



51. Down the Rabbit Hole with Mitch Schultz, Part 2

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With Special Guest, Mitch Schultz.

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

This is Future Sense.

Nyck: You are here on *Future Sense* with Steve McDonald, Nyck Jeanes and Mitch Shultz this morning. We have another giveaway shortly—a double pass to Sunday's film *From Shock to Awe* which we will be talking about in the next period of time as well.

Steve: Indeed. It is one of the things that is next: *From Shock to Awe*.

We first connected around 2011, I think, when you're here in Australia for the *Entheogenesis Australis* outdoor symposium—a great event—and in 2012, I was fortunate enough to travel around with you and Denis McKenna and Graham Hancock on the *Origins of Consciousness* tour, and I guess that's really when we had a chance to get to know each other and connect around the different things that we were doing. Then, later that year—I think it was after the tour—you and Dennis and I were at *Entheon Gaia* up in Cairns, which was an outdoor psychedelic-themed festival which ran for a few days, and it was then that I actually managed to grab you and Dennis McKenna to sit down and actually just show you a quick brief slideshow of Clare Graves's work and how it related to the consciousness shift. And that obviously had some impact, right?

Mitch: It had a huge impact on me. I remember sitting down with you after getting pulled in a million different directions, and Steve, you kept coming back: 'Hey, I've got to sit down and have a chat with you and Dennis.' Sure enough, that happened and it really just hit home within that moment. I think since then, exploring these ideas about

what's happening in the evolution of consciousness from the human perspective has changed a lot in how I'm looking at my own work and what I want to put out there, but I think it's playing a huge role in what's happening on the on the global scale, and I look forward to looking at those ideas more and more as we're going forward.

Steve: Yes, and since then, we've both been looking for, both funding in one part, which has been pretty important, and opportunities to somehow use Graves's work to put some media out there which might help inform people about the consciousness shift. Of course, now we've got this broadcast and radio show going, which is doing quite well, actually, one of the things that we're going to do while you're here is sit down and explore how we can take that further, and, you know, whether we can create a documentary or documentary series or maybe even a fictional piece using Graves's work to help people understand about human nature and about change and why the world is the way it is at the moment and where it's heading.

Mitch: Right, because Graves passed before academically publishing his work, I think—you know this better than anyone, Steve—but that information isn't really out there in the collective consciousness and I think it should be. Being able to bring that to some attention would be wonderful, because I think there's a lot of meat in that.

Nyck: Well, it seems, in my experience, having come in contact a bit later—in the last two years—with this work through Steve here, it's made a huge difference to me for sure, but one of the things that's clear at the moment is how many people, at least in this little bubble in this region that I know, that I meet, that I talk to, are more and more receptive to seeing things in this way, not just through Graves's model, but at least looking at that and going 'this actually represents something about how I actually am experiencing life now', and so it makes sense. For other people, of course, that's not true. They don't get it at this point and that's OK, but that seems to be a growing consciousness of people sort of hungry for a way to make sense of what's actually happening.

Steve: Yes, I agree with that, Nyck, and timing is very, very important. Mitch and I spent a lot of time together in 2014 trying to figure out a way to get some money to put a piece together that we could release using Graves's work, and really, it seemed like the world wasn't ready for it back then. The people we spoke to weren't really receptive, and it's taken a whole lot of tension to arise globally and a whole lot of people to get to this point of not being confident about what the hell's going on and where we're headed, for there to be some energy around wanting to look for solutions and look for ways of making sense of what's going on.

Nyck: And ironically, too, in Graves's model, of course, it shows how consciousness does evolve, and in a way, it's exactly the experience of how people can receive that particular work that is an indication of how consciousness actually is evolving. He describes exactly what's actually going on, which is fascinating.

Steve: Exactly.

Mitch: If there's one thing that humanity can agree on, it's that change happens. However, at the same time, it's the biggest thing we push back against, right?

Steve: It's so true. We don't like change, most of us. Very true indeed.

The other thing on your radar is the possibility of making a sequel to the *DMT* documentary.

Mitch: That's right. My producer, after many years, has finally gotten through to me. It's been a decade and a lot has happened—not just the amount of research that's popping up, but again, the global tension that you're talking about, and even a variety of different researchers from different backgrounds and different fields starting to get a new understanding of what consciousness is, and potentially what reality is, what we're mirroring, relativity and the quantum world—and that all comes back to consciousness, so we really want to look at that universal consciousness through the lens of the DMT.

