



2. Kryon Human Origins & Global Cooling

Recorded on 3rd December, 2018 in Byron Bay, Australia.

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: It's amazing that it's December. This year, 2018, seems to have sped by. So much has happened and is happening and so many changes are occurring, I wonder how you particularly feel about it? As I said, if you'd like to text it at any point, what we're really interested in is your sense of the future. This is *Future Sense*. How are you feeling in response to those external things and the internal things that are also going on inside of you? Because there's so much to make sense of, and sometimes it's important to get guidance. We all need guidance, I guess, of one type or the other, whether it's your partner or someone that you might go and see, or a book that you might read, or some element that you might experience—when you're in nature, for example, talking to a tree is always a good thing, or a bubbling stream. I was just up on the Sunshine Coast over the weekend and with my partner and we had a beautiful weekend in the bush there, and for sure, that moment when silence overcomes the noise in your head enough to stop and to be still and allow things to come through. But you've been in a different environment, Steve, last week down in Tasmania and experiencing the channel of Kryon, Lee Carroll, who I think started channelling in about 1989 when he was kind of pushed or forced by spirit, as he said.

Steve: Something like that.

Nyck: To speak what came through him with this entity called Kryon.

Steve: Yes, and, you know, this talk may sound rather strange to some people out there—talking to trees and channelling and those sorts of things.

Nyck: Oooohh, good.

Steve: Lee Carroll is an interesting character. He's an engineer by trade, so he doesn't come from a New Age background or anything. I'm not sure exactly how he started channelling, but I'm sure it came as a surprise to him and the people around him. He speaks—or he allows an entity, a personality called Kryon, to speak through him—and as you said, this has been going on for a long time, I think 30 years or thereabouts.

Nyck: Including some times when he's been invited to speak at the *United Nations* a number of times, which is interesting.

Steve: Yes, and 14 books have been written directly containing Kryon's channellings. Australian author Monika Muranyi, who was also in Hobart—and I understand she travels with Lee Carroll, as an assistant—she's compiled a number of other books, so there are more than 14 books. All of the books that Monika has compiled contain channellings of Kryon as well, and Lee Carroll was actually saying in Hobart that Monika has done an amazing job of cataloguing the various topics that have been in various channels and compiling them quite expertly in these extra books that have been published under her name. Lee Carroll and Monika, accompanied by Kryon, I'm sure, are on a national tour of Australia at the moment. They've done ten channellings in different places around the country. I think they started in Brisbane and the most recent ones were in Hobart, and I believe they're on a bit of a holiday—they do holiday tours.

Nyck: Oh, they do holidays?

Steve: Yes, they invite people to go on tours of different places that they're visiting, for four days at a time, and I think Kryon stops and channels in various spots during the tour. I think he's doing that in some lovely scenic spots in Hobart and I'm sure we'll hear those recordings in due course, also.

Nyck: I think you've read his last book, haven't you? It's called *The New Human: The Evolution of Humanity (2017)*, which is really what he's talking about along the way, always, but particularly now when we've got this incredible pressure for change, you could say, going on.

Steve: Yes, it's the only Kryon book I've read, actually, and I found it very interesting. Like all of the books that have been directly published by Lee Carroll, they're just a recording of the actual channelling, so they come from various places at various times, but some really interesting information in that book, *The New Human*, which is Kryon's *Book 14* if you're interested in looking at that. I can recommend it.

Nyck: So what's he saying? I know you told me off air this morning that he's been detailing some of the prehistory of humans as we now find ourselves. Do we want to go there, folks? If you're ready for a little bit of 'out there in the galaxy', 'out there in the stars', and I'm sure you are ...

Steve: That's right, yes. If not, hang onto your seat because this might be somewhat unexpected. All of his channellings so far during this trip to Australia have been around the subject of consciousness, which has been very interesting, considering that we talk about that a lot. He's talked about the idea of consciousness being like a box that you're experiencing the world from inside of, and in terms of it being a box, he says that it can be impermeable to outside input, so we can get stuck in a box and just think a certain way and be rigid in our values sets and those sorts of things and not open to change, and he's talking about the possibility of you changing that arrangement of your consciousness into what he's calling a semi-permeable bubble, like a flexible balloon.

Nyck: Sounds softer, doesn't it?

Steve: It does.

Nyck: And more amenable to travel.

Steve: And I'm sure it comes in a variety of colours as well.

Nyck: Mmm, hopefully.

Steve: This semi-permeable bubble would be like a balloon that can expand or contract as appropriate, and what he is suggesting is that things can pass through the membrane of the bubble. This, of course, equates directly to a concept in Clare Graves's research, which he called 'being open or closed to change'. Clare Graves said that in his research, he found that people were usually—or always—in one of three different conditions. They were either permanently closed to change, so it was like they were in a

box, as Kryon said, and you can give them new information, but it just doesn't impact their values or their behaviour.

Nyck: It just does not land.

Steve: And Graves gave an example of how that might play out in someone's behaviour. It's kind of like the idea of only having a hammer as a tool and so you think everything's a nail, and so even when you're faced with a completely different challenge, you still hit it with a hammer.

Nyck: Oh, I thought we're already onto Coalition politics!

Steve: Well, it's all relevant, it's all connected, as you know.

Nyck: Oh dear.

Steve: So someone who's permanently closed applies the same thinking and solutions to every challenge that they encounter, regardless of whether it's the same old challenge or a completely new one, and we've all met somebody like that, or seen them on TV.

Another one of the conditions that Graves identified was someone who might be temporarily arrested. This would equate to, in Kryon's language, someone being temporarily in a box who may be able to change at some point given the right triggers, and that's really who Kryon has been addressing some of his channellings to during this trip to Australia—somebody who might be temporarily stuck or arrested, who are sort of contained in a box in terms of their values, their behaviours, their ways of interacting with the world, and who might be triggered perhaps by a channelling from an extraterrestrial entity named Kryon.

Nyck: Maybe so, and I guess it relates, as we talk about often, to Graves's work in that the challenge of growth and evolution occurs where life conditions—pressures—happen and one tends to slip backwards into that box where it's been more comfortable, where we think that we've succeeded before, where we think we've solved the problems of our existence and so forth. So it's a bit of a regressive step, but then there's a possibility of opening that back up again and I guess make people feel safe and inspired to accept and receive new information.

Steve: Yes, as you're indicating there, this often happens during a period of significant change where we will regress to old values and those old values may well be very rigid and changeable, at least temporarily.

The third condition that Graves identified was being open to change, so this equates to being what you might call a complex adaptive system—an open system—which is open to input from outside its boundaries; which is able to respond to that input in a relevant and constructive way.

Nyck: Even if it's uncomfortable input, I guess, that's the secret.

Steve: Absolutely, and often that's exactly the kind of input that requires a change of view for someone who is also capable of digesting that external input and actually changing their core values at a very deep level.

Nyck: Changing the core values at a very deep level. That's a big ask.

Steve: It is a big ask, and it's what's known as transformational change because it transforms who we are.

Nyck: And it is what is absolutely necessary on this planet now.

Steve: It's what a lot of people are going through at the moment, exactly.

