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00:13

Welcome to the scholar man's project. I am your host Troy the devil man. With every episode, we endeavor to bring you fascinating interviews with guests, and topics from all corners of esotericism. You can find links to all of our episodes, show notes, information and events at scholar man's dot ca. Score limits, Aspire, explore, inspire. Our guest this evening is a friend of mine, and an interesting character for sure. NAT jack. Now Nat is a world traveling teacher and student and underground rock from Bruegel, known for his poetry and spirit fueled psych rock stage shamanism with his music project, lucid afterlife. He's also a life coach using unique method of bringing dreams into reality and finding success in more than just the goals of mainstream programming. Matt jack, welcome to Ask the occultist. Thank you for being here. Yeah, thank you, Troy. Thank you so much. I'm excited to be here. Man, you look good. After a year of lockdown. You're looking great. You're smiling. You're happy, you're healthy. That's great, man. Now we do happen to live in the same city. But unfortunately, for safety reasons we're not meeting. So still doing this on zoom. And that gives us an opportunity to have a few other folks present and watching. Thank you all for being here this evening. Now, net. We've known each other a while we met. How did we meet? Do you remember? You meet me through friends or through Freemasons or an event? I can't even remember we met



02:06

at large if not grand? Me Sonic de could have been Yeah. I don't know. I met you somewhere else. I'm pretty sure among the many awesome things that have gone down but and



02:18

I've known you at least a decade probably 12 maybe maybe 1415 years. We've known each other.



02:23

Yeah, close to a decade. I'm sure time does fly by. Yeah. When I did get when I was initiated into masonry. I had short hair. And it's been going since so I don't know if that timeline right there you have it. You haven't cut it once in a decade. So I got it. Very occasionally. I give it a small trim on a full moon. Yeah. But I don't know I have not cut it.



02:47

While you're you look like rock and roll over there. I used to wear my hair long in high school. I did. But once I got into the straight life straight career, I was never able to have the gramma grow it out again. My hat's off to you. How do you describe what you do to somebody who doesn't know you? Like I read your intro? But what about like, how do you explain yourself to somebody who's never met you? And you're, they're like, Oh, hey, Matt, what do you do? everybody's like, Well, my job is x and I'm interested in y how do you how do you introduce yourself at that point,



03:20

you know, explaining myself is an interesting paradigm but I would say I'm doing whatever I want whenever I want making it work and bringing those along with me for as long as they need for whatever they need living in the moment man and it's worked out and I suggest giving it a shot



03:43

I do what would you describe yourself as a psycho nor do you use that term?



03:49

So that's you know words in jet I was listening to the other day about the extra Manley p

Hall on language and words in general are not my my my my favorite phenomenon or or or form of magic or anything but in the scientific term I would be more of an own area not because I do love the realm of you know the astral the lucid dream a psycho not Yeah, I guess you that could be another thing But whatever it is, it's not what I am. I'm just you know, I'm I don't like being categorized I feel that limits me. And it makes me direct my attention away perhaps from something that I could be missing. That's of a more broad scale.



04:34

For people who haven't heard your music. lucid afterlife is not just your project, but you share that project with a number of folks describe describe what lucid afterlife gets up to musically.



04:49

So lucid afterlife in its lifetime. I've had a lineup working with me multiple different guitarists, we've been on tour internationally and sometimes you've picked up guys off the street. And brought them to the play the next day. lucid afterlife is kind of like a ship. It's a pirate ship of psychedelic rock and roll mysticism. I experience dance and theater that I kind of Captain and I kind of produce, but it's always changing, always experimenting, our shows a lot of our music is made up in the spot, as well we do have our singles and we do have our things that we do maintain. But I would say it's more of a it's more of a pirate ship than it is a band, it's more of a an idea that that people gather around that are there for it at that moment.



05:34

And it was listening again to your music today. How would you describe you know, the the core drive for your music is it you know, your your love for for rock and roll or psychedelia or you know what drives it.



05:51

The earliest stuff is extremely driven by lucid dreaming and astral travel. It's inspired by the teachings that I've received, or inspirations that I've received an out of body experience. So it kind of it really stemmed from that and a way to communicate and speak my poetry especially when I started the band in my 20s when it was a very

explorative time in my life and really getting into things and hearing about things for the first time and switching my whole demeanor. My whole psychology went through a whole flip from you know, doing drinking all the time partying all the time getting in trouble getting locked up, saying Well, hey, you know what, there's more to life. And I'm demanding that more I'm going on this journey. And lucid out to life was almost like a diary. For me, in that time, you know, seeking the light.



06:42

So you've said the term lucid dreaming a few times to expand on that a little bit.



06:47

So lucid dreaming, is when you're in a dream, or non wake state, of course, but you're very clear and lucid and aware of what's going on, even to the point where you can start to manifest things take control of the scenario. lucid dreaming has, since I was a child have been a very large part of my life just naturally. And it reinstated itself during this loose adapted life birth period. And it really kind of helped me guide and find my way go into my subconscious go into my inner self and and seek individualization through these symbols and so forth



07:24

in the dream. Now, you teach lucid dreaming, do you not?



07:28

You know, I'm the I like to leave conversations and lucid dreaming because I'm still learning. I'm a constant student, there's so much to learn. I'm always Mind blown by the things that I come across in my lucid dreaming adventures. I do teach basic instructions we have I've had workshops around the world, in Peru, Mexico, North America, festivals and so forth, where I give basic instruction on how to get to a lucid state. And if not lucid state and also a very vivid state and how to just work with your dreams and make them more a respectable part of that 24 hour cycle. Right. Right.



08:04

So without giving away the farm, can you give us a lay down, drop down menu on lucid

dreaming, you know, what, what are a couple things do I do I need to do? Should I orient my bed? So my head is facing north? should I? Should I drink some mushroom tea before I go to bed? What should I do if I want to be capable even dream state? Okay,



08:25

you know, you need to truly want it it's a matter of will. That's the main you know, whenever a child comes to a workshop, I take them aside I say listen, go home. And before you go to sleep, have a plan to look at your hand in your dream. When you look at your hand, you will be able to do anything you want. I don't say anything more to the children. Because they don't need more. They don't need scientific rigor, normal healthy with Alan Ray rigamarole. Yeah, yeah, they don't need that. Because they hear that they believe it, they have imagination, it's there. And they're gonna achieve that. And that's how I achieved my first dream as a child, as I was told that, that's what started it. So when you're teaching an adult, you there is lots of different techniques like waking up at a certain time working with your REM cycle, counting down visualizations. There's lots of lots and lots of advanced techniques. But I think the easiest way to do it and do it without trying is to develop habits. Both lucid dreamers will call a wiser word escaping but a dream test. You know, I mean, like the classic one is grabbing your finger and trying to point it to your hand. And in a dream state pretty much all the time your finger is going to go all the way through in the waking state it's not. So if you're practicing this say every hour every day, or every time you turn a doorknob or every time your phone rings or every time you smoke depending on what your habits are, and practices with habits and it might damage your habits will come to your in your dream and you'd be like whoa, whoa Whoa, wait a minute, a, I'm in a dream. And then you can totally take that opportunity to go further from there.



