

Shrink Rap Radio #124, December 9, 2007. Shrink Rap Radio Live #2. Dr. David Van Nuys and Jerry Trumbule, co-host a live, call-in version of the show. (Transcribed from www.ShrinkRapRadio.com by Tracy Padalino)

Introduction: Shrink rap radio, all the psychology you need to know, and just enough to make you dangerous. Shrink rap radio number 124. Shrink Rap Radio Live number two, December 9, 2007.

Dr. Dave: Welcome to Shrink Rap Radio, the planets premier psychology podcast this is your host Dr. Dave, coming to you from the San Francisco bay area. Shrink Rap Radio is the show that speaks from the psychologist in me to the psychologist in you. Whether you be amateur, student, or professional.

O.K. what follows is once again a bit different from our usual Shrink Rap Radio format. This past Sunday, actually today, Jerry Trumbule and I did a Shrink Rap Radio Live on blogtalk radio. We had a couple of drop in visitors, and we had three Shrink Rap Radio listeners check in, one from Finland, and two others who phoned in. As you'll hear, Jerry and I are having fun with this format, and we plan to do it again this coming Sunday, and this time with a guest. More about that at the end of today's show. We lost about ten minutes in the beginning due to a technical problem, so, we'll jump in at the point where Jerry decides to share a dream that he woke up from this morning.

Well, you had indicated to me that you had a dream, and you wanted to start off talking about your dream

Jerry Trumbule: Well, I noticed your interest in dreams through your show, and of course you know that I had an intense interest in dreams while I was in graduate school, and spent a lot of time trying to discover experimental variables that could be used to control dreaming, not very successfully, so I won't go into that. But I love it when I have a vivid dream; usually it's the last dream of the night, or the early morning. And generally speaking, I wake up every 90 minutes, at the end of a sleep cycle, which normally is a slow wave sleep period followed by a short period of REM, rapid eye movement, sleep.

Dr. Dave: And you tend to naturally wake up after each cycle?

Jerry Trumbule: Yes I do. I think I've kind of trained myself that way.

Dr. Dave: Is that irritating to you, I mean, it kind of interrupts your night of sleep, does that bother you, or is that O.K. with you?

Jerry Trumbule: It's O.K. with me because I think of sleep as coming in 90 minute packets.

Dr. Dave: Yeah, yeah, we, we know that happens.

Jerry Trumbule: I know most people are, I've read, that most people just turn over, or readjust their position or what not, and are not fully aware that they've come out of sleep a little bit, and then go back in. I generally look at the clock, take a drink of water, readjust my position, and then go right back to sleep; so it doesn't really keep me from sleeping. And I must say I don't wake up after every single 90 minute packet. Generally I wake up at around 5 or 5:30 or so, and I'm kind of feeling good about it because I'm expecting the feature length film. As these packets go on through the night, the percentage of REM sleep, dreaming sleep, gets bigger and bigger. And I have a theory that the reason the standard feature line film is 90 minutes long is to match that 90 minute, almost 90 minute, REM sleep period.

Dr. Dave: That's an interesting theory; I've never heard that, that's intriguing.

Jerry Trumbule: It's just one of my many theories.

Dr. Dave: Hey, that's why I want you on the show.

Jerry Trumbule: So, I go "OK now let's get into it," so, I fell back asleep this morning, and it seemed like instantly I was at the movies. I was in the middle of doing this show, I was wearing a headset, and I was kind of looking out a window as I was talking--there is no window to look out in my real situation--I was looking out, and the scene wasn't of snow covered Colorado where I actually live, but I was kind of up on a hill, and I could see a large concrete driveway in the front, and I had my headset on...

Dr. Dave: You know what; I should probably interrupt you here, and instruct you to, in typical California "Dreamworks" style, that now really has spread far beyond California I think. We ask the dreamer to tell their dream in the present as if it were happening now. So, it would be, I'm looking out the window. The purpose of this is to get you kind of back into the dream as much as possible.

Jerry Trumbule: OK, and as you know, I wrote this dream down as soon as I got up.

Dr. Dave: Yeah

Jerry Trumbule: So, you have my notes from then. So, I'm looking out the window, and I have my headset on, and I'm talking to you, just we're doing now. But then I notice, a huge cloud of smoke, or a pillar of smoke, rising up just beyond the driveway, and it's serious smoke--I mean it's not a little drifting, it's like a column of smoke--And I said to myself "well, this place is on fire, I've got to go". So I ripped off my headset and ran out of the room, and there I saw there was a hallway with a lot of windows, and people were all looking out the window, and they were looking at the rain that was now falling, putting out the fire, and strangely my sister was among those people.

Dr. Dave: OK now, at the risk of being irritating, "strangely, my sister is among those people." Trying to bring you into the present.

Jerry Trumbule: In the present, my sister is there, she looks at me and we all agree, kind of implicitly, that the rain is going to put out the fire. But everyone is very calm, but I'm kind of agitated having just interrupted our show, and I go back into the room where there's a large easy chair. Now I'm sitting in the easy chair, and you come into the room with a cup of tea. I'm very surprised at this because I thought you were in California, and I was in Colorado.

