One can find clips of Dr. Beauregard interviewed in the feature film “What the Bleep Do We Know?” and in the sequel which will be coming out soon as well various clips of him speaking on Youtube.

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***Mario Beauregard***

*What’s your educational background?*

I have a Bachelor degree in psychology and a Ph.D. in neuroscience. I consider myself a neuroscientist.[[1]](#footnote-1)

*Me: In layman’s terms, if you can, what is neuroscience and why is it important?*

MB: It’s the study of the nervous system; the central nervous system including the brain and all the related aspects -- can include the anatomy, the structure of the brain, the physiology, how the nerve cells connect between themselves electrically or chemically. When we speak of chemistry there’s a sub-discipline, neuro-chemistry - we also now have neuro-genetics, how genes impact the brain and the nervous system. Why is it important? Because all the mental functions are mediated through the brain, and when I say mediated, I mean not necessarily produced by, associated with; it’s a big distinction.

*Is that the essential distinction between materialist science and -- what would you call it, non-materialist science?*

Post materialist science. Yes, it is the main contention, exactly.

*Where do you think that began? Can you point to a particular scientist who really was the founder of post materialist science?*

The father of American psychology, William James, said basically that 100 years ago; to be careful to not find a correlation or an association or causality. For example, just because you observe a lesion or deficit in a specific portion of your brain doesn’t mean that lesion produced the function (that you’re observing), but that it may be associated with the function. It’s a fairly large distinction.

*And we can date Materialist science to when?*

The end of the 19th century.

*Then post materialist science picks up with James; do quantum physics dovetail from that?*

Yes, quantum physics is post materialist science; it was the starting point and about the same time. But William James[[2]](#footnote-2) was rejected by his peers, and the materialist framework won the argument so to speak. So in Psychology, the behaviorists now control the field of psychology; theirs is idea that everything is physical and everything is determined by the brain.

We have the same kind of vision in various fields, in philosophy, psychology, etc. It’s true that in physics they had a big revolution 100 years ago, when they showed that you can reduce the world to physical matter, they dematerialized the world. But in other fields of research, scientists have not realized that because they are not really familiar with quantum physics. So that’s another problem.

*I like to ask people when their first conscious thought happened that they would be doing the work they’re now doing for their work. I asked an FBI agent this question and she said it was in preschool, and I asked “Why preschool?” And she said “Because I kept lists on everyone and what they were doing.” When was your first conscious thought you’d be doing what you’re doing now?*

I had several spiritual experiences when I was young. When I was 8 years old I had the sort of vision or insight that I would later on become a scientist – I didn’t then know the words for the field - but to study the brain. And not to just study, but to demonstrate that the brain does not produce what we call “mind” or “consciousness in the soul” or the essence of the human being.

That was at 8 years old. And my parents were not in that field at all, they were farmers. They were normal Roman Catholics in the living in Canada in the 1960’s.

*What town did you grow up in?*

A town called Granby, it’s near the border with Vermont.

*So, how did it manifest itself when you were 8, and did you tell anyone about it?*

No, I didn’t tell anyone. I simply took the decision to become a scientist. That was the starting point.

*What happened?*

We had a small farm and there was a forest near the farm, so I was walking in the woods where I walked very often. It was summertime, summer vacation, and one day, as I walked in the woods, I was tired and decided to sit on a big rock and then I saw that (vision). But at first, I sensed that there was a sort of union with the trees and the rock and myself -- that we were all included in some sort of wholeness, I didn’t use these words of course, I was a young child.

But, it started by this experience. A mild altering state of consciousness, and then I saw; it was not in the form of images, it was a feeling, an insight, a certainty… it lasted for perhaps a few minutes, I don’t know, it was a long time ago, but that was the starting point. I felt like I was in contact, and I knew that this was my mission in life; very clear.

*To become a scientist or to explain what that feeling was?*

To become not only a scientist but to become sort of a revolutionary, a “Che Guevara of science” or something like that. I always knew I would have trouble and problems with colleagues through this whole process, but it was part of the deal, I accept this. I never underwent a regression, but I supposed I would find information related to this. I met a hypnotherapist in Montreal last week.

*Jean Charles Chabot. I interviewed him for this book.*

I’m very interested in his work, so I’ve decided to learn how to induce hypnosis myself, and I will train under him next year.

*Have you run into any accounts that were similar to what you experienced?*

From other scientists? No. Not really.

