

Chapter 1

Taking Aliens Seriously

with Sean Esbjorn Hargens.

Jeff: Welcome to the Daily Evolver.

Today I am very happy to have on the show, an old friend. We go back to the hay days of The Integral Institute together, about 2006, 2007 and he is someone who I and many regard as one of the very most smartest people in all of Integral Land.

Welcome Sean Esbjorn-Hargens

Before we get into the topic let me tell my listeners a little bit about you. Many know you, know of you for sure. In addition to anchoring many of our Integral Institute seminars, Sean went on to produce four very influential Integral Theory conferences in California with over 500 people. I went to a couple of them. Very impressive. The karma of those conferences just continues to move through the Kosmos.

You've gone on to found your company, Meta Integral, which is a leadership and consulting company which works to apply integrative principles to organisations. You've written a number of books, the most recent being 'Metatheory for the 21st Century' and you are now in Edinburgh, Scotland.

Sean: Yeah, I've been here one month. It's been blue skies and very cold.

Jeff: Nice, I loved Edinburgh. Your family is there for 6 months.

Sean: Yeah. My wife and my daughters, we've been on a year long European gap year. Travelling around but spending most of our time in Ireland and now Scotland.

Jeff; Well, you're living an adventuresome life in many ways.

Sean: I know. It keeps unfolding in ways I would never have predicted.

Jeff: Me too. The reason we're actually talking here is that I received an email from you, an email in which you were promoting the new organisation that you've founded, called the Institute of Exostudies, which caught my eye. I click on it and it turns out that you are launching this institute and initial invitation is to what you're calling the Exostudies Master's Course, which starts in September, subhead: Exploring the Psychological, Sociological and Scientific Implications of Living in a Multidimensional Multiverse, which kept me clicking ...

Sean: It doesn't get more Integral than that.

Jeff:but then I got what you're really talking about here because I think you let your hair down a little. You billed it as an Integral UFO, ET, geek coming out party. I just want to read a paragraph that you wrote that just sort of introduces yourself at the top because it really touched me, so you say: 'This is the course I've wanted to teach for years and finally I'm going to do it!!! For over a decade I've been a closeted UFO/ET geek, ET being Extraterrestrial, reading hundreds of books, watching thousands of hours of videos, interviews, documentaries, movies; all in an attempt to make sense of my own experiences and intuitions around this fascinating and confusing topic. If there is ever a place where multiple perspectives run amok, bumping into each other and generally creating chaos, it is around aliens and the craft they pilot. Over the last few years I've begun to talk to Integralists about these topics and I've been continually surprised to discover many of them have had their own powerful and evocative experiences with UFOs, ETs and paranormal realities.'. That got me between the eyes. Not that I've had any of that, but I'm interested in that and I somehow have the same intuition, maybe, that you did, that this feels like next, like something I want to explore. So could you tell us a little bit about what's going on here, Sean.

Sean: In college I tried to triple major. I tried to major in Philosophy, Psychology and Biology, because I wanted to study animal consciousness and those were the three main disciplines that you really have to be plugged into and really to make sense of 'What can we say about animal consciousness. So I was trying to be an Integralist way back then, as many of us on this journey have our stories of how we try and bring it all together, and then I discovered Ken's (Wilber) work and I became just interested in consciousness in general, human consciousness, the evolution of consciousness, including animal consciousness and focus on Integral Ecology, the planet and really loved this idea of not just being World-centric but being Planet-centric, where Planet Centricism as a microcosm we might talk about it in terms of Ecology is embracing all of humanity plus the biosphere, plus the natural world and finding the right integration and balance between nature and culture. I have always just loved the mystery of the world and love information and love Integral because it allows you to hold a lot of pieces. I got my doctorate in Philosophy and there's really no other topic like UFOs or extraterrestrials where all the key philosophical issues come alive very quickly. 'What's it mean to be human?', 'Are we Alone?'. These incredible things like 'What's perception', 'what are ethics?'. I think there's been a number of things driving my path forward along these lines.

Sean: So initially, 15 years ago, when I first starting reading Whitney Shreiber's book 'Communion' with the evocative bald extraterrestrial female on the cover, that so many people remark on, as a side thing, it's kind of interesting. People say the same thing about Greek history, there's something about the cover of those books that just grabs a lot of people and they don't know why but they're grabbing it off the shelf and buying it.

Jeff: You're talking about the book 'Communion'?

Sean: Yes, exactly, yes, thank you for naming the title. 'Communion' by Whitney Shreiber. I read that just out of my Integral interest in all things in the world, in the universe.

