



## 5. Signs of Progress

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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](http://www.bayfm.org). Hosted by Nyck Jeanes and well-known international futurist, Steve McDonald, Future Sense provides a fresh, deep analysis of global trends and emerging technologies. How can we identify the layers of growth personally, socially and globally? What are the signs missed; the truths being denied? Political science, history, politics, psychology, ancient civilisations, alien contact, the new psychedelic revolution, cryptocurrency and other disruptive and distributed technologies, and much more.*

*This is Future Sense.*

**Nyck:** You're tuned to *BayFM*; you are with *Future Sense* with Steve McDonald and myself, Nyck Jeanes. And that first track up this morning was of course, Donald Fagen, one half of the famed *Steely Dan* group. The track was called *I.G.Y.* which stands for the International Geophysical Year, an event that ran from July 1957 to December 1958. The I.G.Y. was an international scientific project promoting collaboration amongst the world's scientists. "Fagan's lyrics in this song reference, from the point of view of that time, an optimistic vision of futuristic concepts such as solar powered cities, a transatlantic tunnel, permanent space stations and spandex jackets. In retrospect, the song can also be read, ironically critiquing the naivety of such post-war optimism in America and the Western world" ([https://en.wikipedia.org/wiki/The\\_Nightfly#Songs](https://en.wikipedia.org/wiki/The_Nightfly#Songs)). Yes, and there we go.

**Steve:** Interesting timing seeing that little bubble of optimism in 1957, was it?

**Nyck:** Yes, 56-57.

**Steve:** Yes, so it's preceding the big wave that came through in the 60s, of course.

**Nyck:** And I guess it also spoke at that time to this notion of the Leisure Society, didn't it?—that technology was going to basically diminish the need for work, down to maybe

nothing or next to nothing, and that we'd all be living in this magical realm of technology and leisure. Interesting.

**Steve:** Yes. I guess, post-World War II, a lot of the technology that was developed during the war was redirected into more peaceful means.

**Nyck:** Well, that's the irony of war, isn't it? That the war stimulates an incredible technological surge.

**Steve:** It is. It gives a great urgency to the development of new things. I guess it's one of those interesting things about tension and change.

**Nyck:** Well, we do need that tension to change, and we talk about that here on the show often. We usually refer to it as 'the slingshot effect'—that when we are moving towards significant change, the tendency often, with fear and uncertainty rife and confusion at this time in particular, people move back to earlier places in themselves where they feel there is more stability and more safety and security.

**Steve:** Yes, that memory of past times when things were okay; things were balanced. I must say too, that I am a firm believer that we don't need these wars to drive tension. There are other ways to generate new ideas.

**Nyck:** No. I actually said just the other day to someone how it's almost as if this latest spate of apparent war-mongering—we're going to be talking about some of the actual figures around all of these issues on the planet and whether or not we're actually moving towards a positive thing, more so than the many negative examples we could we could point to—but this notion of new war-mongering that one could interpret about what's going on in the world—Trump's ways of doing international politics, and other countries—in a way, it's sort of a last ditch attempt of Layer 5 in Graves's work to hold on. This is my idea—it's the only thing they've got left to do, is to do wars, to make war again. It's what makes money—it's what made money for them in the past.

**Steve:** It is a business model and it's a massive wealth producer for a lot of people. And it's really interesting to look at what's going on as compared to what's being reported in the mainstream media, because actually thinking back through 2018, Trump has initiated some very interesting peaceful things. He defused, quite effectively, the tension with North Korea, and all those missiles that they were shooting.

**Nyck:** That's right, and now Kim Jong is making good friends with South Korea—continuing. It's interesting.

**Steve:** And also, he's just decided to withdraw American troops from Syria and Afghanistan. I mean, you can't argue with that. There are a lot of people obviously trying to put a negative spin on things that Trump is doing—and this is not to say that everything he's doing is necessarily constructive; what he's doing is deconstructive, but that's another story that we might get to later in the show.

**Nyck:** Another form of construction is deconstruction.

**Steve:** That's right. Yes, it's necessary, but of course, a lot of political interests in the US are intent on painting him in a bad light and there's a lot of resources being put into doing that in the mainstream media, which is why it's important to look at other sources of news.

**Nyck:** Indeed. Some of the things that we're going to point to today are in a piece that comes from *Future Crunch*, is that correct? I think it's Australian. We just came across an Australian website which actually publishes continually positive stories about what is happening on the planet (<https://futurecrun.ch>).

**Steve:** Yes, a really interesting site, and I do believe that at least some of the founders are based in Melbourne, so I'm told.

**Nyck:** Even though the website, I've just noticed, is a Swiss-based website.

**Steve:** I think they've done that just to spell the name *Future Crunch*.

**Nyck:** Oh, yes, of course.

**Steve:** The web addresses futurecrun.ch with the dot between the n and the ch.

**Nyck:** Oh, thank you. I love people doing that. Very cool.

**Steve:** It's like someone I know registered a website called [www.futuresense.it](http://www.futuresense.it). It's not an Italian website.

**Nyck:** There's a lot of good stories there. Let's start with things like living standards, because I think when we talk about war and we talk about refugees, we talk about the pressures that are existing on the planet, not to mention the various aspects of climate change which are also impacting. Living standards in the world are clearly a driver for conflict of one sort or the other, but it's actually the case, "quietly and unannounced, that humanity crossed a truly amazing threshold this year" according to this article (<https://futurecrun.ch/blog/99-good-news-stories-you-probably-didnt-hear-about-in-2018>). "For the first time since agriculture-based civilisation began 10,000 years ago, the majority of humankind is no longer poor or vulnerable to falling into poverty." In fact, for example, "271 million people in India have moved out of poverty since 2005"—271 million! "India has also continued the largest sanitation building spree of all time. More than 80 million toilets are estimated to have been built since 2014." So there's a trend going on that we don't hear about that often.

**Steve:** Lots of trends, actually. Lots of trends. As I mentioned a few times on the show, there's a great website called <https://www.humanprogress.org>, and they do nothing but look at how we're making progress. There's a lot of it going on, it's just that, for a lot of complex reasons—one of them being the use of push advertising and the need to gather audiences by the various media outlets—there is a terrible bias in mainstream media reporting and also there are a lot of commercial and political interests in making the news that way in mainstream media, which is why many, many people, including myself, are turning to alternative media sources such as *Twitter* and other social media outlets.

