



94. Alignment

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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: And you are now tuned, of course, to *Future Sense* with myself, Nyck Jeanes, and my co-host Steve McDonald. Good morning, Steve.

Steve: Good morning, Nyck, and we have trouble here as well.

Nyck: We have trouble in the in the form the Texan Elf. He's back in the studio again with us. Mitch Schultz, filmmaker and icon—just had to say that; I like the use of the word icon.

Steve: I thought you said acorn.

Nyck: He is just a seed. He will grow.

Mitch: I will. And I do love acorns.

Nyck: Welcome to *Future Sense* this morning, and today, Steve, what's on the agenda?

Steve: We're going to talk first up about alignment today—getting things in a row—and then we'll go on to talk in the second half of the show about corruption, which is really about things being misaligned and the opportunity for realignment. That's why I've got Mitch here, because he's a corruption expert.

Nyck: He's as corrupt as they get. He's so corrupt that he's innocent.

Steve: We just have to keep him in line for the first part of the show, somehow.

Mitch: I'm not going to show you my cards.

Nyck: That's the game, isn't it? Keep your cards close. Don't reveal.

Nyck: And we're talking about alignment and realignment and more, but we're going to start somewhere else, Mitch, because you've got something which is relevant to the conversation.

Steve: It's the result of an alignment of the planets that this is happening.

Nyck: Yes, anything we say today, it's just the result of the alignment of the planets. Good. Go ahead.

Mitch: Well, I'm kind of excited to announce that we have a new project that is underway and that we'll be finishing up for release later this year. It is a documentary looking at the life and work of Stan Grof.

Nyck: Stanislav Grof. For those who don't know, a bit of a sketch?

Mitch: Stan Grof was probably one of the early psychedelic researchers, who came up with a lot of the different ways to approach the therapy, and then also went on to develop Holotropic breathwork and also co-develop Transpersonal Psychology with Maslow, so a very influential character. He has looked at, not just altered states, but the other forms of consciousness out there, and he has spent his entire career doing that. He's quite an amazing man, and I've learnt a lot, just on the project, that I did not know, even though we interviewed him for my first film.

Nyck: 88 years old, I see is. He's a senior, a real elder in the community.

Mitch: He is. He recently had a stroke but he's doing well. This guy's work needs to be out there and we want to be able to share that with others and see how it's impacted others' lives.

Steve: Yes, he was a great pioneer of psychedelic therapy back in the day before they made psychedelics illegal in the USA. He treated over 4,000 patients with psychedelic-assisted therapy, I think mostly with LSD.

Mitch: Mainly with LSD, yes.

Steve: And he wrote a great book called *LSD Psychotherapy*, actually, which is on my bookshelf.

Nyck: And as you mentioned, Holotropic Breathwork, which is also known as breathwork generally, or rebirthing—a variety of ways of using circular breath in that particular way—and he was the guy sort of created that initial thing. As we were talking about at breakfast, I was quite involved in that in the early 80s—some really wonderful work—just simply utilising the breath in terms of realigning the system and finding places where there are blocks and dark patches, so to speak, that you become aware of them and actually release them during breathwork, which is fantastic.

Mitch: It gets all the way back to the birth process, which is just fascinating to think about—memories that are stored that could be traumatic from that time period, because the birth process is pretty major—what that could do if there's trauma built around that and how that influences us throughout our lives.

Nyck: Absolutely. I had a lot of experience in the mid-80s with this. I was actually a practising breathworker for a while in Sydney for about two years. The number of people who actually did re-experience their birth and their birth trauma was extraordinary, and it was undeniably true as you listened to their stories as they went through this process just using breath and accessing these places where trauma was released in the body. You feel it, you could watch it actually move through the body. Fantastic stuff.

Steve: And of course, Stan says that everybody carries PTSD as a result of their birth, to some extent, and I think that's quite true, which makes it all the more important for us to develop some of the psychedelic therapies for mainstream use, I believe.

Of course, the breathwork was developed as a result of psychedelics being made illegal because he could no longer use LSD in his work.

Nyck: I hadn't thought about that.

Steve: Yes, that's why it came about, and I understand the process that he went through was that he thought about how people responded during LSD-based therapy and how their breathing would change and those sorts of things, and that's what guided him to come up with holotropic breathwork, as I understand.