Dr. Dave: Yeah.

Jerry Trumbule: So, I'm saying "Dave, what's going on here," and you kind of laughed and explained that it was kind of a joke on me, that you had actually been in the next room during this, phone, blogtalk radio that we were doing, and that at some point you were going to reveal yourself, as a bit of a joke on me.

I was so baffled by the whole thing, and then a man phones in, and he says that he has been listening to the show, and he wants to talk about the fact that it was interrupted by the fire. I told him that the show was over, and that we didn't really have time to talk. Then we go outside, still in the building complex, to the parking garage, and we're walking up a ramp, and we can look down—were at the top level—we can look down at the lower level, where strangely enough there's a small single engine plane with no wings sitting there. And the vehicles are all kind of out of order, they look like they've been jumbled around. I'm starting to suspect that there was an earthquake, that there was an earthquake that created the fire. Then we go over and get in a yellow Ford Fairlane, now I couldn't even tell you what a Ford Fairlane looks like, but in the dream I knew that it was a yellow Ford Fairlane.

Dr. Dave: Yeah, it's funny how dreams work that way, where you just kind of know.

Jerry Trumbule: Yeah, so, I'm driving, and we're going down the ramp, and I'm going very slowly, we come to the next level where there is an overhead, and as we go under it I can hear the roof scraping the cement above, and now I'm convinced that the whole structure has settled because of this earthquake, and I said, in fact at that time, "see the structure has settled, it was definitely an earthquake," but you weren't so sure. While we're slowly inching down this ramp, we pass a tall man who was talking to some people assembled there, and I overhear him say that this hurricane has just occurred, and it was kind of a very surprising thing, but I could tell that he's using the word hurricane to mean earthquake. He's kind of saying hurricane in quotes. Then we continue driving, and suddenly it's night, and we go by a restaurant where we remember that we've both eaten there, and then that's the end of the dream.

Dr. Dave: Interesting, now have you reflected on this dream at all? Did you make anything of it? By the way, I want to let you know, I don't know if you had an eye on the chat window, I was both listening to the dream...plus I have the advantage, you sent it to me, so I have it written out here as well. We have a Tommy, in Finland is with us in the chat room, and it's 8:00 in the evening in Finland.

Jerry Trumbule: Hey Tommy, welcome aboard, I see you chat here. Thanks for chatting in.

Dr. Dave: Yeah, we're so happy to have at least one listener that we know about, it brings meaning to the whole enterprise.

Interviewer: So, back to my question, have you reflected on this, do you have any hits on how it might relate to your life?

Jerry Trumbule: First let me “couch” this with a few statements. First of all, I pay a lot of attention to dreams and hopefully we'll get to talk about hypnogogic phenomenon in a little bit. My belief is that dreams reflect what is going on in another area of our brain that we might call the subconscious and it kind of pops in interesting sometimes funny ways in what we call our dreams. I think you pointed out that we're aware of five percent of what's going on in our mind, our brain.

Dr. Dave: Right

Jerry Trumbule: So, I feel that this dream was a reflection of the fact that, Saturday, yesterday, I had a very busy day, and at the end of the day, I was going “oh, that's right I'm going to be on blogtalk radio tomorrow with Dave, that'll be fun, I was kind of looking forward to it. I went to sleep without any problem, so clearly the show was on my mind.

Dr. Dave: Yeah

Jerry Trumbule: That's not very insightful, but, and then the part about you appearing, and my being baffled, it reminded me of some of the practical jokes that we used to do in collage.

Dr. Dave: Oh, that's right.

Jerry Trumbule: Where people would pop in pretending to be a school counselor, or say various things. We would script these complex jokes, all at somebody else's expense of course.

Dr. Dave: Right

Jerry Trumbule: And, I felt like I was in one of those, because you were... and I was going “Dave, what are you doing here” it was beyond my comprehension that you had actually been in the next room pretending to be in California, but wanting to surprise me with the fact that we were going to actually physically see each other for the first time in, what 30 years, and it was going to be a surprise, the fire was incidental to that. And I haven't really thought about what the fire represents, clearly the show was disrupted, and I don't know what that means either. That's why I was hoping that Dr. Dave could give me some insight.

Dr. Dave: Ok, well here's Dr Dave's take on this. What leaped out at me, and I'm interested in the reflection about the practical jokes from college and so on, because I certainly remember that. One of our delights in our younger years, and now I know that we are both somewhat appalled to think back on some of the pranks that we played back in those days.