Jeff: All things bold

Sean: I read that and it was intense. So I ploughed through all of Whitney's books, over a few month period. That set me on a path of being exploring this

topic. One of the things that really struck me about reading Whitney Streiber's book, is that in that process I learned that after he wrote 'Communion', he and his wife got 140000 letters from people who said 'Wow, I just read your book and I have to tell you, I haven't told anyone this, but something very similar happened to me'. Now when 140000 people write you a letter along those lines, it caught my attention. It's like what the F... is going on? Is this a mass delusion, it is some like archetypal thing. How is it that his book opened the floodgates like that? So my interest was peeked and I kept reading and exploring.

Then, in my path with Integral I've really been exploring with the Gross, subtle and causal realms. I've often been intrigued by the Subtle Realms. Now in Integral often there is a feeling that I and others have that Integral doesn't fully articulate the subtle realms as much as it could.

Jeff: Let me stop you just for a second. I have a lot of newbies who watch this or listen. Just give us a little brief explanation of the gross, subtle and causal realms.

Sean: Good, and please feel free to have me stop and fill in bits. These are the three major states that Wilber identifies as being a core element of reality that we have to include if we're going to have an Integral map, Integral approach. The vast majority of the contemplative traditions point to these three major states in their teachings and their practices and so forth. They also match onto the cycle of waking consciousness, sleeping and dreaming and then deep dreamless sleep. But essentially the gross state is physical body, energy, our five senses, and what we would generally think of kind of think of as every day consensual reality.

The Subtle Realm, the subtle states are energetic, emotional, kind of psychedelic, where people, you know, shamanic states, vision quests, energy.

Causal is timeless and spaceless, no identity, often leads into forms of non-duality but its the void, its open, its blank, its pregnant, its nameless. The causal is pointed at because it cannot be defined directly. So those are three major... Ken has done a lot to really articulate the causal and the non-dual and he makes room for the subtle but there's been a lot of Integral practitioners I've talked to over the years who drawn to exploring the subtle more and have struggled with how to do that in the context of Integral. Sometimes it seems that Integral down plays it and says just get through that and get onto the good stuff, the Causal and

the Non-dual, and that's also in the Buddhist teaching. A lot of the traditions are kind of anti-subtle where they see it as a distraction, it will take you off the course of enlightenment. Don't go down those rabbit holes, stay on the straight and narrow. So there's this movement, of kind of revitalising and exploring the subtle and doing that in a spiritual way. So that's been part of my path, working with the subtle realms. In that space there's astral travel, shamanic journeying, working with archetypal images and energies, as an Ecologist? there's working with earth energies like dowsing. There's a lot of ways you can explore the subtle realms or energies and in that process I've had a number of my own experiences that left me bit speechless and like 'All right, what's going on here. This feels like it extraterrestrial, its different than I'm finding in my Buddhist work or even my shamanic work, so

This would be some second person I, Thou, kind of connection?

Yes.

OK

and not like a full blown abduction kind of experience, but in meditations and different journeys, different ways of working with mind and awareness, different images, different intuitions, different communications, different kinds of data points.

You don't know what any of this means. It's hard to put your fingers on it and say - 'Well this is what that was', but they were experiences that made me realise that we live in a multidimensional world. So I started shifting my focus from Integral as my word of choice to this word multidimensionality and just realising that there are many more layers - time and space is much more dynamic than we often realise. So as I started exploring multidimensionality and I started talking about Integral less I started to discover that a lot of well-known Integral-ists, many of whom you know, well known in different Integral circles, basically as I was coming out and putting myself on the line and saying

'Hey, you know I've had some experiences, kind of like this, I don't know what to make of it'. They would say 'Well you know, I've had an experience very similar

to that or kind of related to that and here is what it is’.

Some of them were abduction-like experiences, some of them were I-Thou, interacting with different beings.

Sean: Here’s where the distinction of gross and subtle comes in handy. It’s one thing to say that one has an experience on the subtle realm of other intelligences. I don’t have any problem with that at all. It’s where its claims of the gross come in. It’s like this was physically happening, I was physically abducted. I was met in physical space by an alien. Sort that out for us.

Sean: So at this point, the people I talked with, I don’t believe they were claiming a physical encounter, it was a Subtle Realm encounter. This is one of the misunderstandings, I think many of the abduction experiences written about or documented in case studies, I think a vast majority of them are subtle realm primarily, though there can be physical realm aspects, right and that’s where we bump into our scientific orientation and materialism. Different ontological claims. This is coming back to my sense of a multidimensional world, kind of starting with, like you’re saying, in the subtle realm there’s all kinds of intelligences, those sometimes can show up in the form of goddess or archetype or a being or a lost relative and those experiences might ontologically be some of those things or they might just be how you’re processing those energies and intelligences in ways that make sense for you in that moment. So, there can be a lot of different ways of interpreting and understanding them. So I started doing more research. I was like reading this, reading that. I read a wide range of stuff, everything from hard core science to way far out crazy shit. Really like taking it all in and using an Integral frame to kind of make sense of it. One of the things that struck me, two things, the first was as I read these 300 books, what stood out was the amount of evidence that something pretty profound is going on. The evidence was coming from all kinds of different zones, Integral zones, like Integral Methodological Pluralism, different quadrants, different inside or outside perspectives of those quadrants. The amount of evidence was coming in from all corners of the quadratic universe.

