



EP01:

Why Woo Woo Works

With Dr. David Hamilton

Colette:

Hi there, and welcome to INSIDE THE WOONIVERSE a podcast brought to you from the corner of Fringe & Main. I'm your host, Colette Baron-Reid. And with me today is Dr. David Hamilton. David is a former R&D scientist, someone who used to develop drugs for cardiovascular disease and cancer. But guess what, he left the pharma industry to pursue his interest in the placebo effect. And this led him into writing and educating people on how to harness their minds and emotions to optimize their health. Now, David is the author of 11 best selling books, including "The five side effects of kindness" and "How your mind can heal your body." And my very favorite in all of our favorites here inside the universe, the book is called 'Why woo-woo works.' Welcome David.

David:

Thank you very much for inviting me. It's such a pleasure to be with you here today.

Colette:

I'm so excited. So from pharmaceuticals to woo-woo, you truly are at the corner of Fringe & Main David. So let's start at the beginning. Were you always interested in science and spirit? Or did you stumble into it?

David:

I would say I've always been interested in it but I think what happened is, my mom had postpartum depression in mid 1970s, after my youngest sister was born. But it wasn't very well understood at the time. In fact, one of the doctors told my mom to just give herself a shake. And I don't know what that was all about. But my mom didn't get the treatment that she needed or the bench treatment, because it wasn't very well understood. And I remember, I was aware that my mom was suffering, she didn't really tell the children, myself and my three sisters, she



wanted to keep us free of that. But you can just tell. And I remember, I think it was my first week at high school. And this might sound a bit woo-woo. But a book fell off the shelf when I was in the library for the first time. And it was called "The Magic Power of your Mind" by Walter Germain.

David:

And I immediately had this sense, that it can help my mum. So I just put it in my bag, I didn't know that you're supposed to join a library and borrow. We still have it, we still borrowed it. I haven't given it back yet. But it totally helped my mom, it didn't cure depression in a day. But what it did is, it gave her tools and strategies and insights just like meditation and visualization and affirmations, things that no one really knew about certainly not in Scotland where I grew up at that time, and they helped my mom to navigate a course through some of the really difficult days.

David:

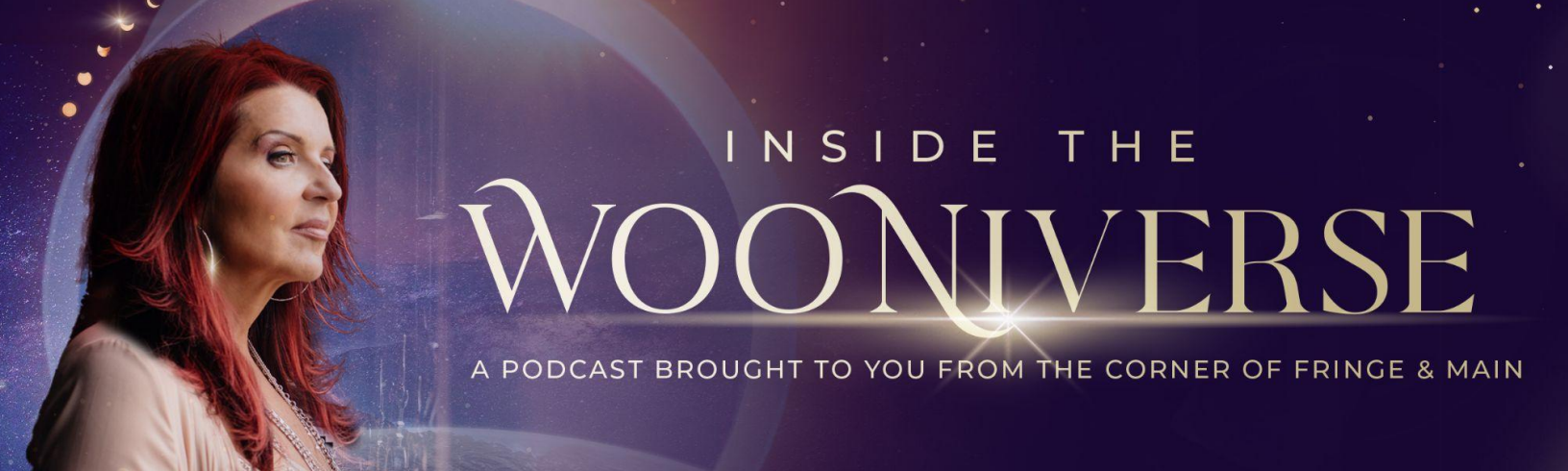
So as I was growing up as a young teenager, my mom and I often had conversations about the power of the mind, because in that book was also research in what we now call Parapsychology and ESP and stuff. So my mom and I were fascinated by these topics that we often talked about things right through my teenage years, and even when I did my PhD, I was so interested in these kind of topics that it was almost like a side interest in me, I went through the conventional academia.

David:

And I ended up as an R&D scientist, as you pointed out. But I think because of this background interest that I'd always had on recessions with my mom, when I first saw evidence for the placebo effect and a clinical trial on drugs I was involved in, well, my colleagues were so fascinated and pleased at the success of the drug. I was just so amazed at the success of the Placebo. And so I began research. How does the mind, exactly what is it that happens in the brain and the body when you believe or you think or imagine something? And that really was my springboard off the pharmaceutical industry.

Colette:

Oh wow. This is so fascinating. So why is it so powerful? The placebo effect, why is that?



David:

Well, when you believe something, to an extent your brain, your belief actually fiddles around with your brain chemistry. So what really happens is your brain begins to produce the substances that it needs to produce to move you in the direction of what you believe is going to happen. So within reason of course, but things like pain, for example, if someone has headache pain or pain somewhere in their body, and they take a placebo, but they believe it's a real pill, then the brain manufactures its own painkiller. So the brain has its own version of morphine, for example.

David:

And so the brain will manufacture morphine, simply because you believed. But here's the thing. If you had pain in your left knee, then the brain doesn't manufacture its own morphine everywhere and only manufactures it in the small region of the brain connected to your left knee. So it's not just the brain produces what it needs to produce, to meet your expectation, for example, but it also produces what it needs to produce exactly where it needs to produce it. So it's your own mind, and your awareness of what's wrong and what needs to happen that is guiding the changes in your brain chemistry. I thought that was amazing.

Colette:

Well, I think it's still amazing. So let's play with this conversation a little bit, because I think it's fascinating what you said. So it's all about specificity, right? So if you're very specific about your belief that, "This pill is going to fix this knee." And then you just saying all the chemistry and the cascade of chemicals goes directly to the knee, because you actually manufactured it. So it's like you're a mini universe inside of you that can make whatever it needs. So if you look at the body as an example, the universe as the body and then if you take this same exact idea that you're talking about, about how you can heal your body, and apply it to the energy external to you, tell me about that.

David:

Well, I see the world that we experience really in some ways as an extension of the body. So just like your beliefs and your state of consciousness fiddles around with the chemistry inside your brain and body. It's like it fiddles around with the chemistry of your life. But instead of



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molecules, hormones, and enzymes, you've got people and events and circumstances. But it seems as if the same sort of principles, organizing nature of your mind impacting the world seems to be in some ways, a reflection of the way it happens inside the body, I believe is similar.

Colette:

Right? So now I want to talk about kindness, because I think that is kindness and the placebo effect. And you move from that, that was a really important book of yours. Let's talk about the effect of kindness because we're really looking at the effect.

David:

Yeah, so kindness has a large number of effects inside the brain and your heart, your immune system, even in some of the internal biological processes of aging. And it's not being canded itself that does it. It's how kindness feels. One thing I often teach is that physiologically speaking, kindness is the opposite of stress. I often ask live audiences, what's the opposite of stress, and people will start shouting, "It's calm! It's peace! It's tranquility." And I would at one point in my life, I would have given a similar answer, but an actual fact, peace and calm and tranquility, they are not the opposite of stress, they are the absence of stress.

Colette:

Please wait, let's go back there. I want to repeat this again, this is very important what you said. So you said again, I want to underline this, that calm is not the opposite of stress, it is the absence of stress. This is very very important that kindness, the experience of kindness is the opposite of stress. Let's dive right into that.

David:

So the feeling of stress is what produces stress hormones. Adrenaline, cortisol, most people of health have stress hormones. It's not being in a stressful situation that produces those, it's how the stressful situation feels. Two people can be in the same situation, you're stuck in traffic for example, one person feels stressed. And as a consequence of feeling stressed, they will have stress hormones produced in the brain and body. But the friend beside them is going to, "Just chill out, relax, don't worry about it." The stress person wants to hurt them. And because they're not feeling stressed, there's not any production of stress hormones. So the situation itself doesn't really matter all that much. It's how each person feels about the situation. So coming



back to kindness, it's not the act of kindness, it's the experience of kindness, what that feels like, the connection that you get with a person or even an animal.

David:

And it's how that feels, that generally it's not stress hormones, I call them kindness hormones, and I call them kindness hormones to draw that parallel, because the opposite effect is like a seesaw. And one of the most amazing things research shows is that, when kindness goes up, stress comes down. It doesn't mean that stressful things don't happen when you're being trained. It's the experience of kindness takes the sting out of the stressful events, and the physical sting as well. So they just don't feel the same, they don't hurt the same. So kindness in many ways, physiologically, for example, stress increases blood pressure, but the experience of kindness reduces blood pressure. Some of the most amazing effects I think, are inside the brain.

David:

Like we know that the experience of kindness regularly, actually causes physical change in the structure of the brain, just like stress does. It's like, if I go to the gym and work out a muscle, then the muscle gets firmer and larger. Something similar happens in the brain, but we don't call it muscle growth. Neuroscientists like to sound a bit cleverer. So we call it neuroplasticity. But the idea is similar. So if I did mindfulness, in other words, I breathe and notice that I'm breathing. So therefore I'm being mindful of my breathing. I then work out this frontal part of the brain above my eyes, and it takes it to the gym. So undergoes that physical change, but instead of doing mindfulness, if I instead do what I call kindness, so instead of your attention being on your breathing, your attention is on kindness and the experience of kindness, or you might be thinking kindly of a person, of someone, all the reasons why you value a person's experience. You might even recall an experience you had when someone gave you something that made you feel good, or you did something kind for someone.