*I’ve gathered maybe a dozen of these accounts, the only word that I can come up close to it is the Greek word apotheosis; “suddenly knowing.” It’s like you’re remembering something; it’s not a new thought.*

Yes, I would say it was almost like a remembering.

*I’ve been studying LBL sessions and how that involves consciousness, one thing I’ll ask people when considering this research is for them to remember when they met your significant other, think of that moment and try to recall it in detail. In almost every case I’ve examined, I hear a version of “I had this feeling after we kissed, our third date, once he held my hand; I just knew that I was going to marry (or be with) this person.” It’s always told in past tense. If you meet someone for the first time and they seem familiar, or you have a deep feeling of knowing them, how could that be unless you encountered them before? Here’s the question everyone wants to know from you. Does consciousness exists outside the body and is there any scientific research to back that up?*

I would say “yes” to both questions. And my answer is based on one instance of near death experience, in this case one of the experiences triggered by cardiac arrest. During cardiac arrest, if you’re measuring the electrical activity of the brain with an electro-encephalogram (EEG) system, you’ll see that when the blood flow to the brain freezes during cardiac arrest, after a few seconds the EEG will become flat.

So in that kind of state, according to main stream science, consciousness is not possible. Yet during the past 12 years there have been five separate studies conducted in the US, UK, the Netherlands; these studies have documented over 100 cases of patients who were able to remember mental experiences, who were conscious during cardiac arrest. How do we know that? Because they’ve been able to provide accurate information, for example during the re-animation procedure or physical , the patient gives accurate details about the physical characteristics of doctors, and even what was happening in the next room in **certain cases. I would say “Yes” now.**

**To me now the brain does two things. It acts like a filter, meaning that under normal circumstances, it restricts the access to other realms of reality. But this filter function can be deactivated, or affected under various conditions. For instance; with sensory deprivation, psychotropic drugs, near death experience, or a clinical death; it’s a filter and it’s also an interface for mind and consciousness. It’s like a television set, for instance; it receives information, it processes information, so if you alter, for instance, the electronic components within in the TV set, you’re going to affect the reception of information. You will experience disturbance in terms of color, sound. But that doesn’t mean the program itself is created within your set; in fact it’s not. And that’s the analogy I’m using to help people understand this mind/brain connection.**

*Another example I’ve heard is that the brain is like an FM receiver, even if your receiver is unplugged you sometimes get radio signals to the speakers; it’s not like there’s a little band in there making that music. The receiver can be completely unplugged but it’s still picking up music from somewhere else. Are there any other filtering systems we have in the brain that we can deliberately shut on or off?*

Visual spectrum. If you take visual perception for instance, we are able to decode information but it represents only a minute fraction of the entire electromagnetic spectrum. It’s not the same for other species - some species are able to see within infra-red or ultraviolet, we’re not. But that doesn’t mean what they’re perceiving doesn’t exist. So the materialist (scientists) are in the same situation; they don’t see it, so it doesn’t exist for them, but there are so many things that exist in nature that now we’re are able to detect because of technology. Where it was not possible 50 or 100 years ago, and it will be the same 400 years from now. And so forth.

*Which adds to the sub-question, why is it a big deal? Why do you think people get so upset when you posit that consciousness might exist outside the brain?*

Classical physics are what they call “modern science,” which became what it is around 400 years ago; it’s based on a number of physical assumptions about the nature of reality and knowledge. One of them is materialism, it is one of the core assumptions, one of them is reductionism so you can reduce complex organisms to very simple phenomenon; that was valid three or four hundred years ago, but it’s not anymore. However it’s become like a religion within science, so these assumptions are like central dogmas of this scientific religion, and if you dare to openly challenge the dogmas, you’re going to be excommunicated.

*Has that happened to you?*

I’ve been told that by other people in my career.

*I’m sorry to hear that but at the age of 8 you knew you’d become a revolutionary and decide to take upon this mantle. Perhaps in the long run it’s a benefit on your path and your career.*

Yes, I can see that now. It’s just hard on the salary.