Jeff: There’s one line you wrote in your letter where you said ”It is arguably one of the most intellectually topic with the most cultural taboos surrounding it and the phenomena, so many people attesting to it, credible people and its

simultaneously denied by mainstream consensual reality.

Sean: So this is my entry point, right there Jeff, is that paradox, that juxtaposition, cause as a trained philosopher and as an Integralist, I'm drawn to that paradox, how could that be so intellectually credible. There are so many well respected, upstanding scientists and individuals, intellectuals in our global community who are saying this is a worthy topic and yet it is like the kiss of death professionally to even go near it. Having an Integral frame has taught me to tune into the shadow. How is it that this topic has so much shadow around it?, why is it so taboo? That in itself, for me, starts to become evidence that there is something to this because it is so repressed, so taboo.

Jeff: You don't have shadow without light.

Sean: So it like, just following the smoke trail of the shadow, that combined with the intellectual validity of it, combined with how many credible people, with nothing but something to lose who have come out and said something or defended some aspect of the phenomena, saying 'I had this experience'. You think of John Mac of Harvard, totally putting his credibility on the line. He basically got kicked out, then got lawyers to help him get back in. He is just one of hundreds...

Jeff: Humanity moves forward heresy by heresy, in a way, and this does challenge academia and basically scientific materialism...

Sean: It challenges everything. If you think about what happened when Galileo put out his view of the earth and the sun, forgetting what Darwin did. Those pale in comparison to the upside down world we would find ourselves in, and I believe we will find ourselves in, when some level of affirmation of UFO, or UAP (unidentified aero phenomenon), ET reality gets acknowledged on a larger scale. Also we have Exo-Science exploding right. If you think of just these few facts: right now there are between 100 billion and 200 billion galaxies, call it 100 billion. One of those is ours, the Milky Way. In our Milky Way there are 100 billion stars. So 100 billion stars in one galaxy out of 100 billion galaxies. Of those 100 billion stars the conservative estimate is that there are 20 billion earth-like planets in our galaxy alone. We've just discovered about 3000 confirmed exo-planets in the last 10 years, with another 3000 awaiting confirmation, they are called candidates. If you just start with that. Holy Smokes, how could we be the only intelligent species, we're now at the point where there is a case to be made that there are

micro-life on Titan, or Europa, the moons around Saturn, Jupiter.

Jeff: Its certainly no stretch, even for a scientific mind that the conditions that earth had, if replicated, are going to create life in the same way earth did. So, the question 'Why is it so underground or why haven't they contacted us? Why haven't they put up a billboard in the sky?

Sean: I knew you would ask that, because this is where the conversation often goes. It has different versions. One of them is 'Why haven't they landed on the White House lawn?

Jeff: Isn't this Fermi's Paradox? The idea that if you jut roll the dice you're going to get planet after planet. If you look at where we've come in a thousand years, if someone gets one or two thousand years head start, imagine a million years head start. What the fuck are they up to? My pet theory is that just as we have a consciousness now where we don't want to unnecessarily with ecosystems, even that little island off India, where those pre-historic people. They don't want to bother us, they want to leave us be.

Sean: So there's a number of key things here: One is there's a lot of reasons to believe they have contacted us, that there actually is a deep interaction that's happening and there's a number of reasons why that interaction is obscured for us. One is this notion from Star Trek, the 'Prime Directive', non-interference. That's one layer. The other is that if you look at the history of UFO sightings there's good reason to believe that it goes all the way back to the beginning. There's a lot of different kind of data points suggestive of that, but something seems to have shifted with the Nuclear Age.

As soon as we developed nuclear weapons they seemed to show up more and the amount of sightings around nuclear instalments and the ways our nuclear arms have been disarmed in ways that are inexplicable. It was almost as if when we let off the two bombs in Japan, that that amount of energy release sent signals throughout multiple dimensions and other modes of intelligence took notice and said

'All right, we need to go check out what's going on over there because they're getting to the point where they can start messing with our reality and those ado-

lescent Earthlings, we need to keep an eye on them.’
There seems to be something very interesting around

Jeff: I would so love to think so, that someone was looking out for us.

