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Tue, Mar 31, 2026 9:37PM 2:58:44

SUMMARY KEYWORDS

Binaural beats, Monroe Institute, Francis Bacon, King James Bible, cryptography, Merovingian bloodline, out-of-body experiences, hypnosis, sleep learning, brainwave states, neurogenesis, remote viewing, group consciousness, personal development, spiritual experiences., Francis Bacon, Mary Magdalene, Baconian code, Oak Island, symbology, alchemy, Rosicrucianism, Merovingian bloodline, esoteric art, Templar connections, historical research, near-death experience, divine feminine, medieval customs, royal lineage., Curious Realm, paranormal cryptozoology, UFO, UAP, field observation, encounter log, scientific data, social media, podcast, video services, Ground Zero Media, sponsorship, knowledge vault, Roku devices, hidden truths.

SPEAKERS

Speaker 3, Speaker 2, Speaker 1



Speaker 1 00:00

I coming to you from the city of the weird, exploring topics from the esoteric and unexplored to dimensions unknown, shining a light of truth on the darkest corners of our reality. Welcome to the curious realm.

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Speaker 1 00:37

Well, hello everybody and happy Tuesday night. Hope everybody is doing well. Hope all of you out there had a great Palm Sunday. Hope you had a great palm. Monday, maybe got to flip a table over or two. Yesterday was just so you're aware, folks, yesterday was the day that Jesus flipped the tables over at the temple. So if you are a Bible going Easter going person. Hope you had a great palm Monday. Hope you're looking forward to a great triduum in Easter season. I myself have our family reunion. The Cajun side of my family gets together every couple years, and it's always fun. There's like a good 50 of us. It's a huge family picture. Pocket eggs, eating, eating, food, all kinds of things. So can't wait for that. I hope you and your family have things scheduled as well. Speaking of schedules, we have an amazing roster of guests coming up. We have, we have just stacked things, as y'all know, typically, the beginning of May, I am gone for clients for a good two three weeks. So there will be three weeks of pre recorded shows coming up. And I've been stacking up all the pre record guests for the second segments. And man, we have a great, great we have Daniel Brinkley coming up, Hakeem Missler, our good friend from Psy games, Brad Olsen, Lim Buchanan, some great topics. Man, great topics. It's going to be awesome. Our guest tonight, I am so happy to welcome back in the second part after commercial break, Gretchen Cornwall's new book finally came out. Finally. I know she probably felt like I'd been bugging her and bugging her, but yeah, you know some of my guests know about there's a few of them that about every three or four months I'll poke and be like, Hey, what are you doing? You want to come back on the show? You want to talk? And she had been working on this book in almost dead silence for like, two years, codes of the hidden King. It is about how Francis Bacon encoded all kinds of codes, cryptography, things like that, into the King James, Bible of 1611 into artworks, into possibly the works of Shakespeare, to show that he was not only the the unheard of son of Queen Mary and Francis the second, but also from the Merovingian bloodline of Jesus. So fascinating stuff in the second, second part of the show tonight, I cannot wait to dig into that with you guys. It's going to be great. In the first part, we are welcoming from the Monroe Institute, Luigi ciamberella. He is the residential and outreach trainer. As many of you know, I am a binaural beat musician myself. Binaural Beats are a huge part of my life. I make therapy music for paranormal experiences, all kinds of things. The Monroe Institute is where I heard about this stuff. This is, this is what I first found, probably back in

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the early 90s.

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Speaker 1 03:55

Was when I first ran across the work of the Monroe Institute in a book that I had been I'd been taking abnormal psychology, and had heard about some of this stuff, and found a book that referenced some of the work done at the Monroe Institute. And I was fascinated by it. And it was probably about six months later Luigi, that I found the Voyager XL they used to sell. They used to sell this little jobber at like sharper image, and it came with a pair of glasses that you put on with LEDs in them that reinforced the binaural beat. And that was like 1993 that I got these and fell in love with it. Fell in love with it. It was, it was literally and for the simplicity that that is, it was, it was really cool to find the work that y'all did over at the Monroe Institute, and the the truly intensive work that the creators of this and progenitors of this have done so. So how did you first come to be involved with the Monroe Institute to begin with Luigi



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just messing around while I was at university.

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Speaker 2 05:10

I'd had early experiences that were kind of strange. I saw my dead grandmother when I was seven years old, kind of both shocked and reassured in equal measure, you know, because I realized very early on that death wasn't something to be feared and final, and actually there's a continuation of consciousness. And so I became interested in that, but then didn't really have an avenue to explore it, and but it was always at the back of my mind. And when I went to university study psychology, I wanted to know what the State of the Union was with understanding these different states. And there wasn't really much, I mean, you know, in the mainstream, it was kind of, you know, dismissed, essentially. And so I started to read around the subject, and came across hypnosis, actually. And I started to do a lot of self hypnosis, so moving into deep trance states. And from that, I started have have got a regular out of body experiences, which then, you know, kind of went back and forth with lucid dreams. And through that, I found out about the Monroe Institute and Bob Monroe's work, and I just devoured journeys out of the body, his first book. And now and then I was like, Oh, my God, I've got to go to this place. You know, it's an actual Institute where you can learn this stuff. And they've been doing it, studying it systematically for then it was, like, 40 years or something. So, you know, it was, it was pretty, pretty remarkable that that you could do this. And so then I'll give you the short version. I went several times to the Institute, and I thought, why don't more people know about this? And I was hoping that somebody would pop up in England. I mean, that's where I'm based, and and nobody did so then I thought, well, maybe I should do it. And then I did. So in 2010 I became a trainer, what's called an outreach trainer. So running weekend workshops in particular, too cool. And then I became a residential trainer. Yeah, you can, you can get a bit of my backstory and on the side. And bit by bit, I've just been pulled into more and more things with the with the institution. I'm a board member, and I'm also the chief R and D officer as of last year. So very much interested in the, you know, where we can take our technology and who we can collaborate with the evidence based approaches, so objective and subjective research. So, yeah, I'm very, very immersed in raw the moment well.

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Speaker 1 07:47

And you know, once again, the technology that you guys are using now audio wise, is absolutely phenomenal. It is next level stuff, and especially with the world, as an audio engineer myself, things like that, like you can see all my sense over my shoulder, the world of immersive audio specifically has gone some amazing places over the last five years, just spatial algorithms that have come out even even hard gear that that helps separate those things has just advanced hugely. Um, let's, let's, I guess, begin at the beginning. For those out there, who may not, there's a lot of people who tune in regularly, but I'm sure that there's a lot of people that are tuned in for the first time tonight as well. Luigi, how does this technology work? Why? Because this is, this is always the reaction that I've gotten from people when I tell them what I do with my normal beats and why I do it. Yeah, they're like, why would you want to do that with your brain? Why would you want to do that? Why would you want to go and toy around with that? You know,