It was interesting for me to listen to Kryon's language and just try and translate his concepts into what I've studied of Graves's work, to really get a feel for what he's actually talking about—that was good. Then, when we went to the event in Hobart, which was at the Wrest Point Casino—an interesting venue, it was, and I get the impression that they actually select these venues because they go in the hope of taking a different energy into the place and perhaps distracting people from the poker machines to think about deeper issues, I guess. So during the event, which I guess must have gone for about three and a half hours, there were just two channellings, each of which were only about 15-20 minutes long, so there was a lot of other time. During that other time, both Lee Carroll and Monika Muranyi gave talks and those talks weren't recorded—they're not normally published, as far as I know—so you can only hear these things by going along to the event. So I'm glad that I did go along because one talk that Lee gave was very interesting, and Monika contributed to this topic as well. It was on the history of modern humans—very unconventional history.

Just in brief, here's the story that Lee related—and this information is not stuff that Lee's made up, it's come from Kryon's channelling, so it's solid in that respect. For those of you who haven't heard me talk about Kryon before, I often mention Kryon as one of the sources that I have paid attention to for the last few years, and part of the reason for that is because, in my analysis of the information that he's conveying, I've never really been able to fault his way of conveying it or the actual subject matter. I've never found anything that contradicts it that comes from a reliable source. So in talking about the history of modern humans, Lee said that 200,000 years ago, according to Kryon, some extraterrestrial folks from the Pleiades constellation ...

Nyck: Ah Pleiades—the Seven Sisters.

Steve: Yes, they came visiting and he talked about how the idea of the Seven Sisters is recorded in many, many different indigenous mythologies.

Nyck: Yes, so many, it's incredible.

Steve: Even our own here in Australia. He mentioned specifically visiting Uluru and that region there and seeing artwork portraying the Seven Sisters, and he said that there was an intervention made at that time, 200,000 years before the present, whereby female extraterrestrials from this delegation interbred with local males, thus creating a hybrid type of human—a very interesting idea.

Nyck: Very interesting idea. Immediately you think interstellar feminism and the notion that the female component is the saviour—I'm extending here.

Steve: I know. There are all sorts of things that we could talk about in relation to this. One of the things that it made me think about is—and I don't know if there's any science or solid information to back this up—but I've often had the impression that women at certain ages are often more evolved, it would seem, than men, in their values.

Nyck: Absolutely. I'm convinced of this. I've actually felt and thought that way for quite a long time, that women at whatever age I might be, that I imagine that the general age group will tend to be a lot more aware, conscious, advanced. Of course, that's a generalisation, there's always exceptions, but overall, yes.

Steve: And I think it's pretty clear, really pretty well acknowledged in education at least, that women tend to mature faster than men in terms of their values.

Nyck: Which you could argue is why men have had to use their often more brute strength and sort of dumbed-down, box-like opinions to try and rule things and control the world, which we've done a very good job of. If you're not smart enough, what else can you do? Oh girls, save us please.

Steve: So that's really interesting, and I'm sure we've sparked a few conversations out there in listener-land this morning with our comments there. But Lee did also refer to some work by Gregg Braden, who's an American author and speaker and scientist who talks about these things—a lovely guy, Gregg, I've had the opportunity to talk to him a couple of times—and in, I think it's his most recent book, called *Human By Design*, he's talking about these things called fused telomeres.

Nyck: Fused telomeres—telomeres that are fused together.

Steve: That's right. Now, just a warning to our listeners here, we're ranging far outside our ...

Nyck: Scientific knowledge.

Steve: Scientific knowledge and competency here, so just bear with us and don't try this at home, whatever you do, but apparently our genes—I'm talking about human genes here—contain DNA, and these DNA strands are on chromosomes. Help me out here, Nyck, if I get stuck.

Nyck: I will.

Steve: And these telomeres are actually, ah ...

Nyck: Well, they're structures at the end of the chromosomes and I think they lessen as you get older. I think that's part of an indication of ageing, when the telomeres sort of shorten for a start.

Steve: Yes, so the big deal is that in chromosome 2 in our 23 chromosome pairs that we have as humans, there's something unusual in chromosome 2, something that's not found in the other ones. What it is, is it looks like two strands have been fused end to end. In *Wikipedia*, it actually says "human chromosome 2 is a result of an end-to-end fusion of two ancestral chromosomes", and this is very unusual (https://en.wikipedia.org/wiki/Chromosome_2). It's not found in any of the other chromosomes, and like I said, these telomeres normally sit on the end of the strands, but in this particular chromosome 2, the strand has two fused telomeres right in the middle of it, as well as telomeres on the end.

Nyck: And chromosome 2 is also the second largest human chromosome, so it's obviously very powerful.

Steve: There's a lot of information there, yes.

Getting back to Lee Carroll and his talk, he's saying that this chromosome 2 is the result of this interbreeding between extraterrestrials and our ancestors 200,000 years ago.

Nyck: Well, this is actually in *Wikipedia* (not about the extraterrestrials) and I didn't know this: "All members of Hominidae except humans", so Neanderthals and Denisovans, "have 24 pairs of chromosomes, but humans have only 23 because number 2 is the result of an end-to-end fusion of two ancestral chromosomes" as you're saying. So, yes, that's unusual. There's no explanation in *Wikipedia* or the straight science about this, or why.

Steve: No, and this really equates to the missing link which everyone talks about in our ancestry, that they haven't quite figured out what went on around that time. The solution, according to Kryon, is that there was an intervention by these folks from the Pleiades constellation who interbred, and particularly women ETs interbreeding with local males, that resulted in this huge telomere in our DNA.

Nyck: I've got some friends around here who think that's happened to them here in this region—being bred by alien women.

Steve: Really? Let's not go there.

Nyck: We're feeling cheeky today, folks.

Steve: Just to continue this history, for the next 110,000 years, it seems that things were left to develop naturally, but by 90,000 years ago, only hybrid humans remained, so all of those ancestors who didn't take part in this interbreeding with the ETs apparently died out during those 110,000 years, and the only humans that were left were hybrids by 90,000 years before the present time. Then, at 50,000 years ago, there was in a bunch of Pleiadians who established a settlement on the planet and cohabited and quite likely continued interbreeding, I guess, with the locals here on Earth. Lee Carroll spoke specifically about the lost continent of Lemuria, which he says was actually what is now Hawaii, and at that time, about 50,000 years ago, there was a lot more land mass there. Interestingly, that period of 50,000 years ago equates in Clare Graves's work to the emergence of the second layer of human evolution.

Nyck: The first being the Tribal expression of humans.

Steve: Yes, Traditional-Tribal life, and this was also a time in history when there was a sudden explosion of culture—art and the like—which hadn't existed previously but all of a sudden just suddenly appeared. Again, that's another question in our history, is why, suddenly, 50,000 years ago, did we start producing cultural items when we hadn't done it for the previous 150,000 years? This could be the explanation, folks.

