Opening Vision and Ego Death

I immediately found myself in a vehicle. I can't describe because it was multidimensional. It was like many, many forms of light crystallizing all around.

And I found these beings and I got a little scared because they look like gigantic crocodiles. They began to transmit information when they showed me that with a mirror, when I looked at myself, I had exactly their same configuration.

I was like them. And a minute later I look at them again, their head exploded in a globe of light. My head, exploded, in the ball of life. So we are light beings.

Alright, so we're talking with Dr. Warder about meeting Abbie Hoffman. And for those that don't know, LSD comes from the fungus that grows on barley, ergotamine.

He modified it to be LST, which is slightly more permeable to the blood-brain barrier. In doing so, it lights up a lot of our serotonin receptors, dopamine, other norepinephrine.

And the effect is a whiteout in a way, not like ayahuasca, which we'll get into, but it disables the default mode network. Tell people what the Default Mode Network amounts to.

It's a powerful substance. I don't know if you have experienced it, But I have experiences many times since the 70s. And it taught me a lot about my position, my place in the universe.

First of all, I went through spaces that are called ego death. Everything I held myself to be. Race, creed, color, sexual orientation, nationality, profession.

All of that disappeared as if I would be dead. And it was a scary experience at first, but then it elevated itself into a space of light. This light had me see beings of other dimensions that I only read in esoteric texts.

I felt I'm an only child. I felt that I had brothers in that realm and it was a very satisfactory experience which really altered my life for the best.

And you were called to be a psychiatrist. So you understood what ego was and how people construct stories and their persona, right? So I guess what I was asking about default mode is people are not even cognizant of the fact that they're addicted to their story, their personality.

I was at a lecture in san diego you're part of the woods and i asked a friend of mine who's giving a lecturer she was giving lecture about addictions i said to her well i think the most profound addiction people have is to their ego and to the story and she kind of looked at me and said well whatever i don't think she's really that into the ego death.

But to your point, I think most people live a life that is largely unexamined from the ego-less perspective. They kind of assume that the software of who they think they are and what they mean is who are, and don't identify with a larger soul.

Would you agree with that in Western society? Absolutely. Absolutely, 100%. And I have shifted my work. from what was psychiatry, I am not practicing that medicine anymore.

I don't prescribe SSRI or SNRIs. And I'm not doing classical psychiatric work. What I have decided is to create a curriculum, which I call the human promise.

enter this world and are immediately conditioned to be part of a family, to part a group, of race, a creed and soon after we're brainwashed into having to perform and produce.

So we become very interesting human doings and not human beings. And what happens to the being? And here comes the promise. Some people get out of this conditioning, but they get it out because they say, I have a dream.

I want to make a contribution. And that is still in the dream state of the ego.

Default Mode Network and the Human Promise

It wants to be a positive ego, But when I speak of the human promise, I think of locating that which we call the ego in its place and looking for what is it?

What is the intellect in platonic terms? what Is that level of existence that we are capable of becoming when we activate centers in our body, which are not activated?

And in that sense, psychedelics helps, but also meditation and mindfulness and self-awareness helps and sometimes contemplation helps. Yeah. So I think that what you kind of, if I'm able to restate what he said is that the way to think yourself out of a thought problem is not always productive.

And it seems like golf instruction. If you will, If your go to a golf teacher and he fixes your swing and you play perfectly, you don't need a Golf instructor.

In a way there's a primary and secondary gain, right? People want their story of their trauma to be retold back to them. and in a way that creates sort of a never-ending billable 50-minute hour, right?

So I know only of one friend who had what she called a narcissistic personality disorder and she spent 15 to 20 years in therapy and one day her therapist said, you graduated and that was it.

I mean, that's a lot of bill able hours, but I now people who are kind of stuck in this victim's story, I myself included, And it's a very persistent addiction, in my opinion.

The way that I can metacogitate or think about my childhood trauma, but unless and until you've done the work to expiate or exorcise the effects of that and to discharge the valence of it, people are triggered.

When I was in San Diego last week, four days with my mom, immersed with her constant criticism. I realized that I can understand on an intellectual level and I could metacogitate over it, but it still has that root thumbprint on my spirit, right?

So the controlling mother who lives, whether alive or dead, in us is always one of the superego or one other voices, one or the ghosts that we let inhabit our psyche.

