

00:00:00	Music	Transition	“Oh No, Ross and Carrie! Theme Song” by Brian Keith Dalton. A jaunty, upbeat instrumental.
00:00:08	Carrie Poppy	Host	Hello! Welcome to <i>Oh No, Ross and Carrie!</i> The show where we don’t just report on fringe science, spirituality, and claims of the paranormal. No, no, no, no, no. We take part, ourselves.
00:00:17	Ross Blocher	Host	Yup! When they make the claims, we show up, so you don’t have to! I’m Ross Blocher.
00:00:20	Carrie	Host	And I’m Ross Blocher.
			<i>[Ross makes a “hm” sound.]</i>
00:00:26	Ross	Host	We are coming at you, live, from my living room.
00:00:28	Carrie	Host	Well, okay, so we’re not live.
00:00:29	Ross	Host	Okay. Touché.
00:00:30	Carrie	Host	Well, we—you and I are live.
00:00:33	Crosstalk	Crosstalk	We are alive! And we are— Ross and Carrie: Conscious!
			Carrie: Coming at you consciously.
			Ross: Apropos of our recent visit to the Conscious Life—
00:00:42	Ross	Host	Ross and Carrie: <i>[Cheering.]</i> Expo!
00:00:44	Carrie	Host	This is one I’ve wanted to do for a long time. Yeah, and people send it to us every once in a while.
00:00:47	Ross	Host	<i>[Carrie agrees several times as Ross talks.]</i> This is something we’ve been aware of for a long time. And it was in its 18 th year, this year! So, it’s been going on since year of our Lord 2003.
00:00:57	Carrie	Host	Amen.
00:00:58	Ross	Host	It couldn’t be more appropriate for our podcast, because it is an assembling of—
00:01:03	Carrie	Host	Smorgasbord.
00:01:05	Ross	Host	A gallimaufry, jambalaya, of every—
			<i>[Carrie agrees enthusiastically several times.]</i>
00:01:17	Carrie	Host	—spiritual claim. All rolled into one LAX Hilton. In Los Angeles.
00:01:18	Ross	Host	Every single year. It’s crystals. It’s healing.
			<i>[Carrie agrees.]</i>
00:01:25	Carrie	Host	It’s CBD supplements. Free energy devices. It’s UFOs.
00:01:28	Ross	Host	Haunted things. Blessed things
00:01:31	Carrie	Host	Pyramids and chem trails and just, it’s—
00:01:32	Ross	Host	Chakras. You said it very well. It’s like if our podcast just spilled out into a building.
			<i>[Carrie agrees.]</i>
00:01:38	Carrie	Host	There it is. And it—
00:01:39	Ross	Host	That’s what this is. Normally we have to go out and seek these people.

[Carrie agrees with a laugh.]

And they have all fallen in our laps. So essentially, we could just do our investigations out of this conference.

00:01:49 Carrie Host

[Laughing.] We could! And we will. And that's all we're doing from here out.

00:01:52 Ross Host

Our podcast shall heretofore be known as *Oh No, Conscious Life Expo!*

00:01:57 Carrie Host

[Giggling.] And I thought it was going to be more of a crunchy, healthy thing.

[Ross hums in acknowledgement.]

Not so much with the wild claims.

00:02:05 Ross Host

Oooh! When you heard the term "Conscious Life Expo"?

00:02:07 Carrie Host

Yeah. I guess That's what it summoned to mind, for me. But no, no, no, no, no. You're not gonna go here and eat some granola. You're not gonna go here and hear about animal rights. You're gonna go here and talk to someone about how a pyramid is gonna heal your missing foot.

00:02:24 Ross Host

And that crunchy stuff might be subtext, but it's—

[Carrie agrees several times.]

It's on the fringe of what is normally fringe and is now this whole expo. And yeah, we've been meaning to do this for years, and every year we talk about it. 'Cause we've been doing this podcast for nine years, now!

00:02:39 Carrie Host

Niiiiine yeeears! Geez.

00:02:40 Ross Host

That's Wiiiild! Yeah, every time we think, "Oh, shoot! We just missed the Conscious Life Expo!" Or, "Oh, shoot. You have to be out of town that week?"

[Carrie agrees.]

You know, it's always something or other. But, yeah. It's a four-day conference, though kind of centered on a weekend. And so, we signed up. I got the one-day pass for Saturday and the day pass for Sunday. Each was \$35.

00:02:59 Carrie Host

I think I did the same.

[Ross affirms.]

We figured, "Okay, there are these individually priced workshops and talks. We'll just sort of play it by ear, and if—in the moment—we wanna go to a particular one, we'll eat the cost then."

00:03:11 Ross Host

Right. And You can buy, like, VIP admission and pay a lot more, but then you get—kind of—more guaranteed access to things. But we thought, *[voice pitched high and thoughtful]* "You know, let's just go check it out, see what's there."

[Carrie agrees.]

So, uh, 70 bucks for that and you'll pay double that just in parking, 'cause—

00:03:25 Carrie Host *[Pained.]* Oh my god! The parking situation! Is awful!
00:03:29 Ross Host Well, you're near LAX and everybody's trying to park.

[Carrie agrees.]

00:03:35 Carrie Host And get to the airport, and...
00:03:36 Ross Host Truuue. But.
00:03:37 Carrie Host But.
This particular Hilton?

[Ross agrees.]

00:03:47 Ross Host The parking is under the hotel, and they don't tell you when it fills
00:03:48 Carrie Host up. They still let you come in, even though there are literally no
spots left.
This is criminal.
And so, I go down there, y'all. And I'm driving and driving and
driving thinking, "Where are the open spots?" Before I realized, "Oh!
There are no open spots! You just let me in, anyway!" And then I
realized people were, like, parking along the side of the walls and,
like, creating spaces where there were no spaces!

00:04:07 Ross Host *[Chuckling.]* Oh, wow.
00:04:08 Carrie Host So, I just...
00:04:09 Ross Host It's the wild west.
00:04:10 Carrie Host Yeah, and I joined it.
00:04:11 Ross Host Oh, you did? *[Laughs.]*
00:04:12 Carrie Host I created a space on the end of an aisle that was not there.
00:04:15 Ross Host Though you said you ended up spending \$40, for parking?
[Chuckles.]
00:04:18 Carrie Host I was \$40. Now, did I spend \$40? No.
00:04:23 Ross Host *[Intrigued.]* Oooh.
00:04:24 Carrie Host Was I so furious *[chuckling]* when I left that I said, "I lost my ticket."
And got the guy to let me out?

[Ross makes a sound of surprise and agrees several times.]

00:04:41 Crosstalk Crosstalk Yes. I lied. And I don't feel proud of it and I told Drew the next day,
"I feel guilty about this and I have to tell someone." *[Wheezes into
laughter.]*
Carrie: That I stole a fake space under LAX Hilton.

00:04:48 Carrie Host **Ross:** It'll be... *[chuckling]* our little secret. What did you do the next
00:04:49 Ross Host day? 'Cause I—
I took a Lyft.
Ooh, smart. That's right. I parked at the parking spot next door,
which is normally—is for airport parking. And that was 32 bucks or
something.

[Carrie makes a sound of surprise.]

00:04:58 Carrie Host But yeah, it's just—
00:04:59 Ross Host Come on!
Yeah, every Los Angeles story begins with traffic related anger.
[Laughs.] So.
00:05:03 Carrie Host Yeah. Yeah. Anyway.
00:05:05 Ross Host It's a great way to start your hippie, like, spiritual experiences.

00:05:09 Carrie Host Getting in touch with your feelings.

[Ross hums in agreement.]

00:05:12 Ross Host First one? Anger.
[Laughs.] So, you walk in and—of course, it’s the LAX Hilton, so you see various Hollywood types walking through, wondering what is going on. But then you see a lot of people wearing robes and shawls and—

00:05:26 Carrie Host Several flowy scarves on one person.

00:05:28 Ross Host Beads and crystals.

00:05:30 Carrie Host You’re like, “Those are my people.”

00:05:31 Ross Host Oh yeah! In the big atrium, as you enter in, you can see—like—a grand staircase leading up and there’s signs everywhere. So, you see, “Okay, there’s programming going on up there.” And then there’s hallways leading back, so you know there’s stuff there on the first floor. But in this giant atrium, you have a performance stage. And there’s always someone up there playing a flute. Or...

[Carrie agrees several times.]

00:06:05 Carrie Host Playing the harmonium or dancing. Or leading a live yoga session. And just a smattering of people kind of sitting on the couches there, watching them, or participating.

00:06:10 Ross Host Or ignoring them. I got to see a couple pretty choice performances, there.

00:06:11 Ross Host Oh, did you?

00:06:12 Carrie Host Oh yes.

00:06:13 Ross Host And what’d you catch.

00:06:20 Carrie Host Oh yes! Okay, let me pull out my phone. Little interesting fact about me, my phone also takes video and photos.

00:06:22 Ross Host *[Beat.]* Yeah.

00:06:23 Carrie Host *[Beat.]* That’s it.

00:06:24 Ross Host Oh! That’s—that’s very interesting.

00:06:31 Carrie Host And so, I—you know—I use it to capture various things that happen, in my life, and *[dreamily, drifting into a murmur]* that’s a unique fact about me.

00:06:32 Ross Host That’s very unique.

00:06:33 Carrie Host Here’s the guy singing on the stage.

[The sounds of the video playing are very distant, only barely picked up by the microphone. It continues under the dialogue.]

00:06:34 Ross Host Yeah, okay. Carrie’s playing the videos she took.

00:06:36 Carrie Host Just super atonal.

00:06:38 Ross Host We’re looking down into this large, kind of, two story atrium from the staircase. And you can see there’s a large chandelier hanging from the ceiling. We’ve got posters. And, yeah, what’s he doing? He’s all by himself.

00:06:50 Carrie Host He’s all by himself. He’s singing super atonally. But he was singing a song that went, *[tunelessly]* “This! Is! Everythiiiiing!” And people were largely ignoring him.

00:07:00 Ross Host Awwwww.

[Carrie agrees.]

So, it’s not everything.

00:07:03	Carrie	Host	<i>[Laughing.]</i> It's not—
00:07:04	Ross	Host	Aw, that's sad.
00:07:05	Carrie	Host	There was him and then there was also someone who was, um, doing what I can only describe as the hippie dance.
			<i>[Ross affirms with humor in his voice.]</i>
			All around. So, yeah. Lots of arm waving and stuff. And he was fun to watch.
00:07:14	Ross	Host	Yeah, I felt like every time I came out, there was a new performer. And it might be a woman playing guitar and singing something or could be, like, a full dance number happening with people wearing sparkly veils and dancing around. So, yeah. It was varying levels of liveliness. So, nice way to enter. I love that they—
00:07:33	Carrie	Host	<i>[Interrupting.]</i> Ross! This is how I had to park.
00:07:35	Ross	Host	That's not a parking spot.
			<i>[Carrie affirms.]</i>
00:07:39	Carrie	Host	You're, like, straddling one. Okay.
00:07:40	Ross	Host	Mm-hm! Okay, go on.
			And I love that, behind this area where everyone was sitting, there was a large, flat table surface. And they had known what was gonna happen, so they put up these signs that said, "Please do not place pamphlets here."
			<i>[Carrie agrees with a laugh.]</i>
			"They will be thrown away. Thank you." And it reminded me of, you know, when someone puts up a sign that says, "Post no bills," and everyone puts, like, Bill Clinton and...
00:08:00	Carrie	Host	Oh, sure! That's fun.
00:08:01	Ross	Host	And Bill Nye.
00:08:02	Carrie	Host	And a duck.
00:08:03	Ross	Host	Oh, right <i>[chuckles]</i> , yeah.
			<i>[Carrie laughs.]</i>
			Posts any kind of bill they can think of. Everyone had brought their little 5x7 fliers that they'd been littering all over the place. I saw one for the Trust Frequency. Another for the Dance of Souls. Another one that said, "Know your life's purpose."
			<i>[Carrie affirms several times.]</i>
			Star Magic Healing Workshop. "Learn how to live in the 5 th dimension." Advertisements for people's various workshops and services and they all had that standard art of, you know, the meditating person and the lotus position, or...
00:08:35	Carrie	Host	In purple.
00:08:36	Ross	Host	Yeah, or glowing networks of lines forming weird torus shapes, or whatever it may be. Yeah, we felt right at home.
00:08:42	Carrie	Host	On that exact same table where they had the, "Please don't leave your fliers here," flier—
			<i>[Ross agrees.]</i>

—I saw this. Did you get to see this one? The “Women Beware” sign?

00:08:52 Ross Host
00:08:54 Carrie Host
00:08:57 Ross Host

[With interest.] Nooo! What—wait.
Take a look. I was like, “Hey, good job whoever did this!”
“Warning. Women be conscious. Be aware. Be safe. Hold your power. Beware of sex in exchange for healing or enlightenment. Don’t let yourself be manipulated. There is a longstanding history of sexual inappropriateness in the spiritual community. Male gurus/enlighten masters/swamis/teachers throughout time have been known to make sexual advances towards women, offering healing or enlightenment in exchange for sex. This continues to this day! Be aware. Be strong. And be safe. Allow no opportunity for impropriety. Be safe.” Wow!

00:09:35 Carrie Host
00:09:36 Ross Host

Fuck yeah, right?!
Oh, my goodness, that’s awesome!

[Carrie agrees.]

00:09:39 Carrie Host

Yeah, I did not see that! How cool!
Okay. *[Chuckles.]* Yeah! I thought that was pretty neat. It was—it seemed like it was intentionally placed next to this one person’s brochure, but...