From 50,000 years ago to about 30,000 years ago, we continued to have these ETs co-existing with us on the planet, according to Kryon. 30,000 years ago, the civilisation on Lemuria was at its peak, and since then, he said, there have been five different human civilisations that flowered and then were mostly lost or destroyed. He didn't really go into much detail around which civilisations those were, but it could equate to people like the Maya, for example, and similar civilisations that have been found—where we found the remains, the buildings—but there's a question mark over what happened to them or where they went or who their ancestors are, to some extent at least. He said they were mostly destroyed. He didn't say they were entirely destroyed, so that implies that there were some survivors that continued on from these different civilisations, but it kind of implies perhaps a few false starts or civilisations that were perhaps destroyed by natural events.

Nyck: So overall, is he suggesting that, as many people have claimed and expressed in various ways, we're an experiment of some sort on this planet? We've been fiddled with, supposedly, in inverted commas, "natural evolution".

Steve: In the nicest way.

Nyck: It's very nice to be fiddled with in the right way, all of us would agree with that. I think that's very true—very nice to be touched and to touch and to love. It's such a shame that touch has become a political statement, but that's another topic.

Steve: Yes, we're getting off the track here.

Nyck: Yes, we're getting off the track. Come on, bring it back.

Steve: Anyway, these five different human civilisations since 30,000 years ago have mostly been lost or destroyed, and then about 15,000 years before the present time, the continent of Lemuria mostly sank under the ocean. That was the result of underwater volcanic activity. There was apparently a large bubble of magma which had swelled up and raised all of this landmass above sea level for quite a long time. It all sank again eventually, and so most of the continent of Lemuria mostly sank under the ocean.

Nyck: Quite possibly the origins of the Great Flood myth.

Steve: Yes, certainly. In fact, Lee mentioned that this is one of the things that contributed to what he called the myth of Atlantis. Kryon has said that the idea of Atlantis wasn't a single event, but it's a story that's been compiled as a result of multiple incidents over the long-term period of history where land masses have sunk under the water, islands have sunk, and it's been recorded in our memory.

Some folks who were in Lemuria at that time, 15,000 years ago when this big sinking of the island happened, escaped to other places, other islands in the Pacific—New Zealand was mentioned—and that place where it's got the big statues, Easter Island, was another place. Really, that was pretty much the end of the long-term story of human history that Lee was relating there, but very, very interesting.

Nyck: And what's his summary about that? What is the sense that you got, or what did he say about that—about why we are now at this point in time with that prehistory that we are not aware of, and yet there are many claims at this time, often in sync with this; often related to this kind of notion of alien seeding, of these kind of starseeds coming here? All of that package to me is really interesting. To know exactly what the truth is, is one thing—it would be very nice to absolutely know what happened here—but more so on a trans-rational level, what this means for us now and how these kinds of ideas, which are definitely being infused more and more with more people on the planet, more often—more people are receiving and accepting or listening to these kind of

ideas; they're receptive; their box is not so closed. What's the purpose of this, do you think?

Steve: I think the purpose is that if we look at human evolution, particularly from a source like Clare Graves's research, we can see that as we grow through these different layers of consciousness, each layer has a particular scope of interest and understanding and influence. At the lower layers, that scope is relatively small. In our Hunter-Gatherer days, we were mostly interested in a very small piece of land that we used to roam around on, a very small social group, and there was a limit to the amount of influence that we could have on our world. That has gradually increased with each layer of consciousness. Our scope of interest, our capacity to influence things, has expanded with each layer, and here we find ourselves at this time in history with many people having a scope of interest that encompasses the entire planet, and many of us even having the capacity to influence things around the planet with such simple things as a social media post, for example, which can spread like a virus around the planet and influence many millions of people in a very short space of time. So I think it's very appropriate at this time in history that this kind of information is being introduced, because really, for the first time in a long time, we have the capacity to actually digest it. We've got this large-scale interest, which for some people is extending off the planet—I mean, look at Elon Musk and his plans to fly to Mars.

Nyck: Well, we've just landed a satellite on Mars anyway, so we've already begun that process of extending even further out physically from this realm.

Steve: Exactly, we have, so it's a very relevant time in our history for us to be fed information which may be true.

Nyck: Yes, I think that's the point here, is that whether or not this particular version is specifically true or not, what is interesting is that it gives more and more people in this global frame that we now exist in, as you're saying, the potential to imagine, to encompass, to expand and allow and embrace bigger versions of ourselves, I guess—bigger ideas about ourselves and who we are on this planet.

Steve: Who we are and where we come from, what we're capable of.

Nyck: Yes, all of that.

Steve: Exactly. The thing that I find particularly interesting is that this information links with so many other little bits of information that we have about our past which have been largely unexplained. I can think of, as a youngster, seeing the TV documentary about von Däniken's *Chariots of the Gods*, shortly after his book came out, and all of the different civilisations that we've found, the buildings that we've found around the planet that have been built with technology that we don't have right now—these massive blocks of rock that have been placed so amazingly exactly in ways that we couldn't do with even today's technology. There's something lost from our history that we don't have and this may be part of that missing piece.

Nyck: And it's amazing that we have such incredible blind spot to those very things—that some of these structures, like the great pyramids of Egypt and other places and other structures like that, and some of these prehistories, somehow we've just closed the door up until this time, most of us most of the time, on actually receiving some of that and thinking, well, that's a very big question. How was something like that built supposedly 5,000 years ago, but probably much older? How did that happen? For most people, they just don't even want to ask that question, but it's changing, clearly.

Steve: It is changing.

Nyck: We're expanding into a different version of ourselves—evolving.

Steve: Exactly.

Nyck: You are tuned to *Future Sense*. We're talking a little bit about Steve's experience down with the channel, Lee Carroll, of the entity Kryon, and a little bit more about that before we move on.

Steve: I was in Hobart recently, and if you're interested in listening to Kryon's channels, you can go to <https://www.kryon.com> and follow the free audio link there. You'll see on the 2018 links, the most recent ones are all from Australia during his current visit.

I might also mention something that Lee said when we were in Hobart, and that is that there are a lot of links which purport to be Kryon's channellings on *YouTube*, and he said that these are not official links and they are actually clickbait used by people who are trying to earn advertising money by using Kryon's name and sometimes even Kryon's registered logo, so stay away from the *YouTube* stuff and if you want to listen to the genuine Kryon channel links, go to <https://www.kryon.com> and listen to the audio there.

We've been talking a little bit about the channellings which mention human consciousness and how it's changing, but also about another talk which I heard when I was at the event in Hobart, which was presented by Lee Carroll and the Australian author Monika Muranyi about the history of modern humans. This is not in the recordings—you actually have to attend the event to get access to this kind of stuff—but it's very interesting and it's suggesting that modern humans are the result of extraterrestrial intervention in our evolution, which began 200,000 years ago around the time that the first modern humans appeared according to science. We've spoken about how that played out. Kryon has said in his channellings that Pleiadians, in other words extraterrestrials from the Pleiades constellation, visited the planet around 200,000 years ago, their female members interbred with local males, producing what would be the first modern humans, and then around about 50,000 years ago, settlements were actually established on the planet, which included Pleiadians living here amongst us and no doubt interbreeding with us and teaching us.

Nyck: And you're still here, some of you. We know who you are.

Steve: That's right, we have your numbers.