And I met this guy, Dick Schwartz, perhaps you've heard of him. He created a whole through his marriage family therapy, that in our minds we have these ghosts that speak to us in the kind of voices and roles of our childhood psyche.

What do you think of that, family systems? Absolutely, it exists. But I prefer to have the conversation with that aspect of ourselves, which is creative, positive, transcendent.

and which has an idea, an information or a hope or dream that we are not mortal things. that depend on the events that occurred to us in our childhood or even later, because it can be traumatic events.

And one of the things that, for instance, are making psychedelics now more accessible, and I just read this morning that the VA system will begin to use certain psychedelic to treat the people who have trauma from post-traumatic stress disorder from the wars that they have participated in.

And yeah, you have this today is the Israeli election, right? So you've had a two year war at reservists being called back and a lot of them are in Philippines and Thailand taking psilocybin, taking ayahuasca, ketamine.

To expiate or get rid of what they saw or participated in right? So this is a really a big problem. I was a funny movie where The men who stare at goats and you probably know about lsd and mk ultra and cia but They said that in real battle most people aim above the heads of the enemies because they don't want to take another life so to be complicit and bear that In your heart, I think it's Life is fair, in a way, don't you think, Doc?

Yeah, yeah, absolutely, and because we live in that non-emphiogenic, I'm taking the word psychedelic to the next level, which is capable of creating a divine feel, entheogenic and generate a feel experience, a Divine experience.

Because we don' live the Divine experiences. We live this insanity of considering the other one a threat and the one could be my neighbor or could my neighboring country or it could something on the side of the world that I imagine and sometimes with proof that they want to get after me.

We need to change our game system. That is the game, that's the chess match, right? Divide and conquer, tell people there are others and they're binary, but I had I know you've done a lot of DMT journeys for people with ayahuasca.

So I met a friend 14 years ago who, after 13 years, confessed she thought she was my mother in a past life. And I'm actually opening up to past lives and reincarnation.

But I very much am steeped in the Western tradition of materialism. I think, therefore, I am. And it wasn't until I experienced inadvertent Kundalani awakening that I started to understand.

It wasn' something that therapy or anything could ever have done to me. She did some energy work as I was breathing and just said, you're safe. There wasn"t anything like, tell me about your childhood and all this stuff.

And actually when she said later, I'll sue you if you said I healed you. I thought she was kidding and being modest, but I think there's firmware in our system that is connected to the greater spirit, like Maha Atma.

So without her saying anything, my psyche went like Ebenezer Scrooge in A Christmas Carol over scenes of childhood and rebranded them as a protector. I saw that my mother and father were flawed from damaged childhood and that they were doing the best they could, and it had no direct relation upon my innocence as a child.

And after 30 minutes, my body was buzzing from the waist down. I call that Kundalani. learned, and I had the expression of going to the restroom and looking in the mirror and not hearing the voices of a negative self-talk for no reason other than I'd gone through this experience.

So I do think it's firmware. I think the spirit, the soul knows how to purge itself, just like an animal that shivers after being hit by a car, it knows to heal.

Trauma, Family Systems, and Psychedelic Healing

And yet we are so found to this life raft were so tied to the little tree trunk, even though we've grown to be a big elephant, that we can't just live in the present.

And that's what I love about your book, The Search for the Soul. It's just so great at tools to put you in that present, to fit you and gratitude and to make you discharge the control that these thoughts, which for my book I wrote for Hay House, the Teal of a Miracle, I channeled that it was little Gollum spirits, little Protectors that you invite to live in your house and haunt you but they're not real that they have impact power but you need to be friend that can't just hate them and avoid them run from that just creates nonsense what do you think about that do think the spirit is.

Has its own firmware to heal itself? Absolutely. Absolutely, 100%. And those golems, we have to slowly invite to go

into the light and continue their journey because they have nothing to do with yours or mine journey.

They just happen to be around. because we are not sitting in our essential identity, we're sitting on our identifications. And that's one of the most important things in my work that I help people, I allow them to transition from the superficial identification with that which makes them successful in the world.

And I've lately worked with a lot of successful people that have made it, but they're not happy. Why are they not unhappy? Because they don't know who they are.

So the shift from identification to identity, identity is that, which is equal to itself and itself alone. We are not identical to each other. We look like each.