10:06

Yeah, the The advice I was given is a number of years ago, maybe even before we met is that it every moment that you're conscious of it, when you touch a door, you should ask yourself the question, am I dreaming? And that way, in a dream state, you know, you'll touch a door, and you'll ask yourself, Am I dreaming? And that's often enough to trigger that lucidity. You know, now you're conscious of it. It's I've only had mixed success with it. But I've always, anybody asked me, that's the only thing I ever tell him. It's like, well, I'm no master at it. Here's what I can suggest. And then, then the next thing I'll say is I have a friend that now you should look them up and, and ask him about it, because because he has these ideas about lucid dreaming. So why what's the advantage of lucid dreaming what other than, you know, ultimate creativity in an unconscious



10:54

of naming, and it gives no advantage. lucid dreaming is a right, it is. It's the lunar side of our solar existence of our existence, you know, we live a lot of our time and that solar and that masculine energy, and that upward triangle in that rational controlling state of mind. And we really, especially in this day, and age, and this global tribe that we live in, we don't pay respect to that lunar side, the feminine side, the passive side to the subjective side, the ISIS side, to the veil that he is not going to lift for you. It's all everything you need to know is there, but it's not going to lift for you. It's the past of a class of it's the black of black. So lucid dreaming has no advantages. lucid dreaming, is a part of who you are, it's a part of who we are as human beings. So simply not taking part in this right. And this particular sense that we have, like your vision or your your smell, or your taste, it's a disadvantage, the advantages of it are, as it were the advantages of hands. Right. And so I tried to really impress that upon myself. So I can give it that respect and giving it that respect is somewhat of a ceremonial, a ritualistic practice to bring back because we've ritualistically forgot about her, we've ritualistically forgotten about dreaming through our cultural and our social programs that have pushed us another way, you know, which has practical purposes for being focused away from the dream mind. But the minute we wake up Troy in the morning, and I'll say this, even for myself, most days, we don't think about what just happened in our dreams, you think about all I got to get to work, or who messaged me, or what's going on on my on my Facebook, we're immediately out without respect for that lunar feminine aspect of the subconscious mind. So, to digress back to that, it is not an advantage. It is simply part of who we are got a



13:03

question from one of our attendees, is it possible to lucid dream without actually knowing it



13:08

is possible to lucid dream and not remember that you did you know when we sleep, we don't release the chemicals that are responsible for short term memory. And this is based on science. Science is always changing. Understand that when any whenever I speak but science theory, but it's a practical thing to think about. Now, you're not releasing these short term memory chemicals. So that's why sometimes when you wake up in the morning, and then you go back to sleep, and you wake up and you start doing that you're going to have more profound dreams because you're getting those chemicals immediately upon waking up. So being lucid in a dream is when you say that word, at least for me. And that

word belongs to you as much as it belongs to me. But when I'm saying when I'm lucid in a dream, that means I'm very aware, I'm totally in control. And I'm working towards doing whatever I see fit and letting my imagination and go all the way so that's your question. You know, I don't I don't believe so in my work in my definition.



14:03

Now, it's pretty common that people approach me all the time. And they're like, Well, you know, what, what should I start doing? For my personal practice? What? What, you know, what's the first thing and what I always tell people and I'm constantly telling people this keep a journal, but I also tell people part of keeping a journal is keeping a dream journal. Is that something you do and is, is being lucid while you're dreaming and helpful? I guess it would be because you're consciously awake, you're able to retain more even though like you say it's not short term memory isn't isn't necessarily catching as well as it does during the wake state. But do you keep a dream journal? Do you think that's a useful tool? And is this a helpful practice to people who are interested in keeping a dream journal?



14:48

Yeah, the dream journal is fantastic. Because you know, especially building the habit because you're going to wake up some days and you're gonna remember your dream and it's going to be you're on a candy cane and space and Jimi Hendrix offered us some acid And then all of a sudden you were in Mexico and your old boss was there. And all these things when you wake up, they're going to make kind of sense to you, you know what I mean, but then they're going to your sensical mind is going, that's nonsense, I didn't see that. That's not that's gone. So if you jump up, and he get your journal, and you start writing it right there even but even if you forget it, you can go back to it, and that'll spark things up. You know, so I use my dream journal almost every day. There's other ways other than the dream journal that's using mnemonics, which is another thing people we can talk about later. But the dream journal is the primary tool of the dreamer. And in my mind, that dream, that's the primary tool of anyone working with any mysticism as the journal, the journal is going to help us catch that moment, because everything magic is happening in the moment. You know, it's happening in the moment not happening later. It's not happening before.



15:50

Yeah. And raising the water is no later there was no before. It's only now, in the absolute there is only now, right?



15:57

Yeah. And so everything being in the absolute, I'd say a journal is an absolute necessity, for when we were returning to our human, little flesh brains, and we want to kind of work with our magic cells, again, beyond space and time. Hmm.



16:11

Let's explore that a little bit. That obviously, you believe that we are not bounded by the physical limits of our being? Does the mind or the consciousness live in the brain? Or is this something larger than the container?



16:28

I would have to say? I, there's there's two possible answers. One is I don't know. And one is I don't care. You know, whatever's going on right now is going on right now beyond, beyond our ability to structure it into words, it's phenomenon, the more we let go of our necessary necessity to know and to understand and to, and to lock in, you know, stop using our energy to lock to case things in a whole moment of expansion starts to happen. And that expansion is is beyond words, it's beyond. It's beyond, you know, explanation here, I think, what we do, you and I both is, is try to try and try to guide because you can only guide someone there, you can't take someone with you can't hold their hand to know what I'm talking about here. But you can share whether that method be you know, I think we've had the discussion before you and I about the difference between the occultist and the mystic, the occultism, the mystic are almost like, you know, both sides of the brain with the occultist can see something that's happening, and explain it to you, peace for peace, you know, we're what what light body and, and what what what a, you know, capitalistic aspect is is taking part in this particular thing. And mystic, on the other hand, will be engaged in in such a high level. But when you ask him what he did, he says, I don't I don't, I don't know. I really don't know. And so I think teaming up with the mystic and the occultist will bring us to somewhat of a, of a ladder of a ladder that we can climb, to give ourselves much more clarity. But for me to be able to give that consciousness question in general, let's just just talk talking brain to brain, it's just beyond me. I really don't know. And I didn't know I wouldn't want to give people the impression that I think.



18:22

Yeah, it's, it's fascinating in hermeticism, in neoplatonic, thought, actually, this idea of the suit of swords in the Tarot, and the idea of air, the idea of intellect, is very limiting,

because it can only create division. This is why the sword is used to represent it, it divides and divides and measures, divides and cuts and measures. But it doesn't approach a whole, it only is interested in creating further and further division for measurement. And the first thing the magician does with his weapons is create measurement and division and tools to measure his own existence. And these are good, I think these are good things. But one has to understand that they are limited, they are by their nature, they are very limited. And so the nature of asking that question, is it and I love your answer, because it's like, well, yes, you know, you can point out all of the operations that the offering is involved in, or you can be the you could be in the operation right now. make notes on it later, you know, take yourself out of it, and analyze it and look at it using the intellect which is a useful tool, but it may not be able to treat it with the same level of sanctity that the experience might deserve. I think that's interesting the way you put them. And this is a genuine answer. Yeah, no, I I love that answer. Question from the group here. What consequences Do you believe not focusing on and not being mindful of, of our dreaming might have?