David:

But that experience works out this frontal part of the brain. But there's a slight bias to the left hand side, and a slight bias slightly deeper and as well. Now, these are regions of the brain associated with happiness and joy, and even spiritual states of consciousness. So what that ultimately means is, as we work out these brain regions, they become more powerful. And it



becomes therefore easier to extract happiness and joy at the backdrop of everyday events and circumstances of our lives, it just becomes easier to experience the positive because of how kindness feels.

Colette:

I love that. And it's not that you're trying to control the outer at all, right? That's not it at all. You're not even engaged with the outer, you're holding space for this feeling state. Is this kind of like gratitude? Like when you practice being thankful? Is it similar or does that hit different parts of the brain?

David:

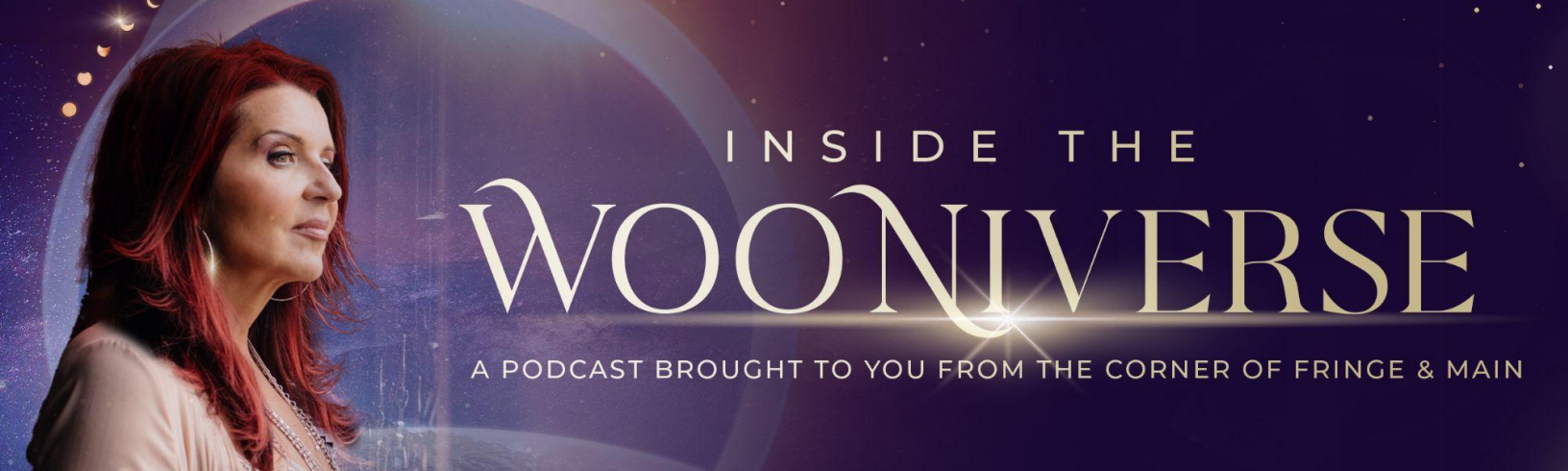
Very similar because when you're being thankful for something what you're doing here, in many times you're immersing yourself also in the experience of kindness, because you're grateful, for example, perhaps for the fact that someone said or did something really nice for you. So what you're actually recalling and experiencing in that moment is what kindness feels like, and you're grateful for it.

David:

So some of the same things happen inside the brain and inside the body. Some of my favorite effects of kindness is how it affects the heart because of how it feels, actually has a physical effect in your blood vessels. It reduces the tension in the arteries, and overall reduces blood pressure, that's what kindness hormones do. They park on the lining of our blood vessels, they cause them to release in tension, the blood vessel expands, the heart doesn't have to push as hard to get the blood through. So you get an easing of blood pressure. So kindness hormones are called cardio protective, and that means they protect your cardiovascular system. So any way of producing them, that is just being kind is also cardioprotective. And I absolutely love that.

Colette:

So we could actually use that as a kind of a practice, kindness could be a practice like your meditation practice instead of just the mindfulness practice. But being kind is actually an awareness right? A feeling state of awareness, you're practicing that anything that we rehearse often enough becomes our primary state of being as you know, and right now the whole world is rehearsing stress right? There is a lot going on. And then I think it's really a discipline what



you're talking about, but tell me about the negative bias of the Nocebo a little bit just because we have to acknowledge that the conditioning that a lot of people are going through is like a Nocebo, do agree with me?

David:

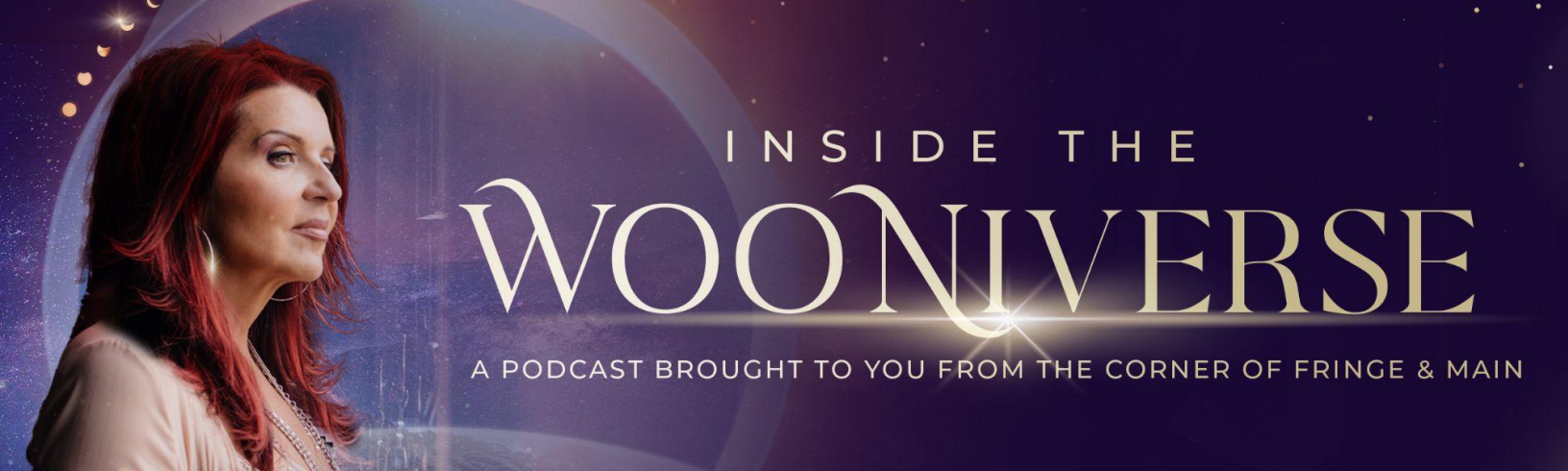
Yes, a Nocebo effect is in a sense the opposite of the Placebo. Nocebo actually comes from the Latin "I shall harm" whereas Placebo comes from the Latin "I should please." And so we are expecting an improvement, if the placebo effect can cause an improvement, expecting something negative, and this is what we'd call a Nocebo effect. So it's the expectation itself that increases stress in the body that increases the seeming negative symptoms of something. Nocebo effect doesn't cause any harm, but it can generate symptoms of something. The difference between Placebo and Nocebo is the direction of what you're expecting to happen. And it's your expectations, your belief that is driving it.

Colette:

Right. So if you look at the outer world and allow that outer world to dictate your state of being, then you're going to have an effect that's directly related to the outer experience. And so we have to actually make a choice that the practice of kindness is a choice. And it can be a discipline, because if we exercise that muscle enough, that will be the stronger muscle, that's the one that we feed then and then it's going to have huge effects everywhere. Oh my, I'm so excited. Okay, now can we talk about something else now? Can we talk about the science behind visualization, I teach visualization, it's my guided vision journeys and meditations, etc. But I'd love to hear about the science. I'm a total geek, and I want to know.

David:

So in many ways, your brain doesn't really distinguish all that much between whether something is real and imaginary. One of my favorite studies in visualization was a Harvard study. It's affectionately known as the piano study. And volunteers basically play the sequence of five notes on a piano for a couple of hours and five consecutive days. I mean, you're not playing continually. You play the notes for a minute or so you rest for a minute you play the notes you rest, but on and off for a two hour period, and they had their brain scanned every day. And the



region of the brain connected to the finger muscles that they'd been using to play the notes had grown in size by about 30 to 40 times and this book a moment ago, it's called neuroplasticity.

David:

It's the brain's version of muscle growth. But a separate group of people during that time, instead of playing the notes with the fingers, they played the notes with the mind. It's called kinesthetic imagery. So what they did, they closed their eyes and they imagined what it would feel like to play the notes with the finger. So they had to imagine the movement, physically play those notes in the fingers for the same period of time. And amazingly, after the five days, they had their brain scanned every day. On the fifth day, you put brain scans side by side, you couldn't tell the difference, the same region of the brain in those who had imagined had also grown by a factor of 30 to 40 times if you put the scan side by side, you really can't tell who was in which group.