Sean: The idea is that the good ones and the bad ones came, so that just as with humanity, there’s a wide range of species, of ETs and they have all kinds of different agendas, many of which we’re not clear on, or its not very clear what those are. There’s a range of benevolence and a range of nasty critters. That kind of makes sense. Why would we expect so much difference.

Jeff: Actually to me it doesn’t make sense. If I look at the evolution of consciousness the circle of things and beings worthy of moral consideration just relentlessly continues to grow, so I can’t imagine, using the quadrants, that any life form would become technologically proficient enough to be around would not have a consciousness that was benevolent. Does that make sense?

Sean: Yes, though my sense is that it has happened and though I totally get what you’re saying. Here’s one piece, in the literature around the Subtle Realm there is this notion that there is these different dimensions, fourth dimension, fifth dimension and so forth. Different people have different models or maps of how many dimensions there are. A lot of them agree loosely around the following point. That humans, as we understand ourselves now are primarily in the third dimension, which is a gross realm dimension and the fourth dimension is a primary subtle realm where good and evil both exist in that space. When you get to fifth dimension, the fifth dimension is primarily defined by love and then it goes up and there are finer grades of love and light and oneness and unity. In the Subtle Realms there is this fourth dimension that is polarised, so there are beings and species on other planets who have gone down a bad technological path and evolved. I think of Ken’s own arguments about lines, levels and stuff could be applied to this. They’re incapable of evolving past a certain point but they are able to go beyond the third dimension and into the fourth dimension and what a lot of the UFO phenomena seems to be able to do is move back and forth between the subtle and the gross realm. They materialise and de-materialise and somehow there’s an ability working with time and space to move in and out of those spaces, kind of like particle/wave thing in particle dynamics. I think this is where your

point is true, on a big meta scale, what you are saying I think is accurate but I think when we look at the data and we look at what people are claiming and people who seem to be largely credible, they're painting a more complex cosmology that makes room for how there could be beings that have inter-stellar travel technology but that don't have world centric or cosmo-centric awareness behind them.

Jeff: That's a hard one for me to swallow. It does occur to me that there could be such a group that might be able to lift off into the fourth dimension you're talking about without having it be in the gross realm at all. It's like the Tibetans sitting around in caves, soared into the stratosphere spiritually, but as Ken says, technologically they were at yack butter.

Sean: And I think you're right that there are certain species for whom that's been the trajectory, where they've evolved into using subtle realm practices that have enabled a certain kind of cosmic exploration, but they're not necessarily in some sort of craft.

Jeff: So let me catch you up in the field. This fourth dimension, all of a sudden I'm loosed from Earth, I find myself in a matrix of subtle dimensions that are not limited to this planet. I might have a sort of gravitational pull to this planet, but I could go all over place, and time and space no longer limit.

Sean: And this is one of the streams of evidence that I came across. If you read the near death experience literature and the out of body experience literature and the life between live work, by Michael Newton, what you find is, in that literature, people who describe through those states and those situations, having extra planetary encounters. It's not the majority of experiences, most of them are more kind of Earth bound in nature, but Robert Monroe and his folks, the further you read in his stuff, he starts going to other planets; he starts having encounters with different type of intelligences associated with different solar systems, or just in the subtle realms. Then you look at the Indian spiritual traditions. A lot of them talk about how you can go to other planets through astral travel, through meditation and interact with these different intelligences, and then you have the DMT material. People are using the psychedelic drug DMT and the work by Richard Boswell. So they are mainlining this DMT, they're popping out and having these really intense extraterrestrial encounters. Also, shamans often do too and I've even talked with shamans who acknowledge extraterrestrial

realities but basically say "but that's not my thing, I'm not interested in that and I just ignore them because I'm focused more on the spirits and the plants or the spirits around our local space". So you find, across all of those inner roads to outer space, all those inner technologies, people that are credible, reporting their experiences, that are describing that they're having other worldly or off-worldly experiences of one sort of another and so that becomes a very interesting body of literature and evidence pointing to there is something going on here.

Jeff: It does and yet I have to say my 'bull-shit' alarms go off because I know how people are and how we want that. It's the impulse around religion and actually non-scientific things that science comes in to tease apart. What's provable about your claims and what isn't and what science wants to do then is say 'What isn't provable we're just going to explain away. I'm tired of explaining it away. I get that you can explain it away as delusion and projection and all of these things but I'm interested in if we don't do that where are we at, where we actually take all this stuff seriously.