I know you have five children, right? Four. Four, four. You have four children. Two children I love the image that you make of that when you conjure up all the people that You've had sex with or had platonic relationships with and you sever the ties.

Do you see what remains? It's a brilliant way to kind of show our interconnectedness. And the book argues strongly that life is not just ego or even ego death, but it's understanding that we are part of the world soul.

I think that so much of our suffering comes not from just that internal level where we're fighting with our internal demons, with the people around us and our society, and that don't just go with flow.

Yes. Unfortunately, we train the next generation not to wake up, but we trained them to be part of a system that they can belong and succeed. And the truth of the matter is that in my case, with my children, my wife and I think and hope that we have given them sufficient of a fundamental essential self so that they can go out and do whatever they do, helping people mostly in their profession without being so identified with the job or so identify with what they're doing.

Yeah. More centered in their soul, which is where we need to be centered so that we can evolve. To me, this lifetime, and I'm going to 18 May, to this life then went by very fast.

And I don't think of death. I've had near death experiences and realized very clearly that all that expects us is beauty. I was very sick seven, six years ago.

I had cancer. And when I getting my chemotherapy and I in the hospital and looked at myself in a mirror without hair, I said to myself, this is not the image I have of myself.

Then I looked into my eyes and I said, but I am the same. And I'm the with cancer or without cancer. Well, I think it's a great point that there's this great images of people looking at cells in the mirror and they're old men and women, what they look in their 20s, very vibrant.

I. Think that it. It's never too late to come to God or to. Come to yourself. and II was very pleased last month when my older son who's 27 told me he had an anxiety dream.

and in it he was in school, he hadn't studied, and then suddenly within the dream he realized, I'm not in the school anymore. I don't need to know this.

There's no purpose in being here. No one cares. And he walked out into the bright sun. But I think that's a really nice little moment to have. Whereas I am riddled with guilt about the kid's childhood.

My son actually was 23, asked me, If i could talk to about his childhood and it's very hard to even though we can consciously identify and even meta cogitate over what the problems were you can't.

Give a DSM for thing to your kid and say, well, this is why your parents and their parents are messed up. It's a very cringy conversation to have. So in a way you want to be gentle, but it's very hard to identify your failings and,

and where things went wrong to someone who's neocortex is trying to fill in the gaps at age 23. Let me tell you something about that.

In 1974, I designed a process that I call psycho-spiritual integration process, which I do once or twice every two years because it takes a lot of energy.

It's a week long process in a group in which we go from before birth history, through meditation and recollection to present time. And we go through the teenage years in which we tend to adopt or rebel against traits that mommy and daddy had, and then because we had nobody else, we took them on.

And in this process, which I've had very good results after a week of very intense work, a lot of writing, crying, anger, frustration, clearing, and spiritual openness at the end.

I have transformed literally the life experience of trauma of individuals into an experience integration. And I call it maturity. Maturity of the psychological, intellectual, Emotional, physical, spiritual, and social.

Five elements of essence. The PIP you talked about. Yeah, no, I think that's amazing to have that. And are psychedelics currently a part of that or not necessarily?

No, this is like this in clear mind. Nice, nice. I mean, in the book that you were mentioning, In Pathways Through the Soul, Yes. Yeah. No, it's fantastic.

It's really great. There's so many wonderful wisdom tradition quotes from Sufism to Zen and even Kabbalah. Very interesting read. But a lot of really practical tips too.

Yes, this is a synthesis. In the 70s, I lived in Morocco. I live in a Sufi community and I practiced Sufilism and learned a little of that. Then I went to Jerusalem, but I studied Kaballah.

Then I went to India and I was in an ashram. Later I became close with the Dalai Lama. I didn't study with him, but I attended a lot of his initiations, so he gave me a look.

So out of all of this, I've allowed it to synthesize taking Western medicine in one hand and Eastern knowledge. It's very syncretic. It is very eclectic, but I like the things that you extract or decock from Zen Buddhism, that it's all kind of absurd.

And then mirroring that Vipassana that You mentioned of just being able to have your thoughts and not identify with them. So beautiful. Yeah. Thank you for that.