David:

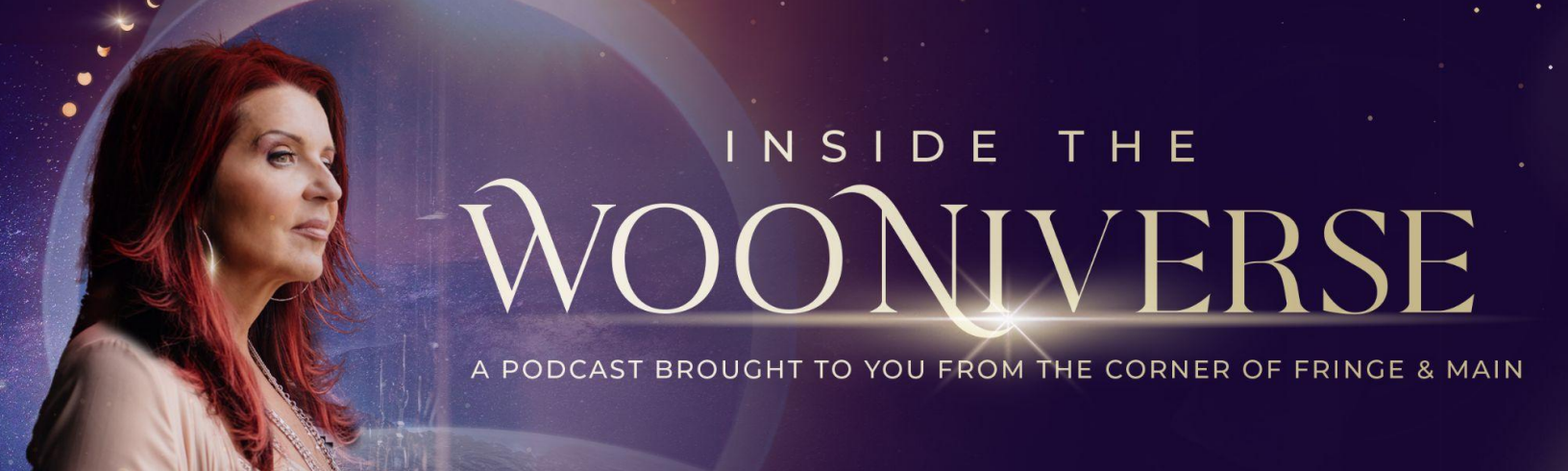
I mean, in other words, under those conditions, the brain wasn't distinguishing between real and imaginary. That type of technique, visualizing like that has helped 1000s of people who've had stroke, even some spinal cord injuries, it's been applied to an even professional sports people, most elite athletes use that knowledge. That if you visualize it isn't just something that sort of feels nice and makes you better at something, there's actually a physical change in the structure of the brain, which then impacts the way in which the body behaves and moves as well.

Colette:

Wow, that is the coolest thing. And that is so amazing because imagine all the different ways this could work. You know what's really funny? That's one of the reasons I won't watch horror movies. I know that people think I'm nutty, but I don't want to imagine that. I don't want to imagine that... I want to only imagine happy, like when I'm watching, I don't want to see anything really awful. Okay, so let's talk about the science behind the effectiveness or influence of crystals. I love crystals. I have so many crystals. I'm a total crystal bunny, tell us about that.

David:

Well, I wrote a chapter on Crystals at Tondo. It was the largest chapter of the book. Actually, I was surprised that how much there was to see, from a scientific perspective. There hasn't been clinical trials on crystals. But you don't really have to, there's a lot that science can see. There is



actually three ways that I wrote that crystals can have an impact. The first way is actually harnessed by the Buddhist practice of Dzogchen. Dzog chen is a teaching in Buddhism where they use a clear quartz crystal and what the crystal serves is, what is called a mental representation. Now we know in cognitive psychology, that a mental representation is just something that represents that and stands for something else. So the clarity of the crystal represents what it stands for, if you like the clear state of mind or the clear state of being that the practitioner wishes to attain.

David:

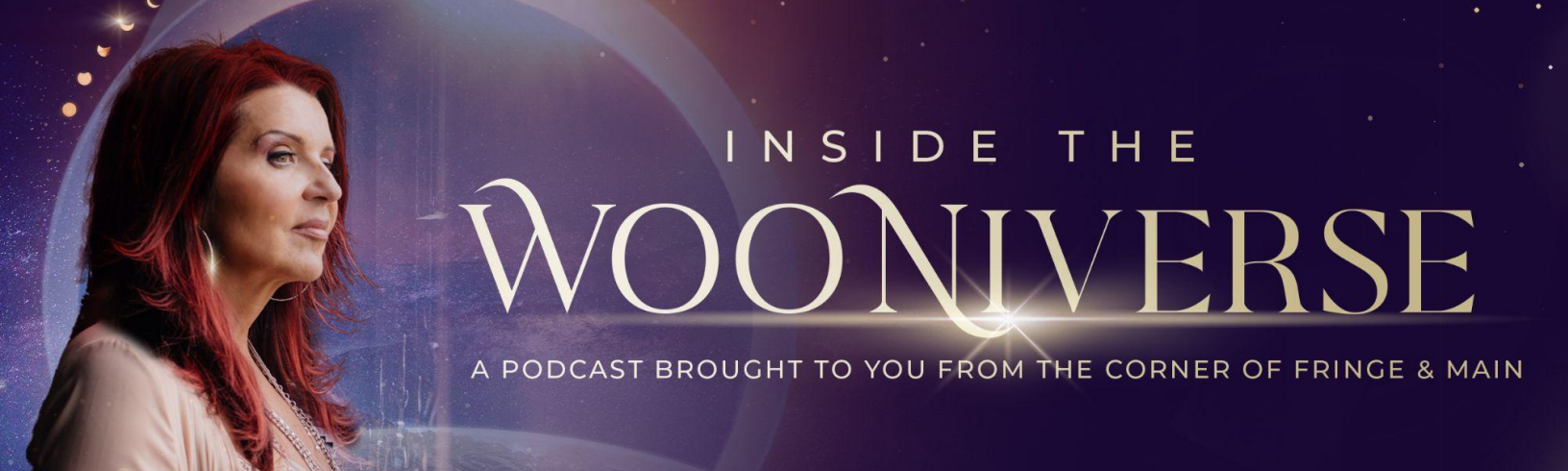
And for 1000s of years that has helped umpteen Buddhist practitioners to help to attain a clear state of being. So when we work with crystals, if you're using a clear crystal, then because the clarity of the crystal, also for a person who is meditating with a crystal as well as how I use crystals, the clarity for me represents a clear state of mind. And what a mental representation does is, it helps to move towards it because that's how the brain works through mental representations. It's why visualization of the piano study, it's why what you're visualizing, you're not actually playing the piano keys, but you have a mental representation in your mind that's causing neurological change in your brain. If you close your eyes and create a mental representation of biting into a lemon, at least 50% the population will salivate.

David:

But you are not biting a lemon, you're just creating a mental representation of it. The second I argued crystals impact us as the colors. Because we know from color psychology, that color impacts us in a multitude of different ways. In fact, even neurologically one of my favorite color studies is, volunteers were given a cherry flavored drink, but the scientist colored it lime green. So they put a lot of dye in it. Do you know 37% of people couldn't taste cherry at all. And they swore that what they were drinking was lemon or lime flavored. In other words, the brain process the flavor based on what it should be given its color rather than what it actually is.

David:

So what I argued is, just like we know in color psychology, if I wear particular color one day, because the color helps me, because we know from color psychology that blue for example can be a common color and greens are more natural, organic kind of things. Yellows can make you feel cheerful. We know that from life itself but Color Psychology also tells us these. So I argued



that the color of crystals, depending on how we're using them can also elicit some behavioral and emotional changes, just like the way marketers use color to elicit behavioral changes.

Colette:

Wow, that's so cool. I know that this is a huge chapter in your book. And then number three, you have a number three.

David:

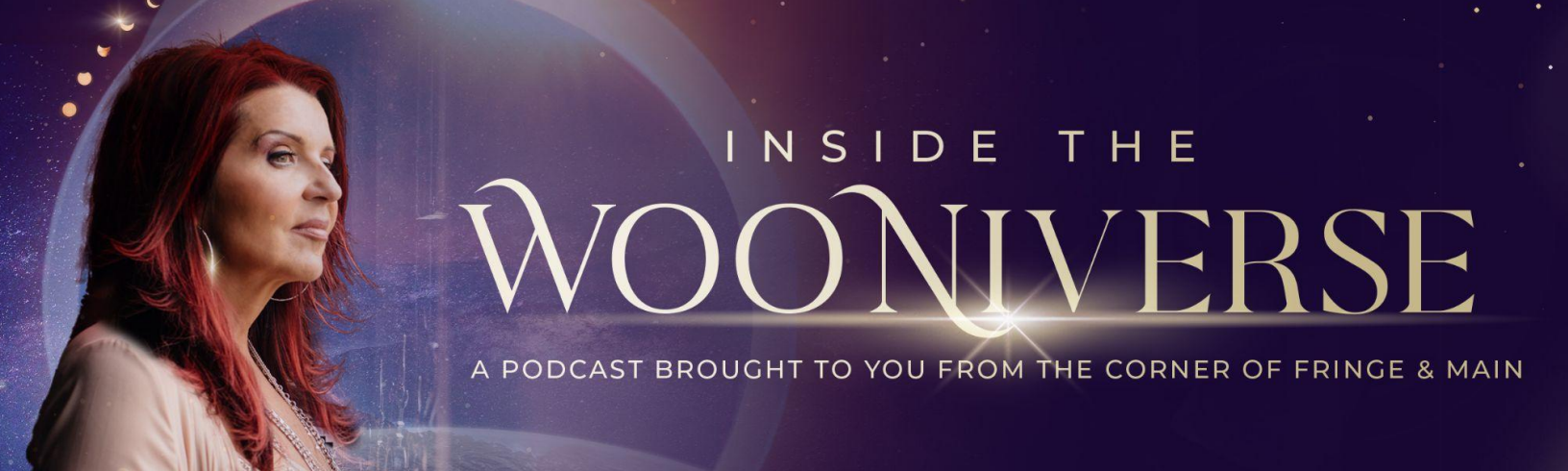
I argue that there is some beginnings of research in this kind of field. But I argued that the magnetic properties of crystals often have an effect. So quartz crystal has a property that's known as diamagnetic. Now what that means is that it diverts the earth's magnetic field. Here is a good wee analogy. If I was standing outside and it was pouring with rain, I could put an umbrella up. And what the umbrella would do is it would divert the path of the rain off of me and it would go round the umbrella, and it would dump all onto someone, unfortunate soul standing beside me, who would now get twice as wet, because they would get my share of rain. So something that has diamagnetic, what it does is, it's not rain it's diverting, it's the earth's magnetic field.