[Ross chuckles thoughtfully.]

00:09:50 Ross Host
00:09:51 Carrie Host
00:09:52 Ross Host

I could be reading into that, so I’m not going to...
Maybe it was—okay.
Name and blame.
Won’t necessarily read into that. Okay.

[Carrie agrees several times.]

00:10:05 Carrie Host
00:10:09 Ross Host
00:10:10 Carrie Host

Wild. Yeah, from here you could also see banners for Gaia. G-A-I-A. Which normally you would think of as kind of the lifeforce of the planet.
I think of it as the largest conscious...
Media network. *[Chuckles.]*
Yeah, exactly. It’s like a media network that came alive. Just walking through a building. It’s got a bit TV for a head. *[Makes roaring monster sounds.]*

00:10:18 Ross Host
00:10:22 Carrie Host

[In a deep, monstrous voice.] “I’m a media network! Why do I know that?!”
[In the same deep voice.] “I’m—”

[They both dissolve into laughter.]

“And I’m the biggest one! Oh, there’s a little conscious one. Stomp! Stomp, stomp, stomp!”

[They giggle.]

00:10:31 Ross Host

I love that your brain went there. ‘Cause my first thought was, “How many conscious media networks are there?”

[Carrie agrees.]

00:10:43 Carrie Host But I like that you've thought of the modification of conscious—applying to the network itself. That the network is conscious. *[In her monster voice.]* The appropriate modification! The only one that makes sense!

00:10:48 Ross Host *[They laugh.]* So, well, I appreciate networks that are self-aware. *[Chuckles.]* So, my first stop was to walk right upstairs, because they had a little Gaia room. A lounge where you could hang out.

00:10:59 Carrie Host Nice.

00:11:00 Ross Host And when I first walked in, there was a bunch of TVs playing different media from the Gaia Network. And they're sponsoring this event, and so various key notes and important talks and some of the paid talks are streaming live on Gaia Network, and you can sign up for this. So, I was immediately drawn to the very first TV. 'Cause there are all these graphics of brains and little regions of the brain being lit up.

00:11:24 Carrie Host I don't think I saw this room at all!

00:11:25 Ross Host Oh, really?!

00:11:26 Carrie Host Yeah! I'm trying to picture a room with a bunch of TVs, and I don't remember it.

00:11:29 Ross Host Yeah, as you come up the stairs, it's to your right.

00:11:32 Carrie Host Okay, so I'm Rose, going up the stairs.

[Ross agrees with a chuckle.]

00:11:36 Ross Host I go to Jack's side. It's funny, these were not unlike *Titanic's* stairs.

[Carrie agrees several times.]

00:11:50 Carrie Host You would go up the stairs and to your right—and then before you go down the hallway with all the ballrooms and stuff, you hang another right. So, it's attached to that central atrium. Yeah, I think I didn't even go in here. Which—by the way, this place is fricking huge.

[Ross agrees.]

00:12:01 Ross Host And many roomed and many layered and you can miss an entire floor and not realize. Which I did, the first day! Yeah. Carrie texted me after I'd left, on Saturday. And she said, "Oh! I found a whole other section of vendors!"

00:12:08 Carrie Host A floor!

00:12:10 Ross Host "On the lower level."

[Carrie agrees several times.]

I said, "Oh really?! Okay! I will look at that tomorrow." Well, that means you didn't get to meet Julie. I was busy watching this thing about the brain, and I guess it was all the work of Dr. Joe Dispenza. And it was saying really wild things, like, "One hour of focused concentration on a single idea LITERALLY doubles your synaptic connections!"

[Carrie disagrees with a laugh.]

And I was like, “What does that—what does that mean!?” And so, I’m—like—starting to write this stuff down. But then this lady sidles over to me, and she’s a rep for Gaia. They have very nice colors, for this. Kind of a teal.

00:12:45 Carrie Host
00:12:46 Ross Host
00:12:47 Carrie Host
00:12:48 Crosstalk Crosstalk

Okay. And purple?
And purple!
Ope! Those are the go-to—
Ross and Carrie: Spiritual colors.

00:12:50 Ross Host

Carrie: Yeah.
So, she had them. She was wearing them. And I was like, “Oh, that is very nice.” And we had a conversation about how, you know, “It’s not fair to ask someone their favorite color. You know, I always say blue, but that’s not true. My favorite color changes all the time.”

[Carrie makes a thoughtful sound.]

00:13:06 Carrie Host
00:13:08 Ross Host

“Cause there’s so many good colors!” So, we were both chatting about that. And—
[Giggling.] It’s—oh, I’m happy for you both.
Thank you.

[Carrie agrees.]

00:13:11 Carrie Host
00:13:12 Ross Host
00:13:13 Carrie Host

Well, I know orange is your favorite.
Yeah, yeah, for sure.
Okay, and...
I don’t know, it just—it struck me as such a—like, a—like, two—I don’t know, two people who had just, like, woken up from a *Rip Van Winkle* style nap or something.

[They laugh.]

00:13:29 Ross Host
00:13:30 Carrie Host
00:13:31 Ross Host

Like, where all we can relate on is, like, the basic senses. “Do you like the smell of strawberry?” “Love it.” Anyway.
This is all true.
Go on.
So, I can’t remember quite how we got into this conversation, but at one point she told me about a dream she had about dragons. Oh—that’s right. We were talking about animation. It was—

00:13:39 Carrie Host
00:13:40 Ross Host

Oh, cool.
She wanted to know what the next film was, coming from Disney animation. I mentioned *Riot* and *The Last Dragon*. And she said, “*[Gasps.]* I’ve been having dreams about dragons!”

00:13:46 Carrie Host
00:13:47 Ross Host

Oh shit!
“I’ve been feeling, like, a real connection to dragons, this year!”

[Carrie affirms.]

And I said, “Oh! That’s funny. I’ve kind of had this thing with peacocks.” And I mention how my friend and I, you know, were talking about peacocks and now we’re seeing them all over the place.

And she said, “Oh! That’s amazing. Actually, let me show you my shawl.” And so, she picks out this teal and purple shawl that she has in her bag, with—

00:14:06 Carrie Host Ooooh, yeeeah! With—

00:14:07 Ross Host With a prominent, embroidered peacock on it!

00:14:09 Carrie Host Peacock! Wow! Cool!

00:14:10 Ross Host With jewels and everything!

00:14:12 Carrie Host It’s like peacocks play a prominent role in our culture!

00:14:15 Ross Host *[Giggling.]* It’s a lot like that! So, I took a picture so that—to share with you. Uh, so yeah. I didn’t get to look at the displays too much, ‘cause we were engaged in conversation.

00:14:24 Carrie Host *[Dramatically.]* Oh my god, but Ross!

00:14:26 Ross Host Yeah?

00:14:27 Carrie Host You mentioned Dr. Joe Dispenza.

[Ross affirms.]

So, I looked him up.

00:14:30 Ross Host Yes! I recognize the name. I know either we’ve run into him before or I’ve read about him before.

00:14:35 Carrie Host Ooh, okay. I didn’t remember that. But it says, on his website, “Dr. Joe is a faculty member at Quantum University in Honolulu.”

00:14:43 Ross Host That sounds legit!

00:14:45 Carrie Host *[Giggles.]* I wonder where his doctorate’s from.

00:14:48 Ross Host *[Laughing.]* This is how Carrie works.

00:14:51 Carrie Host *[Laughing.]* Oh boy. Okay. Go on.

00:14:53 Ross Host She was telling me about the network itself. And, for a mere—eh, \$11, \$12 a month, you get all of this streaming content, all these amazing documentaries about everything that the conference itself is interested in. The questions of consciousness and who we are and greater purpose and nature and UFOs and...

[Carrie affirms.]

All of the above.

00:15:16 Carrie Host But, presumably, you couldn’t put up a video that was, like, “Nature happens the way science says it happens.”

00:15:24 Ross Host No! That would be—that’s just wrong and boring.

00:15:26 Carrie Host Okay, got it.

00:15:27 Ross Host Yeah. *[Chuckles.]* This is all very much alternative. So, she gave me her card. First, she gave me someone else’s card and I was like, “Oh! Is your name Powers?”

And she said, “Oh, no! Sorry! How did I give you that card?”

00:15:38 Carrie Host Someone’s first name is Powers?

[Ross confirms.]

That’s pretty good.

00:15:41 Ross Host Right?!

00:15:42 Carrie Host Yeah! Good for them.

00:15:43 Ross Host Yeah. That was my visit there. But they also had posters for some of their featured speakers. Like Emery Smith.

[Carrie lets out a long “Wooah”.]

Who'd be presenting Cosmic Disclosure: Inside the Secret Space Program.

00:15:55 Carrie Host Oh shit!

00:15:56 Ross Host Only on Gaia! And boy, does he look intense, there.

00:15:59 Carrie Host Yeah, no kidding. He's a very symmetrical person.

00:16:03 Ross Host Oh. Interesting. Yeah! Alright.

[Carrie agrees.]

The—and then, of course, our good old friend George Noory.

00:16:08 Carrie Host Nooryyyy!

00:16:09 Ross Host You've been on his show.

00:16:10 Carrie Host Well, true. Though, it wasn't him hosting. But yes.

00:16:12 Ross Host Oh, gotcha. Beyond Belief. That's funny. I've seen that in secular contexts.

[Carrie hums in agreement.]

Uh, quite often. Like, The Foundation Beyond Belief is a good charity network. But he is also on Gaia. "Real accounts of paranormal phenomena, conspiracies, and all things unexplained." So, there are various posters for the things that they were either sponsoring or streaming. And some of them are people that we've talked about on this show before, like Graham Hancock. You may remember.

00:16:38 Carrie Host Yesss. I saw him, there! Just walking around.

00:16:41 Ross Host From our Ozark Mountain UFO conference. Oh! You saw him? Pacing the floor.

00:16:45 Carrie Host He attended a talk that I attended.

00:16:47 Ross Host Oh, hoo hoo! Interesting! Well, speaking of that, I ran into some fun people as well.

00:16:54 Carrie Host Okay. I mean, surely you couldn't run into my... top speaker of all time.

00:17:01 Ross Host I saw, just kind of wandering around, trying to find her way, Linda—

00:17:06 Crosstalk Crosstalk **Ross and Carrie:** *[Carrie almost sings the words.]* Moulton Howe!

00:17:08 Carrie Host *[Shouting.]* Yeeees! Oh, I was so delighted when I found out she was gonna be speaking at this.

00:17:13 Ross Host Wearing her big glasses and—there's something about her that reminds me a little bit of my mom. She has, just, sort of a—

00:17:20 Carrie Host Oh, okay!

00:17:21 Ross Host Not in terms of what she's saying, but just physicality-wise.

00:17:24 Carrie Host Hm. Okay.

00:17:25 Ross Host And, uh, she was wondering around in a black leather jacket and bright red shirt and, yeah, her big purple glasses. So, I just walked up to her and she was talking to someone. So, I kinda leaned in for a second. And she seemed available and I thought, "Oh, later on once people realize who you are, you're gonna be besieged."

[Carrie agrees.]

"I'll never get this chance, again!" So, I took a picture with her and—

00:17:44 Carrie Host Oh, so jealous.

00:17:45 Ross Host I asked her, "So, what are the big things going on right now? Like, what's the latest?"

And she said, “Oh, wow, well, we just had a panel, yesterday. And it’s just great to be talking with people who are on the forefront of what’s going on. And I—you know, we made new discoveries on the panel!”

00:18:02 Carrie Host

Wooooah!

00:18:03 Ross Host

Yeah, and I’m thinking—

00:18:04 Carrie Host

That’s hard to do! *[Laughs.]*

00:18:05 Ross Host

[Laughing.] Yeah, like—so—so you had a synthesis of made-up stories about government coverups and alien discoveries?

Onstage? Is that what happened there?

00:18:13 Carrie Host

Yeah. So, to back up a second, for context. Yeah. Linda Moulton Howe is a—oh boy.

[Ross laughs and affirms each of Carrie’s points.]

She is a purveyor of claims that include: humanity was seeded by aliens, we’re in contact with a number of alien races, and she started off her career by investigating cattle mutilations. She was one of the OG people who was like, “Wait a minute—cattle mutilations are aliens.” And so, she did a documentary on local TV, called *Earth Files*, that won a regional Emmy.

[Ross makes a sound of surprise.]

00:18:50 Ross Host

And that kind of became her career, from there on.

00:18:52 Carrie Host

Vaulted her into the stratosphere.

So, we’ve seen her a number of times speak. And she really is—I think my favorite speaker that we see a lot. Because you never know *[laughing]* what’s gonna come out of her face!

[Ross chuckles.]

00:19:03 Ross Host

As someone said, at the UFO conference.

Yeah, it was at the Ozark Mountain Conference. The MC—someone was saying, “Oh, that was so great, what Linda Moulton Howe had to say.”

[Laughing.] And his measured response that was, “You never know what’ll come out of her face.”

[They wheeze into laughter.]

00:19:19 Carrie Host

It just—such a good description.

00:19:20 Ross Host

So good. So good.

00:19:21 Carrie Host

‘Cause you never know.

00:19:22 Ross Host

You really don’t.

So, in this case, I prompted something new out of her face, which was, “Hey, what’s going on?”

And so, she said, “Well, really all the action is in *[articulating]* Ant-arct-ica.”

And I said, “Oh yeah, I’ve heard about some pyramids down there.”

And she said, “Oh, I’m sure there’s a pyramid, but I mean—”

[Carrie laughs.]