Nyck: Very interesting, and of course, while we're on the topic of psychedelics for healing, those listeners who are listening here live or later on in the region of Byron Shire—the Rainbow Region—would be familiar with the *Byron Shire Echo* newspaper, which features our co-host over here, Steve McDonald. There is a whole piece about the psychedelic revolution in terms of healing PTSD with the military, in particular, which, Steve having been a military man, is a particular interest of his and ours, in fact. Wonderful that that's actually front page in *The Echo* (<https://www.echo.net.au/2020/01/local-leading-charge-bring-psychedelic-medicines-shadows/>).

Steve: Yes, I'm very grateful for that. Really good coverage.

Nyck: Indeed. Folks, if you want to text in, as always, anything you'd like to add comment on or bring our attention to would be great. And of course, for those listening on podcast via www.futuresense.it, that's where our podcasts are a couple of days after each show—the edited two-part podcast you can access there—or through other platforms, iTunes, for example. So thanks for all of you out there in the world who are listening to this show whenever you are doing so.

Steve: And just while we're on that topic, there are a few psychedelic movies coming up in Byron Bay. *Entheogenesis Australis*, which is a wonderful community-based organisation that's down in Melbourne there and has been pioneering psychedelic conferences and symposiums—outdoor and indoor—for years, they're showing a couple of movies in Byron on the 27th of February in the Community Theatre. One of them is *Ikaros*. What do you know about that, Mitch?

Mitch: I don't know much about it actually. Sorry, I was not prepared for this.

Nyck: It's a holiday today. We're allowed to be slightly less researched than we usually are today. Perhaps, you could argue, it's a gentle, fun sort of day today. We'll come up with those movies, we're getting them for you. Also, the following week on March 7th, is *Trip of*

Compassion, which is the Israeli documentary on the use of MDMA-assisted therapy for PTSD.

Steve: That's right. I'll be at both screenings in late February and March.

Mitch, tell us a bit more about the Stan Grof movie. You're going to California when you get back home, right?

Mitch: Yes, I'll be dropping off in California, and Stan and his wife, Brigitte, will be coming in and doing some private breathwork there, and we'll be doing a little bit more filming. Susan Hess Logeist is the Director of the film, and she tells Stan's life and story through her own awakening and developmental process, which is really fascinating—to have a mother's perspective and going through the birth process and what that was like for her as she was trying to discover who she was, or go a little deeper with her own work. The film is essentially done; we're putting the finishing touches on it. We've been working on getting all the little pieces together, like the website. We'll be doing a release, I would say, my summer, your winter, and hopefully do another tour around Australia like we did last year with *From Shock to Awe*. We had an amazing, amazing time doing that, and the response was great, so we're looking to do the same thing again with this film and, I think, really branch out because there are so many different topics that Stan covered in his work, and I think there's going to be a lot of other things beyond just the psychedelic angle.

Nyck: And of course, in terms of our theme today—alignment—it's clearly an expanding and burgeoning part of that equation of using these wonderful substances, which had been suppressed for many, many years, and bringing them into a proper research-driven process where we can actually use them for these various psychological problems, which, as we've talked about often on the show, are probably even more obvious for people, and more imperative for change at the moment on the planet, for everybody, pretty much.

Mitch: As we're all looking for answers in the midst of everything that's going on in the world, these compounds seem to be helping people get a broader sense of themselves and be able to navigate that space in a much different way and a healthier way.

Nyck: Yes. We often talk on Mondays about Bobby K.—we get a newsletter. Bobby K. is an *I Ching* man, amongst other things, and he throws the *I Ching* for everybody for the week. As usual, it's quite appropriate. I'll just read the very first phrase, which is called, as he says, "the wisdom for this week". It says: "You have the ability for great advancement, but first look to where there are deficiencies in your life. Make plans and allow for correction. Stay steadily on course and your advancements will be profound." I guess it's really saying, look for those opportunities to realign; find ways where you are out of alignment, be honest about that and take a course of action towards a sense of alignment, yeah?