They were living primarily on the continent of Lemuria, which was in the same location as modern-day Hawaii. In fact, I understand that what is now Hawaii is the remnants of this ancient continent of Lemuria which sank into the ocean and contributed no doubt to the myth of Atlantis. Then, around about 15,000 years ago, Lemuria sank, which really ended that major civilisation, together with the ETs. Some folks escaped to other islands in the Pacific, and the information of those events is recorded in a lot of indigenous history—and as we mentioned at the start of the show today, that includes in our own indigenous history here in Australia, where Lee Carroll mentioned going to Uluru and looking at the artwork there which depicted the Seven Sisters in the artwork, so it's really, really interesting.

Something else he said during that talk was that before the time of Christ, so before about 2,000 years ago, life on the planet was linked according to a system of law—he used the terminology "according to the dispensation of law", but what that meant was a system of law. I guess that's a reasonable comment when you look at Graves's work and we see that with the emergence of Tribal society came law and customs, which equates to what we call lore these days, to some extent. Eventually, with the Agricultural Revolution around about 10-12,000 years ago, what we know as modern-day law began to emerge. As we started to live in larger settlements and in cities, we needed laws to live by.

Nyck: Something more codified.

Steve: Exactly, and often, particularly in the earlier days, that law was religious law—it was like a set of rules to follow, as in the Ten Commandments, for example.

Then that changed with Jesus Christ arriving about 2,000 years ago, according to Kryon and his channel, Lee Carroll, and it's swapped from living according to the law, to living according to love. As we know, according to some of the books, part of Christ's teaching was about the Sacred Heart.

Nyck: Love thy neighbour as yourself.

Steve: Exactly. Then more recently, in 2012, Lee was saying that this shifted once again to living according to compassion. So there are three big eras that he's identified there: an era of law, an era of love, and an era of compassion.

Nyck: That's very interesting. So we're now in that era of compassion and seeking to find that compassion between each other, which is the difficult thing for many, still, and yet others—many others now—are able to feel compassion, as you've said to me, for those who they've never met before, those in various situations in the world of dire situations, life conditions really impacting badly and with great difficulty—wars, famine and so forth—that we are actually able to feel those people now more than we ever have been able to before, perhaps.

Steve: That's right, and this sequence or progression that Lee Carroll described certainly fits with the evolutionary story from scientific research, because in our early evolutionary days, our sensory perception was a little bit more limited than it is today and so we didn't necessarily have the capacity to connect at a heart-centred level with another human being, and so we therefore had to be given a law to follow, right? Which was a rational mind kind of thing, or at least something that we could remember and follow according to custom, which might not necessarily be a rational-minded process.

Nyck: Just as an aside, I'm thinking of the various period dramas one might watch on television—*Downton Abbey*, or going further back even, so talking about 100 or 200 years ago, but certainly even further back—the codes of behaviour in engaging with another being, especially of the opposite sex (but not just) are almost painful to watch now.

Steve: Exactly, a rigid rule set that was followed and had to be followed.

Nyck: And so everything took a lot of time to just connect to someone else.

Steve: Yes, exactly, and then progressing from there to developing this capacity to connect heart-to-heart with another human being in your presence, which equated to what Kryon was saying about Christ's teachings; and then compassion, of course, extends that really to be able to engage in a heart-centred way, or at least identify in a heart-centred way with a human who's not in your presence—a third or fourth person connection—which equates to really where we're at globally at the moment in terms of our emerging capacity as humans.

Nyck: It's very interesting. My partner and I were talking a little bit about this area yesterday, I think, and how the notion of gossip is what it is. It can be a distortion of truth for various purposes that one person might be perpetrating that bit of gossip for, a bit of manipulation, or trying to find themselves in a position of more power or whatever they might be doing, but it would seem to me that nowadays, the way that we talk with each other, those of us who are becoming more awake one way or the other, it is really a sharing that enables more compassion at its best. I mean, it's always going to be polluted a little bit by one's own desires and egocentric ...

Steve: Maybe.

Nyck: Maybe. Well, except for you, of course—present company excepted—but I think there's a great truth to that, because we were saying how it's not great to talk about another person, but if you're doing it out of a sense of trying to engage to enhance the person's view of someone or a situation, and doing it with kindness and love at the core of it somewhere, then it's a different sort of thing that's going on. We're practising compassion, I would suggest.

Steve: It is, and this capacity for compassion is really emerging at this very moment with this new layer of human consciousness that we talk about often on this show—the sixth layer, which is just beyond the modern Scientific-Industrial layer—and this is perhaps the biggest contrast that we're seeing in politics at the moment: do our politicians have the capacity for compassion or not? We're seeing a massive contrast right now in relation to issues like the refugees on Nauru, for example, whereby some politicians can clearly express and experience compassion and some clearly can't. I don't know if we should name names, but maybe we should.

Nyck: They're not going to be in parliament much longer if the Coalition has any sense to itself, which is dubious.

Steve: Minister Dutton is a classic example of a human being who is operating, at best, from the fifth layer of consciousness, which is the Modern Scientific-Industrial, whereby he undoubtedly loves his family and immediate relations and close friends, perhaps—there's no question of that—but when it comes to extending that loving feeling into compassion and applying it to people that he's never met and who are located remotely, then it's just not there, it's completely absent. Yet you take another politician, like, for example, Richard Di Natale from the Greens, who clearly is able to express ...

Nyck: Express that compassion, indeed.

Steve: And that is perhaps one of the major differences that we're seeing in politics right at the moment.

Nyck: That's right, and that is probably, arguably, one of the biggest tensions right there, and not just, of course, in Australian politics. We see exactly the same thing with Trump and the Mexicans or other supposed terrorists or whatever; we've seen it in the UK and a large numbers of European countries; many countries around the world expressing this battle between those who can feel this compassion and those who seemingly cannot. Very difficult tension, because if you can feel that, you just cannot understand why someone else can't feel that.

Steve: No, and the temptation is often to say, well, these are bad people, they're not good people, but really, in scientific terms, that's not correct. I mean, these are people who don't have the capacity—haven't developed the capacity yet—because they haven't been exposed to sufficiently complex life conditions to cause them to grow into that, and so to truly look at this in a compassionate way, we have to understand that these are folks who don't have the capacity yet to do that. It's not that they have it and they're choosing not to, it's that they simply can't do it. They haven't got the operating system.

Nyck: So it requires a degree of compassion for those of us who can feel compassion for those people who can't feel compassion, which is a bit of a paradox and part of the way that we actually have to align ourselves now on this planet to try and make sense of and begin to create a value system and policies that then emerge from that in terms of governance and so forth that reflect that ability in us.

Steve: That's right, because if we fall into the trap of saying that these are bad people or these people are worse than us because they're not doing this, we're actually falling back into these old value systems which don't express compassion.

Nyck: And you probably find that if you do that—because I know that's true for me when I get a bit aggressive about injustice, in particular, of one sort or the other ...

Steve: Before your morning coffee.

Nyck: Before my morning coffee—that calms me right down—but it doesn't feel good to be on the attack against those who don't feel compassion or other things that we think they should feel. It doesn't feel good to actually feel this push against it.

Steve: No.

Nyck: So that should be a very telling sign.