**Nyck:** I did a piece when you were away last week about the notion of reputation superseding information, in the sense that in the era of fake news—we've seen this, in 2018, rise to the top of the pile of relevant and important topics that we seem to be discussing—that it's now about discerning the reputation of those who are bringing and imparting and opining on the news, rather than just the information itself.

**Steve:** That's right. In the research that Clare Graves did, he identified trust as being a key aspect of Second Tier intelligence and those who are living their life guided by that level of intelligence and values, and the need to know that you can trust who you're dealing with. Of course, a lot of the new technology that we're seeing coming out now, like, for example, a block chain technology, has been designed to really negate the need for trust because you can be confident that the technology is built in such a way, being encrypted and decentralised and, as far as we know, impossible to corrupt, then you

can just put that need for trust aside and know that it's there, which is amazing. And I do think it's going to become more and more important to human society.

**Nyck:** Mmm. There are a lot of indicators of change, and of course, for an audience such as ours in a place like this, issues such as clean energy are really big ones. The *International Energy Agency* has said that in the last year, generally speaking in the world, 120 million people gained access to electricity, which means that for the first time since electrical service was started in 1882, less than a billion of the world's population are left in darkness. But the bigger question is, where is the transition from fossil fuels happening and how quick is that? And it seems to be rather a very fast uptake and a very fast change, and again, we have to say that Australia seems to be lagging terribly in this area, even though we uptake solar on households more than any other country in the world—I think we've got the biggest percentage in Australia.

**Steve:** Again, it's good to look at what's actually happening and not just go by the mainstream media slogans. Look at that massive *Tesla* battery that was built in South Australia. That was an absolutely pioneering move on a global level by the South Australian government, so there are amazing things happening here in Australia. It's easy just to latch onto 'oh, Australia is this, or something else is that' but we need to look very specifically at the examples because there are lots of wonderful examples out there.

**Nyck:** "The world passed this year, 1,000 GW of cumulative installed wind and solar power. 10 years ago (only 10 years ago) there was less than eight GW." In other words, that is a 12 times increase in simply 10 years of installed wind and solar power on the planet. And the cost, of course, is declining incredibly. "In the second half of 2008 alone, the levelized cost for solar fell by 14% and the wind benchmark by 6%. In many parts of the world, it is now cheaper to build new clean energy than it is to keep dirty energy running."

**Steve:** Yes, and this, of course, is quite key. Because during the Scientific-Industrial era, money and economics have been a key driver, then we really need to harness that to drive change into the next paradigm, so economic issues are very, very important. Of course, we seem to be at, or even slightly past, that tipping point where the renewables are starting to compare very favourably to other sources of energy. And of course, we mustn't forget that our governments pour massive subsidies into the fossil fuel industry and often that is not taken into account. It's actually very, very expensive.

**Nyck:** It's not only not taken into account, it's that we don't know that, we're not told that. It's not factored into articles, even by relatively enlightened commentators, so it's

something which we just don't speak about. It's sort of embedded into the structure and that's not good enough.

**Steve:** Exactly, and I think people are looking much more critically at governments, partially because they're seeing that our systems need to change and the kind of people that we're attracting into government are not necessarily the kind of people that we can trust. People are looking much more critically at where the money is going, how it's being spent, and it's great to see things like calls for bodies to look at corruption at a federal level here in Australia. I think that's really needed.

**Nyck:** Indeed, and of course, when you talk about where the money is and how money supports some of these industries, the insurance industry is a really good example. "Allianz, the world's biggest insurance company by assets, said that it would cease insuring coal-fired power plants and coal mines, and Maersk, the world's largest maritime shipping company, said it would begin ditching fossil fuels, and will eliminate all carbon emissions by the year 2050." Along with this, California, being very leading edge in terms of taking up sustainable energy sources: "California unveiled the most ambitious climate target of all time with a commitment to make the world's fifth biggest economy carbon neutral by 2045."

**Steve:** As we're talking about these energy topics, we have a blinking light in the studio here, which is one of our down lights which has started blinking on and off. Just wanted to acknowledge: we have the message, thank you very much. It's coming through loud and clear.

**Nyck:** I love it. I don't think we're on solar here yet, but we certainly should be. I'm sure this region is going to be carbon neutral, and probably sustainable, renewable energy wise, within five years. There's a guess, maybe even less.

**Steve:** Excellent.

**Nyck:** Who knows?

**Steve:** That's progress.

**Nyck:** That's progress. So you can see that there's certainly positive things happening across the planet.

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**Nyck:** You're tuned to *BayFM 99.9* here on *Future Sense*. You can text us in at any time on 0437 341119. You should have that in your phone by now, folks. It comes up here on the screen if you'd like to contribute to the conversation in any way.

We're looking at some of the signs of progress at the end of 2018, on this final day before we launch into 2019. Isn't that amazing? Right on the edge of, well, perhaps ...

**Steve:** Tomorrow.

**Nyck:** Yeah, tomorrow, right on the edge of tomorrow, as we always are.

One of the big statistics that people in power, particularly, claim, is about violence generally in the world and the danger of terrorism and the danger of your physical safety in the world now, in this era of supposedly horrible things—and of course, there are horrible things that happen—but on the other hand, as we're focusing on today, there are also many statistics which show that war crime and violence continue their inexorable long-term decline. *The Journal of Peace Research*, for example, said that "the global deaths from state-based conflicts have declined for the third year in a row, and are now 32% lower than their peak in 2014" (<https://futurecrun.ch/blog/99-good-news-stories-you-probably-didnt-hear-about-in-2018>). There are many statistics around the world that support this, but let's look at these, particularly regarding our countries: "Crime and murder rates declined in the United States' 30 largest cities with the murder rate for 2018 projected to be 7.6 percent lower than 2017." That's very substantial. Crime falls even after taking in millions of refugees, too, according to this. as you would be aware, Germany took in about 1,000,000 refugees in the last year or so—it's all become a bit of a contentious political issue in that country.

**Steve:** Isn't that interesting?

**Nyck:** It is indeed, but: "The number of reported crimes in Germany has (actually) fallen by 10%, the lowest level in 30 years" while they have this huge increase in population from refugees, which supposedly we're supposed to be frightened by.

"Youth crime in the Australian state of New South Wales (right here) has plummeted in the last 20 years." Vehicle theft in this state is down 59%, property theft by the same amount, 59, drunk driving by 49%—that's a bit surprising to me.