Steve: Absolutely. We will go on in the second part of the show to talk about corruption, and particularly, it's probably most prominent in the political arena at the moment all around the world. It's interesting just to think about corruption as things moving out of alignment. It could be seen as a natural part of the evolutionary process, because as we go through each evolutionary layer or stage, things form into new structures with new geometry and over time those things become less applicable to the complexity of life and so they must be corrupted—in other words, they must be broken down to some extent—so that new structures can be created. So the kind of corruption and realignment process is also part of a natural evolutionary thing.

Nyck: It's interesting, the word 'corruption', of course, is related to the word 'rupture', and that's exactly what it is. It's a sort of disturbance in the force, so to speak—a necessary rupture.

Steve: It's almost a rapture, isn't it?

Nyck: A rapture follows rupture. Let's hope so.

Steve: Having a bit of a Taoist bent, we like to talk about these things, and if you think of the yin and yang symbol, or the *taijitu* as it's formally known, you've got those two dynamic energies interacting with each other there, and interestingly enough, the symbol is meant to rotate probably in the opposite direction to which most people see it rotating or imagine it rotating. So it's the skinny part of the of each colour, the yin and the yang, that is taking the lead because as the energies develop, they start small and grow big. Then, it's when each one peaks that the seed of the other appears, so that's in the tail. I saw an old t-shirt with a symbol that Bruce Lee used to use for his kung fu school. He had the yin and yang thing and he had arrows around the outside for westerners so they could remember which way thing is supposed to rotate, which I thought was quite cool.

Nyck: So does it rotate anticlockwise—widdershins?

Steve: Well, it would be clockwise. But apart from those two energies, which is really all most people see when they look at that diagram, there's also a third thing, which is the circle that contains them. So there you get the trinity of the three things which are so prominent in most spiritual doctrines—the two energies and the container—and those three parts make the whole. The symbol itself is actually a two-dimensional representation of a sphere. There's some nice video on YouTube now, which I think was made up by somebody connected with Nassim Hamein, which shows a three-dimensional version of that and it's very cool

<https://www.youtube.com/watch?v=Fl3Eg5jKsaY>). The little seeds or dots in the *taichi* symbol end up being the poles—the north and south poles—of the sphere; of the globe.

So when we're talking about alignment, we're really talking about a holistic approach and being able to, first of all, see all of the different parts of the whole and perceive them. As I just kind of indicated with that symbol, sometimes the parts aren't all obvious and it takes an expansion of our perceptiveness to be able to see all the parts. It's only then, when we're aware of the parts and any dynamic patterns that they happen to be engaged in, that we can start to work with the whole thing, whatever that thing might be.

Nyck: I guess what that is saying is, in this very speedy life that many or most of us lead now, that you do need to take respite; you need to slow down enough to be able to feel and to see, to meditate, if you will, just be still enough to actually see those places where perhaps there's a blind spot, for example, and you're out of alignment but you don't really quite know where it is. So to feel into that with yourself, I think it's becoming much more available for many of us, faster now—that ability to see where those things are blocked and to come back into a sense of balance, more so—although it's always a moving piece as you said; it's continually moving so there's never going to be a still point for very long.

Steve: That's right, it's never-ending quest. As we grow and evolve, our perception expands; we get to see more pieces of the picture, and can be more aligned and more whole as we continue on our journey.

At this time in history where we talk often about light body activation—that evolution into Second Tier consciousness and the big shift that happens between First Tier and Second Tier and how we move into this multidimensional awareness—part of that is a shift in our body's energy geometry, which some people call light body activation, and that's very much about alignment of the geometry. I was having a discussion with some friends over the weekend about how the smallest changes in the physical alignment of your body can make a massive difference when you're talking about that kind of quantum leap in our subtle energy geometry—just the tiniest, tiniest alignments can just drop you into that sweet spot where all of a sudden your energy expands greatly.

Nyck: In the zone as they say.

Steve: In the zone, exactly. Very, very much so. I guess you could think about a building as an analogy to the process of alignment. When we build a building, everything's going to be aligned—you've got to have solid foundations and they have to be straight and everything has to be aligned just so to support the weight of the building and keep its shape without being blown over by the wind and those sorts of things.

Nyck: You need the foundation stone too. I'm thinking about the cornerstone; the foundation stones. That's the seed, that's the imprint, and then the foundations have to be solid from that point onwards.