Nyck: What's interesting for me, too, as you speak, is the cultures that have arisen in this period of the last decade or so with this kind of work around the world, because there's all sorts of things that have mushroomed, so to speak, out of this space, too. It's not just about, say, DMT or psilocybin, but it's also about the culture, the tribalism perhaps at times, the research on one hand and perhaps some of the mistakes that we made also along the way, because it's not a completely clear space, like anything, is it? It's quite a new space in a sense. Even though psychedelics have been around for a long time, we're seeing, as we're saying, a second psychedelic revolution. But it also brings challenges, too, doesn't it?

Mitch: Yes. This goes beyond just psychedelics. I mean, people are talking about artificial intelligence, consciousness in general, quantum computing, and how all of these things connect. That's really what we'd like to explore: How do all these things connect? I'm not saying I have the answers, but just going out and exploring and pulling some of these ideas a little bit—I'd like to expand that idea a little bit and explore: What is consciousness?

Steve: So going beyond the DMT experience itself to look at how it's interfacing with the world, and, I guess, what it's doing in terms of being a catalyst for change. Have you got any sense of format or who you might like to talk to in the process of putting that together?

Mitch: Yes, we'll probably bring back a collection of some of the people that we initially interviewed for *DMT: The Spirit Molecule*—obviously, Dr. Strassman, I think Graham Hancock, Dennis McKenna, Douglas Rushkoff, Eric Davis—but then there's a whole slew of other new people out there that we'd like to bring on: Roger Penrose would be one ... let me pull down my whole list here and make this a little easier on myself.

Steve: For those who haven't heard of Roger Penrose, he's a scientist who's done some amazing research, some of it together with Stuart Hameroff who appeared in the *What The Bleep* movie, around the nature of consciousness and the quantum aspects of consciousness in particular. Some of their work is so leading edge, it really hasn't hit home yet with a lot of other scientists. I'm thinking particularly of their work around the discovery of what they call microtubules, which are really tiny, fluid-filled tubes, which are networked right through the brain, and their initial understanding is that this is another communication system in the brain that really isn't on the radar yet, and it communicates through electromagnetic waves that pass through these fluid-filled microtubules.

Mitch: So this takes us from traditional physics into the quantum world, right?

Steve: It does, absolutely, and it's also another layer over the top of the electrical brain idea. It's pretty much, probably, fair to say everybody who's working on AI projects at the moment are all focused on the idea of creating a brain on a circuit board, and yet here we have a whole other communication system which exists in there, which is just not being understood yet.

Nyck: A texter has written in: "Hi Steve Nyck and Mitch, I think Leo Gura from www.actualized.org would be a great person to collaborate with regarding the Spiral Dynamics project. His YouTube channel is excellent and a great insight on consciousness." Leo Gura, do you guys know of this man?

Steve: I don't, no, but I'm Googling here.

Nyck: Thanks for that. We will certainly research that. Very good.

Steve: Interesting. So, who else, Mitch?

Mitch: Oh, let's see here. So Rupert Sheldrake, Jaron Lanier, you mentioned Stuart Hameroff; Jimo Borjigin, who is a neuroscientist at the University of Michigan, looking specifically at DMT in the body.

Steve: That's cool. I haven't heard of her.

Nyck: I was just about to ask about where the women were, because there's a long list of men there.

Mitch: And that is something that we were challenged with in the initial *DMT* film. We really made it a point to try to expand that, and at the time—and this is now changing—it was a lot of white men. So that was something that Dr. Strassman and I made a very conscious effort to try to expand, and we did have some women in there, but I think that, to your point, we're going to need to expand that here. Lisa Randall is another woman physicist that we're looking at talking to as well.

Steve: I guess that was shaped in part by the participants in Dr. Strassman's study, right? Were they mostly male?

Mitch: No, they had a pretty good range of male and female participants, but it was really about the researchers. The researchers and the people doing the science since the 60s, have, for the most part, been white males, and that played a role. But we did push for that and I think that's changing a lot.

Steve: It's good to see.

Mitch: These are just a few names, but there are plenty more, so if anybody has any suggestions, we'd love to hear from you.

Nyck: Well, we have a new friend here who's probably quite interesting, who has a Ph.D. in Anthropology after doing a year's research in an ayahuasca retreat in Peru, if you're listening out there, Dena.