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Speaker 2 09:04

it's a great question. Let's flip it, yeah, yeah, the question so, so let's, let's go back to what Bob Monroe was doing, and why binaural beats came on as a solution to a problem. Bob Monroe was a businessman. He worked in radio, and, to cut a long story short, he set up a research division to look at into sleep learning. You know, is it possible to learn things while you sleep? Yeah, and the problem with that, and the answer is actually yes, not, not quite what was going on at the time. You can get a lot of unconscious priming, yeah, during sleep, and then if you cover the stick, you know that that came later. But the prime that you have when you're doing sleep research is that you need your subject to be asleep. So. There was a problem with the paradigm in its infancy, you know, how do we train people to actually get to sleep so that then we can see if we can do any sort of sleep learning? And so Bob started to already play with hypnosis, you know, can we go into deeper trance states? And he was doing a lot of auto suggestions, you know, so affirmations of itself and so on, and playing with different sort of sounds, like pink noise, white noise, you know, just, just fill in the background. You see this in the Gansfeld studies and, yeah, yeah, very other things. But it was so he was having these spontaneous, out of body experiences in the late 50s. He didn't know what the heck they were. And that came out of that research. You mean, like, as he was doing the sleep research, he spontaneously found himself having out of body experiences so they weren't targeting them at the time. It was just something that happened, and it freaked him out. And then when he realized that that stay wasn't going to kill him, then he became curious and wanted to research it. And he invited people to come as volunteers. Let's muck around. Let's see what we can what we can explore together. Let's see if we can induce this there and where it leads us, and so on. And two of the volunteers were, one was an engineer, and one was a physicist. I mean, you know, they were like, you know, in education, pretty much at the time, not not fully established, but, you know, they were getting there in their careers, right? So they were interested in helping Bob to set up this lab and maybe do some engineering and what the physics might be, and so on. And I actually had the pleasure, literally last week of meeting the engineer. So Dennis Meneridge is, yeah, yeah. He was in, I was, I was at an event in Charlottesville about the late in the research at Monroe. And he was, he was in the audience, and which is just awesome. He found out about binaural beats. He'd read a paper that, you know, the binaural beats had been discovered in the in the 19th century, and then Oster ran a paper at the beginning of the 70s, which Dennis found. And he thought, I wonder if we could use binaural beats, and I'll talk about that in a moment, to help to get into these deeper states of consciousness. So these, like in between states, like threshold sleep state, so like borderland sleep says to help to maybe induce this kind of experience. So he was the original designer of the actual binaural technology. So Bob was then, you know, calibrating the other the physicist was Tom Campbell, who then went on to ride my big toe and come up with all the physics, physics theories of these expanded states of consciousness. So I mean some seriously deep pioneering work going on. We just three, you know, Bob was providing the context, and then the lab and those who were just mucking around, and Bob was giving them tasks and so on. So, yeah, super cool stuff. And that's how it started. Binaural beats are an auditory illusion that happens when you present two sounds in stereo isolation, so separately to each ear, and your brain hears the differential, so the difference between the two sounds and starts to pulse at the differential. So this was the finding. It wasn't just about binaural beats, but the frequency following response was a really major, major milestone in terms of how to use this and what the frequency following response relates to is right now your brain is cycling many, many frequencies and and they cycle.



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If you have an EEG on your head, electro and self

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Speaker 2 14:04

electrical signals on your brain. You can measure those, those cycles. And so if you're if you're in sleep, those cycles are really slow. We talk about slow wave sleep, you know, maybe point five to three cycles per second when you're in deep sleep, those are the Delta cycles, yeah. And so if you want somebody to fall asleep, what you can do is you can present a binaural beat frequency, you know, carrier frequencies, where you have maybe, like, 200 Hertz in one ear and 203 in the other. And then the brain works out the differential of three cycles per second, and then after a short period of time, the brain starts to create a stronger pulse at that three cycles per second, and therefore that corresponds to the delta waves, and therefore you start to get drowsy and move into deep sleep stages. Now what you can also do is. Layer the mixes. So it's not just that you're playing two sounds. You can play layers of sound just other frequencies as well. So maybe you want to go and support somebody like the theta boundary, like four cycles or six cycles per second. So there would be carrier frequencies playing in each year to create a six hertz theta. But you might want to also help the low beta frequencies, or 1314, cycles per second, which are excellent for concentration, so you can pay attention and be aware of what's going on in those theta states. So this is the thing that makes it really interesting, because normally, we're not aware. We're not paying attention when we go into dream like spaces, yeah, or when we go into sleep like spaces, or when we're in higher, mystical states that you experience, say, with gamma synchrony. That is something that is typically gamma you know, maybe you will be more conscious, but usually in dreaming, for instance, you're not. So if you in what's going on in dominant Theta Frequencies can have effects like lucid dreaming, where you're conscious of being in a dream, see, so we start to enter some of these beneficial states of consciousness, some of these expanded states of awareness that then give us insights on what might be going on in our lives, and then we can apply them in our physical life experience. We can explore dreams on the inside. So what does a dream interpretation mean? Rather than doing it from the outside, you interact with it while it's happening, and you can also have things like out of body experiences, which can help people to get past that kind of fight or flight system, the fear of death, as I'd mentioned, you know, like the experience that I had when I was seven and so, so what is the benefit of, like, getting your brain to do it? Well, your brain is usually sporadically firing off through how most of the day.

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Speaker 1 17:01

Yeah, it does it regularly. You just you, you are so conscious that you are bypassing it, like you consider it a daydream. You consider, and that's what I say all the time, like our brain wants to be in a state of rote hypnosis. If you drive to work regularly, like you are in a state of hypnosis? Yeah, very much. So, you know, like, you may wake up and be like, oh, there's my exit. But you don't have to think about that.

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Speaker 2 17:31

Absolutely not. And I mean, those trances don't require just counting down from 10 to one or one to 10 or whatever. I mean, we there was a study done in Harvard in, I think it was about 2014 that showed that nearly 47% of the time we're daydreaming, yeah, and when we do that, so the more people Daydream unconsciously, you know, they're not trying to, you know, work on a problem and consciously direct their mind into sort of more of a fantasy, sort of creative space, if they're doing it unconsciously. Then the more you daydream, the more you room in it, the more depression anxiety you have



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left unregulated is,

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Speaker 2 18:19

is mind, you know. So one of the things that we can do, I mean, and daydreaming can be very, very useful for learning, but daydreaming, you know, we just move into these trance states. So, like, almost half of the time you're in trance, and so just think about what you're exposing yourself to. Usually within half of your day, you might be looking at the news. You might be looking at things that are absolutely going to condition and texture your lived experience, because you are just not present. So then you might pick up on kind of energy patterns. You know, you feel more stressed and angry. You know, there's a lot of rage based on social media, absolutely trying to go right into that programming. And so here, this is actually a tool to it's not about putting yourself in trance. You're actually taking yourself out of a trance and using these tools beneficially to actually move out of habitual tendencies that are actually really destructive, typically disruptive for most people, you know, in terms of the anxiety and depression that it often causes, even our low levels.

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Speaker 1 19:35

Well, and you know, it's very interesting to hop back for a second you, you mentioned that this, this all came about while he was trying to figure out how to help people learn. And it's funny, because that's, that's how I came across. His work was I was making, like, basically subliminal learning. Learning tapes for myself in the end of high school, in the beginning of college. Now, granted, later on, I realized a lot of the way that I learned from making those tapes was I was writing out what I was going to say, and then I read it and said it out loud, like you're already engaging two different forms of learning in your brain. Like once I once I took my education classes to be a teacher and learned, like tactile learning, visual learning, auditory learning. It was like I was already engaging two of those systems before I listened to a tape on repeat while I went to sleep. But I was looking for the side of hypnosis to to get myself to the point of being more receptive while I was asleep, and that that led me to lucid dream work, that led me to all kinds of things, which, yes, eventually led me to the Monroe Institute. Led me to these things, and the idea that not only can we not only can we influence the brain, but we can train the brain to do these things, and that's and that's kind of how I explain to people when they ask me how binaural beats work, and I'll normally give them the example of a sound bath like, you know you you're pretty familiar with The chakra system and the idea of, like, a singing bowl, right? It's like, that's, that's a sound bath, where you're being exposed to a very specific frequency to attain something. And yes, your brain will entrain to that frequency while it's there. No different than you and your buddy walking down the hall, eventually you're going to hit the same footstep, you know, and your brain will link into that. However, as opposed to the fact that your brain is going to respond to that signal when it hears it, binaural beats trains your brain to create the signal when it needs it. Yeah, so, as opposed to going to like a sound bath and going and getting a massage with sound. It's like taking your brain to the gym with sound and truly beefing it up. So when you're talking about trying to get rid of traumas, things like that, that is a huge, huge step into that realm.