Sean: Here's one of the challenges with this domain. Earlier in our conversation I told you about how much evidence there is, and I've arrived at that from my own process. We can talk about what that is. At the same time I'm also aware that there's more non-evidence in the field than anywhere else. It's like you have two big piles of bulk: a big pile of 'bull-shit' and a big pile of stuff that you really should take a second look at. That's what makes it so hard to sort through. How do you navigate that. The other thing is the Integral approach is quite fascinating when it's pointing at this topic because any one strand of the evidence, like I just pointed to eg what I call the astral travel reports. It comes from 4 or 5 different types of traditions or modes of travel, whether its meditation or iowaska(?) or out of body experience. That is one strand. You could go 'oh yeah, whatever'...

Jeff: or mental illness

Sean: when you take an Integral Methodological Pluralist approach and you start looking at the kinds of evidence that come from all the quadrants, from all the zones and you realise that every one of them basically offers a mountain of evidence. So you have experiencers and you can critique the whole issue around hypnosis but there are enough people who have had memory recall who got that, not through hypnosis but just through memories coming back after the trauma of

the experience and that those stories are coherent and they echo much of what's discovered in the hypnotic process. So, we can critique the hypnotic methodology and its limitations and challenges, but this is (the Integral). When you start carding the different sources of evidence, the whistle blowers, the military, corporate and political whistle blowers that have come forward in the last ten years, with a lot to lose and any of them actually have lost a lot as a result of coming forward, who say 'I worked for Lockheed-Martin', 'I worked for the government', 'I worked for this black budget project'. There are over 500 of those people who've come forward with half hour to 2 hour testimony describing and when you listen to them the level of specificity of what they're describing and what they're saying, there's a lot of sincerity and its very believable. Of course, we still can critique witnesses but when you look at those astronomical facts I just gave about how many planets there are, how many galaxies. You look at the Vatican, the fact that the Vatican has come out with a pro-ET position for the last 10 years and they're basically saying 'they're out there and we're going to start positioning the Catholic faith to be a mode of receptivity so that if and when there is contact we can easily do an about-face and embrace that reality without it disrupting our religious orientation. So, they've done a lot of good work over preparing themselves in that sense. So that, in itself, is interesting.

Jeff: I think it was you who sent me an article out of the New Yorker called 'Have Aliens Found Us?', a Harvard astronomer on the mysterious stellar object Oumuamoa.

Sean: So this guy is the head of Harvard's Astronomy Department and he's digging in and saying 'the data suggests that this interstellar object was likely a light sail, which basically is a solar powered alien craft and he, like John Mac, is getting attacked left and right and dismissed and yet this is one of the smartest people on the planet.

Jeff: Exactly, his name is Avi Loeb(?), the Chair of Harvard's Astronomy Department.

Sean: Then you look at the Freedom of Information Act and there's literally been over 10,000 classified documents have been released, many of them came out in the 70's before they shifted the rules and got a little more of a clamp on it, but 10,000 FIOA documents that attest to UFO interest by our different intelli-

gences and the reports and the concerns and the ways they've been dealing with it. So its not a conspiracy theory to say the government's covering something up. What they're covering up is not totally clear.

Jeff: Do you think there are things that they know that they're not telling us?

Sean: the evidence very clearly says 'Yes'.

Jeff: To do with Trump(?)?

Sean: Here's the thing - there's been a number of good archival researchers who've gone through all the presidents and basically written books saying which presidents were briefed in and which ones were not, which ones knew something and which ones likely didn't. Presidents are an 8 year issue so not all of them have a need to know. Some of the earlier ones in the 40s, 50s and 60s seemed to be more in the know because of certain things that happened. There's also a book that documents over 70 crash retrievals. We often think of Roswell as the one and only, and maybe there's another one, but there's been maybe over 100 documented crash retrievals, not all of the we're able to confirm but it is just another data point that is pointing that these are credible witnesses that are claiming that something went down in this part of Texas, something went down in this part of Russia, something went down in this part of Brazil and the CIA flew in roped it off, did this and that, so we can't always confirm what actually happened but there is evidence that suggests something happened and we're not knowing about it or its not visible to us as the general public. A lot of people point out that most of the UFO sightings, there are on average 30 credible UFO sightings a day in the US alone, that are reported, that are not a bird, not a balloon, like that are generally unidentified aerial phenomena that cannot be explained away. So that's a lot.

Jeff:One that haunts me is from my ex., who is one of the most grounded people I know, period. He does not go off into fantasy land and he told me that he and his previous partner were driving on the freeway and his wasn't subtle. This was a UFO parked along the side of the road and there were scores of cars pulled over to look at it and that happened. What I know it that he believes that happened in real life.