Steve: Absolutely, and if something is crooked in there, it just takes a little bit of crookedness, then it can corrupt the entire building and it will eventually fall down.

Nyck: Or entire countries, for that matter.

Steve: That's right. Just a little bit of crookedness, and sometimes that crookedness creeps in just as a natural part of the process of being exposed to the elements and the earth moving and those sorts of things. It's all part of an ongoing cycle.

Nyck: And also, the crookedness, the crack, as Leonard Cohen said: there's the crack in everything where the light gets in. That's the paradox. We need the crack to impel change and to impel movement somehow. You probably know the Japanese art when they break a cup or a vessel and they put it back together again with gold. I think it's called *kintumi* or something, I'll look it up [*Editor's Note: it is called kintsugi or kintsukuroi*]. They consider that to be even more perfect, or more, not perfect but more artful than the original complete piece. Once it's cracked and broken and put back together, it has more richness. It's got more history of course; more narrative to it.

Steve: Interesting.

Mitch: It's like getting a grill, right? Like, a crack in the teeth and getting it filled back in with gold. Am I missing something here?

Nyck: Are we getting too deep too quick for you? Ah, the Elf is so innocent, so naive sometimes; and yet not!

Steve: I think we should take a break before it gets too corrupt.

Nyck: You're tuned to *Future Sense* here on BayFM. Thanks for tuning in and oh yes we've got a couple of texts coming already. Thanks for doing that. Please join the conversation.

Nyck: You're tuned to *Future Sense* here on BayFM 99.9 or via our two-part podcasts of each show each week, available about two days after this show on Mondays and can be found through www.futuresense.it.

Today we're talking about alignment and also realignment via corruption.

Steve: Corruption doesn't do the realignment. What we're saying is that corruption requires realignment.

Nyck: Absolutely.

Steve: But it can be seen as part of a continuous cycle of construction and deconstruction, so let's talk about that.

In terms of personal alignment, we often hear the words 'mind, body and spirit' used in that context. If we think about the relationship between our consciousness and reality, we can relate the three states of consciousness—gross consciousness, subtle consciousness and causal consciousness—to those three things: mind, body, spirit, where the gross state of consciousness relates to the physical body and the physical alignment of the body, part of which is grounding ourselves and being connected to the Earth, which is a very, very important process, and particularly at this time because the Earth's background frequencies are shifting a lot right now. We've been monitoring the Schumann Resonance, which is a frequency generated by electrical storm activity within the atmosphere and is all pervasive and, of course, influences human well-being. That became quite noticeable when they started sending people into space. The astronauts were getting space sickness, which was eventually resolved by putting a Schumann Frequency Resonator on the spacecraft, so they had that normal background frequency that they were used to.

Nyck: It's interesting, too, I understand that with the Schumann resonance, if you're underground in a cave, like in Coober Pedy, for example, you're not affected by the Schumann resonance. I'm not entirely sure, but I think that's the truth, too.

Steve: It probably is because the Schumann resonance relates to activity in the atmosphere.

So physical alignment is one important part of the overall picture and that usually comes from some kind of a regular physical practice and ideally a physical practice which is a mind-body-spirit practice so it's connected simultaneously with those other things. Like I said, grounding and earthing is a really important part of that, and with Schumann frequency shifting as much as it is at the moment—we're getting tremendous spikes in it—I think it's quite important to be doing a regular practice so that ideally every day you're tuning in to whatever the background frequency is of the Earth. That, over the long term, will help us all adapt and change with the life conditions rather than being left behind in a frequency

sense—if we're not tuning in regularly, then we're going to find ourselves falling out of attunement regularly and feeling that from a psycho-emotional perspective, particularly.

Nyck: Even, I think, just not wearing shoes and having your feet on the ground, on the beach, wherever that might be, even just that walking in nature without necessarily a full practice—even that is extremely beneficial in that way, isn't it? Because straightaway you feel connected to the Earth if you take your shoes off and you're standing on the ground; standing on the sand.

Steve: Absolutely.