David:

So that's magnetic fields coming around it just like an umbrella, and it pushes the earth's magnetic field to the side. So anything a lot near close to a crystal gets much more of the earth's magnetic field than at the inside of the crystal itself. Whereas some crystals are paramagnetic. And what that means is, it pulls the earth's magnetic field into it like a funnel and it deprives of it on the outside. So the question I posed was, do these little fluctuations in the intensity of the Earth's magnetic field, do they actually matter? What's been a heck of a lot of research recently on the impact of the magnetic field on plants, and it's actually called plant Magneto reception. The reason for the interest is, NASA is looking seriously, could we grow crops on Mars or even on the moon? Could we grow crops on a space station? No, there's different magnetic field strengths in these places.

David:

So they want to study, what's the impact of increasing or decreasing the Earth's magnetic field? Will that make plants grow faster or slower? It turns out that, like an increase for example, that



you would get from a diamagnetic substance, some types of plants will grow faster, other types of plants will grow slower, some will end up with more chlorophyll, more green, and others will end up with less. It depends on the genetics of the plant. But there's no question recent research is now suggesting and saying, "We think they're actually affecting the growth rate of plants." Now, here is a diamagnetic substance of a quartz crystal. There's not been any scientific studies on what happens when you hold a crystal. And I pointed that out in the book. But what I did say is, I don't think we can rule out, I don't know how strong the effect is. But I think that probably is some effect from a diamagnetic substance in close proximity to the body.

Colette:

And would you not say also, if you believe that impacts there, you have that effect also if you are-

David:

Even stronger,

Colette:

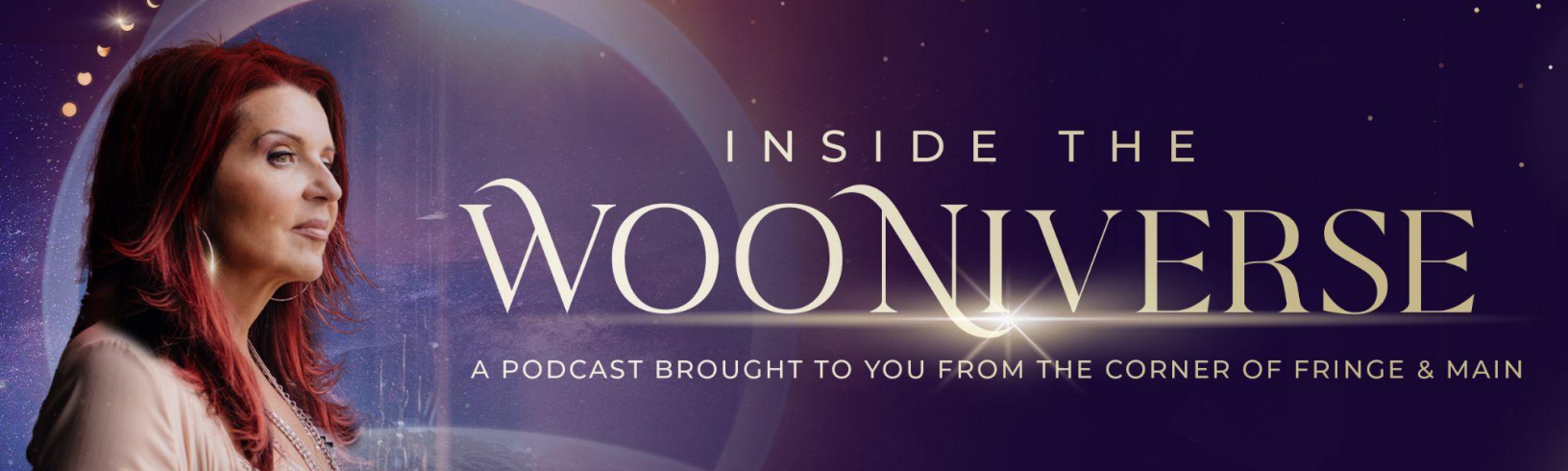
... being willing to be open minded to it, obviously, these new scientists are doing that to do with plant growth. And that means that they might be able to manipulate it. In other words, make plants grow faster in different environments, like you said, on Mars. That's fascinating. NASA is looking into it.

David:

Essentially, that's what they're looking to do is understand the phenomena better. No research has been done on the human body, as far as I know. But I don't think we can rule out... And as a scientist, I have a huge curiosity for this kind of thing. I'm very, very open minded, which is why I started researching this.

Colette:

And that's why your book is called Why woo woo works I know. And let's talk about the heart and our bio fields and coherence. What does the latest science say about coherence and the benefits in connecting our hearts and minds.



David:

So a coherent state of mind... Coherence is like if you get up from your chair, but then you change your mind halfway in between, and you sort of hover between getting up and sitting back down. That's what many people's heart rhythms are like most of the day, not your actual heartbeat. But if you look at the beat to beat variance, it's called heart rate variability. And that really is the beat to beat variance. So if you breathe in, for example, your heart rate will speed up a little bit. And if you breathe out, it will slow down a little bit. And that small difference in the beat to beat between speeding up and slowing down that's called heart rate variability. And it's fairly predictable.

David:

But it's bigger if you were just, for example, if I was just to get up, or just make a decision, just get up cleanly or sit down cleanly, that'd be a coherent movement, right? But instead, most people when they're under stress, they hover between the up and down. And what you get on the... If you look at the heart rate variability on a computer screen, it looks like a jagged line like a mountain range. But if instead you just give some attention to your breath, and you can just notice that you're breathing, but put your attention on the area of your heart, which begins to bring in the idea of kindness and compassion, then what you start to get is the beat to beat variation and your heart rate becomes very smooth, instead of it being jagged, becomes very clean and very smooth. It's like the whole, every part of the heart is operating together what you've either made... It's like that analogy, you've either made a clear decision to get up, or you made a clear decision to sit down.

David:

Now what that also does, is that begins to inform the brainwaves. So what you begin to see is brainwaves to an extent begin to fall into sync with the heart and what's happening now. The heart having a larger magnetic and electric field begins to inform the brain a little bit and so what you get is called entrainment. And so what you're really looking for is that clear state. But what's really interesting, from the perspective of someone doing... A therapist of any form. I've talked about Reiki hands on healing in the book, but it wouldn't really matter.



David:

Any therapy, anytime you're in close proximity to someone, if you're in a state of coherence, then what research is beginning to show is, the more coherent you are, you actually begin to impact the other person's heart state and it's actually called the natural healing effect. And what natural healing effect means is, "I'm not actually trying to affect you, your heart in any way. I'm just being peaceful, kind and compassionate. And the natural healer effect of my presence is now beginning to move you towards a more calm, peaceful state that lends itself towards healing." So that's why it's called the natural healer effect.

Colette:

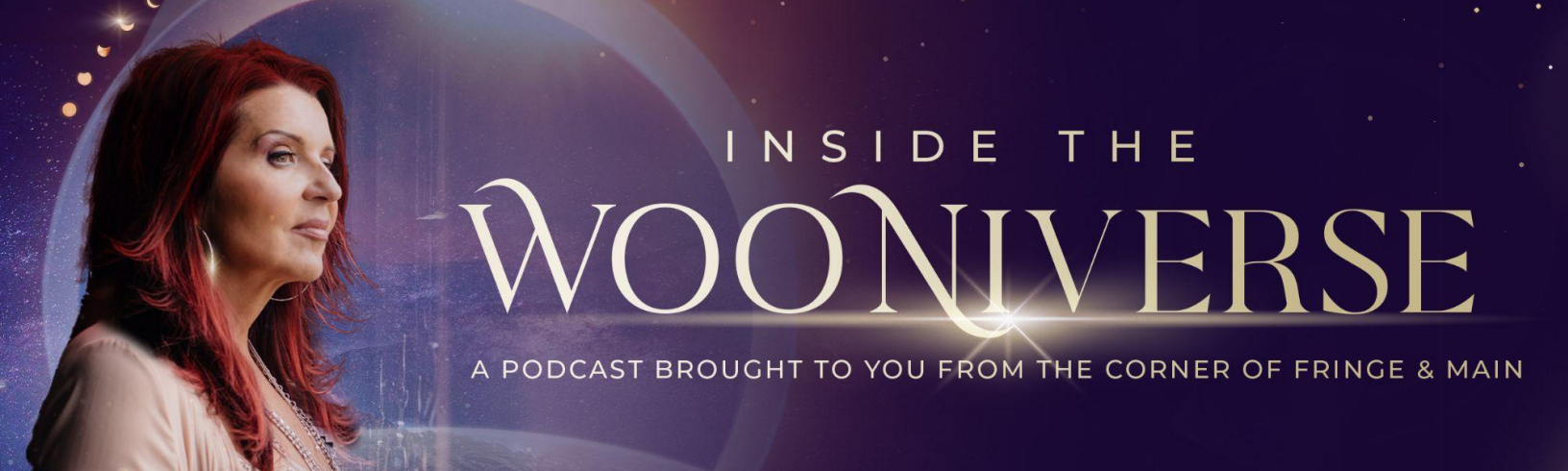
That's incredible. So it then reminds us that before we work with somebody, like a healer works with somebody, they have to get coherent to have the best experience when you enter into a situation with somebody else, and your energy is all over the place that also makes the impact. So what I'm getting from this entire conversation is that really, that we go back to kindness and compassion as your primary goal on a day to day basis, because that's going to impact every single thing. It'll bring you into that state of coherence, as well as enabling that entrainment. Okay, so I want to talk about entanglement now.

Colette:

So let's go from entrainment to entanglement. Okay. So, because a lot of people, I think that... the idea that this is 'woo woo', because people are still very much engaged in the idea of separation, right. And that's nobody's fault. We physically see this, you're over there, I'm over here, blah, blah, blah. And we don't recognize this invisible field, which is what I want to talk about this 'field' in which we're entangled. Let's talk about that now.