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Speaker 2 22:20

Very much. I also work as a psychotherapist, and I've often used these tools and sound and so on, but it can very much enhance the process of immersion, essentially, and the receptivity that comes from using binaural beats. Or, you know what we're using now is Monroe sound science, which is developed from the original technology. There's there's a when we start to use sound, I mean, everything's vibration. So here we're using very specific vibrations that are beneficial to you. Sometimes people are exposed to sounds that are not particularly beneficial, right? Yeah. So like a loud bang and screaming or whatever else, right? Your body is going to respond to that, you know, we're mostly water. We've, you know, we were, sometimes it's like, you know, we're kind of react related to a cucumber. We're anxious cucumbers with eyes, you know. And so that that frequency that goes in can actually affect us in some ways. So when we start to target frequencies that are more related to healing, to supporting relaxation, you know, in that sense, you know, it's, it's not a, it's not a magic bullet, you know. I mean, if you're saying to yourself, is this going to work? Am I doing this right? I don't know if this will work on me. Then you're increasing beta frequencies in your brain. You're going to take yourself out the target frequency. So what it is about the binaurals, or whatever technology that is using frequency based modulation in some way, is what we're trying to do is, is allow a non invasive technology to guide our brains into beneficial states. So this is not a drug. It's not like you can habituate to it. You bring concepts or reject it. So then you can allow yourself to sink in and enjoy the journey of it. Or you can be very directed with it. If you're doing some problem solving and you're using some of those lower beta frequencies to help with concentration. So you can be very passive or very active in how you engage with it. Unlike when you use a drug, which actually

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the full journey of the drug effect.

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Speaker 1 24:42

You're along for the ride with the drug Yeah, yeah.

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Speaker 2 24:47

So what we're constantly exploring is, is, where can we use this technology in which applications, what? What can we use that that might be helpful for people in different cultures? Texts at different ages, for instance. And that's really where, you know, Bob Monroe started saying the binaural beats were designed to be training wheels. It's for you to get a feel for your brain learns and then trains, and you get a feel for what it's like to get into these optimized states of being. So it's like a biohacking, neurohacking before it was even a field. Yeah. And then you don't need to listen to the sound technology in order to bring those states on. Exactly the beautiful bit, you know, you don't have to depend on it's not like a drug. And you know what? Sometimes people think that that's quite alien. It's like, what do you mean? You can, you can entrain to it, but if I think of like my favorite person in the world, whoever that might be, I can then bring all these kind of beneficial effects. Physiology changes. If I'm if I'm thinking of someone who I really don't like, then I get angry. You know, the adrenaline and cortisol is released in my system. I'm not telling my body to release certain hormones and the fire of, you know, neurotransmitters and whatever. I'm just thinking about the thing, the person and the physiology follows. So there are things that we can think about that benefit us, and the things that don't you know and you literally change your body by what you're thinking and feeling into. So the binaural beat works in the same sort of way. You know that if we what we're putting in is going to impact our physiology, which is then going to actually impact on the source of thoughts and feelings that you have. And so there's this vicious cycle that can develop, or we can develop a virtuous cycle where we say, No, I'm going to detox from that and, you know, decondition from that and that. But instead of just trying to push things away, I can cultivate something else in the opposite direction. And this is the beauty of using this analogy, because it's, you know, regular meditation has been shown to have tons of beneficial effects. You literally wipe yourself within six to eight weeks, you can have measurable changes in the structure of your brain, how it interrelates different areas, especially the ones that are involved in self reflective awareness. And that's what with like an eight week mindfulness practice. You know, here we're enhancing that by adding audio signals that can help you to stay in the target zone for longer, so that you can get a feel for it and then be able to gather without having to listen to the audio technology. So it's a very empowering tool. It's not trying to create some sort of independence. A lot of people like to use that because it just feels nice to be in that state, when you've got the headphones on, but you could be walking around your day in these states that really help

S**Speaker 1 27:46**

Well, and that's just it. It's the idea that a you can inflate no different than the the emerging field that has been out there of being able to shift things through, through neuroling. Neuro linguistics, basically shifting the language that you use regularly, um, shifts the way that your brain thinks about something, and thereby changes everything. And it's, it's really fascinating. Yeah, when you start even, even just switching to using positive terminology instead of negative terminology, stuff like that. And it's, it's pretty common, like, if you take six sigma classes, things like that, it's, it's fascinating to see how much the of that there is in the corporate field and just in their general vernacular, in the way that they speak with each other, because at that point you've engaged the brain in a different way and in a non combative way, you've immediately set up a bridge of conversation, not A bridge of combat, of paradigm. And it's very easy. And it's, you know, we talk a lot about PK on this show. We talk a lot about things like that. And it's, it's the idea of not aligning your thought with the idea of an outcome. It's the idea, because that, once again, is engaging your logical brain. And that's that's not what's going to get your brain to this level. That's not what's going to give your brain the experience things like that. If you're locked into that side of logic, then things are that you're not going to be hypnotized. If you're busy thinking about being hypnotized and every like, you have to relax and let the experience happen.

S**Speaker 2 29:47**

So yeah, and it's interesting that you talk about PK, you know what? One of the things that comes up a lot here as well, is the idea that we're engaging parts of our brain that may be a little bit quieter than than the parts that we're referring to as the logical parts. Now the thing is that the bit that we often refer to as the logical parts of the brain is actually not particularly logical, because logic requires being able to come up with a story that you match with the here and now lived experience. But what we're actually engaging with is the storyteller of the brain, which is typically what we're referring to as the left hemisphere, which likes to make categories and objects of everything, including yourself. And so everything is thingified. You know, everything's a thing. And when he gets into stories like that, then he actually lives a little bit in the past, because he's constantly object matching.

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Looking for a frame of reference, right?

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Speaker 2 30:54

It disconnects from the here and now, and therefore the story might not match what's actually happening. So when you look at when you're doing remote viewing experiments, you know you're trying to get information about target of a distance, you know what's in the envelope. And I can't use my physical senses, then information starts coming in, and immediately that storyteller, the bit that you know is often labeled as the ego, starts to get in the way and say, Oh, I know what this is, yeah. And, yeah, you know there's a shape and, Oh, it must be a car. And thank God for