Steve: It's true. Absolutely.

And you're looking at a similar kind of a documentary format for *DMT 2*?

Mitch: Yes, we'll do a feature length documentary, and we'll pull back Dr. Strassman who's new paper that came out recently is about how we can explore the DMT experience through an intravenous injection, which would allow the person to go out and explore, potentially for hours as opposed to minutes. The idea is to bring more back—to be able to explore the space and bring more back regarding what is there. So we look through that lens, but again, this wouldn't be focused strictly on the DMT experience or the DMT research. It would expand out to what is consciousness—universal consciousness?

Steve: Sweet.

Nyck: You're here on *Future Sense*, and thanks for your texts. We'll just deal with this text before we move on. Thanks for this from one of our regular listeners: "In discussion on DMT, are you also meaning 5-MeO-DMT?" which is the toad for those of you who don't know—we'll explain that shortly. "I had a wonderful experience using ayahuasca a few months ago, then did the toad about five weeks later. The toad left me in absolute shock and I still haven't recovered from it. I'd appreciate any input on that." Obviously you'd like to remain anonymous. We won't mention your name, but you are a regular listener.

Steve: Yes, that's a great contribution and I think it's important when we do talk about psychedelics and psychedelic research and psychedelic use on the show, that we also mention both sides of the story. Because it has been a kind of renaissance, it's been something that hasn't been built into society for the last hundreds or perhaps even thousands of years. We haven't had standard practices, in Western countries at least—there are, of course, some countries that have maintained these traditions over a long period of time, like in South America, for example—but for most of us who've grown up in suburban Western society, we haven't grown up with any discipline around altered states and the use of altered states in constructive ways. The best we've had is recreational habits of drinking alcohol and those sorts of things usually, which really lack any kind of constructive structure, although they do play an important role.

Clare Graves wrote in his research notes that whenever people are going through significant change, the use of drugs will always increase and there are good reasons for that, because the altered states that we get from psychoactive drugs provide access to perspectives that otherwise we wouldn't be able to discover. It's often in those altered states that we see a new way of doing something or we get insights about how to solve

complex problems and those sorts of things, so this is why altered states have always played an important role in societies.

It's just that over the last couple of thousand years, in particular in Western society—and this is also largely connected with the dominance of our mainstream religions—the altered state work has been suppressed, and in many cases people have been persecuted if they engage in altered state practices, so we've lost a lot of knowledge. We've lost the discipline, the structure around how to use altered states constructively, and they can be very, very useful and instructive. One of the problems with that is that now with this psychedelic renaissance that's going on, all of a sudden these things have spread through the underground very, very quickly, and you don't have an established segment of society that has a professional background of doing this kind of thing. So it's literally that anybody who turns up and feels like it, can grab hold of some of this stuff and start handing it out to other people, and that has been extremely problematic. I mean, it's also been extremely transformational for many, many people—it's an absolute mixed bag—and there are people out there that I know who are who are doing this work and are doing it very, very professionally with very good results, but there are also people who really are in over their head. They don't understand what they're doing, they think they're doing good work, but in fact, they're leaving a trail of destruction in their wake.

In fact, just this week, a couple of days ago, I got a message from a friend in Europe asking for my advice for a friend of his who had just done the toad medicine, which is from the *alvarius* toad, and it contains 5-MeO-DMT, amongst other things. It can be an extremely high-impact experience as our listener sure knows from personal experience, and my friend texted me just a few days ago saying a good friend of his had just had a toad experience and hadn't slept for the last five days, which is actually pretty serious. I texted back and said, is there any history of medical conditions here? And my friend texted back and said, 'oh, yeah, he has bipolar but has never had any trouble with ayahuasca or DMT', and of course, my advice was to go and see a mainstream medical professional straight away, which they did. I understand that he was treated OK, but this is the kind of thing that's happening. Because it's underground, it's often off the radar, it's not reported in the news, people hear about these substances through friends and on the informal grapevine and don't necessarily go into the experiences fully understanding what to look for in terms of who's actually delivering the service and what to be careful of, so it is quite a minefield.

Nyck: Can I just ask a question with regard to Clare W. Graves's work here in terms of people at different layers of consciousness and how they approach this work with psychedelics? Because that's a big difference right there, isn't it—how people may do it, where they're actually coming from, what paradigm they're living from?