00:19:39 Carrie Host "They've got 13 acer rooms. And—"
00:19:40 Ross Host Damn.
00:19:50 Carrie Host "—They're inside of, like, 62 acer facilities. And these were being
00:19:53 Ross Host built 34 million years ago! So, you have to ask—why has this been in development and kept a secret?!"
00:20:02 Carrie Host *[Amused.]* You do need to ask that, yes.
[Chuckles.] And I remember—she didn't say it here, but in previous talks she's talked about, like, tunnels being built in Mars and—it's so wild! You just never know where she's gonna go with this stuff!
You just don't know!

[Ross laughs.]

And she has a very popular YouTube *Earth Files* where she—
[laughs] shows you her cats a looot. She's just—she's the BEST! She really is. So, I knew that she was gonna be there. I was actually looking for her. I'll tell you more about that.

[Ross hums in acknowledgment.]

00:20:28 Ross Host But I was so delighted, and I immediately bought a ticket to her talk, so that was—that was the first thing I did. Gotta get my LMH in.
00:20:31 Carrie Host Yeah, absolutely. Not to be confused with LRH.
00:20:32 Ross Host Oh! True!
So, our conversation quickly turned into her saying, "But do you know where the elevators are? I'm trying to get upstairs for—" And she was making it sound like some important meeting she needed to be at.

[Carrie affirms several times.]

00:20:44 Carrie Host Probably gonna learn some new secrets about undercover government operations.
00:20:46 Ross Host Who knows how many whistleblowers are there!
00:20:48 Carrie Host Oh, my goodness, there could be so many.
'Cause that's another thing about her, is that she will just tell you about whistleblowers she just met and you're like, "Well—oh—who are these people?"
00:20:55 Ross Host Who aaare these people?!
00:20:56 Carrie Host You met someone who "worked for the CIA" at this conference?

[Ross hums skeptically.]

00:21:05 Ross Host Uh, did you check it? How? How did you check it, Linda Moulton? How did you check it?
[Laughs.] Then I was telling her, "Aw, I'm sorry, I actually haven't seen an elevator this whole time, but I'm sure there's gotta be one towards the center." So, I'm the blind leading the blind, trying to help Linda Moulton Howe find an elevator somewhere.
00:21:15 Carrie Host It seems like the kind of place you'd elevate people.
00:21:17 Ross Host So, I walked down to the lobby with her and we kind of searched around for a bit. I was like, *[mumbled]* "I don't know, good luck! I hope you find it."

[Carrie cackles.]

'Cause I realized I was just getting in the way, at this point.

[Carrie agrees.]

00:21:29 Carrie Host I'm sure she found an elev—later on, I saw an elevator and I was like—
00:21:30 Ross Host I know she did, 'cause—
00:21:33 Carrie Host "OH! Were close! I could have led her over here!" But I didn't know. She found that or the stairs, because the next time I saw her, it was a floor up!
00:21:37 Ross Host Okay! Linda Moulton knows Howe (how) to get around.
00:21:40 Carrie Host Mmmmm-hm! Mm-hmmm!
00:21:41 Ross Host So, uh, that was pretty delightful. Buuut, I also saw another person that we mentioned in our Contact in the Desert investigation.
00:21:49 Carrie Host Another UFO conference.
00:21:50 Ross Host Yeah! So, I—at this point, I was wandering up on the second floor...
00:21:54 Carrie Host *[Delighted.]* Ooh! I know who it's gonna be! And *[dropping her voice into a deep growl]* I'm exciteeed!
00:21:57 Ross Host *[Chuckles.]* There's all these booths for—oh my goodness, there's so many things. There's these really beautiful amethyst geodes and there's, like, another booth with a bunch of Tibetan singing bowls.

[Carrie affirms.]

00:22:13 Carrie Host There's another one with malas.
00:22:15 Ross Host Uh-huh. I think there's paintings on that floor, too.
00:22:38 Carrie Host Oh yeah. Oh yeah! You ended up buying one of the paintings. So, a lot of interesting things going on. Oh yeah, the malas booth had a really interesting pamphlet that we both took photos of that explained—well, a) what a mala is. It's—I guess the Sanskrit word for a garland, string of beads used in meditation to count mantras, prayers, or intentions. But the important thing is that they explained why a mala has 108 beads.
00:22:43 Ross Host Yes! And we had heard about the number 108 when we hung out with Amma the hugging saint.
00:22:49 Carrie Host Right! And also, in our "Vital Tones" episode, that was one of the important numbers there for some of the healing. So, the number 108 has a very powerful significance in the science and spirituality of India. Did you know that there are 108 letters in the Sanskrit alphabet?
00:23:00 Ross Host I didn't!
00:23:08 Carrie Host But now you do! Vedic mathematicians measured the sun's diameter to be 108 times larger than the diameter of the Earth. Okay.

[Ross laughs.]

00:23:10 Ross Host Were they right?
00:23:11 Carrie Host Uh, they're approximately right.
00:23:12 Ross Host Oh! Okay.
Yeah. Let's see, they also measured the distance between the sun and the Earth to be 108 times the sun's diameter, which obviously—you know—we don't have a circular orbit, so on average that is about right.

[Carrie affirms several times.]

00:23:28 Carrie Host But also, it's arbitrary. Why is that important? Is it? Maybe.
I mean, I guess if you find that that number keeps cropping up in a meaningful way... cool.

00:23:32 Ross Host Yeah, or maybe it's tied to gravitational force, somehow.

[Carrie agrees.]

00:23:37 Carrie Host Interesting.
I mean, you know. 3.14, we remember that one.

[Ross agrees several times.]

00:23:44 Ross Host It keeps popping up! Just keeps following circles around.
There are 108 sacred texts of the Upanishads.

[Carrie affirms several times as he continues.]

00:23:54 Carrie Host 108 sacred holy sites in India. 108 acupuncture-like points on the body.

00:24:04 Ross Host So, some of these things are starting to feel like less confirmation
and more like, "We already thought this number was holy and we started ascribing it to various things."

00:24:08 Carrie Host Yeah, like when Newton added indigo as a color of the spectrum—
So, we would have ROYGBIV.

00:24:09 Ross Host So, it would be seven, right. 'Cause that's a holy number. So, you
get the idea. There were some other uses of 108. But I'm burying
the lead, here. Yes, the next person that I saw was none other than
[dropping to a lower register] Jimmy Church!

00:24:21 Carrie Host *[In a low rumble.]* Jimmy Chuuurch!

00:24:22 Ross Host *[Dramatically.]* Jimmy Church.

00:24:27 Carrie Host So, he's the host of the show *Fade to Black*.

00:24:29 Ross Host Yeeeah. An internet radio show.

Yeah! I saw him walking amongst those other booths, and I was kind of walking over to get close to him and someone said, "Oh! I need to see your wristband."

[Carrie hums in acknowledgement.]

00:24:45 Carrie Host 'Cause I guess there were gonna be workshops or talks down that
hallway. And I said, "Oh! Sorry." And at that point, I hadn't even
picked up my registration.

00:24:46 Ross Host Oh gosh! Okay.

Yeah! I'm just wandering about, having a good old time, and no one's really checked at this point. So! "Oh! Sorry!" And so, he wandered back toward his booth. There were three other people behind the booth, including a guy who's kind of like a handsome, aged, rocker fellow.

[Carrie hums in acknowledgement.]

But just to talk about Jimmy, for a second. So, we've mentioned him before and the reason we keep saying *[dropping to a lower register]* Jimmy Church—

[Carrie echoes it.]

—is because when he's hosting his show or when he was on the stage at Contact in the Desert, *[dropping back into the low growl]* he would just constantly be talking like this! It would just seem like such an affect in tone, to me.

00:25:17 Carrie Host
00:25:19 Ross Host

Yeah, a little bit of a put on.

[Continuing the voice.] So, I was really curious to see the—you know, if he's just walking around, how does he talk?

00:25:24 Carrie Host

[High pitched and nasally.] "Hey there, Ross! It's me, Jimmy Church!"

00:25:26 Ross Host

[Still in a low register, but not as deep.] Yeah, it turns out when he's talking, you know, it's more like this! You know, this is just sort of his normal voice. But—

00:25:30 Carrie Host
00:25:31 Ross Host

Still deep but—

Yeah, definitely deep. But then, *[dropping into an almost incoherent low grumble]* he really could sound like this when he's on the radio.

[Carrie laughs.]

So, uh—someone else was talking to him, so I walked up to that *Fade to Black* booth and they were selling a number of things, including—they had a *Fade to Black* roast—a dark roast. Great. You can get some coffee.

00:25:46 Carrie Host

A what?! Oooh! Coffee. Got it. Got it.

[Ross confirms.]

I was picturing, like, a pig on a spit! And I was like, "That's terrible!"

00:25:52 Ross Host
00:25:53 Carrie Host

[Chuckling.] Oh, no.

I also don't know my meats.

[They laugh.]

Would you call that roast? I guess probably.

00:25:58 Ross Host

Yeah?

00:25:59 Carrie Host

Yeah? Okay.

00:26:00 Ross Host

Yeah, if it's on a spit, you're roasting it, eh?

00:26:01 Carrie Host

Alright, don't email me about this. It's sad.

00:26:03 Ross Host

Nor me. But they were also selling their Black Moon Organic Full-Spectrum Vegan CBD Wellness Tincture.

00:26:13 Carrie Host

Oookay!

00:26:14 Crosstalk Crosstalk

Ross: That's a lot of words, there.

Carrie: Now I'm listening!

Ross: *[Laughing.]* Yeah!

Carrie: Okay!

00:26:17 Ross Host

So, they got—the aging, handsome, rocker guy tells me about this really cool tincture. And he's saying it has 1000mg+ CBD.

[Carrie affirms.]

00:26:35 Carrie Host And so, I'm thinking, "Okay, well you said 1000mg. That's a gram."
00:26:37 Ross Host *[Beat.]* Oh, right! Uh-huh.
But yeah. It's the metric system, like—

[Carrie agrees.]

00:26:41 Carrie Host You just wanted to make it sound bigger than it was.
Oooh, I really—actually I bet he was told that number and he never
00:26:45 Ross Host thought about it.
Maybe, okay. But I said, "Oh, 1000mg."

00:26:49 Crosstalk Crosstalk And he said, "Plus!"
Ross: Oh, wow, okay!

00:26:51 Ross Host **Carrie:** Oh okay, so one-point-something, grams.
Right. So, then he's telling me a bit about how it's prepared and I'm
thinking, "Oooh." So, I said, "Is this a homeopathic preparation?"

[Carrie makes a sound of understanding.]

And he said, "Yeahhh!"

00:27:03 Carrie Host And I was like, "Oooh, okay. Huh. Powerful."
00:27:05 Ross Host *[Giggles.]* As strong or stronger!
It looked like he thought I was already on the hook to buy this thing.

[Carrie makes an "oooh" sound.]

And so, there's so much of this at this conference where you just—
at some point you have to walk away.

[Carrie agrees several times.]

00:27:26 Carrie Host There's a lot of hard pressure sales tactics. And people just—you
00:27:27 Ross Host know, they look so desperate and you wanna help them out. Which
00:27:28 Carrie Host is always my first inclination. I'm like, "Let me give you money just
to take the pained expression off your face!" But I—
I get it.

No, I don't want it.
CBD is the non-psychoactive element in marijuana and hemp. And
some people claim that it makes you calm or has an analgesic
effect--meaning it dulls your pain. But it seems like the science is,
like, not all there yet. There's a really good *Sawbones* episode
about a *Consumer Reports* report where they bought a bunch of
that stuff and, like, half of it didn't have any *[laughing]* CBD in it!
Wooow.

00:27:51 Ross Host Yeah. Terrible.
00:27:52 Carrie Host And I'm guessing this one in particular would not show any signs of
00:27:53 Ross Host CBD having been anywhere near it.

00:28:00 Carrie Host Good point.
00:28:01 Ross Host Yeah, I did get to meet Jimmy Ch—*[dropping into the low
announcer voice]* Jimmy Church. *[Returning to his normal voice.]*
Though he was just Jimmy Church at the—at that point. And I told
him, "Hey! I've listened to your show."

And he said, *[speaking deeply]* “Oh, you were on the show?!”

“Oh no. No, just *[chuckles]* listened to it, but very nice to meet you and can I take a picture with you?”

[Deeply.] “Yeah, you can do whatever you want.”

[Carrie affirms.]

00:28:21	Carrie	Host	So, I... humped his leg.
00:28:25	Ross	Host	<i>[Laughs.]</i> You said do what thou wiiiilt!
00:28:30	Carrie	Host	<i>[Chuckling.]</i> But yeah! Already. I hadn't even gotten my wristband and I've met two celebrities.
00:28:31	Ross	Host	Oh, my goodness.
00:28:32	Carrie	Host	At least in our world, celebrities.
00:28:39	Ross	Host	Oh, totally. Oh yeah. No, that's—that's an exciting morning. Now, what time would you say this is? 'Cause I haven't arrived yet in our chronology.
			Oh, okay. I took the picture with Jimmy Church just after 11:30.

[Carrie affirms several times.]

00:28:54	Carrie	Host	I think you may be wandering around downstairs or somewhere, at this point. 'Cause we didn't arrive too far apart from each other. We should mention another celebrity who was at this conference. Russell Brand!
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[Ross agrees several times.]

00:29:02	Ross	Host	Yes! Of <i>Forgetting Sarah Marshall</i> fame. The only thing I've ever seen him in.
00:29:06	Carrie	Host	That's funny. My immediate go to is, “He used to be married to Katy Perry.”
			That's true too.