*Tell me about the research you did of the imaging of Carmelite nuns and how your study showed that there was not a single God spot in the brain as some of the materialists were saying. The God spot being that there is one specific place in the brain where materialists claimed “spiritual experiences” exist. You’re quoted as saying “spiritual experiences are complex, like intense experiences with other human beings.”*

Yes, they involve many mental functions like perceptions. You can have sensory images, visual images even if you have your eyes closed; you can have thoughts, you have feelings, so it makes sense that the regions of the brain and the networks that are mediating this kind of experience… well, they are very complex and involve several regions of the brain; it’s not a single point like some neurologist proposed thirty years ago. But they were materialists; they said that because in some cases when you have an epileptic seizure within the temporal lobe it can trigger a religious or spiritual experience – very rarely by the way, it occurs in 1% of the cases, very rare, but based on that, they believe the reason must mean that these experiences are “delusions created by a dysfunctional brain.”

*Just recently there was a story about rats passing fear through DNA; the conclusion was that rats pass it along to their offspring. I would argue that’s one possibility – there are other possibilities – if mice are afraid of a type of human for many lifetimes, if only for the simple reason that’s the most logical thing a mouse could learn it doesn’t necessarily mean it’s through the DNA.*

Right.

*If you could design an experiment to prove that consciousness exists outside the brain, as opposed to just taking data, what do you think that would entail?*

I have designed something like that, it’s called “The Aware Project.” Dr. Sam Parnia of the UK is leading the study; there are hidden probes in the surgical room, and they’re working with people suffering from heart disease, or people that they are expecting may have cardiac arrest while in the operating room. They’re hoping when the patients have an out of body experience, that they’ll remember and identify the hidden targets and symbols. It’s very interesting project - problem with that is I’ve talked with several near death experiencers who are fascinated by their own physical body, and they don’t care too much of the details, so it’s a long shot.[[3]](#footnote-3) (The report, cited below, notes “Widely used yet scientifically imprecise terms such as near-death and out-of-body experiences may not be sufficient to describe the actual experience of death.”)

*You’ve met with Dr. Greyson, he mentioned something about it as well - is that his project?*

Yes, they participate in this global project. [[4]](#footnote-4)

*If you were asked what or who is God, how would you answer that question?*

**To me it’s not a matter of belief. I’ve had many spiritual experiences. In this kind of experience, you experience another level of reality or something else. And after that you don’t need to believe, you know. It becomes a certainty – so I’ve had an experience, I’ve had deep experiences, transcendent - where you become one with everything that exists, and with the source of everything. I would say based on my experience, I would simply say it’s the ground of being; the source.**

*One of the people I filmed asked that question “what or who is God?” He said “God is beyond the capacity of the human brain to comprehend, it’s just not physically possible to do so. However you can experience God.” I was thinking like you can experience water, hard to describe what it is, or being drunk, until you have a glass a wine or jump in the water, but you can experience water, so to experience God you need to open your heart to everyone and all things. So that oneness you describe seems to be the definition of God.*

Yes, and you find that in all the books of mystical descriptions.

*“God is love” – should be “love is God.”*

Yes, it’s Unity or oneness; they’re saying the same thing basically.

*Okay, I have a question about – why you consider materialist science – in ‘Brain Wars,” you suggest non-locality and quantum entanglement suggest the universe is an undivided whole?[[5]](#footnote-5)*

**I’m no expert in quantum physics, I’m saying that from the various lines of research in the book, take for instance, the so called phenomena; the influence of mental intension of random number generators, biological systems, plants, animals, other human beings, it means that all the various levels of what we consider reality are interacting and they are constituting a whole. So in that sense, it’s in line with what spiritual traditions have been saying for millennia. But it’s a new kind of science – it’s a Post materialist. Science.**

*Any opinion or thoughts about Michael Newton or his work? Or the idea that the “veil is thinning?”*

Well I read your book, I saw your movie “Flipside” and read more and more about that after that and I think it’s very important work. Because like you said, “The veil is thinning.” It means that this work is opening portals, other realms of reality, so it’s major.... it’s paramount - this is why in my new book, the first title was “Expanding Reality.” So we’re very close – I’m going to talk about this work.

*I’ve read about the effect of showing someone with a speech defect, or having a tantrum, film of them having the event. So they can see how it looks. Or sometimes a child with severe autism; by showing them a video of their behavior, it helps the brain to make or alter pathways. Perhaps on a small level talking in public and sharing information with people may affect their perceptions. Have you heard of the “Overview Effect?” They interviewed astronauts when they returned from being outside the planet and they say they’ve begun to see the Earth as an ecosystem. They began to lose the “us vs. them” perspective. The same way as Carl Sagan’s “Pale Blue Dot” – has altered people’s point of view. Perhaps discussing this research will help thin the veil. Functioning like scissors.*

I’m aware of that film (“The Overview Effect.”) Yes, it’s a feeling I have; I think doing this kind of work (altering people’s perspective on how the planet is interconnected) is exactly why I’m doing it. It’s an insight I’ve had, but I didn’t know the term. Yes. (It’s also) what you’re doing. It’s the same thing.