Steve: I think so. It's an important point, particularly for people who are on the edge of moving into this compassionate space, and who are there sometimes and not all the time. It can be very confusing, that they don't feel good when they express their opinions in that way that's not compassionate, but this is actually what's going on as a race. We are really on the cusp of moving into a new era which will be characterised by this compassion.

Nyck: And I think that sort of cognitive dissonance that you may feel in that situation is a really good signpost that you're on the right track in the sense of, you know, how do you reapproach, redesign, realign yourself to a bigger place inside of yourself that you already know exists, but you fall back into that other place too often?

Steve: Yes, and that feeling of discomfort that might come when compassion is not expressed is really an evolutionary tension that's guiding you into a more compassionate place.

Nyck: Yes.

Thanks for your texts, which are going back to some of the stuff we were talking about before, so maybe we'll just throw these in very quickly before we move on. We were talking about things that were built in the past and questioning who built them and how they were built, and this person mentions a place called Coral Castle: "built in the US last century of massive blocks of coral by one man, which he later moved to a different location." Have you heard of this?

Steve: Yes, a very unusual, impressive building, and I think he did leave some record of how he moved those big blocks around, but it doesn't quite stack up compared to the great pyramid of Giza.

Nyck: Still pretty amazing. I looked at some photos just before.

Another text: "There is also strong evidence that people escaped from a sinking landmass, supposedly Lemuria, to what is now South America based on archaeological findings in South America." That's right, well, there are so many pieces—and I think that's the key to all of this stuff—there are so many pieces arising all over the place now: new discoveries, new approaches, science that can analyse these structures and these ways of being, and the age of things and so forth, so we're seeing continuing revolutions of all that material.

Steve: We are, and in the absence of solid scientific evidence which ties all these things together, it really is worthwhile considering the information that comes from sources like Kryon, for example—and Kryon has a very, very good record of predicting scientific breakthroughs before the fact, so he's certainly well worth our attention.

One of the other things are Kryon talks about, of course, is climate change.

Nyck: Climate change, yes.

Steve: And his opinion is somewhat contrary to the mainstream idea of global warming.

Nyck: To most of you out there, probably, too.

Steve: Yes, exactly. He's talking about long-term cooling and not long-term warming, and he's one of a number of sources that I've been following for some years now on this track of the idea that we're in a long-term cooling trend, and that's certainly my understanding.

Nyck: And there are examples of this. Just two weeks ago, I think it was in the state of Ontario, in Canada, there was something like 13 localities with the coldest temperatures ever recorded, and from the *Washington Post* just the other day, much of New York and the northern half of New England have seen an extremely snowy start to the winter: "Snowfall totals across New York and New England have surpassed one to two feet in many areas. This record and near record November snowfall has been caused by the same general weather pattern that led to record rainfall in parts of the mid-Atlantic into

eastern New England", and so on

(<https://www.washingtonpost.com/weather/2018/11/30/parts-new-england-new-york-have-seen-historically-snowy-november/>).

Steve: Yes, that's right, and these are weather events, not climate—the climate is a very long-term thing—however, all of these small things stack up, and I think it's important at this time where there's a lot of media bias towards warm events and yet much less media coverage of cold events. Nonetheless, there are some very, very cold weather events happening on the planet at the moment. We mentioned before on the show, the documentary, *The Cloud Mystery*, which is on *YouTube*. It is very well worth a watch if you're questioning the mainstream idea of long-term global warming and want to see some scientific evidence to the contrary

(<https://www.youtube.com/watch?v=dKoUwttE0BA>).

Nyck: And of course, I already mentioned this morning that today, almost 195 countries will meet in Poland, one of the most polluted coal mining regions in Europe, to agree on the rules for implementing a landmark deal to cut carbon emissions since the Paris Agreement. That's interesting because, how much of the deeper information do they take into account? Not enough—that's what we would argue.

Steve: Yes, well, as we've discussed many times on this show before, one of the key issues here is that with this values shift from the Scientific-Industrial era into the Relativistic sixth layer, which is characterised by compassion as you're saying, there's a strong swing to emotional influence. A lot of different things happen during this transition between Layer 5 and Layer 6. One of the things is that our attention is turned inward and we go on a sort of a personal healing adventure. You see that certainly in our local area here where there's a huge focus on personal development and healing, and that's an example of this dynamic as we shift into Layer 6, of our attention turning inwards and wanting to heal ourselves in preparation for creating a solid platform for the big leap in consciousness which comes between 6 and 7. That emotional viewpoint—emotional perspective on the world—also starts to flavour things like science as well, and so science is being impacted in a big way, where scientists' fears and concerns for possible future events, not certain future events, is starting to impact the way that they're doing science, and even in simple ways. There's very clear mainstream, widespread concern at the moment around the issue of global warming and so that is tending to make scientists look to research and seek evidence of global warming and then finding multiple warming events, and they're putting that picture together and saying, OK, we look like we're in a warming trend here. But the absolute bottom line science underpinning this whole idea is still very uncertain and this is almost never reported in the media.

As an example, there was a recent article published by Martin Armstrong, who's a financial forecaster that we often talk about on the show, and Martin is writing about a scientist called Professor Valentina Zharkova, who is one of the exceptions here when it comes to climate research, except she's not a climate scientist [see *Links and Resources* for this podcast episode for link]. This is quite often the case at the moment, is that these breakthroughs in understanding are coming outside the narrow field of reference of, for example, climate science. She's been studying the Sun and she has, in particular, been studying the Sun's climate and its solar magnetic field, and she's found what are called dynamo waves—wave patterns on the surface of the Sun.

Nyck: "Quadruple magnetic sources".

Steve: That's the one. And she's been able to determine the existence of very long cycles of activity in these wave patterns on the Sun itself.

Nyck: 350 to 400 year cycles.

Steve: Yes. The curve that she created from her study was able to be extended out to long-term predictions, like on a millennial timescale—thousands of years—and her findings from that predictive curve equate remarkably with what we already know about long-term climate patterns and events like the Maunder Minimum from around 1645 to 1715, and earlier climate and solar minimums from, for example, the 1200s, 1300s, and even right back to around about between 10 and 400 B.C. during the Roman warm period.

Those findings of hers then correlate with a pattern that Martin Armstrong found looking at economic activity. What he found in his detailed historical study of economic activity is that it waxes and wanes with the weather. When we have very, very cold periods, human activity slows down, economic activity slows down and vice versa. Even though he wasn't looking at climate in any way—he was simply looking at economic trends in economic performance when he put together what he calls the *Economic Confidence Model*, which is a long-term graph which comprises a compilation of a number of different wave patterns—he found that it equated exactly to the solar pattern; to the solar cycles. Now he's found that the pattern and the equation that he sees also equates to this solar wave activity documented by Professor Zharkova, and what it all points to, of course, is a long-term cooling trend and an impending mini ice age.

Nyck: As we've said a number of times on the show before, that doesn't mean that we shouldn't get rid of coal. Another report in *Reuters* is saying that 40 percent of the

world's coal plants are operating at a loss due to high fuel costs—that's kind of funny, isn't it? High fuel costs—and that proportion could rise to nearly 75 percent by 2040, which is pretty amazing (<https://www.reuters.com/article/us-climatechange-coal-idUSKCN1NZ00B>). The "London-based Carbon Tracker analysed the profitability of 6,685 coal plants around the world, representing 95 percent of operating capacity and 90 percent of capacity under construction" and their analysis shows a "least-cost power system without coal should be seen as an economic inevitability rather than a clean and green nicety", which is interesting in itself. Just the economics of power is shifting on this planet, irrespective, you could argue, of where the climate's going. On Sunday, as I've already said, all these countries are meeting Poland.