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Speaker 1 31:27

a monitor that reigns you in and is like, no money, no stop giving it a nouns

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Speaker 2 31:35

out of there. Don't put it in a wheelbarrow. It's just, what is it? What's the corners about this in you go into the so the ego needs to be trained to not jump into storytelling, allow the flow of experience, which is very much a right brain process, you know, being connected to the flow of experience, to dominate. And then the left can structure information and write it down and so on. But it's not trying to immediately close it down into an object and a category. So the most effective remote viewing is when you just allow the raw data to come in without trying to put a spin on it. Yeah. And then if you start to like, link things together and label it, the chances are, is not it. You've got it wrong, more than likely, but write it down, put it to one side, and then go back to the raw data. And it's interesting also that we can influence and affect our field, because we're in what you know, we are the field. And so you get random event generators, you know, there's an organization that we're working with, which, you know, weird technologies. Yeah, there are the weirdest scope. Yeah, it was at the side games. Yep, I've actually, I've got a weird lamp here, weird light. I should say this is the one of the crystals of the Monroe Institute. So it'd be printed on it, which is really cool. And you know, what we see is that when people come together and they're in a receptive state, so I've just been I'm actually at the Monroe city two now I'm at the rubbish mountain retreat, so I'm in the control room behind me, and we just completed what's called the gateway program. So that's the first program that we do. I have this device running in the background, just measuring stuff, and, you know, it's a random event generator. There's two of them inside one of these boxes. So you've got two, essentially two people flicking, flipping a coin head to tails continuously. And they're not talking to each other, but they talk to the box, and then that displays it as a light or as a weirdoscope, we can just gather the data and plot the two streams. And what this, you know, when we look at that, we can start to look for patterns, and when things are moving into non randomness. In other words, there's too many heads or too many tails being thrown by one or both of the devices inside the box. Yeah, when people come together, especially when they're talking in the group, when they're having meals, we see huge spikes. There was a million to one against chance spike that that event lasted for two hours right after the opening circle. So when people introduce each other, and then they were allowed to mingle, we saw this huge spike in the data. And so that's a curiosity. It's like, okay, there's side effects essentially taking place, because those are anomalies, and we see them like every day, every week when we're running programs. So you know, lots of minds focusing on something together changes things in the field, and we can measure that, and these devices can help us to do that. But so what? And when I, when I asked that question to myself, it kind of, you know, I have to sit with it a little bit. But then he said, Well, what am I actually putting out there? Because. Yeah, I'm constantly it's not field. When we're in a group at the Monroe Institute, we're doing that all the time with everyone around us, and everyone around us is influencing us in that way, because we're part of the shared field. So what are we actually putting out there? And are we doing it deliberately or not? Yeah, that's, I mean, you know, for me, it's like, well, if evidence in such a short space of time, in a week with participants this kind of effect, then when I go home, I mean, I have to be a little bit more responsible and conscious.

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Speaker 1 35:39

Somewhere on my soundboard, I have an applause cue Luigi, and I should find it for that exact moment, because that is, that is like, one of the rallying cries of this show is the fact of like, you are responsible for the vibration you drag into a room with you and and like every, every time you enter the space of Another person. It's like throwing a ripple into a pond, like throwing a pebble in, you know, and your ripple is going to ripple with theirs, and hopefully they syncopate. And it's good ripples, and it forms a bigger, more beautiful ripple or something. But sometimes the ripples destroy each other. It's, it's not always a pretty pattern when that chaos meets in that kind of way. And it's, it's interesting to see the work that's being done with random generators, things like that. You know, the Institute on noetic science has been using them for years. You guys have been using them. Adam Curry has his entangled app. And I was just checking my app, because I've, I've normally got it, I've got the alerts on, but they're mute, but I'll see my screen flash every once in a while. My entangled app regularly goes off while I'm recording episodes with people. Yeah, it'll give me an alert that, like, your data has trended.

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Speaker 2 36:59

But you know what's really interesting, like, I teach programs online as well, right? So retreats, and we have the reservoir, and then, you know, we will launch gateway voyage online, which is self paced thing, but the so usually, you know, everybody on a screen, on Zoom, and then they go away, do the meditation, and they come back. And what I was doing was I was running the weirdoscope in the background during a virtual retreat, and when I looked at the data, it came back as pretty random. There wasn't anything particularly significant in the data, a few blips here and there, but nothing particularly amazing to write home about. And I found that quite unusual. And I spoke with one of the researchers, and what she told me was, oh, but you didn't include it in the group. So I said, What do you mean? And she said, Well, it's an interesting thing that happens, that if you show the participants that you know, here's you know, here, here's Chris. We're going to call the crystal Chris, and this is part of the group, and it's going to be measuring things, and just, it's not measuring what we're doing. It's just going to create a lot of zeros and ones, but included in the team, and then go off and do your experiences. Then the data, when we looked at it was, sorry, it had non random events that were pretty significant, pretty much on a daily basis, just like they would be on campus. So actually, even over a distance, you know, I'm in the UK, yeah, typically, so 4000 miles away, or there could be some people on the west or east coast, you know, doesn't matter. They're kind of entangled with it. Now, the physics of this is beyond my pay grade, but I can see it in the data that if you include the device in the in the in the group, absolutely more likely to show the significant data than if not.

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Speaker 1 38:53

We just did that at the Psy games intensive here in Austin. We had two of the weird lights. That was the image of it right there, folks. And it was one of those, I sometimes they both pop up red stuff like that was like, what like the JIT just so, you know, folks, the a the chance of the chance of the random number generator going off to something to begin with, the way these lights work once again, is when the the random number eight generators sync and cohere with each other, which should not happen in theory, because they're both utterly random. But, but when you then have two of those systems line up together at the same time, in the same space. That's, that's, that's into the billions, that's into the billions, of probability, yeah,

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Speaker 2 39:51

a sport random event generators doing the same thing, just if you can't get around this at home, you know, when I was looking at the data. Of just this week that's gone. You know, we got the rainbow pattern going for 15 minutes. You know, there's a rainbow pattern, but it wasn't that one. It was going for 15 minutes with the with the really high coherence one. When I looked at the date, it came like, almost a vertical line out of the parabola. So it's, like, super significant. That's why it went to a million to one hit and lasted for two hours. But the rainbow pattern itself lasted for 15 minutes while we were all there as a group. Imagine two people tossing a coin and throwing heads for 15 minutes straight. Yeah, both of them. I mean, that's literally what was going on. You know, you think that's not random, you know, you would say that that's a biased coin. Or, like, you know, the coin tossing is somehow weird, yeah, rigged. Yeah, exactly. I mean, that's what we're seeing in the data, and it's happening when people are doing this, this shared experience. And you know when, when the global consciousness project started doing that? Roger Nelson, yeah, this was, you know, trying to see if the randomness would go out of randomness when loss of minds were concentrated, a big world event like, you know, the Twin Tower. Hey, your Princess Diana dying. Whatever it was these, you'd see spikes in the data at that time. So that's why he set up the global consciousness project. Heart Math took that on. There's the global consciousness project too. I know Joe Dispenza just did something with them as well. So, I mean, you know, there's a lot of interest in measuring these field effects, but one of the things that that is key then it shows that you've got to do the inner work, because you constantly influence inner being influenced by the field. So what we constitute, then is help people to do that inner work. We evidence the group connection, which is a massive part of what we do. But here are some tools that let you move into these states of consciousness that we're typically not conscious in, so that you can then maybe talk to some of those parts of yourself that are just incongruent in some way. You know you want to do this. If you've ever been in a situation where you say, I don't know what came over me, I don't know why I did that, then it means that there's some part of you that is not communicating with another part. Some parts of you know why you did that and what came over you. So the goal here is to get into conversation with that part to expand the sense of self. You're not just this physical body. There are layers to the self, and we can access those. We typically access them unconsciously when we fall asleep, so we go into the dream world and so on and our consciousness. But you can be very deliberate at expanding your consciousness, like Bob Monroe did with having our body experiences, who followed from that. And you get more insights in your in yourself, about yourself and that, then can maybe just start to spill out in your sphere of influence. You know, the people around you, your immediate environment, and you start to affect the field in a very positive way. So how you're talking to yourself, and finding that alignment within yourself starts to create a resonance in the alignment of those around you and beyond you.