Back to those three things: mind, body, spirit and the three related states of consciousness: gross, subtle and causal, the gross state relates to the physical body, and the subtle state relates to our subtle energy body and emotion, or energy-in-motion—the subtle energy moving around our body, which can be felt as feelings and emotions within the body—and again, that is something that needs regular alignment. Of course, it's very much connected with the physical body because the physical body is essentially the physical vehicle that's surrounded by the subtle energy body, and so we also need to pay attention to that, and there are many great energetic practices out there like yoga and various meditating martial arts that will help us to do that kind of thing.

And then, the causal state relates to that place where archetypal energies reside. Those who engage in altered state practices of any kind—meditation or others—will probably be familiar with interacting with these different states of consciousness, and in the causal state, we find these archetypal energies, which are often represented in our stories by particular characters. The word 'causal' to describe that particular realm relates to the fact that things that we manifest originate from those causal energies. You might call them pure themes.

Nyck: Archetypes; the Logos.

Steve: Exactly, and various combinations of those which we draw down into everyday physical existence and experience.

From a personal point of view, ideally we want to have those three things fully aligned so that we're working in alignment with whatever causal issues we are pulling into our reality through our manifestation process. Those things are aligned with our subtle state and our gross physical state as well, acting as one rather than being scattered. So we're talking about a dynamic system there. This is a really important point because there are a lot of arguments out there in the public arena at the moment which are based around assumptions of things being static, or things being unchanging.

Nyck: Or things just going round in circles and repeating themselves without any change.

Steve: Exactly. The same things over and over again, and a lot of fear that things won't change; that we'll get stuck in a particular state and we'll be in that state forever. I guess, really, that's the definition of 'hell', isn't it? When you read about or look at pictures of Hell, it's like things are bad and they're just going to stay bad forever, basically, with no possibility of change.

Mitch: I think it's the one thing that all humans, even though it's something we push back against, it's the idea of change; I would say it's the one thing that most humans can say does happen on a regular basis, is change is constant and it continues to go, and as the Earth is doing its realignment, it's going to impact us on a personal level.

Steve: Yes, and I think part of the big shift in perspective that's going on at the moment is this realisation that we are a part of nature and we're part of a system; we're part of a whole system rather than being separate to it—it's us doing things to it and it doing things to us—coming to the understanding that it's all 'us' and we're an intrinsic part of this system, and our personal state impacts that system and vice versa.

Nyck: I'm thinking also of how the awareness of things like electromagnetic fields, gravitational fields, these kind of energies, are more and more out there somewhere. People might have a fairly superficial understanding of it, but just the notion that we are embedded in—floating in, if you will—a soup of energies, is pretty new to the average person, I would suggest, and I think that awareness is becoming more available and thus we become more aware of our personal energy field within that structure.

Steve: Absolutely, and the scope of that perception is something that expands as we evolve. For some people, just the idea that we're a part of nature—like local nature—is a struggle, probably because they've grown up in a city where they're surrounded by concrete, and not much in the way of trees and dirt and stuff. But for other people, they're at a place where they're thinking about the entire planet, and relating to and being a part of that whole system. Other people are starting to think about the solar system; and some people are even thinking galactically, and there's more beyond that. It's an ongoing evolution of perception.

Nyck: A never-ending quest.

Steve: It is, indeed, absolutely.

There was something in the news about a big gravitational wave detection or something, wasn't there, Nyck? Have you got that?

Nyck: I do. There was a brief burst of gravitational waves hitting the planet, and astronomers have no clue where it came from. This is from www.livescience.com (<https://www.livescience.com/mysterious-gravitational-burst.html>) from five days ago: "A mysterious cosmic event might have ever so slightly stretched and squeezed our planet last week. On Jan. 14", which was the day we were out at Uluru and you guys—I missed because I was sick that day—you did some work at Kata Tjuta, at the Olgas, "but researchers don't know where this burst came from." The Gravitational-Wave Observatory (LIGO) says the gravitational wave signal "lasted only 14 milliseconds and astronomers haven't been able to yet pinpoint the burst's cause or determine whether it was just a blip in the detectors."

Steve: Very interesting. Part of the reason that we were there around that time, out at Uluru and Kata Tjuta, was because there was a prediction of an energetic event happening, and while we didn't know for sure whether that was going to happen, it's very interesting that something was registered on an instrument on that day.