This is interesting because that whole confidence in things is what you're talking about, when scientists talk about global warming and for all sorts of reasons, financial and otherwise, find themselves focusing on that and possibly ignoring other science, that the same is also true, of course, in the coal industry, generally speaking. Coal, still, in a country like Australia, is seen as somehow the saviour. We've seen *Adani* claiming that they're about to start a small version of their coalmine up in the Galilee Basin and others there, and yet the truth is economically that these things actually don't stack up anymore.

Steve: The truth is, too, that it's not seen as a saviour. It's just that there is economic pressure on the government to support the coal industry. That's really the bottom line, is that the mining industry is extremely influential and it puts a lot of money into political donations and is capable of manipulating the media, as we saw in the case of Kevin Rudd. So it's a matter of who's got the money has a lot of influence at the moment.

Lee Carroll said during his talk, just to reinforce something that you said, that the fact that we may be in a long-term global cooling trend is not an argument to stop reducing our fossil fuels because there's no reason why we shouldn't reduce and perhaps completely stop our use of fossil fuels and replace it with renewable energy sources.

Nyck: It's very exciting that science is now finding and enabling the use of renewable energies, of natural energies—of solar, of wind—and the future will also see more use, I'd imagine, of magnetic energy, of gravitational energy, of other energies that we're not even tuned in with yet. And yet, of course, science is starting to investigate these very places and we're starting to see very accelerated results of that kind of science emerging on the planet. So it's time to really, I think, accept that change is going to be much faster—even those of us who understand that change is fast and speeding up—even then, we're not going to catch up very easily with the potential of what is coming through the pipeline. As I think as you said, as we think networks, as we think connections, as we think complexity, more and more network complex systems emerge that actually enable scientific change on the planet.

Steve: That's right—solutions. It's about time we started to pick apart the different issues as well, which often get conflated like this. The idea of global warming is conflated with the issue of atmospheric pollution from fossil fuels; we need to pick those issues apart, and so regardless of whether we're warming or cooling, we should still clean up our act.

Nyck: Yes, absolutely.

And thanks for your texts. A bit of a light-hearted relief here, you could argue. You may have seen that outgoing President of Mexico, Enrique Peña Nieto, suddenly last week awarded President Trump's adviser and son-in-law, Jared Kushner, Mexico's highest, greatest honour, called the Order of the Aztec Eagle. The Mexican population is absolutely stunned, given that Trump calls them all rapists and criminals and, of course, wants to build his wall, and usually this award of the Aztec Eagle is an honour reserved for foreigners who make a significant contribution to Mexico's well-being. In this case, apparently it was for a trade agreement which is supposed to replace the *North American Free Trade Agreement, NAFTA*, which was dumped by President Trump, and that is expected to be signed. I'm not sure if it was signed at the G20 meeting that has just happened, but I find this to be an incredible joke that these sort of medals—these hollow medals—are really somehow a metaphor for the hollow societies and structures from which they come; that layer of consciousness that is passing away, and pinning medals on each other is a kind of example of this last-ditch attempt to have some kind of egoic satisfaction or something.

At the same time, the *USA Today*, which is an American sort of midrange, ordinary kind of paper—it's not a rag, it's not right-wing, it's not good journalism, but it's been around a long time—strangely has come out this week, given that the Department of Justice in the US inadvertently named Julian Assange in a court filing in an unrelated case suggesting that they have prepared charges against the *WikiLeaks* founder under seal, *USA Today* has come out and suggested that Assange should not be charged with anything, but actually should receive the Medal of Freedom (<https://www.usatoday.com/story/opinion/2018/11/20/julian-assange-indictments-whistleblowers-medal-freedom-wikileaks-manning-trump-column/2055900002/>). I found that to be really interesting, going against the grain in America, and you said this is an example of this sort of split in values that occurs as we are changing into a new layer and new value system.

Steve: Yes. We've got this slingshot effect going on whereby in the transition between the Modern values and the Relativistic or Postmodern values that come with Layer 6, there's often a back slide to Layer 4, which is Agricultural-Authoritarian—a very rigid value set, very black-and-white without any shades of grey in between—and you can see that the sort of harsh, judgemental attitudes that have been expressed towards Assange and *WikiLeaks* have often been very black-and-white: 'this is wrong, there's no

discussion about it, it's just fundamentally wrong and he's an enemy of the state' and this kind of stuff. That reflects this rigid Layer 4 value set; and then Layer 5 kind of twists and bends and changes values to suit itself so it'll say whatever it wants to get whatever it wants.

Nyck: As it said in this article, Trump loved *WikiLeaks* during his campaign for the presidency. In fact, he mentioned *WikiLeaks* some 160 times or so.

Steve: Yes, and that's a great example of these movable values that are characteristic of Layer 5, where depending on what your personal outcome is—your personal idea of success—then you'll grab whatever is nearby and twist it to fit with your story. That's a great example.

Then with the emerging Layer 6, we've got, as we've been talking about earlier in the show, this idea of compassion—extending compassion to people—and understanding, having sympathy for their circumstances. We're getting a spread across at least these three values sets, and sometimes even further in scope, out to further value sets further back down the chain, and we're seeing things like this example that you've quoted from *USA Today*, where there's an organisation that doesn't usually express itself like this, doesn't usually express these kinds of feelings, but is suddenly showing up with a different set of values. It's interesting, it adds to this rich mix that we've got going on globally at the moment, which is building the evolutionary tension for change.

Nyck: Yes. It's interesting too, in this article from *USA Today*, it goes on: "The Assange indictment is far more threatening than Trump tweets snarling at CNN. The American Council of Civil Liberties warns that prosecuting Assange for *WikiLeaks*' publishing operations would be 'unconstitutional' and 'sets a dangerous precedent for US journalists who routinely violate foreign secrecy laws to deliver information vital to the public interest.' Trevor Timm of the Freedom of the Press Foundation declared: 'Any charges brought against *WikiLeaks* for their publishing activities pose a profound and incredibly dangerous threat to press freedom'." It goes on with a key point here—very interesting: "It is difficult to appreciate *WikiLeaks* without recognizing how federal secrecy has become far more pervasive and dangerous since 9/11. If someone had massively leaked US government documents on Iraq in January 2003, the Bush administration campaign for war might have been thwarted. The federal government last year made almost 50 million decisions to classify information", and it finishes this article saying: "Politicians and federal agencies have long recognised that 'what people don't know won't hurt the government'."

Steve: That's right, and these are all examples of attempts by the Layer 5 mindset to hang on to control in the face of this emerging values revolution which is going on

globally. We should expect to see that get worse and worse and worse until the point where it reaches a tipping point and the majority of people say 'no', just like they did in Victoria recently.