[Ross agrees.]

00:29:10	Ross	Host	Took a picture of her in bed, tweeted it, she was very upset.
00:29:11	Carrie	Host	Oh really?
00:29:21	Ross	Host	Yeah, he seems <i>[chuckles]</i> like, not the greatest. But! Maybee he's doing better, because I know he's in his sobriety, now. And maybe he's turned a leaf.
00:29:26	Carrie	Host	You know, that's maybe what his featured keynote talk was about. Recovery! Freedom from our addictions.
00:29:30	Ross	Host	Great. That sounds like something I should pay, what? \$100 for?
00:29:31	Carrie	Host	\$110.
00:29:32	Ross	Host	<i>[Frustrated.]</i> Oh, my gooood.
			He had two. The other one was a... workshop? I think? Called “Recovery Live”. An hour and a half. Also \$110 to get into.

[Carrie makes a shocked “whoop” sound.]

00:29:42	Crosstalk	Crosstalk	So, I thought— <i>[sighs]</i> . Carrie: Rough.
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Ross: And then, like, I've heard him in interviews.

00:29:44 Ross Host *[Carrie agrees several times as he continues.]*
And he strikes me as one of those people who just—he loves to talk, he loves to put things out there, he's very energetic about it. But I feel like if you analyze what he's saying—which can sound eloquent—there's very little actual substance there. And, you know, he's one of those people like, “Oh, I'm just putting questions out there. I'm just saying this. Oh, I'm just exploring this! Isn't this interesting that we're talking about this? But I'm—” You know, it's like, when you come full circle, like, have you actually put anything out there? I don't know if you have!

00:30:15 Carrie Host
So, I didn't feel like that was worth \$110 to me, that day. It's interesting, because that's making me think of me and you. 'Cause one thing that I always think about is how—okay, *[chuckles]* this is the analogy that comes to mind in my weird head.

[Ross affirms.]

00:30:31 Ross Host You have a—you have a cross-stitch, embroidery thing. What do you call that?
00:30:32 Carrie Host Cross-stitch.
I'm clearly ready to give this analogy.

[They laugh.]

00:30:38 Ross Host Just, like! Like, embroidery on a little—
Screen.
00:30:39 Carrie Host Loop thingy.
00:30:40 Ross Host That's funny. It's—
00:30:41 Carrie Host I'll just say a pillow!
00:30:42 Ross Host Which looks like a lot like our little pop filters, here.

[Carrie agrees.]

00:30:45 Carrie Host
Yeah. Okay.
But, okay. You look at the embroidery and you're like, “Oh, that's really beautiful, intricate, interesting.” But you cannot have that without the fabric underneath that the beautiful embroidery's going on.

[Ross affirms.]

00:31:07 Ross Host
I feel like I'm good at, like, connecting thoughts and stuff, but I would never remember 90% of the things we cover if you weren't there with the pillow.
[Surprised.] Oh! Okay!

[Carrie laughs.]

00:31:10 Carrie Host
Well, thank you!
You're like—you're very good at, like, keeping a lot of facts and details and, like, really—I don't know. You're very smart! I just come along and I, like, knit the thing at the end.

[Ross thanks her.]

00:31:20 Ross Host You're welcome. *[Laughs.]*
00:31:24 Carrie Host It's a very lovely embroidery. It's good teamwork.
So, anyway, I feel like what you described Russell Brand—he's like,
all the thread. It's all just thread.

[Ross hums in understanding.]

00:31:36 Ross Host I haven't pulled in any data or facts or reference materials at all! It's
just all the embroidery. Here it is, bleh.
I see where you're going with that and, uh—well thank you. That's
very nice.

[Carrie chuckles.]

00:31:58 Carrie Host Well, it would be a very boring podcast if it was just me recounting
00:31:59 Ross Host every single detail that I wanted to communicate. Listeners, you
should know that Carrie is the one who forces me to eventually
move on, 'cause otherwise I would still be telling our Ayahuasca
story. So, it's good—
You need the pillow. You need the embroidery.
It's good teamwork. I like that. So, yeah. Russell Brand, wasn't
feeling it that day. Not \$110 worth.
00:32:05 Carrie Host Yeah, god, me neither.
00:32:07 Ross Host Sorry, listeners.
00:32:08 Carrie Host Yeah, but—you know. Go watch him on YouTube. There's a million
things of him.
00:32:11 Ross Host Ooor! Sign up for Gaia, the world's largest conscious media
network, and you could probably see his talk there!

[Carrie agrees.]

00:32:21 Crosstalk Crosstalk For a mere \$11 or \$12 per month.
Carrie: Do it.
00:32:23 Carrie Host **Ross:** That's what Julie told me. I'm not gonna look it up.
[Giggles.] Yeah, he ended up being in the room next to mine for
another talk, and he was so loooud! And everyone kept clapping for
him, and I happened to be in, like, a very sort of *[whispering for
emphasis]* serious, soft spoken talk.
00:32:37 Crosstalk Crosstalk **Ross:** Oooh no!
00:32:38 Ross Host **Carrie:** So, it was very irritating.
I've been in that situation before. Well, on our investigations where
you're trying to hear something about the sacred masters and
there's music piping in from the next room. And clapping.
00:32:46 Carrie Host And you're like, "They're having more fun!"
00:32:48 Ross Host Well, I hope it was 110 decibels.
00:32:50 Carrie Host Probably was. Or 108.

[Ross makes an "ooh!" sound and laughs.]

00:32:53 Ross Host He should have made his talk \$108!
00:32:54 Carrie Host You're right!
Ugh.

00:32:55	Crosstalk	Crosstalk	Ross: Oh, missed— Carrie: Missed opportunity!
00:32:59	Carrie	Host	Ross: <i>[Chuckling.]</i> Indeed. Uh, so what were you up to? Oh! You know, okay. I was there. Well, lets see. When I got in there, it was February 8 th , 2020. And it felt like it was—
00:33:08	Ross	Host	Oh yeah, that’s important context. February 8 th and 9 th . Those are the days we were there.
00:33:12	Carrie	Host	Okay. So, I get there and oh my god! I walked into the exhibit floor and it is sensorially overwhelming. <i>[Ross agrees.]</i>
00:33:23	Ross	Host	It is <u>so much</u> ! Oh yeah, you’re talking about, like, the vendor boothsss. <i>[Carrie agrees.]</i>
00:33:28	Carrie	Host	Oh! Yes! It is— Oh my god. The sighs, the sounds, the smells! It’s just so much stimulation!
00:33:33	Ross	Host	Right! Like, seriously, do—
00:33:35	Carrie	Host	<i>[Laughing.]</i> We’re both touching our faces!
00:33:37	Crosstalk	Crosstalk	Ross: We’re covering our eyes!
00:33:39	Ross	Host	Carrie: Just with the memory! Oh god! The memory is a sensory overlooad! <i>[Carrie laughs.]</i>
			Yeah, just imagine every investigation we’ve talked about, with people trying to sell us devices and energy systems and preach spiritual messages and tell you about their guru. And it’s just everywhere, all around, from all angles. <i>[Carrie agrees.]</i>
00:33:57	Carrie	Host	Hundreds of—probably, like, 108 booths. Yeah, it’s like if you had a fever dream after listening to a bunch of our episodes and then, like— <i>[Ross laughs weakly.]</i>
			Everyone we’ve ever met is like, <i>[nasally]</i> “Do you wanna join thiiiiis? Do you wanna join THIIIS?!” And it’s, like, coming in and out of cloud. <i>[They laugh.]</i>
00:34:10	Ross	Host	That’s this conference! I’m picturing it like a Baz Luhrmann film. <i>[Carrie agrees.]</i>

00:34:18 Carrie Host You know, where everything's in this fish-eye camera and people, like, right up in your face. It's crazy.
00:34:19 Ross Host Oh my god. It's exactly like that.
00:34:20 Carrie Host It's wild.
I walked in and I—within a few feet was like, “Oh god, I have to do this for two days. Oh my god. Okay. Okay.” But yeah. There's hundreds of vendors there.

[Ross agrees several times.]

And so, yeah. I started walking around and the first person I interacted with was a guy who was testing chakras. So, he had a sign up that said, “Get your chakras tested!” And I thought, “Oh! Cool!”

And so, I said, “So, how much is this?”

And he said, “Weeeeell, a half hour psychic reading is this much, and a channeling is this much, and this is this—”

And I was like, “Oh, well wait, the sign is for chakra balancing. How much is that?”

And he, *[laughs]*, he like leans over and looks at the sign on his own table and he's like, “Huh!”

[They laugh.]

00:35:08 Ross Host “Okay! Uuh, hmmm.”
00:35:11 Carrie Host “I didn't know I could balance chakras!”
00:35:12 Ross Host *[Laughing.]* Yeah! So, he's like—
00:35:14 Carrie Host “But I said I could!”
[Laughs.] So, he kind of caucuses with the woman next to him.
[Carrie makes grumbling noises to imitate hushed speech.]

[Ross wheezes with laughter.]

And then he's like, “I guess it's free?”

And I'm like, “*[Beat.]* Greeeat... I'll take one!”

[Ross agrees.]

So, *[barely able to speak through laughter]* I sit down with him. He has his laptop and he's just click, click, click, click, click, click. “Okay, I guess I—hmm. I pull up this proooogram...”

[Ross makes a sound of utter disbelief. They laugh.]

00:35:43 Ross Host I mean, that was so weird! “Okay. Here we go. And then... Okaaay. Alright.”
00:35:49 Carrie Host I feel like you could have just as easily said, “You know what? Let me look up on my phone how to balance a chakra. I'll do it for you!”
00:35:51 Ross Host Right?! Right! Totally! And he's like—
At the same value!

00:35:52 Carrie Host He's barely glancing at me while his eyes are locked on the computer, 'cause he's clearly doing this for the first time ever!

[Ross giggles.]

And he grabs a pair of headphones and he's like, "Okay, um... h-here." *[Laughing.]* And, like, hand them to me with no certainty.

[Ross makes a sound of disbelief.]

Okay, then I put them on my ears! And then he's reading the instructions as he's telling me this. He's like, "Okay. You're gonna listen for some clicks. It might be loud. But I still need you to press it against your ears, really hard."

I went, "Okay."

[Ross affirms several times as she continues.]

So, I'm pressing these headphones against my ears. Luckily, it wasn't that loud. But it does go *[makes a breathy "kuh-kuh-kuh-kuh" clicking sound]*. You know. It's working. It's doing something. Okay, so, "Click-click-click-click-click-click-click-click," and—

00:36:37 Ross Host Wh-what's it connected to?

00:36:39 Carrie Host His computer, I think.

[Ross affirms.]

Yeah. And then up comes a readout of me. Of my body and my chakras on his screen.

00:36:46 Ross Host Okay, just based on the input of playing a sound to your ears.

[Carrie hums several affirmatives.]

Okay. And it—was it just connected via one of these, like, 8th inch cables? To the computer?

00:36:58 Carrie Host That's a very good Ross question. See, this is why you need the pillow! *[Laughs.]*

00:37:02 Ross Host 'Cause *[laughs]*—'cause, well, I'm just wondering—like—what, information could possibly be coming back from the headphones to the computer?

00:37:08 Carrie Host Right. I suspect none.

00:37:11 Ross Host *[Laughing.]* Yeah! I suspect that as well.

00:37:13 Carrie Host But if I had to guess, I'd say a USB cable? But—

00:37:16 Ross Host Okay, alright. Well, at least then you can have a bi-directional, uuh... transfer of information.

00:37:23 Carrie Host But that's only a guess. I...

00:37:24 Ross Host I mean, theoretically, you could, over the—yeah, I've—yeah, you could have, like, a microphone. Okay. Alright.

00:37:30 Carrie Host Yeah, I don't—

00:37:31 Ross Host I'm thinking about this too hard.

00:37:33 Carrie Host *[Laughs.]* You're thinking about it more than he ever had! Okay, up pops this. And as you can see, Ross: if you walked up to this, you'd be like, "Well, that's Carrie! There she is!"

00:37:42 Ross Host Oh, yeah! You've got a cross section of somebody's liver and lungs and other internal organs. It looks like you just cut a cross section into a cadaver.

[Carrie agrees.]

00:37:54 Carrie Host Which is probably what that photo is.
00:37:56 Ross Host Yeah! Probably. But that's meeee!
00:38:00 Carrie Host And it's—yeah, got little, yellow labeled numbers.
00:38:04 Ross Host Yeah. So, some are yellow, some are white, some are red. One is black. So—
00:38:05 Carrie Host Were you splenetic?
00:38:06 Ross Host What's that mean?
00:38:08 Carrie Host Bad tempered or spiteful.
00:38:24 Ross Host Not yet! Most of the numbers say two. There are a few ones, a few threes, one four, and one five. So, he explained, "Okay. These are all on a scale of one to seven, where seven is emergency problem, one is—"
00:38:25 Carrie Host Goat sperm.
[Breaking into a laugh.] One is, uh, functioning perfectly.

[Ross affirms.]

00:38:32 Ross Host So, he said, like, "Twos, threes, we don't really worry about." That's always weird, when the bottom of the scale is the desired thing.
00:38:36 Carrie Host I know. I know. It was so distracting, the whole time he was talking. I was like, "Seven bad, seven bad, not good, seven bad."
00:38:43 Ross Host It's like asking me to read from right to left.

[Carrie agrees.]