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Speaker 1 43:17

Know, man, we talk a lot about manifestation, things like that. We're getting, we're getting ready to have Kim Linda Rocher on the show. She was at the event this last week, and we just talked with David Tran one of the, one of the perceptualists. His interview will be coming up and we but the whole idea is, and people will say all the time, you know, there are numerous studies that show the benefits, the positive benefits, of prayer, especially group prayer on something, and this is exactly what you're talking about. Now, what people have a problem with is when they pray what they pray for doesn't happen. Now that doesn't necessarily mean that a you are aligned with what you're praying for, like vibrationally, or that even you're supposed to get what you're praying for. That's a huge supposition of the universe right there. But you're also putting on that, that full on, right brained, full on noun intent, and and you've put it inside of this very hard to find box, and when, when it doesn't hit that hard to find box, it's now a miss for you, instead of, instead of seeing the numerous other facets to that, that that it may have been answered, that alignment may have happened, it just may not have occurred In the way in which you wanted it to. So even the interpretation of the data given in these circumstances, I think, is hugely important. And you know, even when it comes to that larger connection with a class, things like that, using things like the weird light, I think that's exactly. Exactly what she was saying was the idea that you haven't allowed it into that part of the quantum field, you know, like as as a literal handshake, where it's like, no no Welcome to the group yourself, random number generator, because you're never gonna and I'll reach back here and grab my bent spoons. These are freshly bent by me.

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Speaker 2 45:29

But Larry, you know, you can't eat soup with that anymore. You can't. You can't.

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Speaker 1 45:35

But here's the thing, with the carpal and Cuba little tunnel that I have, I also can't actively do that, yeah. Like, there's no way with my carpal tunnel syndrome that I would be able to bend that spoon without raging pain. Now, the question is, Can I do that all the time? No, no, it's a right place, right circumstance, right mindset, situation and aligning yourself not to the idea of forcing the spoon to bend, but but with the idea of the spoons just part of the fun, like think of the most fun, beautiful thing you've ever done, and and feel and be with that moment, and invite that spoon into that moment. Invite that spoon into that moment, to share that moment with you.

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Speaker 2 46:26

You know, it's funny with you know, we have a spoon bending program, yeah, the Institute, and he's the chief executive and I, you know, so this was during the pandemic, right? Alan. Alan contacts me and says, Would you like to do a spoon bending class with your groups in England? And I said, Alan, you know, come on, bending spoons, some parlor tricks, you know, whatever. But she said, No, look, there's a good success rate, and it's actually got a lot of lot to do with relaxation, healing, you know how you're talking to yourself, and the spoon bending is, is almost like an incidental part of the process. So I said, okay, okay, I'll ask, I'll ask the group, right? So I asked the group, and 40 people immediately said, oh gosh, I want to do this, right? So I said, okay, okay, fine. We weren't going anywhere. It was the pandemic. And, you know, lock downs, all that kind of stuff. So I said to my wife, I said, you know, Pam, do you want to, do you want to do a spoon bending workshop? She looked at me like, all right, why not? But she said, you're not bending these, these spoons.

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Speaker 2 47:42

They're wedding presents, you know, yeah. So I went to, I went to the local supermarket, you know. And I got some, some Fortune's, well, I got a color reset. And I thought, no, not, not those ones, because they look like I could easily bend them. And I got some, like, with, with the disengage to them, yeah? And I thought, right, if anything happens, these are, these are fake, you know, the something's going on. So I went back home and I said, okay, yeah, I bought a new set. This is what we're going to do. So roll the next day. I'm teaching the program with Alan, you know, so she's leading it. I'm just providing, you know, supporting actor kind of role, because I knew the group, and there's 20 people on the call. My wife's in the room behind me, right? And so Alan's just suggesting to people there's going to be a section later on, because we started with, like, an eight hour day, right? So that's how long the program was. And then we abbreviated it to five. And then we even did three, actually, but the eight hour session, you know, it was a nice spread of a day. And Alan said, but if you ever feel inspired, just pick up the fork or spoon. See if you play with it a little bit or put it down, right? Don't overthink it. But if you feel inspired, do it. And so there was a relaxation exercise. And then a few people came back on the camera, you know, after the meditation that they bent something. And I'm like, You were doing it off camera. You wrench that, you know, I'm not buying it. The next meditation was a healing meditation, right? And my wife comes back and she'd bent a spoon. He would just literally locked over a spoon bent over. And she said, Oh, you know, I think we bought some cheap crowd, but went over, yeah, this went over straight away. Quite realized, you know how she's actually, because you just thought, well, I just did that. And it just went, you know, and, and I'm, I've got the sibling set, and I'm going, you know, my knuckles were going, why? On this thing, right? And I'm going, that wasn't brute force. Now, my wife is quite slight compared to me, so I'm thinking, No, that is, that isn't brute force. And she's telling the group like I think it went over really easy. I wouldn't come that's why.

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Speaker 1 49:55

That's why. Because she didn't think about it. She didn't have a limiting thought.

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Speaker 2 50:00

Yeah, and I'm like, please stop talking, you know, saying, Oh yeah, everyone could bend this later on in the session. You know, I ended up doing it. And what I found that was really interesting, like, I'm a lucid dreamer. I lucid dream regularly. When I if I want to make something appear in the dream, like a glass or something like that, I have to get one with the dream. I've got my dream character self that feels separate, but I have to kind of merge with it a little bit and feel into it. And then I can make something manifest. And I had this kind of bending going on in my mind. And then I noticed something softening in my hand. But then when I looked down, nothing had changed. And this had happened, like cycling back a few times. I thought, just relax, you know, let it play. And people were bending like everybody in the group bend something, which I was astounded by. Normally, it's about 80% which is incredibly higher rates anyway. But when I bend something, I noticed how it went. I mean, obviously you're manipulating the object. You've got got it in your hands, but it went super soft. I put a twist in it, and then I was messing with the tines of a foreign they were just going over, super soft. And there's no stress marks on, on the the the metal, you know, when I look at the it's not like wrenched. And you can see the stress is molded over, you know. And so that, to me, was quite a convincer. I even ended up bending something that was plastic,



51:25

twisting a plastic fork,

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Speaker 2 51:30

shattered to pieces, just applying just the tiniest amount. Yeah, it went over. So that, to me, just was a total convincer. And it's not about bending the fork or the spoon, is, what does it mean? You, as you said, you're kind of in conversation with it. This is Part yield is it's not a solid object, so to speak. You know, that's how it's presenting. But actually, there's something richer to that. And if you're doing that with a focus spoon, which seems really solid, what source of thoughts or emotions are you holding rigidly that actually you could soften? Yeah, so, you know, it really starts to impact the the modes of thinking and being and expressing that we have in our daily lives. You know, it's not really about food or forward bending exactly,

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Speaker 1 52:20

and you know, honestly, that is, that is what I what I reassure people about, more than anything, is a not only with this technology and with these programs, but with this whole field of PK. It is as ethical and ethically grounded as you can get. Now, are there other people out there in the medium world, things like that, using parts of this and parts of the community in snake oil ways? Absolutely. But when you're talking about real organizations, Irva Monroe, Institute, Psy, games, things like that. There is a want of research. There is a mountain of data. Ryan Institute, you know, there, there



53:09

is, mean, there's just tons of data out

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Speaker 1 53:11

there, yeah, yeah. And there is, there is a want of collaboration. And even, even with the military remote viewing program, there were ethical protocols, and there were parts where they were like, You are not allowed to remote influence. You are you're not allowed to, like, connect with another person in that kind of way and do something,