Nyck: Yes. It was too short for what would be expected from the collapse of a star, for example, from a massive star, and on the other hand, "we've never seen a star blowing up in gravitational waves before, so we don't really know what it would look like." These are these are the astronomers saying this. It's pretty interesting. They didn't detect any neutrinos, which supernovas are known to release, so a curious anomaly. Anomalies are the things that we're looking at at the moment. Lots of anomalies.

Steve: That's right, and it was around the time of that significant astrological alignment. The word that we got, which was part of our motivation for going out there, was that there would be an impact on the Earth's geomagnetic field as a result of some off-planet energetic influx; and so it seems that something is registered right there, which is really interesting. Certainly on the ground out there, our group certainly did sense some kind of powerful, energetic shift while we were there. There's no doubt about that. Very interesting stuff.

Mitch: Just at the very beginning, too, starting to even wrap our heads around what these gravitational waves are. I mean, our instruments are just starting to pick these things up, so what sort of things could be coming out of that over the next decade or so?

Steve: I think an expansion of our knowledge around electromagnetic energy and how it moves and how we can use it and how it influences the planet as well, is very much a part of our near future, I believe. It's an area that was pioneered by some amazing people in the past, including that guy on your arm there, Mitch, Nicola Tesla.

Nyck: It's a lovely, lovely shot of him, isn't it?

Steve: It is. It's great.

Mitch: I thought you were talking about Gandhi, but ...

Steve: Well, him, too, probably.

But that's certainly an area to watch. We've spoken before on the show about new technologies that are and have been developed now in terms of energy generation using magnetism and those sorts of things, and all of what we're talking about in this conversation is on the electromagnetic energy spectrum.

Nyck: We'll take a break here on *Future Sense*. Thanks for joining us.

Nyck: You're tuned to BayFM here on *Future Sense* with Steve McDonald and myself, Nyck Jeanes, and our special guest, the Texan Elf who's just gone out for a spot of ...

Steve: A taco.

Nyck: Because it must be 6 o'clock in Texas or somewhere.

Steve: Exactly.

Right at the start of the show, we mentioned some psychedelic movies that are coming up in Byron Bay and I couldn't remember what they were, but I just looked it up. If anybody wants the details, if you go to the Facebook page for *PRISM*, which is *Psychedelic Research In Science and Medicine*, the organisation that I'm co-founder of, the details are listed there. On the 27th February, a screening is being organised by *Entheogenesis Australis*, the wonderful community organisation from Melbourne, and they're showing *Journeys to the Edge of Consciousness*. I haven't seen these movies, so I can't really talk much about them, but this one mentions Timothy Leary, Aldous Huxley and Alan Watts. On the same evening, the second movie being screened is *Ikaros*. Again, I haven't seen it, but a bit of Googling I see on this movie talks about "a woman embracing a fresh outlook on life and a different sense of her own destiny after travelling to the Peruvian Amazon and bonding with a young indigenous shaman", so that's that story.

Nyck: And *ikaros* are medicine songs, essentially, aren't they?

Steve: Yes, from the Shipibo people. The idea is that when they start practising with the medicine, they are given an *ikaro* which is a very personal thing—a personal song for them to sing when they're doing healing work with it. I've had the pleasure of being exposed to that Shipibo healing process and from that I learnt that the sounds in the songs that are being sung are, first of all, used like a bat's radar—so the sounds are used to detect energetic anomalies in someone else's body—and then the sound is used in a slightly different way to deconstruct or corrupt that particular energetic issue in the body. Then the third part of it is sound is used to rebuild a healthy energy pattern in the body. A very, very interesting process.

Nyck: And lovely to mention sound in this way: sound as vibration, sound as healing, sound as having a resonance, sound as affecting people in this way because this is clearly the truth of vibration, generally speaking. We see a lot of sound healing around the world these days and music in various ways used as a healer. That's another part of that vibrational change, I would say, that's occurring for all of us. There's a realisation that vibration actually has an effect on us one way or the other.

Steve: Absolutely.

Then the other movie that's showing in Byron on 7th March is *Trip of Compassion*, which is a documentary about the *MAPS (Multidisciplinary Association for Psychedelic Studies)*, MDMA research that was done in Israel. One thing that's unusual about this movie, and I haven't seen this one either yet, is that it shows actual footage from the MDMA-assisted therapy sessions, which is unusual for that kind of film.