Jerry Trumbule: Yeah

Dr. Dave: Yeah

But the thing that really leaps out at me is, in fact, the fire, the hurricane, the earthquake, because those are so dramatic, and...well yeah, dramatic and there was another... catastrophic, I guess that's the other word I was looking for. And you were talking about how you feel that dreams reflect something that's going on in some kind of middle processing that maybe is going on in the background. I go a step further to say that I think that often dreams are commenting about... that there reflecting emotional realities in our lives, that they relate to things that are going on with us emotionally. Sometimes things that we're fully aware of, and that we know, yeah this is a big thing for me, and I'm dreaming about it because it is such a big thing in my life. Sometimes things that maybe we have thought were peripheral to our emotional life, and sometimes the dream can have the function of kind of bringing it more "front and center" and saying "hey, here's something you need to look at". And

Jerry Trumbule: Yea, I can accept that. As you know I have a blog called denverdirect.tv, and in that blog I'm currently engaged in a big battle with some local [inaudible] here, and I'm very forthright about what I think, and what I feel, and I say things that, after I've posted the blog I wonder if I have gone too far. I posted one recently called "queen Karla" which is about a city council representative in who I was against in the election, but who got elected anyway. So, there is some emotional involvement there, because I am trying to be honest and straightforward, but at the same time I realize that I can't just start screaming and ranting and raving.

Dr. Dave: Yeah, well knowing you as I do it's a similar—a not unrelated to what you're saying--thing that popped up for me, was not just that blog, but your other blog, "astounding news" which is really... tends to be a cry of alarm, you kind of see the world going to "hell in a hand-basket" really quick, and you're trying to alert the world to that fact. Right.

Jerry Trumbule: That's true, that's true, and recently I've been even more dire in my thoughts about becoming a fascist state. The collapse of the dollar and the world economic system, and the chaos and mayhem that will be forthcoming after that.

Dr. Dave: Yeah, now I have to leap on your use of the word "the collapse of the dollar", which to me is echoed in the collapsing parking structure in the dream.

Jerry Trumbule: Ah, uh huh, uh huh.

Dr. Dave: So, I feel a kind of parallel resonance there. So, yeah this very much fits the Jerry Trumbule that I know.

Jerry Trumbule: Yeah, the catastrophe everywhere, the fire, the smoke, the earthquake, the hurricane, and that's an interesting point because the tall man is trying to cover... everybody is trying to pretend that there wasn't an earthquake, he's using the word hurricane as a...

Dr. Dave: Yeah, I know what

Jerry Trumbule: Like a mask, of the fact that it was really a collapse, it was an earthquake, the whole structure is coming down, and we just barely squeezed through the opening to get out of the parking garage.

Dr. Dave: Well, the tall man could definitely be, kind of symbolic of symbolic of authority. We talk about "the man" and "the tall man" "the big man" the president, the king, whatever, that person high in authority. So in this dream you have the sense that the tall man or "the man" doesn't speak plainly.

Jerry Trumbule: That's right, and as I think about it, I'm imagining that he might have been the head of the Federal Reserve Bank, or maybe the Secretary of the Treasury, or something like that. Not in the dream, but I think maybe symbolic.

Dr. Dave: Yeah

Jerry Trumbule: He's going like "some kind of hurricane, but no earthquake we don't have to worry about that." That's exactly what they're doing, saying, "oh, the housing bubble is over, and we don't have to worry about that, and instead we're going to have this new program where you're teaser loan rates will not be adjusted, and you'll have five years and so, this is not going to have any affect." Just like in the dream it didn't change the fact that the parking structure was collapsing. I think you're onto something there Dave.

Well, that's great, and I also see that we have a regular Shrink Rap Radio listener here. Susan G. I just want to say "Hi" to her in the chat room.

Jerry Trumbule: Yes, Susan, hello.

[laughter]

Dr. Dave: I think I recognize that name from e-mails in the past, and so it's great to have you here Susan. I also see guest number 126; let's see if they can maybe identify themselves.

Jerry Trumbule: Dave and another thing I was hoping that you would mention. I think that to a lot of people the call in feature involves a long distance call.

Dr. Dave: That's right.

Jerry Trumbule: Maybe they are not fully aware of Skype and the fact that, I think it's \$14.95 will buy you a whole year, if you live in the United States, of free long distance calls. So for some that might be a solution, to go ahead and get Skype, that's SKYPE, download it for free, try it out, and see if that will provide a mechanism for calling into places like this show.

Dr. Dave: That's right, because that's how both you and I are calling in, and we've paid our \$14.95 for the year, and after having made that pretty reasonable payment, we're both calling in now to New York, me from California, you from Denver, and we're calling in for free. And you and I talk on a regular basis, all the time, for free. It actually turns out to be a better deal than talking on our cell phone I find. I have just reduced my cell phone plan, it was on a 900 minute a month plan, and I use Skype so much now, I rely on Skype, that I cut down to the 400 minute a month plan.

Jerry Trumbule: I went even farther than that, I got rid of my cell phone.

Dr. Dave: Oh, really, OK then, I won't try calling you on your cell phone then. That's good to know.

Jerry Trumbule: It just seemed like I wasn't using it once I got Skype. Of course, right now I'm without a laptop, so I'm kind of stuck here at my desk, at the desktop computer but, with a laptop and Skype, and a WiFi connection, you can phone from anywhere you are, that you have your laptop, and call anybody, actually anybody in the world. There will be a charge for some connections.

Dr. Dave: Yeah, I see we have someone else has just joined us, Diane R. I'm not sure if Diane is a regular Shrink Rap Radio listener or not.