19:56

Well, the consequences of that are you're going to be missing out on a bountiful plethora of information. Now think of your dreams, like your inner like a spiritual mother Angel. Okay. And this spiritual mother angel is so so nurturing and so loving, that it couldn't hurt you at all, it couldn't do 0.000001% of harm to you, we're going to say, a someone who's blunt, when would give you information, but say, hey, Tony, bad girl, she's no good for you, you know, that might hurt you, right? But your dreams come from a state of passive at, they will not hurt you, they will only provide you with the symbols that you need to decipher on your own, to break down. And when you're ready, because a lot of this stuff, we're not ready, we're not we don't have the energy, we're not in that space, to really open up the symbols and packages that our dreams are giving us. But the more we pay attention to the dreams, and the more we accept, that it's our responsibility to engage in focus, the closer and closer and the more repetitive. And the more transparent, these symbols they come. And you will use them to peel off layers to peel off layers of your own ego, self and your own personality states that you have adopted. And you will find a much, much closer space to your true individual, when you allow these things to work and when you pay attention to them. You know, so that's just one of the many things that's on the on a spiritual, therapeutic psychological aspect, but then on and on a form of entertainment, you know, entertainments important that when fun, joy, these are things that you can enjoy, you know, we pay so much to go play laser tag, we pay \$100 to buy an Xbox video game. But we have the ability to enter worlds that are far beyond Skyrim you know, far beyond World of Warcraft. And we have that. Beyond we have that right here. So we have the freedom to use it for self growth for comic work, and we have the freedom

to use it for for for entertainment and for joy because joy is a right as well. Joy is equally as important, important as whatever you want it to be because it's yours. Like just like the your eyes, your tongue, your hands, your dreams are yours. And so you need to take just to be shackled and slave with your hands, you need to take your dreams back. Because right now a lot of your dreams, they're taking a lot of that programming from those televisions and those Facebook, those Budweiser advertisements, those those different those different things that may not serve your best interest that go into the back of the mind and get buried. And they're these things are just getting replayed and replayed in the symbolism and they're not being dishd out because your true self is saying now whatever, I don't care, dreams don't matter. But when you're when you when you wake up and you're like, Hey, you know, I want this or I need that or I need that who's talking? Who's talking and who's been brewing? What kind of alchemy has been happening? What in the state of darkness in the state of sleep? What has been brewing, you don't even know you weren't paying attention. You weren't worried about it? What have you. It's like leaving a television on for eight hours. If you sleep eight hours imagine leaving a television on for eight hours. And remember that guy ravine who used to try hypnotizing you, yeah, hypnotizing you, and you would you're not willing to change it, you don't change it. But that information is still going in there. And it's replaying. So those are some of the things to capsulate that in a little bit of service, for your question, the joy and the karmic and therapeutic work, you know, that's right.



23:52

I like how you get that we just kind of like push you a tiny bit in one direction, you get really passionate about this stuff. That's wonderful. What I think you're talking about is, is the unconscious what what people would label the unconscious or even and even beyond that collective unconscious or collective consciousness? Is that what you're talking about here, but from a strictly psychological perspective?



24:16

So so the collective consciousness, you know, that's something that I know from Carl Jung call young for me, I was introduced to that concept through him. The collective consciousness, yes, that's doing the collective consciousness is, you know, comparable to the internet. You know, we're all we're each our own individual Android with their own information and our own thing going on. We're all on the same network. And we're all plugged in to the to this bigger network. And if we know how to hack hackathons hack out a year, then we can go beyond the information and stuff on your own phone, and you can go into the information which is in everyone's phone, and you just become a hacker and

that's kind of like lucid dreaming, astral travel and using that to get into the collective consciousness. This in an active way, rather than a passive way, where a passive way is when you get divine inspiration, or you know, think things of that nature. That is not what I was talking about previously, in response to the question what I was really trying to get at, not not the collective consciousness yet,



25:15

or even your own in your own unconscious, or subconscious.



25:20

And the conscious, the stuff that we collect in our, in our subconscious. And you know, that would be a world that dark, deep, deep puddle of traumas of influences of characteristics, and things that kind of create the person, the personality, and things that constantly jolt into, into your head when you're in your reactive mind. You know, when you react to situations in life, that's your subconscious, letting your limbic system just go at it, you know, you know, things that fuel that, I find that taking advantage and paying attention to my dreams, especially in my earlier days really led me to come to a point of letting things like that go and making space for new things to come in.



26:05

I have further to that. But there's a question in the chat room, does the chance of sleep paralysis increase with uncontrolled lucid dreaming are the two separate? I never thought of that.



26:17

Sleep Paralysis is halfway to astral travel, sleep paralysis, the only thing that can come from sleep paralysis that is negative is any fear that you have of it. When I'm teaching in Peru, I'm improved quite often. And I noticed, especially the women because it's a feminine energy, you know, there's not there's not a sexist thing. But they have a much more natural inclination to this that I spent, and a lot of them, they have sleep paralysis, a lot and they and they get scared. But sleep paralysis, once you start to study very basic techniques for moving your astral body or your, your non physical body, you can actually take advantage of sleep paralysis, to exit your body to step up and walk out of your body. The only thing is that this astral body and these different bodies, they're not talked about

in society anymore. They're not respected, and you know it anymore.



27:13

If you don't know there's a body of light, how do you know you're supposed to get up and move around? You don't know you're, you're stuck. You're trying to move you're, you're trying to move your physical body? And it's, it's like no, no, I want the consciousness to get up and go off. Right?



27:28

So sleep paralysis is a wonderful, wonderful, amazing, amazing place. And that means that you have a natural inclination for going into the into the lucid realm to the astral realm. So I would highly recommend going and there's there's lots of ways to think about how astral travel works and your soft, fickle nature of lucid dreaming and astral travel. I don't get involved. For me, it's a practical thing. And there's a great book. And to whoever is asking this question, I would go to O V E for you comm o b e number for you.com and get the book called the face. And in this book, it will teach you and show you very easily obtainable techniques to take advantage of sleep paralysis, and actually getting to the state of sleep paralysis is a thing someone like me actually hopes to achieve on his stairway towards having an out of body experience.



28:32

Well, thanks, man. That's, that's great. And the book name one more time, we're just we're just posting it in



28:37

the book is called the face I believe, Michael rodu. guts, a Russian researcher, and he has the out of body Institute in California. And he has a very practical method for obtaining out of body states. And these are lucid dreams, astral travel, and so forth. Which if you follow these instructions, anyone can do this. It's very simple. And so I highly recommend that as a book or piece of literature for anyone who really wants to engage and go and go for it. You know, it may work for you. I can take this to the left hand turn here. Now, we can get back to this but I want to go in a different direction. Because this the whole point of Asti occultist is not only for people to come and ask your questions, but the idea is to talk about personal practice. And by personal practice, I mean, magic Oh, called esoteric

practice, you know, your personal magical practice.