David:

Yeah. So for me, in the book, I argue that consciousness is the basis of reality. And we are therefore all connected through the field of consciousness. And although it might sound odd for a scientist to say that, given physics isn't really interested at the moment in that kind of stuff. But a lot of the research in the field of Psi you know, P-S-I, it's like an umbrella term for ESP, Potter psychology, Presentiment, Old prayer, just healing all these kind of things. For me, there's no question that there's a real Psi effect. And I know that in the mainstream of science, we tend to be dismissive of that. And the people that are dismissive of most of them it's not because you're



experts and you know whether that's true or not, it just doesn't sound plausible. And it can't really be plausible, you're in the mainstream, there are a lot of psychologist, physicists, every field of science believe that consciousness is just an illusion, or that it's produced by chemistry in the brain.

David:

And if you follow that path, then it can't possibly be a Psi effect. So I believe, given the data, there's no question for me, and risk people researching in the field, that there's a Psi effect. So therefore, I think we have to move away from that idea that consciousness is produced by the brain. So given the main ideas, but only left with two options, and one is something called Panpsychism. The idea that particles have consciousness, and I'm not suggesting that an atom in my coach sits back, enjoys watching Netflix on a Friday night. But the [inaudible 00:28:23] goal, everything has experience. If you write down to the smallest things, all we can do is refer to the equations that are satisfying. In other words Physics can tell us... And I know this because I'm in the fifth of six years of a formal academic degree in Physics and Mathematics, just out of curiosity.

David:

And the best we know at the moment is what's called the hard problem of consciousness. We know what the brain or consciousness does, but we don't know what it is. We know something there. But we don't know what it's like to have an experience, we can just see what the brain is doing. Well, I have an experience, but that's not the same as having the actual experience. So it's called the hard problem of consciousness. So panpsychism attempts to solve that. But the other one that attempts to solve is called idealism. And it's the idea that a field of consciousness is actually the foundation of all of reality. And this is very consistent with the Eastern ideas of nonduality and stuff. And I argued in the book, that idealism or panpsychism, or something in between the two, for me, is the foundation of reality.

David:

And therefore it means that everything is consciousness, and therefore everything is connected or entangled if you will, through consciousness. And I would even argue, although, most physicists would disagree. But I would argue that maybe many of the phenomena we see in the physical world are really just mirrors of the same sort of phenomena that we see in



consciousness, for example, entanglement, the fact that it exists as a physical phenomenon, if you could take two particles, separate them by trillions of miles and in pain one of them and immediately the state of the other one is caught likely to wither.

David:

You can't send information from one or the other. But the state is connected they're entangled in consciousness. And I think that's why things like prayer and distant healing work. And that's why the... I believe there's an effect of Psi, because everything is already connected. And I argued in the book that the strength of connection increases when you feel love, or empathy, but emotional warmth. And that seems to be what some of the research shows, studies and Psi where the protocol of the study allows for people to generate an emotional connection, they Psi effect is always stronger than if the protocol takes out the emotional connection altogether. Because in science, we're overly trying to understand it so we're making it too clinical.

David:

So what we often do is tickle emotional connection, because we think it's all about intention. And what happens is that a very weak or no Psi effect sometimes, and the strongest effects are when we feel warmth, empathy, love, compassion, some form of felt connection. And so I would say that is the formula, if you will, that underlies impacting things that are destined, impacting life, impacting the world, is having a sense of warmth, and felt connection with each other, with things. And that's when you begin to see this, this kind of effect.

Colette:

Oh, that's amazing. That's actually my favorite part of the book, by the way.

David:

Oh thank you.

Colette:

Well, because I'm a skeptical person, I had a hard time accepting that I was a medium because I was hearing all these things, I could tell the stories, etc. And I'm like, "Where's this coming from? How am I getting all of this?" And then I would know things and I would see things out of time space continuum, and I didn't understand how that went. And I was always looking for an



understanding like, "Explain this to me somebody." But if you look at it, the consciousness of the panpsychism or idealism model, that does explain it.

Colette:

When you say consciousness is fundamental to all things and my belief as an animist too, I see everything having a presiding, some kind of consciousness. And for me, it's more spiritual. And I love that you said that the atom is sitting on your couch watching Netflix saying, "Pass the popcorn." But you don't know. But we don't know that. We don't know that do we? We don't. We have no clue. But it does explain a lot of the Psi phenomena. And a lot of the phenomena that mediums and intuitives and psychics and people experience. All the time that never had any scientific explanation of it.

David:

For me, I've always had that that curiosity. And as a scientist, I wouldn't rule anything out just because it doesn't sound plausible for me. I've always been curious. And so I wanted to understand and investigate all the Psi phenomena. And to me, it does make sense from an idealism about Panpsychism... That's why in the book, I said, "I believe something in between idealism." And so what I argued is that everything is animated with consciousness. So yes consciousness is the basis of reality. But everything itself is also animated. Every particle has consciousness. So that's why I argued that I think something in between idealism and Panpsychism is probably true.

Colette:

I even feel like books are alive. Like once they're my... even my oracle cards, I just feel that they have their own consciousness too. Like there's the concept of consciousness being independent from inanimation, right? I don't believe there's anything inanimate ever anywhere.

David:

Of course it has consciousness. Any singular inanimate object. So maybe, I believe is entirely possible, to focus your attention. And this is what if I'm saying a prayer for someone, what I do, is I actually try to feel connection. I try to feel inside the person. And I tried to heal and visualize and say the prayer from actually almost a sense of feeling connection with on the understanding



that we are both animated by the same consciousness as we're both part of the same consciousness. So of course, I should be able to do this. And I use that as almost a belief effect for myself. And I imagine it's almost sensing the internal conditions. And so when I say a prayer, it's not just a, "Please God, make John better." It's more of a, "Please help me to understand and be such a connection and help me to see what I can do."

Colette:

I love that and the prayer too when you think of that. I say a prayer, "Relieve me of the bondage of self so that I may better do thy will, make me a channel for thy peace." So it's like get rid of... Kind of move my little ego mind aside because it's not about me. And let me be the channel, be a clear, like the clear quartz, the Buddhist work with the quartz it's so interesting. So I pulled a card before I got on the call with you today and it was called mending. It's for my... Well, you know I will put one in a second anyway, but it's the subject of forgiveness. And there's a lot going on these days where a lot of people project negativity to each other, etc. We live in pretty fraught emotional times and how can we use kindness? Would you say that that forgiveness as well, that kindness, compassion and forgiveness somehow operate around the same frequency?

David:

Exactly. Almost just like different facets of the same crystal. I feel like different aspects of the same thing, the same feeling, the same overall state of consciousness if you will. So I mean, this is what I try to practice in my life. Kindness isn't so much just something that you do as a physical thing. It's something you try to embody and how you think about people and even interpret people's actions, trying to look past the clouds, if you will, and trying to understand that everyone is just trying the best they can, given the knowledge and experience and background. We're all just in some ways children trying to find a way home. I feel like-

Colette:

Oh I love that.

David:

And sometimes we stumble along we do left when probably we'd be better going right. So how can I judge someone who's turned left rather than right? So what I tried to do as my spiritual



practice is to give people space, but just love them. For me, I would say something extraordinary happened when I lost my dog Oscar about seven years ago. He'd opened me up so much. He'd loved and broke me... Opened my heart so wide. He was my best friend. We did everything. My partner and I did everything we could to save his life. He had bone cancer. He was in my life for the entire duration of the time, I was working on writing a book on self love. And I use Oscar came... He came into my life two days before I started writing the book. And he passed away two days before I finished it. It was like, I believe he came into my life for that purpose to heal me so that I could become what I needed to become.

David:

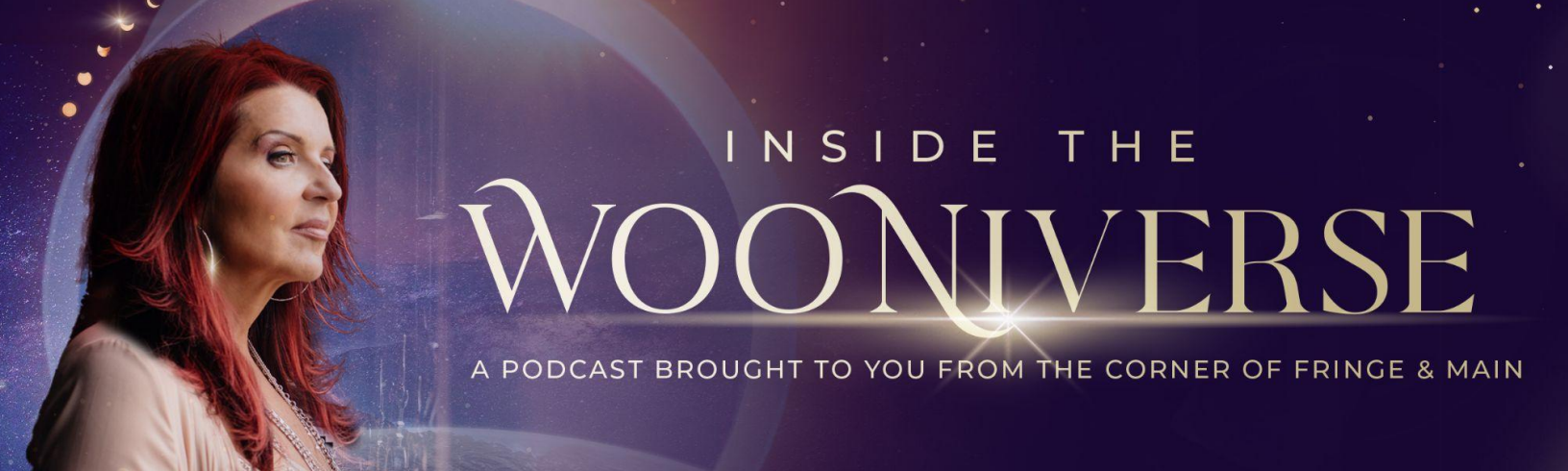
And he burst me right open. And I remember when he passed away, I remember it my partner Elizabeth said, "Where's all the love going to go?" And I realized that it's not going to go anywhere. What happened is I felt I'd opened up so wide, that all the love and affection and warmth rather than closing down again, it felt like it just attached itself to everything and ever since that day, it's never left me. I have this background feeling like it's like a gently simmering lately effervescence of affection for every single person I see, people from my past, people I just go onto the street. And I tap into that as a daily practice, where I just try to see the best in people, and try to cut people some slack, try to forgive people as necessary, to try to feel gentleness and compassion as a way of being.