Well, getting back into things psychological, you mentioned in the context of your dream, you said something about hypnogogic, so let's talk a little bit about hypnopompic, and hypnopompic dreaming. Do you want to say something about that?

Jerry Trumbule: Yeah, I once had an interest in this, and I should first explain that these words are used to describe an experience that can happen as you're falling asleep, or as you're waking up. Hypnogogic being the one where you're going from wakefulness to sleep. The other one is hypnopompic, is that it Dave?

Dr. Dave: That's right, that is when you are coming out of sleep into the waking state.

Jerry Trumbule: Yeah, well, I've been playing around with these things most of my life, and I think I've developed something that may be of interest to other people. I don't think I was the first one to think of it but, what I do from time to time, usually when I'm when I am ready to go to bed but, at first I did it when I was not actually sleepy or tired. I would get into a comfortable chair and close my eyes, I would have no music playing and no distractions. What I would try to do was to look into the void. Usually when you

close your eyes you stop trying to see, you stop looking, but in this case I'm actively looking out into the, what at first appears to be just darkness, because I am in a darkened room. So, I just sit there, and I keep staring into the void, and eventually--and I think with practice it takes less, and less time—eventually I start noticing that I'm seeing texture in the void, I'm seeing kind of a dark velvet green texture, and I'm seeing it swirling around a bit. As an aside I should tell you that, I've also noticed incidentally that what I see in the void is directly related to any drugs that I may have taken, especially alcohol, if I've had a drink, and then I try this, instead of this... amorphic kind of velvet background, I see shooting stars, I see streaks of light going across my visual field.

Dr. Dave: And this is pretty reliable, huh?

Jerry Trumbule: It was for me, but I quit drinking years ago, so I don't see that anymore, unfortunately, but I'd see a lot of it. What I think you are, quote, actually seeing, is your retinal activity without light coming in. So, your little retinal cells are sitting there, are waiting for some light, and no light is coming in, and they have this level of spontaneous firing, and so occasionally you'll see a little pixel go off here or there. But what I see... first of all I want to mention that I see two distinct eyeball areas, I don't see a unified field of vision. I can almost see... sometimes I can imagine that I can see my nose at the bottom; I'm actually peering out of these closed eyeballs. Then after awhile the nondescript background starts to take on shapes, I start to see patterns, I start to see rivers of color, muted at first, but growing stronger as I sit there longer and longer. At this point and time I imagine something I want to see, like a particular person, or place, or object. With great regularity it will appear, but it's always a surprise. Let's imagine I'm trying to see a face, well, when it appears it's not like a mug-shot looking right at me, sometimes I'm seeing it from a side, or from above, or at a strange angle, sometimes I'm seeing the whole person from the back. It doesn't seem to be under my control.

Dr. Dave: Is it necessarily the person that you set out to see, or might it be a different person?

Jerry Trumbule: That has happened, it's usually, it is the person that I set out to see, but sometimes somebody else pops up. And sometimes, and this isn't 100 percent by any means, sometimes things, objects, people, pop in with startling clarity, in other words, if it's not just shifting dark velvet it's a crisp photograph, a crisp, not a photograph, a crisp object. Sometimes the object is something I wasn't even thinking about, it could be a car, I know this is kind of a hacky thing, but I've actually seen a toaster.

Dr. Dave: Flying toasters, right.

Jerry Trumbule: I actually saw a toaster, and they cruise by at their own speed.

Dr. Dave: Now, are you asleep at this point, would you say, or not?

Jerry Trumbule: No, I'm not asleep if somebody came into the room, I would hear them coming into the room, I would open my eyes. It does require, for me, five to ten minutes of looking into the void.

Dr. Dave: Well, I think that's a kind of talent that you have. I mean, you've described this to me before and I've tried it, and it doesn't work for me. So I'm a little jealous.

Jerry Trumbule: Well, what do you see when you look into the void.

Dr. Dave: I see the void.

[laughter]

Jerry Trumbule: Does it have any texture, is it all the same?

Dr. Dave: Well, you know, I see...I see black, and then maybe I see some little lights. Now, I recall when I was younger, like when I was in my teens, there was a whole fireworks show going on that I used to watch, and I don't seem to get that vivid experience anymore, I'm not sure why. But unless I'm in the process of going to sleep I don't get these hypnogogic images.

Jerry Trumbule: I think when you're first starting out, you should do it when you're not tired, and you should give it at least a half an hour, now I know that's a lot of time, just to be sitting there looking into nothingness. I think everybody can do this, in fact I've told people that over the years, and I've had people try it. Some people have reported success, others have... ah, one person in particular said she was frightened out of her skull when she did this, and I said "well, what do you mean" and she said "well, I started seeing things, and then I felt like I was rushing out, myself, into the void, and that I wouldn't be able to come back.

Dr. Dave: Yeah, well, this may relate to the out of body experience that some people have. Right.

Jerry Trumbule: I think it could.