Nyck: Yes, and before we move on to the local politics as an example of this, just one text here, which is relevant to our last conversation: "We are talking about global emergency and climate breakdown. In some regions, extreme cold, others heat, drought here, floods there, etc. The phrase 'global warming' is so last century, whoever is using it. Global emergency, climate breakdown." Good point.

Steve: It's a very good point, actually, because whether it's going to get extremely hot or extremely cold, either way, we should be concerned and we need to prepare for it. One of the biggest dangers at the moment is that if we get carried away with this global warming idea and it starts to get very cold, we're actually moving in the wrong direction.

Nyck: That's right.

Victorian elections! So long ago now. You were in Tasmania when they were occurring.

Steve: Yes, I saw it from the other side.

Nyck: The other side of the small ditch, yes. So what do we think about that? Because there was an extraordinary result, and for those of us who are definitely a bit more left-wing like ourselves, a good result overall, although if you were a bit further to the left and a Green voter, then you're probably be a little less than happy because the Greens didn't do as well as they should have given that trend towards the left, you could say. Or is it a trend to the left? What is it?

Steve: You know, I think this left-wing/right-wing thing is so last century, really.

Nyck: Couldn't agree more.

Steve: It almost harks back to Layer 4 values of 'good or bad'—this is my good, that's your good, left or right—and really neither left- or right-wing politicians have all the answers at the moment and that is so clear. Part of the reason why we're seeing the fragmentation of the major political parties is because neither left-wing nor right-wing solutions really cut it.

Nyck: Yes, but what did cut it in the Victorian elections, in my opinion, is that the Labor Party did not descend in the same way to the blame game, to the, you know, what's the word I'm looking for?

Steve: Personal attack?

Nyck: Yes, the personal attack, particularly on Somalians, on street gangs, on young people, on terrorists (so-called).

Steve: Fear mongering.

Nyck: Fear mongering, basically, and I think that was a really big shift because, of course, the Labor Party can also play that game quite a lot. Arguably, though, the Coalition, in particular the right-wing of the Coalition across the country, is very much focused on this sort of 'law and order' to put it under a big banner—law and order issues. The Labor Party just doesn't seem to be buying that game anymore, and I would suggest that that's a large part of why they were so successful in the Victorian elections. Victorians tend to be fairly intelligent people in my experience overall.

Steve: Yes, if we look at the trends associated with this values shift, we're looking at decentralisation of power as one of the issues, so any political party that's looking to increase the centralisation of power—and this secrecy law stuff is just a classic example of that—any party that's doing that is moving in the wrong direction; they're actually opposing the whole global tide of change. Any trend that is moving towards rebuilding community is in tune with the global trend. You don't have to be a rocket scientist to actually work out how your policies should be shaped at this time, because there's a massive, massive global shift moving in a particular direction.

Nyck: Yes. You mentioned the encryption bill there, which in this last week of sitting parliament for the year, federally, the Morrison government is trying to ram through—push through—the encryption bill, but the Labor Party and others have some serious questions about some elements of this, that it doesn't have enough safeguards. Even the president of the Senate has said that the legislation may erode parliamentary privilege. For example, tech industry leaders say that their global reputation is on the line, and all of these aspects of this control, this attempt—to me it's a sort of last ditch attempt to control—that the powers that be in that Layer 4-5 dominant paradigm that has been on the planet for a long time, are desperately trying to hold on for dear life to controlling us all and not letting us get away with actually getting together and actually talking amongst ourselves and actually finding some new solutions, just like the

schoolchildren last Friday in Australia who came out for climate change. That's just one topic, but just the notion that 'it's our future, and your decisions as 50, 60, 70 year old men, mostly, are impacting us at 16, 17, 18 and you're not considering this at all; you're not considering the community of humanity in total.'

Steve: Very refreshing to see that electoral result in Victoria, because it's an indication that Victorians have chosen not to continue with this regression to older value sets and more extreme views; that they've actually said, 'no, that's enough, we want to go in another direction.' It's very, very promising, and it's particularly promising because it shows that we're not necessarily going down the same road as the USA right now with politics.

Nyck: You are now tuned to *Future Sense* with Steve McDonald and Nyck Jeanes. We have a few other pieces. *Neurohacker Collective* is one thing that we look at at times, and an article here on *Psychobiotics: Bacteria to brighten your mood* is an interesting one (<https://neurohacker.com/psychobiotics-bacteria-brighten-mood>). The microbiome is a word you probably know now, but five years ago, even two years ago, it may not have been a term that you were familiar with. It's a term for the vast ecology of resident microorganisms that live in symbiotic relationship with us, and I guess in that sense, it's that part of our awareness of the complexity of our beingness, this whole area. You would think, perhaps, that probiotic rich and fermented foods and beverages are fairly recent, but they actually go way back and can be traced back as far as about 8000 B.C. to the origins of fermented milk—kefir—attributed to shepherds in the North Caucasus Mountains, for example. The exact origins of all of these things are lost in the annals of time but Neolithic vessels point to intentional fermentation of fruit, rice or honey beverages being a common practice even 10,000 years ago. This process increases the bioavailability of nutrients. Fermented foods contain beneficial microbes that aid in digestion and promote the growth of healthy gut flora. But can these bacteria also affect mood? That's the big question now.

Steve: What I find fascinating about these new scientific discoveries and trends is that they correlate so nicely with the large-scale value shifts and ways of thinking that are changing with this evolutionary shift that is going on.

Nyck: Indeed.

Steve: I think I mentioned before, one of the big trends is a trend towards community on a large scale, and here we are discovering these communities inside ourselves at the same time. It's just beautiful. As above, so below, as they say.

Nyck: It is beautiful. Can you feel it, folks out there? Can you tune into that? Isn't that a beautiful thing, that resonance: as above, so below. Really good.

Steve: Absolutely, and it turns out that these bacteria inside of us have the capacity to generate many neurotransmitters and neuromodulators found in the brain, like, for example, serotonin, dopamine, norepinephrine, GABA, acetylcholine, so in other words, they can have a considerable effect on our mental faculties and help rebalance and modulate the levels of these things in our system.

Nyck: You are what you eat, and not just your physical body—your mood, your psychology.

Steve: That's right, and there are new trends in psychiatry at the moment to actually look at diet and supplements, as you've been saying, to affect our psychological state; very, very interesting in our psychiatric state as well. Of course, dysfunctions in the gut-brain axis are being linked to conditions like anxiety, depression, autism spectrum disorder, schizophrenia and neurodegenerative disorders, so it's amazing to think that we may be able to address these conditions simply through dietary practices and using some of these things like kombucha and kefir and the like.

Nyck: And there's a number of studies. A study, for example, by John Cryan, a neuroscientist at *University College Cork* in Ireland, found two varieties of Bifidobacterium produced by his lab were more effective than escitalopram—which is Lexapro, a pharmaceutical antidepressant—at treating anxious and depressive behaviour in a lab mouse strain known for pathological anxiety. Poor mice, known for pathological anxiety.

Steve: Yeah, they cop a hiding, don't they, those laboratory mice?

Nyck: I have compassion for those mice.

Steve: Me too.

Nyck: But there you go. We're on a real new cutting edge of science in this arena, aren't we?