29:29

Now. Lots of people out there is gonna be like, well, this doesn't fit in this silo, or that silo or that silo? How is this magical practice? Because I, I think you think the same way, I think is like, well, this, this is the essence of astral projection or body of light work, but also lots of magical practices to even get you sort of scratching at the door of what you're talking about. Now, plenty of people would be envious to have the kind of practice you've established, but lots of other people be like oh, That's not magic. That's these guys. Just Dorst. So I want to know. How do you how do you respond to some commentary or criticism of that? How do you feel about this as magical practice? Go, I



30:12

would say, I would say, whatever you're feeling I love you, man. I think that's great. I think you have a good thought your thought works for you and your thought works for where you're at. And you need to have magic, the first two letters are Ma, you know, we have the M the mother, and we have a the alpha, you know, we have ma, ma, ma, and all languages Ma, the feminine. Magic is just understanding the feminine side of us. It's letting L is finding its seeking ISIS. You know, we can do that through dreams. And there's other things that I practice as well. But dreams is definitely the one that I was given to us as a gift. And as a, as a lead in to, to what we'll say is magic. But that's magic to me. And magic to anyone else. Well, that's there as long as it's bringing them what they seek. And what and it works. Well. That's magic. Yeah, man. So



31:05

you have a comeback for that. So that's good. Because that, because I'm gonna get assets like, Why do you have this guy and he wasn't even talking about magic. It's like, Well, wait a minute. This is exactly. So so now that Okay, so that's, that's where this was going. So you're into the lucid dreaming. We've talked about entheogens before and have a bunch of questions about that for later. I want to know, because I always ask about this. And bear in mind that this may be broadcast at some point to the internet. Let's talk about things about your personal magical practice you're willing to talk about besides your lucid dreaming, you care to talk about some of that. Yeah, so it looks like what what kind of stuff you're into.



31:41

My magic is very in tune with seeking deeper and deeper and deeper recognition of the true individual. I am. So me, I'm a waterside. My son is in cancer. And my moon is in Taurus. So I'm a feminine feminine sign. So when it comes to things like ceremonial magic, or you know, I love it, it works. But being an or journey, journey, meditation journey, medic journeying is fantastic. It works. It gets it gets the job done. But those are things that are really resonant that resonate with active psychologies, fire, psychologies, err, psychologies, so I'm learning to respect the fact that I am a passive person, I am a feminine person, when it comes to hermetic principle. You know, the gender in the hermetic principles, we have gender. And when it comes to that, my expression of who I am and how I feel comfortable, in my magical self, is that of the feminine side of the bell, rather than the want. I'm, I seek the want, I seek the one I seek to serve the one to develop my active role to develop my firewall to demand my fire role, to project that fire to project that want to project that astral phallus into whatever activity that I do. To find a holistic sense of the magician or the sorceress that I am, you know, and I say I am a sorceress more than I am a sorcerer, my physical body is male, I'm attracted to women, but I am female. My energy that I that I appreciate that I work with that I need that I'm nourished by as female energy as passive energy as the energy that says, You know what, I'm not going to rush I'm not going to breathe every four seconds and pay attention and focus on a spot and do this journey meditation. Nah, I'm gonna wait for it to come to me, I'm going to seduce magic. I'm not going to demand magic. I'm going to seduce my results. I'm going to fall asleep. And I'm going to wait for the perfect moment. And when that perfect moment is there, I'm going to be so ready and so beautiful. And so my willpower for this moment will be so perfect that it's going to come to me and come into me and inseminate my magical self and create and give birth to the results that I still desire.



34:27

Oh, that's excellent. I like that. Thanks for that answer. But we can expand on that but i i really am keen to know if there are formal influences that you've had magical orders, maybe not that joined but the you were influenced by or teachers like you've used you've used will before and I was gonna be the old croley but you know, it sounds like you know and you've got some sort of gender assignment there with the the energies that the male have. Female that the passive and aggressive sort of terms that you're using and this is your language, right? I'm appreciate Yes,



35:05

it's my it's my language. It's you know, that's why that I always try to clarify, before you go that this is my language by on this language it may not resonate. You may not understand it yet, but if you asked me and are unsure, I will clarify.



35:18

What, what influences outside of stuff you've already shared. What sort of formal influences from esotericism occultism that had been special to you, and what directions what paths Did you travel down? You know, before we know,



35:35

around the age of 2626 years old, I started to have these sensations you know, of light. And I didn't know what they were. I thought I had brain cancer, or something. You know, I didn't I don't come from a spiritual. I didn't grow up in a hippie commune or around spiritual. I come from a blue collar. longshoremen, dad's longshoremen. My grandfather was a longshoreman. And you know, we're East van doos, right? And so this, this phenomena happening to me these sensations happening to me, did force me to look into things. And that's why I found a lot of texts. Firstly, I think the most profound thing I got was the Bhagavad Gita, primarily of Prabhupada, his version of the Gita, which was the retrigger, for allowing me to at least, open my mind, and to think, you know, and I must have gotten a few months of nice, you know, it's doing the Hari Krishna chat in my head thinking that was the way that was the answer. And whenever I was fighting, whenever I found a book, I would get, like the light that's going on right now, I would just have a little light, a little beam, a little, feels like when you lick a battery, you know, but a very profound rate, but within, and it would guide me and I just had this little light, little tiny light, and it was a tiny light. It wasn't as big now I feel it all over the place, the lights everywhere. You know, we're all light, and we're going into the light, and we're going to eventually, all this will drift away and I will be that light. But when it comes to influences, the Bhagavad Gita, Prabhupada, his version brought me into the thing. Now, it's funny that you mentioned Alistair Crowley, because Alistair Crowley has a book on yoga. And when I started getting into yoga, yeah, yes. So I had that book. And that book was actually a very profound influence and reading Crowley and that's the only literature that I really, really got into of Crowley, because Crowley again, you know, it's a lot of work. And I'm lazy, you know, I'm really lazy, and that another great book is lazy man's guide to enlightenment. Because if you're lazy, like me, and you don't want to do all the work, but you're going through something in your life, and you feel like you're going to the new stage, and it might be enlightenment, who knows? I could, you know, if you don't know, I don't nothing but grab that book. It's fantastic. You know, it's a fantastic book. And that

was a huge influence on me. And another influence was the magic store on commercial Street and 12 called Abraham's books. Oh, yes. Abraham's know it. Well. When I first began my journey, I stopped in there. And it's funny because I've had dreams I had dream flashbacks. I've been here before and I found a book on dream telepathy because I wanted to practice telepathy in my dreams. And another, and I think it was the yoga book as well. And then I took a road trip. And that was the beginning it because I was reading Alister Crowley's book on yoga, and I started doing the pranayama practices, you know, and answering your question about influences, but also adding, I want to tell people that are listening, this is also has to do with your inner knowledge that you already have being inspired and being triggered by these influences. Because I was doing this pranayama on the beach in penticton. What is what is that for that? So pranayama. So basically, you're breathing in for a certain amount of seconds, and then you're breathing out for a certain amount of seconds. So if you're breathing in for five seconds, you'll breathe out for eight, but you can go up you can go up to you know, 30 you can go bigger, bigger and bigger, but that's the rough ratio, or you know, based on that book, and but I remember I don't do it anymore, because I started doing pasta. I fell in love with



39:20

that. And then the swapping of the nostrils and yeah, you know, that's those are different controlled and controlled. breathwork Yeah, control breath. Yes. A yogic controlled breathwork