Um, so let's shift a little bit to what people might be interested in regarding psychedelics. Cause as we said in the last six to 10 years, there's been a renaissance of interest in not only clinicians using ketamine, but also we'll hear Silicon Valley CEOs go down to Columbia or Amazon and do AYA ceremonies, ayahuasca.

And I even have a colleague who's a medical doctor. Who has a research chemist synthesize five m o bufo which is the ultimate. So let's shift into more of the hard drugs if you will not the psychedelic integrative therapy.

Kundalini, Presence, and Inner Healing

Let's talk about tripping okay so people who. Maybe drop some acid in high school or whatever they may have a bad trip they not know why. their baby boomers are late gen x is there like oh my god i was dying or you were dying and maybe if you wasn't a supportive setting with an intention and you know then you probably are scared of re tripping but i guess even when my friend antonio is the shaman who every summer would train in the amazon.

She never did dmt in our life until about two years ago she just help the warriors go through their initiation. And I guess the DMT is decocted from a plant and then there's another thing that inhibits the MAO inhibitor so you can get the full effect.

And when people do this, you told me that they can be very nauseated. And tell us about the one time that you didn't want to throw up and you ended up being in orbit in space.

Can you describe that? Yes, I can describe. That it's challenging. I was in the jungle in Columbia many, many years ago, and I heard of a shaman that needed to drink alcohol to bring his consciousness down, to be able to relate to the people that will come visit him.

So, here I go, and I see this guy, he drinks a whole bottle. It doesn't seem to me that he has altered much his consciousness in reference to Me. And he gives me a huge glass of Yaffi, which is Banypteriopsis capi also, in a different preparation.

He's got more Psicotra Viridis than Bonypteryopsi Capi. That means an ayahuasca that has a better visionary than somatic effect. And I immediately have an out-of-body experience instantly, a few minutes after I have taken it, and I see my body lying there in the dirt and it begins to do an anti-peristaltic movement.

And then I say, I'm about to vomit. Actually, this thing is about the vomit because I am outside. I tell it not to vomit, that we have enough. dirt around us to add dirt to it and that should be a significant ammunition and immediately the peristalsis stopped and I didn't vomit.

Now I have done ayahuasca lots of times, parenthesis, I went to the jungle in Brazil 30 something years ago, and I spent almost a month having ceremonies a few times a day.

Ceremonies have means you drink ayahuasca and you go with it and then you learn and learn. But in this one that you're asking me, I immediately found myself in a vehicle.

I can't describe because it was multi-dimensional. It was like many, many forms of light crystallizing all around. And I found these beings in there and I got a little scared because they look like gigantic crocodiles.

They began to transmit information. Some of it I remembered, some of telepathically I don't have. When they showed me That with a mirror, when I looked at myself, I had exactly their same configuration.

I was like them. And a minute later I look at them again and their head exploded in a globe of light. They show the mirror, my head exploded in a ball of light.

So we are light beings taking shape, shifting forms according to what is needed in our work or in the trajectory. I hold myself as a human being in this shape and form because this is the way I can fulfill my mission and relate to others.

But my real form is light, your real forms is life. Yeah, real form is light. And when we begin to synchronize and become coherent with the synergy of that light, I have the certainty that when we take off this envelope that we call our human body mind, we transcend into an atmosphere or nanosphere of light and continue the journey.

And then we can look back and say, I did my work or I didn't do my job. I have to come back or don't have come. Right. Well, my algorithm feeds me. Thank you for sharing that amazing story, but it reminds me of two things.

One is that great Twilight Zone episode where the beautiful woman is surrounded by distorted faces and the end they take off the bandages and this the surgeries of failure.

And she sees that she's this gorgeous model, kind of the unveiling of delight, or it's sort of a central image of your techniques in the book. You say, imagine a giant gold light that's showering you and you're Here's embodying that i think that's what i took away from your read this morning was that yeah it's nice to be happy.

Okay. But it's not nice to be happy and lobotomized, right? You want to. Not just, not just trying to happy for the sake of being happy. That would be the Island of the Lotus Eaters or serenity, the sci-fi dystopia.

We want live and sit with our uncomfortable feelings and understand what they are teaching us. So, but you're a real lesson. Yes, but your lesson of the book is, hey, why don't we just try and be more ourselves?

And what is that? It's the light, it's being connected, being kind, and being present. Because that's really the gift I got from the books was that there is no future, there's no past, that is where the anxiety and the depression lives.