Steve: That's right, and more bad news for Big Pharma. Isn't that wonderful?

Nyck: Oh, yeah. You're going down.

It's amazing how these old structures just do not want to die. I wonder why. Pretty obvious, really, but it's a very exciting field indeed, and something we're going to keep an eye on because I think most of us in this region are on one kind of diet or another, one kind of supplement or other, one kind of theory or idea, but all of them are coming to this notion that we are a total living system—a complex system where many parts are interacting all the time, and you can have influence by feeding yourself the appropriate psychobiotics at the appropriate time. I find it to be a really fascinating and important area of human discovery at this time.

Steve: That's right. It's the start of a psychobiotic revolution, no doubt.

Nyck: We like to talk about psychobiotics. Do you have another piece there?

Steve: Yes, another one along the same lines of this 'as above, so below'. Here we are building new networks globally and we're discovering new internal networks at the same time. It seems like as our mindset, our perspective on reality shifts to embrace these different concepts like networks, for example—and the sixth layer that we're moving into right now is very network-centric—here we are starting to take notice of networks inside our bodies. This other article which I came across in *Quanta Magazine* is about "long-overlooked tunnelling nanotubes and other bridges between cells acting as conduits for sharing RNA proteins and even whole organelles", which are little things that live inside cells (<https://www.scientificamerican.com/article/cells-talk-and-help-one-another-via-tiny-tube-networks/>). Basically, in short, what it's saying is that these things have kind of been seen once or twice, but nobody's really understood what they were. Some of our methods for preparing cellular tissue for observation destroy them, so that's one of the reasons why they haven't really become well-known up until now, but a scientist recently started to look at them more closely and found that these little networks involving what they call microtubules and also nanotubes, extend like little tunnels from one cell to neighbouring cells. They are networks that are created during a healing process whereby healthy cells extend these little communication tubes to unhealthy cells nearby to help them out, basically. Again, another wonderful example of 'as above, so below' when you consider how we're creating networks all around the

world at the moment to reach out to people who are perhaps in need, or certainly in need of connection and communication, and here it is happening inside ourselves.

Nyck: Yes, this is really an enormous thing. We've seen, I guess, certainly in the last 50 years ... I'm looking here at a post on the wall in the studio for the *Woodford Folk Festival*, and then I went back and I thought about *Woodstock* and I thought about how we've collectively come together in this way only in the last 50 years in these big celebratory, musically-oriented—usually based around music, which is another example of what connects us because it's universal to one degree or another; it's pretty universal. So these physical places where we've come to gather, to celebrate, to be together, to create community, these internal practices that have begun to become more and more fashionable, too, and functional as well—of looking after our bodies, looking after our minds, our spirits, of taking into our bodies the things that actually support us rather than the things that seem to just destroy us or to inhibit our natural functioning—all of these movements are collectively coming and expressing this, as you're saying, this new form of beingness where we not only engage on a deeper level with the levels of ourselves, but through that with community members, inside and outside.

Steve: And also building new understandings of reality from micro-nano-scale right up to large-scale globally.

Nyck: Yes, because it has to come from there, doesn't it? Otherwise you're going to be stuck in a more simplistic version of—or appreciation of—life, the universe and everything. But as you go deeper into yourself, into the complexity within the self, and see the complexity outside, I find a great relief in that. Some people are overwhelmed by it, and that's a part of the process, isn't it? The confusion and the overwhelm of too much information, too many connections: 'I don't know what's important; how do I discern rather than judge, but discern what actually works and what's true for me?; what's supportive of me in this time?', all these elements are coming to the fore, I think. Most people now can relate to that—most people in this region anyway; in this more, I guess, Layer 6 region—where connectivity has this quality to it of enhancing our journey, our spiritual journey, if you will.

Steve: It does, and Clare Graves talks about the importance of deep human connection at this particular layer that's emerging—it's one of the key things. In the same way that personal success is a key driver in the fifth Modern Scientific-Industrial layer, deep human connection is the key driver in Layer 6.

Nyck: Just quickly, for the last few minutes, when we move to the Second Tier, as Graves expressed it—and many of us are now on that edge, or moving towards that

edge of Layer 6 and certainly accelerating through Layer 6 to that point—I often see it as a sort of abyss before us, before that momentous leap, because it is such a big change that's coming there. You're talking about that need for connection in Layer 6, what is it in Layer 7 as we jump across the ridge there? Because suddenly it's not about community in the same way anymore, and yet it's very global; it's a totality.

Steve: It is, absolutely, and remember that these layers are not discrete, different things.

Nyck: They're Russian dolls nested inside each other.

Steve: They're nested, so the previous things don't go away. Because 7 involves the development of this amazing multidimensional awareness, all of a sudden it becomes very consciously aware, in a way that we have never been before, of the previous layer. When we're growing through layers 1 through 6, we're aware of our own state, our own subjective experience in each layer, but we're not aware that the layer actually exists. All we see is people who are like us and people who are not like us. It's only when we get to 7 that we can see the layer—the strata—and we can actually understand that 'wow, I've just grown through that, and this is all still inside me, and I can still actually identify with each one of these; I can see a part of my life in the past where I was that.' So it's a completely new realm. It's so, so different, it's hard to describe it in the same terms, but one of the key drivers there is answering or responding to the question: 'What do I do with this new understanding I have?' All of a sudden I can see a new angle on the entire world and the entire human experience and I have this access to this amazing understanding of these different operating systems or operating frequencies, each of which I know from experience and each that I can move into and out of and express whenever I need to. What I do with this amazing, multidimensional witness-perspective that I have over the entire picture of what's going on on the planet? What that normally gives rise to is this drive to want to make things better on a large scale, this drive to want to attend to the most urgent things that need attending to on the planet and ensure the safe and enjoyable continuity of human existence on the planet without things running off the rails, because in the lead-up to the shift, and during the shift to 7, it certainly looks like things are running off the rails in many respects.

Nyck: It's not likely to be easy, but it may be easier than we think, possibly.

Steve: It will be, without a doubt. I mean, seen from a First Tier consciousness perspective—from Layer 6 or down ...

Nyck: It looks very ugly.

Steve: It looks really, really bad and it looks like we don't have the solutions. It only starts to look like we actually have the solutions when we make this big leap in consciousness and we can see the complexity of it all.

Nyck: Paradox, folks, and a little bit of advice from your *Future Sense* brothers ...

Steve: Sense makers.

Nyck: ... is feel more comfortable with paradox, work on that—work on actually allowing paradox to exist in you. I thoroughly enjoy the notion of paradox, personally. I used to say this for a long, long time—it's almost like paradox is the language of the Divine. If you're in the presence of paradox, perhaps you're in the presence of a deeper level of what is really trans-rational truth, but truth nevertheless—something else there that can be addressed. It doesn't mean you have an answer; you don't have to have an answer to it. It's a direction, perhaps, that emerges from that understanding, like, 'oh, I can hold this and I can hold the contrary, both at the same time'. It's very exciting.

Steve: It certainly is.

Nyck: We'll say goodbye. Thanks for joining us here on *Future Sense*. We'll be with you next Monday morning. Thanks, Steve.

Steve: Until then.

Nyck: Until then, bye-bye.

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.