Dr. Dave: And also last week, I know that we were talking a little bit about alien abductions. I just want to slip in, somebody reminded me of that name that I couldn't think of last week, it's Dr. John Mack--who was a psychiatrist. Unfortunately he died I think sometime in the last year. I actually got to hear him speak about the patients that he worked with and who he studied very closely about alien abduction, and I have to say, he didn't seem nutty, and he didn't find the people that he spoke to, to be nutty. But anyway, back to your experience.

Jerry Trumbule: Well, I'm glad you mentioned that, because I recently met such a person, and she was totally convinced that she had been talking with aliens, and had been taken away, and...well anyway. To get on with this hypnogogic, or hypnopompic experience. What I think happens is that, since you're normally, when you close your eyes you stop looking, you're basically cutting off the input from your inactive retinas. In this case you're trying to see even though you have your eyes closed, and your retina is

starting to go into sensory deprivation, it doesn't have any input, so it's looking around for something to see, finding nothing, it's at some level—now I don't think it's at a retinal level, but I don't think it's at a higher brain level—at some level it starts to invent it's own input. I think this kind of thing is reported in people who are undergoing sensory deprivation.

Dr. Dave: We may have another caller, Jerry, and so, I'm going to interrupt you, just because that's the first time that's ever happened. Do we have someone on the line here?

Susan G.: Hello,

Dr. Dave: Hi, who's this

Susan G.: Hi, this is Susan.

Dr. Dave: Hi, Susan, is this Susan G, that we saw logged into the chat?

Susan G.: That's right. I must tell you that this website has the best hidden play button I've ever—could ever imagine—I'm visually impaired, so I have been all over that friggin page trying to find that play button.

Dr. Dave: Oh, my goodness.

Susan G.: But I did.

Dr. Dave: Now, the play button was what, the button that let's you listen to the show?

Susan G.: Yeah, I had everything set up, but nothing would play until I hit that button, it didn't automatically play, in other words.

Dr. Dave: Why don't you send me an e-mail about where it was, and then the next time we are planning one of these I'll try to remember to describe that to other people.

Susan G.: OK

Jerry Trumbule: Susan, this is Jerry

Susan G.: Hi Jerry.

Jerry Trumbule: I was going to say, don't feel bad because I couldn't find it either. If you heard the first part of the show you'll know that I was struggling to get where you are right now as well.

Susan G.: I see, I see. Well, I have something to add also to your discussion.

Dr. Dave: Excellent

Susan G.: ...about two or three minutes here. Since I'm visually impaired, and this is fairly recent, the last couple years—I get to experiment with my brain changing, you know adjusting to things. So, you were talking about, basically as you close your eyes your retinas and you mind start doing different things right.

Dr. Dave: Mmm hmm.

Susan G.: And that's happened to me quite a lot. It usually comes in the form of faces like as in Greek culture type faces. Not faces I know, but almost like going to a museum and looking at different faces, that fade in and out.

Dr. Dave: Do you have control over that; can you walk around in the special dimensions in that experience?

Susan G.: I think I can turn the faces around, that is I can make them go to the side or to the front, but I haven't tried that.

Dr. Dave: Do they ever start talking?

Susan G.: I don't think so.

Dr. Dave: Next time you have that you might try communication with them and see if you can get them to tell you something.

Susan G.: I'm not sure I want to know.

Dr. Dave: Yeah, I was going to say, I want to make sure that you felt comfortable with that.

Susan G.: Yeah, I mean, the first time it happened I was surprised. Actually there's a name for this, Charles Bonnet syndrome. Have you heard of that?

Dr. Dave: No

Susan G.: Well, it's something that occurs, I think fairly frequently, if you do a web search I think you'll find it at--mdsupport.org, I know has a page of discussion about it.

Dr. Dave: What's the "it"? What is the "it"?

Susan G.: What, the "hit"?

Dr. Dave: No, the "it", what is the "it" that it's going to describe, what is the syndrome?

Susan G.: Oh, the syndrome is just basically that you're...even though you can't see things there are things that appear. Like you may misinterpret something, or a tree looks like a person, or you see a movement, and you over interpret it as maybe a dog, or a bear. And so within the part of the field of vision that you're not seeing, you may have some type of apparition appear, and you apply and interpretation to it.

Dr. Dave: So, in other words this is in the context of visual loss, or visual impairment, that, stuff is getting filled in. That's interesting because there's a similar, just slightly similar thing that happens.... Oh, I just heard a little echo; does somebody have their speaker turned up?

Susan G.: Oh, it's mine.

Dr. Dave: OK, I'll try...do you have headphones you can put on?

Susan G.: I'll just turn it off.

Dr. Dave: Are you still able to hear me?

Susan G.: Yes I am.

Dr. Dave: OK great.

Susan G.: Yes, I'm just on the phone.

Dr. Dave: Yeah, I'm still getting a little echo, but that's OK. I'll just try to ignore it. And, yeah, I've had some hearing loss, and what happens...and so I suffer from—now I'm going to block on the word—the ringing in my ears, it's called...

Jerry Trumbule: Tenitis

Dr. Dave: Tenitis, thank you. And, so I have Tenitis, and the way the Tenitis works, according to at least one theory, is that the frequency that you lose, is the frequency...is that frequency that you hear. So in other words, I have lost hearing at the high-end, and so I hear this high-pitched ringing. And so the brain is somehow trying to fill in for something that has been lost. There almost sounds like there is a similar thing happening with vision.