"In the last generation, arrests of Californian teenagers have fallen by 80%, murder arrests by 85%, gun killings by 75%, imprisonments by 88%, teen births by 75% and school dropouts by half. College enrolments are up by 45%."

"According to new data from the Department of Justice in the US, the proportion of people being sent to prison in the United States has fallen to its lowest level in 20 years." Well there wouldn't be room left in the prisons, for one thing.

**Steve:** I picked up another interesting story just now about the closure of prisons in the Netherlands. There's an article I found from 2016 which said in the three years in 2013, they closed 19 prisons because they haven't got enough criminals to fill them up, and since then, there's an update (<https://www.dutchnews.nl/news/2018/06/dutch-to-close-four-more-prisons-as-crime-rate-continues-to-fall-ad/>). They've closed more as well—I think it's couple of dozen now that are closed—and they even got to the point of getting a bit desperate and importing prisoners from Norway to fill up some of the beds, I guess. But a big contributor to it in the Netherlands, I'm sure, is their relaxed drug laws because so many people are in our jails, not just in Australia, but in lots Western countries in particular—in Asia and in other countries, too—because of drug related crime, many of which are victimless crimes, of course, just possession of a little plant or something like that, which is crazy, really.

**Nyck:** Yes, and we're going to talk about that because in actual fact, there's an article from just a few days ago that you pointed me to from *New York Daily News* that talks about marijuana legalisation as "safe, just and necessary" (<https://www.nydailynews.com/opinion/ny-oped-ignore-the-naysayers-20181220-story.html>).

**Steve:** Yes, isn't that an interesting headline?

**Nyck:** Yes, and that, in fact, this locking up, particularly of young people, is a ridiculous response to what is something that I think basically a third of people indulge in at one time or another in the world.

**Steve:** That's right, and I hear our friends across the ditch there [New Zealand] are holding a referendum in 2020 on whether to legalise recreational cannabis—not just medical, but recreational. Won't we look silly?

**Nyck:** We will look very silly if we don't get on board.

**Steve:** We're still making our doctors write to the Health Minister to prescribe certain people cannabis, which you can't get anyway.



**Nyck:** And kudos to the Green Party in New Zealand because the governing Labor Party promised the Green Party there that they would hold a national referendum on legalising the drug as part of the confidence and supply agreement between the two, which is pretty sensible.

**Steve:** Actually, Green Party, that sounds very suspicious. There could be a conspiracy going on there.

**Nyck:** Yes, well people on the right wing will just call them the Red Party or the watermelon party, of course.

**Steve:** The best kind of conspiracy possible.

**Nyck:** Yes, and we've got a text in about what we were talking about in terms of India and people coming out of poverty. This is good: "I watched a short doco last night", says the writer here, "of people in India greeting the flow of a river by standing in this dry riverbed that had a flow of about one or two kilometres per hour where they were throwing flowers of spiritual thanks. The interesting thing is the river had huge amounts of rubbish in it that would have ended up in the ocean. The people were so familiar with the rubbish, it was just the norm. 80 million toilets is a step in the right direction, yes, but the familiarity of their substandard surroundings only induces a very slow change. I think I'd be correct. What do you guys think? Shane. Happy New Year." Thanks Shane.

**Steve:** We know from the theory side of things that life conditions are the key to triggering change, and when life conditions remain the same, then people generally tend to remain the same in terms of their values and behaviours. It's only when life conditions change that people have to reassess who they are and what's important to them, and that can be a key driver of change if it's done wisely.

**Nyck:** I think an interesting point that when people are so familiar with their life conditions—with the rubbish in this case that he's pointing to here—that it is a slow change, and yet the notion that they are throwing flowers into the river, even though there's hardly a trickle in there, of spiritual thanks, also is a really lovely and positive approach. It's better than saying, 'well, this river's still dirty.' So there's a sort of contradiction there, a paradox there, which is pretty much part of everything these days. Paradox is the key.

**Steve:** Or not.

**Nyck:** Or not. We don't really know.

**Steve:** Actually, when I was working in Mackay doing a bit of consulting work many years ago, one of my clients gifted me this set of cassette tapes—and for the young folks out there, cassettes are these little plastic things which had a ribbon of tape inside them and you would stick them in a machine and they would make noise; you don't see them much these days—but anyway, it was a recorded course from an organisation called the *Pacific Institute* and it was all about our mechanism of noticing things in our environment and reacting to them. It was called, specifically, our reticular activation system—our system of activating our attention, bringing it to certain things and really, determining whether or not we noticed those things in our environment. Basically what it said was that initially, when you notice a change in your environment, there'll be a reaction—you'll go, 'oh, my God, something's changed'—but then over time, if the change is left and you don't pay attention to it or do anything about it, then you'll become accustomed to it. Even though it's still there three weeks later, it won't cause the same amount of attention or distress because you've just adjusted to it, basically, because we're so adaptive. We really are inherently adaptive; we're very plastic.

**Nyck:** Yes, and that complex adaptive system, which we are, and which we are embedded in, I think it seems with what you're saying, though, we're only just beginning, I think, to accept change as a good thing. I've always said, and many people have said, change is the only constant in the universe—it's one of those sort of new agey things to say, but it's actually true. Change is necessary for things to change—for evolution to happen—but we're not very comfortable with change, I would suggest, overall.

**Steve:** We certainly like stability, particularly when things are good—we want to try and hang onto that—but of course, things are always changing.

**Nyck:** I was thinking about this this morning, because we decided, Steve and I, to focus on the positive things in today's show—we often talk about some of the difficulties and challenges we have, but to focus on the positive—and just feeling into that and feeling how (it's a very big generalisation) that people are resistant to change. They think that things sort of go round in a circle—we're going to go back to war because that's what we've always done; human nature is such, we always do this, it's never going to change because we're like that—and yet it's clearly not the case that we are fixed in some way. Yes, we have characteristics which we carry forth, but those characteristics are always up for change and for modification, for evolution in some form or other.

**Steve:** Yes, and as we develop through the different layers of values and our consciousness changes, then our perception changes and the scope of our sensory perception widens as we go up through the layers. That gives us very different perspectives on life and that brings different characteristics to our capacity to notice change and to respond to change and the kind of change that we might like or reject.