00:38:50 Carrie Host You know, we're just not built that way in this society. Right. He points, "Okay, anything that's a five or up, we really should pay attention to."

[Ross affirms several times.]

00:39:07 Ross Host I only have one five. And it is—I don't know if you can even see that, but it's on the cadaver's left side. Kind of like between a couple ribs, on the very outer—
Oooh! These are little hexagons!

[Carrie agrees.]

00:39:17 Carrie Host Okay. It almost feels like *Settlers of Catan* being played on a dead body. Where's that five? I don't see it.
Oh, it's—okay, so it's that little guy.

[Ross makes a sound of realization.]

00:39:20 Ross Host I'm gonna zoom out again.
Oh, it's a different color. Oh okay.

[Carrie agrees.]

			Yeah.
00:39:24	Carrie	Host	Yeah. It's like, right under—like—my armpit.
00:39:27	Ross	Host	Okay. Well, what are they gonna do about it?
00:39:29	Carrie	Host	Okay. So, that's bad. So, I'm like, "Well, what does that mean?"
			Okay, so he says, "Well that's—"
00:39:34	Ross	Host	Means you need to pay for a \$40 realignment.
00:39:37	Carrie	Host	Nope! He says, "Okay, that's your coronal [<i>struggling to remember</i>] thorough-calcifie," or something like that, I'm trying to read his screen.
			<i>[Ross giggles.]</i>
			"That's a problem with your heart chakra."
			I'm like, "Oh no! So, like, love?"
			<i>[Flatly.]</i> "No. Your heart chakra has to do with your physical heart <u>or</u> neurological, endocrine, digestion, respiratory, or cardiovascular problems."
00:40:02	Ross	Host	Those are a lot of problems.
00:40:03	Carrie	Host	That's... <u>so</u> many potential problems!
00:40:06	Ross	Host	Here's a haystack!
			<i>[Carrie laughs.]</i>
			You might have a needle in there!
00:40:10	Carrie	Host	But I'm thinking, at first, as he's—like—listing these things, I'm thinking like, "Ha-ha, everybody's got a problem in one of those." And then I'm like, "I don't know, I really don't! None of those things bother me." And right under— <u>right</u> under it—is, like, migraines. Tension headaches. Anxiety.
			<i>[Ross makes an "ooh" sound.]</i>
			All the things that I actually do have! And that one was functioning perfect.
00:40:29	Ross	Host	That's not in the category. Ah-ha-ha.
			<i>[Carrie affirms.]</i>
			I sense a flaw in his system!
00:40:34	Carrie	Host	Yup! And then there was a [<i>laughing</i>] second diagram. This one's even better. This is also me.
			<i>[Ross makes a sound of surprise.]</i>
			This stick figure.
00:40:41	Ross	Host	Oh, I see. Layered on top of a skeleton, we have these hexagons. So, the twos are hexagons. Those are fine. Threes are triangles. Red triangles—orange triangles. Something like that. Okay. So, you're all twos and threes.
00:40:52	Carrie	Host	Yeah. So, there I guess I'm fiine?
00:40:54	Ross	Host	Yeah, good job. Congratulations.

00:40:55 Carrie Host He couldn't really explain, though—you know, I'm looking at this and I'm like, "Okaaaaay, so now my upper body looks fine. Where'd that five goooo?"

And he's like, "Yeah, it's—it's an imperfect system."

[They laugh.]

"You know, I'm not—I, you know, I'm kind of new at this particular program."

Like, yeah it shows! So, uh, he didn't charge me for that.

[Ross affirms with amusement.]

And then he didn't charge me for that and then he didn't try to upsell me to get anything else. So, I was like, "Okay! Well! Byeeee!"

[They laugh.]

00:41:28 Ross Host Yeah. Great salesman.
I guess, at that point, you're like, "Eeh, this hasn't been that impressive. I'm not gonna successful if I try to sell her on a \$40 realignment or whatever."

00:41:36 Carrie Host And maybe, you know, he was thinking, like, "Oh, she's kind of doing me the favor of being my guinea pig on this first one while I figure this out."

00:41:43 Ross Host Yeah! Now he'll be ready for the next person. He can act super confident about it.

00:41:47 Carrie Host Exactly. He'll be like, "You got a click! You gotta hold it to your ears!"

00:41:50 Ross Host Oh, I wish that had been me! *[Chuckles.]*

[Carrie agrees.]

00:41:54 Carrie Host I didn't visit that particular booth.
Yeah, you could have been the second. So, then I went a row over and got stopped by this woman who was selling sticky pads. So, they were these little—*[breaks into a laugh]*.

[Ross affirms with hesitation.]

It's only gonna get weirder, folks! They were these little, round stickers. And she said, "Okay! What you do, is you put one on your neck and you put one on your side and energy is gonna go between those two sticky pads. So, you have to have two. You have to complete the circuit." And she's explaining all this—

00:42:22 Ross Host Oh yeah. Takes two points to define a line.

00:42:25 Carrie Host Sure. As she's explaining all this and, uh, neglects to tell me what it does. She's just *[laughing]* telling me, like, "You gotta put it on yourself and you get—you complete the circuit!"

And I'm like, "Uh-huh. And then what?"

"Oh! Well, and then you just wait!"

“Right. Sorry. What—but what does it—what’s it—what’s it foor?”

[Ross laughs.]

00:42:52 Ross Host
00:42:55 Carrie Host

“Oh! Oh. Yeah, y-y-y-yeah! Well, uh. It’s for, like—mmm, what’s it for? It’s for—like, ooooh, just like—a generaaaaaal...”

You’re asking really tough questions!

[Wheezing with laughter.] “Just, like, general, like—aaaaah, you know? Just like, really feeling good! Really healthy. Really, oooh, just to the top of my gaaame!”

Wh-wh-what!?

00:43:04 Ross Host

[Carrie agrees several times as Ross speaks.]

I feel like—so, our approach, I feel, is so different from everybody else I would assume was attending this conference. It makes me think of how, like, back in the day you would have a movie with zombies and, like, the zombies just show up and they’re terrifying and people run away from them. But nowadays, if you make a zombie movie, you have to explain, like, is it a virus? Or, like, what is the transmission mechanism and what are the rules of this zombie outbreak? And, like, everything has to be really explained out. So, you have to start with that little backstory.

Whereas, back in the day you could just have monsters or whatever show up. So, I feel like—at this conference, usually it’s just assumed that whatever you’re offering, “Yeah! This is valid and necessary!” But you and I are like, “Wait—okay, what is this actually affecting?”

00:43:50 Carrie Host
00:43:52 Ross Host
00:43:53 Carrie Host
00:43:54 Ross Host

Right. What’s this foor?

What is it doing—?

Why!?

What is it doing to the cell? How do the magnets connect to my happiness? *[Laughs.]*

[Carrie laughs and agrees.]

And I just feel like, for other people—even the vendors themselves—it’s a secondary question as to what the real mechanistic explanation is.

00:44:07 Carrie Host

Yeah. Although, I think she was especially bad at her job.

[Laughing.] Like, she wasn’t—

[Ross agrees several times as Carrie talks.]

Most of these people will still, at least, be like, “And it heals you!” Or something! But she finally got there. She was like, “For some people, it clears up their skin. It can just do general healing. Pain management. Energy.” And then she showed me a picture of this woman who was probably in, like, her 70s. And she’s pointing at the “before” photo, where the woman’s not smiling. She’s like, “Look at this. I mean, bags under her eyes and crow’s feet and la-la-la-la.” And then this photo! This better lit photo, where she’s smiling and has gotten more sleep—thiiiiis is when she had done the patches! And look how much better she looks!

And it's a better picture, but it's still—you know, the same woman at the same point in life. I was like, "Oooh, okay. Cool, cool, cool." So, she put one on the back of my neck and then another one—she—you gotta complete the circuit, Ross! You must complete the circuit.

00:45:05 Ross Host Oh yeah, right away.
 00:45:06 Carrie Host So, she puts the other on, like, my right hip. And she says, "Okay, now. I can tell you're a scientifically minded person. So—"
 00:45:15 Ross Host 'Cause you asked that one question.
 00:45:16 Carrie Host 'Cause you asked what it's for!
 00:45:17 Ross Host "What does this do?"

[They laugh.]

00:45:21 Carrie Host Nobody else asked that.
 "So, why don't you go home and sleep with it and, you know, if you feel something, come back."

00:45:28 Ross Host And I'm like, "Oh! Yeah. Okay! That's—I like it."
 00:45:30 Carrie Host She's gonna send you home with the product?!
 00:45:32 Ross Host Yeah, well they're disposable little circles of plastic.
 00:45:34 Carrie Host Oh, okay. It's already gonna be thrown away, anyway.
 00:45:36 Ross Host Yeah. For sure. Yeah, so I—
 00:45:37 Carrie Host So, now you're set for life. You've got it.
 00:45:47 Ross Host I've *[laughing]* completed my circuit. No! 'Cause she's like, "Now, this is reeally important: do not leave it on for more than 12 hours."
 00:45:49 Carrie Host Or what'll happen?
[Laughing.] Right. I'm like, "Why? What's in it?"

[Ross wheezes into a laugh.]

00:46:01 Ross Host "Well—I mean, it's proprietary. So, it's like—but it's—but it's very powerful and you just don't wanna—you don't wanna have it—"
 00:46:02 Carrie Host Why?
 00:46:03 Ross Host *[Through laughter.]* "You don't wanna have it for—*[wheezes].*"
 00:46:05 Carrie Host *[Wheezing with laughter.]* Why don't—what is—?! What'll happen?
 00:46:08 Ross Host Okay. Okay! I'll—
 00:46:09 Carrie Host Will my toes fall off?!
 Is that because I need to apply a new one? 'Cause that's suspicious.

[Ross laughs.]

But, okay. So, then I—she said, um—I can't remember if I prompted this or not, but she did say that they had studies on the website. And I'm like, "Oh! Love it! Okay! I'm gonna go to the—I'll go to the website and look at the studies!"

[Ross agrees.]

And she's like, "Oh." And she used the phrase "double-blind."

[Ross makes a sound of delighted surprise.]

And I was like, "Sweet! Okay! You know what you're talking about, alright!" And I went and looked. *[Laughing.]* Definitely not true. It—I—it was, like, studies that are, you know, really—people do this all

the time with the stuff we look at. And it will be like, “Oh, this study shows that heat does a thing to calm you. Okay, well there’s kind of heat activated in this patch.”

00:46:55 Ross Host One piece of our claim, here, is buttressed by this study, which wasn’t about this product.

[Carrie agrees.]

00:47:02 Carrie Host Isn’t about this process.
00:47:03 Ross Host It was all that.
But it supports our general synthesis.

[Carrie agrees.]

00:47:08 Carrie Host Yep. Yep.
So, it turns out this thing is an MLM. It’s called Lifewave X39. They have great videos on their website.

00:47:15 Ross Host Yeah?
00:47:16 Carrie Host Oh, yes. A lot of people being like, *[in a silly, low voice]* “I’m a doctor. And in 30 years, I’ve never seen anything like this.”

[Ross laughs.]

00:47:29 Ross Host Which, A) Okay. And B) they didn’t put the names of any of the doctors on the bottom of the screen, in the lower third.
00:47:31 Carrie Host Okay. No Chirons.
Then I went to the website and looked up the only doctor who’s listed on the website, and he has been barred from prescribing medicine because he was prescribing himself injectable Demerol for years.

00:47:42 Ross Host *[Quietly.]* Oh, goodness.
00:47:43 Carrie Host Yeah. His name’s Dr. Haltiwanger.
00:47:45 Ross Host See, this is Carrie. *[Laughs.]*
00:47:47 Carrie Host Well! You’re welcome, everybody! Sooo, anyway.
00:47:51 Ross Host So, should we buy in? Is that what you’re saying?
00:47:53 Crosstalk Crosstalk **Carrie:** Uh, probably?

Ross: I feel convinced.

Carrie: That saleswoman has been texting me quite a bit. So.

Ross: Oooh no, she got your number.

Carrie: Yep. Literally.

Ross: And, aw, poor dear. She’s probably paid \$500 for an introductory package.

Carrie: I knooow. I know.
00:48:06 Ross Host All she has to do is just sell all of these and she’ll turn a profit!

[Carrie agrees.]

00:48:12 Carrie Host And recruit five new members.
Yeah, so—oh yeah, we’re talking about multilevel marketing here, which is a—to put it unfavorably, it’s a pyramid scheme.

[Ross agrees.]

00:48:26 Ross Host Yeah. It's technically not, according to whatever *[laughs]*.
Government. But it is.
00:48:32 Carrie Host It's a mathematical impossibility that you will actually make money
00:48:34 Ross Host from this, unless you're at the top of this.
00:48:35 Carrie Host Unless you founded the gosh darn thing.
00:48:38 Ross Promo Pyramid-like structure.
And if you did, you suck. Okay. So—
Well, Carrie, I can't wait to hear what you saw next on the show
floor, but—
00:48:42 Carrie Promo Okay, what I saw next was—
00:48:43 Ross Promo Nuh-nuh-nuh-nuh-no, I—you know what. I can wait. Because first I
want you to tell me about websites, in general.

[Carrie affirms.]

00:48:54 Carrie Promo 'Cause you were telling me about this website. Would you say it
was professionally designed?
Oh, good question. Let me take a look at it. *[Beat.]* Uuum. It looks
goood. It could look betterrrrr.
00:49:01 Ross Promo Okay, well let's say—
00:49:03 Carrie Promo I want it to be more, like, beautiful.
00:49:05 Ross Promo Okay. What if I wanted to design a website, but I wanted to design it
beautiful?
00:49:09 Carrie Promo Mm! Okay, so like, you're selling your own patch that does a
questionable thing.