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Speaker 2 53:34

you know, I mean, we've got Jomo monogall, which we're blessed to have on campus, you know, such an amazing human being, you know, let alone the abilities that he has. And he always talks about the ethics, you know, what is it? What is it that you would die for? You know? He says, you know, it's like, do you really have strong moral convictions? Because there are boundaries, you know, and there are ways of how you maneuver yourself in these different states, you know? Yeah, you can play around and whatever. But, I mean, are you impinging on the free will of somebody else, you know, in and deliberately? Yeah, obviously you're doing it deliberately. I mean, you know, there's, there's, there's a difference, but not that much really, you know. So these are things, the ethical considerations that are important, and how much of your ego you put in in there. Now, sometimes that actually acts as a natural immune system for these states. You know, if you're so ego bound, you know you're so you're trying to force an outcome in a particular way, the chances are it will not happen. That's right, you're doing it purely from that type of will. If you're doing it through connection, if you're doing it through, you know, wanting to explore the far reaches of your own consciousness. There's a curiosity, there's a playfulness, there's a there's a desire to do this for self improvement and so on. Then that is. Going to bring a different energy than if you're saying to yourself, I need to be able to do this so that, you know, then I'll be of value, you know, I'm worthy, or whatever it is that's going to get in the way, you know. So it'll block off the abilities you might get. Beginner's look on the first instance. This happens in remote viewing all the time. Somebody says, I think I'm gonna suck at this, and then they nail the target. I mean, like, super nail the target. And then they go, Oh, I think I know how to do this. And then they suck, you know, like the next 10 are just like, miles out. Well, I'm not good at this at all, but I'll have another goal. I'm good again. So it's like when the ego tries to work out how you did it, that's usually the thing that is going to stop you from really being able to connect on a deeper level, because you're in a story,

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Speaker 1 55:50

yeah, yeah. And the programs that you guys have put together Luigi, are absolutely awesome. The technologies that y'all use to implement them are even more incredible. We've got you for about another 510 minutes. Let's, let's talk about that real quick. And because there, especially when it comes to, you know, the the lights, things like that there, there are a lot of things that are commercially available out there, but a lot of things that you also kind of have to warn people about as well. Like, not, not everybody understands that. Like, hey, you know, if you have a seizure disorder, you probably shouldn't put those lights on your face, right? You know, stuff like that. So what? What are the cop are there caveats to this technology and what, what can people do to utilize it properly?

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Speaker 2 56:48

Yeah, I mean, one of the things that we try to do is provide structured programs. I mean, the education around how to prepare your mind going into these states is really important, you know. So when we, when we teach gateway, it's not just play some tracks and see what happens, you know. I mean, you can, you can get all of the tracks in that way, but it's really useful to know how to deliberately enter these states. And there's this whole preparatory process, clearing the mind, increasing your vibrational rate, your refresh rate, so to speak, protecting yourself in some way or keeping your energy buoyant and then setting intention with affirmations. Affirmations work, what we tell ourselves has a great impact on how we think, feel and behave. So that that preparation, then when we start to go into these, this your experience and a cultivation of what we do in the in the programs, and they build on each other. So there's an immersion as well. In terms of the caveats, what I would say is, I mean, some of them are pretty obvious. You know, don't listen to this while driving, just in case you start to zone out. I mean, I don't think there's anything particularly then, but you could totally saw now, Miss your exit and carry on driving for a few miles. Either way, you forget to we when people get on grounded, then they forget to do stuff. You know, you forget to supposed to go to the grocery store, and I draw straight home, and you know, you're very absent minded. So, you know, we recommend not doing that. I would also recommend doing these meditations where you're not having to do something very quickly afterwards. So if you're meditating and something really opens up for you. Have you got the processing time? Or do you have to quickly get into a car and go to work? You know that gonna maybe call it the day in some way. If you sometimes people listen to this a lot without drinking and eating, that can lead to kind of pressure sensations in the head, because it's, I mean, you you give the kind of workout analogy, like going to the gym, it is huge

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Speaker 1 59:07

caloric use, a huge caloric use in your brain.

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Speaker 2 59:10

Yeah, yeah, yeah. So have snacks available. You know, you have snacks all the time available on Monroe. You know, people are just constantly fueling off, not necessarily putting away. I mean, maybe they do if they start to over indulge, but they typically burn in that energy off, because your brain is using 20% of your food intake a day. It's a massive energy sink. So that constant pulsing, the binaural beat, or whatever the sound we use, frequency, amplitude and phase modulation, and also 3d sound technology, and so we use Adobe amus technology and so on as well. Now that's making the brain, you know, have a really good workout. Now, if you're not ready for it, you'll just



59:57

gone, right? So that.

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Speaker 2 1:00:01

Yes, typically, but your brain, because it's being worked to make new neurons. So neurogenesis requires sleep and it requires hydration, so you've got to do both of those. So listen to something, and you can do it intensively, but then sleep on it, you know. So if you're doing this at home, you know, and you were doing it like in a gateway program, you'd be listening to four or five meditations a day. But you know, everything's taken care of when you're on the mountain, you know, like there's people that are preparing your meals and everything else. Or you only have to think about this, make sure that you've looked after yourself in the background, and then sleep on it. And if you find that, you know you're getting a headache or something like that, drink plenty of water, get outside, get some fresh air, get grounded, leave it a little bit, sleep on it again. And then come the next day, because each day you're going to be coming back with a new brain, because your brain just updates itself during the night, predominantly. So that's really, you know, the kind of major thing, you know, that can come up, but also connect with a community. Because there's a lot of, you know, the, I mean, we've got an expand up, which we put a community feature on that, just so that people could talk to people on the same wavelength, you know, and say, Well, this is what I'm experiencing. Does anyone have any, any, anything that they can share any knowledge about that and so on. And, you know, not be considered weird. Yeah, you know, that's the thing. It's not fringe. It's something that people do the world around, really.

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Speaker 1 1:01:31

And in some of these things, Luigi, like, I've just experientially going, I have, I have not been through any of their Monroe programs. And I truly, truly want to go through some. I really do, because the focused way in which they happen, I think is really great. I have been through a couple of like right next to me at Psy games. This last year. I had Monroe Institute on the right, and then I had a gentleman who I believe, I know uses Monroe Institute beats and things like that. Had like a sound bed with with a light that was synced to it. And, my God, okay, the programs that he had going, there was one he wanted to put me through, a long one. We didn't have a whole lot of time. We were both really busy. I was like, well, before, before, the before doors open today, let's go through a five minute experience. Give me just like a five minute one, and during probably about the last minute or so. It's hard to judge how long you're in during sessions like that, but it was toward the end of it, I was having all kinds of great, beautiful sensations, and then suddenly I was literally pulled into the cafetorium of my elementary school, you know, like the general use space that is the cafeteria and The auditorium, like the cafeteria with the stage in it, and like it was one of the most visceral things in the world. Like I was, I was there. It was no different than when I am lucid dreaming, than when I am fully involved with the dream and can smell and taste things like that. It was, it was fascinating to me. And I mean, I dropped there within five minutes. Yeah, this, this

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Speaker 2 1:03:29

stuff works when, when we were doing the kind of beta testing for the expand up, you know, we thought, Oh, we don't know whether people will respond well to this, if they just drop it into the app and just trying something. So we thought this idea of like Monroe light, let's see if we can soften maybe the tones or what we're doing. And we very quickly, quickly realized there's no such thing as Monroe light. We can't do it. Yeah, this beta tester, you know, he light,

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Speaker 1 1:03:59

is just lame binaural beats, like my stuff,

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Speaker 2 1:04:03

within five minutes, this guy who never had any sort of experience of our take within five minutes, he had a full blown out of body experience. And, you know, I mean, that's, that's rare. That doesn't typically happen, by the way, but it was just like the planets aligned for this dude, and he was just within five minutes, I mean, you know, and we thought, okay, if somebody's, you know, if it's meant to be, this stuff works. It helps people to go into these expanded states of consciousness that are incredibly beneficial, yeah. And it can happen really, really quickly. And for some, you know, it's more like, Okay, well, this is just generally working on yourself. It's a it's a mental workout that will help to strengthen areas of your mind, your brain, and calibrate you in ways that typically we don't do, like just the way you go to the gym to strengthen your you strengthen your mind, you know, and this is a really useful tool. You don't have to disappear into a cave and join an ashram to do it. Great if you, if you want to do that, that's fine. But this is something that you can do for five minutes in the morning just to tune up and then go about the rest of your day, and then, you know, maybe set an intention at night, because we've got nighttime tracks, we've got daytime tracks, right? Work tracks. And, I mean, you know, you name it. There's tons of applications,

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Speaker 1 1:05:19

well, and that's just it. It, quite literally, is a way to the best way to explain it is to tune your brain and, once again, to train it to generate what you need when you need it for what the situation is. Because the the fact of just to take this conversation full circle before we wrap up. It all started with training your brain to be able to learn, training your brain to be able to learn faster, to be able to retain better and longer things like that. So when you're talking about the idea that we can influence that, that we can change that, like you can use this with kids. You can use it in classrooms, all kinds of things.