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**Nyck:** You are tuned to *BayFM* 99.9 here with Steve McDonald and Nyck Jeanes, and we've been talking about some of the positive things that have occurred on the planet in the last year, or are occurring still. We're going to shift focus a little bit to the notion of time itself and an article we came across this week from a theoretical physicist, Carlo Rovelli, in *Quartz* magazine (<https://qz.com/1279371/this-physicists-ideas-of-time-will-blow-your-mind/>). "Rovelli's new book published in April, called *The Order of Time*, is about our experience of time's passage as human beings and the fact of its absence at miniscule and vast scales. He makes a compelling argument that chronology and continuity are just a story we tell ourselves in order to make sense of our existence. He contends that time is merely a perspective rather than a universal truth." Yes, what do we think about this? It's quite an interesting little piece.

**Steve:** We think it's very interesting because our perception of time changes as we grow through the layers of consciousness—at each different layer, we have a distinctly different understanding of time. There's an interesting dynamic that occurs. If we look at the big picture, we can see that when we're living our life according to an individually-oriented paradigm, one of the particular layers on that side of the spiral, then our focus tends to be on the short term—we're interested in what's happening right now and in the near future. As an example, if you look at the corporate world, usually business plans rarely go beyond about three years; five years max. They just don't think that far ahead.

**Nyck:** Unless they're Chinese businesses.

**Steve:** Well, that's a different story, but see, often the Chinese are thinking from the other side of the spiral, which is the communal side. When we're living in the communal side, then we're interested in the long-term. An example there, if you go and enquire into the stories of indigenous folks here in Australia, you'll find that their stories have been told over and over and over again, often quite accurately, for tens of thousands of years. There was a very interesting example in the last couple of years about an astronomical event, which is still present in the oral traditions here—the story is still being told. It was something that happened, I think it was if I remember rightly, something like 30,000 years ago, that had been recorded in living memory and told

orally throughout the ages. It's just mind-blowing to think about that. So, what a radical difference we find just from those different sides of the spiral, and of course, as we grow up through these layers of consciousness, we alternate between one side and the other side. We start out at the sort of basic automatic living Hunter-Gatherer level with an individual perspective on life and then we grow into the Tribal perspective and then we go back to the individual side again, and each time we revisit one or the other, our sense of it and our expression of it is expanded.

So here we are in this transition between the Modern individually-oriented paradigm and the next Relativistic network-centric, humanitarian perspective on life, and we're moving back to a broader analysis and understanding of time. But I think there are also some little snippets of Second Tier perspective in this guy's writing, where he's looking at it from a systemic angle.

**Nyck:** Yes, I guess that's it, isn't it? That time is a system in that sense—it's part of us or it is a system. He says that "there are actually no things at all. Instead, the universe is made up of countless events. Even what might seem like a thing, a stone, say, is really an event taking place at a rate we cannot register."

**Steve:** And that's often the case here in Byron Bay. You'll find there's a stone going on somewhere and people are not registering everything.

**Nyck:** That's right. He says here: "The stone is in a continual state of transformation ..."

**Steve:** Exactly, on a long enough timeline.

**Nyck:** "... even if it is fleeting, destined to take on some other form."

**Steve:** And it always does.

**Nyck:** And it always does, and we all have an experience of that out there, folks, I'm hoping. And if you haven't, get onto it.

**Steve:** So if you're contemplating stone at the end of the year, now's the time to have it. You've only got a few hours left.

**Nyck:** Yes, but what I really like is ... I'm trying to find this piece where he says ... well, I'm trying to make sense of it. I'm sure perhaps you can help me with this.

**Steve:** We've got to get past the stone, Nyck.

**Nyck:** I'm past it already. This physicist, Carlo Rovelli, argues that "what we experience as time's passage is a mental process happening in the space between memory and anticipation."

**Steve:** Yes.

**Nyck:** Think about that. I'm trying to figure it out.

**Steve:** I can't remember if I read it in this article or I was reading it somewhere else, but the *HeartMath Institute* have done some very interesting research on heart activity and the heart field (<https://www.heartmath.org>). One of the things that they've found is that our heart intelligence has this precognition and so we react milliseconds before an event actually occurs. In fact, it might even be longer than that—we have this sense. I remember at least one of the experiments which has been done, which is about flashing images up in front of people. They'll alternate between peaceful images and sometimes disturbing images and the heart response occurs before the image comes up, so that's very interesting.

**Nyck:** Yes, it's very interesting, and I guess that's another part for me anyway, of how we are breaking down the notion of time's linearly at this time in our history. The notion of event A occurring in the past, or what we see as the past, leading to event B in the future, that direct correlation—causation more than correlation—between A and B is kind of breaking down in various ways.

**Steve:** It is, actually. If we look at the Agricultural-Authoritarian mindset which emerged 10,000 or so years ago, and which is still quite present in our society, particularly in institutions and organised belief systems, that was a very linear way of thinking. When you're thinking in a very linear way, it's very much past-present-future, and there's usually only one right path to be on in that sense. Then when we go into the Modern Scientific-Industrial world, that spans out into parallel multiple paths, multiple options: which path do we take? We have all these possibilities.

**Nyck:** It's like a delta, a river.

**Steve:** It's like a delta, exactly.

**Nyck:** And then as we move into Second Tier, I guess that delta becomes some other dimensional expression.

**Steve:** Yes, so when you transition from the Modern Scientific-Industrial to what's emerging right now—this Relativistic humanistic, network-centric, decentralised way of being human that we're growing into—everything gets connected, of course. So instead of having linear pathways that you can follow, we've got multiple connections and almost unlimited pathways or possibilities; different perspectives on things. That translates from the point of view of time perception into an openness to past lives and future lives—beyond this earthly manifestation—and also maybe even parallel lives as well, although that is kind of busting into the multidimensional space a little bit.

**Nyck:** I had someone sitting here on my Friday show talking to me about how I was not only sitting here talking to him, but I was also living another life on my home planet, Sirius.

**Steve:** You were actually in my car at the time.

**Nyck:** Was I there as well? I was bi-locating all over the place, but we all are. Clearly, this is true.

Also in this article about Carlo Rovelli's work—the theoretical physicist—he mentioned the idea that if you're in New York and you're talking to friends in London, when their words reach your ears, milliseconds have passed—and they're very small milliseconds these days with the kind of tech we have.

**Steve:** Milliseconds are getting smaller, apparently.

**Nyck:** And now, the New York Minute is only 42 seconds—it ain't 60. So milliseconds are happening and they're getting shorter, and now is no longer the same now as it was when the person on the line replied 'I can hear you now', which actually is not true.

**Steve:** Now we need to distinguish between milliseconds and silliseconds. I think there's a significant difference there.