*Thank you!*

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I received an email from hypnotherapist Jean-Charles Chabot (interviewed in Volume Two), who is working with Dr. Beauregard in Montreal; they’re using EEG equipment during the LBL sessions that Jean-Charles Chabot is conducting.

Jean-Charles writes, we “have decided to officially start research on EEG brainwaves with clients in LBL states. We did a pilot (session) where we measured a client with the 19 electrode helmet. The client showed a huge amount of gamma brainwaves during the “connection with Guides” (phase) and when experiencing “unconditional love,” which according to Mario’s hunch, seems to be a brainwave related to the connection with “inter-dimensional frequencies.”

Promising results; if Mario can show that the brain experiences gamma waves during an LBL, and that they occur during a particular experience of the brain, then he will prove beyond a shadow of a doubt that hypnosis is not, nor could it be *cryptomnesia*.

Knock on wood.

*“I would love to believe that when I die I will live again, that some thinking, feeling, remembering part of me will continue. But as much as I want to believe that, and despite the ancient and worldwide cultural traditions that assert an afterlife, I know of nothing to suggest that it is more than wishful thinking.”* ― Carl Sagan

1. Mario Beauregard, Ph.D., is a neuroscientist currently affiliated with the Department of Psychology, University of Arizona. He has received a bachelor degree in psychology and a doctorate degree in neuroscience from the University of Montreal. He has also undergone postdoctoral fellowships at the University Of Texas Medical School (Houston) and the Montreal Neurological Institute (MNI), McGill University. Dr. Beauregard is the author of more than 100 publications (articles, essays, book chapters) in neuroscience, psychology, and psychiatry. He was the first neuroscientist to use neuroimaging to investigate the neural underpinnings of voluntary control in relation to emotion. Because of his research into the neuroscience of consciousness, he was selected (2000) by the World Media Net to be one of the “One Hundred Pioneers of the 21st Century.” In addition, his groundbreaking research on the neurobiology of spiritual experiences (“Brain Wars”) has received international media coverage, and a documentary film has been produced about his work (“The Mystical Brain”) [↑](#footnote-ref-1)
2. A William James quote: "I believe there is no source of deception in the investigation of nature which can compare with a fixed belief that certain kinds of phenomena are impossible." [↑](#footnote-ref-2)
3. “Near-death experiences? Results of the world's largest medical study of the human mind and consciousness at time of death” University of Southampton: Summary: *The results of a four-year international study of 2060 cardiac arrest cases across 15 hospitals concludes the following. The themes relating to the experience of death appear far broader than what has been understood so far, or what has been described as so called near-death experiences. In some cases of cardiac arrest, memories of visual awareness compatible with so called out-of-body experiences may correspond with actual events. A higher proportion of people may have vivid death experiences, but do not recall them due to the effects of brain injury or sedative drugs on memory circuits. Widely used yet scientifically imprecise terms such as near-death and out-of-body experiences may not be sufficient to describe the actual experience of death. The recalled experience surrounding death merits a genuine investigation without prejudice.* Science Daily Magazine. October 7, 2014. [↑](#footnote-ref-3)
4. During the AWARE study, physicians will use the latest technologies to study the brain and consciousness during cardiac arrest. At the same time, they will also be testing the validity of out of body experiences and claims of being able to see and hear during cardiac arrest through the use of randomly generated hidden images that are not visible unless viewed from specific vantage points above. - See more at: [http://www.nourfoundation.com/](http://www.nourfoundation.com/events/Beyond-the-Mind-Body-Problem/The-Human-Consciousness-Project/the-AWARE-study.html#sthash.nAuKxcD0.dpuf) [↑](#footnote-ref-4)
5. In layman’s terms, quantum entanglement refers to the discovery that two ions created at the same time will react simultaneously to an outside influence no matter where they are in the universe. Einstein referred to this as “spooky action at a distance.” In physics, non-locality or action at a distance is the direct interaction of two objects that are separated in space with no perceivable intermediate agency or mechanism. Wikipedia In other words “some invisible thread” connects everything. [↑](#footnote-ref-5)