39:30

Exactly. I have to clarify for those who are not familiar with it yet. I was doing this controlled Yogi breathwork on the beach, and there was a man on the beach, and he was a he was beautiful mat, ripped muscles. And I was doing these things and I started like breathing for like one minute. I was breathing in for like one minute breathing out for like a minute. And this is I never practiced this before. It was just a natural thing. And there's this guy behind me. He's doing handstands, doing all these crazy yoga stuff. And I hear him The back of my ear, he's telling this girl He's like, see that man over there. He's a master Yogi. He's watching my breath. It's just like, it's just like the story of the Nazarene, Jesus of Nazareth who didn't know, or, you know, this is a story that you, you feel, he wasn't aware of his true aspects and his true power and who he was so much later in life. So things became revealed to him. So he was in his late 20s, you know, or many, or many people, so we're all going through, we all go through a stage and I feel for me, it's that 27 Club, you know, like, the Jim Morrison, all these guys, they kind of left the world. But for all of us, we're leaving that world, and we're going into a new world. And going away, I'm steering

away from it, you know, this is good. You know, going into that new life. And this is the thing that it's, you know, why do we say 25 years is lifetime when you do a 20? When you do a lifetime sentence? Why is it 25 years, like who decided like 25 years is the lifetime, right? Like, where does that come from? But I'll tell you around, it doesn't have to be right, when you're 25, it could be 2627. And you're going to go through multiple changes. But that's, there's an energetic shift there. And a lot of it is should be taken if you haven't started yet. And it started and you didn't notice the dream has been waiting to tell you. You know, so go there, but definitely



41:19

in the Saturn return and all of that. All right, and



41:21

all of that. So see there, there's me there's there's a cancer mind going all over the place. And when he's not, I need some you need to take control the internet, okay,



41:30

I married a cancer, so I get it, and I'm a tourist myself, so I feel free to wander off. I'll just wrangle us right back in and I'll be like, yeah, okay, net, here. Thank you. Yeah, no problem. We, this is it's, it's entertaining. And it's, it's brilliant. And I really enjoy talking to you like this. Like was, I had a few more questions that I put down here. And this is kind of naturally evolved itself. But there is a specific thing, your tie my soul, the DMT song with this 432 hertz commentary on that. Just pretend I don't know anything about that at all, to try and encapsulate the idea of that, that harmonics, that four 432 hertz, and and why you've recorded some of your music like that.



42:22

432 is dope. It's rad. It's amazing. It's not the only frequency. My intuition, and my experience, and what I've seen, goes to show me that this music that's constantly formulating the vibrations around you can be improved can be doesn't have to be 444 40 is a standard. It's a standard, you know, you can go into the conspiracy theory that it was done to change your vibration in a negative way. But it was developed as a standard. So people can play along with records. And so there's a standard and industry standard, I don't like it, when I tune my guitar to 440 versus when I tune it to 432, I enjoy the 432 more,

I get a sensation of enjoyment and fulfillment. That's much more. I don't know any animal that resonates or chirps and 440. To go into a more, you know, a call thing about the 430 to 432 is the sun is the vibration of the sun, of that big beast in the sky. You know, when you take 432 and its reflection to 34 and you give it Trinity, that's six, six, that's a very powerful number. Whatever, however deep into the occult or numerology you go, you have to understand that this is a powerful number, this is a powerful thing. Whatever you've been led to believe about that number and how you feel about that number may also affect the vibration because feelings create vibrations. But for me that for 32 is just, and my music comes from my heart. And so whether it's psychological, or if it's true, deep, deep harmonic magic, it's not important to me, because I choose to do that. Because to me, it represents the heart. It represents love. And when I'm doing my music, I want to heal with that love. And that intention is even more powerful than any scientific experiment to me. Or any sort of, you know, not putting it That sounds wrong, but to and to any you know, whatever your construct of the matter of 432 is the intention that I put behind it. That's the main reason why I do it. Wow.



44:36

I'm glad I asked why I sat here quietly while you were talking about that. That's just brilliant. I encourage everybody to check out NATS music at [lucid afterlife is lucid. afterlife.ca](http://lucid.afterlife.ca)



44:49

Yeah, [lucid afterlife.ca](http://lucid.afterlife.ca).



44:52

We'll get that posted in the chat. And just while we're taking just a breather here. I'm just gonna remind everybody to make sure they check out, [skull amants.ca](http://skullamants.ca). That's scholoman.ca. and sign up. So the reminded to join us here live on Ask the occultist and you are listening to ask the occult, episode number three. And we're talking right now, to my good friend. net. JACK. net, we're going to put you back in the spotlight here and we're going to change directions again, you have been a vocal proponent of the use of entheogens. Are you encouraged by recent moves to decriminalize and legalize substances? Not just here, but in other notoriously restrictive jurisdictions? But is this a good place to start? Should they keep going?



45:44

Fantastic, I think it's fantastic. I think, you know, that helps remove the stigma behind these medicines are being used to help people. One of the big barriers that I find with people in my life are people who have developed the stigma, to suicide and to cannabis or to dimethyltryptamine or MDMA, and that stigma doesn't allow them to take advantage of this therapy that would bring them great healing.



46:09

What advice would you give to seekers who have like zero experience with substances I myself, like I grew up in a pot town and I never ever used it ever used it. I've just started experimenting with very small dose edibles to help me sleep. And you know,



46:27

edibles are not my jam. I got lost in the desert, in California, either eating an edible, which that was a mystical experience, the marijuana and so forth. I'm not speaking on that, as many people who can speak on that I have no, no give or takes about that. I



46:43

have a note. I have a note at the end of this question to remind people that on May 16, Chris Bennett from urban shaman is going to be on astia call this number five, talk about marijuana, man to talk to you right



46:55

now talking about that lead into you talking to him. Okay, and getting and that's something that I will listen to, I'd be happy to tune in that and learn more because my experience I used to be a pothead when I was when I was a kid. I used to smoke massive amounts of weed to get through school, you know, to get to the whole authority system. You know, I'd had to smoke weed just to dole myself you know, before I dropped out, right, right. So for me, it doesn't have it has value CBD CBD is fantastic. We use we use these treatments to on people that I know who have cancer and these these treatments are amazing. But smoking marijuana and that's not my that's not my jam. Not anymore. Not anymore. What got me through high school I guys, it's much better than Ritalin or prescribed medications for you know, they're giving these kids for sure.



47:44

So So should somebody who's interested in using these for a sacramental or magical uses? Should they find somebody to show them the ropes? Or should they just start like micro dosing or small dosing or? But what should know, your opinion?



47:59

In my opinion what I'm not going to give you my opinion? I have no opinion, opinion when the word opinion comes from opposition opposing? I don't I have no opinion. I don't what you do is okay, you I will share what I do. And what I do is I am another thing and here's the other cancer sign doing his his, uh, his crab thing is I go slow. I start small? Well, it depends, I either take the biggest dose possible, like when it was DMT, the first time I did DMT, I just took the biggest dose that you could imagine we've packed it pack that pack that you couldn't do more with them. And it comes other things and some like say magic mushrooms, I'd like to microdose myself, it's very rare. Well, we'll all go and have an extreme dose of something a massive dose, I don't do that. But I like to integrate doses into who I am. And it kind of helped me, it could be a power trip over my over my consciousness or my state of consciousness and ego trips a I don't want to give up my ego space. I still want to be here. I want you to talk I want to listen to you, you know, but I need to have full presence and the ability to say no, and the ability to walk away. Right? The most healing things I've been through are the big doses like I Alaska and the jungle, the mass doses, these are things that will force you to let go of that ego state to form to completely clear and go into a space. And when you're doing those large doses. It's very, very important for me to either be prepared yourself, truly, truly in your mind heart and but and everything to be doing that on your own. But I had do not recommend doing that on your own being in a proper space with the proper people in the proper setting that that people who have been there before. You know, I'll tell you a story about the first time Why did DMT so before I did DMT a short time before that I was with my uncle Charlie, and my uncle Charlie gave me this talk about LSD. He says that when you do LSD for your first time, you should have good music You should probably play the Beatles, The Beatles are a really good buy to play the Beatles. You should also be with someone who's done it before and is very experienced and can guide you through. So one day, a girl comes into my house, and she puts a bag of DMT the size of a brick on my table. I've never seen a bag of DMT that big in my life. And this was in Peru, or in my dreams didn't really happen. It was in case anyone's like, this is legal. And it felt right. But I always thought I was never going to do it. I always thought that it could. It's not a thing that I was going to do. But in that moment, the first thing I saw, she put that big bag on the table. And the first thing I looked over was this big vinyl of The Beatles, this leather case bound case the Beatles. I saw the Beatles. And then I saw these other things on the wall and all these synchronicities all