**Nyck:** I'd much prefer a sillisecond. Very happy to have a sillisecond.

**Steve:** But this is true. There was this guy called Einstein, who pondered space travel and thought about these two brothers, one who went flying on a spaceship and the other one stayed at home, and time passed differently. When the other guy came back, he wasn't the same age as his brother.

**Nyck:** Well, time passes differently on a mountaintop—time passes faster than at sea level.

**Steve:** Isn't that interesting? Because most people who sit on mountaintops would say the opposite, wouldn't they? Really? There's an interesting paradox.

**Nyck:** That's why they're sitting on the mountain, so that they can slow time down, right?

**Steve:** What a curious thing it is.

**Nyck:** It's a condition of the human, and this is what this guy is essentially suggesting—that in this particular solar system, on this particular planet, in this particular galaxy, in this particular position in this galaxy ...

**Steve:** And this was written on Earth, wasn't it? Let's just check that.

**Nyck:** Yes, it's written on Earth. Well, it's got sort of a language that's vaguely familiar to me, but yes, in actual fact, this is a condition. Time may well be a condition just of our particular local experience.

**Steve:** That's right. He argues that "time only seems to pass in an ordered fashion because we happen to be on Earth, which has a certain unique entropic relationship to the rest of the universe." Isn't that interesting?

**Nyck:** Oh, boy.

We've had a text in regarding our previous discussions about toilets in India, and of course, naturally, we do need to bring it back locally—and I'm glad that you did. This listener says: "Flush toilets may not be the best thing. When all Airbnbs are pumping, 30, 40, 50,000s of morning shits are stirred around at the treatment plants and pumped into the small Brunswick River where all the mothers take their infants to swim." Now, I'm not sure if that's actually true, what you're saying there, but we can check that out because I think they do have a very sophisticated processing system that occurs.

**Steve:** Since we're talking about alternative realities, I just like to ponder: what if those Airbnbs weren't Airbnbs, but they were actually someone's home? What would be happening in the toilets then? Anything different? Perhaps people who use Airbnbs shit more than normal people do. That's a possibility.

**Nyck:** I think he's suggesting that there's more people living in a given house at one time than there would be in a family, but that's not necessarily true. The likelihood is there may be an increase in population in those homes which are now Airbnbs.

**Steve:** Quite possibly, I guess.

**Nyck:** He also says: "I've lived near the Brunswick River for a decade. Occasionally a big high tide will give it a freshen up."

**Steve:** Sorry, that was tide, you said, was it?

**Nyck:** Yes, I said tide, "... but the trend has been dirtier and more algae and often I'm looking at minced shit." Really? Is that so? Okay, well, that's important to hear. Thanks for that feedback. "A lot of it", he says or she says. "The composting method seems more sanitary because it allows time for the decomposing to occur. 'Most people think they're pretty damn clever, they think once they flush it, it's gone off forever, but the next time they meet for an oyster to eat, they'll think twice when it comes to time to pay.'" He's quoting Pete Seeger. I don't know that song. I should find it. Thanks for that, and keep up the comments, please. We like to read as many as we possibly can.

Someone else has written in: "Time is not a thing which passes. It's the moment we pass by it."



**Steve:** It reminds me of that old question: Are you going for a swim today or just going through the motions? There was a Sydney story if I remember rightly.

**Nyck:** That's terrible.

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**Nyck:** You're tuned to 999 here with Nyck Jeanes and Steve McDonald. A few more of your texts, thank you: "Hi Steve and Nyck, reception has been cutting out so can I download a recording after the event?" Yes, you can in a number of ways. You can certainly go to the BayFM programme page of Future Sense at [www.bayfm.org](http://www.bayfm.org), and then a little later this afternoon, not very long once I've entered the songs for the day that we're playing, you'll be able to listen to the show streaming there. It's usually pretty good, but we do have some issues sometimes with reception coming in and out.

**Steve:** And things are changing, too. We're very close to launching the show as a formal podcast through *iTunes*, and that'll be happening very soon. Thanks very much to Ross Hill, our good friend, and sometimes guest, who's helping us engineer that.

**Nyck:** I thought you'd actually bring Ross in this morning.

**Steve:** I probably would have, but I think he was still asleep.

**Nyck:** Ross, get yourself together. You're only a young man. Come on, get into the day. Look at us. We're still vibing and we're twice your age—or I am.

**Steve:** As soon as the show's available as a podcast on *iTunes*, we'll post it on the *Facebook* page and through our own social media, and get the word out about that.

**Nyck:** Another text. From Shane, a little bit of tongue in cheek: "William Shat-ner has a link with this talk, of accelerating the time travel events and Indian toilet expansion. Yes, it's an abstract thought that grows into discovery." Whatever. Yes, absolutely. Lovely.

**Steve:** Sounds like he's on a roll there.

**Nyck:** You are on a roll.

Now let's move somewhere else. Interesting things going on in the world and I found this to be rather interesting from the *Smithsonian* mag this week (<https://www.smithsonianmag.com/smart-news/british-doctors-may-soon-prescribe-art-music-dance-singing-lessons-180970750/>): "An ambitious initiative unveiled this week by British Health Secretary Matt Hancock may soon enable the country's doctors to prescribe therapeutic art- or hobby-based treatments for ailments ranging from dementia to psychosis, lung conditions and mental health issues. Writing for *The Times*, Kat Lay explains that this unconventional strategy described by the U.K. government as 'social prescribing' could find patients enrolled in dance classes and singing lessons, or perhaps enjoying a personalised musical playlist. 'We've been fostering a culture that's popping pills and Prozac when what we should be doing is more prevention and perspiration'", says Hancock, the British Health Secretary, in a speech recently—just last week, in fact. "According to the *Telegraph*'s Laura Donnally, the proposal, which arrives on the heels of a large preventative health scheme, provides the creation of a National Academy for Social Prescribing that will ensure general practitioners, or GPs, across the country are equipped to guide patients to an array of hobbies, sports and arts groups", and "the medical benefits of engaging with the arts are well recorded", as is noted. "For example, a collaboration with the Royal Philharmonic Orchestra and stroke survivors living in Hull in England encouraged patients to play instruments, conduct and perform; 90 percent of these participants reported improvements in their physical and mental health." Seems pretty obvious.

**Steve:** What an interesting thing. I mean, it's probably bad news for the pharmaceutical industry, but it could give birth to Big Art rather than Big Pharma, which could be an interesting development.