Jerry Trumbule: Yeah, and I have the same thing Dave, as we've discussed, probably from loud "rock and roll" in my youth. But, I also wanted to recount an experience that I had when I used to work in experimental psychology labs. I had a sound-proof room, where I had individual chambers for rats to press levers. And we had loud white-noise piped into that room. So, if I had to go in there and work for, say, a half an hour, or an hour, I would hear the most amazing things. Clearly, and distinctly, I would hear someone calling my name, and I would look around, and no-one was there, and the door was closed, and nobody was calling my name. So, I kind of got used to hearing those things in the field of white-noise that was actually being delivered to my ears. It kind of goes back to the idea that our brain, not getting its regular input from our senses, invents its own.

Susan G.: Yeah

Dr. Dave: Yeah, well, you know, that state that we have been talking about, the hypnogogic state, some have described as a doorway into alternate realities. And

whether you want to think of that as alternate realities that exist within the brain somehow, within the unconscious, or that there are somehow alternate realities out there, of course that's kind of an open question. But Immanuel Swedenborg is a famous Swedish mystic, who I think it was...

Jerry Trumbule: Could you spell that Dave?

Dr. Dave: Ah, Swedenborg is SWEDENBORG, Immanuel Swedenborg.

Jerry Trumbule: OK

Dr. Dave: And I forget what his dates would be; maybe you'll go on the web and let me know. You could probably go to Wikipedia and get some info on him. He was a statesman, I believe, a philosopher I believe, and something of a scientist for his era. And he used the state, as have some more modern scientists, have cultivated the kind of experience that you're talking about Jerry. Kind of cultivated being able to hang out in that space between wakefulness, and sleeping. Now, what happened with Swedenborg, and evidently, he wrote one or more very long volumes about a whole, sort of, universe, that he discovered in there, with a hierarchy of beings that went up thorough various levels of angels, down to various levels of demons, I believe. I've only read about this second hand, and I haven't read him in the originals. So, I apologize for that. But it's interesting that this is a very fascinating, as I say, doorway into some potentially unusual experiences to say the least.

Jerry Trumbule: Yes, I have him up her on Wikipedia now, quite an interesting guy. He's written a number of books as you point out, one called Heaven and Hell, and apparently he believed that he could freely visit heaven an hell, and talk with the angels, demons, and other spirits. Then he wrote 18 theological works, and described this experience.

One more thing that I want to add to the discussion here is that in my playing around with the state, I think I have determined that it is separate from the "theater" in quotes, of the minds eye. I've tried to imagine something, while I'm in this state, and I can do it, but it's on a different screen, it's not the one I'm peering into, it's somewhere in the back of my head. And I call it "the minds eye" where you can just conjure up an image of something to look at, but not necessarily going through the hypnogogic approach.

Dr. Dave: Yeah, you know, the other thing that pops into my mind is, sort of more recently, but also deceased is, John Lilly, I think he was a psychologist, I know he was a scientist of some sort.

Jerry Trumbule: Yes, yes he was.

Dr. Dave: Yeah, and he experimented with LS... first of all with sensory deprivation and would...ah developed... I don't know if he invented it or not, the technique of immersing oneself in a tank warm saline water. We have another caller, and we have

only seven minutes left. I want to bring in this other caller. I'll just finish my sentence before I do. Lilly also--I don't know if this happened to him without LSD, or just when he took LSD--but he had quite a few very interesting experiences floating in the dark, during conditions of sensory deprivation, and on some of these he was also taking LSD. And he also talked about another realm that he entered into, where there were beings of various sorts.

Jerry Trumbule: Let's see who's on... who this other caller might be.

Tom: Dr. Dave, can you hear me?

Dr. Dave: Yes I can, who do we have here?

Tom: It's Tom Barbolle

Dr. Dave: Oh, Hi tom.

Tom: Yes, it's me. This is an amazing synchronicity actually, because I had one of these dreams this morning.

[laughter]

Tom: And what I found—oh, it's not really a dream--but whatever one would want to technically call it. What I found, kind of deconstructing the events, was that it only left me with partial information. It was really in that coming awake state where I filled in the gaps. And what I've found fascinating was, I then went and verified the information, and there were actually connections, which I've found through this experience, which I must have been aware of on some conscious level, but it only came to me in emerging from the dream, and then reflecting on the dream experience. Now, my immediate response was to e-mail the parties involved, and of, I'm fortunately very electronically connected so email was the immediate thing. But, as you've both noticed, there's almost a psychedelia to this type of experience. So it's very difficult to communicate this kind of thing on a technical level. In tune to the deconstruction, and the emergence from the sleep state to the awake state, and the reflection. What are your collective thoughts on that?

Jerry Trumbule: Boy, that's a good one. I'm loving this discussion, by the way, I have to step back and say that. It's great that you folks are participating like this. And I also derived information from these episodes. Whether or not I act on the information as you did, and try to get in touch with people...