these things of nature of my world telling me that this is it's okay that it's okay. This is it. Like this is your opportunity. This is here for you. This is it's good to go. You had the experience person she had she had huka, a giant hookah for you know, for smoking coal. And she asked me said do you want to take a little bit or and try it? Or do you want to go for the full thing I said, I'm ready for the full thing. My uncle told me this everything is lined up. I really feel it. You can always just close your eyes. Do you feel this? Feel it take time. It takes it takes it takes day? Do you feel that there's no rushing to say? No rush for me. And so I packed a bowl, she packed a bag of art goes on RJ was on the line here. But he is I had to talk because he was my manager of my band. And he talked about DMT before and all the things we brought up were happening in the synchronous news as well. And so I smoked that thing, I left my body. What happened next is my personal journey that I'm not going to share too much of right now. But it was a life changing journey. And it was an expanding journey. And it made me see the world differently. And it gave me bigger shoulders to carry more weight. So doing those things, if they feel right to you, if you are truly called to them. I would say find the avenues to take advantage of that because they're here. They're made by nature. They're made by Earth, they are earth you are Earth appreciate earth with respect. And you know, you'll have great results.



52:22

Right? So your your advice, if you had to give advice about that, find somebody who's experienced with it and get them to help you along with it. Yeah, that's that's always been my buddy asked me but I mean, people don't come to me asking me about, hey, do you know where to get some shrooms? Because they know I'm that. They know that, you know, I'm not the right guy to ask about that. But I know the right people to ask about that. Yeah. And I wanted to know now, one of the reasons I want to know is, you and I are both Freemasons, and variously active over the years. Are you open with your Masonic brethren about your interest in entheogens? And do you



53:00

I'm open about everything, Troy, you just know who you are, I shine my son and my son, that's what masonry is about is finding that son. That's what means basically, it's taught me and in fact, a brother once shared with me a great article about the Acacia, which we look at very deeply in masonry, and the Acacia is used for making dimethyltryptamine for making DMT.



53:25

That's a number of people who can who would would argue that that's what Cagliostro was after in his Egyptian, right. And now it's a fantastic argument, Chris, Chris Bennett would be he'd be out of his seat and jumping around the room right now, trying to explain what I would have done the only one, there's a number of guys that would say, that occasion.



53:48

Hello, Mason. But I won't mention them. But when he first became amazing, he had long hair. And he cut his hair. And he said, I cut my hair because I wanted to I you know, I thought that's you know, we should do that we should kind of we should kind of fit in I said Well, well, no, that's completely not what it's about. It's about being who you are finding that individual and having that supportive, individual being someone who by the same principles in their heart.



54:19

The reason I was asking about, you know, I'm asking. I'm asking about antigens, and now and then I was asking about Freemason, the reason I asked is that people have this idea of Freemasons as being Emily's pillars of society. And, and, you know, it's all about fitting in and this sort of thing, but that's not been my experience, my experiences, they're very accepting. And also, you know, I wasn't honest, necessarily with my lodge about my occult leanings. But by the time they were ready to put me in the master's chair, I brought my book the law with me, I'm like, What can I be installed in this and the guys are like, well, if you're into it must be okay. So they installed me with right. And so it's one of those things where The students of the work people who were interested in finding out about themselves, I think should if they're, if they're men, and they're interested in in esotericism, they should not be afraid to join a Masonic Lodge and talk about it with the brethren they get close to. I don't think it's necessarily for public consumption ever. But it's just one of those things that you may find more open minded, more small I liberal people in the crowd. That's just my opinion. Thanks, again for net jack of lucid afterlife for being here to talk about lucid dreaming and entheogens and his beard and all sorts of other things. net, we've had a question, what was your tipping point? What brought you from academic interest into practical application? And if you could go back 20 years, give yourself advice on your practice? What



55:54

would it be disowns the academic influence like so like, here's my here's my story, roughly,

I'm not good. I dropped out of high school, me to high school and lots of interesting people have dropped out of high school. I dropped out of high school because the teachers didn't understand I started reading a book called the law by Francois Bassett that it was a critique of the Leviathan. I was 16 years old. And when I realized my English teacher has absolutely no idea what it was, I draw I just left they gave up on the whole thing. You know, it started you know, there's a book called The nature of ego. Okay, I don't know who wrote it. But it's a very it's a scientific book. It's a it's a psychological written as an experiment on finding the ego. Because I was very, I grew up Catholic in a Catholic family. And I went to Sunday school, I was very faithful. As a child, I you know, I really dug it, I felt the vibe, I had the energy there. But then as you get into when you start reading, and then you're like, whoa, whoa, what did Constantine do in 314? Whoa, that kind of ruined it for me and kind of dropped my ability to have faith for a while and anything religious. Because of that, you know, that that change and that what led me to science and academics, but they will I guess, this stuff is all made up by these these rulers and stuff for power, to cabbie drive to find truth and studying. So that's where I got in. That's when I actually started I started from being more faithful. Going into academia, I found these academics like Carl Jung, who use scientific language to explain mystical things. Those teachers eventually really sparked my my dreaming that I've had since I was young age, and in my dreams, and in these astral journeys, I would learn from teachers from a different place, who would give me astounding information and astounding guidance. And once I was able to tap into that guidance, be it from all the source the higher self or the superconsciousness, whatever, the Akashic records, I fell in love with that, and I really follow through with that. So that was my change from academia to practical practicing,



58:01

so young was heavily influential. Have you read his red book? Did you know how do you know that young young was a practitioner? And it it could be argued that all of radiant and young in psychology comes directly out of Judaic mysticism? And there's actually a number of books on the topic but but Young's red book if you're interested in Jungian psychology, but more importantly if you're interested in what his personal practice looked like it was that that Crowley rule of you know one do magic to make art and just brilliant brilliant artwork in that red book and his thoughts about it as well fascinating hike and highly recommended



58:45

and yeah, it's a big book I think it's like 80 bucks so it's been like my only thing keeping me from it but it's a beautiful fantastic book and and I've always wanted to get into that so I

will definitely one day



58:56

it next time you're near Banyan they usually stop copies and you could just like hey, I want to have a look at it and thumb through



59:02

I've browsed its pages, but I have I would love to Yeah, now it coming from you. Any anything coming from you is something that I would I'd want to get the whole thing on listen to you.