**Nyck:** That's great. Big Art.

**Steve:** Just ponder how that could change things in society. Imagine going to the Chemist and asking for some paints and brushes and those sorts of things. I mean, we'd have to retrain our chemists.

**Nyck:** You could just get some knitting needles and sewing gear and you could sew up your pants.

**Steve:** Or just get a jigsaw puzzle or something, instead of Prozac.

**Nyck:** We've got a friend actually who's listening to the show right now out on his veranda, R.H., who's wonderful with needle and thread.

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**Steve:** A contemplator of the stone.

**Nyck:** A contemplator, also, of the stone, but a very, very, very adept, a very finely skilled man with the needle and thread. Possibly you can get some training from him for relief from your pain and suffering. But it is a really good thing, isn't it? And it seems to be such an obvious thing, but prescribing things like music, arts and volunteering are only just coming into the mainstream scene as a genuine type of therapy.

There is some concern: "Mark Rowland, the chief executive of the Mental Health Foundation, adds that accessibility is an obstacle. However, his concern is that social prescribing options", as it is being called, "including music, arts and volunteering, aren't being accessed by the poorest in our community", and it's always going to be that situation.

**Steve:** Do you realise if that happens, you could get a doctor's certificate to do art, take the day off, you go and do some painting and then go back to work the next day with the certificate. They'd have to change the name of sick leave to something else.

**Nyck:** Jam leave. I'm having a jam today with my friends. It's therapeutic, along with my collection of stones.

On the other side though, we'll go to this article from *Wired* magazine (<https://www.wired.com/story/prescription-video-games-and-vr-rehab/>). I won't go into the depth of this, but there is a doctor prescribing video games and virtual reality rehab. Obviously, apps and algorithms that measure health are becoming more common and becoming increasingly usable, and user-friendly and sophisticated in various ways. This notion that there can be digital medicine now, also—that video games for children with ADHD have demonstrated a statistically significant improvement in a randomised controlled clinical trial, apparently.

**Steve:** Isn't that interesting, too? It's amazing. Of course, there's this whole issue of the placebo effect whereby half the time—that's 50 percent—we heal ourselves, and so anything that could trigger that, could be prescribed and quite useful.

**Nyck:** Clearly, there's always going to be a place for physical medicines of one type or another, but ultimately, do you feel that that's where we're moving to? The self-healing with certain types of support, for example?

**Steve:** You know, I believe we're already there—we don't need to move there because it's already happening. A lot of people say that physics is the new medicine, so

understanding the physics of the operation of our bodies and our immune system and how we interact with that consciously, I think is certainly the way ahead for medicine, and I think we are going to see massive revolutions in our understanding of health, and our own capacity to heal ourselves and regulate our health.

**Nyck:** The physics of consciousness. My partner, Julia, on her mirror she has written: "the physics of consciousness can heal anything".

**Steve:** Exactly. It can hear anything as well. Just be careful what you say.

**Nyck:** Now, "Superhero films are replacing religion in teaching us how to live" (<https://www.abc.net.au/news/2018-12-26/taking-moral-cues-superhero-films-not-church-sermons/10630228>). You drew my attention to this. This is also very interesting.

**Steve:** Yes, this is from our beloved ABC.

**Nyck:** Yes, what have you got to say about this?

**Steve:** Well, I think it's actually come from a paper or a study by a Jesuit priest if I remember rightly. This chap has completed his Ph.D. in Cinema Studies and taken on Directorship of the *Australian Catholic Office for Film and Broadcasting*. Father Leonard is his name, and he's looking at how these themes which you would normally find in churchie books and those sorts of things, are showing up in movies, and particularly in superhero movies.

I was pondering this from an evolutionary point of view. When we were living according to the Agricultural mindset—and I must say, hello to all the agricultural folks out there listening. Just because you might be in the agricultural industry doesn't mean that you think according to this particular layer of consciousness, which I always refer to as the Agricultural or Authoritarian, it's just that it emerged alongside large-scale agriculture—that's the association there. It was the trigger for humanity to develop rational rules for living life and some of those rational rules came through our religions, which brings us back to this story. He's comparing how some of the themes which are often religious themes like self-sacrifice to save others and those sorts of things can be seen very clearly in these movies.

**Steve:** I'm guessing that with the development of the Modern Scientific-Industrial mindset, our thinking changed from having some higher authority that we appeal to and who comes to our rescue, as in God or his son or daughter or some other relative,

we start believing that we can do it ourselves, and so we shift from seeking knowledge through spiritual means to seeking knowledge through science—and that's kind of going by the wayside these days, but there was a time when that was quite popular. So I think that empowerment that we got from that also probably gave rise to this thinking about superhumans—that we can do amazing things beyond what we thought we could do—and that's a theme that has continued throughout history, of course. Now, as Father Leonard is writing in his piece for the *ABC* here, church attendance is on the decline. People aren't going to church quite so much as they used to.

**Nyck:** I actually heard a related statistic yesterday, now that you mention it, that if you have 100 people going to a church on a Sunday morning in any community in Australia, statistically you will have 4,000 people going to watch sport. They were saying in this particular radio show that sport has become the new religion, which in Australia is probably not so far from the truth. Again, it's a similar sort of thing.

**Steve:** Yes, like superheroes in sport. Absolutely. These amazing people who do things like Don Bradman.

**Nyck:** It's interesting that they say here that "the whole story of Jesus's is sacrificed for others has left echoes in our culture." I like that. "So, when Harry Potter goes and sacrifices himself for the sake of other people, that is something that resonates with us on a deep level." So that's sort of entrenched in our profound subconscious.

**Steve:** It is and as we swirl through this story on New Year's Eve, it's brought to mind an image from *Mambo*—you know, the art on the *Mambo* clothing label in Australia—of Jesus at the MCG. Have you seen that one? Jesus was there handing out pies and beers, feeding the masses, and it was a miracle.

**Nyck:** I like the one from the *Far Side*—you know, the *Far Side* cartoons—where there's two lines of people who've died, one of them is going up to heaven, one's going to hell. The line that's going up to heaven, they're all being given a harp at the gate by Saint Peter, but those going down below to hell, they're all being given a squeezebox—an accordion.

**Steve:** Oh, my God, really?

**Nyck:** Yeah. You mentioned something off-air about this notion of hell in terms of change. Let's come back to change.

**Steve:** Well it's an interesting thing. You know, what I was saying off-air is that one of our greatest fears deep, deep down is really that things won't change. Any description of hell, of course, is just eternal whatever, right? Eternal this or eternal that, it never changes.