Steve: Absolutely, and it does change. Often these traditions have been carried through history by people who are living in life conditions conducive to Layer 2 or Layer 3 existence. Layer 2 is the Traditional-Tribal, which of course applies to a lot of people in the Amazon basin where ayahuasca has had long-term usage there, and also DMT snuffs and things; and then progressing from Layer 2 to Layer 3 where this is often where it can run off the rails, because they break away from the rules and they try and do their own thing. They discover—and it's not always unsuccessful—they look for better ways of doing things, but it also can be loose and wild.

Nyck: With regards to Layer 5, to the Orange layer in Graves's work, you'd find, I guess, ayahuasca tourism, for example, which can go a little awry according to many reports.

Steve: It can, particularly when the financial aspect is the driver, rather than care for the actual people who are having the experience. I won't mention any names on air, but I know of a particular operator who has a reputation of very, very mixed outcomes and he comes from a country where the dominant set of life conditions is probably conducive to Layer 3 existence, so it's very power-oriented, rough, raw kind of a country, and that carries over into the way that he does his work. He's been known to literally physically kick people if he doesn't think that they're responding properly to the medicine experience.

Mitch: That's a little extreme.

Steve: But that's the kind of thing that's happening out there.

Mitch: Dr. Strassman went through a lot when he was doing his initial research in the 90s and taking this very scientific approach, which was necessary at the time, but then, as he claimed, after pushing people off the edge, what kind of support do we have for them after these experiences? So it was a very personal time to spend and say, am I doing this in a way that I think is going to be ultimately beneficial to these individuals, as opposed to just kind of testing their body mechanism and the biochemical aspect of it?

Steve: And again, he was restricted by the fact that we've suppressed this aspect of society within the Western world. Coming from a Western scientific mindset, there's no structure or background around managing the DMT experience, so it just becomes, 'okay, let's just follow the science and do it in a hospital', and even just doing it in a hospital is not necessarily conducive for a good experience given the set-and-setting aspects, which are very influential.

Nyck: We have a double pass to give away to the film, *From Shock to Awe*, premiering this Sunday, with a Q&A with Stephen and Mitch right here in front of me today, and I'll also be a bit of an MC, I guess, on the day, so we have a personal interest here, but it's not a financial one. We're very interested in bringing this very important work.

Mitch here is the Transmedia Producer for this film, so let's have a look at what this is about, because we've just been talking about some of the problems with the new psychedelic revolution, but on the other hand, there are applications done under proper research conditions and under the auspices of medical professionals and the like, where these substances are being used with great effect for the healing of PTSD and other kinds of trauma. Pretty amazing work going on there.

Steve: It is amazing work and it's very close to my own personal story, too, which is why I've taken a particular interest in this documentary. Essentially, it follows the experiences of two US war veterans and their struggle with PTSD and depression when they came back and tried to settle back into life in the US, and their lack of success with mainstream medicine and the crazy amount of pharmaceutical drugs that they were given. There's one scene in the documentary where, I think it's Matt, opens up his medicine cabinet and he's got like 99 bottles of pills sitting on the shelf there, and he says quite openly, "these nearly killed me."

Nyck: It reminded me of my dad, actually, at that point, who, as Steve knows, was a war veteran in the Second World War. When I grew up, he had this medicine cabinet full of those sort of pharmaceuticals and that was the 60s, so God knows what was in that cabinet right then.

Steve: Yes, very, very scary. In my own case, I spent 15 years as a regular Army officer here in Australia and served in Somalia in 1993 on a humanitarian mission, which happened as a result of a huge famine that was going on there. When I came back from that, I wasn't 100% well. I didn't understand what PTSD was, and I don't think the military really understood it either. I can remember, during my training, having a one-off lecture about battle shock, which is, strictly speaking, not really PTSD—it's something different; it's something that happens in the moment—and so I basically had no education about post-traumatic stress. In fact, I don't even think the term was used when I was in my early years in the Army, and when I got back, I wasn't well, but I was well enough to keep working for many, many years. It was only 10 years later that I had a full-on breakdown and went into the veterans hospital in Heidelberg, in Melbourne for a while to get treated, and then went through the conventional treatment process involving pharmaceuticals and individual counselling and group counselling and all

sorts of stuff, and really, it didn't fix me. After seven months of being unable to work, I got back to work-part time only, and continued working part-time for some years until I eventually had a second breakdown years later, and only then got acknowledgement from the *Department of Veterans Affairs* that I wasn't okay, and then I got some decent support. It was a very problematic process, a very difficult process of not being able to find a treatment that works, and an extremely disruptive to my life, and of course, this is the same story that's told in the documentary, with great impact. I think it's a really powerful piece of work, and Mitch, you had the benefit of meeting the filmmakers and some of the people involved in the movie.