59:13

That's quite enough of that. We've got a question here. That's actually a follow up to a question. I want to ask that here's we're winding down. What is up with you in South and Central America. Now it's not that it's not that you're it's not that I'm jealous? You know, but maybe I am because you know, I don't like hot weather. And I don't have the the the courage to just go off wandering in in strange countries traveling in foreign places as you have. But I want to know what's what is the attraction for you because you've especially in recent years, it seems like you're just always the Mexico always the Peru and stuff. So what is that all about? I have to answer this Another story, good debts. I like the stories. That's good. Oh,



1:00:03

why don't I was asked to help with the music for pagan pride day here in Vancouver. And I ran around the stage. Yes, this was years ago. And so I was running the stage and I was writing the entertainment. And a lot along that entertainment, I was asked by Aztec dancers, if they could come and perform. I said, Of course you're Aztec that's a form of, you know, raise Yes, be here. We need to share this. And so I met the Aztec dancers. And actually preceding this. I was having visions of the Aztec and the Mayan gods in my psychosomatic, you know, may his own, which I've had visions ever since, Whoa, dude, we're doing this together. I was in Central America with my parents on a vacation. And we went to a little village and there was a ceremony there. And in the ceremony, this shaman he was, you know, lighting this fire and these kids were dancing. The whole thing could have been just like some tourists mumbo jumbo you know, just to get you make some

money, but it did have an effect because in the clouds on the bus home, I was seeing all of the gods call call for me. And later on in my life proceeding this pagan pride festival. I was seeing all of these Aztec Gods calling me to Mexico. And so I met the Mexican dancers. And then through them I met Patricia. Happy birthday. Actually, Patricia if you're watching this y'all way, who's my who's my teacher of the Aztec secrets. He's the holder of the oral traditions of the Aztecs. And I met her through that. And so I started going to Mexico a lot back and forth. Also, I fell in love with a Mexican girl and there was a romance involved. But Mexico just became a thing and it has a lot to do with with synchro synchronicity, and intuition and following those feelings. It came to the point where I visited Teotihuacan near Mexico City. And after my visit of Teotihuacan, I had a dream The next day of Teotihuacan being full of water, like it used to be but flooded, and then a drain being pulled in this water at Teotihuacan. And the gods saying to me, Hey, man, you're welcome anytime. So if it's coming from the gods and astral projection of what God's might be, if it's coming from my inner self, using my my senses to say, hey, go to Mexico, something's in Mexico. It's beyond the rational thought whatever it may be. I was definitely pulled there by synchronistic. circumstance, and Central America in general, because I've been to Peru five times in the last three years now. And I missed a flight. Because I was having too much fun in Colombia. One, this would have been six, but definitely it does lead on to that it needs to following the signs believing in the signs and whenever I talk about Tarot, if ever I'm doing a workshop on Tarot, I don't go deep into the cabbalistic aspects of the Tarot and that's not my zone I use it more through as training wheels for your connection to synchronicity and connection to intuition and feeling it's more of a rope to pull you into using these abilities. You know, that's going back to that thing there. But yeah, Latin America I feel like I'm more you know, Latin American now that I am Canadian at some point because I'm there all the time I'm on television, they're on the radio there. I'm teaching a lot more there my band is a lot more picked up there. And so I'm a person when I feel loved I give love when I feel love I give love and so I really have this strong bond with Latin America and the things that still teaching me I'm learning from it today's so much so much wisdom that we have to uncover in these lines



1:03:51

now this is this is gonna be a totally like North American are kind of question What's the most significant experience you've had in the jungle? Like all of South America is a jungle I guess



1:04:04

you know, the most significant experience that I've had you know, well I Alaska but there's

many scenarios where you were you in the jungle for that? Yes, of course I you know, I would I would recommend doing it only in the jungle do and if you can do any plant do it in its in its natural environment around the energies that it resonates if it's from the jungle and do it in a jungle. If you're here in British Columbia, you the British do this suicide and do the golden teachers with the land everything is connected in that way. You know so, but then not being I lost because I lost is a whole nother interview. We can go on and on for that for all those ceremonies and all the things that happen there. But in the jungle, I did observe a snake. And the snake for me is a crown symbol. And the snake for me is a very important symbol. Yeah, I think I have maybe five tattoos of snakes. I have a bola outside this door. It's about six feet long. But I observed the snake in the jungle and he was climbing I was in I was in my life. little cut in the kitchen, which is there's no walls, there's just this roof. And I watched the snake climb two ropes. One rope was here, one rope was here. And he went from one to the other. And he did it so smoothly and so intently and was so focused and with knowledge that even though this rope was so weird, he had the knowledge, he had the understanding and assurance that he was going to accomplish this climb, which is a very difficult climb. And he got up there and he got up there because he wanted to go have a little mouse tea for dinner. And I saw the mouse low, the mice would just fly off, you know, even though that seems so simple, but for me, that meant so much and understanding. That is magic magic isn't snake is in the Cobras in that knowing it's in that on moveable faith, that unmovable foundation in your own knowing and ability and your own target and your own desire. And the guarantee of that success, the guarantee of your success. And I learned that simply from that snake sipping tea that morning. And for me, that was a wonderful animalistic experience in the jungle. That's beautiful man.



1:06:19

We had a question from the group assembled here, talking about lucid dreaming, I suppose. Are you able to trigger these dream states with practice in everyday life? Oh, yeah. During a ritual prayer meditation, for instance, what techniques have you found useful? You mentioned psychedelics, do you find you're able to get to the same place? with other ways like breathwork? That's I'm always saying that. How does imagination play into it? That's like, a group of questions. How do you want to get to that?



1:06:45

Yeah, so you know, I've done I've done micro doses, and I've done you know, psychedelics before sleeping. For me. Not a big thing. Not a big there are certain teas that I that I that are good for adding to your dreaming like Kalia zakka chichi, calafia zakka chichi, I said, if

you need to know again, which is it's a horrible tasting tea, but it definitely won't make you lucid dream. But it will make you more aware that you're dreaming. And if you're practicing these techniques, and you have more opportunities to engage. And the techniques that I use are pretty simple, because I am lazy. All my magic comes from being lazy. I'm a loungin. magician. You know, I mean, I am the I am I'm the magic of the lounge. So I will set my alarm clock. For six. If I'm if I have eight hours sleep that day, I'll set my alarm clock for six hours into my sleep. And I'll wake up and when I wake up, I love sleeping. I love to sleep. So I'm groggy, I'm going back to sleep. And as I'm falling asleep, I just simply count like a one I'm lucid dreaming to I am lucid dreaming, three, I'm lucid dreaming. And while I'm counting, I'll be falling asleep, I can count to 47, maybe you just keep counting. But as you start counting, you'll be exiting that darkness, have your eyes closed into some sort of space, some sort of evening beam going right back to the gym you're in. This is a very simple way to do it. If you don't like counting, just picture yourself swimming. Imagine yourself swimming with your eyes closed while you're super tired. Because all you're doing is you're just exercising your your left brain you're exercising that part of your mind. Your decision making mind your active mind, you're exercising it, but at the same time you're allowing yourself to fall asleep. So as you fall asleep you're going into so as long as you just remember, once you get there you say I lucid dreaming, I'm taking control. Because there is the risk of you know, you're swimming, but then you get lost in the whole dream world. And then you forget again, it gets cloudy, and then the dream takes control. So it's a combination of finding an exercise that works for you. There's many of those, you know, I don't write books or whatever. But there's so many books on it on this stuff that that'll show you techniques. And then at the same time is recognizing, recognizing that you're there when you get there jumping at it, taking advantage of it. And to finish this question off. Another great thing to have is a plan is to know why you are lucid dreaming or what it is you want to do there. Do you want to fly? You want to do Reiki on a family member? Do you want to travel to them and do healing on them? Be very concise and well plan in the days before why you're dreaming. Because you may get to a lucid dream state you'll go whoa, I'm gonna sit it actually happened now. And you're so lost. That you told me you don't do anything you're just shocked. And the dream just takes back. So and then to finalize it, finalize it, finalize it, write it down writing a journal, jump to your journal write it down. So you actually memorize what you did. You know, I mean, because we're doing magic all the time. Doesn't matter what level of practitioner you are. You are You are doing magic when you sleep. Is that magic serving you? Or is that magic serving something else that's up to you. Are you conscious of it?