It is being truly present with your body, with its emotions, is really, the highest form of living, I guess, what I took away. Can I tell you a story, a little story?

When I was around 14 or a bit before 14, I had this clock, which I still have somewhere in the house, and it was three o'clock in afternoon and I looked at that.

My, my emotional thinking is in German. So I felt moved by this and I said, which means now. And I repeated that word and they realized that I could be in a space of now while this clock was being five, seven, 10, 15 past three.

Now. now, again, I learned to master that space. I learnt to be in the now and to do my tests, my boards, and my exams from a place in which I would be centered in present.

And fortunately, the answers that I chose were good. And I passed everything. Not that I hadn't studied before, but it was easier to recognize in a multiple choice of five, which one was the best.

There is clairvoyance, there's telepathy. You've done the reading, trust the intuition, the instinct is a form of a flow state, isn't it? Yes, absolutely.

And this, this flow state is what keeps us healthy. Cause I was telling you that I very sick and then I decided that that wasn't the thing that wanted to do in my early seventies.

and my oncologist says, you got cured. You're not in remission. you're cured statistically. This is very rare, but I'm fine. Since 2021, the last six years I've been fine Well, let's take another little shift here because that reminds me of last week's podcast.

It was a man in his early 60s who had driven his body to ruin through success in the material world. And so this is a common story. So I have this meta theory that people's physical illness often embodies what their rumination or their neurosis is, right?

And then people psychological illness is often their ruminations of childhood. But even beyond that people can have chronic illness or re relationships that maybe even tie into past life incarnations so i think that it's complex but just as much as we'd like our ego and consciousness to shield us from reality which is really what it does.

Psychedelic Medicine and Comparative Experiences

And why the experience of empty gems, as you put it, when it strips that default mode network, we see practicals. We see patterns. Some people see the actual code of the matrix or little faces from mushrooms.

When we. tear down the doors of consciousness or perception, we see that it's all an illusion that we construct minute to minute. And that's frightening.

So I think that just as people can tap into the Akashic records of the eternal moment to choose A through D, They can also tap into past lives. And I think one of the meta theories I heard is when you die and the white light is attracting you, it's asking you to go into the program and be memory erased, 99% memory, erased and reincarnate for another go around as a pig or a Nat or Buffalo or human.

You think there's anything to that? I mean, do you believe in reincarnation? I think that this whole lifetime is a preparation not to fall in the trap of wanting another body, but to fulfill a mission, which in my situation has been to bring about consciousness to people and to continue in what the divine journey has for us instead of returning.

I have memories of other lives. But I don't give them much importance because they are not current, they're not present. They're only in my imagination.

Hmm. There only my mind. And I can derive, I have derived some emotional blueprints that repeated themselves in childhood in this life and I've done everything possible to disappear them.

Because they are not furthering, A, my sense of purpose, and they're not, further in my transcendence. They're only further a repetition. I had a friend who was very into past lives and she had guru that had shown her several of them and several were very romanticized and high profile.

So she liked meeting people from that past life and I thought it was probably not real. But in the last three years there have been several people and experiences that made me think maybe it is real but I think you're quite right.

The point is not to ruminate on what we were in past. but to try and fulfill the mission of this life and the people around us, right? Yeah. You know, I'm interested in, so you, what's your preferred spirit plant or medicine for your, when people do come to you for therapy?

It depends. I really think two things. It's very important, five things, the set, The setting, the substance itself, and who gives it to you? Underground, overground, in another country, wherever the substances can be used.

I have had experiences with people that have completely transformed their ability of living. Why? Because not everything is for everybody at one time.

There are people, and this was allowed in the medical establishment in late 70s, early 80s with MDMA. MDM is a drug for the heart. Now we would do the following.

Instead of doing long couples, family therapies, The assumption was this, when you got together with this person, you weren't planning fights, a divorce, or pain.

You were in love or so you thought. So let's see if we can recover that space of love with all that's happened. No, I can't do that. I'm resenting and feeling I am doing this and doing that." So one dose of a hundred milligrams of MDMA, which now is going to be approved for PTSD, but it should be improved for couple therapies and for opening the heart.

