe in it." This is an article from the *Atlantic* which is talking about millennials—people who are between the age of about 23 and 38 currently—who are finding a certain kind of salve in astrology. And that is very curious, because it's not a generation that you would imagine—I have three children in that age group myself and none of them are particularly into astrology that I know of, although I think there's a trend

going on with at least one of them at the moment towards a different look at some of these non-rational aspects of dealing with the reflection of life out there. So I think there is a movement here, and astrology being a meme, it's kind of spreading in that way that it does on social media. This article says: "Astrologers and astrology meme machines amass tens of hundreds of thousands of followers", which is pretty interesting. I haven't had a good look at this fairly long article, but it does point to this movement of younger people towards some other kind of answers to the complexity of life on Earth right now.

Nyck: That is interesting.

There are a couple of things that came up in what you've been saying, which link to Graves's research around the paradigm shift and how humanity's changing. One of them is that depression was forecast in his research, which he commenced back in the 1950s. He saw people who were moving into this new paradigm already back then, and noted that they were more likely to suffer from depression and engage in self-harm; less likely to harm others, but more likely to harm themselves, which is very interesting. Essentially what it comes down to is that this particular way of being human requires and strives for—really needs strongly—deep human connection, and we're living in a society at the moment that's structured for individuals, not for communities. So, in the absence of that connection, the depression occurs and the answers to all of these issues, the challenges that we're facing, lie in simply looking to the new paradigm and what it's taking us towards, which is rebuilding community; being connected.

Nyck: Mmm. And we'll come much more to that positive cosmic mirror, so to speak—that unity consciousness—as we move forward this morning.

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