Sean: When you look at how many people have some version of that experi-

ence, its in the millions, that have a physical encounter with a craft and a lot of those craft leave trace elements. There's been research done on the burn marks and they've analysed the soil and they've found all sorts of anomalies and its weird and doesn't make sense, and so again the evidence shows us that something happened that we can't explain but what exactly was it? We have the eye witness testimony. There are tons of multiple witness encounters that are extremely credible. So this isn't just one or two people having an experience. This is like John Mac went to Zimbabwe to interview a group of children who encountered a craft that landed in the playground and 4 or 5 beings came out and interacted with them and the children had this whole experience, 60 of them, and that's just one example. When you see John Mac interviewing the children its powerful, like 'What the Hell' is going on.

Jeff: Just to juxtapose that, it was not that long ago I lived in Boulder, so its in the last 30 years, there was a series of sightings at the Mother Cabrini Shrine up on I70 which is a Catholic little monastery statue, a shrine to the Mother Cabrini and the heavens opened and the Virgin Mary appeared and there were 30,000 people who would go and see the Virgin Mary appear, then that sort of petered out. I don't know what to think. What's juicy and interesting to me because I don't have to unbelieve anything. The idea that there are consciousness, there are beings actually. I did an interview with Brian Belitsos. I don't know if you know him.

Sean: We've had many UFO, ET conversations.

Jeff: I talked to him about the Urantia book, the cosmology, evolutionarily based, I must say, it called to me for that reason. Cosmology, ..., and some angels and this one and that one, and that there is this whole sort of world, that in a way... it is planet based but it is trans-planetary and communication and movement is possible and, that turns me on.

Sean: Its a beautiful, powerful vision, The Urantia book. When I first started getting into this literature I was very drawn to the UFO/Et hypothesis as its often called. Where I'm at now is that that's just one layer of a much more bizarre set of realities. So, you're asking about the Mother Cabrini shrine. If you look at the book 'The Hunt for Skinwalker' and what happened there in the Utah Basin and all the money that Bob Bigelow, Billionaire space person, could enter

researching the phenomena that was happening there, that you have these examples of basically what I would call a portal site, there's some inter-dimensional...

Jeff: This is an actual site in Utah?

Sean: So there's a ranch there and there's been a history of paranormal experiences that have involved UFOs, orbs. A lot of it is orbs. A lot of UFOs are not silver disk craft. A lot of the sightings are orbs and orbs that seem to be under intelligent control, or that split into two or orbs that are dynamic, some are small, some are big. In 'The Hunt for Skinwalker' they're looking at the UFO sightings, they looking at the orbs, looking at different mysterious monsters, basically crypto-zoology. The house and the ranch have poltergeist activities. They're really shovels disappearing and re-appearing and places that were impossible for them, how did that happen? So literally a de-materialization and a re-materialization of these objects. That happened many times and they have it all documented. Bob Bigelow brought in a scientific team that worked on that ranch non-stop for many years, documenting all this.

Jeff: Bob Bigelow is this Billionaire who's into this...OK

Sean: Part of the challenge was none of the phenomenon repeated itself under conditions that allowed them to get scientific data, so this is part of the challenge of why we need a post-positivist model of science to better grapple with the phenomena, because the phenomena is not conducive to our current materialistic methodology of scientific inquiry, so it somehow is outside of that box, even though there's aspects of the phenomena that we study through those boxes. To get to the real heart of it, it somehow transcends that. Part of the reason why, and this is one of the great things about Jeff Crifels work with Whitney Shreiber, their book 'The Supernatural' the phenomenon appears to be both objective in a very objective way, subjective in a very subjective way, both subjective and objective at the same time and neither subjective and objective, so the phenomena is somehow all four of those possibilities. It makes particle-wave look like some easy equation. It's much more bizarre and I like to say proof is stranger than science fiction.

Jeff; absolutely, come on, even just to start at square one. You take a big mess of hydrogen, leave it alone for 13.8 billion years and you end up with our conver-

sation.

Sean: Here's a funny anecdote, that I think makes an important point. When I lived in Africa, I lived in Chad, sub-zero desert, super dry, 130F during certain parts of the year, horrible hot. I had this little patch of dirt behind my mud hut and my Mum sent me seeds and a ??? and I just thought 'Yeah, right, as if any of these', but I had a lot of time on my hands so 'I'll plant these, I'll water them, I'll see what happens' I had an amazing garden. Life wants to happen. Even under horrible conditions, even under the most non-life conducive environment is able to produce life. Our science is showing us that, so why would we not assume that on all of those 20 billion Earth-like planets that there aren't five, there aren't ten and even, it might not be life as we know it, this is the other thing; a lot of our modelling and assumptions are based on carbon-based, water based, oxygen based life forms, but like your point about the depths of the ocean whether intelligent life could emerge from those conditions, maybe not but the fact that different forms and very different radically harsh conditions could evolve. I think its a much more dynamic universe than what we often realise.