One session. of five hours or four and a half hours. And that relationship was as it was in the first day. It was saved from chaos and of misery. Now, if someone is in a happy relationship, I wouldn't give them that.

Why wouldn' I give him that? Because they're navigating through an open heart lifetime. But the vision of their existence is limited to what they do. Maybe a good dose of LSD would open them up to a universal knowledge.

And compare and contrast LST to psilocybin, because for some people, well, I guess if I was to think about the way I understand it, and I've not done some of these, but ayahuasca can completely white out your perception and can be very powerful.

They even call it mother Aya. But LSD is more of a synthetic thing, although it is closely related to the plant extractive or God. But the psilocybin, people generally say your ego remains somewhat persistent in so far as your spirit taking a journey, right?

Would you say that's a fair characterization? And ketamine is a complete dissociation, ketamin is an anesthetic, Yes, that exteriorization. I used to use ketamines when it first became legal, but I don't use it with anybody anymore because I find that the risk of addiction is very high.

Okay. Yeah, there's people who are addicted to it, recreation for sure. But would you say that- But what you said about psilocybin, now psilocibin is fashionable.

They're gonna approve it for treatment of depression, they're going to approve for everything. You're right, it keeps the ego still present. And in my 50 years of having had experiences of this, I can say in 1973, after meditating all night on it I had a very powerful experience in experiencing a being of light coming into the window of the room I was in and showing me a love that passed all the understanding.

And as I speak about it today, half a century later, I can feel it. My other experiences have been helpful for others. A lot of other people have benefited from it, And I've benefited from peyote, which is another plant medicine.

Now compare and contrast that and ibogaine also is used for addiction treatment, but the characteristics of the trips are quite different. Can you describe the differences?

Well, Ibogaine, in my experience, is a galactic medicine that shows us the position of the Earth and us in the context of that large cosmic existence.

I had the good fortune of having a teacher at the time that gave me some ibogaine and sent me to a place called Sacsa Guaman near Cusco, near Machu Picchu in Peru.

And I have a fantastic experience which I actually describe in my book Recovery of the Sacred, in which i experienced levels and levels of existence happening simultaneously, some visible, and mostly invisible.

You said compare it to ayahuasca. Ayahuaska… No, no, to Mescaline, San Pedro, Mesaline. Oh, so to San Perro or Meskaline? Yeah. It's very different.

The profoundness of Ibogaine is tremendous. Do you know the Biviti tribe in Gabon uses it as a group, as tribe ceremonial medicine, yes, medicine that puts them in contact with their ancestors.

And the tribe doesn't make any decisions if it's not in alignment and in coherence with the message of the ancestors." The experience of peyote is an experience off centeredness, of kindness, off power, of ascendance, of being in contact with your…

parents, grandparents, great grandparents. It was interesting when we had a ceremony. I lived in Sedona for a while and we have ceremonies with the Navafo and with a Hopi road bend.

And the interesting thing about it is that before that we sat next to a fireplace and had to introduce and I introduced myself with my name and surname and this man told me, no, you are so-and-so, the son of so and so.

the son of so-and-so. I could go two generations. This guy went 20 generations." Was he correct in the names? Did he use the Austrian names or did he come up with like some primitive language name?

The names that he used for himself were correct for I don't know if they were correct because I didn't the names of Beyond My Grandfather.

Reincarnation, Consciousness, and Closing Remarks

So whatever he said, I was in ignorance. Yeah, that's funny. I wasn't improv comedy class, musical comedy, and there was a skit. They were doing a sci-fi skid and one woman began singing and the English word was barley.

Out of the 36 words she sang beautifully in tune, The rest were nonsense words. I thought it was so great and you see these people speaking in tongues and these People who they claim to be speaking a light language from you know, whatever Serious or Pleiades or the other I think it's largely just a delusion But nevertheless some smart part of me allows it to partially true now that that's where I stand They can channel this stuff, but I think it's largely a business model too.

So in your travels, obviously you've done a lot of psychonautic travels with a variety of substances. Did you ever wonder if you would just scramble your eggs so badly that they could never work again?

Did your ever worry about going insane? No, because there was one point in which I had very good experiences and I told myself, if I am capable of these experiences with these substances, Let's see if I can do them without substances in meditation.

And for 12 years, I tried nothing. And I came to a place in which I could experience non-ordinary states of consciousness without substances. And that's what I said at the beginning, when I speak of the human promise, I spoke of activations of centers of perception and action.