Colette:

I love this. You want to know what this is pretty amazing because my husband had the identical experience when our dog Beanie died. And he's never been the same man since. He became a nicer person after that, because it's so he loved that dog so much. He fell apart and complete. I've never seen him like that in my life, when we had to take Beanie to... She died in his arms. And to see that man break open like that was just first of all, it was the most heartbreaking thing. But then it was the most extraordinary thing.

Colette:

Because ever since then he has more capacity, just like what you said. Where does the love go with the love, you're broken open, so you can hold more? And I really understand that that to be true. So I think that we tend to want to escape and bypass loss and grief, etc. But those are things that may hurt us. But they're really important to dive in and to accept because we can



become better people as a result of it. So let me talk about anxiety for a second because a lot of people are experiencing anxiety today. Do you have any technique that you love that you would suggest for people with anxiety?

David:

Anxiety is something I struggled with, on and off almost all my life actually. I've been quite open in my books about my own challenges with mental health. And I've experienced depression twice in my life. But anxiety has been something that comes and goes. But one thing that can almost nip it in the bud very, very quickly, is an experience of kindness.

Colette:

Kindness again yeah.

David:

There's actually a cool but I used it to rationalize is the part of the brain that's active when you're feeling anxiety. It makes you feel separate and close and it pulls all the blood supply away from the frontal regions of the brain, which we really want to be using at the time. And what happens is research shows that kindness hormones, what I call kindness hormones they actually turn down the intensity of that anxiety region of the brain. It's called the amygdala. And research they put people inside MRI scanners and put them in a fearful state and watched the activity of the amygdala. And then they introduced kindness hormones through a nasal inhalation and immediately it was like turning a dimmer switch down the intensity of that anxiety region of the brain began to rapidly diminish in proportion to the amount of kindness hormones given.

David:

So what I do, my little go to technique is, I just close my eyes. And I try to recall an experience of kindness. Or if it's something recently I can just go to and someone who showed me kindness and I think for a moment how beautiful, how amazing, what a lovely thing to see or a lovely thing to do or a lovely email to have sent or a lovely someone singing Happy Birthday down the phone line, my birthday a few months, and it was such a lovely thing. Or I may even recall, when I did something kind for someone and I recall the gratitude that they felt. And so any way of accessing the experience of kindness produces kindness hormones but what we know and



signs as they turn down the activity of that anxiety region of the brain, like you're turning down a dimmer switch in your house, as the light is too bright.

Colette:

I love that. Okay, I want to go back to this one thing you said about snorting the kindness hormones. Okay? What do you mean that they stuck something up people's noses?

David:

So you can eat or drink kindness hormones.

Colette:

What are they? What are they called

David:

The main one is oxytocin, it's a female reproductive hormone. And they cross the blood brain barrier through an emulsion. And you can't eat or drink them. But the way to get into the brain is, it's like you know the people take these little squats from the noses are blocked, right? So it's called a nasal inhalation. And it's just a fine mess. And what it does Oxytocin just a small molecule, and it absorbs across the blood brain barrier. So the only way to get into the brain is through a nasal inhalation or an injection or something like that. And what I say to people as well, I think it's quite funny, is kindness hormones, also slow the aging process.

Colette:

Anti-aging. That's why I want to be kind.

David:

But you can't put them in a green drink. You can't eat them or drink them. The only way to get them into your cells is by producing them through the kind of person that you're being.

Colette:

Okay, what is the wildest thing you've ever experienced researching the woo woo?



INSIDE THE WOONIVERSE

A PODCAST BROUGHT TO YOU FROM THE CORNER OF FRINGE & MAIN

David:

That's a, wow. I remember one day I was writing a blog for my website. I write weekly articles, post them on my website. And I was writing one. When I was almost finished, I thought I've just described what feels like the science of the Matrix film. And while I was writing it, I realized, I remembered that I'm giving a lecture in a few days time. I'd forgotten to order some of my books, I often take some of my books to live lectures, people like to get them signed and stuff so and I'd forgotten. And I thought I'd order because there's a midday cut off. If you ordered past midday, you don't get the next day. So it was at half past 11. I phoned up, I spoke to a woman in Customer Care called Michelle. And she took my order of 100 of my books of a few different copies of different titles.

David:

Anyway, I was writing a blog, and I suddenly remembered that I needed a reference from a book. And the book is by a very famous Physics professor in the UK called Brian Cox, Professor Brian Cox. And it's called "Why does $e=mc^2$." And it's all about instinct, relativity. And as I said before, I'm most way through mathematics and physics degree. I'm just out of curiosity I just love the Science and Mathematics is like my favorite subject. And I thought I needed a reference for the blog. And I remember it was one, Einstein's equations, and it was in that book, and I was just going to write it down as a footnote. And I couldn't remember where the book was. And I remember then that I'd left it in storage, we were moving house at the time. And I remember at that moment, "Ahh, I really need that book." And I put my arms up and I beseeched the universe in a way that I do for fun. You know what? I really need that book. I really need that book. And I did it for fun.

David:

What I always imagine. When I do that I imagined columns of light coming out in my hands going up into infinity and I go, "I need that book. I need that book." I sometimes called God the big man, I go, "I need that book big man." Anyway, I go on writing the blog. And I thought, well, I don't have the book. So I can't put the footnote and so I uploaded the blog. And I thought I've just described the science of the matrix in the best way I've ever done. Press upload. Seconds later, well 30 seconds later. I got a phone call from my publisher, from the distributor who had placed the order with half an early on she said. "Look, David I'm so sorry but there's been..."



wait for that "A glitch in the system." Remember that? The line for matrix. A glitch in the matrix that happens when they change something I think it was Trinity who said that.

David:

And she said there's been a glitch in the system. I don't know how it happened. But this has never happened but somehow the warehouse haven't haven't dispatched all of your books have only dispatched 10. And you'll get those tomorrow. I'm so sorry. You won't have a book in time for your lectures. And I said, "Look, Michelle, don't worry about it. It was my fault. I should have ordered the books weeks ago, I always leave it to last minute. Please don't worry at all, nothing to do with you." So the next day, a box of 10, and my books arrived. And I opened the pack something strange... And I opened the pack, and there with the spine turned the wrong way around and among a pack of 10 of my books was a single copy of Why does $e=mc^2$.

Colette:

Come on. That's amazing.

David:

And I felt I went against the back wall and I suddenly had this sensation. I looked up and I... Colette I write about the skin of consciousness and all that. But it I got spooked. And I woke up and I said, "Who did that?"

Colette:

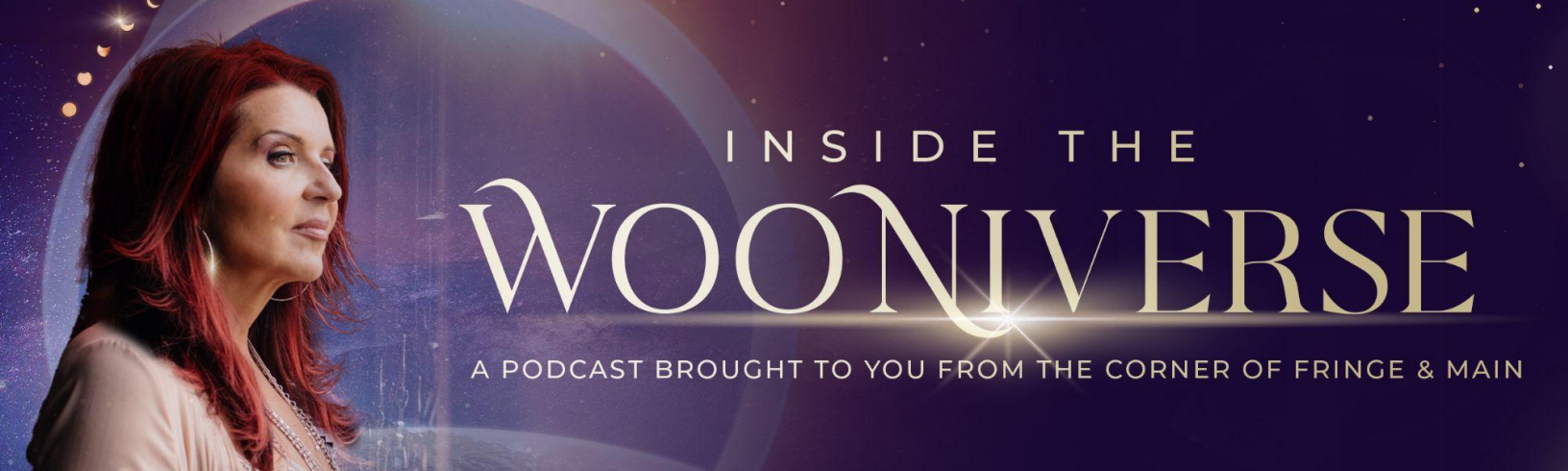
Who did that? You did that you and the universe that is your partner.

David:

This bizarre sense of consciousness that I wouldn't see to the average person had made. Thank God you loved it. You loved the [inaudible 00:46:03] I had this overwhelming sense of eyes in a sense of warmth and presence. It was incredible.

Colette:

Wow what a great story.



David:

One of the greatest things that has ever happened to me.