Jeff: In that kind of a context, none of this is hard to believe.

Sean: So, why the taboo? Why is it so shadowy? Because it deals with sex and it deals with mind control and it deals with government secrecy and it deals with loss of autonomy and it deals with a topic that would turn our world upside-down. It deals with free energy and what that represents in terms of us moving away from a petrol-based economy. That would rock our world. One of the main implications of UFOs is that they're not fuelled by the kinds of fuel we use on our planet. They seem to be anti-matter, anti-gravity, electromagnetic. They're using different modes of energy that allow them to move silently, to make shifts and so forth, so just the energy implications, and this is one of the reasons why its been so secret. If we assume that we've recovered some craft and there is every good reason to assume that is the case, when you really look at the evidence. If you look at the work of Richard Dowlan, one of the best academic UFO researchers. he has a two volume set, about to be three volumes, that looks at the UFO and national security. These are massive tomes. He does the homework, he goes through all the declassified documents, he talks with all the military personnel, political folks and the case is very strong that we've come into possession of at least a handful of craft and we reverse-engineered aspects of that and so

a lot of people in the know claim that a majority of the craft that are seen are actually ours. This raises a very interesting point. If that's the case, why is our government or the private sector, corporate, black budget folks have some of this technology that could be used for a lot of good but its not yet in the public space. So its shadow because it will totally change almost every part of life and society as well know it, there isn't a bigger game changer. One of the things that Richard Dowlan in his book 'AD - After Disclosure' is 'What's it look like' after the world comes to grips with some kind of non-deniable evidence. He basically says it will be so earth-shattering and transformative for society that there's a change that we will change our numerical system for dating for the life before disclosure and the life after. It would no longer be eg 2020 but 1. That it would have that level of a radical implication.

Jeff: It would finally bring the Republicans and Democrats together.

Sean: Well, this is the other thing, Ronald Reagan, and other political figures, presidents and military folks have often made the case we would unite in a way that would be quite different from our petty wars.

Jeff: I think, if evolution continues, we will. At every stage is inconceivable from the previous stage. Do you think that's going to stop? There is one thing I wanted to ask you. I think you mentioned it in some of the notes you sent me. We could actually cultivate a receptivity to these intelligences, or what's going on, this bigger reality and we do it by working with what you call our players?. So tell us a bit about that.

Sean: This is how I ended up going down this road. It comes back to this idea of multidimensionality, that my practices in Buddhism, diamond approach?, and some of the other traditions I work in. I kept being drawn to cultivating different forms of senses that reveal the Subtle Realms. If you just take the five senses, there's basically a Subtle Realm correlate for each of them; for vision its clairvoyance, the ability to see; for hearing its called clairaudience, the ability to hear; clairsentience is the ability to sceansence. One of the main, and Dean Radon has done a lot of work around this the Chief Scientist at the Institute of Noetic Sciences. He has written a lot about the evidence around Psi and the yoga traditions talk about siddhi's which is the same thing, so there's a lot of, most of the contemplate traditions talk about the siddhis and the capacities. Many

of them, as I mentioned before, will say 'Don't get distracted by that, just focus on awakening, getting off the wheel of karma', but if you pause and really work with those practices and exercises that begin to open up those subtle senses, it's basically if you think of our material world is based on the five senses and what we can see, hear, taste, touch and smell. That's reality. All of us have that, but not all of us have cultivated our five subtle senses. There are actually a few more than five, but if we just use that as an analogy. Now we perceive, experience and interact with these phenomenon, these realities, be they energies, be they intelligences, be they UFOs, be they certain kinds of Gods and Goddesses, Archetypes and ... you learn to go to the pure lands and to go to certain bodhisattva realms. This is through dreaming, through astral travel where you actually get teachings. In the Western context it often gets played down as a dream state but if you really read the literature and those traditions, they're saying these are ontological realms that you go to in your subtle body and you receive different teachings and you can bring it back into this realm. So there's a lot of ways of developing multidimensional awareness and there's this great book by Kurt Leland 'The Multidimensional Human'. He presents, he uses the four quadrants. He doesn't know about Wilber but the same four quadrants and he identifies a series of 5 or 6 exercises to do in each quadrant to develop subtle sensory awareness in that realm, so 1st person, 2nd person, 3rd person. So there's a lot of resources out there for people who want to cultivate their path in this way. The last thing I'll say about this, Jeff, and see if there is follow up or other questions to explore, one thing that really surprised me as I started exploring this literature is how many of the people who are good at these practices, how much they talk about the causal realm and non-duality. I just assumed the non-dual talk was really only going to be found in the Buddhist traditions and the Asian traditions and yet to find in our own kind of Western Esoteric tradition a very rich non-dual and causal mapping of phenomenon and awareness that, if you go deeper into developing these clairs(?) it leads you to Unity, it leads you to non-duality, it leads you to an awakened awareness. This was very Earth-shattering for me because so many of the other traditions basically say 'Don't go down that path' because its a distraction but then as I went into them and discovered, well that might be true in some cases and I can appreciate the caution but many of the people who are actually practising in those traditions, they're on the non-dual train and they're getting there through opening up their subtle senses. That's part of the Integrated Human Being, that they're hoping to create a new template for.