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Speaker 2 1:06:07

Some have done that, you know, we, we have a professional division, and we've had professional members in teaching situations are very effective,

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Speaker 1 1:06:17

yeah, yeah, that's, that's just it. It's, it's about preparing the mind for what you're about to do. And that's exactly what the Monroe Institute programs do, is help prepare whether you're trying to astral travel, whether you're trying to have out of body experience, whether you're trying to help relieve traumas from near death experience. The programs of the Monroe Institute run far and wide and are absolutely awesome. You can get all kinds of great stuff before we let you go. Let everybody know where they can go, because there are, once again, you're UK based, but, but there's you're you are adjuncts out there doing things for Monroe. There's all kinds of places to go, take Monroe studies and become a part of it. Now, granted, from what I understand, the wait list on some of them here in the US is a little a little beefy, a little

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Speaker 2 1:07:20

has gone a bit a bit crazy, really, you know? I mean, so many people want to, want to engage, which is wonderful. I mean, it shows that there is actually a global awakening taking place. And that's, that's great to see, and it also creates a capacity issue here. But that's why we developed the gateway voyage online. I mean, we just launched it. I think it was on the 10th of March. So this is purely self paced, but there's a video film with, you know, myself and Alan Evans, and we present each of the exercises. We try to recreate the educational experience that happens on campus. And it has, you know, all of the guided sessions, so, you know? So there's 23 guided sessions and and you have the training is Bob Monroe's voice, mostly on the on the audios that have been updated with the latest album signs. And you've got access to that indefinitely. You know, it's not just for the week or anything like that. That's, that's the one time for you. And you've got that, and you can play with that. Yeah, it's, we really want to get it out there. You know, we want, we want people to be able to engage with these tools as and fit them into their daily lives as much as possible. Yeah, but in terms of the programs, I mean, just go on the Monroe Institute website and MonroeInstitute.org and you'll see where we have all the locations we're trying to add more across the US. You know, our campus here is pretty full for the rest of the year, so we're already putting out our 2027, calendar. But there's also events going on in different places in the US, and also, yeah, across the world, really, as I said. I mean, I do them in the UK, but there's, you know, programs in Spain, Italy, France. I mean, you name it. Yeah. So that will be on the website as well.

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Speaker 1 1:09:05

Wow. Absolutely awesome. Luigi, I have thoroughly loved this conversation. I would love to have you on again and again and regularly, because y'all, y'all, are one of the places out there that this stuff updates so fast. The rate at which you guys produce things and update technology and are constantly working with new stuff, it's so incredible. It's so great. So once again, thank you so much. I'll be in touch with links, and I, once again, would love to have you on again and again to talk about this. This is one of the true causes of my life, is to help people understand that they can change their mind, like, literally, you can change your mind. People beyond a yes or no or maybe I don't want sausage today, you know, like there are real. Ways that you can change your mind and change the way that you react with the reality around you. So thank you for all that you do. Thank you for all that Monroe does.

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Speaker 2 1:10:09

Louise, yeah, thank you. It's been a pleasure.

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Speaker 1 1:10:12

Absolutely you Take care. I'll be in touch with links all that kind of good stuff, man. Incredible conversation, folks, and once again, I am here to tell you binaural beats, and especially the tracks done by the Monroe Institute. The programs that they have, the programs that they have put together, have come about through decades and decades of hard fought work, decades and decades of lab work. These are some of the people that I talk about whenever we say that amongst the parapsychological studies that are out there when it comes to PK, there is tons of lab data. These are some of the people that have created some of that lab data through their studies and through their work. So stop on by check them out, everybody. monroeinstitute.org, when we come back from this quick commercial break, we will be joined by our good friend, author and researcher Gretchen Cornwall. We will be talking about her new book codes of the hidden King, written with co authors John Edwards and William Russell. We will be talking about Sir Francis Bacon, his encoding of lost knowledge in the 1611 King James Bible, other artworks, possibly the works of Shakespeare and how he is the unclaimed Son of Mary, Queen of Scots and Francis the second, and from the Merovingian bloodline of Jesus Christ. So we will be getting into that and so much more with Gretchen Cornwall. Right after this, you

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Speaker 1 1:12:08

the key to good science is good research. At the heart of good research is a good data set with the field observation and encounter log from curious research, you can easily keep track of your investigative information all in one place, making it easier to review cases and readily see comparisons and contrasts between them, whether out in the woods, squashing in a back room, gathering EVPs or using high tech gear to track UFO, UAP activity this easy to Carry pocket size, scientific data log is the perfect companion for any field researcher. You can find your copy of the curious research field observation and encounter log@amazon.com or visit the official curious realm store at curious realm.com forward slash store to reserve your copy for yourself, your family or a mind that you want to open that website again is curious realm.com. Forward, slash, store, you.

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Speaker 1 1:13:20

You. Well, hello everybody, and welcome back from that quick commercial break. Thank you so much for staying with us also. Thank you so much to our sponsors, especially true, hemp science. If you are a user of CBD products like I am, stop on by true hemp science today. Christopher Lynch and true hemp Science uses phageric process by which every part of the hemp plant is used, everything from the seeds, the stems, the buds, the leaves, fiber, every part is used, combusted and reused in that process followed again and again, just like alchemists of old, until nothing remains except an Amazing Spider product full of terpene profiles, all kinds of great stuff. Stop on by. Check them out. True him science.com. Is the website that you want to go to. Curious seven is the code that you want to use to save 7% off your entire cart of \$50 or more. Our guest in this segment, speaking of websites, you can find her work over at Gretchen cornwall.com, her new book codes of the hidden King is available folks. You can find it not only at curious realm.com, forward slash store. You can find it on her website, Gretchen, cornwell.com, as well as amazon.com I am holding my copy, which I dove into this morning. I'm as typical. I'm 100 pages in by the time I talk to the author Gretchen, I like to. Have a good springboard into conversation, but still have enough room to not know the whole story. I don't. I don't ever want to spoil the story for myself. I want the author to be able to tell me things and stuff like that, and I want our conversation to be a surprise. So surprise. Welcome back to the show, awesome.