Colette:

I love that story. So do you mind if we... want to pull a card? Shall we ask the universe What else does the universe want to reflect with you and I today about our conversation and let's see if there's a subject that we want to tackle together? I'm just gonna pull a card I believe the consciousness of these cards. Oh, imagine Oh, my goodness, this is the card imagine. So this is let's just quickly dive into the power of imagination, the right use of imagination. It's kind of what we've been talking about the whole time.

David:

For me, what I use imagination most for actually isn't really to change aspects of my life. It's to help people to heal and to feel happier. So I use it actually... I use visualization quite a lot when I'm trying to assist people in their recoveries.

Colette:

I love that. So okay, I want to talk about that because you say that you use imagination or the concept of visualization when you work with other people. So is it because of entanglement going back to that saying that consciousness is shared? That we can't, we aren't really separate? That you can... Like the power of prayer that you can have a positive effect on that other person by being curious and open? Would you say that's true.

David:

Yeah. So at the moment I've... When I was working on this book, and I was amassed so much in the science, but also the spirituality I had to remind myself that rather than just writing about what I believe about the healing arts I... Part of me felt I need to start owning myself and doing it more. I know people that are sick that could do with a prayer, but maybe the kind of prayer that I would do with my belief that we are already connected in my feeling sense of things. And so I've started to embrace that part of me much more than I ever have in my life. For me, what I've been trying to do is embrace that part of myself that believes in the magic of healing, and the fact that we're all entangled, then maybe just maybe sometimes my prayers done correctly with



a heart of compassion and kindness and love, maybe they can have more of an effect than I've always scientifically thought they could, if that makes.

Colette:

No, it makes a lot of sense. Because I think what you've described as science being a kind of a container, like trying to give it form. Like trying to give the form credibility or something and but it is limited, it limits it right? Because the intellect limits it, but now you're leaving space for it to be filled with consciousness. And now, this is really interesting. Well, okay, so as we move into an uncertain future, what do you think's missing from the world right now? And what do you think? Well, I know you're gonna say kindness.

David:

Yeah. I would say it's not missing. It's just I think the world would benefit if we made more of a big deal of kindness. If we practiced it more, but even let's have bigger conversations about kindness. And I think it's not that it's missing from the world. I just think it is a remedy that would help the more.

Colette:

Yeah I agree with you. Because nothing is really missing. It's just what are we paying the most attention to? And I agree, kindness is the remedy. So let's all keep the kindness going from this dimension and into the next dimension of the Wooniverse too because when we come back, we're going into the tea time after party, but before we do, let's take a moment of pause to listen to these messages.

Colette:

Welcome back. I'm your host Colette Baron-Reid and this is the tea time after party brought to you by iAwake Technologies. Creators of the most sophisticated research driven brainwave entrainment. I teamed up with them to create this amazing collection of meditations all available to you for 30% off the regular price. Just go to ITWpodcast.com. forward slash iAwake to learn more. That's i-A-W-A-K-E.



Colette:

Okay, so we're switching gears now and traveling to another dimension of the Wooniverse. It's called the tea time after party, a place where we're going to kick up the fun. I'm here with the most awesome Dr. David Hamilton. And joining us is my executive producer, Connie Diletti. Hey, Connie.

Connie:

Hey, it's so great to be here.

Colette:

I know isn't exciting. Wasn't this conversation awesome?

Connie:

It was beyond awesome. And Dr. David, you're awesome. I just want to say that.

David:

Oh thanks very much, Connie. I had a really great time. It was really, really fun and just can't wait to keep talking with you guys. Not with myself. But [crosstalk 00:51:20].

Colette:

Well, this is so great. Okay, David, we have some questions for you. Are you ready?

David:

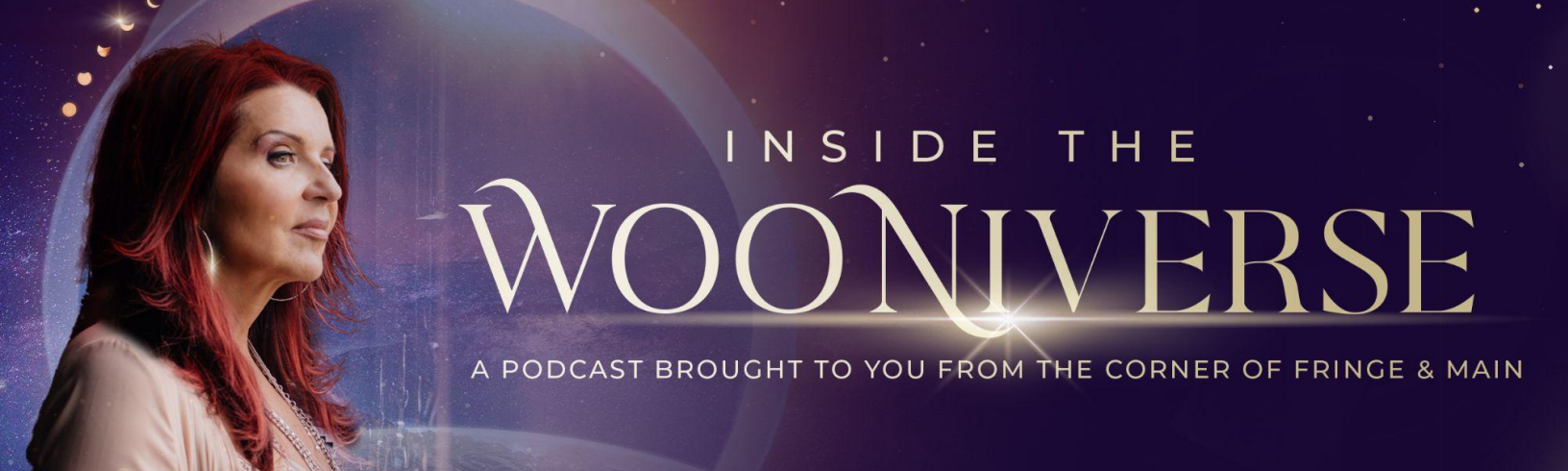
I'm ready.

Colette:

Okay, David in the universe. We don't poo poo the woo woo. So what is the origin of the phrase 'woo woo' according to you, since you did name your book, "Why Woo Woo Works."

David:

Well, I don't poo poo the woo woo either. But as far as I know, it's funny as far as I read, that could research anyway, the phrase originated in the 1980s, supposedly, an imitation of the



wailing sounds that ghosts would make in your... In those old films back in the 30s and 40s kind of thing when the ghost person comes on with a white sheet over their head, and it's like, "woo." So I could find... As far as I could find out that was supposedly the origin of the term.

Connie:

It's like, Don't poo poo the woo woo or you could get a boo boo. What do you think about that?

David:

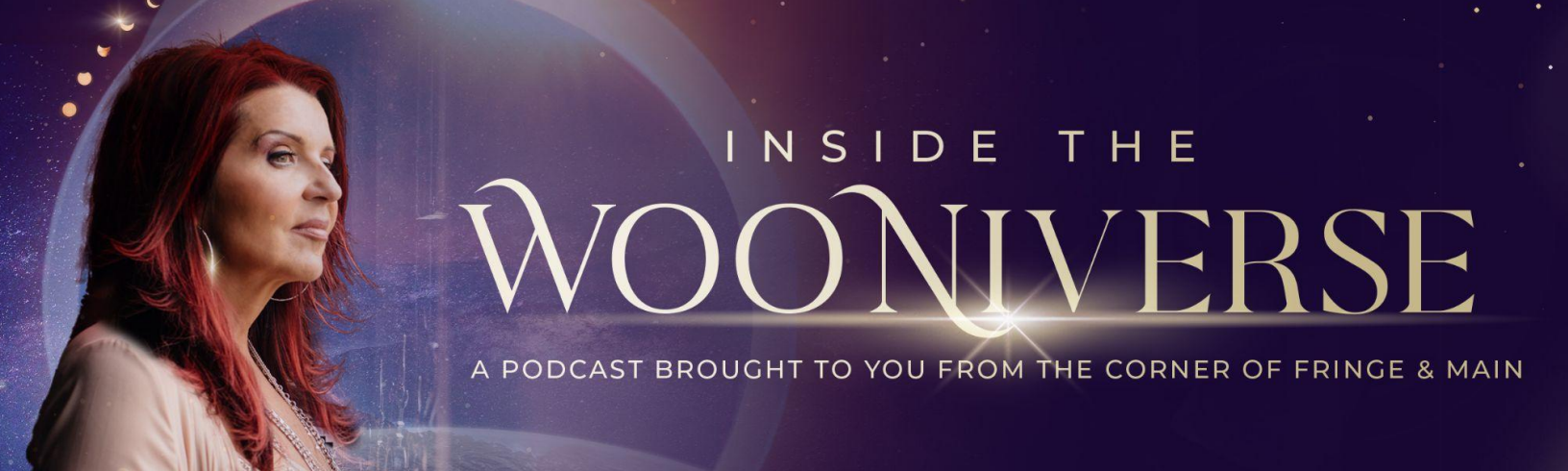
I love that. But it's funny, because it has become an academia, a derogatory term because the official dictionary definition is unconventional beliefs regarded as having little or no scientific basis, especially those relating to mysticism, alternative therapies and spiritual practices. And it just so happens that as quite a lot of research and available, even philosophical thoughts, I think we've kind of got that back to front.

Colette:

I love that you said that because it is so true people, "Oh, that's just woo woo. that's just woo woo." Like, you're right derogatory, but in our world we don't poo poo the woo woo. Because we know woo woo works, which is why we chose you for our first guest. I love the title of your book.

David:

Thank you. And I can honestly not take credit for it. Usually when I write a new book, I come up with a pitch, I have an idea, right? And I write, a sketch of my idea. And then I fire it through to the MD Hay House in the UK, Michelle Pilley. And Michelle usually comes back in [inaudible 00:53:23] team kind of thing. But this time I didn't have an idea. So I went to Michelle and I said, "Do you have any ideas? You've got your ear close to the vibe, really, and what the spiritual and main body spirit and self help community are looking for?" And I said, "So given what you know, of my skill set? How do you think I could best serve?" And right off the top of her head, she came up with, something along the lines of "why woo woo works." And she said... We both laughed, and she said, "Obviously we'll never call it that." And I said, "I know, because I'm not calling a book, Why Woo Woo Works." And it's funny, it stuck as the name.