[Ross agrees.]

00:49:18 Ross Promo And you want it to at least look good.
Yeah! Right.
00:49:19 Carrie Promo You should use Squarespace!
00:49:21 Ross Promo Oooh! Do they allow you to blog or publish content?
00:49:25 Carrie Promo Oh, yeah! Totally. Yeah. You can do pretty much anything that's
legal on a website, on Squarespace.
00:49:30 Ross Promo Okay. What if I wanna promote my physical or online business?
00:49:34 Carrie Promo Oh yeah! Oh! Oh!
00:49:35 Ross Promo Or maybe, like, announce an upcoming event or special project?
00:49:38 Carrie Promo Oh, absolutely. If you're getting married, say, you could put your
wedding website on there. And it'll look great.

[Carrie agrees several times as Ross speaks.]

00:49:45 Ross Promo Tell me about these designers. I assume there's templates, but are
these—like—regional class designers?
00:49:51 Carrie Promo *[Carrie make a negative "mm-mm" sound.]* No. It's not like Linda
Moulton Howe's regional Emmy. This is a worldwide honor. The
designers of the templates at Squarespace are world class, Ross!
00:50:05 Ross Promo Oh! Wow! Okay!

[Carrie affirms.]

I'm interested, now. Can you describe, maybe, the level of
eCommerce functionality?

00:50:12 Carrie Promo Yeah. Okay. Well, you know—like, sometimes you have sort of a middling eCommerce functionality?

[Ross agrees.]

This is, like, a powerful eCommerce functionality. I mean, truly functional, truly powerful, truly “e”, truly “commerce”.

00:50:24 Ross Promo Wow! Okay. Well, if I wanna buy a new domain name with an extension, am I stuck with “.com”?

00:50:30 Carrie Promo Ye—nooooo!

00:50:31 Ross Promo Really?!

00:50:32 Carrie Promo Yeah! I pulled the rug out from under you, there. There are over 200 extensions.

00:50:37 Ross Promo I can’t even think of that many extensions.

00:50:39 Carrie Promo Me neither!

[Ross affirms.]

I mean, can you think of 200 people you’ve ever met? Probably not!
[Beat.] Well, maybe with enough time. But!

[They laugh.]

Not off the top of your head! And off the top of your head, you could also not name the 200 extensions! And I’ve made a point.

[They giggle.]

00:50:56 Ross Promo I would imagine they probably have customer support of some sort.

[Carrie agrees.]

Maybe during certain hours?

00:51:03 Carrie Promo Uh, well! Yes, all the hours. They actually have 24/7 award winning—

00:51:06 Ross Promo *[In disbelief.]* Every one of the hours?!

[Carrie confirms.]

This is amazing.
 And that’s award-winning customer support, as well.

[Ross affirms.]

This customer support got a regional Emmy.

00:51:16 Ross Promo Okay, so let’s say I start building my website. Can I start building it without paying for it?

00:51:20 Carrie Promo Uh, you can. Yeah! Actually, what you would do is you’d check out [Squarespace.com/ohno](https://www.squarespace.com/ohno) for a free trial.

00:51:26 Ross Promo Okay, doing that.

00:51:27 Carrie Promo And then, uh—

00:51:28 Ross Promo Slash “ohno”, you say?

[Carrie confirms.]

O-H-N-O? Okay.

00:51:31	Carrie	Promo	And then, when you're ready to actually launch, you really love how it looks, you're like, "Ah! People are gonna say I'm a pro." Then you use the offer code "ohno" to save 10% off your first purchase of a website or domain.
00:51:44	Ross	Promo	That's amazing.
			<i>[Carrie agrees.]</i>
00:51:48	Carrie	Promo	Well, thank you for answering all my questions about websites.
00:51:52	Ross	Promo	Yeah, no problem. I'm very helpful. You know what else is helpful?
00:51:53	Carrie	Promo	What would that be?
			When you're bored and you need to be entertained.
			<i>[Ross affirms.]</i>
			And you need something to just sort of distract you and keep you going.
00:52:00	Ross	Promo	Mm-hm. Mm-hm. Probably, for that, you'd want a fun game for your phone!
			<i>[Carrie agrees.]</i>
			Our phones do so many things. We shouldn't even call them phones. But there's no good replacement term. Pocket computers? That's—
00:52:09	Carrie	Promo	Come on. That sounds stupid.
00:52:12	Ross	Promo	Five syllables and very nerdy.
00:52:13	Carrie	Promo	And it makes it sound like you're like Urkel.
00:52:15	Ross	Promo	Well, whatever you wanna call that machine, it can also—in addition to taking pictures and notes and all these other things—it can play games! You can have a little bit of, uh, fun on the side! You know, it's not all work and no play. That makes Jack a dull boy!
00:52:28	Carrie	Promo	Yeah, we all need a break every now and then.
00:52:30	Ross	Promo	May I recommend, if you're looking for such a game to have on your phone, <i>Best Fiends!</i>
			<i>[Carrie affirms curiously.]</i>
			Yeah, we've talked about this on the show before. I am now at level 821.
00:52:41	Carrie	Promo	Oh damn. How many levels are there? Do we know?
00:52:43	Ross	Promo	Yeah! Actually, <i>[laughs]</i> I did find, somewhere, there was a progress—'cause before, I said, "As far as I know, it's infinite." Oh yeah, okay. I'm at 820 out of 2660. And I've been plugging away at this game for a while, so this can provide many hours of entertainment.
00:52:59	Carrie	Promo	You're doing well, though!
00:53:00	Ross	Promo	Thank you! Yeah! I feel like I'm moving right along. Footloose and fancy-free. And this is a free download.
00:53:07	Carrie	Promo	Okay. Nice. Nice. It's got pretty graphics.
00:53:10	Ross	Promo	You can collect all kinds of bugs that help you make your way through. So, in every level—here, I'm gonna load this up for you, 'cause Carrie's cocking her head curiously.
			<i>[Carrie confirms.]</i>

00:53:21	Carrie	Promo	So, for example, in this—
00:53:22	Ross	Promo	<i>[Dreamily.]</i> Beneath the willow...
			So, in this level, I need to defeat five slugs, but I have also gotta clear all these little cages with the little yellow guys in them. And so, I connect all these similarly colored flowers and mushrooms and leaves. It's a puzzle game, but it's got all these achievements. And there's characters for you to level up that give you more powers. And you have to figure out which ones do I use best to help me get through this level. And yeah, it's fun! I do it while I watch a TV show or sit there in bed, putting off editing this show.
00:53:50	Carrie	Promo	<i>[Laughs.]</i> And we've got cute characters. I'm looking at them, folks.
			<i>[Ross agrees.]</i>
			Cuteness is important to me, in a character. And these are cute characters.
00:53:57	Ross	Promo	Indeed. Yeah, I have a lot of fun with this. So, I've been playing it now for quite a few months.
00:54:01	Carrie	Promo	And it's a—would you say it's a unique puzzle experience?
00:54:04	Ross	Promo	That's exactly what I would say!
00:54:06	Carrie	Promo	Would you say it's an exciting puzzle experience?
00:54:08	Ross	Promo	I would say it is exciting. You know. And it's not for—it's not just for, like, serious gamers. They would enjoy it, but it's for everybody. And yeah, it can follow you all over the place and it doesn't even require an internet connection.
00:54:18	Carrie	Promo	Oh! That's nice. Oh, so that's—that's a good travel game.
00:54:22	Ross	Promo	I used to be more of a, like, PC gamer, but now I find most of my game playing happens on the phone. So, I highly recommend <i>Best Fiends</i> . And it's free download. Though, you can also pay for in-game upgrades to make it even easier to play or you can give yourself advanced characters. But you don't have to.
			<i>[Carrie confirms.]</i>
			But you might want to.
00:54:39	Carrie	Promo	But you might want to! We're not your parents.
00:54:40	Ross	Promo	And you can connect with your friends on Facebook. You'll see immediately, like, "Ooh, I didn't know Cindy played this game! Oh, I didn't know Mark played it!" You can send them gems and other gifts and they'll send them back to you every day. Yeah. There's all kinds of—all kinds of things—
00:54:52	Carrie	Promo	Alright. I love Cindy and Mark!
00:54:53	Ross	Promo	All kinds of things to do.
00:54:56	Carrie	Promo	<i>Best Fiends</i> has thousands of levels already, with new levels, events, and characters added every month.
00:55:01	Ross	Promo	It's hours of fun right at your fingertips, and you can even play offline.
00:55:04	Carrie	Promo	With over 100 billion downloads and tons of 5-star reviews, <i>Best Fiends</i> is a must-play.
00:55:10	Ross	Promo	Download <i>Best Fiends</i> free on the App Store or Google Play.
00:55:14	Carrie	Promo	That's "friends" without the "r"— <i>Best Fiends</i> .
00:55:18	Carrie	Host	Back to me. Okay. So, one of my favorite vendors at Conscious Life Expo was Starfire Water.
00:55:24	Ross	Host	Oooh, okay. I took a picture of their booth. But I didn't talk to them.
00:55:28	Carrie	Host	We ran into them—okay. We've run into them once before.
00:55:31	Ross	Host	Oh yeah! That's right. That's right.

00:55:33 Carrie Host It was our reflexologist, back in—probably, like, 2014, 2015?
[Ross confirms with surprise.]

00:55:42 Ross Host And so, it is a crystalline, alkaline water. With—
Okay. Alkaline as opposed to acidic.
[Carrie confirms.]

00:55:47 Carrie Host It's basic. Okay.
And it has “sacred sound resonance transmission”, Ross.
00:55:51 Ross Host Well, that's good.
00:55:52 Carrie Host The front of it has a yin and yang and two wings. I'm gonna read
you the entire back of it, 'cause it's all so good.
[Ross affirms.]

“Legend has it that the mystical Starfire was the liquid mana of the
divine, used by the ancients for ultra-focus, extreme performance,
and even enlightenment. In that vein, we introduce Starfire Water: a
propriety alkaline performance bio-holographic living water,
produced using breakthrough 21st century quantum water
technology.”
[Ross makes a pained sound.]

“Starfire Water is treated with ultraviolet,” comma, “ozonation,
infrared stimulation, and electromagnetism, for a negative ion
charged water, as in nature—allowing deep cellular intake through
your aquaporins: the floodgates to hydration.”

There's more!

“Vortex induced, using a solar helix and pyramid grid system, to
give it a hexagonal structure. And infused with monatomic
elements. We're able to achieve a water with cosmic healing
energy. This water is amplified with a psionic wave oscillation tuned
to the universe's frequency.”

00:57:02 Ross Host Oh, my goodness.
00:57:03 Carrie Host “Helping to synchronize you with the heartbeat of our Earth.
[Laughing.] Starfire Water is treated with sacred sound resonance
transmission to vibrationally transform you on the deepest
molecular level. Altogether, we've created the world's first premium
alkaline performance, living, hexagonal, superstructured water.”

00:57:24 Ross Host Woow.
[Carrie laughs.]

Woow.
[Carrie agrees.]

00:57:32 Carrie Host The chutzpah it takes to write something like that!
00:57:33 Ross Host And you know who did?
00:57:34 Carrie Host Who did that?
I met the creator of Starfire Water.

[Ross gasps.]

He was there. He was shouting a lot. He was singing. He was getting people over to the booth. What do you think is the name of the person who invented Starfire Water?

00:57:48 Ross Host
00:57:52 Carrie Host
00:57:54 Crosstalk Crosstalk

Oh, I hope it's Gerald Starfire.
[Laughs softly.] He just goes by one name.
Ross: Cher?

Carrie: It's a mononym.

Ross: *[Laughing.]* Okay.

00:57:56 Carrie Host
00:57:57 Ross Host
00:58:02 Carrie Host

[Flatly.] Jeff.
Jeff?! *[Breaks into laughter.]* Known simply as Jeff.
[Laughing.] I just love—I thought for sure he was gonna be, like, Dragonfly or something.

[Ross agrees with a laugh.]

00:58:07 Ross Host
00:58:09 Carrie Host
00:58:10 Ross Host
00:58:14 Carrie Host

Nope! Jeff. "Hey, what's up?"
That's right up there with SRI Harold Klemp.
Yeah, totally. So—
[Dramatically.] Creator of Starfire Water: Jeff.
[Laughs.] So, this is just your average—let's see, 16.9 fluid ounce water bottle. They were selling these for, I believe, four and half dollars. But they were also—

00:58:23 Ross Host
00:58:27 Carrie Host

Legend has it?! Who's telling this legend?!
Also, I didn't say them out loud, but throughout that description is so many trademark marks.

00:58:34 Ross Host

Oooh, interesting. And looking through the bottle, from the other side, on that same label but facing the interior of the bottle, you can see this illustration. And it's got a pyramid with some sort of—well, let's see. We've certainly got our hexagonal structure. Oh, yeah, it's kind of like one of those world tree—world flower graphics with all the interlocking circles inside of the hexagon.

[Carrie affirms.]

There's also a pi symbol. So, you know. 3.141596—you know. Whyyy? What's going on?

00:59:07 Crosstalk Host

Carrie: An infinity. An—

Carrie and Ross: Ohm.