Mitch: Yes, I was put in touch with Luc Côté and Janine Sagert, who are the filmmakers, through some of our colleagues. I also have some personal connection to war trauma through my grandfather from World War II, and in retrospect, looking back at how being around those guys was, you could see it. I couldn't see it at the time, and back then we didn't talk about it—we didn't know what it was; we didn't talk about post-traumatic stress as post-traumatic stress—and that generation dealt with a lot of it. Now, being back in war zones on a pretty regular basis, when so many people are coming back traumatised and they don't know how it's impacting their lives, they just know that they're not functioning, and it goes all the way through, not just to their work environments or school, but to the families. One of the things I really appreciate that Janine and Luc looked at in the film was the impact on the family as well, because the trauma gets passed down, sent through the family.

Nyck: Yes, it's intergenerational, absolutely.

Mitch: Right, so if we ever want to break these cycles, we need to start looking at other options because it hasn't been working today with what we've currently been doing in our current understanding. There's some new science that is certainly coming out looking at trauma actually being stored in our nervous system—it's not the story that we're telling ourselves, but that it's embedded into our autonomic nervous system.

Nyck: It's fascinating. You'd be familiar with the work of somatic experiencing—S.E. work developed by Peter Levine, the American who wrote the original books, which is, very simply put, about letting go of trauma in the moment as an animal does. When an animal gets a shock, it'll lie down, sort of numb for a while—it might be frozen in whatever kind of shock it's had—it'll get up and it'll shake it out. It'll shake it out of its nervous system and then it will move on. But humans, we just lock it in, we close it down, we shut it down. Vulnerability and feeling this stuff is not appropriate, especially for men, especially for people in battle zones and similar kinds of things—Police,

ambulance people, first responders, for example—various types suffer from these kind of traumas.

Mitch: There's so much trauma out there. This isn't just war veterans, but first responders, locally. In the States, and I think around the world in general, so much of this trauma does not get actually worked out. Through Levine's work, and others, they've seen these four troughs essentially, in our nervous system. There's that initial one where things are just a little excited—you know, something's up, but you're not really sure—then that next one being 'OK, now I've got to fight-or-flight; and then dripping down into what they call this third dissociation state where people end up becoming suicidal and/or just completely disconnecting from everything in society and in life and just becoming really numb. How do we rework those states and rewire those states for something that's a little more open? And that's what they looked at in this film. To your point, I realised this is something that is tangible for people, it's real to people, everybody had some sort of a connection with somebody that had trauma like this. So how do we go back and help these people get back to a normal life, or some sort of a life where they feel like they can function?

Steve: Yes, and after my own personal experience, which initially was with ayahuasca, I found it was very effective in clearing my depression and seemed to work slowly on the PTSD, but for me, it wasn't a particularly effective method of treatment. But then some years later, I had an opportunity to do an MDMA session, and that was the most effective session that I'd done of any type in terms of addressing the PTSD, and definitely had a lasting effect. But the challenge for me was—and this was stuff that I did some years ago now—was, okay, how do you cross this bridge between the fact that these drugs are illegal, that they're portrayed by government and society in general is something that you should never go near, and here they are with this amazing potential to cure some of the most serious diseases that we have—not just PTSD, of course, but the research is discovering opportunities to deal with all sorts of ailments these days. So how do you cross that bridge? It's been a very difficult one and initially I was very reluctant. In fact, I went for some years without speaking to other veterans about what I'd done because I didn't want to prompt people to go and grab something off the street where they don't know who they're getting it from, they don't know what the quality is, and they could potentially die from it. I didn't want to be responsible for that, and that was part of the reason why I went down the track of helping to create *PRISM* (Psychedelic Research In Science & Medicine; <https://www.prism.org.au>) to try and get some legal progress there.