How was that taco, Mitch?

Mitch: It was great. Breakfast tacos. We're going to bring those to Byron Bay.

Nyck: Absolutely. Well, you're a great man with avocado.

Mitch: Well, thank you.

Steve: All the secrets are coming out. Smashed?

Mitch: I do like to smash. I do like to bring my guacamole to Byron Bay.

Nyck: And we have tasted that guacamole and it is heaven in a bowl. Quite simple but you just get that balance right—the salt, the tomatoes, the garlic, whatever you put in there, I don't know, secret ingredients.

Mitch: It is a staple food of the Texan Elf, for sure.

Steve: We've been talking about alignment this morning and I'm just going to wrap that up now. I just want to mention a couple of things briefly about dynamic systems. We started to talk before the break about rigidity and the fact that systems are usually dynamic and moving, and so alignment in dynamic systems is more about healthy cycles, healthy motion, rather than any particular rigid state, because in a moving system, everything's passing, right? Even though it might be an uncomfortable moment, it's going to pass. So it's all about seeing the patterns and not necessarily fixating on the parts in a dynamic system, and working with the system's natural flow. So if you want to change a natural system, then you've got to work with the system and go with the natural flows, and you've got much more chance of changing a system in little ways by doing that, rather than trying to oppose the natural flow, because what happens then is as soon as you step out of the way, it just goes back to the way it was before.

The other thing is that when we're part of a dynamic system, as we are always, we also need to be changing as well, so we have to plan to change and embrace change continually; and every time we achieve a new state, we can certainly enjoy it for what it is, but also understand that it will pass as all things do.

Nyck: Coming back to Bobby K. on that, he is saying in his wisdom today: "Look into the past and examine what has led to this period of dissolution. Liberate negative emotions by acknowledging them. Having compassion for yourself and changing your thoughts does the repair." And that's what you're saying there, is the ability to self-assess where you are out of alignment to see what is needing adjustment and realignment, and to seek the ways to do that and to support yourself in that.

Mitch: What you just said by looking back, and doing that in my own personal life, looking back at those times when I've had that rigidity and pushed back against what the change was that was coming through, it does help things going forward, because you can have a little bit of that perspective to say, 'hey, as a reminder, that rigidity is coming in again'.

Nyck: Again, with Bobby Klein, another piece that's popping out at me here: "Normally when we spot something that is out of order, our first thought is to move immediately to fix it. In this situation, however, that would not be of benefit as things are not normal", that's what Bobby's saying. That notion of trying to fix and put back into place the thing that has changed is not necessarily the best option here.

Steve: Isn't it really interesting? I mean, we often think about our theme and develop our stuff for each episode of the show and then we check in with Bobby and pretty much 99% of the time he's talking about the same things. It's very interesting.

Nyck: And I think that for some people, perhaps, that's a stretch too far to think that things are in alignment or line up in that way, or are synchronous—things occur serendipitously in the moment for you—but perhaps that's exactly the thing to look out for in your own life. Where are those clues that pop up? Everybody has this experience, and rather than just passing it off as a coincidence, to actually focus on it and to give it some energy and to feel like this is a clue towards my own alignment in this minute, perhaps.

Mitch: In my own life, at those times when that synchronicity or that coincidence, whatever you want to call it, when those things pop up, I've tried more and more to pause and think about what's going through my mind at the time, who I'm speaking with, what sort of emotions are going on, and there seem to be clues or a little flagpoles that pop up like, 'hey, pay attention here', and the more and more I think I'm able to do that, it helps with that process of change and realignment.

Nyck: Fantastic.

Okay, we'll take a break and we'll come back with the second part of the show. We're going to be talking a little bit about corruption and what that signals, here on BayFM. You're tuned to *Future Sense* with Nyck Jeanes, Steve McDonald, and Mitch Shultz, the Texan Elf. Thanks for joining us.

You've been listening to Future Sense, a podcast edited from the radio show of the same name broadcast on BayFM in Byron Bay, Australia, at www.bayfm.org. Future Sense is available on iTunes and SoundCloud.

The future is here now, it's just not evenly distributed.