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Speaker 3 1:15:20

It's been too long since we've had a conversation, and I'm so relieved, proud, thrilled to be here with you. We always have such an amazing conversation off camera as well. I mean, I think for a lot of a lot of good stuff happens on on the In the Green Room. So I'm really pleased to be here, and I'm proud to be talking about the book and with my two co authors, they're both they're both geniuses, they're both just brilliant individuals. Their first publication, my mind, my fourth, actually, yeah, covers an awful lot of ground this. They were working on this for a year before they brought me into the mix and asked me to take on the task of lead writing basically just, you know, just merging together our respective research and the numbers of meetings that we had, you know, for weeks and weeks on end, were incredible. I have to say, so much didn't make it in the book either because we had to draw a line under it somewhere. But we've got a whole back catalog of information that just by constraints of printing a book that is affordable had to be axed. And this book we've had, you know, it's we wanted to give people an experience the great masters of the past, the great artists of the past used art to teach, to share experiences with to move people, to change consciousness. So we are hoping, with our our confidence, but also our humility, that this book is a portal to new experiences for the reader, both informational as well as spiritual, experiential and new understandings on our historical past and some very, very for those who have shaped our our language, the

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Speaker 1 1:17:44

English language, yeah, and we'll be we'll be getting into some of that this evening. One of my favorite things about all your books, truly Gretchen, a the the price on this book is absolutely amazing, at 30 bucks. Number two, the fact that all of the pictures are full color, like everything which is so hugely important a whenever you're talking esoteria, whenever you're talking about artwork that is trying to exude an esoteric message, a lot of that is displayed in true and vivid color. The colors themselves, their placement against each other, next to each other, what they're used as plays such a huge and important role in the esoteric message of things. And like you said, the the fact that so much of this message, of this book is a cryptographic which is very much the the work of John and and William and William, not so much the work of you. And I definitely want to have them on to talk about the cryptographic element of it, the idea that there are messages encoded in the 1611, King James Version of the Bible. The What I found fascinating, though, is that the real bulk of the message of this book is how Francis Bacon is the secret son of Mary Stewart and Francis the second and in the lineage of Jesus Christ, through the Merovingian bloodline, and that is, that is just massively huge. You could not get a more bombshell on two fronts. And we had the conversation pre show, which I'm sure we'll get into a little bit on this. I'm a member of the Shakespeare Oxford fellowship. I have friends from college that I'm not going to say we get into fisticuffs. No fisticuffs are ever involved Gretchen, but they definitely highly defend their Bard and the fact that he is who history says he is. It's like, I do not presume that a cabbage farmer would know the ins and outs of Victorian Royal Society. You know. Well, I think that it would have to be somebody from the royal court. So despite the fact of me thinking much more of Edward de Veres, the fact that y'all have brought up Francis Bacon, which is always been there, they've been front runners, both of them pretty much head and head for the longest time. And there is some great, great information brought up in this book to that fact. But the idea that things, even going back to Shakespeare, are are proof to this fact, that there is a secret coded message, that there is something else going on, and that there is an esoteric message that is woven inside of tapestries, that's woven inside of artwork from the period that brings this across all kinds of things. And you shared tons of slides with us today to go through, which I can't wait so let's get into your side of the research of this amazing new book, codes of the hidden King, and what this means, as far as the bloodline of Francis Bacon and the tie to Mary Magdalene and Christ,

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Speaker 3 1:21:16

well, this is new, that's for certain. Yeah, I've not come across anyone else making these statements. Now John Edwards spearheaded no pun intended this project, and basically he was the Oak Island researchers all tend to group together and talk together, and one of one of our most leading lights is Jake Roberts, who is very deep into Baconian code and has his own podcast about it. And John Edwards was following that. William Russell was also in the group, and Edwards thought, Well, wait a minute, I've come across something here, and I think there's something to it. And he put it in front of William. And William thought, No, this is a bridge too far, and I'm going to disprove this. But what ended up happening, and forgive me, William, if I'm speaking out of turn and putting words in your mouth, but from memory. From what I recall, that between the two of them, he just, he couldn't disprove it, but started proving it through Baconian code, through the actual moments in the King James Bible, the 1611, version. And so, you know, they worked on that for a good year, fervently realized that they needed some some help. It was a big project, and then they invited me to to take a look at what they had been doing. And I thought, my God, I have not seen new information regarding Mary Magdalene in years. Years real new, mathematically based, historically based information about her in years. And of course, I would like to to add, I've, I've made original discoveries of my own, such as Mary Magdalene tied to Cassiopeia, found artwork going back from the 1600s all the way back to the 12th century, venerating Mary Magdalene as Cassiopeia. And of course, that goes even further than that, into into melisine, but I'm straying a little bit off the off the topic here, but Francis Bacon knew who he was. Certainly took on board. What, what, what this information had to say about him, and we believe he was a a walking master, definitely in charge of the spear shakers, of which Shakespeare would have been one of them. I it was such an amazing project. I think we all, all three of us, are just exhausted by the time it came out it took. It's as if we poured our life force energy into it and at the expense of other other areas of one's life that are important. It is definitely part of what the fabric of our being in these pages, it's volumes.

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Speaker 1 1:24:45

Volume is Gretchen, the research that has been put into, I'm only 100 pages into it, and the places that it has gone already are, wow, wow.

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Speaker 3 1:24:57

Well, for coming from you that. Means a lot to me because you are a true scholar, and that means a lot to me that you would say that. So, you know, I wanted the book to tell a story that that people could grab hold of, but I also wanted it to be visual. The guys certainly were on board with that. I had a lot of free brain, but we were also very much accountable to each other and brought our best to the table. It's been edited, re, edited, edit again, put in front of some very steep critics who, you know, did their best to knock knock the stool out from under us, and then we would go back to the drawing board and and make sure we knew what we were talking about. So this is our best a culmination of years of of research between all three of us our respective gifts and backgrounds, which which are considerable. Edwards. John Edwards has got an amazing background in symbology as a researcher. He is a teacher himself. He has been on the curse of Oak Island many times. William Russell has the mind of a steel trap. He is quite the mathematician and an expert historic code breaker his I, you know, there's no way I'm even going to try to keep up with with these guys. And we just, we just brought our a game to the table, and I was thrilled to make some of my own discoveries. And you're looking, you're, you know, you're looking at one of the Mary Stewart we we did not know everything there was to know about her. So we're finding out that Francis Bacon believed that Mary Magdalene had children, and that he is a descendant, that Mary Stewart is a descendant, and there he is at the feet of his mother, Mary Stewart as a young teenager with his twin brother Walter, Raleigh. And this is also an issue that has come out with the code work that's been done by by this group of individuals who basically this book is not about Oak Island, but this is about the reason Oak Island exists. So if you want to understand Oak Island, read this book well, it will tell you everything about this. You need

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Speaker 1 1:27:39

to know that is one of the long held myths about the treasure of Oak Island and what's in the what's in the Money Pit is possibly the Lost works of William Shakespeare, the original works of William Shakespeare. Because that, that's something that we've talked about with Catherine children and members of the the Shakespeare Oxford fellowship, even whenever I went to the conference a year or so ago, it's the fact of there are no zero, that's zero surviving original manuscripts. What exists are pieces that have been put together and stuff like that that have been assembled. But there are no surviving original manuscripts of anything from the hand of Shakespeare himself. So the idea of being able to like, oh, let's, let's handwriting match the works of either Francis Bacon or, you know, Edward de Vere, to be able to do either one you can't. So it's fascinating. It's fascinating. And it really does leave to go away. It could be the fact, because, yes, Edward de Vere was also involved with the theater, all kinds of things. His uncle was a publisher, you know, stuff like that. So the idea that there may have even been more than one Shakespeare that there, that there may have been, like, you're saying, like a group of Shakespeare's, the spear shakers, because that was, that was Edward de Vere's actual, like Lance fighting. Name was the, was the spear shaker, you know. So it's fascinating when you dig into these things and when you start finding these connections. So the fact that this is brought in once again, I am looking at this stuff with new eyes. I'm looking at it from from the point of view of let's see how it relates to this, this parenthood and this blood lineage. So let's start going through this artwork that you sent Gretchen because you you sent quite a presentation of artwork, all kinds of things. And let's because this is part of the technical code as well, despite being crypto. Cryptological. It's the fact of these things are hidden in esoteric ways through visual art. So let's