Right. People can do this with breathwork, certainly. It can be very powerful. But, you know, talk to us about DMT. It's a molecule that is secreted by the pineal gland before death, perhaps teleologically to help us in our journey, but perhaps as a functional thing too.

But this 5-MeO-Bufo sort of DMTs is like the ultimate. So they call it the Mount Everest, right? The psychedelics are entheogens. Now, have you ever tried 5Meo-DMT?

Is it like that eight-minute merging with all the infinite ecstatic universe or what's it? Yes. Sometimes seeing beings that don't fit any categorization of my mind, but they're being there, they are alive, that they exist.

Psychedelic chipmunks or something. I have another book that's coming up in a year. It's called Supra-Terrestrials. the secret to contact with not human intelligence.

And in that, I speak that there is life, there's life intra-terrestrial, super- terrestrial. I think that extraterrestrial and aliens, we have spoken a lot about it already, aliens to me are those that come to take, take take and not give, and extraterrestrials are the ones that to give to the earth and to each other.

Humans are extraterrestrials because we have brains that are active, and we have brains that have to be activated. And I was thinking about the Sufi tradition.

In the sufi traditions, there are areas of sensitivity, so to speak, of sensation, perception, that are called intuition, they're called deep consciousness, their called intelligence, et cetera, that through spiritual exercises, we can activate them.

And through the activation, We can perceive things that in ordinary, not, excuse me, in not ordinary. In conditioned consciousness that we call ordinary we don't have any idea of what to perceive.

We don' even perceive life of the plants. Yeah, I think that, like you said about the guide who had to be drunk to lower his consciousness, you can get into a higher vibrational state where perception is more expansive for sure.

But if people want to learn from vicariously or didactically, what's the name of the book that you published last week? Psychedelics and Human Potential.

Okay. I'll put that on the final edit. and you've written all these books. You've been a UN ambassador for peace. And I think you're actually more like Listo, more alert than even when I saw you six, seven years ago when you were going through what you are going.

So I, I that your rebirth is manifest. Thank you. Show your brain. Yeah. That brings us to a final interesting point. My older son who got some exosomes about five years and did some psilocybin with his friends on a canoeing trip he became and shifted into a different person he had a lot of the internalized anxiety of his childhood and he just became this expansive creature and now he wants to do shamanism even though he's keeping down a good nine to five job and whatever, relationships and hobbies.

So this kind of liberation of the spirit early in this life is possible. I'm still looking for it for me as a 59 year old, but you as 70 something year-old, you seem to have undergone a reincarnation cycle yourself just by the power of belief.

By the Power of Knowledge. Belief is something else. Believe is what we have been given to digest. Knowledge is when you go in the ocean, you get wet and you know it's wet.

Period. I love that. Yeah. Like I said, unless and until I had done that Kundalani awakening with the Brazilian shaman, I would have thought it was all bullshit, and probably if someone told me, i would still think it.

But you're right. It's quite a different thing to experience something, isn't it? If you want to look at my website, any of you have had a chance to Yeah, it's a very different thing and I think that what we're saying is don't go out there and drop a lot of ketamine or take drugs with strangers.

What we are saying that the journey doesn't even have to involve entheogens or drugs. But for the history of mankind, everyone has always had shamanism.

They've had the illusion mysteries in Hellenic culture. Uh, they've have Vipassana. There's a way to go inward, to goes outward and to dissolve what ails you.

And I think that's reducing the suffering and increasing the consciousness is largely what drives a lot of us, whether we know it or not. Yes, absolutely.

You are right on track. Dr. Water. It's been very enlightening to say the least. And I think people would love to pick up your books and check out drwater.com.

Is that right? Yeah. All right. Excellent. That's good. Alright. Well, it's a been a pleasure and thank you so much for inviting me. My pleasure. Thank you.

I knew it was going to be great when you texted me yesterday. So much to learn from this gentleman. And I really do recommend as a starter, so easy to read and just fun, a fun read, practical tips and so much wisdom and written in a beautiful, simple, plain style.

Pick it up. Dr. Warder, thanks a lot. Hope to see you again soon. Thank you very much. Okay. Brilliant. Much love to you and those that are in your heart.

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