**Nyck:** Unless perhaps you're a Muslim and you're supposed to have eternal virgins, but I'm sorry, guys, I don't think that's ...

**Steve:** That's not hell, that's heaven, I think.

**Nyck:** They really are confused ... perhaps. Apologies, folks, just light-heartedly here, because it's not as simple as that. Nothing is.

**Steve:** Yes. Anyway, it is interesting to see these themes emerging in cinemas. Our movies, I think, are always a good sign of what's bubbling up from the subconscious—the different themes that we see emerging in our films. Of course, around the 2012 thing, we went through all these disaster movies—one of them was actually called *2012*. What's happening now in the movies?

**Nyck:** Children's movies. We were thinking of going to the movies the other day and it was just children's movies out there.

**Steve:** That's probably something to do with Christmas holidays.

**Nyck:** I think so.

I like this, in this superhero article, Father Leonard believes that cinema itself could be considered a sacred space. I think this is interesting: "'They're church-like ... we have stars for saints, we even have food that you only eat at a cinema,' he says likening popcorn to the Catholic Church's sacramental bread." I think he's making a bit of a stretch there, but that's okay. Very interesting.

**Steve:** It is interesting. I mean, there are lots of parallels. Everybody's quiet and people try not to use their phones and all that sort of stuff.

**Nyck:** Yes, it's a sacred space. Let us worship. The notion that we need to find something external to ourselves, though, is in essence, the theme there, isn't it? What do we project onto to save us? A superhero, a saint, a religious figure?

**Steve:** We do but I think, again, it depends which values set a person is living by as to what they're going to take notice of and put value on. But certainly for some people, seeing these inspirational characters in the movies actually makes them go inside themselves and say, 'hey, could I be like that? Am I like that?', those sorts of things. There is certainly some personal enquiry, I think, which comes along with that for some folks.

**Nyck:** Very good. It's 10:32 here, time-wise, if that's the time that you can relate to.

**Steve:** It doesn't really exist, folks, but this is just what the clock says.

**Nyck:** It's just what the clock says and the clocks are all different, anyway. I've got about four clocks in front of me and they all say different times.

**Steve:** *Future Sense* is just an event.

**Nyck:** That's all we are—just an event. We are. We actually have no substance other than the transitory in between what was and what is in this moment that we can't define.

**Steve:** Similar to a stone, but a little more entertaining, we hope.

**Nyck:** Well, there was a fad in Japan for a while, having a pet stone.

**Steve:** There was, you're right, yes.

**Nyck:** Yes. Go figure.

**Nyck:** Last 20 minutes of 2018 here on this show, on *Future Sense*, and we've been looking at some of the positive things and indicators that have occurred in this year and continue to trend towards a healthier and a better future, despite everything else that we can also focus on. Here is a piece from [singularityhub.com](https://singularityhub.com) that we've also looked at, that Steve pointed me to. It says: "When you look back at 2018, do you see a good or a bad year? Chances are your perception of the year involves fixating on all the global and personal challenges it brought. In fact, every year we tend to look back at the previous year as one of the most difficult and hope that the following year is more exciting and fruitful. But in the grander context of human history, 2018 was an extraordinarily positive year. In fact, every year has been getting progressively better", according to this particular article (<https://singularityhub.com/2018/12/27/the-milestones-of-human-progress-we-reached-in-2018/>). It dives into a number of indicators, some of which we've been talking about already, but as we just touch a couple of the other ones here, what piques your interest in this this piece? Because there's lots of great stuff here. We've talked about some of the progress in terms of environmental and sustainable energy, in terms of the decrease in crime and so forth. What else?

**Steve:** Some of the other stuff we're talking about are progression in space travel—what Richard Branson's been up to lately in space, and the *SpaceX* stuff, starting to put together Elon Musk's Starship, which he hopes to fly to Mars eventually—once they crack those few small issues that they have to crack about flying to Mars.

**Nyck:** With a car strapped to the back of your spaceship.

**Steve:** He's already sent the car, actually. I think he was worried about getting parking, so he wanted to get the car there early.

**Nyck:** Permanent parking on Mars. For the red.

**Steve:** And what else are they talking about here? Breakthroughs in therapy—and of course, it was this year that the FDA granted breakthrough therapy status to MDMA-assisted therapy for post-traumatic stress disorder; and psilocybin also got breakthrough therapy status as well more recently, which I think was for anxiety.

**Nyck:** Yes. Depression and anxiety, that's right. And again, we would like to, from our little radio show right here, lobby the Australian government and Australian researchers, Australian medical people and Australian people with brains, to start pushing stronger for these substances to be looked at in a proper way as revolutionary potentials in mental health solutions.



**Steve:** And there is progress being made. It hasn't been made public much, apart from me mentioning it on the show here, but we have been making a lot of progress in the background towards establishing formal psychedelic research here in Australia, and we are looking most likely to start our first psychedelic clinical trial here in Australia during 2019.

**Nyck:** Yes, and for those who are interested in finding out how that is going, where can they go to check that out? *PRISM* (<https://www.prism.org.au>)?

**Steve:** Probably the best thing to do is to follow PRISM on social media—@prismnews, on *Twitter* or the PRISM *Facebook* page are the best places—where we post updates from time to time. The reason that we haven't been making too much noise publicly about these upcoming clinical trials is simply because they're very politically sensitive and it's been a long road to get here. We've been working since 2011 through *PRISM* to try and establish legal psychedelic research here in Australia, and it's been a very, very slow road. We've been knocking on doors for many years, but about 12 months ago, doors started to open and so things are definitely positive—looking good. We've had one of our studies—and that is a psilocybin study—achieve Human Research Ethics Committee approval, so that's pretty much ready to go ahead and we're just working on the last minute logistic aspects at the moment and hope to make a public announcement before too long about that.

**Nyck:** Fantastic. With that, there's been really interesting moral and social progress. Innovation, of course, is often associated or measured by economic and technological progress, but also, leaps of progress in our morality, our values and our policies—which in the end is probably the most key thing that we need to shift on this planet, I would suggest, in order to solve our issues—we've seen some strong things happen. In January this year, Iceland introduced the equal wage law, bringing to an end the gender wage gap. On September the 6th, the Indian Supreme Court decriminalised homosexuality. Early in December, the European Commission released the draft ethics guidelines for trustworthy, artificial, intelligence. And I love this: "we're also seeing a global rise in social impact entrepreneurship. Emerging start-ups are no longer valued simply based on their profits and revenue, but also on the level of positive impact they are having on the world at large. The world's leading innovators are not asking themselves 'How can I become rich?', but rather 'How can I solve this global challenge?'"