Nyck: As we've talked about a number of times, the work of Rick Doblin and *MAPS* (Multidisciplinary Association for Psychedelic Studies; <https://maps.org>), which *PRISM* arose out of, has now seen such success that the MDMA for PTSD, as Steve is talking

about in his own personal experiences, is now at stage 3 with the Federal Drug Administration in America, which is the last stage of research before it becomes legal for this kind of research, and it is expected to be so by 2021, which is pretty amazing. So this is a major change, and obviously this film—because I was thinking, as we were talking, too, this is probably the first film that really directly looks at this kind of success in such a professional way. It's a very good movie, it's very personal.

Mitch: That's what I really responded to, as well, was the human story, because that was the approach: let's not make this fully scientific, let's look at how these particular men and their families were impacted directly.

Steve: And I think the timing is good now. Nyck, you mentioned the situation in the US where they've got breakthrough therapy status now, not just for the MDMA, but also for psilocybin and ketamine as well, which are alternative drugs for treating depression and PTSD. We are years and years behind here in Australia. We're about to start a psilocybin study to treat near-death anxiety in terminally ill patients in Melbourne through *PRISM*, but we've got a lot of catching up to do. We've been trying since 2011 to get an MDMA for PTSD study happening here in Australia and we knocked on doors for years and years and years and just got a 'no' every time. No institution wanted to look at it because of the social stigma around these drugs—because of the fact that they're not legal, even though the research would be fully legal. Institutions like hospitals and universities didn't want to be associated with it for fear that it would tarnish their public image and perhaps jeopardise their funding, which was the real reason that they didn't want to look at it. And we're still there in many cases. We've got an MDMA study in the pipeline in Perth, but we're still running into obstacles with the institutions, or one particular institution over there that we're trying to work through. I think the time has come to really speak openly about this and that's why I'm really keen to support the screening of this movie in Australia and get it out to mixed audiences, so that mainstream people who wouldn't normally even think about these things can see, okay, here are some regular folks who have been really, really sick, they've tried these things and they actually worked. We need to get across that bridge, we really do.

Nyck: The bogey in the room, of course, which I will say, is the pharmaceutical companies, because instead of someone suffering from these kind of anxieties, these kind of traumas, having to take a pill a day—or more than one pill; a whole brace of pills—for the rest of their lives to contain, to suppress these effects, instead, the potential for this kind of treatment through new these new psychedelics can heal somebody in a handful of properly administered sessions. That's an extraordinary change in the way we do health on this planet and that's a big ask right now. But it's coming, clearly.

Mitch: It's not about managing symptoms or suppressing the symptoms, it is about going out and directly addressing them, and getting rid of the things that are driving the behaviours and the depression and everything else that's going on there. So, yes, it would be a huge change in health.

Steve: I think so, too. I think that one of the other things that has changed in recent years, is that more and more stories are coming out about the corruption in the pharmaceutical industry and about these big pharma companies who are very, very consciously, in many situations, wanting people to get addicted to their drugs. I'm thinking, in particular, of the OxyContin scandal.

Mitch: Opioids, yes.

Nyck: The opioid crisis generally. Yes, exactly.

Nyck: We've been talking about *From Shock to Awe*, which is premiere screening in Australia at the *Byron Theatre* on Sunday, the 18th, coming up, with a Q&A with Steve and Mitch here in the studio. The film will be also shown, for those who are interested and know people elsewhere, in Brisbane, Melbourne, Sydney and Adelaide.

Steve: We'll post a link to the dates on our *Twitter* and also *Facebook* media accounts. Mitch and I will be travelling around to all of those destinations, too, for the discussion panel in each of those places and we're really hoping that we can get a good cross-section of society. It's often easy to attract the psychedelic crew in each of the places to this kind of movie, but we're hoping to get a cross-section and hopefully some veterans and maybe first responders from the emergency services and those sorts of things. It would be wonderful to have them in the audience.

Nyck: Yes, so folks, if this is appealing to you, if you are tuned to this, if you see the value in this, which I'm sure you can, you may know some of those very people in your family and in your close circles, some of those first responders who have to deal with trauma all the time or who may be living with trauma.

I've just drawn out the winner for the double pass, and that is Ross Kendel, subscriber number 5587. Your name will be on the door for a double pass for Sunday at 2.30pm.