1:09:48

We are constantly doing magic, whether we know it or not. And people should keep a journal because otherwise what yardstick did they have? Right? With the journal you're

creating another measuring tool And you can see, as time goes on, you could look back in your journal and be like, boy, I really didn't know what I was doing with myself, or I didn't know myself very well. Or could my unconscious mind have been hitting me in the face with more obvious symbolism? Because five years on, you might have adopted that symbolism in your everyday life. But five years ago, your unconscious mind was trying to speak to you and you weren't listening. And without you writing it down in your journal, you have no, you know, it's that it's that part of the science. That's the writing it down, you know, one screw around to write it down, you know, and observe, experiment, observe and repeat, right? rinse, repeat. And that's so important. What are you super excited about? Right now? What's, what's the what's the, what's in the right now, in the beat, live and live in the now right now with Ray



1:10:57

now as I got this final record, from my band, who said, afterlife, which is my very first vinyl release. And it's from forbidden place records, and it's available on the website. And that's super awesome. And I'm happy that I can plug that I'm excited about that.



1:11:12

I'm excited emotional and review of that record that was published in the Vancouver Sun, the Montreal National Post and really got some, you know, good. I read it. And then I was like, wow, and I listened to it like, wow, and then I read it and listen to it again today and prep for the show. I was like, Yeah, I know. I know, the guy who makes this, though.



1:11:30

That may have been the first time they said Lucifer in the National Post, because I called my Lucifer and they may be the first time in a national media that they brought up the topic of 432 hertz, because this record isn't 432 hertz. And so they had to speak about it. And they had to bring it forth. And I don't know if there has been a time before in Canadian mass media where they brought that forward. But I thought that was an achievement at least to like, bring it out, you know, into it, and plant the seed into some people that are more mainstream media orientated? Good. Excellent.



1:12:04

Thank you for that. That commentary. I wonder if we could find that article and post it

maybe in the notes. Rob, if you're not too busy over there, maybe you can jump on that I just put the lucid afterlife website up there. So that's what you're doing right now. What's next, for Nat jack?



1:12:25

What's next, we'll find that like I said, I mentioned I don't know if I mentioned this on a live here, but I'm on my 12th day of a fast. And fasting for me is a great way of finding that clarity. Right now I feel unsure, I'm dealing with a lot of, you know, mundane things, changes in my life. atmosphere changes. You know, I grew up in East Vancouver, which is more of a, you know, more of the industrial area portside town and I'm moving to a different area, which is a lot different for me. And, you know, it's a culture shock living here in West Vancouver, you know, you know, because big houses looks like a movie star stuck here. So really is it I'm learning about life, and I'm learning about what really matters. I got this house because I'm building a recording studio and I want to make more amazing music, I want to make more music with substance, I want to meet more artists, I want to do production with people who feel that message and how their own message to come across because I had my opportunity to share my message. Right now I don't feel I have anything that I need to say, I'm not inspired that way I don't need I don't feel I need to push my poetry right now. I think I've done that, at least for now. And right now, I want to be that person who can create a space and create a platform for those coming, to really have the opportunity I did, and to show me and to teach me with their spark and to have whatever it is that they're doing. That's experimental, get into the national polls, or get into the mainstream media, and bring the underground and serve that underground. You know, we'll never be the big money guys anymore. We'll never be the big stars doing the weird stuff that we do. But we do it because we love it because it has a meaning to us. And I want to be there for those who feel the same way who feel the same way that I did, and don't want to journey into it as a solo solely a career thing of music, but as a way of expressing your magic and sharing your magic and doing it with that type of purpose. So having this recording studio that I built is definitely where I'm at right now and focusing on that awesome



1:14:23

artists you're following or involved with right now.



1:14:27

I just did a production with mocha only he's one of my favorite rappers of all time the guy

releases non stop stuff that you know, you know, I



1:14:34

know I know. MOCA he's, he's been on previous versions of this podcast that have yet to really man is the man's a genius. He's the opportunity's musics our bumper music actually. Perfect. Yeah.



1:14:48

He's always been an inspiration of mine and to know him, and to see him and to have them in my life and someone that I can talk to, indeed, I feel the same way. You know, I remember there was another brother of ours. And he had a son who was a huge fan. And I remember I said, Hey, you know, mocha would uh, would you be cool media and right away? He's like, yeah, let's, let's meet this kid this Shawn brought a skateboard hung out with him, didn't ask for anything. He was just there, you know. And so if I had even a small fragment of heart and ability, that amount of stature does to share you know that that's something that I want to participate in right now in my life, and to explore and defined and to seek and to search and to be and receive a really beautiful sounds new ideas and be inspired.



1:15:33

Wow, I can't think of a better way to sign off any any further comment? Stay lucid be Do whatever you want. I like good luck. Thank you. Thanks for listening. Yeah, that was that was excellent. Thank you, everybody for for coming out today to listen to us record live and thanks to you on the internet right now that are listening to this recorded a special thanks to Nat Jakob lucid afterlife for coming on. Now. It was a brilliant to hang out with you and it will be good to see you in person. We will you come back at some point and and do another show with us.



1:16:11

Yeah, I would I would love to add a fantastic evening. I love talking to you, Troy. It's always good. And this for me, it's a it's practice for me, because I don't spend a lot of time talking about this kind of stuff. I'm always talking about other things most. So this is for me, it's a way to get you out of your asking me questions that I really need to be asking myself and being able to share it and be vulnerable. I in an open space. I think that's a fantastic

practice as well. So what you're doing for, for me, thank you very much.



1:16:38

No, no, thank you for talking about your experience. I think it's invaluable that people you know, those of us that are on the path or feel we're on the path really take for granted all of our previous experience, but a lot of that experience can be useful to people who are just starting out on the path or have no idea what they're doing or what they're into. And so, you know, now we've laid this down, the recording will be available to you. And as I've said that, you know if we can use our studio here, or if you think there's some way we can assist to get the word out on whatever it is you're talking about. Or if you want to do a tarot class where I talk about the cabbalistic and traditional astrological meanings of



1:17:17

value. I would love for you. We can definitely bring our barbel engage the Tarot from both from both angles. Yeah,



1:17:24

I can do four hours Kabbalah and then you could do four hours experiential. Just blow people away. And then Chris Bennett could come along and give everybody shrooms and we'll see what happens. That's the grandson that's a season finale right there I'm in. Well, thank you again, everybody for tuning in. And Thanks, Matt, and thanks to producer Rob and art and our guest today. Thanks again folks. Have a great evening. This is Troy Spreeuw. Asked the occultist from scolymus.ca signing off.



1:18:12

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