**Steve:** Isn't that interesting? That's a real sign of our evolution right there.

**Nyck:** Yes. So there's a certain reason to be optimistic about the future. There's a great *TED* talk by Steven Pinker, who I do like, and for those of us who are sort of more, I don't

know, cosmic, if you will, Steven Pinker probably challenges us a little bit, but on the other hand, he brings really direct and clear indications of positive change. He says in a *TED* talk recently this year: "Progress does not mean that everything becomes better for everyone, everywhere, all the time. That would be a miracle, and progress is not a miracle but problem-solving. Problems are inevitable and solutions create new problems which have to be solved in their turn" ([https://www.ted.com/talks/steven\\_pinker\\_is\\_the\\_world\\_getting\\_better\\_or\\_worse\\_a\\_look\\_at\\_the\\_numbers](https://www.ted.com/talks/steven_pinker_is_the_world_getting_better_or_worse_a_look_at_the_numbers)).

**Steve:** How true is that. Very good.

**Nyck:** Very good indeed. <https://singularityhub.com> is a good source, folks, if you want a clear indication of things, and as we also mentioned before, <https://futurecrun.ch> is another website which has a monthly newsletter of positive changes that have occurred in the world. It's been going for a while, and it's a source for a number of different places, not just their own research. It's very good.

That's about it for the show. We've got a few more minutes, so I wanted to bring to your attention—I showed you this piece about self-actualisation and I did actually mention it on my other radio show on Friday morning, because I think it was really wonderful. It was from Inc.com—I'm not sure what that stands for—and it's ten components of the self-actualised personality (<https://www.inc.com/jessica-stillman/the-10-traits-all-self-actualized-people-have.html>). It comes from a Scott Barry Kaufman, a psychologist at *Barnard College* at *Columbia University*, and it was first published in *Scientific American* not long ago. It points, as I said, to the ten components of the self-actualised personality, and I thought I'd read them.

**Steve:** You should do that, yes.

**Nyck:** I'll do that. I'll read it.

**Steve:** I'll listen.

**Nyck:** 1. Continued Freshness of Appreciation (i.e. "I can appreciate again and again, freshly and naively, the basic goods of life, with awe, pleasure, wonder, and even ecstasy, however stale these experiences may have become to others.")

2. Acceptance ("I accept all of my quirks and desires without shame or apology.")

3. Authenticity ("I can maintain my dignity and integrity even in environments and situations that are undignified.")

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4. Equanimity ("I tend to take life's inevitable ups and downs with grace, acceptance, and equanimity.")
5. Purpose ("I feel a great responsibility and duty to accomplish a particular mission in life.")
6. Efficient Perception of Reality ("I am always trying to get at the real truth about people and nature.")
7. Humanitarianism ("I have a genuine desire to help the human race.")
8. Peak Experiences ("I often have experiences in which I feel new horizons and possibilities opening up for myself and others.")
9. Good Moral Intuition ("I can tell 'deep down' right away when I've done something wrong.")
10. Creative Spirit ("I have a generally creative spirit that touches everything I do.")

I really like those.

**Steve:** I think that's a wonderful list, and very clean.

**Nyck:** Very clean.

**Steve:** It's very much about taking personal responsibility for all of your stuff, and also having a bigger vision for the world around you and being actively engaged with that. So I like that. Very good.

**Nyck:** Absolutely. Well, folks, that's it for 2018 from here on *Future Sense*. We'll be back next week, 2019 in the New Year, and we'll be increasing our focus on trying to bring you absolutely the cutting-edge pieces of information that you may or may not have come across, and discussing those.

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**Nyck:** And that's about it for the show.

**Steve:** That's our wrap of the year in fact.

**Nyck:** Yep. But next year—tomorrow—what have we got planned? You've got some things planned; we've got lots of things planned.

**Steve:** We've got lots of things planned. I think 2019 is going to be a year for the rubber hitting the road, actually. It's feeling that way. 2018 has been a very foundation-building year, getting ready for the rocket launch kind of thing, and I think it's going to take off next year. And we've got some really interesting things in the pipeline—me and a crew of folks, including you, Nyck.

**Nyck:** Yes.

**Steve:** We're working on the launch of a new organisation, which has been coming for a long time. This is a long-term project that has been cooked up for probably at least the last fifteen years or more, and the organisation is going to be launched publicly in 2019. It is the *Agency for Advanced Development of Integrated Intelligence*, or *AADII* for short (<https://www.aadii.org>).

**Nyck:** Which loosely means 'the light within'.

**Steve:** Yes, we're shining the light.

**Nyck:** Shining a light upon.

**Steve:** Indeed, the root Sanskrit word can be interpreted as that or, in fact, the beginning, as in the sunrise, I guess. Anyway, that's exciting, and one of the things under that project, which is going to happen in 2019, is we're going to develop a documentary movie series called *Future Sense* and we're probably going to punch out about ten episodes initially for global distribution, looking at the paradigm shift, how humans are changing, how the world is changing, what we're changing from and to, and making sense of what's going on now and making sense of what's coming in the future.

**Nyck:** Fantastic.

**Steve:** So we're looking forward to that, and together with our good buddy, Mitch Schultz, who is a the film director based in Texas.

**Nyck:** I should mention, too, regarding Mitch Schultz, a film that's already been made called *From Shock to Awe*.

**Steve:** Yes, Mitch was one of the directors, particularly in the latter production of that film. It's a documentary series about a couple of US military veterans who suffer from post-traumatic stress disorder and find healing and solace in the use of psychoactive medicines, particularly ayahuasca and MDMA. A really, really wonderful piece of work, and in fact, if you're interested in this kind of thing, it's available for viewing on *Vimeo* right now. *From Shock to Awe* is the name of the movie (<https://www.fromshocktoawe.com/watch>). I think it's US\$4.50 to watch, so if you're interested in healing through psychedelic medicines or healing of PTSD, please take a look at that. I've previewed it a couple of times now, and in fact, both Nyck and I are going to be involved in organising the cinema release here in Australia during 2019.

**Nyck:** Yes, beautiful, and we will be back with you next year, as I said, here on *Future Sense*. Thanks for joining us. Have a great evening. Stay safe. Bye-bye.

**Steve:** Happy New Year. Goodbye.

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