Tom: Oh, I didn't act on it; I reflected very quickly, I am not still cultivating whether or not I should act on it. So that's really the second part of my question.

Jerry Trumbule: OK, well I'll be interested to find out what happens if you do.

Dr. Dave: Yeah, I can tell you that, that's certainly an important component of "dreamwork lore", is to take that step, and to move it into the world of action in terms of growing from one's dreams. Sending a message to the unconscious that hey, I take what

you have to say to me seriously enough that I am going to move it into the real world, either by taking literal action which is not always appropriate of course, or by taking some kind of symbolic action, but action nonetheless. So, that's something to think about. Some of this thinking goes back to reports of Senoi dreaming, the Senoi being a Malaysian group who was reported--kind of an aboriginal group—who's was reported to have dreamwork be a part of their daily family and communal ritual, and so if you dreamt ill of another person, in that culture you are supposed to go and give that person a gift, as a kind of undoing.

Tom: Hmm

Jerry Trumbule: Yeah, I want to toss in another thought here, I often use this to speak with people who have departed the current reality. Relatives and friends of mine who are deceased. And the interesting point for me is that, they generate their own speech, their own communication, it's not something I'm thinking about. And sometimes they actually talk to each other, and I'm just an observer.

Tom: Certainly I have had that experience as well. I think what's fascinating is the ability to gain real world insight from it. And this is the point that I've always found confusing. I mean, is it just a situation where we observe things in a kind of jumble, and only in this state can we resolve them for ourselves? Or do you think that there is a kind of deep...kind of oneness with the universe? What's your thinking with regards to this?

Dr. Dave: Well, my thinking is that, that's a worthwhile hypothesis, and one to explore at least at an experiential level if not an experimental one. Jerry.

Jerry Trumbule: Yeah, I'll tell you the truth, I don't know what to think of all of this. As you know I am kind of a hard hitting scientific type, and yet I really enjoy these forays into the unknown, and I mean to me I'm also a videographer and a filmmaker, and I have actually had a cast of people on my hypnogogic stage talking to each other and saying things. And then I've also been able to say "Oh, wait a minute, let's do that over again" and then they all go "OK" and they will replay the scene.

Dr. Dave: I have to cut it... Unfortunately I have to cut in here, I'm getting a signal that there is less than a minute remaining.

Tom: Oh no.

Dr. Dave: Yeah, Tom, I hope you weren't hanging out here too long before I noticed that you were trying to get in.

Tom: Not a problem, good talking with you both.

Dr. Dave: Yeah, thanks so much for joining us, and hopefully we'll have a chance to do this again, and Susan also, I want to thank you.

Susan G.: OK, well, you know this was the question I wanted to ask.

Dr. Dave: Right.

Susan G.: So, we sure timed it right.

Dr. Dave: Oh, excellent, excellent. So, we'll have to do this again and so, I wan to thank anybody else out there who didn't call in, or didn't send a chat message. We valued your presence, nonetheless. And Jerry, thank you again for your willingness and openness to doing this.

Jerry Trumbule: Hey Dave, I love this show; I think it's taken off.

Dr. Dave: Well, maybe we'll have to make it a regular feature. I think, I think maybe we will.

Jerry Trumbule: Alright.

Dr. Dave: Yeah, we'll have to do that. So, let's see I'm seeing a count down clock here, we have 42 seconds left. Is there anything else you wanted to say in 38 seconds... in 35?

Jerry Trumbule: Ah, yeah, I just want to reiterate what I just said, I think you need to keep this dialog going. And I'm thinking of using it to branch out into other areas completely. The blogtalk radio I think is just a natural, Let's do it again

Dr. Dave: OK well I'll look forward to that.

So, this is Dr. Dave and Jerry Trumbule saying, ah, that's it for now, and inviting you to SrinkRapRadio.com or itunes to listen to the 123 other episodes that are up there.

Jerry Trumbule: It's all in your mind Dave.

Dr. Dave: We didn't get that in in time, I forgot, you've got to remind me.

Jerry Trumbule: So there you have it, Shrink Rap Radio Live #2. We hope you found it informative and entertaining, we're doing it again next Sunday December 16 at 10 am pacific time. You can tune in by going to [www. Blogtalkradio/shrinkrapradio](http://www.Blogtalkradio/shrinkrapradio). It's a good idea to register on the site before-hand so that your name will show up when you join the chat. And I'm not quite sure where you can find the chat, but there is a chat window that you can open once you're there. And if you wan to call in, which would be wonderful, the phone number to call is (646)595-4286, and that is in New York city. Now as Jerry pointed out, if you join Skype at www.skype.com, for a year for \$14.95, if you live in the U.S, you'll be able to make all your long distance calls in the U.S. and Canada for free. And if you live outside the U.S, there is a comparable charge, and then you get a very small per minute, long distance charge as well. Now in next Sunday's Shrink Rap Radio Live show, Jerry and I are going to try our hand at doing a guest interview, and our guest will be Shrink Rap Radio listener and podcaster in his own right, Tom Barbolle, who you have call in at the tale end of this show. Tom is very knowledgeable about artificial life, and artificial intelligence, and such topics, and it will be fun to learn what he has to share with us. Now I'm going to take time to read only one email, and it's from Susan G. our other caller on today's show. She sent it shortly after