00:59:09 Carrie Host
00:59:12 Ross Host
00:59:13 Carrie Host
00:59:16 Ross Host
00:59:19 Carrie Host
00:59:20 Ross Host

And the international symbol for medicine.
Oh, really? Wait. Let me see.
Yeah, on the left. The doctor symbol.
Oh—oh, I see. The caduceus. With—
[Mumbling.] An anarchy symbol.
But with, like, a DNA helix coming off the bottom of it.

[Carrie affirms.]

00:59:29 Carrie Host

Interesting. I—rather than snakes twining down the—oh, wow.
That's kind of an improvement.

00:59:30 Ross Host Yeah, I didn't see that one. Okay. Oh, and then—yeah, there's lightning coming down and hitting—oh yeah! Okay. It's—that triangle is like a pyramid with the all-seeing eye top—you know, separated top of the pyramid. The capstone. And lightning hitting that. Well, you know. A for effort.

[Carrie snorts a laugh.]

00:59:47 Carrie Host But also, F for effort.
Don't drink it all, but you should taste it. It is good water.

00:59:50 Ross Host Is it good water?

00:59:51 Carrie Host Yeah. I liked it. It's tasty.

00:59:53 Ross Host Well, geez, you paid \$4.50 for this?

00:59:54 Carrie Host No! I paid zero dollars for that!

[Ross makes a sound of confusion.]

00:59:59 Ross Host And let me tell you why.
Is this like how you got your parking?

01:00:00 Carrie Host *[Laughing.]* Nooo! Like—also known as theft.

[Ross giggles.]

01:00:06 Ross Host No. So, they were also selling—
That was—it's—it's good water, sure. Yeah.

01:00:08 Carrie Host Yeah, it's good. They were also selling insaaane baseball caps.

01:00:14 Ross Host *[Confused.]* Insane baseball caps?

01:00:16 Carrie Host Yes. Baseball caps with sayings and designs on them—

01:00:20 Ross Host Like, “Make America great again”?

01:00:21 Carrie Host That were—*[laughs]* not quite that nuts. But were—woow. Messages of every kind. There were ones that said, like, “Unicorn fire is here”. Just lots of thoughts, don't really know what most of them meant. And one of them was a hot pink baseball cap with a yellow heart on it. Huge, oversized yellow heart. Didn't quite fit on the cap.

[Ross chuckles.]

01:00:49 Ross Host Baaarely attached to it.
Is this the one you bought for Drew?

01:00:51 Carrie Host Yes, I did.

[Ross laughs.]

01:00:54 Ross Host It says “kiss” on it.
It came from this booth?

01:00:55 Carrie Host Yes! So, the guy who makes Starfire Water—Jeff—he also—

01:01:00 Ross Host The Jeff?!

[Carrie confirms, laughing.]

01:01:03 Carrie Host I know a Jeff.
[Laughing.] No, this the Jeff. He also makes these wild hats. And if you bought one of hit hats, he'd give you one of these bottles of water for free.

01:01:13 Ross Host How does he talk?! Does he talk in this flowery, quantum-entangled language?
01:01:17 Carrie Host He sings most of what he says.
01:01:20 Ross Host *[Stammering in confusion.]* What?
01:01:21 Carrie Host Yeah.

[They laugh.]

01:01:29 Ross Host So, I was—I was walking up and he was going, *[singing atonally]* “Staaaarfire Wateeeeer!”
01:01:32 Carrie Host Don’t make me like him! I don’t wanna like Jeff!
It was mostly that. And then I talked to one of his employees. This young woman. And she was telling me about him, and I was like, “Yeah, he seems like quite a character.”

And she was like, “*[Sighs.]* He’s—that’s a way to say it. Yes.”

[Ross giggles.]

And that’s when I learned, I said, “What’s his name?”

And she’s like, “Jeff.”

And I was like, “JEFF?!”

01:01:52 Ross Host And she said, “I know!” *[Laughs.]*
It’s so funny. My boss, Tracy, at one point said, “I never want anyone to describe me as ‘a piece of work’.”

[Carrie agrees several times.]

01:02:05 Carrie Host Kind of the worst—it would take a story to really describe this person. But they’re a piece of work.
01:02:07 Ross Host In not so great a way.
Never a great way. This logo on the front—Starfire Water has this symbol that—I’m afraid I can only give this in nerd terms. It looks like—
01:02:16 Carrie Host Well, I called it a yin and yang with two wings on it.

[Ross agrees.]

01:02:20 Ross Host What would you call it?
You’re correct. So, my thought is that it looks like a snitch, from *Harry Potter*.

[Carrie affirms with a chuckle.]

01:02:32 Carrie Host But with a yin yang symbol in the middle that kind of looks like a Sinnoh stone from *Pokémon Go!*
01:02:34 Ross Host Okay. Nooow we’re all picturing it.
And, yeah, the wings are not like the golden wings on a snitch, in quidditch, but rather these angelic wings that are also—I don’t know, maybe made of ice?

[Carrie affirms.]

01:02:47 Carrie Host There's a lot going on here.
01:02:48 Ross Host There's a looot. There's so much.
01:02:49 Carrie Host This bottle—this bottle's—
01:02:51 Ross Host It's almost Dr. Bronner's level.
It's a piece of work.

[Carrie chuckles.]

01:02:54 Carrie Host A real piece of work. Wow! Okay.
So, I am glad you didn't drink all of it, 'cause I've been saving a little bit, because I'm gonna put it in the tincture.

[Ross affirms in delighted surprise.]

01:03:09 Ross Host Where we currently have—yeah, Amma's holy water, the Rythmia Ayahuasca tincture that's as strong or stronger than the real thing. I guess I should have gotten some of the CBD tincture, just to add to it.

01:03:13 Carrie Host Uuh, oh yeah! Well.
01:03:15 Crosstalk Crosstalk **Carrie:** I have something else I'm gonna add.

Ross: We could make... this real unholy mixture. Okay, what do you got?
01:03:18 Carrie Host So, this is Ormus.
01:03:21 Ross Host *[In a deep voice.]* Ormus.
01:03:22 Carrie Host And you might be asking, "What's Ormus?" Well—
01:03:24 Ross Host Ormus is a character from *Diablo 2*. *[Deeply.]* "Ormus says—"
01:03:26 Carrie Host Oh, is it? Well it's also—it's also a product of alchemy. Which is the ancient chemistry that transmutes something base into something fine, through an esoteric, energetic process. Now, Ormus is invented by this man, who was there at the Expo.

01:03:45 Ross Host Okay, so Carrie has flipped around her laptop and I am seeing a white man in his 70s. Thick, white eyebrows. He's got a saffron robe and some kind of green multi-layered necklace. Actually, there's a whole bunch of necklaces going on. And what is that? A red beanie kind of cap?

01:04:05 Carrie Host Yeeeah. Something—or maybe a turban.

[Ross affirms.]

His head's cocked back so it's kind of hard to tell. So, he was there. But he was kind of sitting off by himself and his people were handing these out. And I got this for free. Can you believe? So, she gave me—
01:04:21 Ross Host You're getting a lot of hand outs, here!
01:04:22 Carrie Host I knooow, I know! His assistant—she asked me if I wanted to try it and I said, "Yes, absolutely." And she gave me a little sample which I put on my tongue and then she said, "Oh, also, rub it into your hands." That that was really effective.

[Ross affirms.]

And I said, "And what is it? What does it do?"

[They chuckle.]

01:04:41 Ross Host And she—
 01:04:44 Carrie Host I bet all of them were just taken aback. “No one ever asks!”
 01:04:53 Ross Host Right! She’s like, “Well, it’s, um... it’s like a... um. Yeeeah. Oh god, how do you even describe what Ormus is?”
 You have one job. You’re—you are womaning a booth at a conference. You should know how to describe your product and what it does.

[Carrie agrees.]

01:05:08 Carrie Host Are these—are these orbitaly rearranged monatomic elements?
 01:05:10 Ross Host Since you’re looking at your computer, I’m gonna say yes?
 01:05:12 Carrie Host Are they **m**-state materials?
 01:05:13 Ross Host What the fuck is that? Is that on there?
 A fictitious of substances exhibiting many miraculous properties such as healing powers?
 01:05:18 Carrie Host *[Laughing.]* Wait a minute.
 01:05:19 Ross Host And superconductivity at room temperature?
 01:05:21 Carrie Host I heard the word “fictitious” in there. That doesn’t sound—
 01:05:23 Ross Host Yeah, I’m reading the Rational Wiki of Ormus.
 01:05:25 Carrie Host Aaah, I see. Well, so if you go to their website—which is anualchemy—A-N-U alchemy dot com.

[Ross affirms.]

01:05:38 Ross Host It explains what Ormus can do. So, it assists in activating the light body.
 01:05:41 Carrie Host We’re just assuming a light body, but okay. Yes.
 It helps promote mental clarity. It helps improve focus and concentration. It balances both hemispheres of the left and right brain.

[Ross affirms.]

It increases alpha waves. It increases clairvoyance!

[Ross hums doubtfully.]

01:06:08 Ross Host Assists in deep sleep, clears up skin issues. Tightens skin.
 01:06:10 Carrie Host Restores hair color. Increases memory. Amplifies the effect of herbal, homeopathic, and gemstone supplements. Enhances your lifeforce energy.
 01:06:15 Ross Host I think we just met the quota of a cure-all.
 01:06:17 Crosstalk Host Increases awareness and greater alertness, and gives you sparkling eyes!
 And if it cures everything...
Ross and Carrie: It cures nothing.

Ross: Wooow.

Carrie: I’m Sydnee McElroy. So—

01:06:23 Carrie Host **Ross:** I’m Justin McElroy.
[Laughs.] This is very good and important stuff, and the inventor was there, and this woman was telling me, like, it’s a great honor that he’s here! You know?

[Ross affirms.]

01:06:35 Ross Host I mean, he is one of the greatest inventors of the modern era!
01:06:37 Carrie Host Of this product. Oh, okay.
And he—*[laughs.]* And here he is!

[Ross chuckles.]

01:06:41 Ross Host So, I said, “Well, what has it done for you?”
01:06:42 Carrie Host What’s his name again? Mike?
His—

[They both break into laughter.]

01:06:53 Ross Host Let’s see. Meet the alchemist... okay, his name is Swaha Ron. S-
W-A-H-A. And then the name Ron.
[Laughs.] Swaha Ron.

[Carrie confirms.]

01:07:01 Carrie Host Okay. I’m not sure if that’s the same thing I’m reading about, then. I
don’t know, this might be a different thing on the Rational Wiki.
01:07:07 Ross Host Oh, yeah. Because I think Ormus is also just sort of a catch-all term
01:07:10 Carrie Host for, like, holy liquid.
Looks like it has roots in alchemy. Okay.
Yeah. Well. That makes sense.

[Ross affirms.]

01:07:26 Ross Host It all started when he had a heartfelt desire to discover and learn
01:07:28 Carrie Host healing to restore the health of his life partner, Linda—who then
01:07:29 Ross Host lived 29 years longer than the doctors at the UCLA liver transplant
01:07:30 Carrie Host unit had said was possible.
That means she is now deceased?
Probably.
There was a number on that.
Yeah—oh. Good point. Sounds like, maybe, she should thank the
doctors at the UCLA liver transplant unit.

[Ross agrees.]

01:07:35 Ross Host But anyway...
01:07:38 Carrie Host Maybe not a coincidence.
01:07:41 Ross Host So, I asked the woman who gave me this—well—
Yeah, Carrie’s holding a very small, white bottle. A tiny, tiny—like,
maybe a centimeter tall and a centimeter wide.
01:07:47 Carrie Host Yeah, this has maybe got one ounce in it.
01:07:50 Ross Host Yeah, and then there’s kind of a gold layer on top of that bottom
white layer. And then one of those little tiny squeeze-dropper tops.

[Carrie agrees.]

01:08:01 Carrie Host That lets you get, you know, just a single drop.
01:08:02 Ross Host You want some?
Oh! Wow.

01:08:03	Carrie	Host	I don't know what's in this.
01:08:04	Ross	Host	It's white. It's milky. This is kind of like our CBD oil that we had at the Source family thing.
			<i>[Carrie agrees.]</i>
01:08:11	Carrie	Host	Okay. Wh-what am I doing? I'm just putting this on my tongue?
01:08:12	Ross	Host	Yeah, or your hands.
01:08:13	Carrie	Host	Sublingual. Oh, okay. He chose tongue, folks.
			<i>[Ross makes a thoughtful "hm" sound.]</i>
01:08:16	Ross	Host	Um. So.
01:08:17	Carrie	Host	<i>[Disappointed.]</i> Barely a flavor. So, I asked her, "What has it done for you?" And she was like, "Oh my god, what hasn't it done? Oh, my goodness."
01:08:22	Ross	Host	So, I'm gonna live 29 years longer, now?
			<i>[Carrie confirms.]</i>
01:08:25	Carrie	Host	Cool. So, she said, "Well, you gotta talk to my son." Okay. So. This woman's probably in, like, her 40s. She has a teenage son who's there doing this with her. And she's like, <i>[whispering]</i> "You know what it does for him? It makes him a magnet... for baseballs."
01:08:45	Ross	Host	<i>[They burst into laughter.]</i> That is <u>not</u> where I saw that sentence going. Like, oh weird that the <u>mom</u> is saying, like, <i>[in a creepy voice]</i> he's a magnet for <u>chicks</u> —or something like that.
01:08:53	Crosstalk	Crosstalk	Carrie: <i>[Amused.]</i> Nope! Makes him—
01:08:56	Carrie	Host	Ross: Or babes. Baseballs?! A maaagnet! For baseballs.
			<i>[Ross makes a sound of utter confusion.]</i>
01:09:03	Ross	Host	So, I'm looking at her the way you're looking at me.
01:09:07	Carrie	Host	Though, to be fair, baseballs do have 108 stitches. And—
01:09:08	Ross	Host	Is that so?
01:09:09	Carrie	Host	And stitches get snitches.
01:09:10	Ross	Host	Okay! Alright! Okay!
01:09:12	Carrie	Host	So, I think we've figured this out.
01:09:16	Ross	Host	We've certainly named some facts. <i>[Laughs.]</i> We've certainly made come callbacks to earlier in this episode.
01:09:22	Carrie	Host	Yeah, yeah. Okay. What's the relevance? What's going on? So, he plays baseball.
			<i>[Ross affirms before wheezing into a laugh.]</i>
01:09:30	Ross	Host	And when he is out there— <i>[laughs.]</i> I had this sudden mental image of him being, like, shortstop or the outfield and, like, every ball that gets hit, like, just pegs him. He's getting constantly injured.
01:09:39	Carrie	Host	I know! I'm thinking, like, this—it's not good!