So how can we wrap up today? We haven't had a chance to go into a deep analysis of media, but that's OK because I think most people in this area here are pretty suspicious of media, and also pretty aware that media can do amazing things now and that transformational potential exists. Many of us are seeking that now; we're looking for that inspirational stuff. You go to *Netflix* now and there's all sorts of good stuff on there—and there's all sorts of shit—but the things that really appeal are often those things that are talking about consciousness, that are talking about nature, that are talking about space and time and quantum physics and these kind of areas. This seems to be an area, particularly in this world here, I think, that people are showing a lot more interest in and trying to explore 'what is what is the nature of reality?'

Steve: The curation of media has been a big issue that's been on our radar, Mitch, hasn't it, for many years? I don't know how long ago that started to show up for you as being an issue, but it's got even bigger.

Mitch: Yes, just curation in general. I mean, looking at *Netflix* specifically, with all of their original shows that they put out, they don't do any marketing, but somebody recently that had this satirical piece decided, 'hey, I am going to get this thing up into the news feed or up into the recommended feed by just doing a *Facebook* and social media campaign' and it was extremely successful. A project that probably wouldn't have been in the field, essentially has been hacked by one of the creators of the show to be able to push it up in there, because for the most part, there are so many new shows coming out on *Netflix* and *Amazon* and every other platform that's popping up, how do you find the stuff? How do you find the stuff that's really going to resonate with you besides letting the algorithm tell you what you're going to be interested in? So we hope to keep getting our message out there and we love it when we get support and people that resonate with our media.

Nyck: In terms of *Netflix* and all those platforms which are producing a lot of stuff, or sourcing a lot of stuff from here and there, a lot of the current shows are aimed at younger audiences, usually. Often a lot of the storylines are about superpowers, about unusual capacities or qualities, E.S.P abilities, telekinesis, all sorts of things like that, and whenever I see those things shown, which are very popular on platforms like *Netflix*—*Stranger Things*, *Sense8* and a whole bunch of shows like that—they're all somehow related to this general area of 'we're more than we appear to be', I guess, to put it in one frame.

Mitch: Yes, and I see these as our hero's journey—our modern day hero's journey that we are coming to, as I'm sure you guys have discussed many times on this show—sensing the planet in completely different ways. I think these kind of stories, these

mythologies, are informing us and letting us know that, yes, you are sensing the planet differently and it's part of our natural human process. There seem to be quite a few of those shows out there.

Steve: In the context of the "momentous leap" which Graves wrote about, which is this massive leap in human consciousness, it kind of makes sense that as we approach that, people are dreaming about—imagining—massive increases in human capacity, albeit presented in Hollywood-flavoured ways.

Nyck: For folks out there, is this your experience? We don't have time today but you can text in and we'll get it before the show is finished, but if you're feeling this yourself, I'm really interested in this, too: how are you experiencing the Other? How are you experiencing the greater capacities, the intimations of something else going on, your intuition, the sense of synchronicity in your life, of serendipity, of particular kinds of deepening connections with people, for example; how your networks are changing or evolving, perhaps? There are many, many signals of these changes that are prevalent right now, it would seem.

Mitch: Find the others.

Nyck: Find your tribe.

Steve: Exactly. The more we talk about this stuff, the more it starts to come into the mainstream. Of course, we've seen that happen over the last decade or two where we can talk about stuff openly now without being worried about it, whereas maybe 10 years ago it would have been really, really weird. It makes me wonder what I'm going to be talking about in ten years from now.

Nyck: Well, we'll leave it there. Thanks for joining us here on *Future Sense*. We'll be back, of course, next week on Monday morning from 9 to 11. You can also listen to these edited podcasts via your usual podcast platform, but particularly you can go straight to our simple Web page, which is www.futuresense.it and be directed to those podcasts. You can also listen to the whole show on the *BayFM* website, basically straight away, at any time at www.bayfm.org. Just go to the programme page of *Future Sense*. Our *Twitter* account is @futuresenseshow and we'll be posting there, and also posting on our *Facebook* page some of the articles and things that we refer to in this show.

Thanks very much to Mitch Schultz, the Texan Elf, for joining us. I'm sure he'll be back. He's here in Australia for a while—as long as we can keep him here, or as long as he's allowed to stay here, one of the two.

Mitch: Thanks for having me, guys.

Nyck: And Steve McDonald. Thanks, Steve. We'll see you all there on Sunday, hopefully, at *From Shock to Awe*.

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