Jeff: Maybe its that same kind of thing that's keeping humanity from really turning and facing this squarely is that, in a sense, we're not ready. Its too distracting. There is a stage in which that's true. You don't want to play with this stuff until you're ready and a lot of practices make us ready.

Sean: This is one of the other points that's made around contact, that as a Human species, we're not yet a Galactic species, we're not yet a multi-planet species.

Jeff: We're not even Planet centric.

Sean: But we're now pushing into space. We're going to have a base on the Moon and on Mars in the next 20-30 years. There's a lot of good reasons to think we're going to have along those lines in place. So, hopefully it can be a catalyst and force us to develop the world centric orientation that we need at a bigger global level because many of the people report that part of why contact hasn't occurred on a bigger, more explicit level is because we're basically killing each other on this planet and that the benevolent being that are out there that are ahead of us in this journey basically can't interact with us until we get our shit together and we have to get to it at a level collectively before we can kind of enter into a Galactic conversation with the intelligent races who have been there for thousands of years.

Jeff: Think we'll get there?

Sean: I do, I'm optimistic, but one thing that I've noticed is fragmentation and integration seem to go together. I used to believe we were headed to an Integral Omega Point and at some point we would outrun the fragmentation, we would outrun the xenophobia, we would outrun the tribalism. I think that is possible but what I'm noticing is that paradoxically they increase together. You see this with the Trump administration, in the sense that Trump is arguably sexist, racist and all these things and yet you have the MeToo movement where you have more people coming forward and describing their experiences and key men being taken down. So there's this weird Kosmic balancing act. We couldn't have had the MeToo without Trump's craziness, so there's some weird thing going on around this large polarity dynamic.

Jeff: Evolution is beautiful, but not pretty, since Day 1. That has not changed

yet, so we'll see how it goes. Is there any other piece you want to put on the table that you think to round this out?

Sean: No, I think we've covered a lot of ground. There's a lot more to say. Obviously the course that I'm doing in September, three months of this kind of open-ended inquiry. I wanted to teach the course for a long time because it calls our best Integral selves forward. It calls the philosopher in me forward. We get to grapple with some of the biggest, most important topics and issues on the planet. I'm a big reader, so I've read all this content and I wanted to find a vehicle to give people the 'Dummy's' guide. Pull out what I think to be the best books in these 15 categories that I've identified. Part of the reason I focus on Exostudies I feel that we need to move a little bit away from the UFO/ET framework. Even though I'm engaged by that framing, its evocative, I think there's a lot of evidence for it, as I mentioned earlier, I think the phenomena that are showing up in relation to this is bigger and more mysterious than even that framing. So Exostudies is a differentiation from the UFO/ET frame and basically says 'We need to re-frame, we need to back up and create a meta science, a meta field that is able to look at lots of different kinds of data from a lot of different places and then try and understand the patterns. So, we're going to be moving through three main areas in the course. The first 5 weeks focus on multidimensional awareness and what do people report; first person reports of these phenomena, these experiences, both the terrifying and the transcendent. Then we spend 5 weeks looking at the issue of the social taboo and cultural dynamics. So basically I, we, it; you can see that right? 5 weeks looking at more of the science; the exoplanet studies, the astro-biology, the number of sightings that have occurred, physical evidence. The photographic and video evidence that's pretty strong and at the end we have a final week that's really looking at 'What does it mean to be a multi-planet species. This is where we're headed, whether we're there in 20 years or 100 years. We're headed in that direction, so start to envision together what does that mean. How can we participate in that in some way that supports our own Integral unfoldment. Its going to be a wild ride. There are 36 books I've identified two for each week. People are not expected to read those books. I have, they can pick and choose which ones they want to explore. I'm going to be a guide saying 'These are the books I've read, this is what stands out to me, here are the key issues as I understand it. Lets talk about it. Here's the best movies, the best documentaries, here's the best songs. So its going to be a guide through philosophical, scientific, psychological, existential terrain of what does it mean to

consider that we're not alone.