[They laugh.]

01:09:43 Ross Host
01:09:46 Carrie Host

Okay. So.
Alright. Now give me the actual explanation.
[Whispering.] “So, he’s out there and he’s centerfield and they hit a ball. *[Makes a tongue clicking noise to represent the ball against the bat.]* To him. And he just catches it!”

01:10:06 Ross Host

And I’m thinking, “Okay. Maybe... your son’s good at *[laughing]* baseball? What if the explanation is... your son’s good at baseball?”
Just like the doctors at UCLA are good at helping people.

[They both hum in agreement several times.]

Some things don’t need an explanation.

[Carrie agrees.]

01:10:22 Carrie Host
01:10:28 Ross Host
01:10:31 Carrie Host
01:10:33 Ross Host

The pyramids—“Oh boy, people a long time ago, they couldn’t build something and use math!”
Yeah, or like—an example I’m just making up—maybe, like, your guru dies in a hang-gliding accident.
Oh right, he couldn’t just die from falling out of the sky!
Right! He had to have a mahāsamādhi. So—
I’m just gonna say, since you mentioned that, I used to have a t-shirt of Jesus hang-gliding.

[Carrie affirms with a laugh.]

01:10:44 Carrie Host
01:10:45 Ross Host

And it said—it said, “What wouldn’t Jesus do?” And then I realized after that interview that A)—
With Isis?
—I’m not sure what happened to that shirt and I miss it.

[Carrie agrees.] But, also, be—that would be a very inappropriate shirt to have worn...

01:10:51 Carrie Host
01:10:52 Ross Host
01:10:53 Carrie Host

Woah, you don’t know...
To a Source family gathering.
What happened? So, it’s cause of disappearance is unknown?

[Ross agrees.]

01:10:59 Crosstalk Crosstalk

Oh my god.
Ross: Yeah, send that to your coroner.

Carrie: That’s very meaningful. Um, anyway—so—

Ross: Yes. Ormus.

Carrie: This poor kid—

01:11:07 Carrie Host
01:11:09 Ross Host

Ross: It attracts baseballs.
Yeah, it’s what—so, I said to her—
Now, if I had just had a drop of that and then I got suddenly pegged by a baseball, I’d be a believer.

01:11:14 Carrie Host Yeah. Totally. I said something like, "Well, we should just bring a baseball tomorrow and, like, see if it rolls toward him!" *[Laughs.]* And she's like, "Ooh, I don't think it'd work quite like that." And I said, "Well, have you tried not giving it to him for a couple of his games? And see if they don't come?"

[Ross agrees.]

And she was like, "Well, it's more long-term than that."

[Ross laughs.]

01:11:35 Ross Host She said, "Yeah. It's more long-term than that. It's kind of—" A cumulative effect.
01:11:37 Carrie Host No, she says, "It's kind of like a permanent thing."

And I said, "Oh! Okay! So, I don't need to buy any, 'cause I just had some!"

[Ross affirms.]

"And it's permanent!"

And she said, "Well, nooo. It's—" 'Cause that doesn't involve me getting money out of it.
01:11:45 Ross Host Right. It's not that.
01:11:47 Carrie Host

[Ross giggles.]

But I said—I said, "Well! You know, I'm a pretty scientifically minded person. So, I'll tell you what. I'm here tomorrow, too. So, if I feel anything, I'll—uh, I'll come back."

And she's like, "I love that! Take some samples." And she gave me two of these little bottles.
01:12:02 Ross Host Oh boy, that's enough for a lifetime of baseballs.
01:12:05 Carrie Host Yeah. *[Laughs.]* So, I'm gonna put it—I'm gonna also put this in the tincture.

[Ross agrees.]

And, so that—
01:12:12 Ross Host Oh, that's gonna make it cloudy and... you know.
01:12:14 Carrie Host A little. I'm only gonna put a couple drops, 'cause that'll just make it stronger.

01:12:17 Ross Host 'Cause, yeah, it is—it is that white, cloudy texture.
01:12:20 Carrie Host And I'm gonna try to fill that tincture up with as much holy stuff as I possibly can.

[Ross agrees.]

Yeah.
01:12:25 Ross Host Yeah, hey. Well, we're well on our way. Oh, and you're gonna put a little bit of the basic water in there, too?

[Carrie agrees.]

01:12:35 Carrie Host Okay, cool. Alright! Amazing.
And we didn't even get to any of the talks we went to, but... that was our first 45 minutes at this Expo.

01:12:43 Ross Host Oh, I've got another important vendor to tell you about. But, yeah, we've been talking about quite a bit here. So, yeah. I guess we'll just keep telling you the tales from this Expo. And I feel like we just scratched the surface of it. Even still with all the talks we attended. But ooh my goodness, are there some good things left to share.

01:13:00 Carrie Host There's *[makes kissing noises]*.

01:13:02 Ross Host Mm, a chef's kiss!

01:13:03 Carrie Host Think of this as, like, 40 investigations. 'Cause there were so many things there.

01:13:07 Ross Host Yes. Oh wow. Yeah, like—I can't wait to tell you about this vendor I met and his free energy device. It just needs a little more work and a little more funding.

01:13:16 Carrie Host *[Laughs.]* I can't wait. There's so many things I've been wanting to tell you but haven't been able to because we do this shooow!

01:13:23 Ross Host Somebody—it does—occasionally it halts our normal conversations with each other, 'cause we'll be like, *[excited]* "Oh my goodness! I just heard this and I gotta tell you—"

[Both of them make abrupt, cut-off, trying not to speak noises.]

Wait!

01:13:32 Carrie Host *[Pained.]* Save it for the microphone!

01:13:33 Ross Host *[Straining.]* Wanna get—wanna get that first reaction!

01:13:39 Crosstalk Crosstalk So, uh. But first, before we leave, we wanna leave you with...
Ross and Carrie: *[Cheering.]* A Jumbotron!

01:13:41 Carrie Host Who's this message for? It's for Ryan Patton.

01:13:45 Ross Host And who's this message from? It's from Tom Qualls.

01:13:48 Carrie Host And what does Tom say?

01:13:50 Crosstalk Crosstalk **Ross and Carrie:** *[Falling in and out of sync.]* He says, "Happy 3rd anniversary, Ryan. Time has flown by and I love you."

Ross: Aww.

Carrie: Yeah. Aww.

Ross: Tempus fugit.
What's that mean?

01:14:00 Carrie Host

01:14:01 Ross Host Time flies.

[Carrie makes a sound of understanding.]

01:14:05 Carrie Host I don't know how to say, "I love you" in Latin.
Write! Us! An email! Tell us how to say, "I love you" in Latin.

01:14:10 Ross Host Too late. I can also use Google. "Te amo!" Interesting!

[Carrie makes a sound of surprise.]

01:14:16 Carrie Host Yeah! Just, like, in Spanish!
Italian or Spanish.

01:14:17 Ross Host Its daughter languages. Yeah. Spanish.

01:14:20 Carrie Host You learn something new every day.

[Ross agrees.]

01:14:25	Ross	Host	Well, that's it for our show!
01:14:28	Carrie	Host	Our theme music is by Brian Keith Dalton!
01:14:32	Crosstalk	Crosstalk	And our administrative manager is Ian Krrrrr—
01:14:34	Ross	Host	Ross and Carrie: Rrrrramer!

You can support this show by telling a friend, by leaving a positive review, supporting us at MaximumFun.org/donate.

[Carrie hums in agreement.]

All of these are ways to make this show continue and be possible. Yeah, get the word out there! Tell your friends!

01:14:47	Carrie	Host	Mm-hm! Think good thoughts! But then turn them into action.
01:14:51	Ross	Host	And then wait for our MaxFunDrive coming up. 'Cause, uh—
01:14:54	Carrie	Host	Oh yeah! That's gonna be—
01:14:55	Ross	Host	<i>[Mumbling.]</i> It's gonna be a good one.
01:14:56	Carrie	Host	Primo. You can also follow us on social media. You heard of it?

[Ross agrees.]

Go to Twitter.com/ohnopodcast.
Or Facebook.com/onrac.

01:15:03	Ross	Host	Ross and Carrie: O-N-R-A-C.
01:15:06	Crosstalk	Crosstalk	You can follow both of us on Instagram, or the hashtag #ONRAC.
01:15:08	Ross	Host	Or invent a new social media, make us join it, make us say more things at the end of the episode. Everyone will hate you.
01:15:12	Carrie	Host	Use a word that everyone knows but take out the vowels. There you go.
01:15:19	Ross	Host	<i>[Laughing.]</i> There you go! And remember:
01:15:23	Carrie	Host	Music: Soothing music plays.
01:15:25	Clip	Clip	

Ron Holman: I'm Dr. Ron Holman. My friends call me Swaha Ron.

[Music ends.]

Ron: As time went along, sitting in this energy, information started arriving. A voice or a download. Sometimes the herbs would just arrive in my office. Or higher life force energy water, from Boganathar, for another formula of addiction and abuse. Medicines that just manifest by themselves or out of the blue happen sometimes. I can't tell you how it happens. I can't tell you when it's gonna happen. I can recognize it when it arrives, because it just feels out of place in relation to the spot that I find it in. Like it wasn't there yesterday. *[Beat.]* So, when I'm—you know, in my office or in the laboratory and, you know, I see something that isn't labeled—I always label everything. I'm sort of obsessive compulsive about labeling stuff and putting dates on it and stuff.

And so, when I find a bottle of a liquid or a baggie with some herbs in it or some ash in it that isn't labeled, I immediately go, "Aha! Alright. Where did you come from? And what's your name? And what are you here for? And how are we supposed to work with you?" And—like that. I just talk to it. Which, of course, we know everything's energy. So, you can talk to trees. You can talk to

gemstones, that I've been talking to since '99. And everything has a voice. Has—has an energy. And in that energy, if you can attune your frequency, there's a voice in that energy. You can interact with it.

01:17:30	Music	Transition	<p>Music: Calming music resumes.</p> <p>“Oh No, Ross and Carrie! Theme Song” by Brian Keith Dalton. A jaunty, upbeat instrumental.</p>
01:17:43	Promo	Promo	<p><i>[Music ends.]</i></p> <p>Music: Relaxing ukulele music.</p> <p>Manolo Moreno: Hey, you've reached <i>Dr. Gameshow</i>. Leave your message after the beep.</p> <p><i>[Music stops.]</i></p> <p><i>[Beep!]</i></p> <p>Sara: Hi. This is Sara, and I'd like to tell you about <i>Dr. Gameshow</i>. <i>Dr. Gameshow</i> is a band of geniuses, or nerds, or brilliant artists, or kids, or some combination of all of those who get together to make a show like no other that's family-friendly. It's an interactive call-in gameshow podcast.</p> <p>When I found <i>Dr. Gameshow</i>, I found joy. I told my friends and family that if they weren't listening, they were <u>wasting</u> joy. I sent them the episodes that made me laugh until I cried, played it for them in the car. They laugh, too! Laugh their butts off. But they still don't listen on their own, so they're wasting joy. And I keep looking for someone to understand me. Maybe it's you! Give <i>Dr. Gameshow</i> a listen and find joy.</p> <p><i>[Beep!]</i></p> <p><i>[Music resumes.]</i></p> <p>Jo Firestone: Listen to Dr. Gameshow on Maximum Fun. New episodes every other Wednesday.</p> <p><i>[Music fades out.]</i></p>
01:18:32	Promo	Promo	<p>Music: Classical orchestral music.</p> <p>John Hodgman: Hey, everyone! It's I, John Hodgman of the <i>Judge John Hodgman</i> podcast.</p> <p>Elliott Kalan: And I, Elliott Kalan of the <i>Flop House</i> podcast.</p> <p>John: And we've made a whole new podcast! A 12-episode special miniseries called <i>I, Podius</i>. In which we recap, discuss, and explore the very famous 1976 BBC miniseries about Ancient Rome called <i>I, Claudius</i>! We've got incredible guests such as Gillian Jacobs, Paul F. Tompkins, as well as star of <i>I, Claudius</i> Sir Patrick Stewart! And his son! Non-Sir Daniel Stewart.</p> <p>Elliott: Don't worry, Dan, you'll get there someday.</p>

John: *I, Podius* is the name of the show! Every week from MaximumFun.org for only 12 weeks. Get 'em at MaximumFun.org, or wherever you get your podcasts.

[Music fades out.]

01:19:19	Speaker 1	Promo
01:19:21	Speaker 2	Promo
01:19:22	Speaker 3	Promo
01:19:23	Speaker 4	Promo

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