the show, and it reads as follows: “Dr. Dave what fun to talk with you, I’m now sitting in front of my wood stove glancing at a cloudy silvery snowy landscape, first covering of the year here in Arizona. The blogtalkradio.com is frustrating because it’s full of ads and links of other shows. I finally tapped about 20 links down the page to something about “live” and 47 minutes remaining, and eventually found the “play button”. I had expected the audio to start as soon as I logged in, as the previous show had played automatically. I went through the registration process yesterday, rather painfully, lied about my age, but did get the screen name. Another simpler chat set up I use is at <http://excessableworld.org>, which has interactive microphone and replay of there book clubs. Another piece of advice is to have some way to try audio volume and quality. Your show was too low in volume, relative to my screen reader voice, but I could not find my”...I can’t quite understand... The sentence reads “I could not find my speakers that were definitely needed.” Oh, I see so you have some other speakers that you couldn’t find. “It might be that headphones would work better.” I don’t know that I have much control over the volume on your end, and I’m wondering if in fact you went to... I think if you go to the URL, maybe you should wait to sign in until... you know.. maybe 10 seconds after the top of the hour, and then sign in so that we’ll know that it’s underway, and go straight to [blogtalkradio/shrinkrapradio](http://blogtalkradio.com/shrinkrapradio), and indeed, you should hear the show playing once it’s underway. So, I think it can be much simpler; I’m not sure why it was as difficult as it was.

Then Susan goes on to talk about our hypnopompic discussion. She says “After the hypnogogic discussion, I realized why the faces I see are like Greek, or Roman sculpture, without finding detail of age lines, blemishes, and much color. The faces are abstractions of everyday faces that I have known, but no longer see in much detail, except in certain light settings. The affect is rather eerie, as the faces come out of the swirling cloud, last about a minute, and then dissolve back into the cloud. Knowing of the Charles Bonet syndrome, discussed at <http://indysupport.org>, I was not surprised or upset, but just interested in what to make of the faces. However, I’m now reading time travel books, and do wonder if the faces might pull me back a few centuries. I enjoy the exploratory and guided podcast.”

Hey, thanks, I’m really glad to hear that you did. That’s the first bit of feedback I’ve had on it I think.

Dr. Dave: “Thinking about how I would interact with the exhibits, one of the hardest things about vision loss is being left out of visual cues of emotion, and action, which often irritates myself and others in any group; for example, introducing myself twice, or thrice, to the same person, speaking out of turn, and missing cues, not to mention suffering at buffet challenged meals. I wonder if there could be an exhibit that could interact with people who lack the usual social cues; for example, communication without eye contact, or with a person staring at you.”

Dr. Dave: Boy, I certainly feel for you with the visual challenges that you're dealing with Susan, and I can only imagine those difficulties. I have had a minor version of that, with some loss of hearing that, you know, will probably be progressive. But one of the reasons why I had to retire, was it seemed like our students, particularly my female students were talking softer, and softer, and I would keep asking them to speak up, [laughter] and they’d try their best, but they couldn’t seem to speak up enough, and it was

embarrassing to me. And I began to think that maybe people were joking about it behind my back or something like that. So you know, I definitely understand how dealing with a disability can raise all sorts of complications and psychological challenges.

Susan G.: She goes on to say “My more general question is about studies of plasticity of the brain taking over the functions of different senses. Its totally amazing me that I can read using a synthetic voice, and yet the brain is so wired for speech that it reacts as if synthetic voices had gender.”

Dr. Dave: That’s very interesting. She says “I hope my web difficulties point out some ways to improve the live Shrink Rap Radio, it was great. Susan.”

And I believe Susan has a blog here, she’s given us the address, so please check out Susan’s blog at <http://asyourworldchanges.wordpress.com>. And, Susan, we're beginners at this, Jerry and I, and we're just figuring out the blogtalkradio as we go along, and certainly it’s taken me two years to figure out how to do my regular podcasts, and I feel like I’m finally getting on top of that process. I’m hoping that it doesn’t take that long to get proficient on blogtalkradio, but we're having fun with this format, and I’m really hoping that more and more of our regular listeners will come and join us in the interactive format. And if you're not able to come and join, us I hope you are enjoying the replay that I’m providing here. If not, just skip then just skip them and you see them in the feed. So with that I’ll wrap it up for now, and I’ll put out another podcast later in the week, one of our regular podcasts. So remember you can send emails to shrink@shrinkrapradio.com, you can leave messages on Skype, where our name is “shrinkpod,” Tim left me a nice long message there, which unfortunately got damaged, so I didn’t get to play it, or even hear all of it, but I heard most of it, so thanks for that Tim. Remember you can also leave voice mail for me at (206)337-0622 as always I’m grateful to podshow, and godaddy.com for their sponsorship.

Dr. Dave: So, for now, this is Dr. Dave saying “It’s all in your mind.”