Connie:

That's amazing. "Obviously, we'll never call it that" but PS it's a best seller now and the name of this episode.

Colette:

It was really great, because we've been using it in a way to actually bring the levity to it because we know it works. It's been my world all this time. And so the idea when you when your book came out, and it was called that I was all over it. I mean, I think I told you, I had my mastermind, everybody in the mastermind, all 20 people had to buy the book and read it. And because it really is a way to say, "Look, you might call this woo woo. But this really works. And here's the science behind it." And that's what I got out of your book, which was great. So clearly, we love the name of your book. Now I've got another question. What is the wildest thing that has ever happened to you? When it comes to a spiritual moment or a wild sign or some woo woo moment that you ever had, I want to know what the wildest one was.

David:

Oh colette, I've had millions of them. I mean, even recently I was coming out of the supermarket. And I just you know... I've been asked, I've been talking in my head to my guardian angels. And I suddenly had an instinct. And the answer to your question was that I needed to start reading again a course in medicals. I was driving my car. And I said, I looked up briefly, and I said, "Are you trying to tell me that I have to reread a course in medicals." Anyway, a car just pulled out in front of me and the registration just said "yes." And that was just a couple of weeks ago. Wow. And then literally a couple of days later, we'd got this opportunity to really to adopt a little puppy, a little dog that we now have called Daisy.

David:

And I think I was in a roll with the signs coming through the car registrations. And I was driving the car, coming back to the house, and I just heard that we had this opportunity. And I was thinking, is this the right thing? And a car just caught me off on the roundabout, and it said, "Canine go, go go." And I was like, Oh, my God. Lots of stuff has happened. But that's just the most recent of my sort of out there bizarre things but bizarre things happen to me all the time I stopped even thinking of them as bizarre.



Colette:

They're so clear. Your messages are so clear. Were they always this clear?

David:

No, no. No, I mean, yes is about as clear as I've ever had spelled out for me. I mean, Connie this isn't actually cool. Really. I mean, most people have... They're so in tune that they just detect a subtle vibes. I need the words.

Connie:

Yes.

David:

Spell it out for me!

Connie:

Spell it out.

Colette:

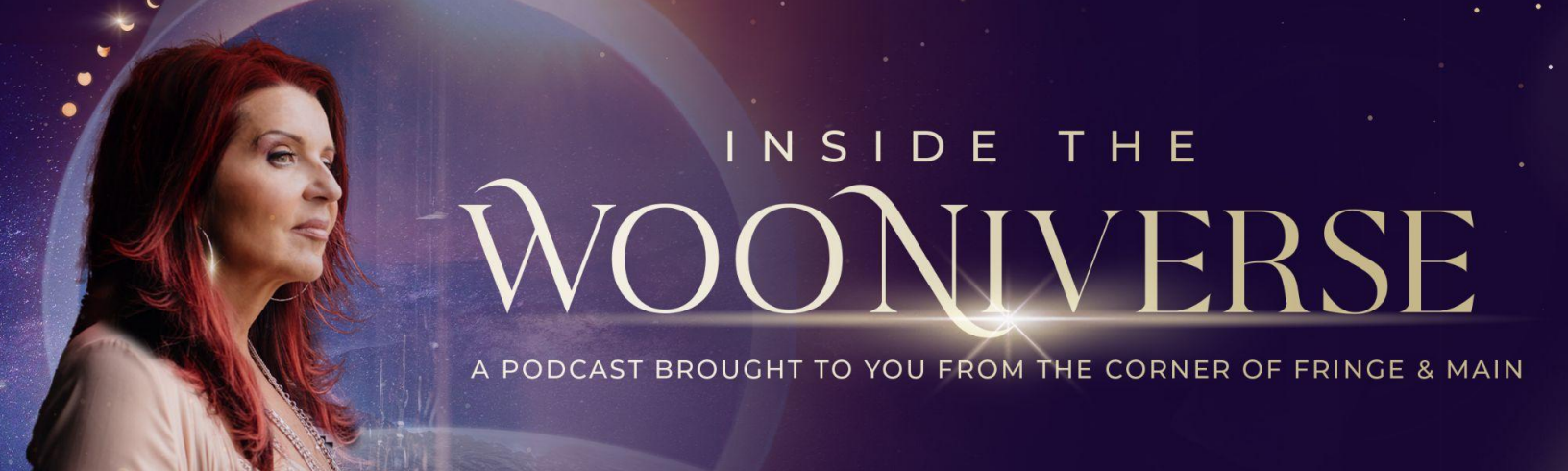
I do it too nevermind. I always asked for billboards. I go, "Don't make it subtle. Hit me on the head with like... I need to know exactly. Don't make me guess." I like that. And I will also see, like I'll drive by a billboard, and there'd be the answer, or I'd be looking on the car in front of me and there's the answer. I mean, yours were really good. Those were really really clear. They were very clear. Okay, David, you mentioned connecting to your guardian angels so that you're talking to your guardian angels. So I believe guardian angels have names. So I'm going to tell you your guardian angels name. You're going to help me and you're going to tell me the name of your first pet.

David:

My very first pet was a hamster called Bethel.

Colette:

Okay, Bethel. And what is the name of the street you grew up on?



David:
Viewfield Road.

Colette:
Bethel Viewfield is the name of your spirit guide. Is the name of your guardian angel Bethel Viewfield.

David:
Wow.

Colette:
She is the person who gives you such clear messages. She does not mess around.

David:
I thought you were going to do something really mystical and just read something really deep and insightful. But I like the clear messages.

Colette:
Yeah, clear messages. Okay, Connie.

Connie:
Bethel doesn't mess around. Okay, so if a genie wants to grant you three wishes, David, what would you wish for? And why?

David:
Oh, I guess I'm probably not allowed to use one of my wishes to ask for another three wishes, because that would just be cheating. I suppose. So because then I could just ask all the time, and I'd have an infinite number of wishes. But I suppose I get a lot of my happiness from knowing other people happy. So we probably ask for a wish that my partner Elizabeth was happy. Another wish would be that my mom and dad were happy. And my other wish would be that my sisters and the partners are happy. And that would be enough.



Connie:

Sweet. That's very sweet.

Colette:

You're so sweet.

Connie:

That's very nice. And they will come back to you tenfold at least right?

David:

Yeah, by default I will be happy. Without asking for it for myself.

Colette:

Okay, David, I have another question for you. You meet an extra terrestrial? They are deciding to move here. What would you tell them about living on Earth?

David:

Wow. No, That is a question I have never been asked. I would see, I would say it's a really cool place to come and live in. And we do lots of cool things. I would bring them to where I live in a little town in Scotland called Dublin. And I would see if there was a game of tennis and I'd get them a lesson and drop them to tennis nearly every day. And I'd say, "Come and have a game of tennis and learn a bit about what humans are like, where we interact in this thing called laughter that will happen when we're on the tennis court." Because I don't really take myself that seriously when I'm playing tennis either. So is what I would do.

Connie:

I love that. That's amazing.

Colette:

That's great. Okay, you are a magician. And you can create magic potions. So if you could create a magic potion to give to society right now, what would it be? And what would it do?



David:

Mm-hmm (affirmative) Wow. But right off the top of my head, I would give them a magic potion, where they would just be... They drink the potion and they would suddenly understand the importance of kindness to each other in the world. And that might actually be the answer to many of our society problems and challenges.

Connie:

It's a beautiful answer.

Colette:

That is a beautiful answer. That is such a beautiful answer. Okay, I have one more question. If your dog Daisy could talk, what would she say to us about you?

David:

She would say that, "Daddy likes to play a lot. And whenever I see him, daddy says roll." "Mommy is the queen, daddy is the playmate." That's what she would say.

Colette:

So in other words, you're not the Alpha though.

David:

No I'm the bottom of picking order in the house.

Colette:

So I'm I. I totally get it. My husband can walk in a room and just go, the dogs are barking their heads off, and he just goes, [inaudible 01:01:25] and they shut up and they sit down. I look at them and go, "stop it." And they're looking at me like... Meanwhile, though first thing in the morning, they come and stick their tongues up my nose, into my ear so that I could get up and feed them. So I'm like the feeding machine. And that's so cute.

David:

I get the wet nose in my eye sockets a lot.



Colette:

Oh, yeah, that's so fun. I love the smell of puppy breath. How about one last one?

Connie:

David do you have anything left on your bucket list that you want to you want to do? Or the next thing.

David:

No. I don't even have a bucket list. I've never even thought of having one. Life For me I just sort of wing it a lot of the time. But I suppose that if I had or if I think a bucket list I would probably like to go into space. I would like for there to be a technology that would allow us to jump a sub... Light speed to another star system. And I'd like to set foot on another planet, or several different planets.

Colette:

That's great. You definitely are in the coffee shop at the corner of Fringe & Main, for sure. Anyway, this was awesome. David, thank you so much for being here. For more information about David and his membership community, which I'm going to sign up for called Personal Development club. Go to Dr.DavidHamilton.com Thank you so much, David. It was so wonderful to chat with you today. I think you're awesome. And we're gonna have you back again for sure.

David:

Well, thank you very much Colette. And I think you're awesome to have I heard that absolutely terrific time here. So thank you so much for inviting me to chat.

Colette:

So what did we learn today? So I'm going to read something that I think makes a lot of sense. This entire conversation with David reminded me of a prayer and it's the peace prayer of St. Francis. So I'm going to read it. Higher power make me an instrument of your peace, where there is hatred, let me sow love, where there is injury, pardon, where there is doubt faith, where there is despair hope, where there is darkness light, where there is sadness joy. Grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be



loved as to love for it is in giving that we receive. It is in pardoning that we are pardoned, and it is in dying, that we are born to eternal life. Amen. And isn't that what kindness is about? So with that, we are INSIDE THE WOONIVERSE. Until next time, be well.

Credits:

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